

Australian Seniors Computer Clubs Association **ASCCA**

ABN 47 097 847 642

NEWSLETTER March 2007

Vol 9 No 2 ISSN 1446-862X

Digital Cinematography - Why Not?

At the recent Microsoft Conference, a film made with the help of the Cherbourg Digital Project in North Queensland was screened, and by the end, not a dry eye was left in the room. If those beautiful Aboriginal school children could make a film so good, so funny, and so sad; why wouldn't you want to learn those skills for yourself? We seniors have a long and interesting perspective on life to share. It is never too late to engage in this fascinating technology.

So why not come along to the 2007 Residential Workshop, *Digital Cinematography* which will be held on the 7 & 8 May 2007 at the Bimet Executive Lodge, 121 Union Street, Newcastle. Experienced presenters, including trainers from various clubs within our association will conduct the workshops and sessions. These will include *Microsoft MovieMaker, PhotoStory 3 and Storyboarding*. Participants will be divided into two groups; and while one group has practical hands on sessions; the second group will have presentations on Unwired, wireless networking, blogs and RSS feeds.

In the practical sessions participants will be helped to prepare an advertisement for an event of their choosing. This project will introduce participants to just one of the many ways in which this software can be used and give them a foundation for many exciting and satisfying creations.

The registration form and Workshop program is now available on our website. Go to www.seniorcomputing.org and click on the Newcastle Residential Workshop registration form, which is located in the What's the latest? Column, for details of cost, accommodation options and how to get there. There is a discounted cost for members of ASCCA clubs. A workshop Dinner will be held on Monday evening. Participants in this workshop will be limited to 50 people.

The workshop will also provide the opportunity for members from various clubs to meet and develop stronger networks with other groups of seniors or forge individual friendships. Seniors who are not members of Seniors Computer Clubs are also welcome to attend. Previous residential workshops have shown that there are many benefits, beyond acquiring technical skills, to be gained from the social interaction with other seniors attending.

Our venue is ideally located for you to consider spending extra time before or after the workshop exploring the beautiful Hunter Valley or historic Newcastle.

Another Australia Day Award

Our members from all over Australia are indeed an inspirational group of seniors. In addition to those awards reported last month, there was late news from Computer Pals for Seniors - Epping, of an award to one of their members. Paul (Bernard Paul) Bartels received his award for "*service to the community, particularly through Southern Cross Care and the provision of aged care facilities, and in the development and implementation of public housing policy in NSW.*"

Apart from his roles within Southern Cross Care, first as a board member and later as deputy chairman, Paul is also one of the volunteer guides at the Kokoda Track Memorial Walkway, Concord.

In his spare time he tutors English to migrants at St Anthony's Parish, Marsfield and has been a Justice of the Peace since 1952. He worked for the NSW Department of Housing for nearly 30 years. He has been a member of the Knights of the Southern Cross (NSW) for over 50 years.

Mark your Diary Now! Proposed dates for ASCCA 2007 events

- March 9 TCG S.A. Seminar - Mount Gambier Town Hall,
"Are your Telecommunications needs being addressed?"
- March 11- 18 NSW Seniors Week <http://www.nswseniorsweek.com.au/>
- March 13 Dubbo Expo/Seminar - Dubbo Memorial RSL Club
- March 13 Redfern Workshop - Redfern Community Centre
- March 16 Marrickville Expo/Seminar - Petersham Town Hall
- As promised last month, ASCCA has provided a website with full details of these Public Trustee TechnoSeniors events
<http://www.seniorcomputing.org/SeniorsWeek07/TechnoSeniors2007.html>
- April 24 Members Meeting; level 1, 280 Pitt Street, Sydney
- April Queensland Members Meeting subject to sufficient interest from local clubs
- May 7 & 8 Residential Workshop, Bimet Executive Lodge, Newcastle.
- May 14 - 20 National Volunteer Week - *See the change - volunteer!*
- June 13 Members Meeting; level 1, 280 Pitt Street, Sydney
- August 9th Australian Computer Conference for Seniors
- September 2nd Queensland Forum
- November 15 ASCCA AGM; level 1, 280 Pitt Street, Sydney
Results of Best Club Newsletter, Club Website and Digital Photography Competitions

Websites from Microsoft UP Conference 12/13th February 2007

<http://www.staysafe.org/>

Internet safety – don't forget to explore the Toolbox for lots of information

<http://www.microsoft.com/athome/security/spyware/software/default.mspx>

Windows defender – explore this free Microsoft defence program

<http://international.isafe.org/en/index.php>

Isafe international – makes available to educators the knowledge to teach core topics important to promoting safe and responsible Internet use.

<http://www.thinkuknow.co.uk/>

Internet information for security – check the Parent's and Teacher's areas particularly.

<http://www.crimestoppers.com.au/>

Fighting crime in Australia – this is the official website for Crime Stoppers Australia.

Hint: If you are viewing this Newsletter online try placing your mouse over the hyperlinks and pressing CTRL + left click to open directly to the websites.

More sites of interest later.

Report on the Microsoft Unlimited Potential Community Conference

Once again, this excellent event; provided through the generosity of Microsoft and their world wide *Unlimited Potential Program* was held in Sydney. The Powerhouse Museum (12 and 13 February) provided an interesting venue; with the opportunity for 25 ASCCA Seniors Computer Club delegates from many parts of Australia to mix with other groups and explore possibilities for learning from, and assisting each other.

The network of Unlimited Potential community centres, including ASCCA Seniors Computer Clubs, has helped build a program that empowers Australia's digitally disadvantaged communities and sets an example for the Microsoft UP program worldwide. By listening to a variety of speakers and participating in elective workshops, those at the conference had the opportunity to understand the specific needs of some disadvantaged groups in the Australian community.

The NSW Governor, Her Excellency Professor Marie Bashir AC; whose extensive work with children's services, psychiatry and mental health services, and indigenous health programs is greatly admired; was a fitting first speaker for such a diverse group.

After two days of concentration and furious "networking" among delegates, it took an extraordinary individual to hold everyone breathless during the final session. The Australian Senior of the Year, Dr. Sally Gould was certainly "up for it". Her inspirational story epitomises the real meaning of Unlimited Potential. She overcame many obstacles including racial prejudice, to become the first qualified Indigenous nurse in NSW, and was also the founder of the Congress of Aboriginal and Torres Strait Islander Nurses, which aims to increase the number of Aboriginal and Torres Strait Islanders in nursing. However, above all, Sally's incredible attitude to life's challenges, and wonderful sense of humour make her a fine example to the whole of society. As seniors we should be proud of the positive picture of ageing she presents.

It is impossible to report on all the other excellent activities; however, many were surprised to learn that Microsoft employs a team of about 30 anthropologists. It is their job to listen to the needs and frustrations of ordinary people like you (as well as big business, and people from third world countries), and to convince the "boffins" to listen with compassion. Of course, this program helps to promote the products of the Microsoft multinational company and direct the enthusiasm of their highly qualified people in a humanitarian manner. This was part of a fascinating address called, *The "People" part of Technology*, presentation by Microsoft's first anthropologist Anne Kirah.

The sometimes scary topic of Online Safety and Security was addressed by Julie Inman-Grant, Microsoft's Regional Director for Internet Safety and Security, and Federal Agent Kevin Zuccato, who is the Executive Director of the Australian High Tech Crime Centre. The message was; that for those who exercise extreme caution, the many dangers of the Internet can be all but eliminated. So take care!

An unexpected treat was a three part presentation called *Software and Accessibility* where several demonstrations of innovative use of computers in regional and remote areas showed how the entire community was enriched. These people would not have embraced computer learning for its own sake, but because of empathetic teaching and encouragement they learned; just because it was good, and it was relevant to them and their community.

Of course, this is something that our ASCCA clubs know is the secret to inspiring their members to seek more understanding of their computers and what they can do with them.

Australian Seniors
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Some interesting facts from February BigPond Ponderings.

Noticed an increase in spam lately? No you are not imagining things! Spam has doubled over the past year.

In October 2005, it was estimated that spammers sent 31 billion unsolicited bulk emails every day. In December 2006, it was 61 billion – that is over 700,000 every second.

As the world becomes cleverer at filtering spam with more advanced techniques, spammers become more creative in the techniques they use in an effort to fool spam filters and sneak past them to end up in your mailbox. The most successful technique they've found recently is image-based spam.

EXERCISE FOR THE OVER 60'S

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 2kg potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 5kg potato sacks. Then 25kg potatoes sacks and then eventually try to get to where you can lift a 50kg potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks.

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:-

<http://www.seniorcomputing.org/>

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 \$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 <http://www.seniorcomputing.org/> or email 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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