

A wonderful opportunity for ASCCA to share and learn through Nan Bosler's participation in Korean Gerontological Society Events.

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This elegant Korean dancer (over 60) was a delight for delegates

Our ASCCA President Nan Bosler OAM was invited to Korea as a speaker at the "Contribution in Late Life" themed, 8th Active Aging Conference in Asia Pacific (ACAP), International Symposium on 23rd June and the Busan International Anti-Aging Expo held at the Busan Exhibition Convention Center (Bexco) from 27-29 June. The invitations came from the Korean Gerontological Society and the Research Center for Anti-Aging Technology Development; who invited Nan to contribute as a panelist and join delegates from Hawaii, Japan, Korea, Singapore, Hong Kong, Mongolia, Malaysia, Indonesia, China, USA, New Zealand - and of course Australia.

Nan said; "I had a wonderful time and enjoyed many experiences that would not have been possible without the generosity of our hosts in Korea. Donghee Han was outstanding! Many will recall that she attended our 2010 ASCCA Conference as a keynote speaker. ASCCA and ACAP have been exchanging newsletters for some years now and this was a chance to rekindle old friendships and also form new friendships. Both Seoul and Busan were most successful and inspirational and after such an incredible Korean experience I almost felt I could fly home without the plane!"

Professor Joseph Troisi, Director of UN International Institute on Aging was the keynote speaker on the first day and began by saying that the world of the twenty-first century is experiencing an irreversible and extraordinary

revolution in longevity. Since 1950, we have, on average, gained 20 years in our life expectancy. This is expected to extend a further 10 years by mid century. This poses unique challenges to every society and should have the attention of every government. Professor Troisi said; "Is it not a fact that while the world, especially the Western developed world, has succeeded in *adding years to life*, it has not yet succeeded in *adding life to years*?"

He went on to call for the whole of society, regardless of age, to "Carry out a radical change of perspective. A positive image of older persons needs to be promoted eradicating all negative stereotypes and attitudes that lead to the segregation of older persons." He spoke of ageing as an opportunity for everyone and noted that, as an intrinsic part of their society, older people have duties towards society as well as rights. "Their rights include those to live independently and with dignity. Their duties include their remaining active in their society, sharing their wisdom and experience and adapting themselves to change."

Professor Ogawa Takeo, President of Asia Aging Business Center, who presented, *Possibilities of Social Business around Social Contribution in Later Life* was also an interesting keynote speaker. Nan thought Professor Kathryn Braun, President of Active Aging Consortium in Asia Pacific, summed up the value of older people well in her paper *Social*

ASCCA NOTICE BOARD

17 - 25 August, 2013 - Queensland Seniors Week

1 - 7 October, 2013 - Tasmania 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! Don't forget you may be eligible to make an application for funding to help with travel and accommodation costs if you are a member of a club outside Sydney. To find out more contact ASCCA Phone 02 9286 3871 or go to the website www.ascca.org.au

HAVE YOU SENT IN YOUR ENTRIES FOR THE ANNUAL ASCCA COMPETITIONS YET?

Continued from Page 1 **A wonderful opportunity for ASCCA ...**



Contribution of Older Persons: European Region Perspective. She spoke of the many ways older adults are ALREADY contributing to society and included care-giving, paid work, volunteering, civic engagement and financial contributions. Professor Braun also stressed the important need for individuals, society and policy makers to encourage and reward the various social contributions of older people.

The next session was a show case of best practice with four speakers, including "our" Nan, who showed some of the positive ways the *Australian Seniors Computer Clubs Association Contributes to the life of Seniors*. Janferie Bryce-Chapman, Executive Officer of New Zealand Age Concern, shared positive ideas from her country through, *New Zealand Contribution in Later Life*. Daisuke Watanabe, Research Fellow of Japan International Longevity Center presented insights on *Productive Ageing in Japan: Life-course based approach for retired men in urban area*; while Chang Gi Jung, Center Manager of Senior Social Contribution Center, The Hope Institute, based his message about the *Potential of Older People's Social Contribution to Aged Society* on Hope Institute Programs.

The conference ended with open discussion between presenters and audience and the

official opening and Welcome Reception of the 20th IAGG World Congress of Gerontology and Geriatrics was held for an incredible 4.000 attendees, in the evening.

On the fourth day of Nan's Korean visit the guests travelled by bus to Busan, which is the second largest city in the Republic of Korea, where they were warmly welcomed to Busan by the Vice-Mayor of Busan Metropolitan City, Lee Young Whal. Here she participated in the 8th Busan Active Aging Conference in Asia Pacific and The International Anti-Aging Expo. Lee Young Whal spoke of an ambitious plan to make Busan "*The Mecca City of the Anti Aging Industry*" and there was a declaration to this effect on the second day of the conference.

Kathryn Braun, posed some provocative questions for consideration at this conference which utilised a panel format. The topics discussed, each had 5-7 panellists with each person having seven minutes to speak before open discussion from the floor was encouraged. Nan said; "It became quite clear that most of us didn't like the term anti-aging but we didn't decide what was the preferred name. I opted for Positive Ageing."

The next day the main speakers and the panel were more along a medical mode with the topic, *Will Anti-Aging be the Answer for Longevity?* The keynote speaker was Robert Goldman (USA) who is physician co-founder and Chairman of the Board of the American Academy of Anti Aging Medicine and Chairman of the World Anti-Aging Academy of Medicine.

The finale - an afternoon a tour of some of the amazing facilities in Busan; followed by an incredible dinner, complete with traditional entertainment at a place aptly called *The View*.

Fact or fiction? Stereotypes of older Australians - Research Report 2013

The Australian Human Rights Commission launched their latest Research Report, "Fact or Fiction? Stereotypes of older Australians" in Sydney on Friday 21st June with a large contingent of media delegates and some advocates for seniors and seniors organisations including Joan Craymer, ASCCA Vice President. Wendy McCarthy, who is a long time advocate for women's rights through her involvement in many organisations seeking reforms, was an impressive keynote speaker at the launch .

The "Fact or Fiction" Research was undertaken to discover the sources of - and the reasons for - continuing dissemination of "negative stereotypes or misconceptions about older people" which "Ignore individual differences and the rich diversity of older Australians". The Hon. Susan Ryan, Age Discrimination Commissioner, put this perfectly in the Foreword of the published report when she wrote;

"Research has yielded some challenging results, revealing the prevalence of negative stereotypes within media and advertising portrayals of older Australians. Of equal concern is the under representation of older people in the media. Significantly, the stereotypes and invisibility have influenced perceptions of the younger generations, created negative employer attitudes and impacted negatively the way older people view themselves.



My hope, in publishing this research, is to promote greater awareness of the damaging effects of negative stereotypes on the lives of older people and on the cohesiveness of our society. Following increased awareness, I hope that decision makers will look to change the way they present older Australians. There is much scope for constructive collaboration between media, advertisers and corporate Australia to present older Australians in a more accurate, balanced and diverse manner, to reflect more realistically their value, capability and experience. The benefits for our economy, for corporate Australia and for older Australians themselves, are clear."

Several quotes from the report and a discussion with one of the members of the Ibis Research Team, indicate age discrimination may be the "last frontier" of discrimination.

"If you look at discrimination based on sex or

sexual preference or religion it's [age discrimination] sort of more socially acceptable to joke about and for banter." (26-34 years)

"It just doesn't seem to have that sting to it. If you look at other things like religion and sexual preference and sex and so forth, it's so careful and there are such stringent HR policies and other things – whereas people seem to be able to have a laugh about the old bastard or something like that." (26-34 years)

"There also appears to be some link between the consumption of social media and negative attitudes. Those who are more likely to be classified as holding predominantly negative attitudes (including younger respondents, university graduates, and full time workers) are also more likely to be accessing social media (such as Twitter and Facebook), when compared to those who are not classified in this manner. Findings from the audit of social media identify that peaks in social media discussion about older people are focused on reports of older people as the victims of crime, or as otherwise physically vulnerable or at risk of illness."

You may wish to download the full Report at:
<http://www.humanrights.gov.au/publications/fact-or-fiction-stereotypes-older-australians-research-report-2013>

The Human Rights Commission recognised the work of our President Nan Bosler and ASCCA in December 2012 when she was selected as a finalist for the Human Rights Community Individual Award – Tony Fitzgerald Memorial Award (sponsored by iHR Australia).

At the top of our ASCCA webpage you will see, "Our mission is to assist clubs to educate seniors in the use of computer technology as a way of enriching their lives and making them more self-reliant. We bridge the generation gap and assist seniors to find ways to benefit the community through their collective experience and knowledge."

We are proud of the work we and the members of our ASCCA clubs throughout Australia do to promote this ideal, which fits very neatly alongside the goals of The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations, who established World Elder Abuse Awareness Day (WEAAD) to be observed internationally on 15th June each year from 2012. You can see these goals on page 5.

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How could the Dividend Spectrum & Bandwidth Auction affect you?

The results of the Australian Communications and Media Authority (the ACMA) "Digital Dividend Auction", which started on 23rd April 2013, were announced on 7th May. The auction, which resulted in revenues of nearly \$2 billion, was held to reallocate radio frequency spectrum in the 700 MHz band (the 'digital dividend') and the 2.5 GHz band. Before the auction, where the successful bidders were, Optus Mobile, Telstra and TPG Internet, ACMA's Chairman Mr. Chris Chapman said; "By making spectrum previously required for analog television transmissions available to meet rising demand for high-speed wireless broadband, the digital dividend auction will well position the Australian telecommunications industry to deliver fast, ubiquitous and symmetrical mobile broadband connectivity to consumers and industry."

The *Radiocommunications Act 1992* gives ACMA the responsibility to ensure that the spectrum is allocated efficiently to maximise the overall public benefit. While the 700 MHz band will be available upon the completion of the Digital Switchover of TV by 31st December 2013, the 2.5 GHz band which is currently used for electronic news gathering (ENG) services; is being migrated to other parts of the spectrum. Because of similar licence characteristics both spectrum bands were included in the same auction. The "restacking" will clear 126 MHz of the spectrum and will see only the range between 520 – 694 MHz being used for television broadcasting while the 694-820 MHz range will be made available for other services.

Currently, a large number of low power wireless audio systems and devices operate under a class licence within the frequency range 520-820 MHz. It is said that equipment operating below 694 MHz "should still be able to operate" but the problem is - it could fall between 520 and 694 and a TV channel could be "restacked" to their allocated bandwidth.

This web page provides users of wireless audio equipment with information on the analog-to-digital television changeover process and how it might affect the use of their equipment.

<http://www.australianmusic.asn.au/awag.asp>

The Australian Wireless Audio Group (AWAG) is an industry representative group for users and suppliers of wireless audio equipment in Australia. As you will see if you visit the webpages they have been advocating for the

interests of industry and individual users of the spectrum through involvement in planning discussions, responses to government discussion papers and direct discussions with the ACMA. You can contact AWAG via the Australian Music Association on 03 9527 6658 or via radiomic@australianmusic.asn.au

It is difficult to define the users of spectrum for wireless audiovisual applications in Australia because of the wide variety of social, non profit and community users and small scale commercial users - as well as large scale users like theatres, television studios, major exhibition sites or special events.

Australia is also a vast country with densely populated urban centres and rural areas and also with the needs of users who operate over multiple sites in different parts of the country to be considered. A description of the many wireless audiovisual devices is equally challenging, but includes wireless microphones, wireless in ear monitoring pieces, wireless guitar transmitters and wireless video cameras owned and used by the full range of professional to private groups using equipment of a quality from "top of the range" to home use.

Apart from the fact that there is currently no close substitute for many of these analogue wireless products which address technical issues not possible with digital equipment; there is no probability of practical solutions to make them available for some time. However the development of more applications for wireless audiovisual devices, along with the availability of low-end devices imported from South East Asia becoming more wide-spread, will continue to increase the pressure on the spectrum allocated to these devices at an estimated 10 – 20 % per year.

The AWAG Website lists the key types of users in Australia as including:

- *Educational institutions including Schools (e.g. radio microphone at school assembly, school musicals etc), Universities and TAFEs;*
- *The convention and meetings industry;*
- *Concert promoters, festival organisers and other entertainment providers;*
- *Churches and religious institutions;*



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- TV, radio and other broadcasters;
- Performing arts organisations, professional and amateur;
- Music theatre groups – both professional and amateur;
- Independent musicians;
- The fitness/aerobics industry (eg instructor wireless microphones);
- Auctioneers;
- Major events (e.g. Grand Prix);
- Political parties (e.g. state and federal conferences); and
- Home users - as digital editing and voiceovers etc become easier with new lower cost home audiovisual technologies.

<http://www.australianmusic.asn.au/ClientImages/AWAG%20spectrum%20Map.pdf>

This webpage gives a good idea of some of the challenges that we may not give any thought to in normal circumstances. The Australian Wireless Audio Group did a survey and study of wireless audio use in Sydney on one night, Friday 27th March, 2009. The Lyric Theatre at Star Casino was using 46 Systems for a modern Opera performance and the Sydney Convention & Exhibition Centre was hosting the MTV Awards which involved 74 systems, while the Sydney Entertainment Centre used 62 Systems for a Conference for 12,000 people with a band, a choir, individual performers and audio visual replays and other live presentations. The Capitol Theatre used 40 systems, the Sydney Football Stadium 20 systems and news and current affairs teams covering events around the city were using around 58 systems. To understand the need to coordinate all this equipment, it is interesting to note all these venues are within a five kilometre



radius of the Sydney GPO. Why are all these systems needed we might be wondering? As an example a typical NRL match uses the 20 systems for on field television commentators, radio broadcasters, referee commentary, live entertainment and ground announcements.

This webpage suggests the problems increase as we add to this, all the bars with live music, the Sydney Opera House which runs 42 systems, the Seymour Centre, the Recital Hall and all kinds of other public places like sports clubs, gyms, schools, amateur theatres, other hospitality venues and more - also within a close area of the city. The point is made, that "Whilst this snapshot is an illustration of just one area of Sydney, at a specific time, the pattern is repeated across greater Sydney, in Melbourne and to varying degrees in all other capital cities, plus regional cities throughout Australia."

If all these activities were to stop because they are not given sufficient access to the spectrum needed to continue, there would be a huge economic and social impact. Without even considering the not for profit and small operators, this is an industry that provides an estimated benefit to the Australian economy of between \$291 - \$714 million.

The Editor acknowledges references to documents and websites from various sources, including ACCAN, ACMA & AWAG. On page 40 of the June 2013 Silicon Chip Magazine, the article "Wireless Microphones & Digital TV" by Ross Tester, is also worth reading before purchasing any new equipment. To find out about the "Retune" it may be useful to refer to the item "Now it's time to prepare for the 'Retune'" on Page 6 of the May ASCCA Newsletter.

Continued from Page 3 **"Fact or Fiction? Stereotypes of older Australians"****Goals of the International Network for the Prevention of Elder Abuse and the World Health Organization**

- Empowering Elders to exercise their rights and advocate on their own behalf
- Raising Awareness of Elder Abuse among older persons and the general population
- Educating Professionals and the Lay Public to acknowledge older persons' contributions to society, and to recognize and report abuse
- Encouraging Intergenerational Relationships to the benefit of all.

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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.

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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.

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.

Showcasing the benefits of high speed broadband

T.H.E Exchange (Technology, Health & Education) aims to showcase the benefits of high speed broadband and is the only event of its kind on the Mid North Coast. The event has been held in Coffs Harbour for the past 2 years and has been so successful that as well as the **Coffs Harbour** Event to be held on July 20 this year, scaled versions of the event will be held in the local government areas of **Nambucca**, July 23; **Taree**, July 26; **Bellingen**, July 30; **Kempsey**, August 1; & **Port Macquarie**, August 2.

The free event, organised by Regional Development Australia –

Mid North Coast, will see speakers and exhibitors demonstrate the benefits of higher broadband speeds and the use of technology to businesses, individuals and the entire community on the Mid North Coast.

T.H.E. Exchange will be open from 10am – 6pm in each location and is free for businesses and the community to attend. It will provide information and hands on demonstrations on how the NBN works and how it can benefit you.

For more information or for FREE registration, please visit: www.theexchange.net.au

Australian Government Express Plus Seniors App

The Federal Human Services Minister, Senator Jan McLucas and ASCCA President Nan Bosler OAM are pictured using Centrelink's new Express Plus Seniors App which has been launched 13,000 times since it became available in December 2012. The App is now available free at the iTunes App store for iPhone, iPad and iPad touch devices. Its Android version for android devices can be accessed by visiting the official Google Play store.



More than 2.2 Million pension

holders in Australia are already registered with Centrelink to use its online services. This latest mobile App will be a great asset to travelling seniors to keep track of their pensions and other monetary benefits.

Pensioners using the App can view and add their personal details, claim an advance and even place requests for their Centrelink statements through their Smartphones or tablet devices. If your preference is to visit Centrelink you will still be very welcome.