

Australian Seniors Computer Clubs Association **ASCCA**

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ASCCA Conference web pages now online

If you are wondering if there will be something to interest you at the 11th ASCCA Conference, wonder no more – now that the Conference web pages <http://www.ascca.org.au/conference2009/index.html> have gone live on the ASCCA Website you can find out for yourself why you should not miss this wonderful opportunity. Each day will begin with an exciting and varied morning program of presentations and forums and after lunch your choice of technical, training or just enjoyable learning based break-out sessions, will finish back in the auditorium with a topic of interest to everyone. The only problem will be which of the three options to choose for the two concurrent afternoon sessions on each of the two days. To sharpen your interest the choices for just one of the four break-out sessions are described below.

The first Concurrent Session on Day one offers the wisdom and technical expertise of Paul Wallbank who is the founder of "PC Rescue". You may know him as the computer expert for the ABC Sydney Weekend and Nightlife programs who has for eight years been giving down to earth answers to the everyday computer problems of ordinary people like us. Paul can make sense of the "tricks" that the computer industry and the "computer savvy" generation play on us to make us believe they know all the answers.

The next offering for this session will be training with Alan Hadley who is a Photography and Photoshop Tutor from Westlakes Seniors Computer Club. Without all the physical effort and misery of those people who appear on the TV program that allows them to look ten years younger in ten days, Alan will show us how to use the magic of Photoshop Elements to painlessly remove blemishes, reduce lines, and enhance the appearance of the people in our portraits, to make them look "Ten years Younger in Ten Minutes". He could probably show us how to add extra kilos and yellow the teeth of people we don't like so much as well if he chose to!

The third choice for the session is "Creative Emailing and Watermark Stationery" with Annette Stuckey who is also a trainer from Westlakes Club as well as a Director of ASCCA. Annette will show you how much fun you can have on your computer and where to download and use an array of email stationery. She will also show how to create your own unique watermark stationery in Microsoft Word programs.

Go to the website to find out about the rest of the program, and if you are coming fill out the easy Online Registration form. It would be a good idea for clubs to print out copies of the Registration Form and the Program and make them available for those members who do not have access to the internet. Some Sydney Clubs are organising car pooling and even closing down lessons for the day so as many members as possible can come and enjoy the conference. We hope to see you there!

Funding opportunity for interstate & country NSW Clubs to attend the Conference



We realise that travel and accommodation costs can make it very difficult for interstate and country NSW clubs to attend an event in Sydney. Because of generous funding provided by *The Senior* and *DonorTec* we have been able to allocate a budget of \$4000 to help meet some travel and accommodation costs to a maximum of \$500 for any one club. One sponsorship will be allocated to each state and there are two additional sponsorships available for a second worthy delegate from each of two states. It can be for one person from your club, or distributed evenly among members of your club who are planning to attend as a group. Contact ASCCA for an Application Form which should reach us at Level 4, 280 Pitt Street, Sydney NSW 2000 to reach there no later than 5.00pm on Friday, 10 July.

Preference will be given to clubs who have not previously received financial support through ASCCA to attend the conference, and ASCCA's decisions are final.

ASCCA Notice Board - Dates to Remember in 2009

Tues 18 – Wed 19 August - 11th ASCCA Conference – Powerhouse Museum
 19 November 2009– ASCCA Annual General Meeting and Announcement of 2009
 ASCCA Competition Prize Winners

June ASCCA Members Forum - An Informative Meeting

On Tuesday 9th June the ASCCA eSecurity Forum and Members' Meeting had a number of presentations of great interest. Two officers from the Australian Federal Police spoke about some of the ways we should protect our computers and ourselves from attacks by thieves and scammers. It is rather disconcerting to hear just how many villains are out there trying to take advantage of any lack of security in any situation. We learnt that we have to be particularly vigilant when using wireless connections, and were given tips about using a strong encryption key and restricting how many people in the neighbourhood can "see" our wireless network. We were told that to give your credit card number over an insecure wireless network is equivalent to standing on the corner of a busy street and shouting the number out loud for everyone to hear.



Tony Lenn and Sirkka Duncan from ASCCA who attended "The Power of Videoblogging" workshop with Jay Dedman and Rynne Hodson on 13th May at the Connecting Up™ Conference shared some of the highlights of the presentations they enjoyed. David Bennett from Northern Beaches Club brought along his Apple Mac Computer to give a demonstration of all the features he loves. He is very excited about the expert presentation from Apple that will be given at the ASCCA Conference in August. Tim Connell, Managing Director, Quantum Technology expertly demonstrated "A Simple Interface for the Novice PC User" and introduced us to an exciting range of useful ideas.

In the "Clubs Speak Out" segment Diane Brentnall from ASCCA gave some good tips for holding meetings that are fun as well as informative, and gave some ideas about finding good reliable and interesting speakers. Deborah Martin from Computer Pals for Seniors Parramatta told us about the interesting work the Parramatta Club has been doing in offering computer training to community groups. Next Sandra Brophay from Forest Computer Club, and Dorothy Soper from ASCCA and Turramurra Computer Club fascinated us with some of the "future" and "almost arrived" technologies that almost seemed like something from an old Jetson's cartoon. Their presentation included "surface computing multi-touch technology" where the computer appeared to be like a coffee table surface with no tower, no mouse and no keyboard. We watched a video where a camera took a photo and "showed" it to the surface computer which then recognised and accepted the image. Incredible technology! The opportunity for questions to the panel was eagerly taken up.

Good or Bad - It's time for you to have your say!



In the 2009 Older People Speak Out (OPSO) People's Choice Media Awards, YOU are invited to nominate any media item, good or bad, which features Seniors and to say in no more than 50 words why you think this item deserves an award. Media stories on seniors, whether print, electronic or photographic, whether political, business, social or intergenerational are important.

They not only help to inform the public, they also help to break down the negative stereotypes about older people. Equally important, such stories and photos are changing the way we seniors regard ourselves and are bringing to many a new self-image. Significantly, they emphasise the realisation that there never really is a need to "retire". Entries close on 12th October, 2009 and all winners will be awarded prizes at an Awards Ceremony in Brisbane on 23rd November, 2009.

You can find more about the Media Awards and download Entry Forms from the OPSO website www.opso.com.au or from the seniors portal at www.seniors.gov.au, or you can contact them by telephone on 07 30027612 to ask for an entry form to be sent to you by post.

Remember the ASCCA Conference on Tuesday 18th August will offer the opportunity for you to hear Journalist Val French AM, the inspirational founder and President of *Older People Speak Out*. Val initiated the Queensland and National Media Awards to help address negative ageing and we are excited about the prospect of hearing her Keynote Address.

Your Club - ASCCA - and You

Thanks to a member of one of our Seniors Computer Clubs for these thoughts on the wonderful potential ASCCA and its Clubs can develop through cooperative interaction. He has offered his thoughts for publication but wishes to remain anonymous.

It is a privilege to belong to our club, where a wide selection of courses is offered at nominal cost. You have the choice of just making use of the tuition, the friendship and the support the club offers - or you can also choose to derive more satisfaction by giving your help to other members in some capacity.

YOUR CLUB – Your club is a volunteer community organisation which has progressed rapidly. It is providing a service to seniors, that it is impossible to measure. It consists of a number of members who have made a conscious decision to teach all members to become computer literate in their later years. These volunteers tend to be members of the community who demonstrate a pattern of service in other organisations such as Probus, Senior Citizens, Church and Community Aid organisations.

The resulting benefits which the club achieves are impossible to measure. While the many practical benefits derived by members are often obvious, ongoing research is increasingly proving that the benefits to the mind generated by computer learning are of even greater benefit. Computer learning is right up there with the best ways of warding off memory deterioration and the onset of dementia in all its forms, including Alzheimer's. In one sense we are only scratching the surface of the almost endless potential for the club to extend this work in the community.

ASCCA – If you look at the Australian Seniors Computer Clubs Association Website <http://www.ascca.org.au/> – you will see the statement, "ASCCA is the national peak body for seniors and technology". This means you can obtain assistance in establishing a computer club for seniors anywhere throughout Australia where a need exists. There is also support and assistance to existing clubs, with the development of resources – such as training manuals; help in networking between the 140 member clubs throughout Australia and other seniors organisations and corporations; and liaising with all tiers of government.

When we consider ASCCA and its many clubs we start to look at painting on a very broad canvass. The President Nan Bosler had the vision to see the potential of Computer Pals with the establishment of ASCCA, and she continues to plan for the future. The Australia wide potential of this organisation which already encompasses all states and territories is unlimited. We are already seeing examples of its global impact with Nan being invited to speak at several international events. ASCCA is a judicious blend of volunteers supplemented and supported by a small paid staff. You should use its Website and its Newsletters to find out more. **AT LAST! – WHAT YOU ENJOY IS GOOD FOR YOU!** An article on page 3 of the ASCCA Newsletter in February gives an insight into the potential of learning to use computers effectively.

The basic principle behind ASCCA is one of reciprocity. ASCCA works for the benefit of the clubs, and clubs have a major potential to assist in the work of ASCCA.

CONCLUSION - Whether it be ASCCA, the individual club or the club member we have a common goal; to educate and to enhance the life and health of our peers. By all means we should be aware of our past achievements and be proud of them, but we should direct ninety percent of our efforts towards planning the future.



Keith Harvey from Muswellbrook Seniors Computer Club reminds us that he has just received 100 free copies of the very informative Australian Government publication called "The Little Black Book of Scams" and the delivery took only a few days. The book highlights a variety of popular scams that regularly target Australian consumers and small business in areas such as fake lotteries, internet shopping, mobile phones, online banking, employment and investment opportunities. It also offers consumers tips on how to protect themselves from scams, what they can do to minimise damage if they do get scammed and how they can report a scam. You can order free copies from this link <http://www.accc.gov.au/content/index.phtml/tag/TheLittleBlackBookOfScams08>
A copy of this little book will be in the welcome satchels for all attending the conference.

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- Member Support: cdo@ascca.org.au
- New Club Support: cdo@ascca.org.au
- Training: training@ascca.org.au
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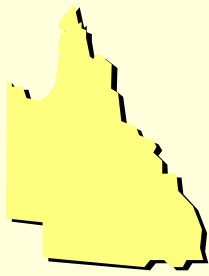
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ASCCA Members may be able to help in QCOSS History Project



The Queensland Council of Social Service (QCOSS) is celebrating its 50th anniversary this year. To commemorate this milestone event they have set up a special website where they are inviting members of the public to contribute to the QCOSS History Project at 50years.qcoss.org.au They are particularly looking for people who were involved in their development over the past 50 years to add life and interest to the history.

Perhaps we have some ASCCA members who have been involved and would be able to contribute and also enjoy reading the stories other people upload.

In the first phase of this project QCOSS have dusted off their archive boxes and are scanning the old minutes and other historical records. They are also interviewing people who have been connected with them over the years, but of course they can't talk to everyone. So the website has been set up with a "wiki" to allow members, former members, supporters, board members and staff to add their own personal part of the story and maybe even reconnect with some old friends.

If you would like more information or if you are unsure how to add your contribution or have pictures or other documents you would like to link please contact Linda on 07 3004 6819 or email history@qcoss.org.au.

This is going to be an exciting project to watch as there is already a youtube interview with a life member who was present at the Inaugural meeting in 1959. The website invites "Come on – share it all. The sweat, tears, heroic quests, quiet moments of meaning, laughs and scandals (?) – we want to know the highlights and lowlights of the last 50 years for QCOSS".

QCOSS has a statewide membership of nearly 600 and provides a voice for, and works for Queenslanders affected by poverty and inequality. It provides leadership on issues relating to social, health and community welfare while contributing to the national voice through membership of the nation-wide network of state and territory councils and the Australian Council of Social Service (ACOSS).

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.

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 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@sascca.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. You can download an Application Form.

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Newsletter Editor: Joan Craymer, Email: thewhistlers@optusnet.com.au Contributions are welcome.

Remember this is **YOUR NEWSLETTER**. Please take special note clubs outside Sydney and NSW.

Please forward contributions by email to Joan Craymer, thewhistlers@optusnet.com.au