

REGISTER NOW

www.assca.org.au



Inside this Issue

ASCCA AGM Notice	2
Seniors Week in Tasmania & Victoria	2
What would be on your "Wish List" for an Age Friendly City?	2 & 3
Quote from WHO International Conference 2011	3
ASCCA welcomes WA Peak Body to its Membership List	4
Sixteen more reasons to come to the ASCCA Conference ...	5
International Fleet Review Sydney	6

See the full ASCCA 2013 Conference Program on our Website for details of all the great speakers and their topics on Tues. 12th and Wed. 13th November.

www.assca.org.au

As well as bringing together an amazing group of speakers for our 15th Computer Conference for Seniors, we have organised opportunities for you to browse around our **Information Stands** to learn about some of the very interesting services and devices available NOW and coming SOON.

There will be REAL people eager to answer your questions and offer suggestions – now that's a change from having a phone *conversation* with a mechanically generated voice isn't it?

Read on for Sixteen more really good reasons to come to the Conference on both days!

On Day 1 the **Department of Family and Community Services, Office for Ageing** will be there to explain the "Get it in Black & White Campaign" which has been developed in consultation with Carers NSW, Alzheimer's Australia, The Aged-Care Rights Service, Older Women's Network and COTA NSW and was launched on 24th October. This is a practical way to ensure your wishes are respected and your family or law courts are not called upon to make what they hope are the "right" decisions regarding the management of your financial affairs and health and lifestyle choices. Did you know that even in 2013, 43% of adults do not even have a will? NSW Attorney General Greg Smith told the launch that because it

requires us to contemplate difficult issues and have hard discussions with loved ones it is often put off till later. Nan Bosler, who was also at the launch put it well, saying that it requires courage to have a straight forward conversation that will save you a lot of heartache and emotional stress later on.

The Department's stand will also have helpful information regarding Seniors Card, Tech Savvy Seniors and Carers and people to answer your queries. They will even be sponsoring our lunch on the first day of the conference.

On Both Days the **Australian Communication Exchange (ACE – Access to Communication for Everyone)**, will be available. ACE is a not-for-profit organisation which operates the National Relay Service (NRS). The government sponsored NRS offers an increasing number of communication products and services to deaf, hearing and communication impaired and hearing people. It can act as a third party in telephone calls, converting voice to text and text to voice. On the 28th October they launched a captioned relay service so people can make a call through the NRS, speaking to the call recipient, but receiving the responses in real time via text on their NRS user's phone, computer screen plus ordinary phone; or with a smartphone. You probably want to know more about that?

ASCCA NOTICE BOARD

THE TWELFTH ANNUAL GENERAL MEETING

of Voting Members of the Australian Seniors Computer Clubs Association, ASCCA
will be held at Rydges World Square, 389 Pitt Street, Sydney
on Tuesday, 12th November 2013 at 3.30pm

Annual reports & Election of Board Members & Announcement of ASCCA 2013
Competition Winners

RSVP by 4th November 2011, giving name of Club and delegates attending,
to 02 9286 3871 or ascca@ascca.org.au

All delegates attending the 13th Australian Computer Conference for Seniors are welcome to
attend but must also RSVP

Seniors Week celebrated in early October in Tasmania & Victoria

'Discover. Imagine. Together' was the theme for Seniors Week in Tasmania in a program of more than 400 events organised by COTA Tasmania, with government funding. It ran from the 1st to 7th October with a particular focus on the creative and performing arts, involving activities like bellydancing, photography, African and Middle Eastern drumming, square dancing and line dancing.

Certainly the idea of having outrageous fun with some of those pursuits seems to fit the theme to discover and imagine. Most of us could not even begin to imagine our parents or grandparents involved in bellydancing or Middle Eastern Drumming! Of course there were more traditional activities like cooking, history, singing or reading on offer throughout the state, with the incentive of free travel for seniors to encourage participation in the 16th Tasmanian Seniors Week Program.

From Sunday 6th October to Sunday 13th October, the Victorian Seniors Festival celebrated its 31st year with an incredible one thousand plus events held throughout the state. COTA Victoria took a lead in the organisation of

the Festival and "The Festival Hub" in the Melbourne Town Hall each week day and provided an exciting atmosphere where seniors could find ways to follow old passions or look for new ones as they opened up the possibilities of meeting new friends.

Free and low-cost events across Victoria also became easily accessible with the provision of free metropolitan and regional public transport. Learning about technology, sport, culture, the arts, exhibitions, healthy lifestyle choices and the opportunities available to continue living a full and active life; left Victorian Seniors wishing Seniors Week could last for a month.

In the Cities of Casey, Moira, Shepparton and the City of Melbourne, COTA held **Age Friendly Victoria Forums** to invite Seniors to contribute to their discussions and plans to transform Victoria into the world's first Age friendly State. This was a rare opportunity to contribute and hear about the exciting and practical things that older people are doing in their communities and to get support for older people in making their community safe, healthy, stimulating and involving.

What would be on your "WISH LIST" for an Age Friendly City?

What would be on your "WISH LIST" for the most important features needed for an Age Friendly City? As reported on page one of the November 2011 ASCCA Newsletter, our President Nan Bosler was in Dublin as a delegate at the first (World Health Organisation) WHO International Conference on Age-Friendly Cities (AFC) which was held in Dublin on 28-30 September with 400 delegates from all over the world. She witnessed the signing of documents by representatives from over 40 cities from across the world as they committed to making this idea a reality.

Have you wondered what has happened since then? As part of Australia's planning for the

challenges and opportunities presented by an ageing population, the Australian Capital Territory's Office for Ageing has just hosted the first Australian Age-Friendly Cities and Communities Conference, providing an opportunity to share initiatives and innovations from around the country (eg community programs, volunteering and accessible infrastructure). It also provided opportunities to learn about the benefits of this work to our older populations, areas for improvement, and how to appropriately consult with older residents when planning initiatives to support positive/active ageing (ie maintaining our physical and mental wellbeing as we age)

through staying socially connected and active in our semi-retirement and retirement.

The conference included two international speakers, Dr Alex Kalache and Mr Paul McGarry.

Dr Kalache was responsible for launching the **WHO Active Ageing Framework** and the **Global Movement for Age-Friendly Cities** as head of the **Ageing and Life Course Program** <http://www.who.int/ageing/en/> at the World Health Organization from 1995 to 2007. He was an Adelaide Thinker in Residence for the last two years where he was invited to develop 'strategies that allow a greater number of older South Australians to maintain their independence and participate in life as a connected member of their community'. His final report, **The Longevity Revolution: Creating a society for all ages**, was released in May 2013. <http://www.thinkers.sa.gov.au/Thinkers/Kalache/report.aspx> He is currently a Senior Policy Advisor on Global Ageing at the New York Academy of Medicine, and he is President of the Brazilian International Longevity Centre.

Mr Paul McGarry is the Manager of the very well organised and impressive **Valuing Older People** initiative in Manchester, UK. ASCCA has been impressed by the diligent gathering of information among public, private and community sectors and the way all this is used to improve the quality of life and prevention of social exclusion experienced by older people in disadvantaged communities and other areas. http://www.manchester.gov.uk/info/500099/valuing_older_people/3428/valuing_older_people_vop

As a member of the World Health Organization's Global Network of Age-Friendly Cities and Communities, the City of Canberra wanted to establish links with other Australian municipalities that have joined this Network, and with all governments and community organisations interested in advancing their age-friendliness.

We know this work is extremely important and it is very fortunate that we have three excellent international speakers lined up to speak about the current world-wide situation at our ASCCA Conference on the 12th–13th November.

We have already told you about **Kathryn Braun, DrPH, President of the Active Ageing Consortium Asia Pacific**, who will take an affirmative approach about the increase in "silver resources" that are on tap for governments and society with improved longevity.



You will also have heard about **Dr. Chris Conybeare**, Media Specialist/Center for Labor Education and Research, **University of Hawaii-West Oahu**, who is a human rights attorney whose aim is to encourage us to promote media "literacy", become citizen journalists and campaign for equal media rights and opportunities for seniors.



One of Nan's most recent coups is to expand our list of speakers to include **Claire Keatinge**, **Northern Ireland's first Commissioner for Older People**. As Commissioner, Claire's key role is to challenge discrimination against older people, to promote positive attitudes and to encourage their participation in public life. She was a former director of the Alzheimer's Society in Northern Ireland.



Less than two weeks to wait. Register NOW!

Quote from WHO International Conference on Age-Friendly Cities held in Dublin in November 2011. Taken from the opening speech by Ambassador James A. Joseph

The Ambassador was, Emeritus Professor and Director–Southern Africa, Centre for Leadership and Public Values, Sanford School of Public Policy, Duke University. He said; *"Far too many are asking what can we do about an ageing population, what can we do for older adults, when they should be asking what can we do together, how can we draw from the strengths of each generation."*

He went on to say: *"It is time that we see the ageing of society as an unprecedented triumph and not the economic burden some of our politicians make it seem. Blinded by the conversation about the economics of ageing, they fail to see the rich potential of older people in helping cope with political, economic and social institutions that are themselves ageing."* **Worth reprinting!**

ASCCA welcomes West Australian Peak Body to its growing list of memberships ...

In Australia we often use the phrase, "tyranny of distance" which comes from the title of Geoffrey Blainey's history book, "The Tyranny of Distance: How Distance Shaped Australia's History". Australia's history and particularly the history of the vast state of Western Australia, has indeed been shaped and influenced by the ingenuity of individuals and governments who have worked to overcome the often mentioned "tyranny".

The West Australian Government's Royalties for Regions Program has committed \$60 million over five years towards the Western Australian Community Resource Network (previously called the Telecentre Network). This is one of Western Australia's longest running and most successful regional community service programs and has resulted in 109 successful Community Resource Centres (CRCs) throughout the State open for business every day, with 28 Centres being located in remote regions.



ASCCA Director, Jennifer Willcox is the Executive Officer of Walpole CRC, which was the first CRC to join ASCCA in 2007. For many years she has advocated the benefits of the CRC Association and other CRCs in the Network of becoming members of ASCCA. She feels the two Peak Bodies have a number of similarities within their organisations, as

they each provide a high level of support to their member clubs and centres. Jenny believes the fact that ASCCA has an impressive selection of tutorial material in the area of computing and keeps abreast by embracing the new tablet medium, is sufficient incentive for CRCs to become members, not to mention the financial benefits of access to discounted hardware and software.

ASCCA is delighted to welcome the Association of WA Community Resource Centres Inc. (AWACRC) as an ASCCA Member.

The Association which was "born" in 2010, has been working hard to ensure opportunities and advocacy for its member CRCs and has been represented by volunteer board members from all regions of WA, from the Kimberley to the

Goldfields, Wheatbelt, Gascoyne, South West and everywhere in between.

With such distances and diversity, face to face meetings have provided challenges - however, with CRC technology at their fingertips, the board meets up to eight times a year, with three or four face to face meetings and the rest via high definition supported video conferencing through the *Beingthere* system.

With the onerous task of focusing on building good partnerships and developing interesting opportunities for all AWACRC members, to benefit regional and remote communities throughout WA, it was impractical for volunteers to keep on running the services while continuing to deliver service to their individual CRCs.

It was a big step earlier this year when the Association was in a position to appoint Faye Christison as Executive Officer. With two years of valuable experience working at the Cunderdin CRC as Assistant Coordinator, Faye is very excited about her new position with the Association



and believes her organisational skills and background in Marketing will help the committee to develop new initiatives that will add value to the CRC network. Faye, who grew up in New Zealand, completed her University degree at Curtin University and now lives in the rural town of Tammin, with her husband Geoff and their daughters.

As the result of the recent AGM, the Association now has two new board members, Debbie Morris from Merredin CRC and Fran Bullock from Greenbushes CRC and a new Chair, Lee Steel at the helm. ASCCA welcomes the opportunity to assist Faye, Lee and the AWACRC team as they strive to develop new projects for their members.

←→
Walpole, Katanning and Waroona CRCs have joined forces to sponsor afternoon tea on Day 1 of the forthcoming ASCCA Computer Conference for Seniors. Representatives from those CRCs will be at the Conference and will be happy to meet with and share information with other ASCCA club members.

Continued from Page 1 **Sixteen more reasons to come to the Conference for two days!**

There will be special conference discounts on **Day 1** and coupons in our Conference Welcome bags from **Easy Computing (Aust.) Pty Ltd.** These "Take the Teacher Home" learning DVDs are good and cover a number of different topics.

WorkVentures will have an Information Stand on **Day 1** and this will be a good chance to actually look at the quality of the refurbished equipment they supply at minimal cost for eligible seniors and holders of concession cards. You may think having a tablet computer is all you need today; but with the bargains from WorkVentures why not just keep a computer on hand for those satisfying bigger projects.

Ideas.org.au will have a stand on **Day 1** to introduce their website and talk to you about the support available for keeping people with age related or other disabilities independent and involved. Self advocacy education and help to track down that hard to find information sounds great too. You will want to talk to these people!

Joy & Allan Murrin's love of family and family history set them on a business venture to help other people with genealogy. **On Day 1**, the information stand about their Transcription Agency and Genealogy Services will be of great interest and they will also be speaking in one of our concurrent sessions in the afternoon.

Here's that APP word again! We will have someone on hand on **Day 1** to show us the **Tapestry Social Networking app** and answer our inevitable questions. It is an interface which funnels other social networking sites through to be easily viewed on a tablet or computer. Looks like something those of us who are a little scared of Facebook and Twitter should have a good look at so we can keep involved!

Telstra will not only encourage you to explore the "Aladdin's Cave" of phones, tablets and accessories of all kinds on their information stand on **Day 1**, they will also sponsor our morning tea after their speaker, Jillian Riseley tells us about "**Enjoying the Digital Age**".

There is nothing like seeing things for yourself and **Quantum Reading Learning Vision** are always enthusiastic about explaining and demonstrating the wonderful low vision assistive technology they provide. On **Day 2** make sure you have a look and see what is on offer. Some of the simple devices like large print keyboards may be worth their weight in gold if only we know they are available!

Gould Genealogy/Unlock the Past have been supplying aids for Genealogy for over 30 years

and will have a stand with samples of some of their books and the handy Flip-Pal Mobile Scanner on their **Day 2** information stand. Nothing quite replaces holding a book in your hand and assessing its value does it? The mobile scanner looks very useful indeed.

We will have a **Broadband for Seniors Kiosk** set up for you on **Day 2** so you can discover how these free learning centres work. Did you know we have a Kiosk at ASCCA? Enjoy morning tea sponsored by the **Department of Communications**, which oversees all the Broadband for Seniors Kiosks throughout Australia. Their stand will make information about Internet Basics and Digital Business available and you will be able to ask questions.

We have all dreamed about sitting back with our arms folded and letting our computer do our bidding. The **Dragon NaturallySpeaking** voice recognition program has been reviewed as the most accurate and user friendly program for the home computer user. We will have an information stand for Nuance Communications on **Day 2**, and also Dragon Director, Derek Austin, will be a welcome speaker at one of our concurrent sessions in the afternoon.

The problem of cyber security is ever present among seniors in particular, so an information stand from McAfee Australia & New Zealand is sure to be appreciated on **Day 2**. What an opportunity to ask those questions that worry us as we are directed more and more to "the cloud". We even have the Managing Director Keith Buckley, to give us "Practical tips to stay safe online" in another of our concurrent sessions on Tuesday.

Also on **Day 2**, the people on the information stand from the **Australian Communications Consumer Action Network** will be able to answer any questions about what happens to your "digital assets" after you die and will have help about your rights as phone and internet consumers. We will have ACCAN's Narelle Clark, Director of Operations and Deputy CEO, to introduce these new and important topics when she speaks to us before morning tea.

Of course, on both days, **ASCCA** will be on hand to answer all your questions about clubs and the ways ASCCA can help seniors be comfortable using information technology.

FRIENDS, FOOD, FUN, SPEAKERS, AGM, COMPETITION ANNOUNCEMENTS, LUCKY DOOR PRIZES, INFORMATION STANDS and MORE ... We hope YOU will be there too!

Website www.ascca.org.au

Australian Seniors
Computer Clubs Association **ASCCA**

ABN 47 097 847 642

Working for Seniors

280 Pitt Street, Sydney NSW 2000

Phone 02 9286 3871 Fax 02 9286 3876

office@ascca.org.au

- General Information: office@ascca.org.au
- Member Support: cdo@ascca.org.au
- New Club Support: cdo@ascca.org.au
- President: ascca@ascca.org.au

Page 6

ASCCA Newsletter
Volume 15 No 10
ISSN 1446-862X

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.

DISCLAIMER: This newsletter is provided "As Is" without warranty of any kind. Each reader of the ASCCA newsletter assumes complete risk as to the accuracy and subsequent use of its contents.

Newsletter Editor:
Joan Craymer, Email: 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.

International Fleet Review, Sydney Harbour 2013

As well as being an amazing spectacle for the people of Australia and a good public relations exercise for our national profile, the International Fleet Review that took place in Sydney harbour at the beginning of October 2013 provided a good opportunity for Australians to learn a little of the history of what was happening in the first decade of the 20th century.

In recent times it has been a popular theory presented by some journalists and historians, that Australia blindly followed Britain to war in 1914. Yes Australia did go to war partly in patriotic support of Britain, because most Australians still had very close family ties to Britain. However, there was also a strong incentive for a young country that was beginning to try to secure a stronger position in the world economy, to protect its trade routes.

Australia relied on the export of wheat, wool and meat to Britain and the Empire, but because all the ships that the Royal Navy sent for our protection (in accordance with an agreement that was valid until 1913) were slow and obsolete, there had been strong lobbying in Australia for a stronger commitment from Britain since the Imperial Conference of 1902.

So as war clouds loomed on the horizon it was important for Australia to establish its own navy



because Germany had established a colony in the northern part of New Guinea and was looking for a port for their navy's East Asia Squadron. So our Australian ships were ordered and built to protect our country and our lifestyle.

When the new Australian Navy entered Sydney Harbour for the first time on 4th October 1913 with HMAS Australia leading the First Fleet Unit of six other ships, huge celebrations were organised to greet them. It was indeed fitting to celebrate this centenary in style!



Thanks to Ron Seidl for his photos of the 100th Anniversary Celebration Fireworks and Lightshow in Sydney