

# Australian Seniors Computer Clubs Association **ASCCA**

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## Commonwealth Games Baton

Microsoft provided ASCCA clubs with an exciting once in a lifetime opportunity for one 'sprightly' senior. Did we have a member living in or near Noosaville who could carry a baton for 500 metres?

David Harrison of Edgewater Village Computer Group was chosen as ASCCA's representative and he carried the Queen's Baton high for each and every one of us. Congratulations David, We are glad that you enjoyed the experience and hope that it will be yet another memorable event to add to your life story.

The 2006 Commonwealth Games baton had travelled more than 180,000km and visited 71 nations and territories when it arrived in Noosaville on 2 February.

The much loved Games tradition, where the Queen writes a message to the athletes and encloses it in the purpose-built baton, has come a long way since it started about 50 years ago in Wales. The first international baton relay was held for the Kuala Lumpur 1998 Commonwealth Games, and by 2002 the baton had increased its mileage to more than 100,000km and visited 23 nations.

This year, for the Melbourne Games, which start on March 15, the baton will have travelled across land, air and sea. It will have been carried by tens of thousands of relay runners and been on board many modes of transport, from bicycle and wheelchair to hot air balloon, steam train and even elephant and horseback. According to Baton officials, this is the longest, most inclusive, relay in the world.

### Australia Day Honours

Congratulations to June Hazzlewood (Launceston Tas.) who was awarded the Medal of the Order of Australia in the Australia Day Honours list "For service to the community contributing to aged care organisations"

### ASCCA's 2006 Residential Workshop

## Digital Photography & Family History

will be held on May 8-9 on the NSW south coast

at the Kiama Leagues Club

Bring your caravan and stay at Easts Beach Van Park; Hire a cabin at the Blowhole Point or join us at the Kiama Terrace Motor Lodge next door to the Leagues Club. Visit the Kiama Family History Centre.

Registration cost \$145.00

Discount registration is \$100 for ASCCA club members

Registration forms will be available later in February  
Email your expression of interest to the ASCCA office now on  
[office@seniorcomputing.org](mailto:office@seniorcomputing.org) or phone 9286 3871

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## SYSTEM RESTORE & Viruses

System Restore is a great feature and can be used to "go back" to another point in time. This is useful if you install new programs, new hardware, new drivers, etc. that cause serious problems with your computer. System Restore can save the day in situations like these.

But System restore cannot restore your computer to a pre-infected time and help you avoid a recent infection by virus, trojan or worm. System Restore only restores certain files; many files, like email, documents, etc. are not restored and the virus could be lurking anywhere on your system including places that System Restore does not touch.

Therefore, don't count on System Restore to back out of a recently acquired infection.

*Thanks Westlakes.*

*This is the perfect time to ask if you have recently updated your anti virus Software!!*

**Give it a go!**  
Create an entry for the "Realising Potential through Teamwork" competition

## New Closing Date!

Closing date for the Commonwealth Games "Realising Potential through Teamwork" competition has been extended to 10 February.

Full details are available on the Members only page. You could be the winner for your state! Entries are to be submitted online by 4.00pm, 10 February; <http://www.microsoft.com/australia/up/competition/>

Grand prizes include two tickets to the Commonwealth Games, flights, accommodation and spending money. Runner-up prizes include xbox packs.

For all UP Centres associated with grand prize winning entries, DELL will donate two printers to the centre. Cadburys will donate a chocolate pack to the centre for all to share.

There is still time! Get your entry in by 10 February! Then look for your name in the winners' list on 5 March 2006!

**Congratulations** To the Irish rock star **Bono** and **Bill Gates** and his wife **Melinda** who have been named winners of the Time magazine's **Persons of the Year** award. They have made a real difference in the fight against Malaria, AIDS and Global Poverty. Bill Gates, the founder of Microsoft and his wife Melinda were named for their Gates Foundation work. The charity is the world's biggest with a \$US29 billion endowment. It funds hundreds of projects globally mainly public health from vaccinating children to developing drugs. Bono said Gates' reputation for business savvy was a plus, and added "...when Bill Gates says you can fix malaria in 10 years, they know he's done a few spreadsheets."

*Thanks Northern Beaches*

## Research assistance requested

Caroline Howe is currently completing a PhD in Behavioural Health Science/Rehabilitation Counselling at The University of Sydney, and would like assistance with her research study, *Older People and Life Project*.

The focus of this study is to explore, on an international level, the effects of retirement particularly looking at the effect of retiring out of your country of origin. Using Internet research methods, we are looking to invite anyone over the age of 18 to complete our online survey, investigating their demographic environments, varying stress levels experienced, and a variety of short answer questions to generate discussion and further research into this area. The research website is <http://www2.fhs.usyd.edu.au/arow/opal/>

Any participants will be assured anonymity in their involvement, and the ability to freely withdraw from the study at any time without discrimination or prejudice.

If you would like further information please feel free to contact me. [C.Howe@fhs.usyd.edu.au](mailto:C.Howe@fhs.usyd.edu.au)

## Thank you Wal!

Wal Anderson died on New Years Eve, in New Zealand. He and his wife, Ruth, accompanied by Tim, their second son, left Sydney on Christmas Day for a long-planned holiday visiting their eldest son Stephen and his family.

ASCCA is proud and grateful that Wal was part of the inaugural management committee of ASCCA and was our first development officer. He had the insight to know how important technology was for seniors. Others also saw the value of seniors computer clubs but none could match the considerable time and effort that Wal put into helping others learn how to use a computer.

He was highly respected and as a foundation member he was important to the establishment and growth of Forest Computer Pals for Seniors and then many other seniors computer clubs, particularly those along the Northern Beaches of Sydney.

He was quickly appointed ASCCA's first club development officer (known then as the club liaison officer - the name was changed to clubs development officer when we employed our first paid staff member in 2001) and went on to help establish clubs across the metropolitan area of NSW.

Wal has earned a very special place in the history of ASCCA and the development of Seniors Computer Clubs.

## Microsoft National Conference

ASCCA delegates representing 19 clubs attended the first national UP Conference in December. Good presentations, lots of networking and good facilities made it memorable. Thanks Microsoft!

Microsoft Senior Director, Akhtar Badshah, attended the conference and was able to do several site visits while in Sydney. Forest Computer Pals for Seniors welcomed Beth Worrall and Akhtar to their centre so that we could show them just how a Seniors Computer Club works! Thanks Forest!

## USB Thumb/Flash Drives

USB "thumb drives" are becoming more popular (and more affordable). Some are the size of your finger and can hold the same amount of data as a CD-R.

Each time you plug it in, your PC assigns a drive letter automatically—but what if you want it to have a name?

Easy. Just double click "My Computer", right-click the drive letter and select "Properties". Type in the new name then OK.

This can also be done with USB card readers. Especially with the kind that read several different types of card. You can label each drive according to card type: SM (Smart Media), CF (Compact Flash), etc. When you put your media card in, the name will come up so you know which drive letter has the card in it.

*Thanks David, Westlakes Corroboree Net*

## Live Life!

Planning is well underway for Seniors Week in NSW which will be celebrated between 2 & 9 April this year. The theme is Live Life. Clubs Development Officer, Margaret Tucker, has prepared a special website for Seniors Week activities. More details of club activities which will *ring Sydney and spread out into the regions* will be added as clubs finalise their program for 2006. ASCCA is proud to be working with DADHC and the Public Trustee to organise some special TechnoSeniors events and activities. View the website on <http://www.seniorcomputing.org/SeniorsWeek06/TechnoSeniors2006.htm>

## Pass on this Newsletter

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 forwarding it.

The newsletter can also be read and/or downloaded from our website, [www.seniorcomputing.org](http://www.seniorcomputing.org)

You are welcome to copy items from this newsletter but acknowledgment of ASCCA is required.

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## DIARY



Here are some important dates for ASCCA's 2006 diary. Full details will be available closer to the various dates. Agenda for the March Members' Meeting will be forwarded to all clubs by mid February. Additional events and activities will be advised when dates have been finalised. Special websites will be set up for the residential workshop in Kiama and the 8th Conference in Sydney. Watch for details about the first Queensland Computer Conference for Seniors.

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|---------------|--|
| 14 March      | 10.00 am Members Meeting, Level 1, 280 Pitt Street, Sydney   |
| 2—9 April     | NSW Seniors week— full details on website:<br><a href="http://www.seniorcomputing.org/SeniorsWeek06/TechnoSeniors2006.htm">http://www.seniorcomputing.org/SeniorsWeek06/TechnoSeniors2006.htm</a>  |
| 6 April       | <i>Looking Forward</i> , the next 30 years in Telecommunications, organised by TCGSA and Berri Senior Citizens Club Inc. South Aust. Registration or details available from <a href="mailto:butters@adam.com.au">butters@adam.com.au</a> |
| 7—9 May       | Digital Photography & Family History Workshop—Kiama on the South coast of NSW. See page 1  |
| 14 June       | 10.00 am Members' Meeting, Level 1, 280 Pitt Street, Sydney  |
| 28 August     | 4.00 pm Closing date for 2006 ASCCA Competitions for Digital photography, Best Newsletter and Best Website. Entry forms will be available on the Members Only page in March 2006   |
| 5—6 September | 8th Computer Conference for Seniors— Sydney  |
| 9 November    | 10.00 am ASCCA Annual General Meeting and announcement of winners of 2006 competitions   |

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 membership is \$100 per year. Corporate Membership is also welcome.

If you fit one of those categories and are interested in joining **ASCCA** please go to our website [www.seniorcomputing.org](http://www.seniorcomputing.org) or email [office@seniorcomputing.org](mailto:office@seniorcomputing.org) to find out how to start a club or read some of the advantages of joining **ASCCA** if you are an existing club. You can download an Application Form.

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