



\$20 per person  
(early bird price \$15 through January 1, 2013)

\$10 per person for groups of 12

Registration deadline: February 15, 2013

The fee also includes a box lunch and  
an always useful water bottle.

To register: Download the printable  
registration form from our website:  
[www.northshorechoral.org](http://www.northshorechoral.org)

Or use this form and mail to:

North Shore Choral Society  
A Lifetime of Singing Workshop  
P.O. Box 103  
Evanston, IL 60204-0103



Check made payable to North Shore  
Choral Society

My Age Category (please circle one):

High School    Young Adult    34-54    55+

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Choral organization(s) I belong to: \_\_\_\_\_

How I heard about this workshop: \_\_\_\_\_

## A LIFETIME OF SINGING CONCERT

Sunday, March 3, 2013  
Regina Dominican High School  
3:00pm

Join us for *A Lifetime of Singing* concert the  
following day. Tickets will be available  
for purchase at the workshop.

The North Shore Choral Society, the North  
Park University Chamber Singers, and the  
Evanston Children's Choir combine for a choral  
extravaganza celebrating singing for all ages.  
The concert will feature Karen Brunssen, mezzo  
soprano. The program contains a variety of  
music, as well as a newly commissioned piece  
composed by Anne Heider.

Founded in 1936, the North Shore Choral  
Society is the oldest choral organization on the  
North Shore. Comprised of 130 members,  
this community chorus has given hundreds of  
nonprofessional singers the opportunity to  
perform a wide variety of music. The NSCS  
presents three concerts each season and also  
collaborates with the Evanston Symphony  
Orchestra for their annual Christmas concert.

In addition to concerts, the NSCS partners  
with The Musical Offering to bring choral  
music presentations to Evanston school  
students. The NSCS also provides professional  
singing opportunities to emerging soloists  
through the Donald Chen Young Artist Award.



## A LIFETIME OF SINGING — HEALTHY SINGING AT EVERY AGE!

A workshop for all age groups  
featuring Karen Brunssen,  
Professor of Voice at  
Northwestern University



Professor Brunssen will share decades of  
experience and research on the voice as it  
matures from birth through senior years.  
Ms. Brunssen is engaging, frank, and full of  
practical advice. This is a rare and valuable  
opportunity to learn more about your voice  
and celebrate singing throughout life.  
Don't miss it!

## KAREN BRUNSSSEN,

Mezzo Soprano, Associate Professor of Voice,  
Bienen School of Music at  
Northwestern University,  
Co-Chair of Music Performance.

Ms. Brunssen's singing career has spanned  
over 30 years including performances with  
national and international orchestras and  
opera companies.

Noted for her spirited and inspiring  
presentations, Ms Brunssen is a frequent guest  
clinician, master teacher, panelist, and adjudicator  
for music schools and organizations including  
the 2011 and 2012 National Association of  
Teachers of Singing workshops in Milwaukee  
and Memphis. She has participated in workshops  
for the American Choral Directors Association,  
the Classical Singer Conference  
and Convention, the Association  
of Teachers of Singing, Opera  
America, the Illinois Choral  
Directors' Association, the Iowa  
Choral Directors' Association,  
and Chorus America.



In 2008, 2009, and 2010, Ms. Brunssen was  
invited to do a week-long teaching residency  
at Cambridge University in England as a guest  
of Clare College, where she gave voice lessons,  
master classes, and workshops. She is a former  
president of the Chicago Singing Teachers  
Guild and a former president of the Chicago  
Chapter National Association of Teachers of  
Singing where she started the Annual Vocal  
Competition that has grown to involve over  
400 singers from the Chicagoland area.

Her recent article, "*The Evolving Voice: Profound at  
Every Age*," appeared in the *ACDA Choral Journal*,  
February, 2010, and included recorded examples  
of singing from 3 months to 103 years of age,  
highlighting the life-cycle of voices, professional  
and amateur, through many years of singing.

## EVENT DETAILS

Saturday, March 2, 2013  
8:45am – 1:15pm  
Regina Dominican High School  
701 Locust Road, Wilmette, IL



## SCHEDULE

- 8:45-9:15 – Registration, coffee and  
doughnuts
- 9:15-10:45 – Presentation by Karen  
Brunssen, followed by  
a Q&A session
- 10:45-11:00 – Break
- 11:00-12:00 – Demonstration Sessions
- 12:00-1:00 – Lunch (Cafeteria)

Thank you for a great day!



## PRESENTATION

by Karen Brunssen, Northwestern University  
Prof. Brunssen will share her research on  
"*The Evolving Voice: Profound at Every Age*".

This multi-media presentation will include  
vocal science, sound clips, vocal pedagogy,  
and personal anecdotes.

The chronological life of our singing voices  
begins with the first cry as a newborn and  
continues throughout our entire lives. At  
every age, function is dependent on where  
the body is within progressive and constant  
changes. Exercising the singing voice regularly  
increases the elasticity of the muscles of  
breathing and the larynx.

The singer's instrument is the respiratory  
system. It reflects emotions, hormones,  
illnesses, medications, muscular training, youth,  
and maturity. No two people have the same  
vocal instrument and it changes constantly  
throughout life.

- Karen Brunssen

"*The Evolving Voice: Profound at Every Age*."

## DEMONSTRATION SESSIONS

Led by Karen Brunssen and Julia Davids

Put your new knowledge into practice in this  
shared, interactive experience! Karen Brunssen  
will lead groups of singers in vocal exercises  
designed specifically for that group's general age  
and development. She will also offer advice and  
suggestions for how to develop and/or maintain  
vocal health and will answer specific questions.

Julia Davids will teach each group a simple song,  
applying the guidance of Ms. Brunssen. We will  
conclude the workshop by all singing together.