

ASCCA Working for Seniors

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ASCCA Working for Seniors



ASCCA—an “Umbrella” body that exists as a catalyst to enthuse, encourage, empower and support all seniors belonging to all ASCCA Clubs throughout Australia.

Have you or your Seniors Computer Club Committee ever asked the question, “What do we get for our annual subscription to be a member of ASCCA?”

If you look at our Website <http://www.ascca.org.au/> – you will see the statement, “ASCCA is the national peak body for seniors and technology”.

This means ASCCA offers support and assistance to existing clubs and help in setting up new clubs. This includes the development of resources – such as training manuals; help in networking between the 150 member clubs throughout Australia and other seniors’ organisations and corporations. ASCCA also liaises with the three spheres of Government and other organisations on behalf of the membership. This allows us all to have a louder voice, because of combined numbers of members when seeking support from government departments, corporate bodies or business entities.

We organise seminars and other activities, and offer help to clubs to organise their own activities.

The ASCCA Annual Computer Conferences for Seniors are offered at a discounted price to every financial member of every financial ASCCA Club throughout Australia. Each year around 180-200 members from every state in Australia gather for two valuable days of learning and sharing ideas. ASCCA also seeks out discounts and advantages for its members. This includes things like access to training materials which are offered at cost to all clubs, free or

discounted software, cheap licences for programs like Deep Freeze or Anti Virus programs and very affordable computers through Work Ventures.

We also act as a referral agency to seniors seeking a local place to learn about computer technology anywhere in Australia. Our Sydney based training courses for those who teach and help students at their own local club are a great resource for member clubs. The ASCCA website and monthly newsletter are also useful resources for all members.

ASCCA exists only to support seniors in their endeavours to enjoy information technology – and to become computer literate at their own pace, in a non-threatening environment - and most importantly to help them to have fun while they explore the possibilities and enjoy the satisfaction and advantages of using computer technology.

It respects the differences in clubs and encourages the autonomous running of each club in responding to local needs and challenges, while being available to act as a sounding board, and a facilitator between clubs. It makes referrals to new clubs to contact established clubs for mentoring, and encourages an exchange of ideas.

ASCCA offers all this – and so much more for around \$2 per week to each member club. Like your club we can only do this because of the generous efforts of our volunteers and our small but enthusiastic staff. Thanks to our members for your continuing support!

ASCCA NOTICE BOARD

Tuesday 12 - Friday 15th June 2012 - National Cyber Security Awareness Week.

1 August - 31 August 2012 - Seniors Month Northern Territory

2 August 2012 - 2.00 pm - ASCCA and Microsoft will be holding a special Cyber Security Session entitled "ThinkUKnow" at the Cooranbong Community Centre 614 Freemans Drive Cooranbong. The speaker will be a Senior Crime Prevention Officer from the Australian Federal Police. To attend this event, contact ASCCA board member, Annette Stuckey, westlake@bigpond.net.au

18-26 August 2012 - Seniors Week Queensland

3 September 2012 - ASCCA Competitions for 2012 close 4.00 pm.

1 October - 7 October 2012 - Seniors Week Tasmania

7 October - 14 October - Victorian Seniors Festival 30th Anniversary

11 November - 18 November 2012 - Seniors Week Western Australia

Tuesday 13 & Wednesday 14 November 2012 - 14th ASCCA Australian Computer Conference for Seniors at Rydges World Square, 389 Pitt Street, Sydney, NSW.

The ASCCA Annual General Meeting will be held at the conclusion of the first day of the Conference on Tuesday 13 November 2012. Competition Presentations will be made at the AGM.

Congratulation to Mocooboola Club, Hunters Hill, NSW on 20th Anniversary



Moocooboola Secretary Betty Benjamin (above) and Mayor of Hunters Hill, Councillor Susan Hoopmann (below)



A luncheon for more than 90 people was held at Boronia Park on Tuesday 15th May, to celebrate the 20th Anniversary of the formation of the Moocooboola Computer Club for Seniors. Special guests were the Mayor of Hunters Hill, Councillor Susan Hoopmann, the Executive Officer of the Hunters Hill and Ryde Community Services, Mary Carey and the Vice President of the Australian Seniors Computer Clubs Association (ASCCA), Joan Craymer. Guests and members were welcomed by Peter Mellor, President of the Club.

Foundation Member and long time Secretary, Betty Benjamin presented a brief informative history from the Club's beginnings in May 1992. It was established with support from Hunters Hill Council and their Community Worker Valerie Joy and Councillor Ivan Petch. After a visit by four interested people to Ku-ring-gai's Computer Pals first Open Day a Working Party went into action and Moocooboola Club was founded.

Today Moocooboola Club has nine training sessions per week and over 100 members. It has had many happy students pass

through over the last fruitful 20 years and is still run entirely by volunteers. Betty mentioned the amazing dedication of all the men and women who have contributed throughout those 20 years and been responsible for the running of the club, preparation of materials and the teaching; some for up to 15 or 16 years.

Mac Taplin, a true gentleman of great foresight, founder and first President until he died in July, 2001 was remembered and Betty said, *"I am sure he would be pleased to know that the Club is still true to its aims - to help seniors to learn to use computers in a friendly atmosphere at their own pace and with no pressure"*.

Finally, Betty mentioned the many opportunities to share friendships afforded to herself and all club members and said, *"I am sorry that today's children will not have the same opportunity we had to embark on the adventure of expanding their horizons via technology because they will have grown up in the technology age."*

We have indeed been lucky to be able to share this learning adventure with our peers.

Flight Simulators now account for 99.9% of pilot training

On December 17, 1903, Orville Wright made the first flight in an aircraft. That flight covered a distance of 120 feet [37 metres] which to-day can be adequately be performed inside the length of a Boeing 747 aircraft [231 feet]. The flight lasted 12 seconds and reached a height of 20 feet.

However, the development of flight created a problem in the training of pilots who now had to learn how to handle the controls of an aircraft under flight conditions. Several basic training devices were developed around 1910 in an attempt to overcome this problem but were very basic. One of the problems was that students learnt to move the controls abruptly to maintain a level situation in these basic training devices but in flight the pilot needs to be gentle in moving the controls. The other major problem was that these basic training devices had no flight instruments so there was no possibility of learning to fly by observing the instruments. Hence, flying into poor weather conditions that created the loss of sight of the horizon generally resulted in the loss of aircraft and life. The pilot in these conditions attempted to fly by how he felt in maintaining level flight - which in most cases was false.

The first effective ground based training device did not appear until 1929 when a young aviator, Edward Link built it, using air generated by organ bellows and piano wires. Edward gained his early experience with his father's firm, The Link Piano and Organ Company of Binghamton.

Improvements made with the installation of basic flight instruments ensured the student pilot would learn how to fly blind by trusting the instruments. The importance of this type of training was fully realised, notably by the US Army Corps, who in 1934 called a meeting to discuss the problem of losing pilots in bad weather. At that time the US Army Corps had the task of delivering the mail by air. The day of the conference suffered bad weather which resulted in few attending, but to

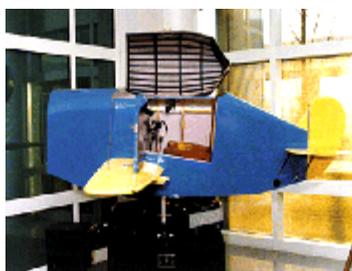
everyone's surprise Ed Link arrived having flown his aircraft from Binghamton to New Jersey. As a result the US Army Corps placed an order for six Link Trainers. By the beginning of the Second World War many of the major airforces were doing their basic training on Link Trainers commonly known as "The Blue Box".

In the late 1940's Link developed their own electronic analogue computer which was used in their fixed base training devices. However, analogue computers suffered from the problems of reliability and in providing accurate information to the student pilot. In the 1950's came the introduction of digital computers which had the potential for solving the accuracy and reliability problems.

The first digital computer developed specifically for real-time control was for airborne operations and in 1954 a Digitrac digital computer was successfully used to provide an automatic flight and weapons control system.

In simple terms the requirement of a real-time computer used with flight simulators must complete each task within a pre-determined time that represents the various activities of the aircraft being simulated. For example, moving the throttles quickly from idle to full thrust on a jet aircraft on average takes 9 seconds for the jet engine to spool up. Thus the throttle movement in a flight simulator must reproduce the same effect within a given tolerance. Delays in computation are unacceptable. Any movement of switches and flight controls, require the response to match the response felt or observed in the aircraft being modelled.

Simulation may be considered as comprising two parts: these are a model of the system to be simulated and a device through which the model is implemented. A model is a representation of the dynamics and systems of the aircraft. The model used in simulation is the mathematical description of the behaviour of an aircraft system in terms of a number of equations. Thus modelling means the design of mathematical equations which produce numerical representation under equivalent input conditions. Flight test data is obtained from an aircraft undergoing specific flight tests and from the data a list of equations are produced together with a list of system input/output variables. The device for implementation is the flight cockpit of the aircraft mounted on a six-degree motion platform with a visual system.



The Link Blue Box



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Flight Simulators now account for 99.9% of pilot training

Today a modern full flight simulator is used for 99.9% of all training of pilots from their initial training through to the renewal of their licence every two years.



B767-300 flight simulator exterior view (above) & "cockpit" controls (below)



There are many advantages in the use of flight simulators for flight training. The first is cost. The use of an aircraft for training does incur major additional cost. The cost of using a simulator for training is approximately one tenth of the cost of using an aircraft. Similarly the purchase of a full flight simulator

is broadly one tenth of the purchase price of a modern jet aircraft.

Another advantage is safety, where in a flight simulator, potentially hazardous flight situations can be experienced and dealt with in the knowledge that there is no risk to life or equipment. Another advantage is that for training to take place in the air, an aircraft and airspace have to be available and weather conditions must be suitable. For example, an appropriate level of cross wind is useful to provide the appropriate training for take-offs and landings. This requirement is readily available in a flight simulator. Thus these barriers to the adequacy of training can be overcome by the use of flight simulators.

Thanks to Barry Cupitt from Endeavour Club for this fascinating article. Barry worked in Qantas Engineering his entire working life and from 1988 until his retirement he was Qantas "Principal Engineer Simulator Quality Assurance". This role saw him overseeing the building and testing of aircraft, helicopter and submarine simulators.



You can download the Help Button onto a computer or mobile phone. Once installed, it serves as a constant online companion. It is designed to either sit on the task bar or desktop of a computer or mobile device.

To download, go to the Department of Broadband, Communications and the Digital Economy web page www.dbcde.gov.au/helpbutton. It only takes a few minutes to download and you will be guided through the process.



The internet is an exciting way for all Australians to connect with loved ones, engage with others socially and to learn new things. We've all heard about dangers in the online world such as cyberbullying, offensive content, scams, fraud and unwanted contact. These things shouldn't stop us from using the internet; however, it's important to know what to do if you or a loved one encounters a problem.

The **Cybersafety Help Button** is a FREE Australian Government initiative which is a great resource offering easy 24-hour access to cybersafety information. It is easy to navigate, easy to understand and includes links to valuable resources to help all Australians stay safe online. It is designed to help users take control of the

online environment by providing information on how to deal with cybersafety issues.

As we all are looking for different information - the Help Button provides us with the option to **TALK** about any online issues that are of concern, **REPORT** inappropriate online content or behaviour, and **LEARN** about how to be a good digital citizen. So any time you need help in dealing with a cybersafety issue, click on the Help Button to access helpful information, reporting and counselling resources.

We all have a role in making the internet a safe place to visit, so remember: **Be Safe, Be Smart and Play Your Part**. And most importantly, enjoy all of the fantastic benefits the internet has to offer.

Preparing Seniors for Adaptive Technology



While the many practical benefits derived from our ongoing work at the Australian Seniors Computer Clubs Association (ASCCA) are often obvious, ongoing research will determine that the benefits to the mind, generated by computer learning, are of even greater advantage and result in better health and lifestyle advantages for seniors with cost savings for society and government.

At ASCCA we believe the possibilities for **eTherapy** to improve health and social inclusion are far greater than we might even have dared to imagine. Fruitful co-operative partnerships between health care providers, seniors and disabled people, are the keys to establishing an **eHealth** revolution.

Stimulating leisure time activities like puzzles and games of all kinds, come in endless levels of difficulty and address many areas of health, both cognitive and physical. We believe that with the bonus of increased self esteem - the growing problem of depression in seniors can also be alleviated.

In one sense we are only scratching the surface of the almost endless potential for the ASCCA Clubs to extend this work in the community - the potential is unlimited. ASCCA's services are provided by volunteers who share the excitement of lifelong learning and understand the sometimes "invisible" barriers to be

overcome to assist elderly people to explore the "long-term" advantages of information technology.

Peer to peer training provided by the 150 ASCCA Seniors Computer Clubs throughout Australia, is very comfortable for seniors and is very successful. These peer trainers understand the interests and thinking of other seniors. They are therefore able to approach IT learning in an appropriate way and with a sense of fun - while respecting the traditions and established ways of social interaction.

We are therefore well-placed to assist technicians in adaptive technology to explore and develop teaching methods appropriate to age and ability.

ASCCA also develops strategies to support and enable community groups and retirement and nursing facilities to actively promote facilities for IT to empower older residents and those with disabilities, by providing learning opportunities and expanding communication opportunities.

Advancing age brings challenges like poor vision and decreasing mobility but prior IT knowledge lays the foundation tools to help seniors remain independent and accept and embrace Adaptive Technology as they move through the various stages of aged care.



Part of the help we at ASCCA and our clubs throughout Australia provide; includes the gathering and provision of information on those Adaptive Technologies they have discovered and successfully used to help seniors and people with disabilities and their carers. By sharing our knowledge we can uncover what is available for the particular needs of people with a wide range of problems. Why not tell us what websites, hardware and software you find helpful and tell us why they appeal to you?

Vale Steve Lawrence - founder of WorkVentures

Steve Lawrence, founder and CEO of WorkVentures died on 22nd May after a long battle with cancer. Steve's final months were devoted to establishing the Steve Lawrence Social Innovation Sub-Fund as a legacy to continue his work for social change and justice.

His belief that employment is the key to overcoming the fundamental causes of disadvantage guided Steve in his role as a true

leader and social entrepreneur. These insights led to many achievements in community building including the founding of WorkVentures with its initiatives in technology, training and community centres, as well as partnerships with business and government.

ASCCA is proud to have worked with Steve over many years and we offer our condolences to his family and colleagues.

Website www.ascca.org.au

Australian Seniors
Computer Clubs Association **ASCCA**

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Working for Seniors

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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 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 or email 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.



Make Your Choice - Win a Prize!

Older People Speak Out – People's Choice Awards
WIN A TRIP TO BRISBANE AND \$1,000
AT THE OPSO MEDIA AWARDS PRESENTATION 2012

You are invited to help identify Media portraying older people positively.
DO THIS BY ENTERING ONE OR BOTH MEDIA COMPETITIONS

Entry Forms and more details may be downloaded from the OPSO website www.opso.com.au. or if you prefer to telephone on 07 3002 7612 an entry form can be mailed to you. OPSO works with the media to promote **Positive Ageing** and through their annual Media Awards, instituted in 1994, those members of the Media who publish positive content about Seniors and the issues they face are recognised .

- Collect as many quality media items that show older people ageing positively as you can.
- Choose a media item that illustrates positive ageing, and, in fifty words or less, tell us why the item should win an award.

Entries must have been published between 13th September 2011 and 31st August 2012

Send your entries, including your name address and phone number to – OPSO – PO Box 623 - Brisbane Qld 4001
Entries Close, September 1st – 2012

Protect your personal information in the digital age

Many government agencies and other organisations collect information about you. **Australian Privacy Commissioner Timothy Pilgrim** says that if they're covered by privacy laws, they will need to tell you why they want this information, what they're going to do with it and also agree to keep your information secure.

"When you give your information to a government agency or private sector organisation covered by the Privacy Act, check their privacy policy to make sure you know what

they will do with it. If you're worried, talk to someone before providing any information about yourself."

"You also have a right to see the information a government agency or a private sector organisation has about you. If it's wrong, you can ask for the details to be corrected or in some circumstances deleted."

Concerned about your privacy?
Phone the Office of the Australian Information Commissioner's Enquiries Line on 1300 363 992