October Speaker: Kevin Boucher

RADIO: A Friendly Companion in Unsettling Times

Especially now, with more people hunkering down to stay safe from COVID-19, radio plays an extremely vital role in contributing to the mental and emotional health of people. Radio is a very personal, intimate, one on one medium. And, through that power of a friendly voice, radio has the power to keep listeners informed, entertained and, when necessary, comforted. Radio is a daily part of many people’s routine, and it is that quality of being invited into people’s homes and cars, that will allow radio to continue to be a robust community necessity for years to come.

Kevin Boucher is currently the Community Engagement and News reporter with WSIU Radio. Kevin also manages the day to day operation of SIRIS, The Southern Illinois Radio Information Service. A Murphysboro native, Kevin has been at WSIU Public Broadcasting since 1995; for the first 19 years he was the Traffic Manager at WSIU Television. In 2014, after earning his Master’s Degree in Radio-Television-Media at SIUC, he became a reporter and producer at WSIU Radio.
SILIR Monthly Interest Groups

**Musical of the Month Interest Group**

This group will be suspended through the fall semester. We will revisit the issue for the spring semester depending on the current situation.

Thank you,

Mike Hanes

**Monthly Lunch Discussion Group**

Members are invited to join this group to meet monthly to share lunch and open conversation. Please bring the side dish you signed up for and a mask.

Thursday, October 22
11:45 am
Location: Evergreen Park Small Pavilion

**Monthly Book Club**

The Book Club meets on the 3rd Monday of the month at 9:30am via Zoom

October 19
October's book selection is

*Beartown*
by Fredrik Backman

Thank you,
Mike Hanes

SILIR Session II Classes — October 19—November 19, 2020

These courses will be offered via Zoom except where indicated. Although each class is free, you do need to register for any class in which you wish to participate so we may contact you with Zoom and other information.

**Monday**

**19th Century Steamboats Built at Towns Along the Lower Ohio River**

**Instructor: Robert Swenson**

October 19-November 16
10:00 - 11:30 am

Zoom

Registration Fee: $0.00

The Ohio River is 981 miles long from its headwaters at Pittsburgh to its confluence with the Mississippi at Cairo. The last 58 mile stretch of the Ohio includes the confluences with two other major rivers serving the South - the Cumberland and the Tennessee. Our southernmost Illinois region borders this section of the Lower Ohio on the south-eastern edge and the Mississippi River along the western edge resulting in our 3-state rivers region being geographically at the center of the entire Inland Waterways System. This position in North America had tremendous political and economic implications in the past that continue today. Beginning in the early 1790s with western migration, settlement, nation-building and continuing into the 1940s, five lower Ohio River towns - the Kentucky towns of Smithland and Paducah and the Illinois towns of Metropolis, Mound City, and Cairo - developed as river transportation hubs and centers of river commerce. Paducah and Cairo continue to be multi-modal transportation hubs today. This course will focus on the history of these five communities, their shipbuilding industries, and significant examples of the wide range of types, sizes, and purposes of the over 270 steam-powered vessels built and launched at their shipyards and marineways for more than a century.
Complementary and Alternative Medicine (CAM)

Instructor: John Haller

October 22 - November 19
10:00 - 11:30 am
Zoom

The purpose of this short course in Complementary and Alternative Medicine (CAM) is first to introduce the origins and the politics behind its growth. From there, we will explore the history of its popularity beginning in the late 18th and early 19th century with the rise of Thomsonian medicine which claimed nearly 2 million adherents in the U.S. in 1830; the history of Eclectic medicine with its nearly 10,000 physicians in 1900; and the origins and growth of homeopathy which founded 65 medical schools in the United States. We will conclude with an overview of so-called New Age healers and the implications of the placebo effect on both conventional and alternative medicine.

Illinois History after Lincoln

Instructor: Michael Batinski

October 22 - November 19
1:00 - 2:30 pm
Zoom

Yes, there is a history of Illinois after Lincoln. And that past is relevant to our lives today. Central to this exploration lie the questions: How does the past live with us today? What does it mean to live in Illinois? We will discuss these questions by looking at the various answers found in the small town and the city, in the different ethnic experiences, and in the ways these peoples have interacted. So, too, the past affects our lives today when we stop to consider how generations of Illinoisans have shaped this land to their wills. We will begin to explore this environmental history as well. Finally, and throughout the course, we will discuss what it means to be an Illinoisan—in short, that identity or identities.

Time to Renew Your Membership

If you haven’t already renewed your membership in Southern Illinois Learning in Retirement (SILIR), do so now to be eligible for all activities. The SILIR Curriculum Committee has slated a variety of classes and speakers on topics they hope will be of interest to members. Membership in SILIR runs from July 1 - June 30 the following year.

Two easy ways to renew!! Membership is still $25.

• Mail registration form and payment to Conference and Scheduling Services (check or credit card)
• Call Conference and Scheduling Services at 618/536-7751 (credit card only)

This is the last newsletter you will receive if you do not renew your membership.
Due to the Covid-19 pandemic, it appears that, for the foreseeable future, Learning in Retirement will be teaching most classes and presenting the monthly speakers using Zoom video conferencing. Although many of you are quickly becoming proficient using Zoom, there may be some who find Zoom a bit overwhelming. To help anyone who wants to get started using Zoom or becoming a bit more familiar with it, I have written a two-page document containing links to three short videos “Zoom for Beginners.”

Email me (dennisleitner@gmail.com) with “Zoom101” in the subject line and I’ll email the document to you as an attachment. Hopefully this will enable you to participate more fully in the LIR classes and presentations.

Zoomingly yours,
Dennis Leitner

---

**Beginning Zoom Instructions**

Many of you have signed up for a Learning in Retirement class, but may not be familiar with how to “attend” a Zoom class. I found three YouTube videos which may help you get started.

These programs have several things in common. (1) Each of these videos show you how to get started by downloading the Zoom app or program. But you only have to do this once. (2) Each video shows how to “Join a Zoom Meeting.” (3) Each video shows you how to leave a group meeting.

But each video discusses some Zoom features slightly differently, so you may want to watch all three of them. Or watch some of them more than once.

These are introductory videos. They don’t show us how to use some of Zoom’s more advanced features, such as (1) Hosting a Zoom Meeting or (2) Using Screen Share.

**************************************************************************************

1. How to Join a Zoom Meeting for the first time. (Approx. 11 minutes)

[https://video.search.yahoo.com/yhs/search?fr=yhs-trp-001&hsimp=yhs-001&hspart=trp&p=How+to+Join+a+Zoom+Meeting+for+the+first+time#id=1&vid=ceb308de69571909d3cc0cedb9971120&action=click](https://video.search.yahoo.com/yhs/search?fr=yhs-trp-001&hsimp=yhs-001&hspart=trp&p=How+to+Join+a+Zoom+Meeting+for+the+first+time#id=1&vid=ceb308de69571909d3cc0cedb9971120&action=click)

I like this video because it shows how to join a meeting from a (1) computer, (2) tablet and (3) smartphone. Things appear differently according to the method of accessing the meeting.

2. Joining a Zoom Meeting for the first time (Approx. 8 minutes)

[https://video.search.yahoo.com/yhs/search?fr=yhs-trp-001&hsimp=yhs-001&hspart=trp&p=Joining+a+Zoom+Meeting+for+the+first+time#id=1&vid=e7d99ae020ba92a54b41747a76cc02b&action=click](https://video.search.yahoo.com/yhs/search?fr=yhs-trp-001&hsimp=yhs-001&hspart=trp&p=Joining+a+Zoom+Meeting+for+the+first+time#id=1&vid=e7d99ae020ba92a54b41747a76cc02b&action=click)

I like this video because it shows how to use the “Chat” function and how to switch between “Speaker View” and “Gallery View.” This instructor shows this on a PC computer.
3. A Cozy Step-by-Step Guide to Joining a Zoom Meeting (Approx. 6 minutes)


I like this video because it shows how to join Zoom meetings from an Apple Mac computer.

***********************************************************************************************
Here are some of the useful things to learn from these videos.:

1. How to mute and unmute yourself.

If there is “background noise” around you (e.g., dogs barking, phones ringing, music playing), you might want to mute yourself so that you don’t inadvertently distract everyone from the speaker. Our computer microphones are very sensitive.

2. How to switch from “Speaker View” to “Gallery View.”

If someone is giving a lecture or presentation, you want to focus on the speaker. “Speaker View” shows a large picture of the speaker on your screen and possibly a much smaller picture of you (or others). If there is a discussion going on and you want to seem most of the participants, you might switch to “Gallery View.” If there are more than 25 people in the room, you can switch between screens by clicking on the “<” or “>” buttons on the left of right of your screens.

3. How to turn your video on or off.

There are times when you might not want to be seen (e.g., you are eating your lunch, you haven’t fixed your hair, etc.), and you may want to turn off your video. The other participants will see your name or in some cases a picture from your photo library. Most of the time you will want the other participants to see you just as you want to see them. After all, this is a VIDEO conference.

***********************************************************************************************

Please send any comments about these (or other helpful videos for using Zoom) to dennisleitner@gmail.com.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Selecting a President 10:00 - 11:30 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Reading Short Stories 10 - 11:30 am</td>
<td>Justices and Judges 1:30 - 3:30 pm</td>
<td></td>
<td>Selecting a President 10:00 - 11:30 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Reading Short Stories 10 - 11:30 am</td>
<td></td>
<td>Justices and Judges 1:30 - 3:30 pm</td>
<td></td>
<td>Selecting a President 10:00 - 11:30 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Monthly Book Club 9:30 am Reading Short Stories 10 - 11:30 am Steamboats 10 - 11:30 am</td>
<td></td>
<td></td>
<td>Monthly program and meeting 10:30 am</td>
<td>CAM 10:00 - 11:30 am Lunch Discussion 11:45 am Lincoln 1:00 - 2:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Steamboats 10 - 11:30 am</td>
<td></td>
<td></td>
<td></td>
<td>CAM 10:00 - 11:30 am Lincoln 1:00 - 2:30 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
REGISTRATION FORM

• Please fill out and send entire form with payment •

SILIR REGISTRATION FORM (PLEASE FILL IN YOUR NAME AND ADDRESS.)

First Name ___________________________ Last Name ___________________________
First Name ___________________________ Last Name ___________________________
Street ________________________________
City ____________________________ State _________ Zip Code __________
Day Phone Number ______________________ Cell Phone _______________________

E-mail Address __________________________

NEW MEMBERS: How did you hear about us? ☐ Friend ☐ Newspaper ☐ Social Media/Online ☐ Radio/TV

If you are registering more than yourself for a class/trip, please list the name(s) of the SILIR member you are registering.

Name: __________________________ (21W0901901) FY21 Membership Dues ..................$25 x ____ = _____
(7/1, 2020 — 6/30, 2021)
Addtl. Name: ______________________ (21W0901901)

INTEREST GROUPS — July 1, 2020—June 30, 2021

Name: __________________________ (21W0901904) Book Study Group .........................$0 x ____ = _____
Name: __________________________ (2010901905) Lunch Discussion Group ..................$0 x ____ = _____

Session II Classes

Name: __________________________ (21W0901909) 19th Century Steamboats.................$0 x ____ = _____
Name: __________________________ (21W0901910) IL History after Lincoln...................$0 x ____ = _____
Name: __________________________ (21W0901911) Medicine.............................................$0 x ____ = _____

Be sure we have your current email address. Zoom links will be emailed for the classes in which you are enrolled. If you do not see a link in your inbox, please check your Junk mail and Spam mail. If it is not in any of those places, please email me at jackiew@siu.edu.

LEARNING IN RETIREMENT PROGRAM WAIVER DISCLAIMER: Most SILIR activities require very little mobility. When an activity requires traveling up to 1 mile or more or navigating 10 steps or more, or involves longer waiting or standing times, we will alert you so that you may choose wisely.

Signature ___________________________ Date __________

My signature confirms that I have read and understand the activity level of any trip sponsored by Learning in Retirement and accept the risks and conditions of the trip. I am aware that some trips may encounter rough terrain and closed-toe shoes will aid in maintaining my safety.

Please submit a check payable to “SIU Carbondale” or your credit card information below.

Credit Card Number __________________________ Exp. __________
Name on Card ___________________________ CVC __________
Email (for receipt): ________________________________

Mail to: Conference & Scheduling Services
Student Center - Mail Code 6705
Carbondale, IL 62901

or call Registration at 618-536-7751 to register with your credit card.
What will you learn today?

Visit the SI Learning in Retirement web page at:
conferenceservices.siu.edu/silir.php