

**A new Creative Writing Judge for our seventh competition
Thanks to Kaye Fallick for her generosity over six years**

Inside this Issue

ASCCA Notice Board	2
John Steen 90 years young	2
3D Printing—A new Industrial Revolution	3
Continued Page	4
Seniors encourage positive attitudes	4
Outsmart the Scammers—Fraud Week	5
M-Enabling Australasia 2013 Conference	5
CeBit Australia Exhibition 2013	6

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We also have links for some excellent products and opportunities available for our members.

These are all available on the right hand side of the ASCCA website Home Page.
www.ascca.org.au/



ASCCA has reluctantly “released” the very busy and generous Kaye Fallick from the annual chore of judging our Creative Writing Competitions. Many people will say; “If you want something done, ask a busy person” and this has certainly worked to our advantage for the last six years and Kaye has always said she really enjoyed reading your stories and poems.

Kaye has been busy as a publisher of the YOURLifeChoices website, author of several books and as a freelance writer. She has become a sought after speaker at conferences both in Australia and internationally and is also a regular radio commentator on retirement planning and lifestyle issues and is often sought for comment on TV about topics concerning seniors.

It became obvious that it would be very selfish for ASCCA to continue to overload this uncomplaining lady after she became a Director of the International Federation on Ageing, which is based in Toronto - so Kaye thanks for all you have done so generously and we wish you well for the future.

Thanks to West Australian author, Mike Murphy for volunteering to be our Creative Writing Judge in 2013. He had his first short story published in 1965 and his most recent in 2012 and he has also won writing competitions.

In a fifty-year career as a journalist he has worked with the BBC, ABC and the West Australian and as a contract writer and publisher. Mike has written speeches for politicians, books about mining and communications companies, company reports, product and systems manuals, and a children's serial for a newspaper and has edited newspapers, newsletters and magazines.

Since retirement he has focused on fiction writing and has conducted creative writing courses, judged short story competitions, attended writers festivals, reviewed and critiqued other writers' work and read virtually every book that has been written on the art of writing. Mike's first novel is currently with a publisher and he is working on the first of a new series of novels. Welcome and thank you.

ASCCA NOTICE BOARD

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

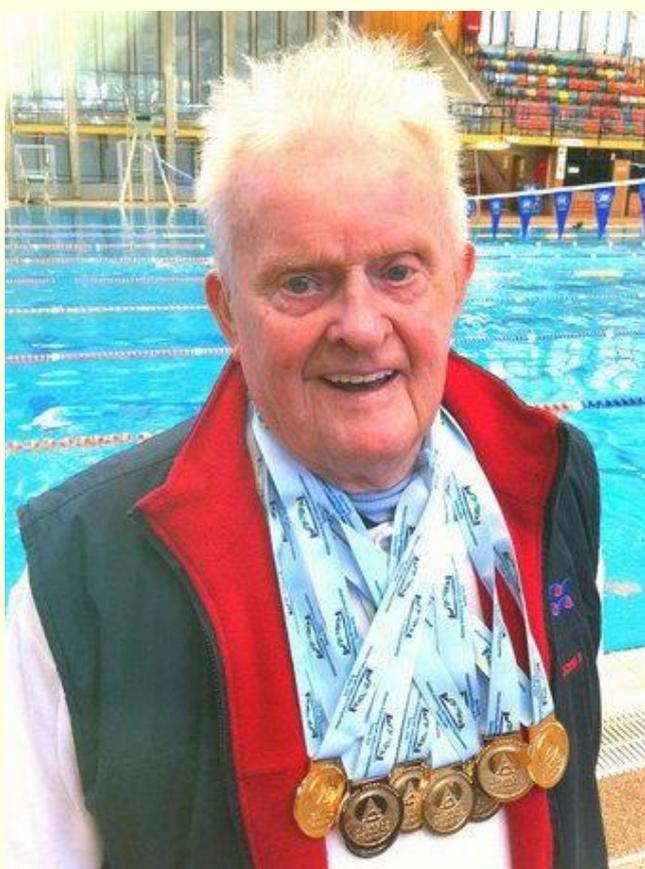
14 - 20 October, 2013 - Carers Week

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

Tuesday 12 & Wednesday 13 November, 2013 - 15th Annual ASCCA Computer Conference for Seniors to be held at Rydges World Square Hotel, Pitt Street, Sydney.

Make sure to put these dates in your diary NOW - we are pleased to be able to keep the costs the same as last year!

John Steen from Forest Computer Pals for Seniors is 90 Years Young!



When John Steen from Forest Computer Pals for Seniors was 80 years old in 2003 he turned in amazing performances in swimming in the National Masters Carnival and drew well deserved congratulations for his efforts.

Well he's done it again in 2013 and is now the third oldest competitor in the Championships. When asked for some information about the event he emailed this wonderful reply:

"Hi every one, I did enter the National Masters Swimming Championships at the Olympic Pool

in Sydney with high hopes, because this year after reaching my ninetieth birthday, I entered for seven events.

My club, the Warringah Masters, included me in four relays as well as individual events. Our club captain took me in his car each day for four days to and from Homebush stadium to start at 7am and come home at 7pm. This was because we had happy hour every day at the brewery hotel opposite the pool at Homebush.

It was no wonder then that I was completely exhausted after the four days of swimming but I think it proves regular swimming is very good for fitness and health. I recommend it for the elderly. Do not just get wet - exercise in the water! it is a low impact and pain free experience.

Here are the results: Wednesday 17 April, 800m freestyle, I won my first Gold medal. This was the most difficult one for me because I had a pain in my right knee. The next day, Thursday, I won gold in 50m backstroke and in 200m freestyle and also three gold in two mixed relay events with a team of two ladies and two men. On Saturday two more Gold in the 200m backstroke and the 100m freestyle.

I must say it was hard and exhausting but I have now nine more Gold and one more Silver medal to leave to my grand children."

Thanks to Dick Manuell, Forest News Editor and Sandra Brophrey Forest's Secretary for sharing this wonderful story and John's matter-of-fact email about his achievements.

Dick wrote at the end of the story in the Forest News;

What a message for all we couch potatoes!
We all agree Dick! Congratulations John.

3D Printing - A New Industrial Revolution?

The reason for the intense excitement about 3D printing over the last three or four years, is the expiry of patents on the initial technologies. Now the immensely expensive 3D printers used in the patent-protected early development over several decades; have more affordable printers in competition, along with open source software.

One of these printers was on show at the recent CeBit Australia Technology Show at Darling Harbour in Sydney and it certainly created a lot of interest over the three days of the show.



As seniors we have seen it all before – a really good idea that could contribute to society in a wonderful positive way being almost ignored for years, until there is a really negative story promoted by the media to create a sensation and unnecessarily worry people. Such a story was splashed around this month when it was announced that criminals are now “printing” illegal guns that have no markings and cannot be traced.

So now, having heard little or nothing about the amazing possibilities for medical science, modelling by conservationists, inventors and innovators - for the good of society, people who are not familiar with the concept of 3D printing

or “additive manufacturing” may be feeling worried and negative about something which has huge potential for good.

Yes - there is a worrying element to all this technology which has been flagged as a new kind of “Industrial Revolution”. The full social, economic and legal implications are as yet unknown. However these questions are high on the agenda for many groups of ethical advisors, academics, lawyers, engineers, consultants, policymakers and designers from many countries who are interested in the range of possible outcomes.

In simple terms, 3D printing is a process that can change computer-aided designs of objects into three dimensional real-world objects. It brings imagination into play because whatever can be designed on a computer can be “printed” without some of the usual manufacturing boundaries. Time Magazine voted the company MakerBot’s Replicator 2 3D printer as their “Time Magazine Best Invention of 2012”. At a 3D Printshow held in London in 2012 there were some fascinating and thought provoking exhibits and the MakerBot company CEO Bre Pettis was there enthusiastically demonstrating his products.

To investigate and understand this somewhat challenging concept and form your own ideas about the possibilities and extent to which 3D printing might change the world, why not watch a report on the London Print Show on Youtube? <https://www.youtube.com/watch?v=S-E6vRfnijw>

A scale model of a 3D printed car at the London Print Show suggests unlimited design potential. Another exhibit featuring a fully assembled chain-mail shirt presents interesting possibilities for dressing an entire army of medieval soldiers for a “block-buster” movie. A collection of 3D-printed replicas of mummified animals with incredible detail that even included their bandages must have almost had archaeologists salivating.

There is obviously a place for this amazing 3D printing for the specialists already mentioned; but surely the expense and the difficulty of understanding complex and constantly changing software would rule out the possibility of every home having a 3D printer on hand next to the paper printer? We probably won’t need that model with a handle so we can carry our 3D printer around and always have it on hand either. Although before taking out an expensive patent on our brilliant design idea, it could be

From Page 3 **3D Printing - A New Industrial Revolution cont.**

worth spending the money to commission the printing of key components of our invention to test its viability and potential.

A London Futures Company Workshop in 2012 brought together many experts to scrutinize the significance and future impacts of 3D printing and they predicted four possible futures for the way this technology could change the world. Could this, as suggested by the Youtube video host, have the same impact on our lives as the introduction of the PC has had since 1987? This host mentions having the same level of excitement and amazement walking around the London Print Show as he had when he walked around a computer show presenting the future of PCs in that year.

In the end, none of us can accurately predict what the future of 3D printing or "additive

manufacturing" will be, but as seniors with comprehensive "life-experience" we must surely be pleased to know that there are worthwhile discussions about the potential social impacts now – well before "the future" arrives.

Another matter of interest for seniors with age related hearing loss is that well over 90 per cent of in-the-ear hearing aids are already being made using 3D printing. A leading manufacturer of these aids is now using computer software to modify the shape of each device once it has been scanned, to improve the physical fit to the individual ear canal. This allows for optimisation of the hearing properties to be built into the manufacturing process.

The Editor acknowledges reference to: Technology Spectator and Business Spectator Publication for this story.

www.technologyspectator.com.au/

Seniors can encourage and nurture positive intergenerational attitudes

Last month in our ASCCA Newsletter we enjoyed a very positive story by Charles Hardy - copied from the Active Ageing Consortium Asia Pacific Bulletin. This month the Editor Charles Hardy was obviously disappointed to report on a survey from the Yale University School of Public Health, Social & Behavioural Sciences Division.

"It was a survey of Facebook members that yielded some very uncomplimentary views of "elderly people". You will find a report at: http://www.mercurynews.com/nation-world/ci_22907563/yale-study-finds-bias-among-facebook-users-against?source=email

This is not pleasant reading. The researchers selected a sample from an ill-defined universe, among many limitations, but I feel that we need to acknowledge that "old People" are not always viewed favourably. The stigma of Old People being a nuisance, ill-behaved, and worthless makes Active Ageing harder to promote."

Charles invited feedback from his readers and perhaps the most positive thing we can say is that this unfortunate survey really stresses the importance of the successful program which he

told us of between the local school's history students and the assisted living seniors in California. Keep up the good work - and we should all be inspired to try to work on similar positive schemes and encourage positive intergenerational attitudes.

Perhaps this distressing to read article says more about the subject of peer pressure and the negative side of social media in general - and Facebook in this instance - than it does about our young people. It is probable that many of these contributors to the Facebook survey have teachers, grandparents and older friends who they respect and appreciate for their knowledge and their generosity in sharing life experiences.

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Here it might be helpful to quote that often repeated joke about the reporter who was interviewing a 104 year old woman.

**"What is the best thing about being 104?" the young reporter asked?  
Smiling sweetly, the old lady answered, "No peer pressure!"**



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AUSTRALASIAN  
**CONSUMER FRAUD**  
TASKFORCE  
AN INITIATIVE OF THE STATE, TERRITORY AND  
AUSTRALIAN AND NEW ZEALAND GOVERNMENTS

The Australasian Consumer Fraud Taskforce was established in March 2005 to enhance the Australian and New Zealand Governments' enforcement activity against fraudulent and scams-related activity. The Taskforce is a member of the International Consumer Protection Enforcement Network and is proud to support its annual Global Consumer Fraud Prevention Month campaign, which includes over 40 consumer regulatory agencies around the world.

ASCCA is proud to be a partner in the Taskforce - to help share information and generate greater interest in research on consumer fraud and raise consumer awareness about scams and how to avoid victimisation.

Have you ever bought or sold something online, only to find that the person at the other end isn't the real deal? National Consumer Fraud Week 2013 is all about outsmarting scammers online by learning how to buy and sell safely online without being duped.

Australians are increasingly going online to buy goods and services, taking advantage of the speed, convenience and greater choice that the internet can offer. Unfortunately scammers like shopping online for their victims too.

1. Stay one click ahead – follow the Top 5 tips to outsmart the scammers: Think twice – if a deal looks too good to be true, it probably is.
2. Find out what other shoppers say – make sure the person that you are dealing with, and their offer, is the real deal.
3. Protect your identity – your personal details are private and invaluable; keep them that way and away from scammers.
4. Keep your computer secure – Install software that protects your computer from viruses and unwanted programs and make sure it is kept up-to-date.
5. Only pay via secure payment methods – look for a web address starting with 'https' and a closed padlock symbol. Never use a wire transfer service to send money to anyone you do not know and trust, and do not share your financial details with anyone.

Visit SCAMwatch to find out how scams work, how to protect yourself and what to do if you've been scammed: [www.scamwatch.gov.au](http://www.scamwatch.gov.au)



M-Enabling Australasia 2013, the first conference of its kind in the southern hemisphere, will be two days of fascinating discussion and practical demonstrations on how mobile technologies can benefit people with disability and older people. It will feature local and international experts on accessible technologies, mobile service providers, developers, manufacturers, retail and business groups, regulators, policymakers, and organisations representing people with disability and older people.

M-Enabling Australasia 2013 is a joint partnership between ACCAN and Telstra in cooperation with the Global Initiative for Inclusive ICT (G3ICT) and EJ Krause & Associates.

Register online via [www.regonline.com.au/m-enabling](http://www.regonline.com.au/m-enabling) or contact [events@accan.org.au](mailto:events@accan.org.au) for more information.

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

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Page 6

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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 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.

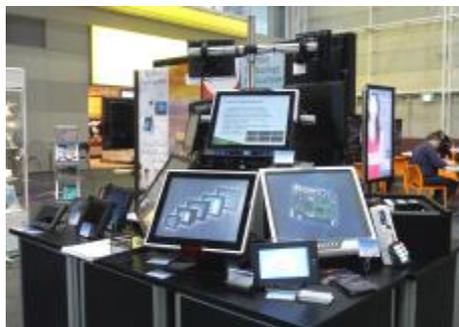
If you fit one of those categories and are interested in joining ASCCA please go to our website [www.ascca.org.au](http://www.ascca.org.au) or email [office@ascca.org.au](mailto:office@ascca.org.au) to find out how to start a club or read some of the advantages of joining ASCCA if you are an existing club.

An Application Form is available on the website.

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**Newsletter Editor:**  
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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.

## CeBit Australia Exhibition 2013



our control over our own data and let them "help" us manage our cloud, our big data, our backups, our workforce and every other aspect of business. Industry jargon was everywhere.

Even for those previously involved in the IT industry for much of their working life, it was often difficult to look at the stands and understand what it was the company was offering. It is to be hoped their target audience understood the cryptic messages and claims, but these two seniors often missed the point, until speaking to the people on the stand. This was particularly evident in the area where "start up" companies were invited to display their often excellent ideas.

However, it was fantastic to engage with these enthusiastic young people, although in a way we could not help feeling disappointed for them because they have absolutely no idea about just how amazing and clever all this technology really is. How lucky we seniors are that we can marvel at it all with a healthy sense of caution - and perhaps some of us can even take credit for making much of this happen! The advances in installation equipment and techniques for large computer centres, with neater and easier to service computer racks and floors were noted by our ASCCA "reporter" with an obvious hint of envy.

This three day industry exhibition and convention held in Darling Harbour, Sydney gave an excellent indication of the current "hot topics" for the industry, with great emphasis on the cloud, tablets, social media and data recovery. You could also say that it appeared everyone wants us to relinquish