

ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

OCTOBER 2025

No. 348

RETIRING COMMITTEE MEMBERS

Our Club take the opportunity to thank both **Debbie Seekup** and **Rex Oddy** for their time and involvement on our committee. Debbie fulfilled 12 months of vigorous involvement but due to family commitments could not continue. However, she is still an avid and willing worker – especially at our Sunday Meetings and her good will and good humour gives the day a sparkle – plus of course her baking is greatly appreciated and always inviting.

Rex has been on our committee for 4 years and as well as his twice monthly Photography sessions has provided valuable input and experience into our management. Rex is another of our “behind the scenes” organiser and contributor and we are grateful to him for his skills which seem to be extraordinarily extensive. Rex decided he needed to do some personal matters – like log his own story – so we reluctantly accepted his resignation. One of the great loves of Rex’s life apart from Photography (and Barbara of course) is his love for motor cars and on our monthly photoshoots you will see Rex arriving in his neat little sports car.

Grateful thanks to two loyal and willing members.

OCTOBER SUNDAY SPEAKERS

Peter Wharton, who recently talked to us about his storm-chasing experiences in the USA, is now going to give us a presentation entitled “Sailing to Antarctica”. From the notes that he’s shared with us, it certainly looks to be very interesting.

Rachel Rabarts from the BNZ is to deliver a presentation about “scams”.

(See more about these talks on page 11).



SeniorNet
Newsletter
Editor



THE TABLE

With many thanks to Mitre 10, and to Ruth’s husband Ross for organising this, we are now the proud owners of a solid outdoor table for use on sunny days whilst enjoying our drinks and nibbles during breaks.

Please let our membership secretary know if you have changed your email address and/or phone numbers so we can update our records

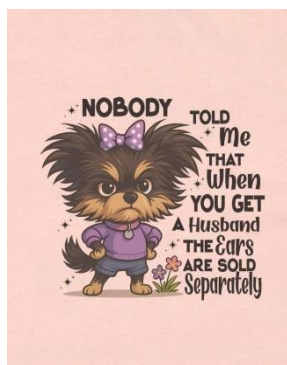
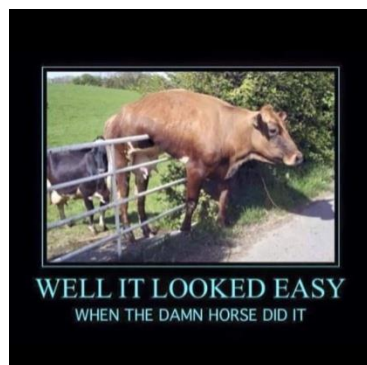


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SENIORNET NORTH SHORE NEWSLETTER

CLUB DIRECTORY

WEBSITE	www.seniornetns.com FACEBOOK www.facebook.com/profile.php?id=61562462001329
EMAIL	snetns@xtra.co.nz
TELEPHONE	486 2163
CLASSES	Learning Centre, Suite 3, St John Ambulance Building, 2 Shea Terrace, Takapuna
MEETINGS	2nd Sunday of each month, 10 am in the Hall, St John, 2 Shea Terrace, Takapuna
CONTACT	The Secretary, SeniorNet NS Inc. snetns@xtra.co.nz



COMMITTEE & SUPPORT TEAMS

2025 – 26

CHAIRPERSON	Ruth Healy	ruthhealy54@gmail.com	027 291 1489
VICE CHAIRPERSON	Jurgen Schubert	jschubert@outlook.co.nz	021 257 8814
TREASURER	June McCullough	june.apollo@gmail.com	021 885 117
SECRETARY	Marina Sanderson	marinasanderson@gmail.com	021 02789790
MEMBERSHIP	Patricia Lough	loughie@outlook.co.nz	413 6322
WEBMASTERS	Campbell Stanford & Jurgen Schubert	camstan69@gmail.com	021 717 008
TECHNICAL			
SPECIAL PROJECTS	Campbell Stanford	camstan69@gmail.com	021 717 008
COMMITTEE	Lois Kay	lois.kay@xtra.co.nz	027 2710154
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PROOFREADER	Patricia Lough	loughie@outlook.co.nz	413 6322
NEWSLETTER	Lois Kay & Campbell Stanford	seniornet.newsletter@gmail.com	027 2710154
PROVIDORE	Jeanne-Anne Jacob	jacob-jeanneanne@xtra.co.nz	027 279 2854
SUNDAY MEETING TEA	Various		
SPEAKER ORGANISER	Jurgen Schubert (also Outside Visits)	seniornet.newsletter@gmail.com	021 257 8814



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SENIORNET NORTH SHORE NEWSLETTER



CHAIR REPORT

OCTOBER 2025

Another month and a Spring is well and truly here - Daylight Saving mean the evenings get longer.

It has been another month of so many groups of people gathering for so many different things.

The Painting Group continues to amaze with their paintings; you can see them just getting better each session. The Photography group has managed to snap a lot of super seriously good photos. We are expanding our knowledge with our Computer Chat Group, our iPad Q & A, and our AI & Chat GPT groups. Along with that there are all our other sessions. Have a look at the Schedule for October and put some events in your diary. Getting together is so important, and it is good to try new things so don't be shy to come along to a session, even if you don't know anything about what is going on.

Our Newsletter has all that has been, and some of what is going to be so have a good read. There are lots of little hints as well.

I have been back in the Backyard – I hope those of you that have a garden are enjoying planting. Our seeding did not go so well over the last few weeks, but we will carry on. Do love growing vegetables from seeds.

A lot of you have family overseas so don't forget the time difference when making those calls. Don't want to be getting into trouble waking up the family on the other side of the world.



Ruth Healy

Chairperson SeniorNet North Shore



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SENIORNET NORTH SHORE NEWSLETTER

SCHEDULE OCTOBER 2025

Select a class, discussion group or tutorial that appeals from the tutors' notes on pages 6 to 10. The following schedule details date, time and venue for activities, including type, cost and whether it is necessary to book (if booking is required, please contact the tutor). Pay at door. All welcome.

Monthly meetings are held in the hall 10am – 12:00 noon on the 2nd Sunday of each month. Come along and listen to some interesting speakers. Gold coin donation appreciated. Everyone welcome. Please wear your name tag to all sessions to put name to a face. Free refreshments are provided at all Discussion Groups, Tutorials, and Monthly Sunday Meetings.



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SENIORNET NORTH SHORE NEWSLETTER

T = TUTORIALS

D = DISCUSSION GROUPS

TIMES: AM = 10.00 to 12.00

PM = 1.00 to 3.00

Schedule - October 2025								
Day	Date	Time	Session	Tutor	Phone	Email	D/T	Cost
Wed	1	am						
Wed	1	pm	Film Appreciation (1:30)	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	2	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	2	pm						
Fri	3	am	First Friday Genealogy	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	3	pm						
Sat	4	am						
Sat	4	pm						
Sun	5	am						
Sun	5	pm						
Mon	6	am	Painting Group	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Mon	6	pm	Committee Meeting					
Tue	7	am						
Tue	7	pm						
Wed	8	am	AI (ChatGPT etc)	TBA				
Wed	8	pm						
Thu	9	am	Handcrafts	June McCullough	021 885 117	june.apollo@gmail.com	D	\$3
Thu	9	pm	Card Playing Group(12:30)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	10	am						
Fri	10	pm						
Sat	11	am						
Sat	11	pm						
Sun	12	am	Monthly Meeting	10am in hall		All members welcome		
Sun	12	pm						
Mon	13	am						
Mon	13	pm						
Tue	14	am	Photography	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz	D	\$3
Tue	14	pm						
Wed	15	am						
Wed	15	pm	Cooking Chat	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	16	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	16	pm						
Fri	17	am	Genealogy Workshop	Lois Kay	027 27 101 54	lois.kay@xtra.co.nz	D	\$3
Fri	17	pm						
Sat	18	am						
Sat	18	pm						
Sun	19	am						
Sun	19	pm						
Mon	20	am	Painting Group	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Mon	20	pm	Nostalgia	Host varies			D	\$3
Tue	21	am	Computer Chat Group	Melson Lee			D	\$3
Tue	21	pm						
Wed	22	am	Family Tree Maker	Bernice Hyde	027 617 3959	bernice52@xtra.co.nz	D	\$3
Wed	22	pm						
Thu	23	am	Our World	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Thu	23	pm	Card Playing Group(12:30)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	24	am	Coffee Group	Patricia Lough	021 268 8677	loughie@outlook.co.nz	D	\$3
Fri	24	pm						
Sat	25	am						
Sat	25	pm						
Sun	26	am						
Sun	26	pm						
Mon	27	am	Labour Day					
Mon	27	pm						
Tue	28	am						
Tue	28	am	Photoshoot - (email Rex for location details)	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz		
Wed	29	am	Visit to Datacom Data Centre (contact Jurgen for details)	Jurgen Schbert	021 257 8814	jschubert@outlook.co.nz		TBA
Wed	29	pm						
Thu	30	am						
Thu	30	pm						
Fri	31	am						
Fri	31	pm						



ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

TUTOR NOTES

OCTOBER 2025



GENEALOGY WORKSHOP

Tutor: Lois Kay

Please continue to bring any treasures to our Genealogy Workshop – we have had many items in the past that have had wonderful stories attached to them and they add colour and significance to our life stories. We will continue with worthy websites and although many of our group are already skilled at researching, we always run into the odd “brick wall” scenario which is where others can assist.



1ST FRIDAY GENEALOGY

Host: Campbell Stanford

Again, this is planned to be a session by several members talking about things of interest to genealogists (including family historians). We'll delve into the use of A.I. including ChatGPT for genealogy research and one member's recent life experience.



CARD PLAYING GROUP

Host: Campbell Stanford

What a fun time playing cards can be! For raw beginners and cardsharps alike. Beginners appreciate the comfortable pace at which they can learn and hone their skills. Great camaraderie in a very friendly group that is much more than just card playing. Learning and developing strategies combined with luck and great humour alleviates stress and keeps your mind sharp and active. Currently our most popular game is “Oh Hell” which goes down well with all players with winners switching around from session to session. Depending on the number of participants, we also play 500 and Euchre and have dabbled with cribbage, one of the best games for as little as 2 players. We have sessions twice a month on the 2nd and 4th Thursdays between 12:30 and 2:30pm. Please come and try it. You are also most welcome to bring a guest with you for a free session.



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SENIORNET NORTH SHORE NEWSLETTER



OUR WORLD

Tutor: Glen Plaistowe

Our World is a mix of current affairs, a sharing of places we have visited, events that have been part of our lives or what we have explored - people and places that are of interest. You do not have to have skills in PowerPoint. You just need to have an interest in our world and world events and are happy to share any insights or experiences you have.



NOSTALGIA

Host: Ian Robinson

This session will allow us to remember the good, crazy and unusual. Join us for thought-provoking conversations, fun memories, and interesting insights. You'll have the opportunity to share your own experiences and hear from others in a friendly and welcoming atmosphere.



FILM APPRECIATION

Host: Marina Sanderson

Experience the magic of cinema at SeniorNet North Shore's newest session, "Film Appreciation." Join us in the cosy clubrooms as we transport you through time with a curated selection of timeless classics and contemporary masterpieces. Dive into the world of storytelling, cinematography, and emotion as we explore the art of filmmaking together. Discover the rich history of cinema and share your thoughts and insights with fellow film enthusiasts. Whether you're a cinephile or just looking for a delightful movie, this session promises to be a "reel" treat for all.



COMPUTER CHAT GROUP

Tutor: Melson Lee

Melson Lee of Tekzone Ltd (one of our advertisers) will be available to have your computer questions answered and discussed, and with luck – resolved! What a great opportunity for us all! We have great attendance at these sessions and benefit from Melson's extensive knowledge.



CRYPTIC CROSS WORDS & SUDOKU

Tutor: Bridget Taylerson

Bridget will be hosting another session on cryptic crosswords & sudoku. The last session enabled participants to develop skills and techniques to solve these mysteries.



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SENIORNET NORTH SHORE NEWSLETTER

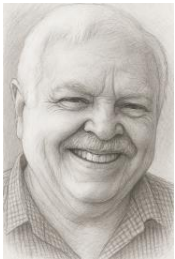


PHOTOGRAPHY

Tutor: Rex Oddy

Each month photography group members are invited to bring along digital images or videos that are either based on the theme for the month or are of personal interest. We have a theme each month, because having a theme can create a challenge and meeting that challenge helps us to improve our photography. Above all, photography like all hobbies and art forms is a personal activity. We take photos for ourselves, it doesn't matter if other people don't quite get the point, it's whether we like them or not that matters most and being part of a group helps us to learn and improve.

Most months in addition to our workshop there is a photoshoot, a photographic field trip. Everyone is welcome to join the photoshoot but the location is not decided until just before the date of the outing. The date of the photoshoot is on the monthly schedule but for time and location details email rex.oddy@xtra.co.nz.



A.I. CHATGPT, etc.

Host: Campbell Stanford

Let's keep the momentum going!

Following the enthusiasm of previous sessions, we're excited to continue our journey with this ever-evolving program. Many of our fellow members have shared fascinating ways they've been using ChatGPT – from everyday tasks to creative exploration.

This session promises to be another great opportunity to learn, discover, and share. We warmly welcome your input, ideas, experiences, and questions. Let's continue growing together through technology!



COOKING CHAT

Host: Marina Sanderson

Come along and learn about cooking for one, two or more people. Share favourite recipes and find new recipes to try. There is a new topic every month to tantalise your taste buds.



COFFEE GROUP (morphed from Book Ends)

Host: Patricia Lough

Not so very different from Book Ends. We will discuss all sorts of things, whatever takes our fancy. Of course, there will be trips down memory lane with short cuts and detours. Some to do with whatever we're discussing but not necessarily.

Give some thought to topics you find interesting not only to read about but activities, shows, sports, tv etc etc, etc (to quote The King and I 😊).



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SENIORNET NORTH SHORE NEWSLETTER



PAINTING GROUP

Host: Glen Plaistowe

At our painting group on the 1st and 3rd Mondays we share and comment on the paintings we had done at home and marvel at the range of styles and subjects we have achieved. We then paint together sharing skills and techniques we have learnt.



HANDCRAFTS

Host: June McCullough

Handcraft is for anyone who likes to craft by hand. It can be knitting, crochet, lace making, hand sewing or hand embroidery, card making. Come along and share your talent. If you want to learn great just bring your supplies. You can knit and sew for the charity we support if you wish or just come along and have a cuppa and chat.



FAMILY TREE MAKER

Host: Bernice Hyde

Join Bernice, an experienced user and tutor of Family Tree Maker, as she shares her extensive knowledge of the program's features. Whether you're just starting out or an advanced user looking to refine your family tree, Bernice is here to answer your questions and help you make the most of this powerful tool. Bernice will also offer you links to Ancestry Academy videos.



OUTSIDE VISITS

Host: Jurgen Schubert

Jurgen has proven his skill at selecting a wide range of interesting places to visit. Join us for fun and friendly group outings to some of Auckland's most interesting and accessible spots—perfectly suited for our senior members. Each visit ends with a relaxed social get-together, giving everyone a chance to catch up over a cuppa and good conversation. New faces always welcome!

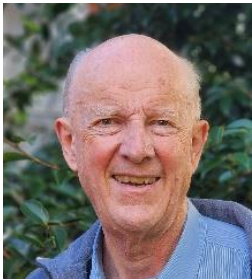


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SENIORNET NORTH SHORE NEWSLETTER

SEPTEMBER SUNDAY MEETING

DAVID VERRAN



David Verran

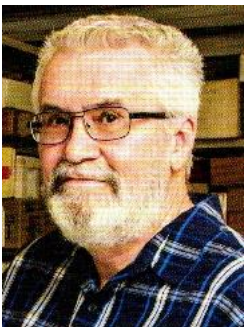
At our September Sunday meeting the well-known local historian and our club member, **David Verran**, accompanied by his wife Susan, treated us to an enlightening view of how and why he became interested in local history. As many of you will be familiar with Verrans Corner on the North Shore David also told

us of the many other iconic places that bear the hallmark of his ancestors. We took a journey through his family history and the vital role they played in the development of the North Shore.

Thank you David and Susan for your time and enthusiasm in sharing your personal story.



ROGER BARNES



Roger Barnes

For many of us little did we know about the real significance of Heraldic coats of arms and suchlike. Personally, I was fascinated to hear the stories behind the intricate embellishments on these iconic items. Why are they call “coat” of arms – well initially the noteworthy holders of these significant items wore the decorations on their overcoats. They all hold very real connections to their family and their exploitations. Our own Sir Edmund Hillary certainly warranted recognition and if you observe the illustration, you will

immediately see it symbolises the man and his deeds. There was a story to every image we viewed. A grand morning and thanks to Jurgen Schubert for his skill in obtaining these informative and interesting personalities.



Coat of Arms of
Sir Edmund Hillary.

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OCTOBER SUNDAY MEETING

PETER WHARTON



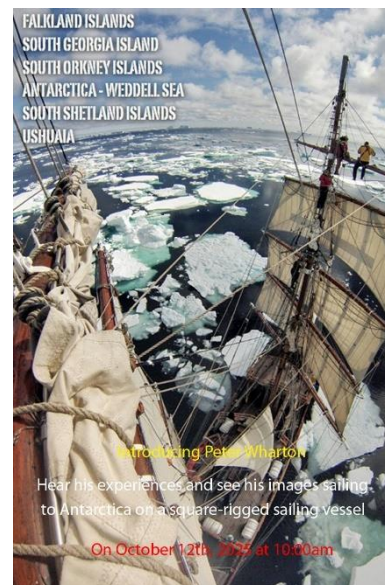
After a career as a retired business consultant, Peter has frequently gravitated towards somewhat adventurous pursuits. 😊

He previously shared with SeniorNet, his experiences with storm chasing in the United States.

In 2013/2014, Peter embarked on two memorable trips:

- A guided fourteen day trek to Base Camp at Everest with Adventure Consultants
- A thirty-three day sailing journey to Antarctica on the Bark Europa

At our Sunday Meeting on 12 October, Peter would like to share his story and photogenic images of that fabulous trip to Antarctica.



RACHEL RABARTS

Rachel is from the BNZ. She will give a presentation to re-enforce the message that scams will remain with us for good and we must never lose vigilance.

Tech Home Help

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- Email, email accounts and setting email up on your mobile device
- PC 'housekeeping' to reduce program-clog and unwanted pop-up messages
- Checking your security against Viruses Spyware is current & working correctly
- Sorting files and photos, and organising an appropriate backup procedure to protect your data files



I am a former PC Direct & Gateway service technician and trainer, covering the greater Auckland area, and supporting SeniorNet North Shore members since 2000.

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Scotland

The Last 500 Years
And How They Impacted
On New Zealand

Genealogy
Friday 17
October

DAVID DOUGLAS



Join us in October to hear David Douglas present *"Scotland: The Last 500 Years and Its Impact on New Zealand."* A proud Scot who has made New Zealand his home, David is an engaging speaker with a wealth of knowledge and a warm, interactive style. His talk will explore how Scottish history has influenced both Scotland and New Zealand, offering valuable insights for anyone interested in heritage and migration stories. This will be the second time that David has regaled us with great stories of history and experiences.

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UPCOMING VISIT TO DATACOM DATA CENTRE

Wednesday 29 October 2025

6 Orbit Dr, Rosedale, Auckland

Datacom says *"We are truly excited to welcome you and your members to our facility in Auckland"*. There are a few requirements and conditions we must comply with:

Security:

1. This is a high security facility. A list of all visitors needs to be lodged days before and will be checked on arrival against ID, either NZ Driving Licence or passport.
2. No photos are permitted, but a general area is there for a group photo.

Safety:

1. This is a high voltage facility and **not** suitable for visitors wearing a pacemaker.
2. There is a significant amount of walking with steep stairs between floors and visitors should wear suitable flat shoes.
3. All visitors and staff are required to wear hard hats in parts of the facility. Datacom will provide hard hats and earmuffs as there are areas of high noise.
4. The visit is not recommended for anyone who has concerns about high noise and flashing lights.

Tour Length:

Between 60 and 90 minutes.

Group Size:

Maximum 16

Date and Time:

Wednesday 29th October at 10 am. No SeniorNet activity that day.

Travel:

Parking at Datacom is limited and we should car share travelling with the least number of cars. We will meet at our usual spot at the car park of the Events Centre with entry from Silverfield and leave for Datacom at 9:30 am. It is a trip of about 8km and may take 20 min depending on traffic. (See also Roll Closure).

Cost:

There is no cost and Datacom would be pleased to offer refreshments if time allows

Roll Closure:

Latest mid-day Friday 24th October (see Safety point 1) or once we have reached the maximum of 16, whichever comes first. Please let me know in good time of your interest and whether you can offer a lift or need one.

Family and Friends:

Are welcome as always, but club members have priority.

Video:

Herewith a link to a 10 min video of Datacom Hamilton:

[Kapua 360 Virtual Tour - Datacom Data Centres](#)



TEKZONE TIPS

Understanding the MRT Command in Windows

What Is the MRT Command? The **MRT command** launches the **Malicious Software Removal Tool (MSRT)**—a built-in Windows utility designed to detect and remove specific, prevalent types of malware. Unlike full-fledged antivirus software, MSRT focuses on cleaning up infections that have already occurred, particularly those caused by high-profile threats like Blaster, Sasser, and Mydoom.

To run it:

- Press Windows + R
- Type mrt and hit Enter
- Choose your scan type: **Quick**, **Full**, or **Custom**

When Should You Use MRT? While MRT isn't a substitute for real-time protection, it's useful in specific scenarios:

- **Post-Infection Cleanup:** If your system shows signs of malware and you suspect Defender missed it.
- **Monthly Maintenance:** MRT runs automatically once a month via Windows Update, but manual scans can be triggered anytime.
- **Second Opinion Scan:** Use MRT as a backup tool to double-check your system after running other antivirus scans.

MRT vs. Windows Defender: Key Differences

Feature	Windows Defender	MRT (Malicious Software Removal Tool)
 Protection Type	Real-time antivirus and anti-malware	On-demand malware removal
 Operation Mode	Active background protection	Manual or scheduled monthly scan
 Scope of Detection	Broad, including ransomware, spyware, trojans	Limited to specific, known malware strains
 Detection Method	Cloud-based, heuristic, and signature-based	Signature-based only
 Interface	Full-featured dashboard	Simple wizard-style interface
 Update Frequency	Updated daily	Updated monthly via Windows Update

Think of **Windows Defender** as your **security guard**, actively preventing threats from entering your system. **MRT**, on the other hand, is the **cleanup crew**, stepping in to remove specific infections that may have slipped through.

For optimal protection:

- Keep Windows Defender active and updated
- Use MRT periodically or when you suspect a missed infection
- Don't rely solely on MRT—it's a reactive tool, not a proactive shield

The **MRT command** runs the **Malicious Software Removal Tool (MSRT)**, a built-in Windows utility that scans for and removes specific types of malware. It's best used for **post-infection**

cleanup, especially if you suspect malware that slipped past your main antivirus.

Unlike **Windows Defender**, which offers **real-time protection**, **MRT** is a **reactive tool**—it doesn't prevent threats but helps clean up known infections. Defender is continuously updated and monitors your system, while MRT runs monthly or manually and targets only a limited set of threats. For full protection, use **Windows Defender** as your primary defence and **MRT** as a backup scanner.



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SHOTS FROM OUR PHOTOGRAPHY GROUP



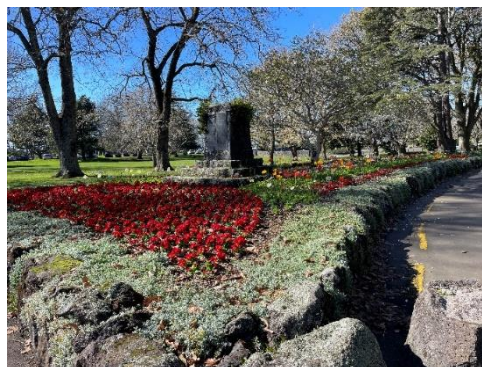
Cheryl Peter



Cheryl Peter



Debbie Seekup



Debbie Seekup



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WATER PAINTING



Our Water Painting sessions have become a much-loved part of our creative programme. What started as a simple initiative sparked by the enthusiasm of our valued member Doreen Hall, has since grown into a vibrant, supportive group where participants come together to explore the art of watercolour painting.

Following Doreen's lead, one of our own class members, Glen Plaistowe, building on her personal artistic development, gradually stepped into a leadership role. She began running further classes, passing on knowledge of techniques, style, and expression. Her sessions introduced participants to new methods, from understanding the subtleties of light and texture, to incorporating perspective into their pieces. What began as a gentle introduction has blossomed into a thriving artistic community.

What's been truly rewarding is witnessing the transformation within the group. Many began with limited or no prior experience, yet through patient guidance and encouragement, their artistic abilities have flourished well beyond what they once thought possible. Skills have blossomed, friendships have deepened, and the results are very impressive.

Our water painting sessions continue to be spaces of shared learning, friendship, and artistic expression—and we look forward to even more inspired creations in the future. (Refer our Schedule for session dates/times).



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bachhomes@xtra.co.nz W: [www.urbanbuild.co.nz](\"http://www.urbanbuild.co.nz\")'."/>

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