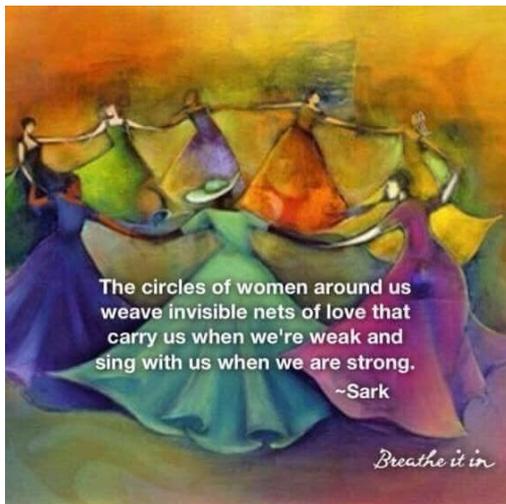




To: Branch Presidents  
From: Georgia Applegate, AAUW of Oregon President  
Regarding: Social activities during “stay at home” period

We joined AAUW not only because we totally support its mission, but also because we enjoy the many friendships that we have formed during the years. These relationships have sustained us and held us up during good times and those not so good. We form circles of women who support us when we need it and celebrate our successes. We all feel the need for support now.



As many of us already are feeling socially isolated, we in AAUW of Oregon through suggestions from many of our members have come up with several suggestions for virtual activities to keep us connected.

Here is a list of activities that members of your branch may do together in their own homes while communicating via Zoom or some other virtual way. After the list, instructions will be provided on how each person may sign up for their own free Zoom account.

Our state Technology Committee members are available to assist you with your virtual communication needs.

Here are some of the things you may do together while alone at home:

- Read the same book and have a book discussion
- Show and tell with items members have created, including, e.g., paintings, sculpture, sewing, quilting, written material, etc. I would love to see what our members create.
- time: members would be invited to tell a story about themselves (or perhaps anything) for a maximum of 5 minutes. We all have stories!
- Smallish virtual lunches or dinners with conversation
- Each person in a group chooses a TED Talk for the group to watch; a couple could be discussed at each meeting.
- Each person in a group shares a brief clip of a piece of music that has special meaning to her/him and explains why. I think that this would add a different dimension of knowledge about people we know in (usually) one context.



Here is the link to a YouTube video that will teach you how to set up and use ZOOM.

<https://www.youtube.com/watch?v=s5VU8cmEnTs&feature=em-uploademail>

The presenter is a guy in Vancouver CA that teaches tech stuff that Nancy Brown has followed for years. I watched this video. It was straightforward and clear.

In the video, he's teaching his wife, a teacher, how to use Zoom for her class.

You can join for a free account that limits you to 40 minute meetings.

<https://www.zoom.us/>

Please email me and let me know how things are going in your branch. Your state board is here for you, to support you in any way that you need us. Just ask.

Stay home and safe.

Be well,

Georgia Applegate  
President  
AAUW of Oregon