

# "What Are YOU Expecting?"



Melodious Mamas:

Rachel Sparrow

Nathalie Colas

Amanda Koopman

Ingrid Israel Mikolajczyk

Young Jee Cho

THE CHURCH OF JESUS CHRIST OF  
LATTER-DAY SAINTS

Saturday October 8th, 2016 3 p.m. -The Church of Jesus Christ of  
Latter-day Saints, 2727 Lake Ave, Wilmette, Illinois

Sunday October 9th, 2016 6:30 p.m.- Lutkin Hall, Northwestern University  
Campus, 700 University Place, Evanston, Illinois

CONCERTS ARE FREE - We Are Grateful For Your Donation!

# Melodious Mamas Inaugural Concert



Rachel  
(Producer)  
Soprano  
7 months along  
1st Child (it's a girl!)



Nathalie  
Soprano  
7 months along  
1st Child  
(it's a surprise!)



Ingrid  
Soprano  
5 months along  
1st Child  
(it's a surprise!)



Amanda  
Mezzo-Soprano  
Adopting!  
1st Child  
(it's a boy!)



Young jee  
Pianist  
6 months along  
2nd Child  
(it's a girl!)

## "What Are YOU Expecting?"

Performers often go through insurmountable struggles when trying to juggle their career and a family. There is a certain work-related pressure, especially upon female singers, to choose one or the other in regards to having a family life or having a career.

We want to shed light on that issue in a bold, artistic, sensitive, hilarious, and unprecedented way.

Since the singers are all new 'expecting' Mothers, we wanted to celebrate this new chapter of our lives through a song tribute, and also make a difference by raising funds for charity.

We believe that families are important and that our identities as artists are not lost when we become Mothers; they are enriched.

Due to the impact hormonal changes during pregnancy have upon the voice, the stresses of Motherhood, and the amount of travel that singers generally need to do, it is quite uncommon to see a pregnant woman in an audition room or up onstage.

We want to break the mold a little bit.

What Are YOU Expecting?

We would like to thank our main sponsor:



Special Thanks to The Church of Jesus Christ of Latter-day Saints  
For providing a venue!

THANK YOU, our fantastic audience for your  
generous gifts, spirit, laughter, and love.

### **Why give a gift today?**

Hopefully, you enjoy the music and program that we have spent months preparing... 

But if that isn't it, here is another excellent reason to donate:

Today, we have a goal of raising \$1,000 for **Newborns in Need**.

Poverty or illness touches the tiniest babies and families become overwhelmed. **Newborns in Need**, is dedicated to making sure that the teen mom, the stressed family, and the parents overwhelmed in sadness for the loss of a child, are supported. Newborns In Need offers baby items to those families who need help, and also provide grieving families bereavement clothing & keepsake items for when an unanticipated loss may occur. **The local chapter we are contributing to is located in a southwest suburb of Chicago, Orland Park, which serves several hospitals on the South side of Chicago.**

But wait- there's more! Please see "Perks for Giving" listed on back cover!

### **Questions & Answers:**

**What are the fund-raising goals for this concert?** We need your help to reach our goal of \$1,000 for Newborns in Need! Any additional donations we receive go toward artists reimbursement, program printing, publicity & website, photography, venues, recording, piano tunings, sheet music, and future programming.

**What is the plan Melodious Mamas have for future programming?** We wish to provide free classical entertainment for families once or twice a year. We will always raise funds for a charity via audience donations.

**How can I be notified of future concerts?** Please use the slips provided in the donation envelopes to provide your email address. Our website is under construction. For now, go to: [www.rachelsparrow.com](http://www.rachelsparrow.com) - on the homepage, you may "Join Rachel's Inner Circle", and leave your name and email address. I will keep you in the loop!

**Where did the idea for Melodious Mamas come from?** This summer, while I was in a Chicago Symphony Chorus rehearsal with Nathalie and Ingrid, all of us pregnant, I realized how unique that was. "We should do a concert together!" I said. And the idea was *born*. Adding Amanda into the mix was a no-brainer. When Ingrid found out her favorite pianist was pregnant, it was just icing on the cake. So yes, we were all friends, professional musicians, and happened to be "expecting" at the same time! Please enjoy our *labor* of love! - Rachel

We are also grateful to be sponsored in part by:



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the actors  
gymnasium

Please see additional info  
& sponsors in the insert!

# What Are YOU Expecting?

There is No Rose of Such Virtue - by Benjamin Britten - **The Melodious Mamas**

## Nathalie's Lullaby

*Canción de cuna para dormir a un negrito* - by Xavier Montsalvatge

## Tribute to Mothers

Songs My Mother Taught Me - by Antonín Dvořák - **Ingrid**

I Won't Mind - by Jeff Blumenkrantz - **Rachel**

Your Mother and Mine- from Disney's *Peter Pan* - **Amanda**

*Mama!* by Cesare Andrea Bixio - **Nathalie\***

## Ingrid's Lullaby

*Wiegenlied* - by Richard Strauss

## Amanda's Silly Songs for Children

A route to the sky -&- Euclid -&- The Moon's the North Wind's Cooky by Jake Heggie

*Ba, be, bi, bo, bu* -&- *Quelle aventure!* - by Francis Poulenc\*

## Rachel's Lullaby

All the Pretty Little Horses - arranged by Aaron Copland

I Want it All from *Baby, the Musical* by David Shire - **The Melodious Mamas\***

~ *Ten Minute Intermission* ~

## Songs You Should Never Sing While Pregnant

I Enjoy Being a Girl - from *Flower Drum Song* by Rodgers & Hammerstein - **Ingrid\***

*Je suis un peu grise* from *La Périchole* - Jacques Offenbach - **Nathalie\***

I Cain't Say No - from *Oklahoma!* by Rodgers & Hammerstein - **Rachel\***

## Amanda's Lullaby:

To Say Before Going to Sleep - by Jake Heggie

## Babies & Birth Stories

Pregnant (**Ingrid**) -&- From the Start (**Nathalie**) -&- Five Days - (**Rachel**) by Libby Larsen

*Danza*, Opus 33 - by Louis Moreau Gottschalk - **Young jee\***

Greeting - by Leonard Bernstein - **Amanda\***

They Don't Let You in the Opera (If You're a Country Star) - by Lipton & Rossmer - **Rachel\***

"Mom-isms" - Text by Anita Renfroe, arranged by J. Daniel Smith from Rossini's *William Tell Overture*

\* Please hold applause until you see this \* sign. Thank you for silencing your electronic devices.

Children NEED Classical Music! And we love it when they are here, and their small noises are welcome,

however if they make a *lot* of noise, perhaps give them a break in the foyer for a moment. 😊

Please feel free to take photos during the performance and please share them with us after the concert!

## Lyrics, Translations, & Personal Notes

**There is No Rose of Such Virtue**, from *A Ceremony of Carols*, by Benjamin Britten (1913-1976).

*We found it fitting to begin with a tribute to the most celebrated mother of all, Mary, and her perfect newborn.*

There is no rose of such virtue  
As is the rose that bare Jesu;  
*Alleluia.* (Praise the Lord)  
For in this rose contained was  
Heaven and earth in little space;  
*Res miranda.* (Wonderful thing)  
By that rose we may well see  
There be one God in persons three,  
*Pares forma.* (Equal in form)  
The angels sungen the shepherds to:  
*Gloria in excelsis deo:*  
*Gaudeamus.* (Let us rejoice)  
Leave we all this worldly mirth,  
And follow we this joyful birth.  
*Transeamus.* (Let us follow)

**Canción de cuna para dormir a un negrito**, from *Cinco Canciones Negras* (Five black songs) - by Spanish composer Xavier Montsalvatge (1912-2002). Text by Spanish poet Rafael Alberti. This lullaby uses the Habanera, a Cuban Folk Dance of the 19<sup>th</sup> century as a rhythmic base. The Habanera was the first notated music to be rhythmically based on an African rhythm pattern.

*I once heard this particular song during a recital by the great Spanish mezzo-soprano Teresa Berganza when I was in my teens. The Habanera base stayed with me, I have sung it to the many children that I've babysat; and I plan on singing it to my own child. - Nathalie*

Hush, hush, hush, you little one  
Small black boy that doesn't want to sleep  
Coconut head, Coffee bean  
With cute freckles, with eyes wide  
Like two windows overlooking the sea  
Close your eyes, scared little boy  
The white ogre might eat you,  
You're no longer a slave! And if you sleep well  
The master of the house promises to buy for you  
A suit with buttons, to make you a Groom  
Hush, hush, hush go to sleep little black boy  
Coconut head, coffee bean

### Tribute to Mothers

**Songs My Mother Taught Me** from Gypsy Songs (*Cigánské melodie*) by Antonín Dvořák (1841-1904). Here the 'gypsy' represents the free individual and the nationalistic Czech composer's desire for independence. *This piece illustrates motherhood's uniting bond across generations and the transformation from child to mother. Our perspective shifts as we move from childhood to adulthood. I continue to form a new understanding of and appreciation for my mother - and know that will continue to blossom! - Ingrid*

Songs my mother taught me,  
In the days long vanished;  
Seldom from her eyelids,  
Were the teardrops banished.  
Now I teach my children,  
Each melodious measure.  
Oft the tears are flowing,  
Oft they flow from my memory's treasure.

**I Won't Mind** by Jeff Blumenkrantz (1965 - ) was written for an unfinished musical, *The Other Franklin*. Lizzie is wife to William Franklin, who is Benjamin Franklin's son. After years of desperately wanting a child, and then ultimately miscarrying, she learns that she will never bear a child. She sings this song to her godson (her best friend's baby) in the nursery, while everyone else is in the next room celebrating the christening. *I really wanted to include this in our program, because it is a tribute to "Moms" who may not be our 'real' Moms. I am lucky that I have had so many mother figures in my life. I have grown and learned from their influences so much, and I love them in the strongest ways imaginable. One such person to me is my dear Aunt Barbara, who was not able to have children of her own. She is like a second mother to me. The Lyrics are too long to list, but it really boils down to the last line: "But if one day a toy should break, or maybe playing patty-cake, you call me "Mama" - by mistake, I won't mind at all." - Rachel*

**Your Mother & Mine** from Disney's *Peter Pan* - Wendy sings to the Lost Boys, describing to them the meaning of a mother. *I love the lyrics to this song; they don't describe a mother as just someone who gave birth to you. Instead, motherhood is described as a commitment to a child to guide them through life and love them unconditionally. - Amanda*

The angel voice that bids you goodnight,  
kisses your cheek, whispers "sleep tight"  
The helping hand that guides you along,  
whether you're right, whether you're wrong,  
Your mother and mine.  
What makes mothers all that they are?  
Might as well ask, "What makes a star?"  
Ask your heart to tell you her worth.  
Your heart must say,  
"Heaven on Earth, another word for divine."  
Your mother and mine.

**Mamma!** is a popular Italian song composed in 1940 by Cesare Andrea Bixio with text by Bixio Cherubini, original title "*Mamma son tanto felice*". The song was made famous by the great tenor Luciano Pavarotti. *Neopolitan songs like this offer so much sunshine. This one tells the story of a grown child coming home to his or her mother after many years away. Often, motherhood makes one grow closer to her mother, and I wanted to sing this happy song to remind us all that if we are becoming mothers, we nonetheless always remain our own mother's child. - Nathalie*

Mom, I'm so happy because I have come back to you  
My song tells you that today is a most wonderful day  
Mom I am so happy, Why am I living far away?  
- (refrain) - Mom, only for you, My song flies!  
Mom, you will always be with me  
You will not be alone! I love you so much!  
These words of love, Sighed for you from my heart  
May never be heard more, Mom, than in my song.  
You are the most beautiful  
And in my life, I will never leave you again.  
I hear that your tired hands search for my golden curls,  
I hear that your tired voice still sings that old lullaby  
Today your hair is white. I want to hold you on my heart!  
- (refrain) -

**Wiegenlied** (Cradle Song) by German composer Richard Strauss (1864–1949) Strauss dedicated this piece to his wife, Pauline, following the birth of their son, Franz. *I chose this song in order to recognize the rich legacy of artists who were inspired by both music and parenthood. We are certainly not the first artists to be inspired by our families, nor will we be the last. This piece expresses fulfillment and completion through motherhood and a beautiful link in the human experience. - Ingrid*

Dream, dream, my sweet life,  
of Heaven that brings the flowers.  
Blossoms shimmer there,  
they tremble with the song,  
that your mother sings.  
Dream, dream, bud of my cares, of the day,  
when the flower sprouted,  
of the bright blossoming morning,  
when your little soul opened itself to the world.  
Dream, dream, blossom of my love,  
of the silent, of the holy night,  
when the flower of his love  
made this world a heaven for me.

### **Silly Songs for Children**

**A Route to the Sky** by Jake Heggie (1961 - ) is from the song cycle *Paper Wings*. *It was written about a true event that happened to the singer Frederica von Stade and her daughter Lisa. The beginning of Beethoven's famous Für Elise is a reoccurring theme. It is these crazy motherhood moments I look forward to and dread! - Amanda*

My mother taught me to fly  
Not even knowing that she had done so.  
I climbed on the roof, a complicated route to the sky  
—But the firemen got me down.

Lisa was eight when she climbed  
Through a window out onto the roof.  
When I saw how she'd done it I nearly fainted.  
So I went out after her. Lisa! Don't move!  
Then we were both stuck.  
Two trucks, an ambulance,  
Two station wagons of rescue teams  
Came to the house.  
And the firemen got us down.

**Euclid & The Moon's the North Wind's Cooky** are both from the song cycle *Songs to the Moon* by Jake Heggie. *I discovered this song cycle earlier this year and fell in love with its whimsical nature and fun mix of musical theater, classical, and jazz styles. The songs are so childlike. Euclid is alluding to the ancient historical Greek geometer Euclid, who is often known as the father of geometry. In this song, he and other "greybeards" argue on a beach about the circles they are drawing. Their rumblings are sung as silly scat syllables. A child observes their drawings with wonder, showing the difference between adults' and children's perceptions. The Moon's the North Wind's Cooky begins with a school yard rhyme, about how the moon is actually a cookie baked by the South wind and eaten by the North wind. It's exactly the kind of story you could imagine a five-year-old telling you excitedly. - Amanda*

Old Euclid drew a circle on a sand-beach long ago.  
He bounded and enclosed it with angles thus and so.  
His set of solemn greybeards nodded  
and argued much of arc and of circumference,  
diameter and such.  
A silent child stood by them from morning until noon  
because they drew such charming  
round pictures of the moon.

The Moon's the North Wind's cooky.  
He bites it, day by day, until there's but a rim of  
scraps that crumble all away.  
The South Wind is a baker.  
He kneads clouds in his den,  
and bakes a crisp new moon.  
That greedy North Wind eats again!

**Ba, be, bi, bo, bu & Quelle aventure!** are both from a song cycle called *La Courte Paille* (The Short Straw) by French composer Francis Poulenc (1899-1963). *The cycle is filled with whimsical stories and silly rhymes that children love. And I love them too! - Amanda*

Ba, be, bi, bo, bu, bé! The cat has put on his boots;  
he goes from door to door,  
playing, dancing, dancing, singing –  
"Pou, chou, genou, hibou."  
"You ought to learn to read, to count, to write,"  
everyone calls out to him.  
But "Rikketikketau", the cat bursts out laughing,  
returning to his castle: He is Puss in Boots!

Quelle aventure! (What an Adventure!)  
A flea was pulling a little elephant  
along in its carriage,  
while looking at the shop windows  
where diamonds sparkled.  
My God! My God! What an adventure!  
Who'll believe me, if they hear me?  
The little elephant casually licked at a jar of jam,  
but the flea didn't care; she pulled along, smiling.  
My God! my God! How hard this is!  
And I think I must be crazy!  
Suddenly, near a fence,  
the flea blew over in the wind,  
and I saw the young elephant save himself by  
knocking down the walls. My God! my God!  
It's really true, but how can I tell Mommy?

**All The Pretty Little Horses** by Aaron Copland (1900 - 1990)

Hush-you-bye, Don't you cry  
Go to sleepy, little baby  
When you wake, You shall have  
All the pretty little horses  
Blacks and bays, dapples and grays,  
Coach and six a little horses!  
Hush you bye, Don't you cry - Go to sleep little baby  
When you wake, you'll have sweet cake, and  
All the pretty little horses.  
Go to sleepy little baby, Oh, you pretty little baby.

**I Want it All**, from *Baby* the musical with a book by Sybille Pearson, based on a story developed with Susan Yankowitz, music by David Shire, and lyrics by Richard Maltby, Jr. concerns the reactions of three couples each expecting a child. The musical first ran on Broadway from 1983 to 1984.

Throughout the show, these characters experience the emotional stresses and triumphs, the desperate lows and the comic highs, that accompany the anticipation and arrival of a baby. At this moment, the expecting moms are all at the same Doctor's office. *We tweaked a few words in this number, to reflect a little about how we feel about our excitement for our coming children, and our desire to have it all. Some highlighted lyrics from our version of the song are:*

I want it all, I want adventure, love, career, kids large and small I want it all! If there's a rise up to the heights and then a fall, I want it all! - Don't try to tell me that I can't sing my music! I'll be a mother who is also an Artist! I want to know that I can find inside me anything I need. I want to find a way to break through every wall, I want it all!

### **Songs You Should NEVER Sing While Pregnant**

**I Enjoy Being a Girl** from *Flower Drum Song* by Richard Rodgers and Oscar Hammerstein II

*This song, with its original text- would definitely not work with a baby bump.*

*I have changed the text of this popular 1958 Rodgers & Hammerstein show tune to reflect a pregnant woman's perspective. While pregnancy presents certain physical challenges, there are definitely "advantages" to celebrate as we "Enjoy Being a Girl." - Ingrid*

**Je suis un peu grise** (I might be slightly tipsy) is an excerpt from *La Périchole*, written in 1829 by German born French composer Jacques Offenbach. *Jacques Offenbach is the epitome of French operetta comedy! I picked this song because it makes me laugh and it's obviously inappropriate for a pregnant woman. I come from France, one of the world capitals of wine, and definitely look forward to enjoying a nice glass of chardonnay later this year! - Nathalie*

Ah what a feast I just had, And what incredible wine!  
I drank so so so much of it, That I think that  
right now I might be slightly tipsy,  
But shhhh, don't let anyone know!  
If my words are slightly slurred,  
If I can't walk straight, If my eyes are a bit shiny,  
Don't be surprised because I might be slightly tipsy,  
But shhhh, don't let anyone know!

**I Cain't Say No** from *Oklahoma!*

by Richard Rodgers & Oscar Hammerstein II

*This poor version of Ado Annie is in a "terrible fix" indeed.*

**To Say Before Going to Sleep** is by Jake Heggie; based on text by Rainer Maria Rilke.

*I love the image of providing safety and protection for the (unnamed) one you love from the cold dark outside. It fits very well with adoption, as the song speaks of wanting someone to cradle and sing to sleep, much like how I feel, waiting to travel to Thailand to get our son. - Amanda*

(To Say Before Going to Sleep)

I would like to sing someone to sleep,  
have someone to sit by and be with.  
I would like to cradle you and softly sing,  
be your companion while you sleep or wake.  
I would like to be the only person  
in the house who knew;  
the night outside was cold.  
And would like to listen here to you  
and outside to the world and to the woods.

About **The Birth Project** by Libby Larsen (1950 - )

"At Songfest in the summer of 2013, (some colleagues) and I found ourselves in a conversation, exchanging stories about what it was like, for each of us, to give birth. As we were talking, we remarked that there is very little, if any, art song literature about the experience itself told from the birthing mother's perspective(...) so we decided to create a work which tells stories of the birth experience in song." - composer, Libby Larsen

*The Sorel Organization, the same organization that we are honored to have as our sponsor for this concert today, also was the sponsor for the commission and premiere in 2015, of The Birth Project by Libby Larsen. These are just three of the 10 wonderful stories from this song cycle. A special thank you to Judy Cope, Executive Director of The Sorel Organization, for her role in the sponsorship (for both projects!), and for introducing us to this beautiful cycle of songs, that are so perfect for our concert. - Rachel*

**Pregnant** - *The Birth Project* - Libby Larsen

Text by Cheryl Strayed

My husband was out of town but he'd be home that evening. I'd be picking him up at the airport, but I wouldn't tell him...there. The news was too momentous, too beautiful to be delivered at an airport or an automobile. I would lead him into our little red cottage by the pond where I'd open a bottle of non-alcoholic sparkling something and say the word I'd been wanting to say to him for a year.

Pregnant.

When I drove to the airport he was there already...

"I'm pregnant!"

I shrieked crazily the minute his eyes met mine.

People looked at us in alarm.

I've always been terrible at keeping secrets.

**From the Start** - *The Birth Project* - Libby Larsen

Text by Cheryl Strayed

At 4:07, in the dark of morning,  
43 hours after my first contraction,  
my son was born.

He was dark and gigantic, his eyes were ancient,  
going to me and to his father and back again.

He looked at me, like he knew everything already.

Like he loved me from the start, the start.

### **Five Days** - *The Birth Project*

Text by Heidi Pitlor, adapted by Libby Larsen

A week of nearly no sleep, a week of fear, fear!  
- horrible cramping, pain - Ah!  
And then, one morning, ...nothing.  
No pain. No burps or kicks from within,  
no movement at all.  
"Strange," I thought, but at least the pain had gone.  
"It's gone." said the Doctor,  
and the midwife took my hand.  
So for five more days,  
I would carry this baby boy with me.  
...Five days, while heartbreaking, were also a gift.  
I had the chance to hold him inside me,  
just a little while longer.  
Just me, and him.  
A five day long goodbye.

**Danza**, Op. 33 by Louis Moreau Gottschalk (1829-1869).  
Gottschalk was an American composer and pianist, best known as a virtuoso performer of his own romantic piano works. *I asked Young jee to pick a piano solo that reflects the pure elation of having a child!* - Rachel



### **Rachel Sparrow, Soprano**

With a "personality onstage that is hard to resist", deemed a "true singing actress" and praised for "terrifically accurate, effortless sounding *fiortatura*", Rachel is a versatile singer that is equally comfortable singing Broadway styles as well as her coloratura operatic repertoire. In nearly every competition where she has participated that offers an award for "Audience Favorite", she has won that honor (five so far and counting). Winning national and international competitions has done much to launch her career, resulting in her solo Carnegie Hall Debut in 2014, where her talents were first noticed by The Sorel Organization; the main sponsor for this concert. She has soloed at Millennium Park, and across venues in Europe and South America. Most recently she sang (at six months pregnant) Queen of the Night in The Savannah Voice Festival's *Magic Flute* under guidance by the legendary baritone Sherrill Milnes. Rachel holds two bachelor of music degrees (certified to teach K-12 Vocal/Instrumental) from Idaho State, and a Master's in Voice Performance from Northwestern University.

**Personal Background:** Rachel grew up in Independence, Missouri, in a large musical family of seven kids. Each kid *had* to play a musical instrument, and Rachel chose to do three: voice, violin, and piano. Northwestern is what brought her to Chicago (by

way of Idaho State University, where she met her husband Trent), and they have enjoyed living in Evanston for five years now, with their first 'kid' - a super smart border collie, Kasie. Their soon-to-be daughter: Ella Louise Sparrow, (named after great grandmothers on both sides) will make her debut right around Thanksgiving time.

**Daily Life:** Rachel is a devout member of The Church of Jesus Christ of Latter-day Saints, volunteering much of her time there. She works/sings in the Chicago Symphony Orchestra Chorus, The Music of the Baroque, and maintains a private studio teaching about 30-35 voice, violin, and piano students weekly. She juggles the schedule of being a performer & teacher, and looks forward to adding "Mommy" to the mix! Her mantra in life is: "Live, Laugh, Love".

#### **Three Random Facts:**

1. Rachel's so lucky that Trent Sparrow- A faith-filled man, who runs marathons, speaks Portuguese, volunteers as Scout Master, who's always the first neighbor someone calls for help, and treats her like a queen, somehow puts up with her!
2. She is passionate about classical music being brought to kids. (Don't exclude them from the concert hall!) She is the managing director/co-founder of *OperAdventures!* (Operas for Children) see more info at: [operadventures.org](http://operadventures.org)
3. She also enjoys arranging solo hymns and spirituals, and someday soon hopes to record, digitize, and publish all of her arrangements online. This project is the next 'baby' on her horizon after Ella.

**Greeting** by the great American composer & conductor, Leonard Bernstein (1918-1990) was written about the birth of his son, Alexander.

When a boy is born,  
the world is born again  
and takes its first breath with him.  
When a girl is born,  
the world stops turning round  
and keeps a moment's hushed wonder.  
Every time a child is born,  
for the space of that brief instant,  
the world is pure.

**They Don't Let You in the Opera, (If You're a Country Star)** by Dan Lipton & David Rossmer  
Kelli O'Hara recorded this song on her 2011 album *Always*.  
...O'Hara also once performed this song at 8 months pregnant! However, fair warning: the original song is a lot less appropriate for an audience with children. So, this version today has significant cuts and a few colorful words are altered here and there. - Rachel

**"Mom-isms" or "The Mom Song"** has text by Anita Renfroe, set to the famous tune of Rossini's *William Tell Overture*, arranged by J. Daniel Smith for Chorus



## Nathalie Colas, Soprano

Hailed for her “floating, silky soprano” and deemed “a standout in acting and voice” (Chicago Classical Review). Nathalie is a soloist and founder of Third Coast Baroque, Petite Musique Collective, Liederstube, and new music ensemble Fonema Consort. Nathalie has recently starred in Chicago’s Haymarket Opera Company, soloed with The St. Louis Bach Society, and performed the title role of *Rita* by Donizetti in Switzerland. An avid recitalist, Nathalie studied art song with the late German baritone Udo Reinemann and regularly performs such repertoire in major venues across the Chicago area. A graduate of DePaul University School of Music and of the Brussels Royal Conservatory, she completed her Master's of Voice & Opera training at the Swiss Opera Studio. She was awarded First prize in the Music Institute of Chicago competition last winter. She is also a member of the Chicago Symphony Chorus. (nathalie-colas.com)

**Personal Background:** Nathalie was born and raised in Strasbourg, France, and grew up running up and down Alsatian vineyards on the French side of the Rhine. After a musical upbringing at the Strasbourg Conservatory, Nathalie visited her cousin in Chicago in 2001 and fell in love with the cityscape. She met her then-future husband David, (Doctorate in Composition), at a game night with friends, and moved back to Chicago in 2013 after several years working in Germany and Switzerland, to marry him.

**Daily Life:** Nathalie is very thankful for the immense variety of musical experiences in her life, singing choral, baroque, classical, New music, Art song, Opera, experimental theater and more on stages big and small. Besides singing, she is a French diction coach, tour guide, avid gardener, and pickle & jam-maker.

### Three Random Facts:

1. Nathalie speaks three languages fluently; French, English, and German.
2. Her childhood nickname was “curly baby sheep”
3. She is a very accomplished seamstress. She even made her own wedding dress!

## Ingrid Israel Mikolajczyk, Soprano

Ingrid has been featured in Villa-Lobos’ *Bachianas brasileiras No. 5*, Handel’s *Messiah*, and appeared in recital at Rush University Medical Center, Union League Club of Chicago, Northwestern University, Fourth Presbyterian Church of Chicago, and Chicago Cultural Center’s Preston Bradley Hall. Among 30 performed operatic works, her recent roles include Countess Almaviva (*Le nozze di Figaro*), Fanny (*La cambiale di matrimonio*), Elle (*La voix humaine*), and Najade (*Ariadne auf Naxos*). Ingrid is a recipient of the Chicago Musicians Club of Women Annemarie Gerts Award, a prize winner of National MTNA, North Central NATSAA, and Henry Charles Memorial Concerto-Aria Competitions, Miriam L. Wolfe Award, and National Classical Singer and Czech-Slovak International Voice Competition semi-finalist. She performed Kaprálová, Bodorová, and Strauss art song for Timothy Cheek and Martin Katz through Collaborative Arts Institute of Chicago. Ingrid regularly sings with the Chicago Symphony Chorus at Millennium Park, Ravinia, and Carnegie Hall. She performed in Vienna, Scotland, Italy, the U.S. and holds performance degrees from Illinois Wesleyan University and Arizona State University.

**Personal Background:** Ingrid grew up in Chicagoland with her mother, father, and four siblings. As a child, her maternal grandmother would organize “Joy of Music Camp” and her grandfather would build props – the best being a shower curtain-sailed Viking ship! She first sang at Carnegie Hall with GECC in sixth grade and at age sixteen performed Micaëla (*Carmen*) – also playing two acts on bassoon. Continued studies took her to Illinois Wesleyan University, where she met her husband, Tom. Tom and Ingrid look forward to welcoming their new bundle of joy in January!

**Daily life:** Ingrid lectures, conducts, and maintains a voice studio at College of Lake County, Music Institute of Chicago, and Triton College. In 2015, she led her students on tour to Carnegie Hall. For five seasons, she acted as Tour Manager for Lyric Opera of Chicago and currently acts as a Director of Church Music. Her other interests include walks to the beach and travel.

### Three Random Facts:

1. She helped welcome a Syrian family to Chicago in September and is passionate about refugee resettlement.
2. Instead of television entertainment, Ingrid and Tom enjoy trying new activities together. Recent pursuits include ceramics – wheel throwing and raku firing, sailing, Latin dance, rock climbing, kayaking, hiking, growing food, and Rosemåling.
3. She meets her Viennese roommates each New Year’s for a Julius Meinel mélangé.





## Amanda Koopman, Mezzo-Soprano

Amanda is a frequent soloist in Chicagoland, including appearances with the Bach Cantata Vespers, Bella Voce & period ensemble, and Chicago's premiere early music ensemble, The Music of the Baroque. She has also performed recital series' in China, the country in which she grew up, in cities including Beijing, Shanghai, and Yan Cheng. Amanda earned a Bachelor's in Music from Calvin College, a Master's in Voice Performance from Northwestern University, and completed additional training at the prestigious Des Moines Metro Opera Young Artist Program.

([amandakoopmanmezzo.weebly.com](http://amandakoopmanmezzo.weebly.com))

**Personal Background:** Amanda was born in Ann Arbor Michigan, but when she was eleven her family moved to Shanghai, China where they stayed until she graduated high school. Shanghai ranks in the top ten largest cities in the world, with a population estimated at 23 million. She attended an international school there with her brother and sister, and made friends with people from around the world. Her family also traveled extensively during this time, and she estimates they visited over 30 countries. Amanda came to Evanston to attend Northwestern, with her husband Derek, where they have lived for seven years. They began the adoption process in August of 2015,

deciding to adopt from Thailand through Holt International. They received their first picture of their son in March. They have named him Cadrien, he's currently 17 months old, has big brown eyes, and is very active. They look forward to bringing him home sometime as early as January, and should have him before June 2017. **Daily Life:** Amanda is part of many professional performing ensembles in Chicago, works at a church, and has a small studio of piano students. She finds herself mostly working in the evenings and on the weekends. During the weekdays, she spends time learning music, meeting friends, tending her garden (when it's not winter), cooking, and doing other odd jobs that she picks up. She is also an avid cyclist and runner, which takes up more than ten hours a week, as well as a novel writer working on getting published.

**Three Random Facts:** 1. Amanda biked across the whole United States, from Los Angeles to New York City, to raise money for poverty alleviation in 2013.

2. She loves cooking, and spends about two hours every day on food.

3. She has two finished novels, is writing a third, and hopes to be published someday soon.

## Young jee Cho, Pianist

Born in Incheon, South Korea, Young jee began studying piano at five years old. By the tender age of eight, she had her first pianist position at a church. She also held a position as a choir accompanist during her elementary school years.

Young jee attended The Stony Brook High School in New York where she performed actively as a solo and a collaborative pianist. She earned her Bachelor's degree in Piano Performance from Wheaton College (Illinois) and was in constant demand as a collaborative pianist in the Chicagoland area. She earned her Master's in Piano Performance & Collaborative Arts at Northwestern University in 2011, studying under Dr. Sylvia Wang and Dr. Elizabeth Buccheri.

**Personal background:** Young jee was first introduced to piano and violin at five years old; however, violin studies did not last long because her teacher gave her too many headaches! She lived in South Korea until she was 16, and then her parents, not satisfied with the Korean educational system, decided to send Young jee to the U.S. for a better high school education. This gave her academic, athletic, and musical opportunities that she could not experience in Korea. She started taking piano lessons again and performed actively as a solo and a collaborative pianist as she attended The Stony Brook High School.

**Daily Life:** Currently, she resides in Skokie with her husband Zion, her two-year-old son Brandon, a tiny but feisty dog Momo, and her baby girl in her belly, due in December. While she is a full-time (mostly) stay-at-home mom, she works as a private piano teacher, and a freelance pianist/coach for singers and instrumentalists for various auditions, competitions, and recitals. She is also a pianist for the voice studio of Maria Lagios.

**Three random facts:** 1. Besides music, she enjoys working out at the gym.

2. She is strongly against animal cruelty of any kind.

3. "These songs would not have meant anything to me if I did not already have my son. I wasn't a fan of babies, let alone, toddlers. During my entire pregnancy, I was worried that I would love my dog more than my child. But as soon as my child was born and I saw him and held him, I knew my worries were completely needless. Being a mom, as cliché as it sounds, is the best thing that ever happened to me. I could never have imagined the amount of happiness this little boy has been bringing to us." - Young jee



Dave & Nathalie



**Nathalie:** "I am looking forward to seeing how I can combine motherhood and a musician's life. Two years ago I decided to travel a lot less and build a solid local network here in Chicago, that would allow me to stay active as a musician without having to be away from my family so much. Luckily, I am surrounded by artists and musicians who also have children, and I feel very inspired by their life choices."

**Ingrid: What qualities did your mother have that you hope to also have as a Mother?**

"My mother gave me and each of my siblings an incredible amount of time, individual attention, and emotional support. She helped me to become myself – never pushing me into a pre-made mold – but instead cheering on each new passion. I aspire to her unconditional love, patience, generosity, laughter, and adventure. Her listening skills have earned her the title of 'therapist'."

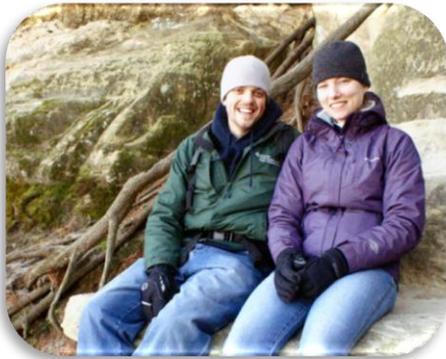


Tom & Ingrid

She taught me contradictions are beautiful – wearing daily pearls and a hat – but not afraid to attack dirty projects or ride horses. She taught me to appreciate the arts while throwing on the wheel, giving us a canvas while she worked on hers, and visiting *all* of the art museums *everywhere*. She taught me people are always more important than things and money is not the best motivation. She can set a magazine worthy table – but doesn't judge 'piles'. She will tell you to 'use your best judgment' but gently voice concern if that judgment appears faulty. She teaches me not to fear, but to trust and persevere when things are rough. Listen to another's point of view and stand firm or re-consider your own position as necessary. She taught me that nothing matters if you are not kind – to people you know and strangers."

**Amanda: What are your thoughts about Motherhood, and how it is viewed or treated, talked about, or not talked about in the performing arts?**

"When I first thought about starting our family, I did worry about this a lot. I worried that if I did get pregnant, I wouldn't be able to do all the performing I wanted to and that I wouldn't be able to participate in the young artist programs that I thought were necessary for my career development. I tried to plan my pregnancy around those things. When getting pregnant didn't turn out to be that easy and we decided to adopt I didn't worry about those things as much. Now, I've had to consistently tell employers that I may have to drop out last minute, in order to pick up our son from Thailand. I've been surprised and grateful for their responses letting me know they would hire me anyway and deal with the future when it happened."



Derek & Amanda

**Rachel: What struggles, or fears did you have when deciding to start your family?**

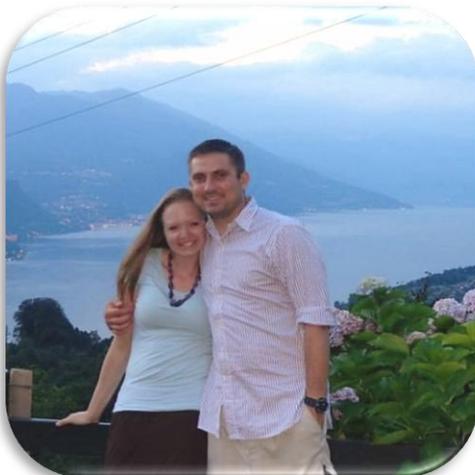
"Most people don't know that a voice during/after pregnancy is changed due to hormones; sometimes for the better, but sometimes not. So that is a fear each female opera singer faces, and it's not openly discussed. The prime time for your voice, is also the same as your fertility 'clock', which adds pressure for singers to choose one or the other. There is also a great deal of pressure for body image, and that is another topic... But, truly, these are minor, in the grand scheme of things. I always knew I wanted to have children, but the idea of *when* constantly plagued me. I was terrified that I would never discover my true potential if I started my family 'at the wrong time'. I am finally confident enough with my art, to feel 100% ready for this huge life change. I already know it will enrich my life - and make everything that seemed 'hard' before...easy. I am SO ready for the challenge, the tears, the laughter, and the *love*."

Young jee & Brandon



**Young jee: What advice would you give to someone who is struggling with the decision to start a family but wants a career in the arts?**

"One thing is for sure, you will need to make sacrifices. That could be that you won't accept as many gigs, or perform or teach as much; or else you may need to sacrifice the time you spend with your child. Yes, I can just send my child to a daycare or hire help. Yes, I could have my mother-in-law take care of him more often. But, No. I would rather give up some work hours and be with my child. This is one thing I do NOT regret. Since he was born, literally every day, I've seen him learn and do new things, and I am very glad I did not miss a thing. Work is something we can do more later, but a child's first few years are not going to come back."



Rachel & Trent

The Melodious Mamas wish to continue giving free concerts once or twice a year, providing family-friendly classical concert experiences and raising money for charities.

Your generosity today, can help us "start up" and make that dream a reality.

Our website is under construction. For now, keep up with us at: [www.rachelsparrow.com](http://www.rachelsparrow.com)

## Perks for Giving!

**\$.01 - \$29** = Donate any amount at all, provide your email address, and we will send you an online link to the video recording of this concert and notify you of our future events.

**\$30 - \$59** = All of the above + we will send you an update about our fundraising, (and update maybe about our babies!) + a downloadable link of audio recordings

**\$60 - \$99** = All of the above + autographed program or memento + you will be listed in our next program as a **Friend of the Mamas**

**\$100 - \$199** = All of the above + a 'love note' or small ad in our next program, where you can dedicate a particular song performed on that program to someone special, or in someone's memory + exclusive invites to pre- or post-concert activities with the Mamas + be listed as a **Bronze Level Sponsor** in our next program

**\$200 - 299** = All of the above + a personalized video 'singing telegram' of several opera singers singing "Happy Birthday" to the person of your choice! (we need two week notice) + **Silver Level Sponsor** distinction, and be recognized by wearing a silver sponsor ribbon to our next concert

**\$300 - \$499** = All of the above + exclusive invitation to a private salon concert, or dress rehearsal before our next concert + **Gold Level Sponsor** distinction, and be recognized by wearing a gold sponsor ribbon to our next concert

**\$500 - \$999** = All of the above + a private salon performance at your home by some of the Mamas (no piano? no problem) + **Platinum Level Sponsor** distinction + acknowledged by wearing a REALLY LARGE sponsor ribbon to our next concert

**\$1,000 or more** = Everything above + **Featured as Main Sponsor for our next concert** on all publicity + private dinner with the Mamas, and our sincere gratitude!

### SERVE ON THE MAMA'S TEAM!

Please let us know if you could be involved with:

publicity, venues, marketing, planning, ushering, sponsors, programs, refreshments  
...babysitting (kidding), we are so grateful for this kind of help!

Just think! You'll get to see all of these babies! Contact Rachel: [www.rachelsparrow.com](http://www.rachelsparrow.com)