

Bowie Seniors Computer Club Minutes for Nov. 18, 2010

Carl Bulger presided.

Presentation: Online Classes and Distance Learning

Sandy Lundahl, MPH, MA is a SAGE instructor. SAGE is the program that sponsors the Senior Adult Education classes at the Senior Center. Her background is in Training and Health Education. She is a public health professional, holistic health educator, meditation teacher, and founder of Release Your Inner Sage. Sandy facilitates small groups of men and women using well-tested tools and processes for gaining deep understanding of self and others.

She teaches the course Release Your Inner Sage at the Senior Center in which she encourages participants to develop a new interest, or project, or hobby to make their retirement interesting and productive.

She encourages people to participate in her classes even if they can't attend in person by connecting over the internet.

She uses paid network software and services because she doesn't like the advertisements that comes with free software and services. She pays Network Solutions to help her with the five websites she manages:

SandyLundahl.com
BowieCroftonHolisticCommunity.org
Sport4All.org
EnneagramMaryland.org

ReleaseYourInnerSage.org

She publishes an email newsletter on Aweber.com which gets around Verizon and Comcast's limitations of no more than 100 emails sent at a time and no more than 500 per day. It also allows her to specify when emails are sent. She can set a particular time, for example, when a reminder is automatically sent.

She also uses Cisco's WEBEX.com to assist with Distance Learning. Whereas SKYPE is limited to two visual participants, WEBEX allows multiple visual participants. It will also set up conference calls and assist with the technical details and difficulties that occur with Distance Learning. She uses a Webcam sitting in front of the class to allow the distance students to visualize the participants in the classroom.

The biggest challenge is for everybody to hear. Dick Henthorn and Herb Gillis participated the next day in one of Sandy's Friday classes as a demonstration of distance learning. Dick said that he could hear only those in the front rows of the classroom. Sandy said later that she was going to find a better microphone, perhaps one of those that are used in commercial video-conferences.

Sandy also utilizes the Online Social Network at NING.com. It is a private social network site. You have to be invited and pay a

membership fee. She calls it a "Private Online Gated Community" of people who have a common interest. Each interest group has an administrator. One of the rules is "no chit-chat". Discussion and conversation must relate to the groups common interest subject.

She also mentioned Meetup.com the online meeting service that Howard Dean used to organize supporters for his 2004 Presidential run. Meetup.com is partially free, but charges for premium services. See its Terms of Service for more details:

<http://www.meetup.com/terms/>