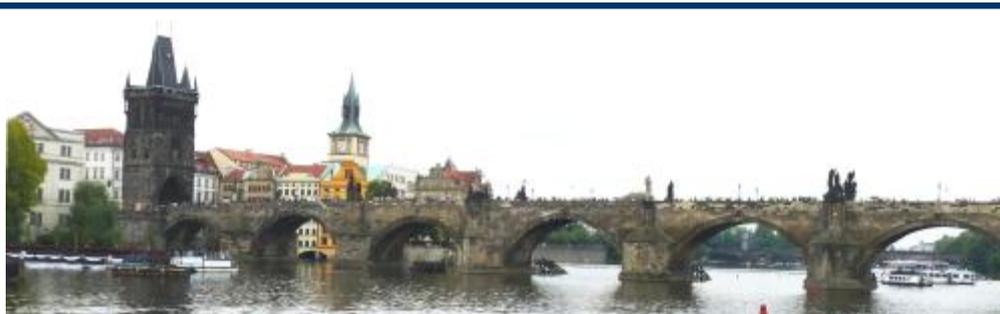


11th Global Conference on Ageing in Prague - "Ageing Connects"

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Prague is the 7th most visited city in the world

The International Federation on Ageing held its 11th Global Conference in the beautiful city of Prague from 28th May to 1st June. What an historic and fascinating location this provided for those people, like our ASCCA President Nan Bosler and a small team from YourLife Choices headed by Kaye Fallick, our Creative Writing Competition judge; and others from Australia and all over the world, who work towards greater understanding of the important role older people play in the day-to-day life of communities and society.

This conference was held in partnership with Zivot 90, a humanitarian organisation founded by Jan Lorman and based in Prague with Mr. Lorman, a former film and theatre director, as its President. Zivot 90 is Czech for "life at 90" and the organisation aims to raise awareness about living active, fulfilling lives after retirement and offers assistance for older people in the Czech Republic.

Jan Lorman wanted the 700 Prague Conference Delegates from 66 countries to, "Jump on board with mandates for making nations and cities around the world more

age-friendly". He said, "I also look forward to the start of new policies for the ageing around the world in the Prague Declaration". "Getting old is normal but ageing well is a great art, which deserves our admiration" he said and added, "One of the most important human needs is the need of a relationship - we want to belong somewhere".

The Prague Congress Centre was the venue for the 122 meetings, symposia, seminars, interactive workshops, masterclasses, screenings and an exhibition of old photographs. Recognition was made of this period in history being, "The greatest demographic upheaval in the world's history – the juncture between globalisation, urbanisation and population ageing." It was noted that, "Despite the growing understanding of the role older people play in the day-to-day life of communities and society – even in the gravest times of natural and man-made disasters – there is a lingering and pervasive stigma toward older people which often results in a violation of their rights." Through the conference program, the protection of human rights was expressed as, "The fundamental prerequisite to an

ASCCA NOTICE BOARD

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 ASSCA 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 2012 - 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.

ASCCA wins ACCAN Grant to investigate Interactive Education across the Internet

ASCCA's member clubs have a great deal of expertise in creating courses and delivering them to Seniors. But rarely is it possible to share this expertise generally across all of our clubs. Also, in this time of rapidly changing information technology, where smartphones and iPads can replace desktops, and over 100,000 Apps strive to replace the familiar Programs we are accustomed to, we would all benefit by sharing more, so that our volunteer Trainers can keep abreast of changes.

That is the project this ACCAN grant will fund. Firstly, we would like to survey all clubs to understand what each has to offer, and how they expect to cater for newer technologies and the training of their Trainers.

Secondly, we would like to identify a champion Trainer in each club to agree to be the ASCCA contact on training; a person who sees the benefit in sharing what is developed rather than doing everything from scratch.

Thirdly, we would help to upgrade the skills of these champions, to have them become comfortable in using Internet-based learning and teaching tools (such as Blackboard Collaborate which some of you may know from the Broadband for Seniors Program).

Finally, we will discover together and understand what works and what doesn't work for Seniors and for Trainers using this approach.

It will take 12 months to finish this project, by which time a stimulating air of cooperation should permeate all of our clubs.



The Australian Communications Consumer Action Network (ACCAN) is the peak body representing all consumers on communications issues including telecommunications, broadband and emerging new services.

<http://accan.org.au/> The ACCAN Website is a good one to watch for news on communications issues that affect us and our families.

It is their aim, through effective advocacy, to empower consumers to make good choices about products and services. ACCAN provides a strong, unified voice to industry and government and works towards availability, accessibility and affordability of communications services for all Australians.

The ACCAN Grants Scheme funds programs that work towards their vision of available, accessible and affordable communications for all. ASCCA's successful submission outlined our plans for Efficient Seniors' Training Using Broadband Technologies.

As the NBN rolls out, it is estimated that 1.5 million seniors will need training on how best to use and enjoy its benefits. ASCCA, with experience delivering effective training and resources to seniors all over Australia, is uniquely positioned to reach seniors where present programs are restricted by lack of volunteers and the tyranny of distance.

effective response to population ageing ... and the recognition of important contributions older people make to the broader social and economic productivity of a nation."

Our ASCCA President, Nan Bosler chaired two sessions at the conference and also presented two papers. Both papers reflected on how ASCCA is endeavouring to meet the objectives under the heading 'Communication and Technology Needs' contained in Australia's report to the Madrid International Plan of Action on Ageing in 2002. Nan explored two different aspects of the work of ASCCA. On the theme, "Older Persons and Development - Access to knowledge, education and training" she looked at how ASCCA's involvement with government initiatives such as Broadband for Seniors Kiosks and the roll out of the National Broadband Network are addressing some of those important needs.

On the theme, "Ensuring Enabling and Supportive Environments - Care and support for caregivers" Nan was able to offer helpful insights through her 13 years as a primary caregiver for her late husband Bill and show how her computer became her strongest link to the world. Nan knows that being a carer changes your life and access to information, social interaction and support is vital. She knows that carers shouldn't feel they are alone.

There were also several pre-conference events, including the sixth BRAID Conference. Bridging Research in Ageing and ICT Development (BRAID) has been a 24 month project to develop plans for comprehensive Research and Technological Development (RTD) through discussions on research, exchanges of practical experiences and the exploration of visions to empower older people in Europe to live independent and fulfilled lives. As a member of the BRAID project 'Board of Experts' Nan presented a paper, "Keep open a door to the world". This paper considered the impact ICT can make on the lives of Australian seniors, including those who are isolated, have special needs or are carers. During this talk Nan showed how ASCCA provides a channel for communication between like-minded people, who want to share in the potential of the computer age to serve their individual and community goals.

Thanks to our President, Nan Bosler who, at her own expense, represented ASCCA at the Prague "Ageing Connects" & "BRAID" Conferences.

At the Prague Conference Kaye Fallick chaired an outstanding panel discussion with the intriguing title of **Connected technologies: "The good, the bad and the ugly!"** Thank you Kaye for contributing this news of the conference to our Newsletter.

The 11th IFA GlobalConference took place in Prague at the end of May. Over 700 delegates from 63 countries gathered in Prague to discuss, debate and predict how an ageing world can best handle challenges. Australia punched above its weight with more delegates per capita than any other nation. Even the super-busy ASCCA President, Nan Bosler, made it to Prague to share her wisdom and ASCCA learnings on seniors and technology. Other key themes were rights, income security, access to health care, the role of technology, productive ageing, fighting isolation and the overarching theme of dignity for older people, wherever they live.

There was a wealth of ideas which could be actioned now to progress the rights and dignity of older people. These ideas are not necessarily complicated, but they do progress the debate on how to manage ageing societies in a practical way.

Dignity for older people

On the final day of the conference one of the more inspiring panel sessions took place under the moderation of Baroness Sally Greengrass, British politician and Chief Executive of the [International Longevity Centre - UK](#). She noted that there are two levels of human rights – the grand level promoted by Winston Churchill and Franklin Roosevelt at the end of World War II and the more practical level which will transform the lives of older citizens – and all others. Baroness Greengrass encapsulated the ageing challenge in one simple acronym: FRED.A.

Fairness
Respect
Equality
Dignity
Autonomy

And concluded that if this framework is built into training all who work with older people, we can move forward with confidence.

This simple acronym covers a lot of ground, offering those who work with older adults an easy reference point to check if the rights of those adults are being observed.

But the standout moment for me was Professor Issi Doron's impassioned plea for a radical

A warm ASCCA Welcome to Beaucare in Queensland

ASCCA welcomes the new Queensland Club, Beaucare. The Beaudesert & District Health & Welfare Association (HAWA) was incorporated in 1987 and launched its new trading name of Beaucare in 2005. This community organisation offers services which include development and support services for frail aged people and people with a disability, family support, child care, and youth development.

Beaucare Aged and Disability Services maintain community independence and enhance the quality of life for the frail aged, adults with disabilities and their carers. Their latest program is a computer club to allow people to stay connected to families and friends by developing their computer skills and providing access to the latest social media technologies.

Beaucare's Administration is based in the township of Beaudesert, with services provided to people in communities including Tamborine, Logan Village, Jimboomba, Flagstone, Cedar Vale, Bromelton, Rathdowney, Kerry, Beechmont and Canungra.

Beaudesert is a rural town in grazing country in the scenic mountainous Gold Coast hinterland and it is located just 65 kilometres from Brisbane. The town which was proclaimed in 1876 nestles in a valley of the Logan River and was named after Beau Desert station which was established in the area in 1842. Allan

Cunningham and Patrick Logan explored in this area in the 1820s. By the time the railway arrived in 1888 the town was flourishing because of its proximity to Brisbane. Today it is a thriving agricultural centre producing dairy products and beef for the nearby state capital and has wineries, horse studs and fine restaurants nearby. St. Mary's Church which was built in 1907 is Australia's largest timber church and is an architectural delight not to be missed.



The Beaudesert area has majestic national parks and rainforests, some of which are World Heritage listed. Mt Tamborine, Mt Lindesay, Mt Barney, Mt Ernest, Mt May and Mt Maroon all have spectacular scenery that attracts many visitors to this beautiful part of Queensland.

Did you know? 2012 is the European Year for Active Ageing and Solidarity between Generations

The declaration of this special year is intended to raise awareness of the contribution that older people make to society. It is also intended to encourage all spheres of governments and society to create "better opportunities for active ageing and strengthening solidarity between generations".

"Active Ageing" sounds good – it is defined as "growing old in good health and as a full member of society, feeling more fulfilled in our jobs, more independent in our daily lives and more involved as citizens."

Isn't that what we are all striving for?

If this idea of a special year works in Europe we should all try it—so that the much talked about tsunami of older people we are told will bring the world to disaster will no longer be feared; but will be recognised as a wonderful opportunity.



We seniors are people with valuable skills and

experiences who can contribute to the overall good of society while adding benefit to all generations. We have much better health than older folk of previous generations and we don't want to be seen as a nuisance even if some of those feared health impairments and disabilities have slowed us down a little - we are able to remain in charge of our own lives and contribute to the rest of society in many ways.

The special European Year seeks to ensure greater recognition of what older people bring to society and create more supportive conditions for them. Let's bring on the **Australian Year for Active Ageing and Solidarity between Generations** – or at least bring about a reversal in the way we are currently viewed as a burden. We can be very much a part of the solution!

The solution is to build a society equipped for all stages of life. Let's hear more about those "Age Friendly Cities" and let's work towards older folk being able to help make the important decisions.

ASCCA also enthusiastically welcomes Quairading Community Resource Centre WA

Welcome to our newest WA ASCCA Member at Quairading. The Quairading District Telecentre started in March 1998 - and as Quairading Community Resource Centre, it is now part of the wonderful network of Community Resource Centres of Western Australia. Last year they settled into a magnificent new state-of-the-art building with the help of Quairading Shire and Royalties for Regions funding. The Quairading Community Resource Centre is invaluable in providing many office, planning, government and education services to the people in the district which includes the localities of Quairading, Pantapin, Yoting, Badjaling, Dangin, South Caroling, Balkuling, Doodenanning & Wamenusking area.

Quairading is located about 170 kilometres east of Perth on the York-Merredin Road in Western Australia's wheat belt. The town derived its name from the Aboriginal word 'Kwirading', meaning the home of a small bush kangaroo.

This area was first recognised as an agricultural area in the early 1860's and developed as a rural centre for the ever expanding wheat and sheep industry. The townsite was gazetted on 7 August 1907 and the railway completed in 1908. By 1909, the town had a hotel, general store, blacksmith, baker, carpenter and two banks. Today it is a farming community with a

population for the shire of approximately 1,200. Cereal and grain crops, wool, sheep, cattle and rural services are the main industries.

The Quairading Nature Reserve of 527 hectares (1,302 acres) of native bushland is a local tourist attraction west of the town along the railway line to York. In this reserve local fauna and flora are to be found in abundance and Nookaminnie Rock, which is a large granite rock, provides a view over the town and surrounding areas.



Mount Stirling is 35 kilometres northeast of Quairading and the town can also be seen from this magnificent vantage point. Cubbine is a homestead 17 kilometres north of Quairading which was originally owned by Alexander Forrest who, with his brother, John was an avid explorer of the vast state of Western Australia.

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change to the way we frame the conversation on ageing – a way to break the mould.

Professor Issi Doron is a lawyer turned professor who works at Haifa University, specialising in the fields of ageing, social policy and gerontology. *Something is missing*, he said in the final session. And then he outlined a theory of Professor Nancy Fraser on why some groups in society continue to suffer from social injustice. Whilst this theory is complex, the conclusion is sadly simple. Older people are both a despised and exploited collective. As women have suffered from socio economic and cultural oppression over the centuries, so too are older people despised for both their age and their perceived inabilities. Over half the old people in the world – some 342 million – lack income security. Nearly all the older people in the world suffer from systematic stereotyping and discrimination simply because they are old. Professor Doron claims that 'active ageing' is merely reaffirming existing divisions. Instead, he declares, we need to be social activists if we

are to fight the current injustices and stereotypes. He is right. Falling into line with the notion of 'active ageing' accepts the current, faulty, debate on its own terms. The women's movement of the 50s, 60s and 70s needed to radically restructure both the terminology and the images of womanhood – away from the happy housewife and towards the independent single – before anyone could start to grasp the potential of, and possibilities for, all women. Similarly, we need to stop talking grey, old and ageing and create new paradigms to understand the upside of mature adults. This is clearly easier said than done.

Kaye Fallick, Publisher, YOURLifeChoices magazine, enews and website

www.yourlifechoices.com.au

Director, [International Federation on Ageing \(IFA\)](http://International Federation on Ageing (IFA))

Kay is also our generous ASCCA Creative Writing Competition judge (in her spare time).

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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 organisations that recognise the value of computer technology for Seniors.

Cost of ASCCA membership Up to, and including, 40 members - \$110 Incl. GST Over 40 and up to 100 members - \$150 Incl. GST Over 100 members - \$250 Incl. 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 on the website.

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Newsletter Editor:
Joan Craymer, Email: thewhistlers@optusnet.com.au 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.

Illawarra Computer Enthusiasts Celebrate 30 Years

Sadly our predecessors did not keep any information in reference to – When? Where? And why? The only indication of our age is the volume number of our ICICLES Newsletter.

In the beginning it is said there was light. When the Illawarra Computer Enthusiasts (ICE) began there was little light and the light we did have was from a 10" mono monitor.

ICE met in the Unanderra Community hall in a very small room that was filled to capacity when all five members turned up. Skills were limited to turning the computer on and when we managed that, we would stand and gaze in pure wonder at the yellow writing on a grey background. Two members left never to be seen again! This left Graeme Lock Lee, Lou Amadio and David Adams, with a few persons who wandered in and out. Not really a club, just guys getting together to learn from each other.

The membership rose to 300 plus in the early 90's, dropping to about 12 attending meetings when I joined in 1997. Thanks to efforts by Phil Buckley (deceased), Lynnette Armour, Val Ochalski and Lorraine Thew (referred to lovingly as 'the 3 W's') membership was again built up and the average meeting attendance rose to 50 plus. Our meetings were (and still are) held on the 2nd Friday of the month, but after much lobbying by members, day meetings on a Saturday



afternoon were instituted on a trial basis, which proved successful. The day meetings take place from February to November.

2007 and 2009 saw us receiving grants under the Federal Government's VSEG scheme. In 2008 and 2010 we hosted NSW Seniors' Week events; also in 2008 we received funding from Telstra to host a 'Drop in Day' for seniors.

22 members and their guests gathered at the German Club, Kembla Grange, on Sunday, 24 June, to celebrate 30 years of the Illawarra Computer Enthusiasts. We were privileged to welcome Joan Craymer, ASCCA Vice President and her husband Alan on this auspicious occasion.

Those present enjoyed their meals on offer from the German Club, unfortunately a few spelling mistakes were noted on the cake - spell-check needed by Woolworths! Despite this, the cake was delicious.

Thanks to Bodo Swartz, ICE Secretary for this Report.