



# OhioHealth

BELIEVE IN WE™

## Growing Global Leaders... Advancing Palliative Care



# Finding Vocal Power

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# Steps for this morning

1. Stretch , breathe , relax
2. Playing with vowels
3. Building volume with resonance

# Gentle beginnings

- Balloon work
- Connect breath with sound
- Jaw and facial relaxation

# Five key vowels

- **Who calls play with me**
  1. **Speak normally**
  2. **Under – speak consonants**
  3. **Sound only the vowels**

# Five vowel sounds

- **Who**      **oooo**
- **Calls**    **ahhhh**
- **Play**     **aaaa – eeee**
- **With**    **iiii - hhh ( short i – sound )**
- **Me**       **eeee**

# Add resonant hums

- **Who** Mmmmooooo
- **Calls** Mmmmahhhh
- **Play** Mmmaaaaae
- **With** Mmmiiihhhh
- **Me** Mmmeeee

# At beginning and end

- **Who** Mmmmoooooommm
- **Calls** Mmmmahhhmmmm
- **Play** Mmmaaaa-eeeemmm
- **With** Mmmiiihhhmmmm
- **Me** Mmmeeeemmm

# Feel the resonance

- In the mask of the face
- In the throat
- In the upper chest
- Perhaps some nasal resonance
- Maybe in the lower back ?

# Long and short vowels

I think that I shall never see

A thing as lovely as a tree

# Rhythm

I THINK – that I – shall NEV – er SEE  
A THING – as LOVE – ly AS – a  
TREE

- Speak quickly
- Sing at ballad tempo
- Notice difference in vowel quality

# Exercise nonsense

- Many mighty men making mounds of marvellous money
- Niminy – piminy
- Niminy – moominy – piminy
- Niminy – moominy – piminy – piminy – moominy – niminy
- Mary Mac's mother's making Mary Mac marry me

# Take - home thoughts

- Practice resonance by humming
- Look for longer and shorter vowels in English
- Speaking too quickly impacts effective communication



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Gandhi...

*You need to be the change  
you want to see in the world...*

**Kobacker House  
Columbus, Ohio**

