

Australian Seniors Computer Clubs Association **ASCCA**

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NEW MANUAL LAUNCHED AT ASCCA MEETING

At the ASCCA Members' Meeting on Wednesday 22nd April Media Access Australia (MAA) and the Australian Seniors Computer Clubs Association (ASCCA), launched a new manual with simple solutions to basic and internet problems for seniors with disabilities.

Unfortunately many of us know only too well about the gradual onset of disabilities that is an unwelcome part of aging. Many seniors experience gradual loss of hearing, vision or mobility and although there are specialist solutions available, these often tend to be prohibitively expensive or complicated, and provide limited value to someone with a mild loss. The good news is that the new manual, titled, "Accessibility features in Windows and Web browsers" was designed to address the challenges many ASCCA members encounter, by providing simple, low-cost solutions.



"The solutions provided in the manual will, in many cases, help free up clubs to focus more on assisting their members with computing, rather than fundraising, and provide many members with greater enjoyment and independence," explained Dr Scott Hollier, MAA's Project Manager, New Media and author of the manual.

This step-by-step manual is unique in that it tailors instructions to different disability needs and clearly identifies which Windows and web browser tools are best suited to which disability. Links to additional resources such as free screen reading software are provided, and it details some of the new and significant accessibility features in the forthcoming Windows 7 operating system.

The new manual which will be incorporated into ASCCA's training program details new free software which is available and can in many cases perform just as well as the expensive technologies for basic computer use.

"Assistive technologies have advanced so quickly that I could not have written this manual two years ago," said Dr Hollier. Funding for the creation of the manual was provided by the Ian Potter Foundation, and each person who attended the ASCCA Meeting received a free copy of the Manual on CD. For more information about the new Manual visit the ASCCA website. www.ascca.org.au

Another highlight of the Members' Meeting was a presentation from Simon Gee – Manager ICT and DonorTec at Connecting Up Australia <http://www.donortec.com.au/> with information on the partners who provide free and discounted products to not-for-profit organisations like our ASCCA Clubs. Simon also had exciting news of new partners and products which will soon be part of the Donortec Program.

There was a helpful Panel Presentation with Sandra Brophy from Forest Computer Club sharing her favourite "Free and useful software" and Brian Graham who is a Microsoft Partner giving a preview of Windows 7, the next Microsoft operating system. Our ASCCA President Nan Bosler gave us an update on the government's "Broadband for Seniors" program and ASCCA's involvement particularly in the writing of the lessons to be used in the proposed kiosks.

Ronnie Lam who is the young and passionate Multimedia Instructional Designer from the Royal Institute for Deaf and Blind Children and developer of the Auslan Tutor which was featured in this newsletter last month, gave us some wonderful insights into the importance of the little RIDBC Auslan Tutor. His listeners were particularly touched by his true story of a little deaf girl in a remote Aboriginal community where the entire community embraced the concept and learned to communicate with the child giving her great happiness and a new feeling of inclusion.

The 2009 ASCCA Competitions were also launched at the Meeting—see details on page 5

ASCCA Notice Board - Dates to Remember in 2009

11-17 May 2009 - National Volunteer Week - Theme "Volunteers: Everyday people, extraordinary contribution"

5 - 12 June - National e-Security Awareness Week

Tues 18 - Wed 19 August - 11th ASCCA Conference - Powerhouse Museum

19 November 2009 - ASCCA Annual General Meeting

MAY ALREADY! HOW IS THAT POSSIBLE?



Have you marked Tuesday 18th and Wednesday 19th August 2009 in your personal diary so you can attend the 11th Annual ASCCA Conference to be held once again at the Powerhouse Museum in Sydney?

If you are a Committee Member of one of our ASCCA Clubs anywhere in Australia, have you started to promote the conference among your members and included the conference dates in your Club's Diary?

ASCCA is committed to making each conference helpful and friendly and also relevant to the needs and interests of our members while continuing to provide excellent value for money.

The venue and the food are just fantastic!

Each year we offer a varied program of excellent speakers and workshops to educate and stimulate - and encourage communication with opportunities to share our experiences as adult learners and teachers. There is always something for everyone regardless of their level of expertise or experience.



The conferences are open to every member of every ASCCA Club at discounted cost - so why not plan to attend this year even if you have never joined in the fun before?

NATIONAL VOLUNTEER WEEK

National Volunteer Week is the time to recognise and highlight the role of volunteers in our communities and to say thank you to the more than 5 million Australians who volunteer. Our Computer Clubs, and indeed ASCCA itself would not even exist without the generous people who volunteer in many different ways according to their skills and availability.

There is one person who stands out with a stunning record of volunteering and that is our own ACCCA President Nan Bosler. Thanks to Nan from the ASCCA members throughout Australia for all that you do for us.

The theme for this year is - "Volunteers: Everyday people, extraordinary contribution", and this theme successfully carries the message that everyone has something of value to offer and that every volunteer's contribution, no matter how big or small, is extraordinary because that person cares enough to be a volunteer.

The theme acknowledges the enormous contribution of volunteers and the value of volunteering. Australian volunteers contribute more than 700 million hours of community service to so many areas of society. Why not take this opportunity to thank and recognize the volunteers within your Club during the week of 11th - 17th May.





Countless poems and songs have been written and recited in remembrance of the sacrifices of many wars, particularly the First World War. Among them is "The Rose of No Man's Land" by Jack Caddigan and James Alexander Brennan. This contemporary song was written in 1918 as a tribute to the Australian Red Cross Nurses at the front lines of the First World War. In the song the Red Cross Nurse is described as, "Wondrous beyond compare" and "The work of the Masters hand."

As part of the Australian Army Nursing Service 2,139 Australian nurses served in the First World War, and 130 worked as part of the British nursing service. These gentle women earned enormous respect as they performed super-human tasks in overcrowded and understaffed tent hospitals in hideous conditions. Yet they even found the heart and the time to write letters to the mothers of soldiers who died, and sometimes even enclose a lock of hair.

In the first patriotic fervour of the war the untimely death of Rupert Brooke from an infected mosquito bite en-route to Gallipoli, ensured that his group of five war sonnets, collectively called 1914, raised his heroic image and his romantic literary eminence. He was an atheist and active socialist who had suffered a nervous breakdown and travelled in Germany and many other countries before the war. Although he joined the navy and saw the siege of Antwerp before writing his poems they display a denial of the tragic reality of the devastation of war.

Rudyard Kipling who was famous for his children's books and won the Nobel Prize for Literature in 1907 was Director of Propaganda to the British Colonies during the First World War. His only son was killed in the Battle of the Loos, in September 1915, so perhaps, unlike his Boer War poetry his First World War poems could be considered an outpouring of grief put to practical purposes as war propaganda. *"For all we have and are, For all our children's fate, Stand up and meet the war. The Hun is at the gate!"* is an unabashed "call to arms".

Thomas Hardy was another famous writer who had also written poems during the Boer War, but his World War 1 poem, "The Man I Killed" presents the ultimate picture of the tragedy and futility of war, *"Yes; quaint and curious war is! You shoot a fellow down - You'd treat if met where any bar is, Or help to half-a-crown."*

Probably the most emotive poem of all is the one written by the Canadian doctor, Colonel John McCrae, who although already trained as a doctor had served as a gunner in the Boer War before going to France in WW1 as a medical officer. He was already a writer and teacher of medicine, and was 43 years old when he wrote his most remembered work.

The poem "Flanders Field" was scribbled in pencil on a page of his despatch book as McCrae sat on the back of an ambulance and looked at the fresh grave of a young friend and former student Lt. Alexis Helmer.

In the absence of a chaplain, McCrae had buried his friend in the little cemetery outside his dressing station close to Ypres on 2nd May 1915. In the cemetery, McCrae could see the wild poppies that sprang up in the ditches throughout Flanders and he described the scene and poured out his grief in a poem that still moves readers to tears of frustration at the futility of war.



McCrae was appointed Medical consultant to all the British Armies in France but before he could take up the appointment he died of pneumonia complicated by meningitis, on 28th January, 1918. He is buried in Wimereaux Cemetery in France and 75 nursing sisters were among those who paid tribute at his full military funeral.

To read more of the poems and biographies of many of the authors try the following websites:

<http://website.lineone.net/~nusquam/wptitle.htm> 120 War Poems by title.

<http://www.firstworldwar.com/poetsandprose/index.htm>

http://www.warpoetry.co.uk/FWW_index.html Sadly the futility of war continues in 2009.

Who will write the poems to remember our ten Australian soldiers killed in Afghanistan?

The MacDonate Project and AUSOM

AUSOM, originally the Apple Users' Society of Melbourne (pronounced 'awesome'), was formed in 1979 and is Australia's largest and most active Apple User Group with a paid membership of close to 800. It is an incorporated association; a non-profit organisation run entirely by volunteers. Membership embraces people of varied age and experience, proving that computers are a perfect way to bridge the generation gap.

A Retirees and Others Group holds a daytime monthly meeting - usually on the second Wednesday. This is for the enjoyment and instruction of retirees and others who are in a position to attend on a weekday morning each month. It gives experienced users a chance to demonstrate their areas of special expertise to an audience which might not have the chance to see such material at the major monthly meeting. The group's program is established largely on the basis of member requests.

The main monthly meetings are held on the first Saturday of the month with a keynote presenter and up to 20 Special Interest Groups. The Multimedia Group usually meets on the second Tuesday evening and is a joint presentation of AUSOM and iMUG, Melbourne's other active Mac User Group. Presentations covering all aspects of graphics, video, audio and related authoring and publishing activities are given by professionals in the Mac media space, and/or by trade suppliers.

The members are supported with a unique program of one-to-one hour long sessions where members with more experience tutor those with limited experience in a particular aspect of Apple computing. There is also an online forum-style discussion and help facility. Members can share ideas and resources, and up-to-date Apple Mac, iPod and iPhone information, with files and support available. Knowledgeable members provide telephone help and a book library and CD/DVD-based training materials are made available - along with information about discounts and specials from local and overseas vendors and a thematic disk-of-the-month compiled by members in a wide variety of topics. To save lengthy downloads Apple operating system and other software update disks are available and the excellent monthly newsletters are a great resource.

Daniel Kadane is a 25 year old who has in the past had a strong involvement with AUSOM where he helped to administer their Online Forum system, First Class. He currently works for TruEnergy in the role of a Senior New Business Sales Consultant and was moved and inspired by the attitude and bravery of people affected by the recent Victorian Bush Fires. He went out to Whittlesea on the Tuesday after Black Saturday and volunteered, primarily in sorting through donations of clothing and household goods. After speaking with the victims Daniel came up with the MacDonate Project as a practical way he could use his skills to help these people in their recovery.

Recognising an urgent need, Daniel is gathering Apple Macs to re-furbish and distribute to bushfire victims. According to his website <http://macdonate.kadane.net/>, "Mac Donate is a project I have set up to help those in need. The main aim behind the project is to provide victims of the 2009 Victorian Bush Fires with computers to help with rebuilding their life and helping the communities affected get back on their feet." Daniel's view is that by providing access to refurbished Apple computer systems people will be in a better position to access online resources and stay in touch with friends and family.

To explain how he is administering the project and canvas donations of older surplus machines and software, Daniel was invited to address the March meeting of AUSOM Incorporated, the Apple Users' Society of Melbourne. AUSOM passed the word on to its members through its First Class electronic forum and monthly magazine, AUSOM News. As a result, a significant range of hardware and software was donated by members. (See picture of Daniel with AUSOM donations)

Through other avenues, Daniel has been in touch with Apple user groups across Australia. As in Melbourne, people and clubs across Australia have responded to people affected by the bushfires. He was invited to return to AUSOM and let members know how the project was progressing and to collect donated hardware and software at its April and May meetings. He attended in April and was delighted to collect a further batch of donated hardware and software. AUSOM is providing a collection of Freeware Games on CD to include with each of the donated machines.

For more information about AUSOM, visit their website: www.ausom.net.au

Thanks to Greg Davies for sharing the story of AUSOM and their interest in the MacDonate Project. It is currently thought that 173 people lost their lives during the fires. A total of 2029 homes were destroyed along with 61 businesses, 5 schools and kindergartens, 3 sporting clubs and numerous other buildings." (from the Victorian Bushfire Reconstruction and Recovery Authority's website).



AN EXCITING NEW COMPETITION + ALL THE OLD FAVOURITES IN 2009

If you are going to take the opportunity of entering all our Competitions this year, including the new **Photo Story Video Competition** you will need to start work soon. Please read all the instructions and conditions and follow the entry forms exactly before you begin - to avoid making a mistake that could invalidate your entry.

You will be able to enter a total of three Photo Stories, but only one in each of the three sections which are *"Travel"*, *"A Special Event"* and *"General"*. No more than 20 slides can be used in your photo story and the running time must not exceed three minutes. Any music used must be copyright free or have a signed waiver from the copyright owner, and of course the photos must be taken by you.



In the **Creative Writing Competition** you may submit only one entry of a maximum of 1,000 words for each of the three topics in the **Story Section** and one entry for each of the three topics in the **Poetry Section**. The topics are, *"Someone Who Inspired Me"*, *"Caring"* and *"A Special Place"*. You may give your stories and poems a unique title, but the topic should be made clear on the entry. You don't need to be a serious writer with visions of being published to write. Writing is a gift you can give to yourself as well as your family.

In the **Digital Photography Competition** there are also three topics, *"Landscape"*, *"Caring"* and *"General"* and you may enter only one photo for each topic in each of the two Sections which are as usual, *"Enhanced"* and *"Not Enhanced"*. All photographs submitted must be taken by the entrant on a digital camera since 1 October 2008; and remember to give each photograph a title.

The Website Competition seeks to identify the best website created and published by a Seniors Computer Club and to acknowledge the Webmaster and Club producing that website.

The Club Newsletter Competition will be judged on a newsletter which has been published and distributed to the Club Members since September 2008.

All entrants for all the competitions must be a member of a Seniors Computer Club which is a financial member of ASCCA. ASCCA Directors or Staff members are not eligible. For all the conditions and entry forms go to the ASCCA Website www.ascca.org.au

It would be helpful if the Committees of individual Clubs printed out the topics and entry forms for each Competition and made them available to all their members and asked one or two people to help with the collating and sending of entries. We are hoping for a bumper number of entries this year as there will be prizes for first place in the individual competitions.

NEVER TOO OLD ...

In the recent NSW State Swimming Championships, **Don Muir** and **John Steen**, both members of **Forest Computer Pals for Seniors NSW**, swam splendidly and competitively. John won four events and came second in another two - from just seven starts; while Don won two races and came second in another three - also from seven starts. Don and John also swam in the four-man relays, winning the 200m freestyle relay and the 200m medley for teams whose aggregate age was at least 320 years. Perhaps some of us need to follow their example and get off our computer chairs for some more exercise like these swimming champions. Congratulations John and Don! **Thanks to Forest News for this story about two energetic members of that Club.**

Introducing **Barbara Ebbett** who attends **Walpole Telecentre WA** each Thursday on her gopher, (it's a red one and they're known to go faster!), with her walking stick poking out of the back bag and her frame hanging on the back of that. Also note on the floor part of the gopher, between her feet is her laptop, and to make sure it doesn't slip off she usually brings it along with the cords attached and these she wraps around the handle bars! In the front basket is her digital camera! Barbara is one of 11 ladies who regularly attend Seniors Computing lessons in Walpole each week and have great fun learning, *"from the wonderful resources in the ASCCA Training Manuals."*

Thanks to Jenny Wilcox of Walpole Telecentre who sent this picture of Barbara - because she is so proud of such an enthusiastic learner who will turn 90 later this year.



Website www.ascca.org.au

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AN INVITATION FROM COTA

There are eight state and territory based entities – Councils on the Ageing who work with governments, businesses and the media to represent the interests of over 50s organisations throughout Australia. For interested seniors there is a wealth of important information available through their website which has links to Councils on the Ageing in NSW, Victoria, Tasmania, Western Australia, South Australia, ACT, Queensland and the Northern Territory. For details go to: <http://www.cotaover50s.org.au/> If you select the "About Us" tab "Member Organisations" you will find a drop-down menu with a link to the organisation which is of most direct interest for your area.

The COTA NSW Home Page <http://www.cotansw.com.au/> has a famous and pertinent quote from Gandhi which we seniors can all appreciate. "The measure of a society is how it treats its elderly and vulnerable." Currently COTA NSW is offering two interesting talks which our members are invited to attend. They are to be held in the Auditorium on Level 1 at the Mechanics Institute at 280 Pitt, Street, Sydney, where the ASCCA member's meetings are held.

Friday 15th May 2009 at 10:30am **MAXIM-EYES YOUR SIGHT** – prevention and management of age related eye problems.

Speaker: Dr Ian Francis, Ophthalmologist.

Admission : COTA NSW members FREE non members \$5 each.

Booking Essential - RSVP 9286 3860 -Morning tea will be provided

Thursday 4th June 2009 at 10am - **MAN ALIVE! MAKE A DIFFERENCE WITH YOUR HEALTH** - Men's Health Day - Health is Wealth! Learn how to have a healthier future. Exceptional speakers will bring your health to life and improve your relationships to ensure you are not left out in the cold!
Speakers:

Dr John Darcy, Australia's best known media doctor

Dr Michael Valenzuela, Researcher in the field of the brain, brain training and brain health.

Bettina Arndt, Sex and relationship therapist

Admission : COTA NSW members FREE non members \$10 each

Booking essential for catering - RSVP 9286 3860

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 \$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.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. 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