

## Introducing

# ASCCA "voice"



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We are proud to announce the launch of our new "ASCCA Voice" website. This new site which can be accessed from a link on the main ASCCA website, has been introduced quite literally, to give seniors a voice online. It is our hope that our ASCCA Members and all those interested in the work of ASCCA will use it to share ideas and ask questions and to offer encouragement to each other or tell others of your special events and achievements.

Before our President Nan Bosler had even sent out a message announcing the setting up of the ASCCA Voice, Parramatta Computer Pals discovered it and immediately sent out an enquiry. This was exactly the kind of use Nan and the board envisaged.

On Friday, Parramatta Computer Pals for Seniors trainer Judy Joyce gave an excellent presentation on the differences between PCs with Windows, and Macs. The difference in terminology for similar functions is fascinating. And we have just purchased two copies of Office 2011 for MAC through Donortec, and will be purchasing at least one MAC. Judy is our only trainer who uses a Mac at home, and will be our initial trainer. We have a number of members with Mac laptops and more enquiries.

Our need now is to find clubs who train in Macs, so we can visit and/or correspond, prior to setting up our training modules. Can you help?

### News from Nan Bosler

*I was delighted to attend the celebration of the opening of the 2,000<sup>th</sup> Broadband for Seniors Kiosk by The Hon Jenny Macklin MP, Minister for Families, Housing, Community Services and Indigenous Affairs on Friday, 18 February 2011. The location for the celebration was the Yarraville Senior Citizens Centre.*

*It was quite exciting after the formal part of the event to watch a member of the club's Polish group start using google and being helped to bring up a website on Polish cooking. She took great pride in explaining to Minister Macklin just what the ingredients were in a featured recipe! The internet certainly helps us keep in touch with people, places and happenings that are important to us as individuals.*

ASCCA is proud to be part of the consortium, led by NEC, that has rolled out the Government funded kiosks across Australia. Our partners in the consortium are Adult Learning Australia and U3A Online. As time goes on we will welcome any of the kiosks who want to continue working with their community as a part of the network of computer clubs for seniors across Australia.

So this is what Nan and ParraPals have shared so far on "The Voice" - if you want to share a favourite website or program or discover how other clubs manage a situation you can help each other.

**Use your voice at ASCCA Voice!**



**Professor Michael Besser AM, is our Special Seniors Week Ambassador**

See all the details of our free eHealth Expo on Page 3

## ASCCA NOTICE BOARD 2011

7 - 13 March 2011 - National Consumer Fraud Week Theme - "Scams: It's Personal" See below

20 - 27 March 2011 - NSW Seniors Week

Wednesday 23 March - Free ASCCA e Health Expo at 10.30 am, 280 Pitt Street Sydney. Guest Speakers, Information Stands & Light Lunch Provided. RSVP Wednesday 16 March - See Page 3

Tuesday 22 March & Thursday 24 March - Free 2 hour 'Learn how to ... workshops' will be available in the ASCCA Training Room. Bookings are essential. See Page 3

9-15 May 2011 - National Volunteer Week - "Inspiring the Volunteer in You"

6-10 June 2011 - National Cyber Security Awareness Week

9 June - ASCCA Members Forum, 280 Pitt Street, Sydney—details later

Tuesday 6<sup>th</sup> & Wednesday 7<sup>th</sup> September 2011 - 13<sup>th</sup> Annual Computer Conference for Seniors to be held at the Powerhouse Museum in Harris Street, Sydney. Time to mark the date in your diary now!

17 November 2011 (to be confirmed) - ASCCA Annual General Meeting



### SCAMS : IT'S PERSONAL



FIGHTING FRAUD ON THE HOME FRONT



CALL 1300 795 995 OR VISIT [scamwatch.gov.au](http://scamwatch.gov.au)

AUSTRALASIAN  
CONSUMER FRAUD  
TASKFORCE

AN INITIATIVE OF THE STATE, TERRITORY AND  
AUSTRALIAN AND NEW ZEALAND GOVERNMENTS

## Don't let scammers into your life – protect your identity.

National Consumer Fraud Week is an initiative of the [Australasian Consumer Fraud Taskforce](http://scamwatch.gov.au).

### ASCCA is a proud Partner of the Taskforce and urges you to protect yourself against scams.

This year's National Consumer Fraud Week is all about you. Running from 7 to 13 March, *Scams: It's Personal* focuses on the personal side and impact of scams, and how we can fight fraud that occurs on the home front.

Scammers do not stop at anything to target victims, including adopting a personal touch. Increasingly scammers are finding ways to get information about your personal profile and use this to play on your relationships with people and organisations you know and trust.

The effects of scams on victims can be devastating, potentially causing psychological, financial, familial and social harm. Scams can also have a considerable impact on business, with fraudsters' misuse of people's trust in reputable brands or companies having the power to shake consumer confidence to the core.

Scammers don't discriminate - they'll target anyone, be it yourself, a loved one, small or big business, community organisation, charity or government. They also use a myriad of ways to slip under your radar. A phone call, SMS, letter, email, fax, blog, online chat or dating service –

scammers will use any of these means to target you.

Here are some tips to keep scammers at arm's length:

#### PROTECT YOUR IDENTITY

Your personal details are private and invaluable – keep them that way and away from scammers

#### DON'T RESPOND

Ignore suspicious emails, letters, phone calls or text messages – press 'delete', throw them out or just hang up

#### DON'T LET SCAMMERS PUSH YOUR BUTTONS

Scammers will play on your emotions to get what they want

#### RESIST THE PERSONAL TOUCH

Watch out for scammers posing as someone that you know and trust, or pretending to know you.

**Scammers target you  
anytime, anywhere, anyhow.**

## Free ASCCA Programs - NSW Seniors Week Events



*Australian Seniors*  
*Computer Clubs Association* **ASCCA**



### Free eHealth Expo

Wed. 23<sup>rd</sup> March at 10.00am  
Level 1, 280 Pitt Street, Sydney.  
Health & Technology Information Stands  
of Interest to Seniors - Lunch provided.  
The eHealth Speakers are:

**Special Seniors Week Ambassador  
Professor Michael Besser AM**, Clinical  
Associate Professor, Neurosurgery at RPA  
Hospital will speak about the benefits of  
exercise on brain function and the  
prevention of Dementia.

**Dr. Stuart Smith**, Neuroscience Research  
Australia will talk about his research and  
development of unique exercise video  
games to help reduce falls in seniors.

**Mr. Peter Tomlinson**, Anglican  
Retirement Villages Food & Linen Service  
Manager will entertain and inform us on  
the challenges of good taste and good  
nutrition in food preparation.

**Joan Craymer**, Vice President, ASCCA  
will talk about Establishing an eHealth  
Revolution, with the bonus of increased  
self-esteem and alleviation of depression.

### Free Two Hour Hands-on Training Workshops

**How to use Social Networking**  
Hands-on training and hand outs  
provided.

**Tuesday 22<sup>nd</sup> March** - Sessions times  
11.45am - 1.45pm  
or  
2.00pm - 4.00pm

**Thursday 24<sup>th</sup> March** - Session times  
9.30am - 11.30am  
or  
11.45am - 1.45pm

**How to use Emails**  
Hands-on training and hand outs  
provided.

**Tuesday 22<sup>nd</sup> March** - Sessions time  
9.30am - 11.30am

**Thursday 24<sup>th</sup> March** - Session time  
2.00pm - 4pm

**Bookings Essential**

**RSVP required for all Events**

# ASCCA - Computer Training for the Mature Aged



Following on the success of our Microsoft funded Computer Training for Mature Aged people; particularly

for seniors wishing to return to the workforce, ASCCA is offering training to any seniors in the wider Sydney area who would benefit from a short course of computer training. This is possible because we have taken advantage of the availability of extra space in our new office on Level B at 280 Pitt Street, Sydney for a dedicated training room.

A generous \$30,000 NSW Government Community Building Partnership program (CBP) Grant under the Newstart Training Opportunity Initiative has been invaluable in helping us to set up the Training Room for comfortable and well resourced learning opportunities. We have recently received an email of congratulations from the Premier, the Hon. Kristina Keneally MP., notifying ASCCA of this welcome grant which was successful with the support of our local member Ms Clover MOORE, MP for this project to "provide improved local infrastructure for the benefit of the community."

One of the advantages of ASCCA Membership is for your club to be able to seek advice and support from ASCCA about managing your club or providing training for your members. We know that training for tutors can be a big problem, particularly for some of the smaller clubs, so we are now also able to offer training to ASCCA Club members at heavily discounted prices.

There will be a choice of 10 courses available in March. See the ASCCA Website for the times and dates. All courses are limited to 10 participants and Bookings are essential; for more information and course bookings please call (02)9286 3871 - Please note, this program does not include any training during NSW Seniors Week Mon 21<sup>st</sup> – Fri 25<sup>th</sup> March. All prices include GST.

**1. Introduction to Improving your Digital Images** - for example how to repair old scratched photos or remove colour casting in digital images. 3 x 2 hour workshops. Club members \$30, Non-members \$60.

**2. More Advanced Digital Image Manipulation** – Creating a layered image and more. A prior understanding of digital image program tools is essential for this course. 2 x 4

hour workshops. Club members \$30, Non-members \$60.

**3. Windows 7, Windows Live Mail and Microsoft Office 2010 Ribbon** – Full one day Workshops for ASCCA club trainers concentrating on these features. Club members \$50, Non-members \$80.

**4. Website Design and Maintenance** - This half day workshop covers the basics of how to create and maintain your own website. It focuses on topics such as website templates, simple HTML, hosting, maintenance other important aspects of website creation. It will build confidence about the various steps involved and will be conducted at a gentle pace by our experienced tutor. Each student will be given the opportunity to gain hands-on experience throughout the workshop. Club members \$50, Non-members \$80.

**5. Windows 7, Libraries & Media Player** – 3 x 2 hour course. Club members \$30, Non-members \$60.

**6. Internet IE8 & Email for Beginners** - This program offers instruction in basic Internet literacy including E-mails using Windows Live Mail, with information allowing learners to find their way around the Internet to research information. Learn how to surf the Net and effectively use your Browser tools. You don't have to own a computer or have the Internet to have an email address. 4 x 2 hour course. Club members \$40, Non-members \$70.

**7. Introducing Word 2010** – This course will have a look at some of the new features in Word 2010. This will be useful for those who have upgraded their PC's recently. 4 x 2 hour course. Club members \$40, Non-members \$70.

**8. Help Desk** - There is no format for these sessions which will help us continue to learn about new technology and where to get a good deal. The 1 x 2 hour session will be dedicated to answering your questions and solving problems. Club members \$10, Non-members \$16.

**9. Windows 7 & WordPad** - Personalise Win7, File Management, Libraries, Windows Media Player. 4 x 2 hours. Club members \$40, Non-members \$70.

**10. More Word 2010** - Take your basic word skills to the next level with this course by using Tables, Templates and more. 4 x 2 hours. Club members \$40, Non-members \$70.

## Will computers spoil the traditional arts & crafts?



In another generation, who will be left to appreciate or treasure that yellowing family heirloom christening gown made in the middle of the 19<sup>th</sup> century from crushable cotton voile which was exquisitely hand stitched, tucked, smocked and trimmed with hand made bobbin lace? Most will yearn for and prefer a lavishly embroidered drip dry version made on a modern "sewing computer" with hardly any human intervention.



With the help of computers, scanners and clever software, this heritage c1860 Christening gown will be remembered.

It seems that everything we do today, in some way involves a computer. It has reached the point where those who ignore the need to embrace the new technologies will be isolated on all fronts... and all this has happened in less than a lifetime!

Those of us who studied Economics in the 1950s were warned of a fast approaching future when computers would take away the jobs of the masses and we would all have to find recreational activities to fill our ever increasing leisure hours. Even those forward thinking economists could not have imagined the impact of the Personal Computer with its undreamed of performance and ever decreasing cost. Neither could they foresee how computers would also eventually control those increasing leisure activities.

Even those of us who embrace the technologies on many levels, sometimes worry that they will inevitably result in the loss of human abilities, crafts and interests that have been passed down for centuries and often define who we are in a cultural sense.

Sewing has been around for some 2,000 years with the first needles being made from animal bones or horns and the first threads being made from animal sinews. By the time the first needles with eyes were recorded in the 15<sup>th</sup> century, iron was being used to make them. The first record of the possible existence of mechanical sewing comes from a British patent for a needle designed for a sewing machine in 1755, although it is not known if the machine was ever made.

It was not until the 1850s Isaac Singer's first commercially successful sewing machine heralded mass production. A good parallel has been drawn between the treadle sewing machine and a manual typewriter; whereas the modern computerised sewing

machine – even a domestic model, has developed to the point where it now has a microprocessor and inbuilt memory so that the operator is almost unnecessary to the actual sewing task.

The "sewing computer" comes with many pre-programmed functions and can also be programmed by the user to upload original or scanned patterns and designs for embroidery that have been created on the users other computer – their PC. After programming the "sewing computer" and preparing the fabric to feed, the operator is somewhat superfluous and may even go away for a cup of coffee.

Many other ancient and time consuming skills like wood carving are also being irrevocably changed by computer technology.

After ancient craftsmen fashioned the first tools from flint and other hard stones, these were used to create utensils and useful objects and better tools. In time wood carving developed into an art for cultural expression, leisure and enjoyment.

Now computer controlled lathes can mass produce identical products with profiles designed using computer automated design/computer automated software (CAD/CAM) provided with the machine and stored on the control computer for easy recall, allowing the wood carving to be identically reproduced by unskilled operators and people with programming skills.

In the modern commercial world computers solve problems and save countless hours of calculations for engineers, architects and designers of almost anything we could name.

**Will we ultimately lose our native creativity and rely on the computers too much, or will we adapt our skills to compliment the new technologies?**

Website [www.ascca.org.au](http://www.ascca.org.au)

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ASCCA Newsletter  
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Pass on this issue of the ASCCA newsletter by printing copies for distribution, or make a list of all your club members with email addresses and forward it to them. It is of interest to each member of every club, not just Committee members.

The newsletter can also be read and/or downloaded from our website:- [www.ascca.org.au](http://www.ascca.org.au) You are welcome to copy items from this newsletter but acknowledgment of ASCCA is required.

Membership of ASCCA is open to all Seniors Computer Clubs, Organisations with a membership including Seniors, and those Organisations that recognise the value of computer technology for Seniors. Cost of ASCCA membership is \$110 per year, including GST. Corporate Membership also welcome.

If you fit one of those categories and are interested in joining ASCCA please go to our website

[www.ascca.org.au](http://www.ascca.org.au)

or email

[office@ascca.org.au](mailto:office@ascca.org.au)

to find out how to start a club or read some of the advantages of joining ASCCA if you are an existing club.

An Application Form is available to download.

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Contributions are welcome.

Remember this is YOUR NEWSLETTER. Please take special note clubs outside Sydney and NSW.

Please forward contributions by email to the editor.

## Welcome to Dryandra Hostel Inc. at Kellerberrin W.A.

A warm welcome to our newest ASCCA Club which is in the small tight-knit West Australian rural community of Kellerberrin at the Dryandra Hostel Inc. The hostel, which opened in August 1984, is a testament to the wonderful community spirit of the district where an enthusiastic group, the Kellerberrin Care of the Aged Committee worked for nearly 10 years to achieve their vision of providing a permanent accredited "Ageing in place and respite facility". This was needed so the people from the area would not have to leave their family, friends and support network when they could no longer live alone. The hostel is built close to the shops, doctors, hospital, dentist and other facilities on land leased from the Shire of Kellerberrin.

Kellerberrin is about 200 km. east of Perth on the Great Eastern Highway in the Central East Region and the shire is home to around 1,182 people with the town population being around 868. Kellerberrin is in the heart of the WA wheatbelt and is a popular tourist destination, particularly from August to November, when spring brings a riot of colour from the famous WA wildflowers to magically transform the undulating landscape of farms, stands of timber and heathland.

The Golden Pipeline Heritage Trail from Perth's Mandaring Weir to Kalgoorlie also runs through Kellerberrin and celebrates C. Y. O'Connor's incredible engineering feat of the 1890s when the pipeline was built to carry fresh water to the arid goldfields, some 560km. to the east of Perth. The Kellerberrin Hill Lookout is a marvellous vantage point to view this area which was established as a result of the expansion to the goldfields and the coming of the railway in 1894.



## Do you have low vision problems?

Some of our Sydney members who are living with low vision may be interested in an Open Day at the Head Office and Showroom of Quantum at 1/2 Pioneer Ave., Thornleigh on Wednesday 9<sup>th</sup> March 2011 from 2pm – 5pm with afternoon tea available. Quantum distributes technology for people with a print disability and equipment and software demonstrations and free consultations will be available at this free Low Vision Solutions Open Day. RSVP by Friday 4<sup>th</sup> March on 9479 3100 or email [info@quantumrlv.com.au](mailto:info@quantumrlv.com.au)