

# TIDES OF LIFE

**Arizona Women's Chorus  
Tucson Pops Orchestra**

**April 25-26, 2 p.m.**

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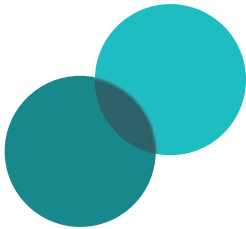
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# About Us...

The Arizona Women's Chorus is comprised of women ages 16 and older from all walks of life. We are an advanced adult women's chorus singing a wide variety of repertoire from jazz to classical, Broadway to international, and everything in between. This chorus' history includes tours by invitation, collaborations with other musical groups, and commissioning of new works for women's voices.

AWC fosters a harmonious, diverse, and inclusive community for adult treble singers by providing a supportive platform for expression, education, personal growth, and meaningful connections. Through artistic excellence, our varied repertoire enriches those we touch with the beauty and unity of our voices.

The Arizona Women's Chorus performs from the ever-expanding repertoire written specifically for women's or treble voices. As the premier women's chorus of Tucson, they strive to sing quality music that showcases the women's voices and their desire to entertain. Performances have included music such as the Baroque *Missa de Profunctis* on the same program as Broadway Medleys, or Spanish folksongs and jazzy samba. The Arizona Women's Chorus prides itself on serving the community by performing for retirement homes, the Sister Jose Women's Shelter, the Tucson Museum of Art, and other civic organizations, as well as through collaborative performances with a variety of choral, instrumental, and dance ensembles. They have commissioned new choral pieces for women's voices by David Childs, Brant Adams, Khris Dodge, Sheena Phillips, Robert Cohen, and Mark Hayes.

We would like to acknowledge and thank the people who contribute not only their singing talents, but bring to the chorus their energy, time, and professional abilities. These are the various Board members, Executive Team members, and committee chairs without which the chorus would not be what it is today.

AWC is grateful to St. Phillips in the Hills for letting use their music hall for rehearsal space.

The Arizona Women's Chorus is a proud member of the Arizona Choral Arts Association.

# Our Organization...

## Our Board of Directors

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## Supporting the Arizona Women's Chorus

Thank you to many of you who have supported this chorus through the years in many ways. Our "Friends of the Chorus" annual donors campaign continues to enable us to collaborate with other arts organizations, and to perform at various community events such as festivals, schools, and for those in need such as the Sister Jose Women's Shelter.

If you prefer to give to a specific need, feel free to ask our Conductor.

We are looking for Board members from the community who have expertise in any area that could help a non-profit musical organization grow. Specifically, we are looking for someone who can guide us in Marketing or Fund Development. Please contact us at [terriel@azwomenschorus.org](mailto:terriel@azwomenschorus.org) if you are interested.

# Our Accompanist...

## Dr. Meily J. Mendez, PhD



Dr. Meily J. Mendez is an accomplished pianist and educator in the central Tucson area, as well as an Assistant Professor of Practice of class piano and piano performance at the University of Arizona. She is a Nationally Certified Teacher of Music accredited by the Music Teachers National Association (MTNA). An in-demand adjudicator throughout the Southwest region of the United States, Dr. Mendez has taught piano for over 20 years and is the chair for the Tucson Music Teachers Association's Piano Ensemble. She received her Doctorate of Musical Arts in Piano Performance from the University of Arizona, studying with Steinway Artist, Dr. John Milbauer, and she is a regular collaborative artist with the Tucson Duo Project. Dr. Mendez has had the joy of being the regular official pianist for the Arizona Women's Chorus since 2016.



## Interested in Joining?

The Chorus performs for public and private functions around the greater Tucson area. In addition, we have annual public spring and winter concerts. We have a great time in our rehearsals which include choral and vocal techniques. Rehearsals are held from September through May, Monday evenings from 7-9 p.m. at St. Phillips, 4440 N Campbell Ave, Tucson, AZ. Previous choral experience is required. New members are accepted in September and January, and rehearsals are open to visitors or those interested in joining the Chorus during those months. Discount for annual payment and scholarships are available. AWC is a member of the Arizona Choral Arts Association, and Chorus America.

For more information, call 404-3148 or visit us at [www.azwomenschorus.org](http://www.azwomenschorus.org).

# The Conductor...

## Terrie Ashbaugh, MM



Terrie Ashbaugh has been a professional musician for over 50 years. She received her BA in piano performance from Seattle Pacific University and Masters Degree in Choral Conducting from the University of Arizona under Dr. Maurice Skones.

Terrie directed the Columbia Boys Choir and Columbia Girls Choir (2 separate choirs) Preparatory and Training choirs (concert level choirs consistently won top awards), and the Kirkland Choral Society, Kirkland, Washington, in addition to directing music ministries at several churches in the Seattle area.

In Arizona, she formed the University of Arizona Faculty/Staff choir as an independent chorus after the choral conducting program disbanded it. Since 1998, she directed the Southern Arizona Women's Chorus, now renamed as the Arizona Women's Chorus. In 2008, she was nominated as an Individual Artist for the Governor's Arts Awards, in 2009, received a letter of recognition from the Mayor of Tucson for her contribution to the community, in 2011, was nominated for the Tucson/Pima Arts Council Arts Educator Award, and in 2023, was invited as a Guest Conductor for Mid-America in London, England. She has had the privilege to direct on the stage alongside Dr. Rene Clausen, Dr. Kirby Shaw, Rollo Dilworth, and John Rutter. Terrie is recently retired as full-time Director of Worship and Administration at Ascension Lutheran Church and School. Terrie also composes and arranges music for her various choirs.

In 2010, Terrie co-founded the Women In Song festival with 100 women attending in Seattle, Washington. In 2013, this festival was hosted by the Southern Arizona Women's Chorus in Tucson. In 2013, she also founded the Arizona Choral Arts Association which supports choral arts by providing education to the diverse southern Arizona community through promoting choral arts and choral performances, as well as enabling choruses to network, collaborate, and market using shared resources. In 2014-16, she served two terms on the Board of Directors of the Arizona Chapter of the American Choral Directors Association (AzACDA) as the Repertory and Standards Chair for Community Choirs. Following AWC's most recent tour in London, Terrie was invited to conduct a combined women's chorus with orchestra in Carnegie Hall in 2026.

# Singers for Spring 2026

## Soprano 1

Christina Arredondo  
Katarina Chliwnyj  
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Sara Cullen  
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Debbie Shoemaker  
Edita Smrcinova  
Rosalie Stoner  
Lily Tate  
Stephanie Thompson  
Jamie Vaughan-Signorini  
Marty Weigle  
Celina Zerbinatti

## Alto 1

Tota Alexandrova  
Kayla Avery  
Virgie Coen  
Debra Colodner  
Nancy Datte  
Els Duvigneau  
Sarah Festger  
Fredericka Hills  
Tally Jones  
Miriam Juvette  
Annegret Mansuripur  
Mary Musgrave  
Susan Petrus  
Heather Pletnick  
Gayle Poe  
Ida Rhem  
Nancy Riccio  
Lyn Salvo  
Kelli Slattery  
Pam Treder  
Aleksandra Weichsel  
Carol Weinstein

Karen Wilson  
Amy Jo Wrobel

## Alto 2

Chizuko Aoshima  
Nancy Buttermore  
Susan Cochran  
Suzanne Delap  
Erin Dougherty  
Diane Foray  
Tiana Haire  
Pat Hartowicz  
Carey Jones  
Joanie Kroeckel  
Lauri Latack  
Gail Marthaler  
Susan Miller-Cochran  
Rici Peterson  
Peggy Sanders  
Sharon Schwitters  
Amy Simonds-Taylor  
Miku Todd  
Chrissy Tolley  
Kathie Toth



# The Tides of Life

The Arizona Women's Chorus &  
Tucson Pops Orchestra

April 25 & 26, 2026

Director, Terrie Ashbaugh, Assistant Director, Kayla Avery  
Accompanist, Meily J. Mendez

*Exsultate Justi In Domino*..... Brant Adams  
Arizona Women's Chorus and the Tucson Pops

## **Selections by the Tucson Pops, conducted by Khris Dodge**

*All That Glitters*..... poems by Robert Frost, Composed by Khris Dodge  
"A Peck of Gold"  
"Nothing Gold Can Stay"  
"Fire and Ice"

*The Tides of Life* lyrics by Katherine Byrnes, Composed by Khris Dodge  
I. "AIR ~ Breathe"  
II. "FIRE ~ Spark"  
III. "EARTH ~ Nourish"  
IV. "WATER ~ Rejoice"  
V. "She is Life"

Arizona Women's Chorus and the Tucson Pops

## **Program Notes**

*All That Glitters* poetry by Robert Frost, music by Khris Dodge

### **"A Peck of Gold"**

Dust always blowing about the town,  
Except when sea-fog laid it down,  
And I was one of the children told  
Some of the blowing dust was gold.  
All the dust the wind blew high  
Appeared like gold in the sunset sky,  
But I was one of the children told  
Some of the dust was really gold.  
Such was life in the Golden Gate:  
Gold dusted all we drank and ate,  
And I was one of the children told,  
"We all must eat our peck of gold."

**"Nothing Gold Can Stay"**  
Nature's first green is gold,  
Her hardest hue to hold.  
Her early leaf's a flower;  
But only so an hour.  
Then leaf subsides to leaf.  
So Eden sank to grief,  
So dawn goes down to day.  
Nothing gold can stay.

**"Fire and Ice"**  
Some say the world will end in fire,  
Some say in ice.  
From what I've tasted of desire  
I hold with those who favor fire.  
But if it had to perish twice,  
I think I know enough of hate  
To say that for destruction ice  
Is also great  
And would suffice.

*The Tides of Life* depicts the stages of a woman's life, told through the metaphor of the natural elements. The piece begins at nature's first light/the body's entrance into the world where the first breath is taken. "Air" takes us from that initial space to where melodies mirror the freedom and introspection of later years, the soul becomes light and expansive, giving a nod to the playfulness while relishing in those first breaths.

As the music intensifies, "Fire" emerges to represent the passionate energy of young adulthood, blazing with ambition and desire.

The middle section introduces deep grounded "Earth" tones, becoming heavy and rooted, nourished and richer with life's experiences.

In the penultimate movement, "Water," resonates with the joy and playfulness it brings to one's soul.

These themes always intertwine to relay how past experiences inform present and future choices and vice versa. They play together, understand one another, and serve as a guide to what comes next. The journey becomes clear. Ultimately, the piece reflects on life's journey and all the elements that came to be throughout, symbolizing the eternal cycle. Death and renewal. The tides of life.

-Katherine Byrnes, Lyricist

*The Tides of Life* lyrics by Katherine Byrnes, Music by Khris Dodge

**"AIR ~ Breathe"**

Breathe in, Breathe out  
Les années passent  
She remembers to be weightless,  
She remembers how to flow,  
She remembers how to soar  
The years pass  
Looking back on life years blow by like sand  
visions drifting on air—the carousel keeps spinning round  
It turns around Breathing in Breathing out Spinning round  
Visions drift, years go by, mem'ries spinning round  
Dancing on the air like little leaves on air  
Memories fade and focus ~ breathe in the air

**"FIRE ~ Spark"**

Dancing flicker, a sparking ember  
Fan the fire \*Éclater! \*Essere in fiamme! \*Incendier!  
Softly glowing in the night  
Slow Her light falters then catches and grows  
Burning, blazing, free untamed & wild  
Like the world, full of wonder!  
Oh the stars Burning low Glowing light  
Feed the fire See it glow  
How she burns in the night

**"EARTH ~ Nourish"**

Down deep down  
Thriving roots of life nourish, hold, and heal  
Deep down... down  
Above reaching out Spreading wide a fortress  
Les années passent  
Ses branches poussent (her branches grow)  
Ses racines atteignent (her roots reach)  
Growing (grandit) Evergreen, she towers  
The years pass  
Willing to bend, to give, to grow  
Down Deep Down  
Leaves of silver weathered, yet strong  
each mark a memory  
Feel the sun and rain Mother Earth and Sky  
Rushing into her veins like a circle giving life  
of the sun, of the earth, of the sky

"WATER ~ Rejoice"

whooshing through the water splish-splashing in the stream  
sparkles in the splatter a kaleidoscopic wave  
drifting & chasing & twirling & free  
Like the world ~ full of wonder!  
Rushing in the river & the rhythm of the tide  
Weaving in the weightless world pitter patter fly  
Curving and Bending and Flowing and Clean  
Where will it take me?  
Current & calm Eddy & tide  
Riding the thrill & the lift & the drip-dropping rush  
to an unknown horizon  
I laugh... and I jump!

"SHE IS LIFE ~ Finale"

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- ♪ Be ambassadors of the Southern Arizona community on a national and international level.
- ♪ Commission new works for women's voices.
- ♪ Develop a tuition scholarship program to provide support to enable the participation of members from all socio-economic backgrounds.
- ♪ Perform at various community events: festivals, schools, and \*senior communities
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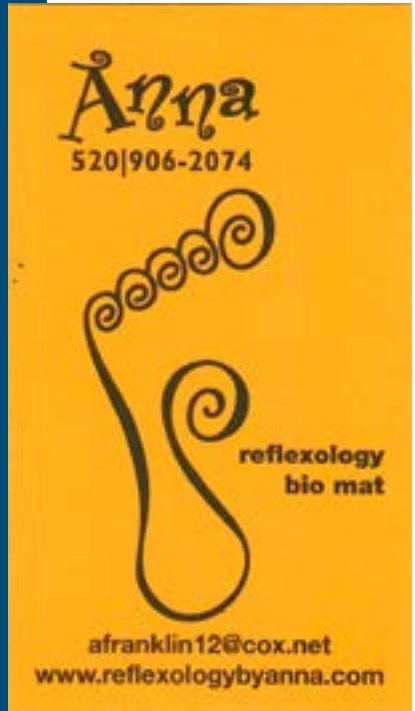
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