

## Ageing is not a failure, neither is it a disease.

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**Nan Bosler from ASCCA, Kathryn Braun from Hawaii and Donghee Han from South Korea at the recent Conference in Singapore.**

Members of the Active Aging Consortium Asia Pacific, including our ASCCA President, Nan Bosler, attended the **2014 Annual Scientific Meeting of the Gerontological Society of Singapore** at the end of last month. The conference theme was **Successful Ageing in Asia Pacific.**

What a wonderful start for the positive and practical discussions, was set by Associate Professor Gah Lee Gan, who is the President of the Gerontological Society. In his opening welcome he said; **"Ageing is not a failure, neither is it a disease. We can all age successfully."**

With a good understanding of the necessary services needed to help older people age in the place best suited to their needs through the various stages of ageing, the conference delegates examined four important aspects of ageing: financial independence, ageing in place, chronic disease and active ageing.

Nan was interested to see the use of computer games in various places visited during a fieldtrip organised by Thelma Kay.

At the excellent Marine Parade Family Services Centre, there were many age-friendly features and here computers were widely used as recreation. Like our seniors the first task was to teach clients how to use a mouse.

Another place that was visited was an integrated community, offering senior day care and a rehabilitation

centre. This St Hilda's Community Services Centre also offers home visits, fitness and wellness help, interest groups and community support to older adults in the neighbourhood. Nan was most impressed by the equipment being used at St. Hilda's Centre to help stroke patients to re-learn how to do simple but important tasks, like turning a door knob or picking up a coin. Every effort was linked to a computer game so that there were visible rewards for every little improvement.

Visits were also made to St Luke's Hospital, a community hospital providing rehabilitation and respite care for the elderly and the Bethany Nursing Home. Nan was pleased to have the company of Kathryn Braun from Hawaii who spoke at our last ASCCA Conference and Donghee Han from South Korea, who was a speaker several years ago.

On the last day of her short visit to Singapore, Nan and other Active Aging Consortium Asia Pacific (ACAP) members were invited by Dr. Leng Leng Thang to the Fei Yue Annual Volunteer and Donor Appreciation Lunch. She found the atmosphere at this event inspirational and she really enjoyed her short but frantic few days in Singapore.

**How fortunate we are in our ASCCA President Nan Bosler; whose passion for ASCCA and its work for seniors is so great that she personally funds her attendance at such worthwhile conferences on our behalf.**

## ASCCA NOTICE BOARD

**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 Forum on: Tuesday 10 June, 2014 -** <http://www.ascca.org.au/> **\*See some of the plans on Page 5**

**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.**

## Centenary of that Fateful Shot at Sarajevo - 28 June 2014

### HISTORY IS ...

History is the version of past events that people have decided to agree upon.

**Napoleon Bonaparte**

People are trapped in history and history is trapped in them. **James A. Baldwin**

History is a relentless master. It has no present, only the past rushing into the future. To try to hold fast is to be swept aside.

**John F. Kennedy**

The past actually happened but history is only what someone wrote down.

**A. Whitney Brown**

The past is malleable and flexible, changing as our recollection interprets and re-explains what has happened. **Peter Berger**

A people without the knowledge of their past history, origin and culture is like a tree without roots.

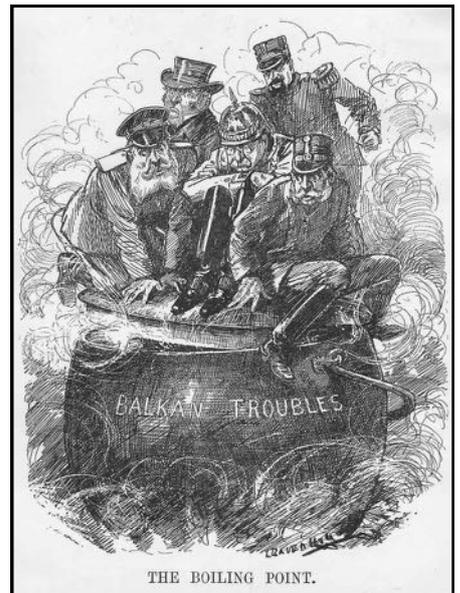
**Marcus Garvey**

History is written by the victors. **Winston Churchill**

The "Trouble in the Balkans" which finally led to the assassination of Austrian Archduke Franz Ferdinand, heir to the Austro - Hungarian throne, in Sarajevo on 28<sup>th</sup> June 1914 brewed for many decades and had numerous eruptions before the declaration of the first truly global war - World War 1.

The often used term, "Trouble in the Balkans" is in itself an expression of the inability of any person, living or dead, to completely understand the complexity of the situation which was in part geographical, cultural, imperialistic, nationalistic, political and historical, but was deeply rooted in the legacies of centuries of other wars and unsatisfactory and conflicting peace treaties between the many opponents.

This legacy was eventually bound to ignite the world into uncontrolled chaos; and that fateful shot at Sarajevo in 1914 was the trigger that unleashed the horrendous consequences that would change the world order forever.



"The boiling point", a cartoon by British Artist and Illustrator Leonard Raven-Hill (1867-1942) published in *Punch* 2 October 1912 . The cartoon depicts Germany, France, Russia, Austria-Hungary, and Britain attempting to keep the lid on the simmering cauldron of imperialist and nationalist tensions in the Balkans to prevent a general European war. They were successful in 1912 and 1913, but did not succeed in 1914.

## "History is a responsibility we carry with us now and into the future."

Throughout the moving Dawn Service of Commemoration held at Anzac Cove, Gallipoli on 25<sup>th</sup> April 2014, the gradually changing backdrop, from a sombre night sky to a beautiful pink tinged pale blue dawn sky was mesmerising. The gentle lapping of the water and the silent expectation and reverence of the crowd presented an extreme contrast to the scene 99 years ago when hell broke loose on that same spot.



AUSTRALIAN WAR MEMORIAL 462781  
Lifeboat carrying men of the Australian 1<sup>st</sup> Divisional Signal Company being towed towards Anzac Cove at 6am on 25<sup>th</sup> April 1915

**Signaller Ellis Silas**, of 16<sup>th</sup> Battalion formed in Western Australia, described the scene in his diary. Although he did not land until late in the day he had watched from the destroyer as he waited all day and wondered; *"Which of the men round me has been chosen by Death. I do not feel the least fear, only a sincere hope that I may not fail at the critical moment."*

He went on:

*It was relief to get ashore; we are packed so tightly in the boats and moreover so heavily laden with our kit that, had a shot hit the boat, we should have no chance of saving ourselves – it was awful the feeling of utter helplessness. Meanwhile the Turks pelted us hot and fast. In jumping ashore I fell over, my kit was so heavy; I couldn't get up without help – fortunately the water was shallow at this point, otherwise -. It was a magnificent spectacle to see those thousands of men rushing through the hail of Death as though it was some big game – these chaps don't seem to know what fear means – in Cairo I was ashamed of them, now I am proud to be one of them though I feel a pigmy beside them. Wish there wasn't quite such damned noise with the guns, it is sending me all to*

*pieces – don't think I shall ever make a soldier.*

*The beach is littered with wounded, some of them frightful spectacles; perchance myself I may at any moment be even as they are. Indians bringing ammunition mules along the beach – the scene of carnage worries them not all. It is commencing to get dark – we are now climbing the heights. I am given a pick to carry – half way up I had to drop it, it was too much for me. The lads on the top of the hill are glad to see us for they have been having an anxious time holding their position on the Ridge – 'Pope's Hill' – they had scarcely time to throw up more than a little earth to take cover behind.*

*The noise now is Hell. Cannot find any Signallers of my Station – I will look for my Captain, Margolin, they are sure to be with him. There was no time to wait for orders; I must work on my own initiative – in any case the Captain will want a Signaller with him. Now some of the chaps are getting it – groans and screams everywhere, calls for ammunition and stretcher bearers, though how the latter are going to carry stretchers along such precipitous and sandy slopes beats me. Now commencing to take some of the dead out of the trenches; this is horrible; I wonder how long I can stand it.*



AUSTRALIAN WAR MEMORIAL 600918  
Gallipoli Peninsula, Turkey. 26<sup>th</sup> April 1915. Australian artillerymen dragging guns into position after the landing at Anzac Cove. By 6pm on the first evening one gun had been placed on the neck above the southern end of Ari Burnu beach. The next day more guns were dragged into positions to the right.

**Charles Bean**, Australia's Official War Historian reported the Battle of the Landing from 25<sup>th</sup> April till the 3<sup>rd</sup> May, cost Australia and New Zealand 8,000 casualties, of whom 2,300 were killed. He wrote in his book "The Story of Anzac; *They were men their countries could ill afford to lose. But with their lives they purchased a*

*tradition beyond all human power to appraise, and set for all time the standard of conduct for the Australian and New Zealand soldier. A brilliant despatch from Ellis Ashmead-Bartlett, published a few days after the Landing, brought the effort of these young nations before the world in a manner that some speak of to this day as if the landings were an affair of Australasian troops alone ...*

The attack on Gallipoli was in response to an appeal from Russia which was being driven east by the German army who were advancing through the Caucasus. Turkey, which had signed a secret treaty with Germany against Russia on 2<sup>nd</sup> August 1914, was under pressure from Germany to close the Dardanelles to foreign ships, but by the end of October when a Turkish fleet bombarded the Russian Black Sea ports of Odessa, Sebastopol and Feodosia the situation had changed. On 3<sup>rd</sup> November British warships opened fire on Turkish forts guarding the entrance to the Dardanelles and on 13<sup>th</sup> December the British submarine B11 torpedoed and sank the Turkish battleship Messudieh.

Gaining control of the Dardanelles became important for the re-establishment of communications with Russia and for the freeing of shipping currently locked in the Black Sea by Turkey. Because previous attempts by the British to gain control of the Dardanelle Straits had failed; the Turks increased their defences of the straits by laying minefields and by the strategic placement of guns and searchlights.

Therefore, the plan to shell Constantinople (Istanbul) was replaced by the alternate plan to land troops on the shores at Gallipoli to occupy the Peninsula and move in force to silence the Turkish guns and thus gain control of the straits. The British believed that the best defence of Egypt and the Suez Canal was an attack on Turkey, so this imaginative but poorly planned and executed landing was part of this overall plan.

In his speech during the Gallipoli Anzac Day Dawn Service this year, the **Governor General of New Zealand, Sir Jerry Mateparae** said;

*When we remember our brave forebears we pay them the honour they deserve. It is also a time for reflection on war and its impact. And it is a chance to enlighten new generations about the events that shaped their world, and to encourage them to strive for peace.*

*Looking out from where I stand this morning, it is very moving to see so many people assembled for this Dawn Service and to know Anzac Day services are taking place in many*

*countries throughout the world. The scale of these commemorations shows how deeply people have been affected by what happened here.*

During his speech, the Governor General quoted **Neill Atkinson**, Chief Historian for the Minister for Culture and Heritage; the organisation which is planning the Centenary of Anzac Celebrations for New Zealand. He said, **"History is a responsibility we carry with us now and into the future"**.

In its original context, this quote came in defence of what one person called "A big spend-up reliving the slaughter of millions of young men and innocent civilians in a battle of Empires in Europe 100 years ago." Neill went on; **"As the years pass and new history is made, it is important we stop and remember the momentous events of our past. We do that not to glorify war, but to pay homage to the men and women who served in them."**

History can be a great teacher - if only it is not ignored or forgotten. Sadly, it was once more the lack of proper resolutions and fair and sensible clearing up of treaties and obligations at the end of the First World War, which were largely responsible for the problems leading to the Second World War.

We might be tempted to ask; what are the benefits of recording and studying history as we humans don't ever seem to learn from past events?

**What of the recording of the events and history of today? Will the demise of printed books and letters leave a "black hole" in recorded history in the future? Who is reliably writing down our social and political history - or is it all destined for electronic recycling bins, never to be seen or read again?**

**Inevitably, some people will suggest that the relevance of history is obsolete.**

**If so - it is surely at our peril.**



**Lest We Forget**

## ASCCA Working for Seniors at the Sydney Royal Easter Show

At the Sydney Royal Easter Show, ASCCA was pleased to be asked to participate in the **Seniors Hub**, which ran on the two designated 'Seniors Days' on the 15<sup>th</sup> and 16<sup>th</sup> April. **Seniors Card** (NSW Family & Community Services) and **Telstra** did the main organising and sponsoring of the event. We were also joined by U3A, Services NSW, BUPA, and the Aged-Care Rights Service.

The Seniors Hub was in a tranquil little space away from much of the noise and fuss and the weather was surprisingly kind to us. It was a pleasant place where you could sit out of the sun and enjoy a free cup of tea or coffee.

At the ASCCA table, Nan Bosler, Jim and Jenny Parker, John Lee, Jon Bailey and I did shifts during the two days from 9 am till 4 pm. It was good to have members from Northern Beaches, Parramatta and Blacktown available to talk with people, find out how they use a computer and encourage them to consider learning more and joining one of the ASCCA clubs.

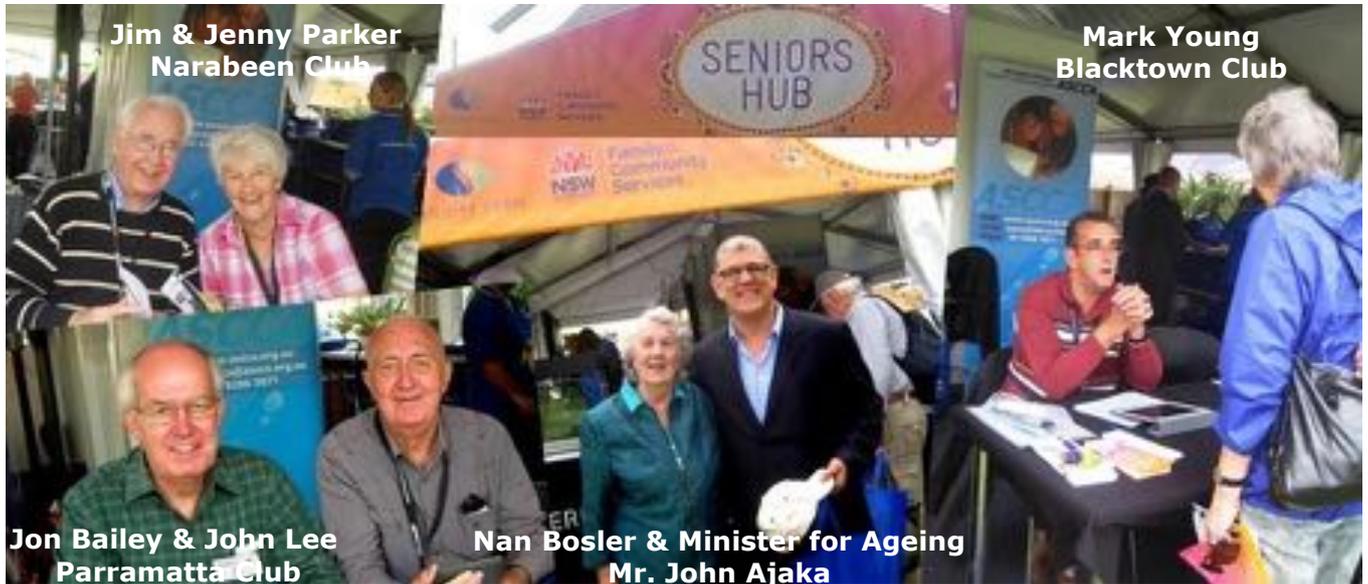
We also gave out the Seniors Card Showbags and told people how to enter the Telstra, "The

Show Through My Eyes" Photo Competition which had some remarkable prizes on offer for a photo that could have been taken years ago, or just snapped that day on a mobile phone. Every hour there was a prize of a small Android mobile phone and a \$20 gift card and in addition, each day there was a major prize of an iPad Air and a \$500 card. On the second day there was an extra prize of an iPhone 5s and a \$500 card!

The NSW Minister for Ageing, John Ajaka, was there and opened the Hub. He also presented one of the major prizes in the photo competition on Tuesday to a lady who explained her photo showed her father riding his motorcycle on the Wall of Death! Fortunately her father survived it all and still rides a motorbike.

There was a great atmosphere at the Hub and I hope it will again be organized for the Royal Easter Show in 2015!

**Thanks to Mark Young for telling us about the Royal Easter Show Seniors Hub. To see more - Mark invites you to look at the ASCCA Website and Facebook Page where he has posted more photos.**



## ASCCA Stay Smart Online Forum - Tuesday 10 June, 2014

We are excited about the plans for our ASCCA contribution to "Stay Smart Online Week" being held this year from 2 - 6 June. Our **ASCCA Forum** will be held a little later, on **Tuesday 10<sup>th</sup> June** in the Auditorium on the 1<sup>st</sup> floor of the Mechanics Institute, 280 Pitt Street, Sydney and we have exciting speakers organised to attend. Many of our members will have heard **Paul Wallbank**; a frequent speaker on Internet trends and technologies at our ASCCA Conferences, so you will know he deciphers the jargon and presents the facts in a way that makes easy sense. We also have an expert from the **Australian Federal Police, McAfee Security** and **NSW Fair Trading** to speak to us. Make sure you mark the date in your diary and check the ASCCA Website for all the details as they come to hand. <http://www.ascca.org.au/>

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.

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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.

## Can you help ASCCA to help your club?

Did you know 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>

**ASCCA** is a registered charity and **YOUR VOTE** could help us in our work to sustain and develop appropriate programs to help and encourage seniors to learn about and become comfortable with computers and information technology.

All you have to do is submit a photo of yourself with one or more **Dick Smith Food** item. A photo with a group of people would be even better! Send 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 would also like to support us by sending along a picture of themselves and explaining that ASCCA is their favourite charity this would be a big help.

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?

## CAPTCHA - What you can do to help provide accessible security options for all

**The Australian Communications Network (ACCAN)** is Australia's peak communications consumer organisation. In alliance with a number of disability organisations in Australia, ACCAN is campaigning to have inaccessible CAPTCHAs on websites removed and replaced with accessible security options. spamming or other more sinister attacks on your computer. To try and sign-up for many online services, the sometimes impossible challenge, is to decipher these squiggly letters and numbers which pop up when you try to sign-up for many online services.

CAPTCHAs, (Completely Automated Public Turing Tests to Tell Computers and Humans Apart), are provided to ensure that user input has not been generated by a computer as a means to enable You can help by letting any organisation or business know that the CAPTCHA on their website is inaccessible. The good news for these organisations is that ACCAN has already listed some [accessible alternatives](#) that they can use.