

# GASTROPOD

We love to hear from you. And, because we're a podcast, we especially love to hear your voice. Here's how to do it.

## Email us a voice memo

This is the best way to share your voice. If you have an iPhone or iPad, it is a piece of cake, because you already have the app. Android users may have to download a free app. Let's start with iPhones.

1 Find your built-in voice memo app. It looks like this  On older phones, it might look like this  and it may even be hidden in your Utilities folder.

2 Open it and press the red button. Hold the phone up to your ear as if you're making a call. Talk to us.

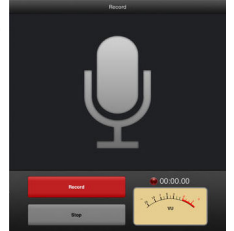
3 When you've said your piece, lower the phone, and press the red square. On older models, press the black square or the stop button. Your screen should look like this



or this



or even this

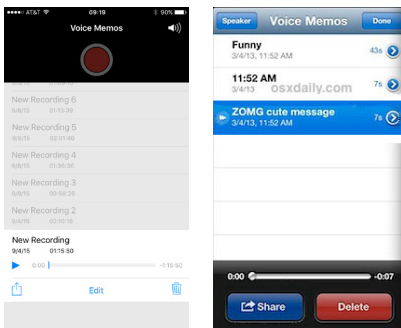


4 Press Done. (This step does not exist on older models.)

5 Save your memo. It will be called New Recording, or similar, unless you type in a name. (This step does not exist on older models.)


6 Select your memo from your list of recordings. On newer models, that list will be beneath the red circle. On older models, your stop button will have turned into this  Click it to see your list. Tap on the recording name to select the memo.

7 Email your memo by tapping the little picture of the box with an arrow coming out of it on the bottom left. On older models, hit the blue share button. Select email, type in **contact@gastropod.com**, and hit send! You're done!



Thank you.

**If you have an Android phone**, recording and sending voice recordings is also easy. You may well have a built-in app; if not, we recommend downloading and using the free Hi-Q MP3 Voice Recorder. BlackBerrys have something called Voice Notes, which should also work.

 **Leave us a voicemail.** The sound quality is not as good as a voice memo, but you can call **+1 310.876.2427** and leave us a message, or Skype us at **gastropodcast** and leave a message there.