

NSW Seniors Week Fun and Success for ASCCA and Many of our Clubs

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**NSW Seniors Week
Ambassador
for ASCCA was
Professor Michael
Besser AM**

At a ceremony held at the City Recital Hall in Sydney on Sunday 20th March, the Minister for Ageing, Peter Primrose announced the names of individuals and groups who received NSW Seniors Week 2011 Achievement Awards. *See details of the Computer Pals Blacktown Award on page 4.*

This NSW Seniors Week Award Ceremony also launched 2011 NSW Seniors Week which featured more than 700 events throughout the State.

A significant number of those 700 events centred around encouraging seniors to embrace computer technology and many of our ASCCA Seniors Computer Clubs held Community Open Days to provide the opportunity for local seniors to "test the waters" in a relaxed and welcoming way.

At ASCCA we were pleased to be able to present six sessions of "How To ... Workshops" with hands on training in Sending Emails and Social Networking under the expert and gentle guidance of Sirkka Duncan and Diane Brentnall. Those who came along really enjoyed the experience.

ASCCA's main Seniors Week event was the eHealth Expo held on Wednesday 23rd March at 280 Pitt Street. As well as being grateful to our speakers, we were also grateful for the time and effort given by our Health and Lifestyle Information Stand holders who displayed great patience and good humour as they talked with most of the 140 seniors who attended the Expo. *See more details about*

the information stands on page 3.

The first speaker at the Expo was Dr. Stuart Smith who is the Senior Research Officer, Neuroscience Research Australia. "Discover, Conquer, Cure" is the motto of the centre and certainly Stuart throws an incredible enthusiasm into his research work towards those goals. Stuart completed a PhD in Experimental Psychology at Macquarie University in 2000 and in 2000 – 2002 he followed with a postdoctoral fellowship at NASA's Ames Research Center. He also has a BSc and MSc from the University of Sydney. From 2002 – 2007 Stuart took up academic positions at Trinity College Dublin and University College Dublin before returning to Australia. Back home, he has undertaken further research on the development and evaluation of telehealth technologies, with particular emphasis on the issue of postural instability and falls in older people. In his current position as a Senior Research Officer at Neuroscience Research Australia his research is funded by an NHMRC Career Development Award-industry, an NHMRC Project grant and a Parkinson's NSW seed grant. It was a joy for us seniors to listen to his talk and know that someone who loves their work so much is 'on our team' and working towards improved health outcomes for our lives.

The theme of our second speaker Peter Tomlinson was food and the challenges of producing tasty, attractive and nutritious meals in huge quantities, while observing

ASCCA NOTICE BOARD 2011

9-15 May 2011 - National Volunteer Week - "Inspiring the Volunteer in You"

30 May – 3 June 2011 - National Cyber Security Awareness Week

PLEASE NOTE CHANGED DATE:

31 May - ASCCA Members Forum, 280 Pitt Street, Sydney—*details later*

Tuesday 6th & Wednesday 7th September 2011 - 13th Annual Computer Conference for Seniors to be held in Sydney

17 November 2011 - ASCCA Annual General Meeting

ASCCA NSW Seniors Week eHealth Expo Pictures



Thanks to the NSW Govt. Dept. of Aging, Disability and Home Care for funding for this event and the series of Workshops run by ASCCA during NSW Seniors Week. Thanks to our Seniors Week Ambassador, Professor Michael Besser who captivated the audience. Thanks also to our other speakers, Dr. Stuart Smith who swept us along with his enthusiasm for his research, Peter Tomlinson who entertained us with details of the challenges of providing thousands of tasty and nutritious meals per day and ASCCA Vice President Joan Craymer who encouraged all seniors to be part of the solution and embrace the eHealth Revolution.

Thanks to our eHealth Expo Information Stand Providers

Carers NSW were on hand with a wonderful range of their "Don't Be Careless" Fact Sheets and the friendly helpers were happy to answer questions for all our visitors. The Carers Australia Website will provide the correct link for our readers from all states to seek help and advocacy from this non-government, non-profit association which is governed by a volunteer Board of Directors.

www.carersaustralia.com.au

Quantum Reading Learning Vision provided copies of their "Sight Support Catalogue" with the most amazing range of solutions for people living with low vision. They also had some of the easy to use devices on display and information on new software options for computer use. Quantum's Website can be found at www.quantumrlv.com.au

AudioClinic were unable to do hearing tests on the spot because of the excited chatter and happy laughter in the room, but they provided information on hearing health care and handed visitors a voucher to receive a free hearing check another day. There are 180 AudioClinics throughout Australia. www.audioclinic.com.au

COTA and Seniors Peer Education Centres are to be found helping to protect seniors and promote their well-being in every Australian State. The Council on the Ageing centres can be found at www.cota.org.au - COTA is an independent consumer organisation run by and for senior Australians. There is a wealth of information on entitlements and legal, family and health issues for seniors. The Peer Training Education Centre trains older people to talk to other older people about healthy ageing issues.

Heart Support Australia is a national, volunteer, not-for-profit organisation committed to the establishment of self-help management programs with information and rehabilitation initiatives for people with a heart condition. "Support – Information – Encouragement" is their motto and the volunteer lay councillors all have personal experience of the trauma suffered by families in association with heart conditions. Visitors to the HSA stand were able to have a free blood pressure check at the Expo. www.heartnet.org.au

The Exercise Clinic has three locations in Sydney and provides Chronic Disease Management and Exercise Physiology Services for the management, rehabilitation and prevention of chronic and complex conditions. The Clinic runs Group Exercise Classes for Falls Prevention, Osteoporosis and Functional Movement Improvement. The helpers on this stand were also kept busy taking the blood pressure of visitors and explaining the importance of exercise. www.theexerciseclinic.com.au

ASCCA also had an information stand to provide information about Seniors Computer Clubs and training opportunities for visitors to the Expo.

Seniors Week "Snap & Click" Workshops



A number of our ASCCA members responded to an invitation to join in the series of Seniors Week "Snap & Click Workshops" presented by the Museum of Contemporary Art (MCA) and Australian Centre for Photography and generously supported by the Aviiid Foundation.

Our feedback from those who attended these three day courses indicates they enjoyed a very exciting learning and sharing experience.

Valerie Osborne from the Endeavour Club at Caringbah was pleased to learn how to use the camera's manual settings to advantage with instruction from Tom Luscombe, freelance fashion photographer and technician at The Australian Centre For Photography. Much to her surprise and delight Val won second prize for "Creative Use of Composition" and will soon be the proud owner of the 'top notch' CS5 Adobe Program.

Thanks to John Moxon from Parramatta Club, for sharing his photo of Val taken at the afternoon tea that was held on Friday 25th March to celebrate the exhibition of works created by the "Snap & Click" participants. Commenting on the enthusiastic response to the project, Emma Nicholson from MCA said, "There is clearly a thirst for learning among Sydney's Senior Citizens and we are pleased to put them in touch with art professionals."

NSW Seniors Week Fun and Success for ASCCA and Many of our Clubs - continued from page 1

all the safe preparation and food storage protocols. Peter has a B.App.Sc. in Food Technology and Bachelor of Teaching and is currently working as Food & Linen Services Manager with the Anglican Retirement Villages in Sydney. He has worked for more than 20 years in the Australian and International Food Industry as a Food Technologist and as a Teacher and Lecturer in Science and Food Technology. Peter also stressed the importance of food as a social feature as well as a physical one. We found the thought of preparing two tons of porridge per day a little overwhelming and were shocked at the financial challenges events like the recent cyclone which devastated the banana crops in Queensland present to institutions.

The third speaker was Joan Craymer, ASCCA's Vice President who talked about the role and potential for each senior in "Establishing an eHealth Revolution". Joan suggested it is up to us to choose to move forward and embrace the new technologies which have the potential for huge health benefits both cognitive and physical. She also mentioned the other rewards like having fun and creating strong

intergenerational bonds and not being "left behind" or feeling irrelevant in a society to which we seniors have contributed so much of value.

Our final speaker was our inspirational Seniors Week Ambassador **Professor Michael Besser AM**, Clinical Associate Professor, Neurosurgery at Royal Prince Alfred Hospital. What a magnificent Ambassador the Professor was – and what a positive way to finish off the morning! He did not need to lecture us on "healthy mind – healthy body" benefits, as everything about him was a perfect example of the rewards of keeping oneself in peak condition. Although we may not choose to take up his pattern of competing in triathlons and ironman events to boost our fitness we all secretly resolved to do more regular exercise. The Professor keeps his mind in peak condition as consultant neurosurgeon at Sydney's RPA Hospital and the University of Sydney and volunteers within his field while immersing himself in his master's degree studies. What a privilege it was for ASCCA to have such a wonderful Seniors Week Ambassador.

Congratulation to Computer Pals Blacktown Inc. on NSW Seniors Week Award

**NSW Seniors Week
Community Service
and Volunteering
Organisation - 6
Winners including
Computer Pals
Blacktown.**



**Glen Innes Seniors
Week Meeting**

Computer Pals Blacktown started in the back room of the home of its founder and first President, Ellen Long in October 2000 with two old 486 computers, one teacher and six students.

Spectacular growth and success for the club means they now have rented space at their teaching centre in Kent Street Blacktown, with two rooms for classes, 52 volunteer tutors and assistants, 13 computers networked to a dedicated server, broadband internet and lots more essential equipment. In classes varying in size from six to thirteen and held from 9.30 am through to 5.00 pm Monday to Saturday, there are currently 185 students attending 23 two hour classes per week.

Training options include Microsoft Applications, Skype, Internet Skills, Email, Digital Photography, Scrapbooking, Slide Shows, Photo Albums and more ... Classes continue during most weeks of the year, except for a Christmas break.

Thanks to Blacktown President Wendie Lambert for details about the success of Computer Pals Blacktown. We understand that Wendie's passion to help people towards positive ageing was the result of taking her Dad to the Blacktown Club to alleviate his feelings of loss and disconnection after he came from England to live with her some years ago. Her subsequent involvement is certainly a positive consequence - indicating the reasons for Blacktown's success.

Neville Hall from Tamworth and District Seniors Computer Club Inc. travelled 200 klm north to Glen Innes in Seniors Week to deliver a Seniors Week presentation titled 'Computer Power for Seniors' at the Glen Innes and District Community Centre. **Well done Neville!**

Launch of ASCCA 2011 Competitions

These annual competitions are open to all financial members of all financial ASCCA Member Clubs and each year they uncover a wealth of amazing talent and offer great challenges to the outstanding professionals who freely donate their time as our Judges. ASCCA is very grateful for their support and expertise.

Full details of conditions of entry and downloadable entry forms are now available on the ASCCA Website. Please read them carefully before you enter. www.ascca.org.au

The ASCCA 2011 **DIGITAL PHOTOGRAPHY COMPETITION** will once again offer the opportunity to submit six digital photographs – one only in each category. To have each of your members' entries count towards the "Champion Club Award" please organise a volunteer to co-ordinate the collating and sending in of individual club members' entries. There will also be an Award for the overall "Champion Digital Photographer". The categories and topics are:

- | | |
|--------------------|------------------------|
| 1. Enhanced | 2. Not Enhanced |
| a. Landscape | a. Landscape |
| b. People | b. People |
| c. General | c. General |

This is our fifth **CREATIVE WRITING COMPETITION**. We would like to encourage you to enter in 2011 - even if you have not thought about it before? We will acknowledge an overall "Writing Champion" for 2011. Each Story must be 1,000 words or less and only one story for each topic please. The topics are:-

- 1. A Travel Tale** – Your challenge here will be to decide which story to choose. Will your story be about what happened, where you went, what you saw, who you met, or how you felt?
- 2. The Door** - Is there a particular door you would like to write about? Did Australia open its door to your family as migrants, or did your family arrive here as the result of a convict ancestor's incarceration behind a goal door? Perhaps your door is the door of opportunity. Doors have been important as indicators of place in society and class differences. Did you have backdoor people and front door people come to your house when you were young?
- 3. Courage** - Courage is not necessarily valour or extreme bravery in the widely accepted sense; it could describe the strength required to: - Smile in adversity; step forward and welcome a stranger if you are shy; bend over to tie your shoe-lace if you are crippled with pain; start over after a devastating loss shatters your life - or make the very first incision of that first operation as a surgeon.

Poetry – "Open Topic" - We acknowledge that the best poetry comes from the heart and is often spontaneously inspired by events or feelings. So this year ASCCA has decided to invite you to write and submit up to three poems on any topic at all in the Poetry section of our 2011 Creative Writing Competition.

The 2011 ASCCA **PHOTO SLIDE STORY COMPETITION** offers club members the opportunity to demonstrate just how creative they can be when it comes to bringing their still digital photographs to life and sharing them with others. We will acknowledge an overall "Photo Slide Story Champion" for 2011. There are three categories and you may submit one entry only for each category.

Travel – This could be the story of your great adventure or a local day trip.

General – This is where your imagination can really take flight.

Genealogy – This new topic invites a creative presentation of family history and may include scans or digital copies of photos which were not originally taken by the entrant – please read conditions of entry carefully.

All financial ASCCA Member Clubs are also encourage to enter their Club Newsletter and Club Website into the **ASCCA NEWSLETTER COMPETITION** & **ASCCA CLUB WEBSITE COMPETITION**.

Website www.ascca.org.au

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Computer Clubs Association **ASCCA**

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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 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 those Organisations that recognise the value of computer technology for Seniors. Cost of ASCCA membership is \$110 per year, including 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 to download.

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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.

Welcome St. John's Village Glebe, NSW & Hopetoun Community Resource Centre WA

We are happy to welcome the Hopetoun Community Resource Centre (CRC) in Veal Street, Hopetoun, Western Australia to the ASCCA family. Like all the marvellous WA CRC's they exist to bring modern technology to a remote rural community and provide access to government agencies. They provide Library Services, public internet use, office services and supplies, and arrange activities like story times, for locals and visitors.

Since the Dunn Brothers first settled in the Ravenswood area in 1868 and James Dunn found gold at Annabel Creek in 1898 this beautiful and remote area approximately halfway between Albany and Esperance on the southern coastal strip of WA has faced many challenges. In 1900 Mary Ann Harbour was gazetted and renamed Hopetoun. Gold mines and copper mines and smelters came and went during the first two decades of the 20th Century and although some spasmodic mining continued in the area until 1970, depending on the price of copper, it was wheat and farming that grew in importance after the Great Depression of the 1930s and it is now the principal industry of the area. It appeared that renewed interest in Nickel Mining was set to lift the economy early this century but in 2009 indefinite Suspension of operations at BHP Billiton's Ravensthorpe Nickel Project cost the area approximately 1800 jobs.

Hopetoun is an area of natural beauty with a temperate Mediterranean climate and now enjoys great interest and support from tourism. It is an area with abundant wildflowers all year, particularly in spring and the Fitzgerald National park is a UNESCO declared International Biosphere Area.



The other new club we welcome this month is the St. John's Village Residents Club. This is a village for independent retirement living right in the heart of cosmopolitan Glebe in Sydney next to the historic St. John's Church Glebe and close to the Broadway Shopping Centre, Chinatown and the Sydney Fish Market and convenient for all forms of transport. This Resident's Club originated late in 2009 when a number of residents met to form a computer group – encouraged and helped by the Computer Club at ARV Castle Hill and in 2010 they were recipients of a Broadband for Seniors Kiosk. We know that ASCCA will be able to nurture this small but enthusiastic group and offer the same support we give to our biggest clubs.