

# *Australian Seniors Computer Clubs Association* **ASCCA**

ABN 47 097 847 642

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**ASCCA's inaugural Queensland Forum Computing for Seniors  
was held at Ferny Grove on Saturday, 30 September 2006  
and**

**The 8th Australian Computer Conference for Seniors was held in  
Sydney on 5 & 6 September 2006**

Go to [www.seniorcomputing.org](http://www.seniorcomputing.org) and click on the links to both the Sydney Conference and the Brisbane Forum to find out about the outcomes and papers presented. The Sydney results are already available and outcomes from the Brisbane Forum should be online by mid October.

Both events were extremely successful and the organising committees are to be commended! The Sydney Conference booked out and the Brisbane Forum reached the hoped for numbers. Sponsorship enabled us to keep cost to a minimum, thank you to the Commonwealth Department of Health and Ageing, the NSW Department of Ageing, Disability and Home Care, the NSW Department of Commerce and the Queensland Department of Communities for their financial support.

## **COTA (NSW) Celebrates 50 years of service to those over 50!**

ASCCA welcomed the opportunity to have a table at the Jubilee Celebratory Luncheon held at the Sydney Town Hall on 15 September 2006. COTA (NSW) was established in 1956 to meet the needs of older people in NSW, particularly those experiencing relative disadvantage. Fifty years on it is still providing services to those over 50.

**Congratulations COTA (NSW)**

## **Grant from auDA Foundation**

ASCCA has made a successful submission to the auDA Foundation which is a charitable trust established by au Domain Administration Limited.

Our project will seek to empower seniors and older people with a disability by providing :

- an ability to use the Internet by providing initial training and
- the establishment of a support network to support ongoing use of the internet
- an awareness of the advantages of using the Internet,

The funding received will enable ASCCA to conduct two 2-day training sessions in regional/rural areas and to purchase a second mobile learning kit.

It is difficult to access a venue in these areas (available at a time that suits seniors) which is equipped with the necessary hardware and software for a training course. The mobile learning kit will be made up of 10 laptop computers - loaded with software donated by Microsoft, a printer and associated equipment plus suitable containers to allow all the equipment to be packed into a station wagon.

This project fits neatly into our overall plan for 2006/2007 to help seniors learn to use the Internet and to stay safe online. Importantly, it provides funding for two of the ten workshops/field trips we endeavour to provide for seniors each year.



Just because you have retired from the job market, or are considering retirement, it doesn't mean you have to retire from the skills pool. As a member of the over 50's, you have an enormous wealth of skills to offer the Australian workforce and community. Having built and developed skills through various vocations, interests, and life experiences, **Seniors are Australia's most valuable skills asset.**

The **ReGeneration** aims to "unbundle" an individual's skills and allow them to regenerate these for income or simply personal satisfaction.

The **ReGeneration** is an online skills market, developed by an Australian company with assistance from the Industry Co-operative Innovation Program.

This service enables you to capture and promote your unique 'skills signature®' in a manner that guarantees your complete privacy. When a search identifies all, or a part, of your skills signature, the complete skills signature is displayed, together with only your first name. Only you can initiate further contact, no-one else. Those **searching** for skills pay no fees of any kind and do not need to register. In fact it's like a directory. There are no hidden costs.

Those **displaying** their skills pay an annual membership fee of only \$45.00 – that's only 12c per day.

Go to the **ReGeneration** via any ASCCA website and you can join and obtain 2 years membership for the price of 1 until March 2007! There is a direct link to the ReGeneration website from ASCCA's home page, [www.seniorcomputing.org](http://www.seniorcomputing.org)

### **National e-Security Awareness Week**

ASCCA will participate in e-Security Awareness Week and conduct workshops in both Bega and Bulli to mark the week.

The Bega event will be held on Monday, 23 October while the Bulli workshop will be held on Wednesday, 25 October. Enquiries to 02 9286 3871 or [asca@seniorcomputing.org](mailto:asca@seniorcomputing.org)

### **International Research Study to Test New Treatment for Insomnia**

A new therapy for patients with insomnia will be investigated by researchers at the Woolcock Institute of Medical Research [www.woolcock.org.au](http://www.woolcock.org.au) Approximately 600 people across 70 research centres in Australia, USA and Canada will be recruited to test this new treatment.

Dr Anup Desai, Chief Investigator and Sleep Physician said, "The purpose of this study is to assess the effectiveness and safety of this new drug to treat insomnia. The drug is designed for people with insomnia who have trouble staying asleep as opposed to people who have trouble getting to sleep. Insomnia is not only distressing but it is also associated with diminished work output, absenteeism and greater rates of accidents."

To be eligible for the study, volunteers need to be over 18 years of age and have trouble staying asleep through the night. Volunteers will need to come to the Sleep Laboratory in Camperdown, Sydney for overnight stays, so shift workers are not eligible for this study. To register an interest in volunteering for this study people should call 1800 828 717.

### DVD Formats

DVD drives fall into two typical groups. One type is: +R or +R/RW and the other is -R and -R/RW. Each type uses different discs, so you must determine what drive you're using and buy 'plus' or 'minus' discs to match your drive. To determine your drive: choose 'Start' - 'Control Panel' - System Hardware tab, click the 'Device Manager' button and read the description under DVD-CD-ROM drives.

#### About DVD writable formats

While there are competing DVD formats on the markets, the good news for consumers is that virtually any modern drive should support most, if not all, of the prevailing formats.

Here's a quick rundown of each format and what to expect.

**DVD-R/RW** :The 'official' single sided 4.7G DVD writable format; the -R discs can only be written to once, while the -RW discs can be overwritten many times. It's claimed to have a slight edge when being played back on older DVD players, although experiences vary widely.

**DVD+R/RW** :The competing single-sided 4.7G format and, as with the minus format, the +RW format is capable of being wiped and re-written.

**DVD+R/-R DL**: Double-layer DVD+R/-R. with a capacity of 8.5G the same as a commercial DVD disc. While they're double the capacity of a DVD+/-R disc they cost something like 10 times as much which has led to a much smaller commercial take-up than expected.

Pals by the Lake' newsletter September 2006

### Useful Hints

Need to get back to the top of a long webpage? Just hit the Home button on your keyboard, in the keys above the arrow keys. This works in many other programs also!

Do you know the difference between APPLY AND OK? If you were to make an adjustment to a setting on your computer and you then click *OK* the adjustment would only last while the computer was on. When you reboot it would be back to the original setting. If you were to click *Apply* then *OK* the adjustment would be permanent.

**ASCCA was formed on 7 August 1998 and became an incorporated association on 14 August 1998. It became a not for profit company limited by guarantee on 21 August 2001**

**ASCCA is a Public Benevolent Institution with tax deductibility for donations over \$2**

**The Fifth Annual General Meeting of**

**The Australian Seniors Computer Clubs Association, ASCCA,**

**will be held on Level 1, 280 Pitt Street, Sydney**

**on Thursday 9<sup>th</sup> November 2006 at 11.00 am**

**The meeting will receive and adopt the annual reports**

**Elect a new Board**

**The winners of the ASCCA Newsletter, Website and Digital Photography Competitions will also be announced.**

**For further details please contact 02 9286 3871  
or [asca@seniorcomputing.org](mailto:asca@seniorcomputing.org)**

### 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.

# Australian Seniors Computer Clubs Association **ASCCA**

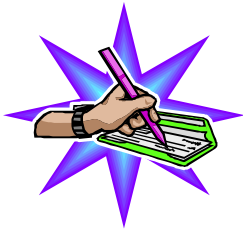
ABN 47 097 847 642

Level 4, 280 Pitt Street, Sydney NSW 2000

Phone 02 9286 3871 Fax 02 9286 3876

[ascca@seniorcomputing.org](mailto:ascca@seniorcomputing.org)

## DIARY



23-27 Oct National E-security Awareness Week

9 Nov **ASCCA Annual General Meeting.**  
Presentation of annual reports, Election of Board members  
Winners of the 2006 ASCCA competitions will be  
Announced

14-15 Nov **2006 Making Links Conference**  
NSW Teachers Federation Conference Centre,  
Sydney. <http://www.makinglinks.org.au>

## Do you use the Internet to make friends?

My name is Peter Dell. As part of my PhD research at Murdoch University I am conducting a survey into how Internet use by older adults affects perceptions of ageing and identity. I would like to invite you to complete a survey at the following web address:

<http://www.accept.com.au/survey>

After completing the survey, you will have the option of entering the draw to win a \$50 Gift Certificate from Amazon.com.

The survey will require only about 10 to 15 minutes of your time, and will contribute to better understanding of how people of different age-groups use the Internet. This will lead to development of applications that better meet the needs of users.

Information you provide is recorded anonymously and cannot be traced to you in any way.

Please contact me at [Peter.Dell@cbs.curtin.edu.au](mailto:Peter.Dell@cbs.curtin.edu.au) if you have any questions about the study, or would like a copy of the results.

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.

**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: Nan Bosler, Email: [nanboz@bigpond.net.au](mailto:nanboz@bigpond.net.au)