



The Voice

of the Volcano Community Association



July 2021

Try Hiding Self-View on Zoom

Although Zoom has become so much the Covid panacea, yet there can still be moments of exquisite such-ness therein.

Recently a good friend after recounting his foible and folly during Zoom committee meetings, sent an insightful article from Tricycle magazine (link below). Since I'm so new to both VCA and Zoom, thought I'd share a little technological quirk with other hunkerers, so to speak.

So, when you are zoom-entranced, it is possible to turn off just the little self selfie in the corner, and this toggling has possibilities of becoming generically meditative even spiritual!

It's a matter of opening the 3 dot small menu, and choosing "Hide self view." Aha, the pith of crazy wisdom teaching: the Ego, off - center!

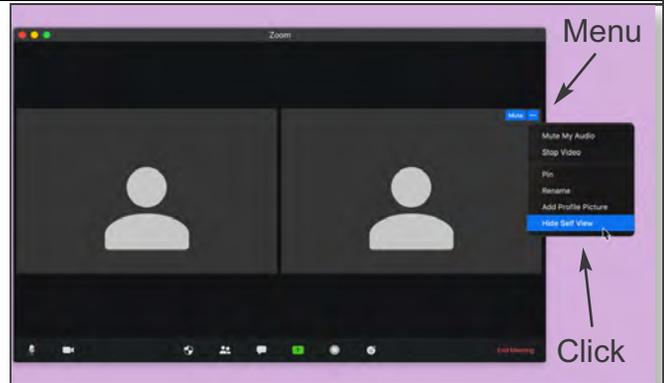
As Yale chaplain S L Kim succinctly observes: "The contrast between when you could see yourself and when you can't. Try toggling back and forth to get a feel for this. For most of us, our eyes are mostly on our own image. Once Self View is hidden, observe how the quantity of attention you unconsciously allocated to tracking yourself is now given fully to others. Do you listen more carefully? What is the impact of this increased attunement in terms of the nuance, empathy, and insight you bring to your responses?"

Well, that all seemed pretty simple and direct. However, depending on your size-of-meeting, there's a cool quasi-easter-egg effect here, too. (hint: try googling "askew" without the quotation marks) Turns out that when you Remove Yourself, the zoom room layout changes. There can be an automatic expansion of the images of the other(s), which can seem counter-intuitive.

"How does this increased size help you to actually see others more clearly and in greater detail? Notice the subtleties of facial expressions, (upper) body language, and the environments others are situated in," continues chaplain Kim.

In conclusion, since our Board chair here strongly hints for resumption of in-person meetings, I'm going to try to not toggle too much at all. And thank you for allowing me to share this little diversion. (sure do miss the Sunday coffee-clatch tables/conversation!) <https://tricycle.org/trikedaily/zoom-no-self-view/>

submitted by VCA Board Member Dan Morimoto



What is Zoom you ask?

Zoom is a videoconferencing service operating on a cloud platform that allows you to connect with others who are also using the service. It supports both video and audio-only conferencing, enabled by the mics and webcams that are on your devices (or can be purchased for more specific tasks). Zoom became a popular choice for quick videoconferencing due to its simplicity and light digital footprint, which made it easy to pick up and learn for those unfamiliar with video chatting. It's also compatible with Windows, MacOS, iOS, Android, and Linux. You will need a computer/tablet with a camera and mic or a smart phone. You can also get a camera/mic to attach to your computer. The program has a free plan with a 40 minute time restriction. Go to <https://zoom.us/>.

Volcano Community Association (VCA) Mission Statement

To improve and protect the quality of life in Volcano, County and State of Hawaii, on behalf of all residents of the area. To promote the social and educational advancement, increase recreational opportunities, ensure health, protect natural environment, and develop community spirit. Also, it will undertake any consonant project the community may be moved to assign to it.

However, it will remain nonpartisan and nonsectarian.

Free Keiki Activities at Cooper Center July 5th Celebration Monday, July 5, 2021 from 9am till 1pm

We will be on the lower deck Hilo side. Some of the activities included: Games like Gravity Maze Marble Run and Lattice Hawaii Strategy Board Game (ages 8+), Educational Realistic Dinosaur Playset to Create a Dino World (age 3+) and Floor Piano Mat (ages 1-5). There will also be American Revolution History, Brain Quest (5th Grade) and Math Quizzes to win some fun prizes. We will also be there fundraising for the VCA with our tee shirts, hats, bags, notecards and stickers. Note: as of this printing, masks are not required on this level per County Parks and Rec. Got questions? Call Sher 967-8553.



Time to join or renew your membership?

Membership Form -- Volcano Community Association

Name(s) _____

Mailing address _____

City _____ State _____ Zipcode _____

Email (important) _____

Phone(s) _____ (day) _____ (eve) _____ (cell) _____

Your information will be kept private and will only be used for VCA official business.

VCA is a Group of Volunteers serving the wider Community. We welcome your help! Please check your interests:

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 th of July | <input type="checkbox"/> VCA table at Farmers Market | <input type="checkbox"/> Volcano Long Range Plan |
| <input type="checkbox"/> Environmental Committee | <input type="checkbox"/> Fundraising | <input type="checkbox"/> Misc. Grunt Work |
| <input type="checkbox"/> Newsletter/Communications | <input type="checkbox"/> Membership | <input type="checkbox"/> Other _____ |

Annual dues \$15 individual \$25 family (2 household members) \$ _____

Additional donation for printing and mailing of brochures and guidebooks, etc..... \$ _____

Membership Card Expires: _____ (office use only) Total amount received: \$ _____

Please make your check out to the Volcano Community Association, and send with this form to:
Volcano Community Association, P.O. Box 600, Volcano, HI 96785
You can also join or renew at www.volcanocommunity.org

Mahalo!

The Voice of the Volcano Community Association is published by the VCA Board of Directors: Jim Buck, Chris Corley, Ida Gager, Sher Glass, Aubrey Hawk, Dan Morimoto and Mahi Snell.

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