

S.M.H.



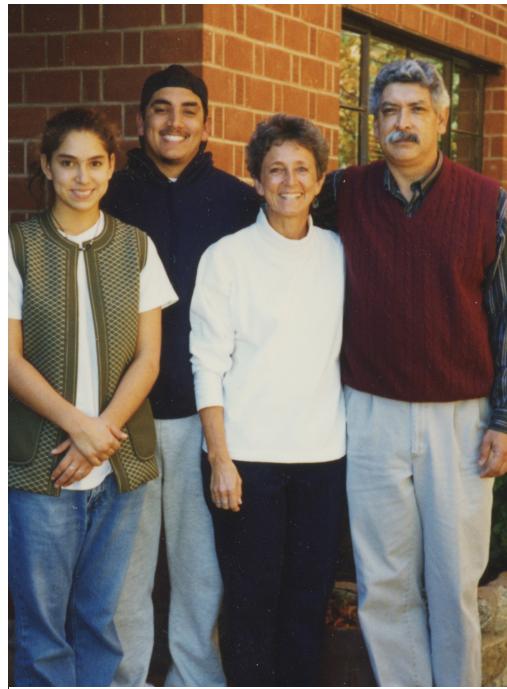
## TREMBLE CLEFS



Who came up with the name "Tremble Clefs"? That honor is credited to Ned Brooks. He had so much to do with the founding of the choir, that he was called "Mr. Tremble Clefs."

Who designed the first Tremble Clefs logo? (at left) The drawing was done by Robert Alvarez, Karen Hesley's husband. "SMH" refers to the Scottsdale Memorial Hospital. Karen Hesley, a speech pathologist, worked there and the group first rehearsed at the Scottsdale Memorial Outpatient Center. They later moved their meetings to the Scottsdale Granite Reef Senior Center, where they continue to meet to this day.

When Karen Hesley moved to California in 2001, she founded a Tremble Clefs there. Deanna Shipley took over when Karen left. A year later Kellie Walker became director. Kellie had a Master's Degree in Music Therapy and loved making music with Tremble Clefs. She retired from directing in 2008 and at that time, Ms. Lee, who had started a music therapy group in Sun City earlier in 2008, interviewed for the position and was chosen to be the new director.



Photos, top down, left to right: Karen Hesley, recent photo; earlier photo of Karen Hesley, her husband, Robert, and their children; Kellie Walker; early group photo; Oct. 2003 trip to San Diego, Kellie Walker Music Director, Ethel Harris, accompanist

## Mesa Tremble Clefs

Mesa Tremble Clefs was inspired by seeing and hearing the Original TC perform at Venture Out, our retirement community in Mesa. A couple of us whose husbands have PD were interested in knowing more about this group. Sun Joo told us a choir was getting started in Chandler. (Actually the group met in a church in Sun Lakes.) So for the next several weeks and into the following year, one or two carloads of us drove from Mesa to the South East Tremble Clefs every Thursday morning. One day, on the long ride home, we realized we could start our own group in Mesa.

**We benefited from generous donations from the Venture Out Foundation and from the Parkinson's Foundation to establish us as a Tremble Clefs Arizona choir.** We are hoping to grow and attract more members from the Mesa area. We are a group which meets from November through March. We thank Weisai Sun and Linus Jung for their good work. We are planning a final concert of the year for residents of Venture Out on Monday March 25 and hope singers from other groups will join us.

by Libby D'Adamo, Secretary Mesa Tremble Clefs

## Original Tremble Clefs

Our Original Tremble Clefs group continues to meet at Scottsdale's Granite Reef Senior Center. Our numbers were way down after the pandemic, however, we are gradually adding new members. Since reopening in person sessions, our meetings start at 3:00 p.m. instead of 4:00 p.m. as they previously did. An hour earlier makes a positive difference for our members.

**Our current "Interim Director" Merri Zohar is doing a terrific job.** She's a good communicator and an enthusiastic leader. Linus Jung's piano playing adds a great deal to every session. We have given several concerts and plan for one on Friday afternoon, April 26, to which the public is invited.

by Don Dotts, Chairman Original Tremble Clefs



Photos left to right: Tom Kober, Melissa Schwan, Wally Amundesen, Septene McKinney, Sun Lakes, 2023; Kirk Hall & George Eckenrode, Tempe, 2023

## Tremble Clefs is Important to Me

Singing has always been an important part of my life, starting with school choirs/ensembles. During my college years I drifted away from organized singing. I realized that I missed it and made it a priority to "re-engage" after I finished my MBA in 1981. During the next twenty years, I made up for lost time by singing in church choirs, community choirs, and symphony choruses. I also developed the ability to sing solos in various venues, including both of my son's weddings.

I was diagnosed with Parkinson's in 2008 and learned that I was likely to lose my "singing voice" in the coming years. In 2012, I visited Phoenix early in the year to speak to the PD support groups run by the Muhammad Ali Parkinson Center about deep brain stimulation therapy. While I was there, a friend (Patti Meese) took me to a rehearsal for a PD singing group, the West Side Tremble Clefs (WSTC). I enjoyed singing with them and meeting their energetic, inspiring leader, Sun Joo Lee. Four years later, early in 2016, Linda and I (without a lot of forethought) bought a vacation condo in the Phoenix area. So it was around March 2016 that I walked back into a WSTC rehearsal! I didn't have much of singing voice at all, but that didn't matter to the group or Sun Joo. They were there because they love music, each other, and Sun Joo.

In the years since then, Tremble Clefs has helped me and many others by building a caring community and improving our quality of life. Unfortunately, the pandemic took a terrible toll in lost lives and organizational momentum. However, the future is looking brighter than ever as Sun Joo is working on completing her doctorate program at the University of Iowa. Her amazing commitment to us and Tremble Clefs is going to enable her to be a leader in music therapy for years to come, both in Arizona and nationally.

by Kirk Hall