

Alive & Kickin: Cynthia and Milo Schield

PRESCOTT -- The stage is nothing new to Prescott residents Cynthia and Milo Schield. Cynthia may not have become a movie star while growing up in Los Angeles, but she and her husband shine on stage now as part of the cast of "Alive & Kickin,"...

[Entertainment](#)

Written By: Sarah Nigbor | May 21st 2015 - 1pm.



PRESCOTT -- The stage is nothing new to Prescott residents Cynthia and Milo Schield.

Cynthia may not have become a movie star while growing up in Los Angeles, but she and her husband shine on stage now as part of the cast of "Alive & Kickin," a 28-member senior theatrical and musical ensemble based in the Twin Cities.

"I love to sing and would do it anywhere, any time," Cynthia said of her love of A&K. "But the friendship that has grown up among the members is a strong factor. A&K is a way of life now."

Alive & Kickin is set to debut its show "Winds of Change" on June 5 at the Bloomington (Minn.) Center for the Arts in the Schneider Theater.

Alive & Kickin

Alive & Kickin is a non-profit 501(c)(3) organization with a mission to give a voice to seniors through live theater performances, community outreach and educational programming, according to a press release from the group's director of marketing and development Heather Brands.

The theatrical ensemble is led by award-winning artistic director Michael Matthew Ferrell, who is known for his work with the Chanhassen Dinner Theatre, the Children's Theatre Company and Latte Da.

The group of seniors uses personal stories, popular songs (including contemporary genres of music) and inspirational messages to reach their audience.

"Winds of Change" is "a captivating all-ages show that blends history and storytelling with music as eclectic as Lady Gaga, Queen and Cole Porter," according to the press release.

The seniors are each asked to write a story that relates to the theme of an upcoming show. Then, each cast member's written piece is reviewed and refined by Ferrell.

"It's an honor to work on these personal pieces of history with them," Ferrell said. "This generation has been completely instrumental in positive social change for our country and beyond. To think how much positive social change has happened in the past 50 years alone is astounding and personally moving to me. This is a way for us to honor and celebrate the progress."

Alive & Kickin: Cynthia and Milo Schield

Cynthia's story mirrors the show's theme, which is "change," as does Milo's.

"Mine tells about how challenging it was to get a professional career started as a young woman in the early 60s, despite my college degree and high test scores," Cynthia said. "It worked though. I became an HR manager for 40 years. Now, young women have a career and children all the time.

"Milo's is about how his German grandparents farming in western Iowa sold their farm and moved to southwestern Minnesota so their German girls wouldn't be tempted to marry any of the Dutch boys that were moving in."

The Shields

Milo, a college professor at Augsburg, hails from Waverly, Iowa. According to Cynthia, he moved to the Twin Cities for work and to be near his elderly parents.

Cynthia moved here 12 years ago as a widow to be near her daughter and grandchildren. Although they have since moved to Denver, Colo., she is still here and loving every minute of their involvement in Alive & Kickin.

"I have been in choirs all my life," Cynthia said. "After moving to Minnesota, I was in the New Fogey Follies (a senior theatrical group) for nine years. Milo did not sing after high school but he is very musical. He plays the piano beautifully.

"I had a friend, Norma Garfin, from the Fogey Follies in A&K. I went to see her perform. I came home and told Milo I would love to be in the group. He agreed to audition and the rest is history. But in A&K everyone has to sing a solo. Milo was very surprised to find himself singing solos. We needed a singing teacher and found another Prescott person, Melyssa Rice, to train us."

Her mother was a C-actress in Hollywood in the 1940s and 50s, Cynthia said.

"No, you have not hear of her," she said. "But I saw how hard the life is and settled on college and a business career."

As for meeting Milo, she describes their union as a "late in life marriage." According to Brands, the cast and crew of A&K calls them the Newlyweds. Cynthia said The Critical Thinking Club of St. Paul is what brought she and Milo together 10 years ago. When they decided to downsize from a large home in North Oaks, Minn., she saw the condos on the river in Prescott and "fell in love."

"As it happens, we both like trains," Cynthia said of their condo which is near the Prescott train tracks.

As for the town, she said it's a toss-up between the beautiful views and the nice people of which she likes the most. They both also love to travel and just admire the view from their home.

It's a good thing they love to travel, because they drive all over the Cities to perform.

"My car has accumulated a lot of miles," Cynthia said.

Winds of Change

Winds of Change debuts June 5 at 7:30 p.m., with shows at the same time on June 6, 12 and 13; and on June 7, 11 and 14 at 2 p.m. Tickets for adults are \$29, seniors and students are \$26. For more information call 612-799-2186.

Cynthia urges people to see the show, describing it as wonderful and unique.

"You see real people -- all seniors between ages 60 and 94 -- tell you stories from their own lives," Cynthia said. "The stories often relate to the songs they sing. Extremely moving. And these seniors sing too. Very well!"

Alive & Kickin Home page: <https://aliveandkickinmn.org/>

Source: <https://www.rivertowns.net/entertainment/3749968-alive-kickin-local-couple-take-stage>

