



“Our Journey” continued We needed those attending to share their ideas and volunteer their time. We created our Mission Statement. Gregg worked with Don Dotts, leader of the Scottsdale Tremble Clefs, to prepare a budget. Bill Doherty volunteered to be Treasurer. Denise Lestor played a big role as activities coordinator. She maintained our membership list, attendance lists, concert schedules, fundraising events and more. As we grew, many new members offered their time to volunteer and life became easier for everyone.



Beth Lee 2019

Gregg and I created the Welcome Team so people were greeted as they walked in. Newcomers were introduced and music shared with them. Another essential component of our group was the Care Team - anyone missing from practice, or a scheduled concert without someone knowing why, would be called to ensure that no one was sick or hurt.

Even though Gregg and I spent a lot of time working with Tremble Clefs, we always made time to do all the things we enjoyed. Gregg enjoyed outdoor sports, especially golf and baseball. I kept myself busy with art classes and exercise classes. I went to every “Walk the Fight” function, and created many posters that were carried throughout the walk. I was also captain and co-captain for 3 years.

We both loved singing and playing our guitars. Gregg was proud of having a 52 year old guitar that a friend had given him. It was a great honor for both of us to be invited to sing at one of the annual Jazz Concerts given by the PNA.

I was keenly aware of the daily struggles and of the progression of Parkinson’s which we all shared. **I wrote a song, “We Go on Day By Day,” which reflects the progression, but its essence is the knowledge that we’re not alone, we’re in this fight together, so we stay strong and go on day by day.**

I have been blessed to have “We Go On Day By Day” sung at many concerts and conferences. When Gregg and I sang my song together, it was “our honor” to honor the people and their families who were struggling with this disease. A wonderful honor in my eyes was having my song sung at the 2nd World Parkinson’s Congress and then having it played during the afternoon reflection sessions at the 3rd World Parkinson’s Congress.

Gregg wrote his “PD Song: PD is a Long and Lonely Road” and we had another meaningful song to sing, to enjoy and to share with others. These songs helped Gregg and me fulfilled our dreams and meet our goals.

Parkinson’s disease is not only progressive, it is relentless and often affects our speech. I’ve seen friends having a hard time expressing themselves and so I added a fourth verse. Especially to my friend Gregg who shared the position of Co-Chairperson with me for 9 years and shared all the Tremble Clef moments I say, “When you can’t speak the words you long to tell us. We KNOW, and we UNDERSTAND!”

By Beth Lee

Due to space, some passages were deleted. Beth’s entire article is on our website TrembleClefsArizona.org. Complete lyrics of Beth’s and Gregg’s songs are also on our website.



Gregg’s Favorite Photo 2013

*“We are strong, when we stand together
Yes, we are strong, and go on day by day”*

from “We Go On Day By Day”
by Beth Lee



Concert Nov. 3, 2019

*“PD is a long and lonely road
It’s a slow and shaky time.”*

from “PD Song” by Gregg Owens

Q & A?

Where did our name “Tremble Clefs” originate? What’s the story behind our logo?

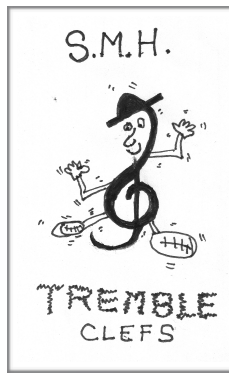
Who came up with the name?

That honor is credited to Ned Brooks. Ned had Parkinson’s. He was in a Scottsdale PD support group. When Karen Hesley, a speech therapist, first met with the Parkinson’s support group in Scottsdale in the fall of 1994, the idea of a singing group came up. Ned Brooks, with his robust baritone voice, starting singing, “Let Me Call You Sweetheart.” At least six to eight others joined in. That was it! Soon afterward their first rehearsal was held.

During those first seven to eight years, Ned Brooks was the contagious energy that held the group together. Among his many contributions was the name “The Tremble Clefs.” He had so much to do with the founding of the choir that they called Ned Brooks “Mr. Tremble Clefs.”

Who designed the logo?

The drawing was done by Karen Hesley’s husband, Robert Alvarez. Karen Hesley, founder of Tremble Clefs, worked at the Scottsdale Memorial Hospital at that time and the group rehearsed at the Scottsdale Memorial Outpatient center. That’s why the original drawing had “S.M.H.” on it. Over the years Mr. Alvarez’s original cartoon has been modified several times.



What does Tremble Clefs offer you?

“Family feeling. That I can actually sing.”
- Eldon Bradbury

“Friendship.” - Bonnie Klein

“Saving my voice from PD.” - Lowell Schwalbe

“To enjoy great music with some fine people.”
- Jim Hughes

“Fellowship, understanding, peace of mind.”
- Galen Day

“A rebirth of my voice - plus relationships.”
- Paul Metzger

“It is something I can participate with my husband who has Parkinson’s. Sun Joo always makes it fun.” - Theresa Sylvester

“Before I was losing my voice.” - Art Nelson

“Opportunity to sing - a joy in my life!”
- George Eckenrode

“A chance to make new friends who also have Parkinson’s. Also, by singing, I hope to delay losing my ability to speak.” - Joan Nappen

“Fellowship, helping understand PD and have met some fine folks. Plus I enjoy singing.”
- Charley Barber