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ABN 67 079 419 837

Reminder: Let your voice GO!

Regular readers and followers know that I enjoy sharing gastronomic articles with you. Not because I have depth of experience in the kitchen; rather because food writers use language with focused intention. They take all the senses on a wonderful journey into the worlds of sight, sound, taste, smell and texture.

To keep your voice vibrant, alive and full of variety, it is important that you let it GO every now and then. After all, giving your voice a workout is good for your entire being.

I found the article, 'Flat and Fabulous', by Nick Miller on the Age newspaper's internet site. That was in February 2012. I stashed it away for future use... today. Here is a segment for you. Have fun! And remember, you can send me your audio version of your spoken word style. Simply:

- Let me know via email to look out for your audio version
- Give me a number to call in Australia or send your skype id to me if you're overseas
- Call the voicemail number below to record your audio

Don't delay! I am really looking forward to hearing from you.

Warm regards,

Sandra

Here's the extract:

"NEW York catches flat-white fever" read the headline in *New York* magazine, one of this food-obsessed city's most-thumbed resources.

"Although spottily available for at least a decade, it has grown in prominence with the rise of our coffee culture," the magazine said, describing Australians as "laid-back blokes who turn vituperative on the state of our home-town brew".

They were ladling it on thick but they have a point. After all, this is the land of Dunkin' Donuts, weak drip coffee and the Starbucks mocha frappuccino.

But things are changing. An American espresso culture has struggled into life in cities such as Portland, San Francisco and New York. And on some espresso menus, the flat white is tentatively rubbing shoulders with its cousins. [Read the full article here](#)