# Australian Seniors Computer Clubs Association
## ASCCA

## NSW Seniors WEEK
### 15 – 23 March 2014
### www.nswseniorsweek.com.au

## Live Life!

# ASCCA Events for NSW Seniors Week 2014

*Supported by a NSW Seniors Week Grant*

## Inside this Issue

**ASCCA's "own" NSW Seniors Week Ambassador, President Nan Bosler OAM will be a welcome "guest".**

You will find details about **"WHAT, WHERE & WHEN"** on pages 2 and 3 of the Newsletter, but you will all be very interested in the **"WHO"** even if you are unable to join us in Sydney for the exciting **ASCCA Technology for Health & Wellbeing EXPO** on Friday 21st March.

**Seniors Matter Online – Starts at Sixty is making sure of it.** At the Health and Wellbeing Expo **Rebecca Wilson** will talk about building a movement of Seniors online, using social media to build strong community bridges. Learn how we can all become Senior "Bloggers", sharing our knowledge and life experience online. "Sixty is no longer old by today's standards", says Rebecca who started a website **Starts at Sixty** just a year ago. It now brings together rapidly growing numbers of over 60s people online in Australia each month. Exciting content for this growing group, includes travel, motivating and interesting topics and stories, along with a real sense of community. www.startsatsixty.com.au

**Gail Kenning** is a UK-born Australian whose life is immersed in creative pursuits, both practical and theoretical. She was awarded a PhD Art Theory from the College of Fine Art (COFA), University of New South Wales (UNSW) in 2009 and is currently a Lecturer at COFA and the UNSW. Gail is a Research Associate at the University of Technology Sydney and has worked as a Research Associate at the National Centre for Experimental Arts (NIEA) UNSW. Her passions for computers and new technology, textiles, crafts and appropriate and stimulating crafty pursuits, particularly for older people and those with dementia drive her in her research. Gail is currently working on a collaborative project in relation to the use of digital media and craft to promote wellbeing and to add fun into the lives of people. She is working on this project with Dr Cathy Treadaway, at Cardiff Metropolitan University, UK.

Watch out for more details about our **Special Guest Speaker.** http://www.ascca.org.au/

**STOP PRESS - Howard Bashford is booking flights to come to the EXPO to bring us up to date with FinerDay**

## ASCCA NOTICE BOARD

**15 – 23 March, 2014** - NSW Seniors Week  -  www.nswseniorsweek.com.au

**19 & 20 March, 2014** - ASCCA Free SKYPE Taster Sessions - See details below

**Friday 21 March, 2014** - ASCCA Free Technology for Health & Wellbeing EXPO - see details below or at  http://www.ascca.org.au/

**Sunday 30 March, 2014** - Neighbour Day - Australia's Annual Celebration of Community http://www.neighbourday.org/

**15 & 16 April, 2914** - Seniors Days at Sydney Royal Easter Show 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

**October, 2014** - Victorian Seniors Festival

**12 - 18 October, 2014** -  Carers Week

**November, 2014** -  Western Australia Seniors Week Festival

**November, 2014** - 16th Annual ASCCA Computer Conference for Seniors in Sydney

## Free SKYPE Taster Sessions
### Dates: 19 & 20 March 2014
**Venue: ASCCA Learning Centre, Level LG 280 Pitt Street, Sydney NSW 2000**
**Bookings are essential, Phone 9286 3871**

| Time | Day One Wed 19th March | Day Two Thu 20th March |
|---|---|---|
| 10.00am - 11.00am | Introduction to Skype Hands on | Introduction to Skype Hands on |
| 11.30am-12.30pm | Introduction to Skype Hands on | Introduction to Skype Hands on |
| 1.30pm - 2.30pm | Introduction to Skype + connection to Southern Highlands Computer Users Group, Bowral.  Hands on | Introduction to Skype + connection to Tamworth & District Seniors Computer Club.  Hands On |

## Mark Young's Tech Info & Course Notes for ASCCA Clubs

The informative and often very timely course notes, tips and hints and technical updates that Mark Young has been sharing via email with all our ASCCA Clubs has been very much appreciated by a number of members who have asked us to thank him for his generosity in sharing his expertise with them.  Please make sure that Mark's valuable work is passed on to the people in your club who will benefit.  **Thanks Mark**

**We Seniors are not the problem, but we can be part of the solution!**

By 2030, two-thirds of the world's population will be residing in cities. Furthermore, by that time, the major urban areas of the world will see 25 per cent or more of their population comprised of people aged 60 and over.

# You are Invited to ASCCA's Technology for Health & Wellbeing EXPO

**Friday 21st March, 2014 at 9.30 am - 2.30 pm**
**Level 1 SMSA, 280 Pitt Street, Sydney**

For catering purposes, your **RSVP** is required for this free EXPO: **9286 3871** or ascca@assca.org.au
**Information Stands** will be available from 9.30 until 2.30 and there will be helpful people to explain and demonstrate.  **From 10.30 until Noon there will be a number of interesting speakers**

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| ASCCA  www.ascca.org.au/ | Android and iPad Tablets on display | Ask questions and see how they work |
| www.ascca.org.au/ | Where is the nearest ASCCA Club? We will find it for you now. | How could you start a new Club in your neighbourhood? |
| NSW Fair Trading - www.fairtrading.nsw.gov.au/ | Useful publications & Information | Giveaways - magnets, pens etc. |
| NSW Trustee & Guardian www.planningaheadtools.com.au | "Get it in Black & White" -  Wills, Power of Attorney, Enduring Guardianship | A perfect time to get unbiased advice and information |
| U3A Network NSW www.nsw.u3anet.org.au/?page_id=1434 | View the new *Balance 'n Bones* exercise DVD | For a fun easy workout aimed to increase flexibility, balance, co-ordination and  bone strength. |
| SKYPE - live at 12.15 pm | Sarah Claydon Aged Care Facility, Milton, Ulladulla. | See first hand how you can communicate - say Hello! |
| Starts at Sixty www.startsatsixty.com.au | News, blog and information website and online community for seniors and over 60s in Australia and New Zealand. | written for by expert and community contributors on a wide variety of topics of real interest to seniors. |

## Mitchell Theatre Presentations from 10.30 am - Noon

After arrival and Registration and collecting your ticket for a delicious free boxed lunch, a cup of tea or coffee will be available.  Please take time to visit all the EXPO Stands and talk to the experts who will be available.

Then take a seat in the Theatre where there will be a number of interesting Presentations between 10.30 and Noon; followed by additional time to explore the stands and get more information before lunch arrives.  As usual Nan has been working hard to organise a varied and interesting program. However, as we go to "press" with our Newsletter, there are still some exciting details about presentations not yet finalised.

As usual you will not be disappointed, so **keep an eye on the ASCCA Website and BOOK NOW!**

# Quantum Low Vision Awareness Seminars in Sydney

Some of our Sydney members may find it helpful to attend one of two **Quantum Reading Learning Vision's Low Vision Awareness Seminars** to be held in April.  On Thursday 10th April from 10.00 am - 12 noon at 1/2 Pioneer Avenue, Thornleigh, NSW and on Friday 10th April from 2.00 pm - 4.00 pm at 367 President Avenue, Gymea, NSW, visitors who have booked a place will be able to try out the latest products available to help with sight problems. There will also be a presentation by an international low vision expert on the latest developments.  To reserve a place contact Quantum Reading Learning Vision by Phone: 1300 883 853 or email them at info@quantumrlv.com.au

**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 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.

**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**:
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.

# Congratulations to David Leonard OAM

**David LEONARD**, who was the founder of the **Hills of Gold Computer Club** at Nundle was honoured on Australia Day with a Medal of the Order of Australia (OAM) for service to the community of Nundle.  Although Nundle and nearby Hanging Rock have only a small population of about 300 people, this is an area where many tourists like to stop off and enjoy the beautiful countryside and all the history of this 1850s to 1889 Gold Rush area at the start of the Fossicker's Way Touring Route.

It is because of the enthusiasm and community building efforts of David and the people who have worked with him in the small but important organisations mentioned in his Official Citation, that more and more tourists are discovering that Nundle is a lovely place to visit. Certainly, those who live there enjoy the sense of community and appreciate all that David has contributed.  Take a moment to read the full citation listing of David's well deserved award. It is not just a list—it is a real inspiration.

President, Nundle Sub-Branch, Returned and Services League of Australia, since 2012;

Current Trustee and Pensions Officer; Member, Returned and Services League of Australia, since 1966.

Current President, Nundle Bushwalking Club; Founding Member; Secretary.

Current Secretary, Nundle/Hanging Rock Mature Men's Group; Founding Member.

Current Secretary, Nundle Australia Day Committee; Vice-President; Member, for many years.

Chairperson, Nundle Retirement Village Management Committee, 2012; current Committee Member.

Member, Nundle/Hanging Rock Volunteer Support Group, Westpac Rescue Helicopter Service, since 2005; Foundation Member.

Current Secretary, Nundle and District Lions Club.

Current Member, Nundle Community Development Committee.

Current Member, Tamworth Masonic Lodge.

Volunteer, Nundle Visitors Information Centre, 2008-2013.

President, Nundle Sport and Recreation Club (formerly Nundle Bowling Club), 1999-2006; Foundation Member.

Chairman, Hanging Rock 150th (gold rush) Anniversary Celebrations, 2001.

Founder, Nundle Computer Club.