

A VOICE FOR LIFE

What does it mean to have a voice?

The most obvious answer is that you are
able to speak . . . to communicate!

But even more importantly . . . to sing!



I AM A SINGER!

DID YOU KNOW?

Sound or phonation as we will call it is a vibration of the vocal cords caused by air passing through the larynx from the diaphragm

When vocal folds or cords phonate they collide fairly rapidly.

During three minutes of continual, quiet conversation:

- Females can experience from 30,000 – 45,000 fold collisions.
- Males can experience from 15,000 – 22,500 collisions.

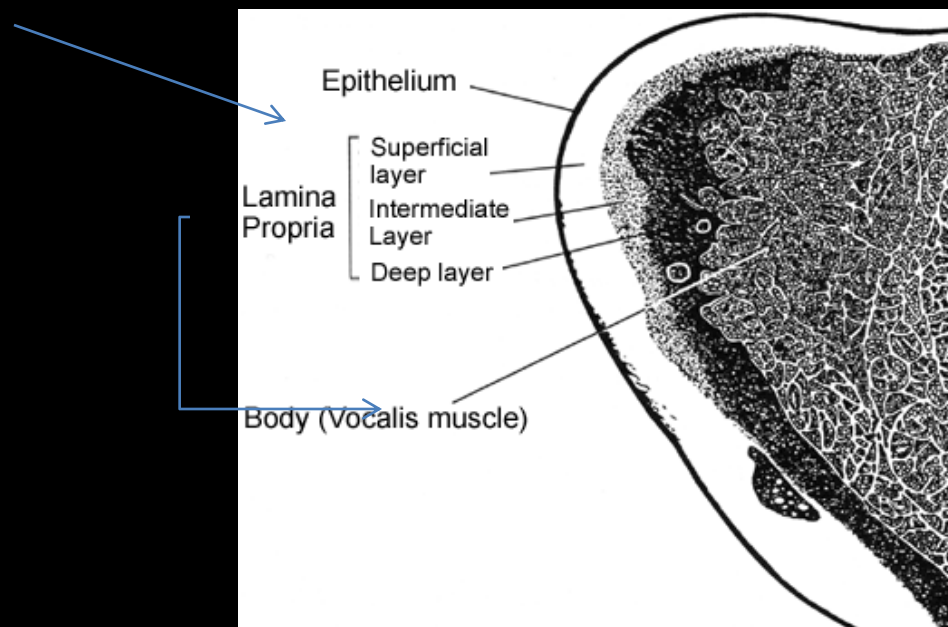
YOUR VOCAL FOLDS AT WORK :

<http://youtu.be/-XGds2GAvGQ>

- Mixed Quartet Singing during scope

EPITHELIUM or TISSUE SURROUNDING FOLDS

Vocal Folds are surrounded by layers of delicate tissue. If the fold vibrate in an easy, gentle way, the voice works well. If the folds come together in a hard or forceful way, they can be injured.

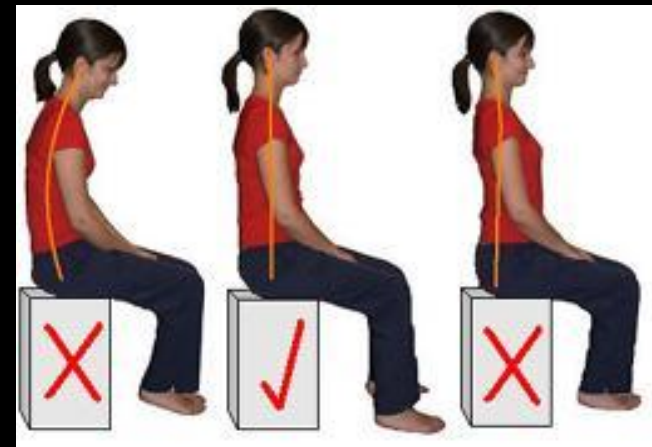
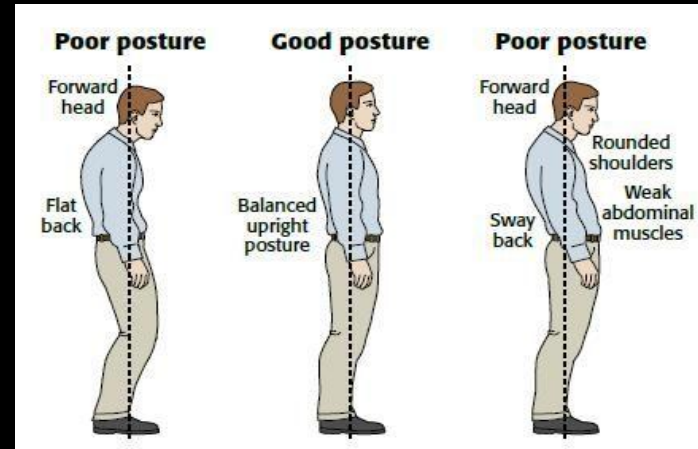


SINGING STATURE

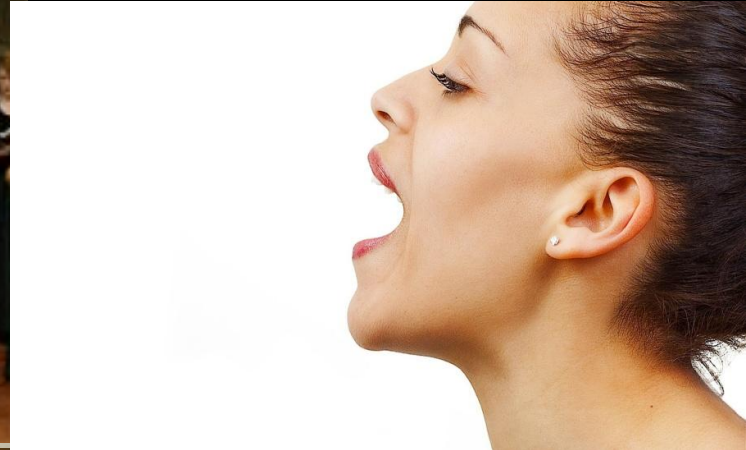
- ✓ **EQUAL DISTRIBUTION OF WEIGHT**
- ✓ **FEET** Distributed weight on three points:
 1. ball of the foot
 2. calcaneus
 3. lesser metatarsal head
- ✓ **LEADING . . .**
 - When you walk?
 - When you stand?
 - When you reach?



High heels put stress on the back and knees causing posture to be misaligned;



How is your posture when you sing?



The Institute for Healthy Singing is an institute of The William Baker Choral Foundation

The Adolescent Voice

Symptoms of Change in the Adolescent Voice

- Husky or hoarse quality
- Occasional involuntary changes in pitch (voice cracking in speech)
- Temporary decrease in overall pitch range
- Increased difficulty with register transitions
- Females: Increased breathiness
- Males: Tilting larynx causing protruding bump “Adam’s Apple”

Finding Ophelia’s Voice, Opening Ophelia’s Heart: Nurturing the Adolescent Female Voice. Dr. Lynn Gackle

Working with the Adolescent Voice. Bodymind & Voice: Foundations of Voice Education. Dr. John M. Cooksey

Protecting our Hearing

Lombard effect. The Lombard effect will cause one to increase their volume due to increased noise levels in the room. Voices tend to produce a more pressed phonation. Avoid talking over noise whenever possible. Turn off the fan, buzzing lights, computers, etc. when talking. For singers, pitch accuracy can become unstable.

For Singers - Auditory feedback is improved and vocal efficiency enhanced indicated that when a choir utilized a spread spacing arrangement, 95% of the singers experienced a positive difference than when the choir stood close together. Daugherty, J. (1999, 2000).

- ❖ Wear an earplug in at least one ear. It can help your voice in a noisy situations, so that you avoid speaking too loudly.



- ❖ When you can, use sound makers (whistles, hand claps) to gain students' attention, rather than a loud voice.

- ❖ Use personal amplification or room amplification when teaching to minimize voice overuse: Chatterbox.usa.com / Independentliving.com



THE TAKE AWAY

- ❖ BODYMIND: Singer Stature, Self-Assessment, Outcomes and Goals
- ❖ PRACTICE HEALTHY HABITS so you may have a voice for a lifetime
- ❖ CONSULT A MEDICAL PROFESSIONAL if you experience any ongoing vocal issues
- ❖ BE AN ADVOCATE for healthy speaking and listening

To discuss customizing a seminar
for your choir, please contact
The Institute for Healthy Singing
through

The Choral Foundation

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