

**Will you and other members of your club compete this year?
Entry Forms now available on the ASCCA Website**

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The Entry Forms, Rules & Conditions for the 2013 ASCCA Competitions are all **now available on our website** for you to download. We know that some of our members have been waiting for this announcement with great enthusiasm so they can begin working on their entries.

The updating and changes for the **Digital Photography Competition** were well received in 2012 so no significant changes were necessary for 2013. Again, you will need to read the rules and conditions carefully to understand the specific guidelines about the spirit of the competition for some categories. Please remember to give each picture a unique title - remember our judge does not see anything but seven folders with all the pictures for a category in one of the seven folders. There are no names of entrants or clubs; so it is best not to have 10 pictures called something generic like, "My Cat" or "My Dog". Our judge is eager to see the entries for 2013 in the topics of, "Photo Journalism", "Photo Travel", "People/Portrait", "Landscape/Seascape", "Landscape, Structural/Manmade", "Animal/s", and "Creative Photography/Extreme Manipulation." Why not really explore the possibilities in those words "Extreme Manipulation"

and challenge your creativity this year? Some of you were a little frightened by the freedom of this category last year and did not submit an entry.

Although we made changes to the Photo Story Competition last year, we have gone even further this year in an attempt to encourage lots more enthusiasm and therefore, lots more entries for 2013. This will now be called the **Video Story Competition** and will have three separate categories, with the topic for each being left to the personal choice of the entrant. Now that everyday video cameras are so user friendly and such fun to play with, our judge will be selecting a winning "Movie Story", a "Still Images Story" and a "Mixed Media Story". This will allow you to enter three different videos and make use of all the exciting presentation programs you can find - as long as the conditions of entry are strictly followed. We are also going to trial a **four minute time limit** to give our members more scope and encouragement. We do hope you are as excited about this competition as we are here at ASCCA.

There will be exciting new challenges in **Creative Writing**



This year, the National Cyber Security Awareness Week will be held from the 20 to 24 May. It is an Australian Government initiative held in partnership with industry, community and consumer organisations and all levels of government.

ASCCA NOTICE BOARD

20 - 24 May 2013 - National Cyber Security Awareness Week - Get involved and protect your family and friends: http://www.staysmartonline.gov.au/awareness_week

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!**

"Ageing takes place one day at a time" - Charles Hardy

When I was a child I wondered what I would be when I grew up. I had a lot of ideas. So did my parents. But no one pointed out that I would surely be "old." With no forethought, I ate properly, exercised my brain and body, lived moderately, and in general did what we know today favours a pleasant, active old age. I am 90, but that is an accident. I never gave ageing a thought.



Ageing takes place one day at a time. A 90-year old man has experienced about 32,872 days, most of them when he was of an age to be aware of what was happening around him.

To make use of that awareness, the History faculty of a local school has asked for volunteers in an Assisted-Living Residence in California (where I live) to "dialog" with students on topics agreed to, and prepared for, by the participants.

We make audio-visual records of dialogs between the student and senior, and both parties learn new things.

This will be the second year of this project. The first was successful, requiring both students and seniors to refine their recollections or knowledge, organize their material, and relate to their "audience". These are good active-ageing processes for old and young alike.

The Active Ageing Consortium Asia Pacific

(ACAP) is focused on a group – persons more than 60 years old – which is rapidly approaching half of the world's population. Our efforts need to expand, gently and consistently, to encourage our young people to do what they can to prepare themselves for a satisfying old age. We need to engage young people in our planning process, as early as possible.

Charles Hardy, ACAP, Novato, California is the Editor of the Active Ageing Consortium Asia Pacific Bulletin. He wrote these delightful insights into the possibilities of intergenerational cooperation and mutual benefits—under the title: "A Structured Inter-Generational Dialog for Active Ageing" in the May Bulletin. Published with permission - Thank You.

There is certainly much food for thought in the way we might embrace some of these ideas to work together and build on the many positive aspects of ageing in Australia.

Nan Bosler, ASCCA's President, will be a speaker at the upcoming International Association of Gerontology and Geriatrics (IAGG) 20th World Congress in Seoul, Korea early in June. At this Congress, leading gerontologists, geriatrics scholars, policy decision-makers, professional activists, related companies, and researchers will meet to share recent discoveries and study results.

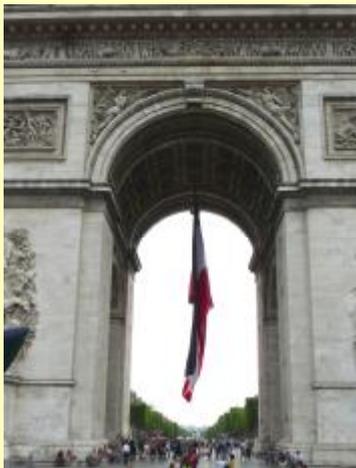
Other ACAP members will also be involved in a number of presentations, including a Presidential Symposium on Productive Ageing, a symposium on international migration for eldercare, a symposium on digital ageing, and various papers and posters.

The Unknown Australian Soldier - Interred 11th November 1993

A TRADITION OF HONOUR

Many countries erected tombs and memorials to honour an unknown soldier after the agony of the First World War left so many people bereft with no grave to visit.

Britain and France both buried their symbolic soldier on the 11th November 1920 in places of great national significance. France buried their Unknown Soldier beneath the Arc de Triomphe where a French Flag flies proudly above the spot.



It is an indication of the great reverence afforded to Britain's "Unknown Warrior" for his body to lie in Westminster Abbey with Kings, Queens, statesmen, scientists, musicians and pioneers in many fields. On state and royal occasions the grandest processions and even royal brides and grooms follow the tradition that this is the only gravestone in the Abbey that may not be walked upon.

Most of us will remember the emotion of the exhumation and repatriation of an unidentified soldier; one of the 45,000 Australian Soldiers who died on the Western Front in the First World War. The Hon. Paul Keating MP, delivered the eulogy at the reinterment in Canberra on 11th November 1993; the 75th anniversary of the Armistice. In part, Mr. Keating said:

Because the Great War was a mad, brutal, awful struggle, distinguished more often than not by military and political incompetence; because the waste of human life was so terrible that some said victory was scarcely discernible from defeat; and because the war which was supposed to end all wars in fact sowed the seeds of a second even more terrible war – we might think this Unknown Soldier died in vain.

But, in honouring our war dead, as we always have and as we do today, we declare that this is not true. For out of the war came a lesson which transcended the horror and tragedy and the inexcusable folly. It was a lesson about ordinary people – and the lesson was that they were not ordinary. On all sides they were the heroes of that war; not the generals and the politicians but the soldiers and sailors and nurses – those who taught us to endure hardship, to show courage, to be bold as well as resilient, to believe in ourselves, to stick together.

The Unknown Australian Soldier whom we are interring today was one of those who, by his deeds, proved that real nobility and grandeur belongs, not to empires and nations, but to the people on whom they, in the last resort, always depend.

That is surely at the heart of the ANZAC story, the Australian legend which emerged from the war. It is a legend not of sweeping military

victories so much as triumphs against the odds, of courage and ingenuity in adversity. It is a legend of free and independent spirits whose discipline derived less from military formalities and customs than from the bonds of mateship and the demands of necessity. It is a democratic tradition, the tradition in which Australians have gone to war ever since.

This Unknown Australian is not interred here to glorify war over peace ...

The Unknown Soldier honours the memory of all those men and women who laid down their lives for Australia. His tomb is a reminder of what we have lost in war and what we have gained.

We have lost more than 100,000 lives, and with them all their love of this country and all their hope and energy.

We have gained a legend: a story of bravery and sacrifice and, with it, a deeper faith in ourselves and our democracy, and a deeper understanding of what it means to be Australian.

It is not too much to hope, therefore, that this Unknown Australian Soldier might continue to serve his country - he might enshrine a nation's love of peace and remind us that, in the sacrifice of the men and women whose names are recorded here, there is faith enough for all of us.



Lest We Forget



From Page 1 **2013 ASCCA Competitions now on! Entry Forms on Website**

with the first two topics, "The Hat" and "Too Good to Use" allowing an "up to" 1,000 word limit and the third topic, "Out of the Blue" restricted to a tighter 500 word limit. The challenge for Poetry, where each poem has a 300 word limit, is to write your first poem on any topic, "without using rhyme". The topics for the other two poems are not really specific either - but one will be about "an event or incident" while the other will be about "a particular location". You can enter three stories and three poems in all and we really hope to swamp our judge with entries this year. For this reason we are asking for all entries to be in Times New Roman Font with 1.5 spacing between the lines and with no pictures or borders to distract the judge from the impact of your story or poem and thus make the job less time consuming.

The numbers of entries for **Club Newsletters** and **Club Websites** have sometimes been disappointing; particularly when we know how many wonderful ones belong to our ASCCA Clubs throughout Australia. After careful consideration we will have two separate

categories for the Newsletter Competition so that every club will be able to enter! We will be looking for the best "Online Newsletter" and also for the best "Print Newsletter". While the print newsletters may also be available on the club website, enough newsletters to be distributed by hand to 50% of the Club membership must be printed each issue. We would love **ALL Newsletter Editors** and **ALL Webmasters** to "jump right in" and make a gripping competition in 2013.

You have four full months to work on your entries, so why don't you enter all the individual competitions and encourage your Club to enter their Newsletter and Website?

Last year it was exciting to have interstate and regional winners on hand to personally receive their Awards from the judges at the AGM. It is possible to win in all three individual competitions - it has been done - and you could do it too. However you do need to enter first; so start early and make sure time doesn't run away from you!

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

The Date is confirmed—Have you put it in your Diary? Do you need accommodation?

Good News - we are planning another excellent Conference with **NO COST INCREASE** to you!



How to help Australians who are blind or vision impaired

Wayne Hawkins, who is the Australian Communications Consumer Action Network (ACCAN) Disability Policy Officer, has invited those people who have an interest in supporting a proposal for an ongoing service trial, similar to last year's technical trial for providing **Audio Description (AD) on Australian TV**. This service would allow greater access to television for Australians who are blind and vision impaired, while giving the ABC the opportunity to resolve any issues in delivering Audio Description (AD) before regulation is put in place.

Mr. Hawkins reports that at this crucial point, when the future of AD on Australian TV is being decided, ACCAN have formally written to the Minister for Communications, Senator Stephen Conroy, and the ABC's Managing Director, Mark Scott, calling for an ongoing service trial to begin on ABC1 this year, so there is an urgent need for consumers to show that the necessity for this service has not gone away.

If you wish to take action you can email Senator Conroy

<http://www.audiodescription.com.au/email-senator-conroy#verlay-context> and email Mark Scott <http://www.audiodescription.com.au/email-mark-scott#verlay-context>

For more information, visit [It's as easy as ABC](#) or [follow @ADonTV on Twitter](#).

Will two antivirus programs increase my security?

Only one Primary Antivirus

It is important to have only one primary antivirus product installed on your computer. Examples of primary antivirus products are *Microsoft Security Essentials*, *AVG*, *Avast*, *Avira*, *Norton Internet Security*, *Kaspersky*, *McAfee*, *Trend-Micro*.

Having multiple primary antivirus products installed is not beneficial, and can cause serious conflicts resulting in intermittent system failures, file access problems, performance slow down, freezing, and devices not operating correctly. These conflicts can occur even if one antivirus is dormant. In a recent case we looked at, a Wireless LAN failure was most likely due to having both *Avast* and *Norton* installed.

Surprisingly, even after uninstalling one of these products, 'footprints' can remain on your system and cause problems when a different antivirus is installed. If you are installing a different antivirus, the following procedure is suggested:

1. Download the new antivirus (or have the product disk ready) so it is ready to install, but don't install it yet
2. Download the specific removal tool for your old antivirus (if available) but don't run it yet—see a list of these tools here - <http://tinyurl.com/4mpehke>
3. Remove the existing antivirus using *Add or Remove programs* in *Control Panel*
4. Restart the computer
5. Run the specific removal tool above to clean up the 'footprints'
6. Restart the computer
7. Install your new antivirus the restart your computer
8. You should receive a warning message if Windows detects that there is no active Firewall. You can check the Windows Firewall status as follows: in Windows 8 - search *Settings* for "Firewall"; Windows 7 – *Control Panel/Action Center/Security*; Vista – *Control Panel/Security Centre*; XP–*Control Panel/Windows Firewall*.

Which is the best primary antivirus?

This is the subject of never-ending debates. All the well-known products are battling to keep up with the virus writers, and they are all continually enhancing the detection and removal methodology of their programs. One day one might be the 'best', the next day another one might be. Any of them can fail to detect a recent virus or variant. All the major free products offer simple, effective protection.

Firewalls

A *software firewall* must be on all the time to protect your computer from direct attacks that

might occur even if you are not using email or browsing. Many of the paid antivirus suites come with their own firewall; however, the inbuilt *Windows firewall* provides excellent protection against incoming attacks. For added protection, most routers include a *hardware firewall*. If you have a router or home network gateway, the router manual should explain how to check if this is on. Having one software firewall and a hardware firewall concurrently active increases protection.



Pre-installed Antivirus on a new computer

Most computers come preinstalled with an antivirus with limited free subscription. If you do not intend to use the pre-installed one, it is better not to activate it. Carry out the uninstall procedures mentioned above then install your favourite antivirus.

Note that *Windows 8* comes with *Microsoft Defender* (a rebadged version of *Microsoft Security Essentials*) pre-loaded. If a different antivirus is installed, Windows automatically disables Defender.

Adding a secondary anti-malware scanner

Having a primary antivirus alone is sufficient, providing that *Windows*, *Flash player*, *Acrobat Reader*, *Firefox*, *Quicktime*, *Skype*, etc. are kept up to date with security patches, and care is taken with emails and browsing the web.

However, you can add a secondary anti-malware scanner, for example, *Malwarebytes* or *SuperAntispyware*. The free non-trial versions of these products are just scanners; they offer no real-time protection and will not stop your computer being infected. However, you can use them to do regular scans to check that your system contains no malware. The free versions are unlikely to cause conflicts with your primary antivirus. You can use the "Pro" versions of these secondary scanners to increase real-time protection as they are designed to operate with a primary antivirus, but you need to check with the companies concerned regarding settings to avoid conflicts with your primary antivirus. I personally use *Microsoft Security Essentials* and *Malwarebytes Pro* on my Windows 7 computers and *Windows Defender* with *Malwarebytes Pro* on Windows 8, with appropriate exclusion settings to avoid conflicts.

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John Allen originally wrote this informative article for the EuroSCUG Club Newsletter in September 2012. He has kindly updated it for us to share with other ASCCA Members through our Newsletter.

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

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ASCCA Newsletter  
Volume 15 No 4  
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](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.

## Now it's time to prepare for the "RETUNE"

The Digital Switchover is almost completed – now it's time to prepare for the "RETUNE". So - What is the "RETUNE" we are all asking ourselves?



It is the final step in Australia's move to digital-only TV, which will mean some channels will change frequencies. After they've changed, you'll need to retune your digital TV, set-top box or digital recorder to find the channels that have moved.

Fortunately, some viewers may find their newer equipment will automatically detect changes to the channels and retune itself, or it may prompt them to "retune". The new Retune Website:

[www.digitalready.gov.au/retune](http://www.digitalready.gov.au/retune) suggests it is an easy matter to select the Menu and "retune", However this could well vary according to the age of your equipment and may even involve installing a digital antenna. Most ordinary people have had little or no experience setting up their TV tuners and other tunable

devices such as digital recorders and set top boxes, so it may be a good idea to seek technical help. There is a Digital Ready Information Line on 1800 20 10 13, available from 8am to 10pm (AEST), 7 days.

The good news is, there is a benefit for Australian communications from the "Digital Switchover" which is due for completion by the end of this year?

<http://myswitch.digitalready.gov.au/>

An auction of the spectrum bandwidth no longer needed for the analog TV channels will make what is being called "dividend spectrum" available to successful bidders - for unique opportunities like establishing the next generation mobile broadband services in Australia - such as the 4G mobile services.

The auction includes spectrum in the 700 MHz band as well as spectrum in the 2.5 GHz band and this is what will make it necessary for a number of the already established digital TV channels to be moved or "restacked".