



## **INTRODUCTION to “WHY WE SING”**

**As Parkinson’s Awareness Month (April 2016) was approaching I felt compelled to try to capture the true feelings and emotions I have for the Tremble Clefs experience. The connection with the group is so much more than a therapy session for my Parkinson’s challenged voice. I hope you’ll let my heart speak to your heart as I share with you the rigors and joys of the Parkinson Disease Battle we face Day by Day Together.**

**Feel free to share this poem with others as you feel the need. Please however no mass mailings or postings without prior consent. (contact me at [www.saddlebackpd.org](http://www.saddlebackpd.org) Please leave comments and reactions to the poem at the same web address.**

**Lee Penney  
Member of Tremble Clefs  
Co-Leader PD Support Group  
Saddleback Church, Lake Forest, CA**

**WE ARE THE TREMBLE CLEFS**  
**WHY WE SING**

Version 6  
Lee Penney  
05/25/16

We are the Tremble Clefs of Orange County, the Parkinson's singing group with the clever, descriptive name.

We are the Tremble Clefs. At times our bodies may shake or our backs may stoop, but that doesn't matter in our group That's why we sing.

We are the Tremble Clefs. We have a positive "Can Do" attitude about life.  
- that's why we sing!

We are the Tremble Clefs, our aches and ailments become secondary when we perform- that's why we sing.

We are the Tremble Clefs. We sing under the direction of a caring, talented, benevolent dictator who challenges us and teaches us to do our best. That's why we sing.

We are the Tremble Clefs. We strive not for fame or fortune but for the feeling of a job well done. That's why we sing.

We are the Tremble Clefs our singing is so much more than physical therapy. It is good for our mental, social, spiritual and emotional well being. That's why we sing.

We are the Tremble Clefs. We practice to improve and save our frail, fading voices - That's why we sing.

We are the Tremble Clefs. We are blessed and inspired by the beautiful sounds of our talented accompanist.

We are the Tremble Clefs. We have the understanding, encouragement and support of each other. That's why we sing

We are the Tremble Clefs. With individual voices that may be lacking in some respects, but together we are better much better. That's why we sing.

We are the Tremble Clefs at times with great heart and determination the group produces an AWESOME sound that raises the hair on the back of my neck. That's why we sing.

We are the Tremble Clefs. We perform to entertain our audience and also to raise public awareness to the rigors of Parkinson's. That's why we sing

We are the Tremble Clefs though others may think we are just old senior citizens. Together we feel younger, alive, vibrant, and useful That's REALLY why we sing

We are the Tremble Clefs of Orange County we don't just survive with Parkinson's. We thrive despite having Parkinson's. That's why we sing

We are the Tremble Clefs though we have Parkinson's, Parkinson's DOES NOT have us. That's why we sing.

Program Note: End here for Concert

We are the Tremble Clefs of Orange County. Together We Are Strong and We go on Day by Day, That's why we sing.

Or alternate ending depending upon next song

We are the Tremble Clefs of Orange  
County, when we perform We are  
Champions of the World over  
Parkinson's.

We are Champions and we'll keep on  
fighting till the end.

Written by Lee Penney  
Member of Tremble Clefs  
Diagnosed with PD 2004

Group Sings "We Are Champions"