

## The 55th NSW Seniors Week Celebrations are about to start - join in the fun!

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NSW Seniors Week is an annual NSW Government event program presented by Ageing Disability and Home Care (ADHC).

ASCCA acknowledges financial assistance from ADHC to help with the costs for our Seniors Week events.

**NSW Seniors WEEK**

17-24 March 2013  
[www.nswseniorsweek.com.au](http://www.nswseniorsweek.com.au)

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Although this Newsletter may seem to be all about the NSW Seniors Week, this particular celebration of the 55<sup>th</sup> Anniversary of NSW Seniors Week does provide us all with an opportunity to think about our life as a senior.

Being "a Senior" is not and should not define our lives and be "who" we are. Even if you are 90 years old today, you were only 35 when the first NSW Seniors Week was celebrated. At 35 - or 25 (if you are 80) or 15 (if you are 70) or a cute 5 year old (if you are a young senior of 60 today) - what would you have been thinking then about the idea of celebrating this special week all about "old" people - 55 years into the future?

Thankfully, today seniors are able to embrace life and its ever expanding opportunities in a way that could never have been imagined by their parents or grandparents back in 1958.

Our Seniors Week Ambassadors are all inspirational people. They exemplify the "LIVE LIFE" theme and remind society by their eager involvement, that seniors can be - in the words of the Minister for Ageing, Andrew Constance MP - "Active, healthy, social and independent". Mr Constance said, "Each ambassador will share their perspective and views about being a senior at various NSW Seniors Week events and through the communication of their stories."

NSW Seniors Week is in its 55<sup>th</sup> year and will be held from Sunday 17 March - Sunday 24 March.

An estimated 250,000 seniors are expected to attend more than 900 local events during the week.

This year, our ASCCA Seniors Week Ambassador will be a lady we all know well and admire. (p.3)

Another Ambassador, Ita Buttrose who has just been selected as Australian of the Year says, "I'm proud to be seen as a senior. Getting older doesn't mean you aren't active, living life to the fullest and that you haven't got other mountains to climb."

If mountain climbing is not actually included among the incredibly diverse list of events on offer it is probably about the only thing that is missing! The opportunities for one-time fun experiences, or the discovery of new passions and interests for the many fruitful senior years to come, are just too numerous to be able to pick out any for a special mention. Just explore the website for yourself!

The NSW Premier, Barry O'Farrell MP reminds us; "Our population is changing - by 2050 the number of people aged 65 and over will more than double. Now more than ever, it is increasingly relevant for us to celebrate and acknowledge the fastest growing population in NSW - seniors."

Our vision is for people in NSW to experience the benefits of living longer, and we will continue working to increase the opportunities for you to be involved and valued in your community."

## ASCCA NOTICE BOARD

17 – 24 March, 2013 - NSW Seniors Week - "Seniors Explore Technology" Free EXPO, Sydney Mechanics' School of Arts, level 1, 280 Pitt Street, Sydney at 10.00 am - 2.00 pm on Wednesday 21<sup>st</sup> March. **RSVP Essential** [office@ascca.org.au](mailto:office@ascca.org.au) or 9286 3871

Free Introductory 'Taster' Sessions. **Bookings Essential** [office@ascca.org.au](mailto:office@ascca.org.au) or 9286 3871  
See Schedule of times for these sessions below and book early - limited places.  
Sessions to be held in the ASCCA Training Rooms, LG floor 280 Pitt Street, Sydney.

13 - 19 May, 2013 - National Volunteer Week

15 June, 2013 - World Elder Abuse Awareness Day

17 - 23 June, 2013 - National Consumer Fraud Week "Outsmart the Scammers!"

17 - 25 August, 2013 - Queensland Seniors Week

6 - 13 October, 2013 - Victorian Seniors Festival

14 - 20 October, 2013 - Carers Week

11 - 18 November, 2013 - Western Australia Seniors Week Festival

November, 2013 - 15<sup>th</sup> Annual ASCCA Computer Conference for Seniors in Sydney

### Free NSW Seniors Week "Introductory Taster Sessions"

10 people per Session	Day One Wed 20 <sup>th</sup> March	Day Two Fri 22 <sup>nd</sup> March
9.30 10.30	Beginners—Introduction to Computers Workshop: Hands on Experience	Smartphones - Got one? Bring it along so you can look at the functions we demonstrate.
11.00 12.00	Internet - Where are the Apps? Workshop: Hands on Experience	iPad & iTunes - Got One? Bring your iPad with you and discover some of its hidden secrets.
1.00 2.00	Smartphones - Got one? Bring it along so you can look at the functions we demonstrate.	Beginners—Introduction to Computers Workshop: Hands on Experience
2.30 3.30	iPad & iTunes - Got One? Bring your iPad with you and discover some of its hidden secrets.	Internet - Where are the Apps? Workshop: Hands on Experience

#### "Taster Sessions" Fun

Last year the ASCCA Seniors Week NSW "Taster Sessions" were booked out very quickly. Diane Brentnall and other volunteers are shown in this photo helping 10 very happy session participants to discover the exciting world of computer technology. These FREE one hour "Taster Sessions" are ideal for beginners who are interested in exploring or trying to catch up with their grandchildren.



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



## “Seniors Explore Technology” Free Seniors Week Expo

Sydney Mechanics' School of Arts,  
level 1, 280 Pitt Street, Sydney

**Thursday 21<sup>st</sup> March from 10.00 am—2.00 pm**

- 10.00 am Registration, with Tea or Coffee on arrival for “early birds”.  
**First chance to visit and explore the Information Stands**
- 10.30 am—12.05 pm our speaker presentations in the Mitchell Theatre**
- 10.30 am **Welcome - Nan Bosler OAM**, ASCCA President  
& **NSW Seniors Week Ambassador**
- 10.50 am **Solving the Windows 8 Puzzle - Mark Young**, Voluntary  
Trainer, Computer Pals Blacktown and ASCCA Staff Member  
*A look at operating Windows 8 using touch, keyboard and mouse  
and the many hidden controls that exist.*
- 11.15 am **Things you can do in Photo Gallery 10 – Annette Stuckey**,  
Secretary Westlakes Seniors Computer Club Lake Macquarie  
*How to Remove Red Eye, Create Collages, Panoramas & Stitch  
Photos*
- 11.40 am **eBay Online Shopping Overview - Diane Brentnall**, ASCCA  
Training Coordinator - *How to window shop on eBay without  
having to set up an account and browse the many aspects of  
purchasing a product online from bidding to checking out if the  
Seller has an established eBay trading history. ASCCA will offer  
a follow on training workshop at our Learning Centre.*



**Information Stands, available 9.30am—2.00pm, will feature:**  
Department of Family and Community Services | Office for Ageing  
COTA – Internet Security  
ASCCA information – courses  
Photoslive  
Tabstore – Android tablets

**See demonstrations of the popular tablet computers**

iPad Tablet with Teresa Wilson

Android Tablet with Diane Brentnall

12.30 pm **A complimentary light lunch is available but booking are essential**

**RSVP Essential** [office@ascca.org.au](mailto:office@ascca.org.au) or 9286 3871 for Bookings or more information

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

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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](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 on the website.

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**Newsletter Editor:**  
Joan Craymer, Email: [ascca@ascca.org.au](mailto:ascca@ascca.org.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.

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.

### **Congratulations to Westlakes Seniors Computer Club on their 2,000th Club Member**

On Friday 22<sup>nd</sup> February, at the Westlakes Seniors Computer Club, Lake Macquarie, Information Day, the President, Ron Tozer, had much pleasure in presenting Lorraine Baggs with a special certificate for being the 2,000<sup>th</sup> person to join the club.

Way back in the year 1999, a number of men from the local Mens' Probus Club had the bright idea that the district needed a seniors computer club. To cut a long story short, an advertisement in the local paper issued an invitation, to persons interested in establishing a club, to attend a barbecue at Sunshine. The idea really struck a cord with the local population; the Westlakes Seniors Computer Club became a reality.

At the first inaugural meeting held on 30<sup>th</sup> January 2000 at the Masonic Hall in Morisset, 113 people joined the club. By the end of the year there 203 members. Westlakes still has 20 inaugural members belonging to this lively

regional club on the Central Coast of NSW.

As with all such clubs, many of the members move on when they have learnt what they are satisfied in knowing about computer technology. It took two years to reach a Membership of 500, with the 500<sup>th</sup> member joining Westlakes Club in 2002 and remaining until 2006.

Now in February 2013 it is very satisfying to know that the Westlakes Club has helped 2000 seniors into the world of computing. But even now they are continuing to grow and last week welcomed member 2007.



Oh Yes! Last Friday Westlakes Members also celebrated the 86<sup>th</sup> birthday of Ron Tozier as he welcomed their 2,000<sup>th</sup> member Lorraine.

### **NSW Tech Savvy Seniors Program**

What have you heard about the NSW Tech Savvy Seniors Program? You can find out all about it by going to [www.adhc.nsw.gov.au/ageing](http://www.adhc.nsw.gov.au/ageing) or visiting the ASCCA website [www.ascca.org.au](http://www.ascca.org.au)

To find where your local club is or to enrol for a course run at the ASCCA Learning Centre in the Sydney CBD contact ASCCA on 02 9286 3871 or email [ascca@ascca.org.au](mailto:ascca@ascca.org.au) for more information - or if you are interested in starting a club near to where you live.

**ASCCA can help anywhere in Australia.**