

# Northeastern District Massachusetts Music Educators Association

**To:** Superintendents of Schools, Curriculum Directors, Principals, Fine Arts  
Coordinators and Music Educators

**From:** Brian Spignese, ND-MMEA General Music Coordinator

**Subject:** Professional Development

**Date:** Wednesday January 8, 2014

**Time:** 4:00 PM-7:00 PM

**Location:** Lowell High School

**Cost:** \$15 NAFME Members  
\$25 Non-NAFME Member  
**FREE** for Lowell Public School Music Teachers  
**FREE** for full-time college students

## Vocal Health for You and Your Students

with Mary McDonald Klimek, MM, MS-CCC/SLP

Learn how to take care of a unique instrument, your voice! Voice is the only instrument that is regularly played in ensembles for hours on end without any formal technical training, that cannot be tucked away into a protective case, that cannot be "upgraded" as the player becomes more skilled. In this workshop, we will explore how its parts fit together, how we can protect it from the elements, how it can be played in ways that minimize wear and damage, and how to recognize early warning signs so that problems can be fixed before the "repairs" are too costly! Bring your questions for Mary, a self-avowed "Voice Geek".

Mary McDonald Klimek holds degrees in Music Education, Voice Performance, and Speech-Language Pathology. She is a professional musician and voice teacher with over 40 years of experience, and has been a voice therapist specializing in professional voice users for the past 15 years. She is a Certified Master Teacher and Course Instructor in Estill Voice Training and Vice-President of Estill Voice International, the company that promotes and produces international course and certification programs in Estill Voice Training. During the 13 years that she worked at the Voice and Speech Laboratory at Boston's Massachusetts Eye and Ear Infirmary, Mary presented vocal health outreach programs throughout the metropolitan Boston area and was pivotal in the development of the "Seminar for Singers", a popular biennial event for singers in Boston and throughout the New England region. She chaired the organizing committee for the Sixth Estill World Voice Symposium held at Harvard University in August of 2013. She offers dynamic and interactive workshops and educational programs for groups and organizations while maintaining a private voice studio and therapy practice out of her home in Lexington, Massachusetts.

**Northeastern District**  
**Massachusetts Music Educators Association**  
Professional Development Registration Form

Vocal Health for You and Your Students  
January 8, 2014

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

School District: \_\_\_\_\_

Grade Levels You Teach: (Please circle all that apply)

Pre-K          Elementary          Middle School          High School          College

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

NAfME Member (\$15.00)  
NAfME Member # \_\_\_\_\_ Ex. Date \_\_\_\_\_

Non-NAfME Member (\$25.00)

Lowell Public School Music Teacher (FREE)

College student (FREE)

I am paying for the workshop. The total of \$\_\_\_\_\_ .00 is enclosed.  
(Please make checks payable to MMEA-ND)

My school district is paying for the workshop.  
The purchase order number is: \_\_\_\_\_

My school's billing address:  
(if paying by PO) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PLEASE RETURN COMPLETED REGISTRATIONS TO:  
Brian Spignese  
9 Moss Street  
Burlington, MA 01803