



Newsletter

Inside this issue:

| Article | Page |
|---|------|
| Message from CSUWA President | 1 |
| 2020-2021 CSUWA Executive Committee | 2 |
| CSUWA Budget 2020-2021 | 3 |
| 2020 CSUWA Meetings and Programs | 4 |
| How to Access Zoom Meetings and Webinars | 5 |
| Member Updates | 5 |
| Members to Keep In Our Thoughts and Prayers | 5 |
| Purchasing Cards from CSUWA Card Group | 6 |
| CSUWA 2019-2020 Membership Form | 6 |
| ATTENDEE GUIDE for Zoom Meetings and Webinars | 7-12 |

Message from CSUWA President

Dear Ladies of CSUWA,

I hope you are well and getting through this extraordinary time in which we are living. I am happy to report that the CSUWA Board has met and we are planning our strategy for continuing into 2021. The Board met via a Zoom call, which was productive.

We were given a tutorial by the Development Office on how we can continue our general meetings ONLINE through December. We will have our presentations over the computer for our October, November and December meetings. Directions on how you can access those meetings will follow in the newsletter. It is not that difficult to master, and the best that we can do at this time while staying safe.

I am sad to say that we will not be able to meet in person until perhaps next spring or later.

In this issue of the CSUWA Newsletter you will also find the form to renew your membership in the CSUWA. We hope you will do this and for those who are able to contribute an additional gift to our endowment fund, it would be greatly appreciated. So many students are in need this year! We were able to fund **two** \$3,000 scholarships for this school year from our endowment. In addition, we are grateful to the card group for giving **two** additional scholarships of \$2,500 each! If you would like to buy cards from the card group, be sure to read the information on page 4 of this newsletter.

A copy of this year's budget is included in this newsletter.

As always, I welcome your questions and suggestions; you can contact me at lindapaule@comcast.net.

Looking forward to when we can be together again!

Thank You,
Linda Paule, President of CSUWA

September

The name September comes from the Latin **septem**, meaning seven, since it was the seventh month of the Roman calendar, which began with March. After the calendar reform that added January and February to the beginning of the year, September became the ninth month. September starts on the same day of the week as December each year.

2020-2021**OFFICERS of the CSU Women's Association Board****President: Linda Paule**lindapaule@comcast.net
493-6005**Program Co-chairs:****Jennifer Anderson**Jennifer.Anderson@colostate.edu
484-6849/222-1349**A Young Woody**A-Young.Woody@colostate.edu
402-7373**Secretary: Barbara Wallner**wallner2700@comcast.net
204-1334/481-0442**Treasurer: Peggy Reeves**peggyreeves1@comcast.net
482-8952**Past President: Elizebeth Kearney**elizkearney@comcast.net
484-4824**STANDING COMMITTEES and SUPPORT SERVICES****Hostess Committee:****Elizebeth Kearney**elizkearney@comcast.net
484-4824**Ellie Pearson**epear1908@gmail.com
484-2367**Newsletter: Ronda Koski**Ronda.Koski@colostate.edu
568-9745/217-5286**Historian: Lynn Caldwell**lynn.caldwell@msn.com
282-0446/278-7980**Corresponding Secretary: Susan McGill**smcgill21@comcast.net
493-8694**CSU Liaison: Marilyn Butcher**Marilyn.Butcher@colostate.edu
491-6588/372-9005

**CSUWA Budget
2020-2021**

| INCOME/REVENUE | BUDGET | REVENUE | ACTUAL |
|--|--------------------|---------------------|--|
| Balance Year End 2019 2020 | \$ 1,971.71 | \$ 1,971.71 | |
| Dues - 75 @ \$25 | \$ 1,875.00 | | |
| Misc Contributions | | | |
| | | | |
| | | | |
| TOTAL | \$ 3,846.71 | \$ 1,971.71 | |
| | | | |
| | | | |
| | | | |
| EXPENSES | BUDGET | EXPENDITURES | |
| Meeting Room - Church 4 X \$25 | \$ 100.00 | | |
| Meeting Coffee @ Tea Expenses 4 X \$15 | \$ 60.00 | | |
| Gifts for Speakers | \$ 75.00 | | |
| Paper Goods | \$ - | \$ - | |
| Membership Directory | \$ 30.00 | | |
| Newsletter Distribution | \$ 70.00 | | |
| Correspondence | \$ 25.00 | \$ - | |
| Historian | \$ 25.00 | \$ - | |
| CSU Foundation Scholarship Fund | \$ 750.00 | | |
| CSU Foundation Scholarship Fund Endowment | \$ 375.00 | | |
| CSUWA website | \$ | | \$360 for January through December 2020 |
| Contingency | \$ 100.00 | | |
| | | | |
| TOTAL EXPENSES | \$ 1,610.00 | \$ - | |
| | | | |
| EXPECTED BALANCE | \$ 2,236.71 | | |
| FUNDS AVAILABLE - CURRENT | | | \$ 1,971.71 |

Please look over the Proposed Budget that was recommended by the CSUWA Board.

If you have any questions, you can contact Peggy Reeves:
peggyreeves1@comcast.net or 482-8952.

We will vote on the budget at the October virtual meeting.

2020 CSUWA Meetings

| | | |
|----------------------------|---|---|
| <p>Thursday, October 8</p> | <p><i>The Art Scene</i> Lynn Boland Director of the Art Museum, Colorado State University</p> |  |
|----------------------------|---|---|

Director and Chief Curator of the Gregory Allcar Museum of Art at Colorado State University, Dr. Lynn Boland, will present an overview of the museum, its collection of more than four thousand works of art spanning the globe and two millennia, its ever-changing exhibitions, and new online programming. By video, we'll look at the new temporary exhibition on display in the museum's Griffin Foundation Gallery, *The Other 50%: Women's Voices in the Public Sphere*, enjoy a preview of an upcoming exhibition, *Women's Textiles Across Africa: The Symbolic and the Practical*, and explore some of the museum's new virtual galleries set up for the artist-curated exhibition series, C.A.R.S. Online.

Lynn Boland, Ph.D. joined CSU as the director of the Gregory Allcar Museum of Art in July 2017. He brings more than 20 years of experience in various academic and university museum roles. From 2009 until starting at CSU, he was the Pierre Daura Curator of European Art at the Georgia Museum of Art and adjunct professor in the Department of Art History at the University of Georgia. Boland received his undergraduate degree in art history from the University of Georgia and a master's and doctoral degree from the University of Texas at Austin. His publications and exhibitions have received awards from the College Art Association (CAA), the Southeastern College Art Conference (SECAC), the Art Libraries Society of North America (ARLIS/NA), Southeastern Museum Conference (SEMC), and the American Alliance of Museums (AAM); his research and publications have received support from the National Endowment for the Arts, the Kress Foundation, and the Getty Foundation.

| | |
|------------------------------|---|
| <p>Thursday, November 12</p> | <p><i>Common Fraud/Scams/Schemes</i> Amanda Duhon Larimer County Deputy District Attorney and Deputy Head of Elderly Abuse Unit</p> |
|------------------------------|---|

Seniors are particularly vulnerable to financial crimes. Deputy District Attorney Amanda Duhon will walk you through some of the more common scams her office is prosecuting. Additionally, she will tell you what you can do if you have fallen victim to one of these crimes and provide tips for protecting yourself in the future.

Amanda Duhon has been with the Office of the District Attorney for the Eighth Judicial District as a prosecutor since 2011. Ms. Duhon began working in the Elder Abuse Unit in 2016. The District Attorney's Office established this unit to specialize in prosecuting cases of financial fraud and physical abuse of elders. In 2018, Ms. Duhon began writing a monthly column for 50 Plus Marketplace News, Larimer County Edition addressing trends in crimes against aging adults and practical tips for protection against these crimes.

Ms. Duhon received her Bachelor of Arts in Political Science from the University of Colorado-Boulder and her Juris Doctor from the University of Denver Sturm College of Law.

CSUWA ZOOM Meetings

Zoom is an audio and video web conferencing platform providing the opportunity to see and interact with each other in a remote setting.

Zoom can be used for basic conversations, sharing materials, and viewing presentations.

How to Use Zoom

1. Prior to the day of the meeting **you will receive an e-mail that has information for joining the ZOOM program meetings.**
2. if you are on a computer, please click on the "Join Zoom Meeting" link in that e-mail, --it will be underlined and will begin with "https://zoom.... "
3. IF Zoom has been used previously on your computer, click the message to join meeting. IF not used before on your computer, click to download. Your computer may ask you to Run or Save. Click Run. Some may say, View on your Browser. Click that if Run isn't available.
4. The e-mail also contains Meeting ID and Passcode--fill those in when they ask for those.
5. You should then either see a message to wait for the Host to allow you to join (wait--you will know when) or you will see boxes with people--our members! and you! There are some tools in the upper right hand corner--put your cursor/arrow there to see them; and tools along the bottom --put your cursor there to see these. Click on your own preferences.

If all else fails, close all open windows on your computer, shut down, and restart. Go back to the e-mail and try again.

IF you are viewing from your cell phone, you may need to download the app, and then use some of the phone numbers in the e-mail--the Meeting ID and Passcode are below the phone numbers in the e-mail for mobile/cell phones. You can work directly from the e-mail on your phone as well.

For additional information, please refer to **ATTENDEE GUIDE for Zoom Meetings and Webinars** later in this newsletter. The tutorial is great, but maybe more information than you need to view the program!

Member Updates

Shirley Heath has moved to Lakewood to be with children and grandchildren.

Carol Herron's new email: dameherron@gmail.com

Mary Hagen's new email: maryhagen15@gmail.com

Members to Keep In Our Thoughts and Prayers

If you know of a CSUWA member you think would like to receive a card because of illness, bereavement, achievement, or other happening, please contact

CSUWA Corresponding Secretary **Susan McGill** at:

970-493-8694 or smcgill21@comcast.net

Purchasing Cards from CSUWA Card Group

Wanting some of those beautiful or cute thoughtful handcrafted cards that the gals in the CSU-WA Card Group make? Contact Cathy Weir!

Cathy's home is always open for card sales. Cathy is not concerned about ladies coming into her home to purchase cards because she knows that everyone is taking appropriate precautions.

If you want to purchase cards, call Cathy at 970 225-9241 to schedule an appointment.

When visiting Cathy's home you will need to wear a mask; Cathy will wear a mask also. If you are concerned about touching things, you are encouraged to bring and wear gloves. If you forget your gloves, Cathy will have a box of plastic gloves on the table on her porch.

There are LOTS of new cards from which to choose!

All proceeds from the sale of cards go towards scholarships for deserving students attending CSU!

Colorado State University Women's Association 2020-2021 Membership Form

Name _____

Put an "X" in this box if your contact information is the same as it was last year.
If so you do not need to fill in address, phone, and email information.

Address _____

City _____ State _____ Zip _____

Preferred phone _____ Other phone _____

Email _____

Optional information

Spouse _____ CSU affiliation _____

_____Renewing member

_____New member

Annual dues: \$25.00

Make check payable to: CSUWA

Mail annual dues to:

Peggy Reeves, 1931 Sandalwood Lane, Fort Collins CO 80526

Fifteen dollars of your annual dues will be used for scholarships this year!



ATTENDEE GUIDE

Zoom Meetings and Webinars

Zoom is an audio and video web conferencing platform providing the opportunity to see and interact with each other in a remote setting. We can use this application for basic conversations, sharing materials, and viewing presentations.

CONTENTS

| | |
|--|---|
| Getting Started..... | 1 |
| Before Joining a Meeting..... | 2 |
| Logging Into the Meeting From a Provided Link..... | 2 |
| Meeting Tools..... | 4 |
| Reduce Zoom Fatigue..... | 6 |
| Additional Help..... | 6 |

GETTING STARTED

To join using video, you will need one form of the below technology:

- A laptop or desktop computer with a built-in camera or separate webcam
- A smartphone with a built-in camera
- A tablet with a built-in camera
- When using a mobile device, you will need to download the appropriate app for your device:
 - [Apple Device](#)
 - [Android Device](#)

To join using audio only, you can call into the meeting using your phone. We recommend this only if needed or if you are having connectivity issues.

Meeting vs. Webinar:

Meeting: Interactive platform that shows all participants on screen with the ability to speak, hear, and share screens with the entire group.

Webinar: View-only platform where attendees can see and hear only the main speakers or hosts. Attendees have the ability to use only the chat or Q&A functions to communicate with the presenters.



BEFORE JOINING A MEETING

- Check that your devices are fully charged or plugged in
- Sit or stand in front of a solid, neutral background (if possible)
- Adjust your position for optimal lighting; recommended lighting from the front
- Center yourself in the camera shot and position the camera at eye-level or slightly above
 - You will be able to check what your video looks like before joining the meeting

LOGGING INTO THE MEETING FROM A PROVIDED LINK

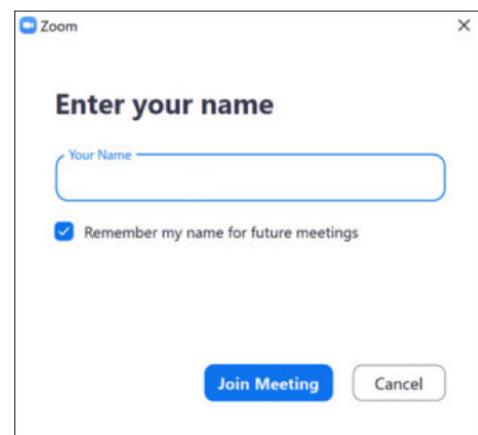
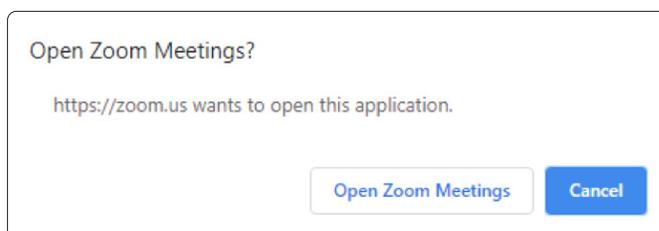
Please note, if you do not have the Zoom Meeting Application on your desktop, you can continue to join the meeting through your web browser. You may need to complete a registration process to join the meeting.

- If prompted, click Register from the pop-up
- Complete the information and click Register, then proceed to Step 3.

1. Use the link provided by the meeting host

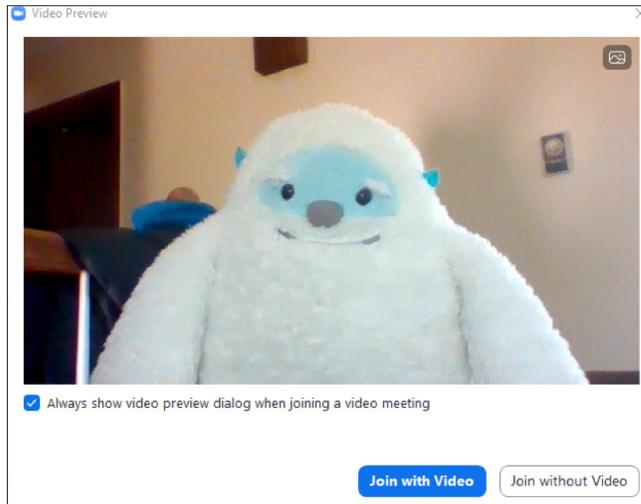


2. Select Open Zoom Meetings, enter your name if asked, and Join Meeting

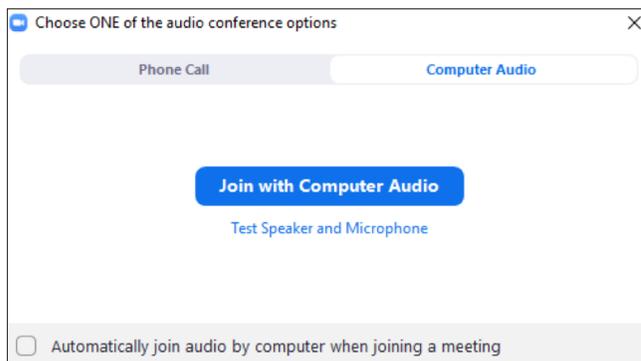




3. Select Join with Video (if applicable)

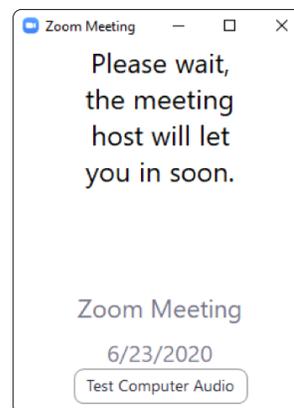
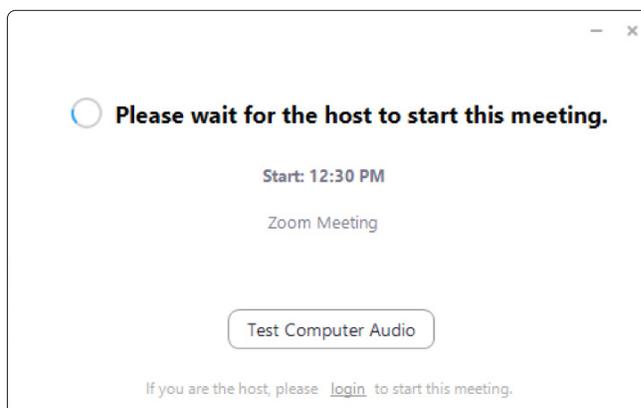


4. Select Join with Computer Audio



- Once joined, be sure to mute your audio

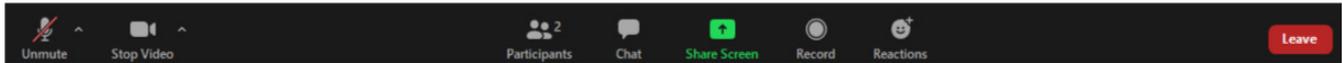
5. If the host has not started the meeting OR if you have been placed in a virtual waiting room, you will see one of the below pop-ups:





MEETING TOOLS

The toolbar is found at the bottom of the screen. This will disappear when not in use and reappear when you hover with your mouse over the area. Familiarize yourself with these tools to help you interact and participate with the webinar or meeting.



Mute/Unmute: Use this icon to mute and unmute your microphone.

- Use the Up (^) arrow next to the Mute/Unmute icon to change the microphone and speaker settings that Zoom is currently using on your computer.
- To switch to another audio source, select Leave Computer Audio and access the full audio settings.
- Always remember to remain in mute during the meeting unless you are speaking to the meeting attendees or asking questions. The host has the ability to mute your audio for you and may do so if the noise is distracting or causing noise feedback on the call.

Start Video/Stop Video: Use this icon to turn your camera on or off.

- Use the Up (^) arrow next to the Start Video/Stop Video icon to access your full video settings. Here, you also will find options to change your background or cameras (if you have multiple).

Participants: The small number next to the Participants icon indicates the number of attendees in the meeting. By clicking on this icon you can see a full list of participants.

- In this list, you can hover over your name and click Rename to change the screen name you have displayed to other participants. It is best to use your full name, first initial with last name, or first name with last initial. The host will review the participant list to ensure all attendees are supposed to be logged in.
- If a participant has their video turned off, they will appear as a black box on the screen with their display name in white.

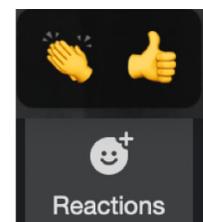
Chat: Access the chat window to chat with meeting participants, make comments, or ask questions.

- You can use the dropdown before sending to choose who you are sharing the comment with, everyone or privately with one participant. If the meeting is being recorded, the chat conversations are saved and given to the host.

Share: This icon allows participants to share their screen, PowerPoint, or video with the group. Do not share your screen with the group unless asked by the meeting coordinator or host.

Reactions: This icon provides you with “Clapping Hands” or “Thumbs Up” that you can display in the corner of your video.

- Select the reactions icon and select the icon you would like to use. These stay on your video screen for 5 seconds, allowing you to share visual praise or agreement without interrupting the speaker.



Q&A: Some webinars will be equipped with the Q&A icon on the toolbar. This gives attendees a specific location to ask questions.

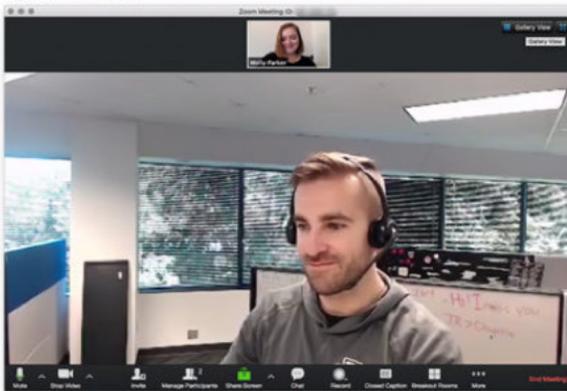
- In this Q&A box, participants can “like” a question, causing it to move to the top of the list. When the hosts begin to answer questions, they will be able to answer the most popular questions first.



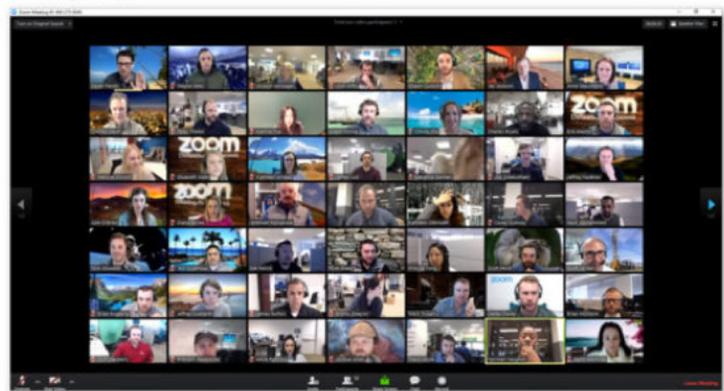
Changing your screen view: You have two options for screen view that you can switch between at any time during a meeting. These icons are located at the top right corner of your screen.

- **Speaker View:** This view allows you to see the person speaking in the larger main frame. This view will switch automatically when a new speaker begins. There will also be a small ribbon of other attendees shown at the top or side of your screen.
- **Gallery View:** This view allows you to see all participants, including the speakers, in a grid on the main frame.
 - The speaker video box will be highlighted in yellow to make it easier to locate.
 - If there is a large number of attendees, you can use the ► or ◀ arrows to scroll between screens.

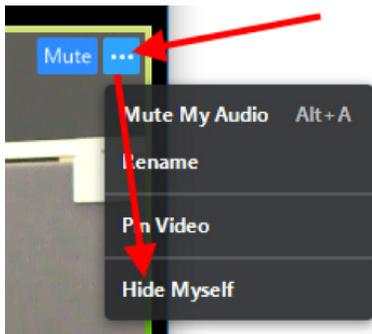
Speaker View



Gallery View



- **Hide Myself:** Right click or use the ellipsis in the corner of the video of yourself and select Hide Myself. This will remove your video box from your view only to help reduce distraction; others will still be able to see you and your video as part of the meeting.





REDUCE ZOOM FATIGUE

Our world is now saturated with virtual content and connection that can leave us feeling drained at the end of the day. Whether you are participating in work meetings, educational webinars, or social gatherings, try to practice some helpful tips to reduce Zoom fatigue.

- **Choose Speaker View:** By using speaker view, your brain is able to focus on the speaker instead of the multiple other screens that are visible
- **Hide Your Video View:** Participants spend a large portion of time looking at themselves in view; using the Hide Myself option will reduce this distraction. Others will still be able to see you.
- **Stop Multitasking:** It is tempting to multitask during certain meetings or webinars, but try not to and focus on/participate in the meeting you are attending. The text, list, or email can wait.
- **Feel Free to Move:** Often when on camera, we feel the need to sit still. Treat the meeting as you would in real life, shift in your seat or move your neck, as you need to. It is natural and necessary to move a little bit during a long meeting.

ADDITIONAL HELP

[Zoom Video Tutorials](#) are quick, step-by-step, and easy-to-follow guides to help navigate the Zoom platform. Follow the link for a full list of topics.