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The free Taster Sessions held in the ASCCA Training Room during Seniors Week were enjoyed by all who participated.

April is the traditional time to launch our much anticipated **Annual ASCCA Competitions** and we hope all our members will join in the fun this year. From the Thursday 3<sup>rd</sup> April the Entry Forms and Competition Rules will be available on the ASCCA Website.

This year we have asked **Mike Murphy**, our Creative Writing Judge, to suggest the topics for this competition and here are the interesting topics he has provided for you to tackle in your own style.

**Prose –** You can enter one story only for each of the three topics

**He who laughs last**  
1,000 words or less

**One Monday morning**  
1,000 words or less.

**Make mine a ...**  
500 words or less for this topic?

**Poetry –** You can enter one poem only for each of the three topics

**Seascape**  
**Landscape**  
**No escape**

Any style of poetry may be entered, using no more than 300 words for each.

Photographer, **Geoff Beatty** from Still Photography will once again be our Digital Photography Judge and the topics will be the same seven that you have enjoyed for the last two years.

1. Photo Journalism
2. Photo Travel
3. People/Portrait
4. Landscape/Seascape
5. Landscape, Structural/Manmade
6. Animal (s)
7. Creative Photography/Extreme Manipulation

We have reluctantly decided to discontinue the Video Story Competition which did not attract competitive interest from enough members in the last two years.

We would really like to invite every ASCCA Club to consider entering their Club Websites and Club Newsletters in those competitions in 2014. For the first time last year we had two separate sections for the Club Newsletters to include both Online and Printed Newsletters.



**ASCCA is very grateful to our judges who have once again willingly agreed to volunteer for the 2014 competitions.**

**If you can tell stories, create characters, devise incidents, and have sincerity and passion, it doesn't matter a damn how you write.**

*- Somerset Maugham*

## ASCCA NOTICE BOARD

15 & 16 April, 2014 - Seniors Days at Sydney Royal Easter Show [www.eastershow.com.au](http://www.eastershow.com.au)

12 - 18 May, 2014 - National Volunteer Week <http://www.volunteeringaustralia.org/> "Celebrate the Power of Volunteering" is the theme for the 25th Anniversary of Volunteering Week

17 May, 2014 - United Nations World Telecommunications and Information Society Day— "Broadband for Sustainable Development" <http://www.itu.int/en/wtisd/Pages/default.aspx>

2 - 6 June 2014 - Stay Safe Online Week - Watch out for details of ASCCA's Stay Smart Online EXPO on: Tuesday 10 June, 2014 - <http://www.ascca.org.au/>

15 June, 2014 - World Elder Abuse Awareness Day <http://www.un.org/en/events/elderabuse/>

16 - 24 August, 2014 - Queensland Seniors Week - More information will be available soon on, <http://www.communities.qld.gov.au/communityservices/seniors/seniors-week>

1 September, 2014 - 4.00 pm Closing Date for all 2014 ASCCA Competition Entries

October, 2014 - Victorian Seniors Festival

12 - 18 October, 2014 - Carers Week

November, 2014 - Western Australia Seniors Week Festival

Wednesday 19 and Thursday 20 November, 2014 - 16<sup>th</sup> Annual ASCCA Computer Conference for Seniors in Sydney to be held at Rydges Hotel, World Square, Sydney.

Wednesday 19 November 3.30 pm - Australian Seniors Computer Clubs Association Annual General Meeting will be held at the conclusion of Day 1 of the ASCCA Conference at Rydges.

## Launch of NSW Seniors Card APP at ASCCA Training Room



On the 4<sup>th</sup> March an enthusiastic group of seniors gathered with the Minister for Ageing & Disability Services, John Ajaka, for the launch of the newly developed free NSW Seniors Card App. Kathryn Greiner, Chair of the Ministerial Advisory Committee on Ageing was also present at ASCCA for the launch of the app which was designed to give tech savvy seniors instant access to discounts from more than 3,500 stores state wide.

"Seniors will now be able to use their smartphones or mobile devices to access savings on the go. The new app is free, available at the Apple App Store and Google Play Store and connects seniors with special offers available at nearby retailers, tradespeople and other service providers. It maps out discounts, gives a description of the retailer, provides directions and a photo of the street view to ensure seniors can locate stores and businesses", Mr Ajaka said. However he did reassure seniors that a copy of the Directory can still be obtained by calling 13 77 88, or by heading online to [www.seniorscard.nsw.gov.au](http://www.seniorscard.nsw.gov.au).



The ASCCA members at the launch enjoyed a short demonstration on using the new app, expertly presented by Diane Brentnall, ASCCA Training Coordinator.



## ASCCA's Technology for Health & Wellbeing EXPO Presentations & Demonstrations by Passionate People



*Supported by a NSW Seniors Week Grant*

The ASCCA, NSW Seniors Week Technology for Health & Wellbeing EXPO was a great success thanks to the wonderful people who supported us in bringing together such an exciting and varied program. With morning tea to sustain us, we had time to explore some of the Information Stands before moving into the Theatre to hear our well-chosen speakers.

Although our speakers were fired up with passion for their subjects, it was a relaxing and informative time as our very own Seniors Week Ambassador, **Nan Bosler** started off the formal presentations. It was good to share in the enthusiasm of another of our highly regarded Seniors Week Ambassadors, **Kumar Pereira**, who told us that the combination of his creative interests, cooking, gardening and illustrating,

with his love of walking keep him alive and are a "Constant source of inspiration and enjoyment."

**Rebecca Wilson**, founder of "Starts at 60" told us that her passion is to make media relevant to seniors and engage with us. We enjoyed a glimpse at her website and appreciated Rebecca's enjoyment of life. We saw in Rebecca, a good ally in the "war" for the opinions of seniors to be heard. Next **Dr. Gail Kenning** explored with us, the complex relationship between creativity, play, and fun for adults whose former interests may be challenged by physical and mental ageing.

Then we had more time to explore the Information Stands, chat via SKYPE to the happy residents of Sarah Claydon Aged Care Facility, Milton, Ulladulla and socialise over a free lunch. Go to **ASCCA's website** for all the presentations.

## HOW TO HELP ASCCA AND HELP AUSTRALIA



You may be wondering why ASCCA's President Nan Bosler OAM and Treasurer Jim Parker are pictured here with a range of Dick Smith products. As older Australians we all probably already know that Dick Smith is passionate about keeping jobs in Australia and one way he does this is through the production of his supermarket products.

Even better news is that all the profits from Dick Smith Food Products are given to Charities and now **YOU** have the opportunity to **VOTE** on which 74 charities will receive a share in the one million dollars to be given away during 2014. <http://www.dicksmithfoods.com.au/charity-breakthrough-eligible-charities>

With your votes **ASCCA** could use some of this money to sustain and develop appropriate programs to help and encourage seniors to learn about and become comfortable with computers and information technology. As a registered charity, supporting our ASCCA Clubs and our members, is our passion.

**Can you help ASCCA to help your club?** All you have to do is submit a photo of yourself with one or more **Dick Smith Food** item, either via text or email to [charity@dicksmithfoods.com.au](mailto:charity@dicksmithfoods.com.au) with the comment that the Australian Seniors Computer Clubs Association is your favourite Charity. If your family and friends appreciate your computer use, they might also like to support us by sending along a picture of themselves and explaining that ASCCA is their favourite charity because they have helped you. This could be great fun and if you mention which computer club you belong to we are hoping to give a prize to the Club with the most entries in support of ASCCA. There are more details on the website (link above) so why not start "snapping" and join the fun while helping ASCCA - and helping to keep jobs in Australia?

## Can Google improve the life and health of diabetics with smart contact lenses?

Somehow all the talk about smart *everythings* makes some of us wonder if we are really smart enough to understand it all. There has been a lot written about Google's acquisition of eight different robotics companies and much speculation about where all this could lead.

Although there will be negative suggestions and conspiracy theories - and it is important for society and the law to remain conscientious and vigilant - it would be disappointing if the wonderful health opportunities on the horizon are not investigated fully and utilised.

Already armies of lawyers are looking at the laws on privacy and the rights of individuals to get back "ownership" of information that has been gathered about them by Google and others.

The legal and ethical concerns about the amazing technology of "Google Glass" have kept that fascinating project within the limited confines of "The Glass Explorer Program". It is interesting that the technology is way ahead and growing faster than our ability to understand, test and legislate to cover future possibilities.

Google has now announced that they are working on "smart contact lenses" which

could be worn to keep glucose levels under control for diabetics. The co-founders of this project say that this could be done by measuring the glucose levels in tears, using a tiny wireless chip and miniaturised glucose sensor which are embedded between two layers of soft contact lens material. At the Google [x] Research Laboratory they are now testing prototypes that can generate a reading once per second with sensors. They are, "so small they look like bits of glitter" and the antenna is "thinner than a human hair."

With diabetes being one of the fastest growing diseases and affecting about one in 19 people throughout the world, there would certainly be a huge potential market for such amazing contact lenses. Perhaps this testing could lead to accurate early warnings about dangerously low glucose levels. Could it even lead to the automatic dispensing of insulin for perfect control of glucose levels?

In our lifetime we have seen the huge benefits that have come from easy blood testing after the older and predominantly inaccurate urine testing.

**Could even earlier testing of the tears be the key to perfect management of diabetes?**

## Is increasing longevity "A silver opportunity?"

It is often reported that the world's population of people over 65 is growing at double the rate of the total world population. Another not so often reported fact is that, within that group people aged 80 and above are an even faster growing "subgroup", increasing by 4% annually. These generally gloomy demographic forecasts are also impacted by the declining birth and fertility rates worldwide.

It is true to say that many seniors who are still contributing to society in numerous positive ways sometimes resent the widely spread doom and gloom messages about the terrible drain on society and public finances, we older people are presenting to governments who are planning for rising costs in pensions and healthcare.

A global survey of 583 business executives from companies of various sizes was conducted by "The Economist" in 2011 to study the implications for business of these much talked about demographic changes taking place worldwide. **The Economist Intelligence Unit Report, "A Silver Opportunity? Rising longevity and its implications for business"** was sponsored by AXA and presents a more optimistic picture by balancing the perceived negatives, against the opportunities presented to businesses particularly in developed countries.

Older people able to remain in the workforce will present an opportunity to make up the deficit which will come from a decreasing number of available skilled workers, due to mandatory retirements and the fall in birth rates. They will also provide suitable marketers for the increasing goods and services that will be wanted by the increased older market sector.

This interesting Report examines the readiness among companies to adapt to the changes and be positive about opportunities versus risks. Companies that look for new roles for seniors in the workforce and are prepared to consider building new career paths; not with demotions; but through paths which offer more flexibility, will prosper. Perhaps involvement in mentoring and training younger staff to guard against the times when huge numbers of experienced workers retire at the same time, along with research into the development of new markets for the changed demographic will be the key issues for success.



Some of the issues highlighted in this report are the typical borrowing, saving and spending patterns characteristic of the various age groups. In general the current baby boomer "tsunami"

that is "threatening the financial stability of the world" is made up of eager consumers who hold the majority of private wealth in their grasp and under their control.

Companies that research and manage sensible changes to the way they conduct their business in the changing demographic climate, certainly do seem to have many exciting opportunities through the coming decades. Perhaps we seniors can also look forward to being less invisible as consumers as we become a more dominant force in society. **To read the full report go to:** [http://longevity.axa.com/pdf/AVIVA\\_Axa\\_Longevity\\_GB\\_Web.pdf](http://longevity.axa.com/pdf/AVIVA_Axa_Longevity_GB_Web.pdf)

### SENIORS DAYS AT THE SYDNEY ROYAL EASTER SHOW

If you are a senior and intend to visit the "Sydney Royal" this year, don't forget to call into the Seniors Hub which will be the focal point for the special **Seniors Days on Tuesday 15<sup>th</sup> and Wednesday 16<sup>th</sup> April**. The Hub will be sponsored by the NSW Department of Family and Community Services and Telstra and you may even meet up with some friendly ASCCA Club members volunteering there if you go along to the **Telstra Tech Savvy Stand** to trial the latest technology. As well as testing tablets and smartphones you will be able to have a free cuppa and relax in a "chill-out" area after you collect a free promotional bag.

There will also be competitions, speakers and special offers at the Hub which you will find near the Big Top Amphitheatre. On the Seniors Days, free carnival rides will be on offer for seniors with a paying child or friend and for those of us who are nostalgic about those wonderful District Agricultural Exhibits that seemed even more enormous when we were children, there will be behind the scenes tours available. To discover more interesting things to do visit: [http://www.eastershow.com.au/whats\\_on/special-days.aspx](http://www.eastershow.com.au/whats_on/special-days.aspx)



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

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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](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.

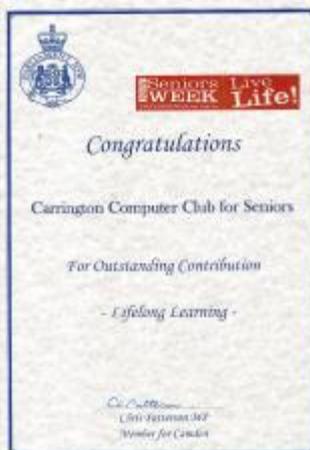
If you fit one of those categories and are interested in joining ASCCA please go to our website [www.ascca.org.au](http://www.ascca.org.au) or email [office@ascca.org.au](mailto:office@ascca.org.au) to find out how to start a club or read some of the advantages of joining ASCCA if you are an existing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

An Application Form is available on the website.

**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:**  
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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.

## Congratulations to Carrington Retirement Village Camden



Computer Club Award Presentation

A Lifelong Learning Award was presented to the **Carrington Computer Club for Seniors**, (represented by their President Jim Cook) by Mr Chris Patterson State Member for Camden, during NSW Seniors Week.

The Lifelong Learning Award, made at the Club's recent Seniors Week EXPO, was in recognition of the excellent work of the Club over the past thirteen years in continuing assistance and training of seniors in the use and application of computers.

Two long term club members were also recognised in other categories for their contribution to the local community. These members were:

**Ellen Cunningham** for her involvement with several local charities and volunteer organisations over many years.

**Gordon Stewart** as the long serving editor and producer of the Carrington Courier, a monthly newsletter distributed throughout the beautiful Carrington Village. Gordon was also involved for many years in the production of the computer club's newsletter The Dialogue Box.

Thanks to Jim Cook for letting us know about these well-deserved awards made to the Carrington Computer Club and two of the individual members during NSW Seniors Week 2014.

**"You don't make a photograph just with a camera. You bring to the act of photography all the pictures you have seen, the books you have read, the music you have heard, the people you have loved."**  
— Ansel Adams