

STRATEGIES FOR LIFELONG SINGING
Speaking and Singing with One Voice

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INTRODUCTION

Speaking and Singing in 2020
COVID-19 Pandemic
Election 2020/Hurricane Season 2020
The Body as Vocal Instrument

VOCAL TECHNIQUE FOR SINGING AND SPEAKING

The Basics of Speaking and Singing

- Relaxation
- Posture (Standing/Seated)
- Breath (Exhalation/Inhalation)
- Resonance

The Speaking Voice

Aging. Voice mirrors physical growth and other changes of the body. At age 8, boys and girls basically have the same voice pitch, near middle C on a musical scale. With the advent of puberty, the male voice drops an octave, and the female voice half an octave. A man's voice continues to deepen as he gets older, until past age 70 when his voice pitch begins to elevate slightly. The adult female voice tends to get lower in pitch with each successive decade. In very old age, past age 90, the voice pitches of men and women are relatively similar.

Boone D., *Is Your Voice Telling on You?* 3rd ed. (San Diego CA: Plural Publishing Group) 26.

Strategies for Lifelong Voice Use

Diet /Nutrition/Exercise/Fitness/Rest/Hydration
Structural Changes/Chronic Illnesses/Medications

KEEP "MELODY" IN YOUR SPEECH AND A SONG IN YOUR HEART!

References

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(Lanham, MD: Rowman & Littlefield, 2018)

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Choral Journal, May 2013, Vo. 53. No. 10, 16-25

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