

# ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

APRIL 2024

No. 330

## LAST MINUTE NEWS

EXPECT THE UNEXPECTED

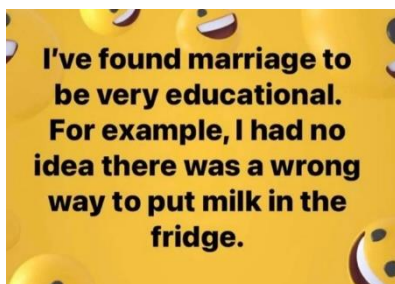
An old saying – we never know what tomorrow will bring. Our Club is going to look a little different for a while. Two of our members have in the past two weeks had some health issues. Our Treasurer June McCullough has received long awaited surgery on her neck and as you will see from the photo the day after she was thumbs up and is continuing to recover.



Ian Handricks also has ended in hospital but this was sudden and not at all on the schedule. For Ian the recovery will take a little longer but he is in a positive mood and determined to get back into his activities at our club and also his loved bridge.

On the positive side we have club members offering their help at our sessions – we have only had to cancel two for April at this stage. It would be wonderful if you have some spare time and could offer up your support in running some of our sessions, or if you have a particular area of interest that you can share with other members. I would like to thank our Committee for their wonderful response to this sudden and unexpected situation – they have all been fantastic but I need to particularly mention Ruth our Vice Chair who rallied around incredibly to assist.

Our apologies that the schedule and this newsletter are later than usual for the reasons above. It is a little more “compact” than usual as you will see. Lois Kay.



## SUNDAY SPEAKERS

MATT ELLIOTT & BEVERLEY CARTER

On Sunday 14 April we have two speakers as follows:

Matt Elliott, a local historian talking on the history of Birkdale, and particularly the strawberry growing.



Beverley Carter, a schoolteacher, giving a straight talk about her two years teaching in an Aboriginal village in Western Australia.



## OUR NEW GOLD BOX

HELPING YOUR CLUB

We have a shiny new box in our reception where you can have an opportunity to help the club – It's a donation box for you to drop in some spare change, a coin or two to help the club balance the books! This is a voluntary thing – a chance for you to help the club. So, if you feel inclined – please contribute a little and show your love for the club!



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### CLUB DIRECTORY

WEBSITE	www.seniornetns.com
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



By replacing your morning coffee with green tea, you can lose up to 87% of what little joy you still have left in your life.

Cable repairman was on my street and asked me what time it was. I told him it is between 8 am and 1 pm

### COMMITTEE & SUPPORT TEAMS

2023 – 24

CHAIRPERSON	Lois Kay	lois.kay@xtra.co.nz	478 3587
VICE CHAIRPERSON	Ruth Healy	ruthhealy54@gmail.com	027 291 1489
TREASURER	June McCullough	june.apollo@gmail.com	021 885 117
MEMBERSHIP	Patricia Lough	loughie@outlook.co.nz	413 6322
WEBMASTER	Ian Handricks	ianhandricks@gmail.com	029 477 4491
TECHNICAL	Rex Oddy	rex.oddy@xtra.co.nz	021 758 851
SPECIAL PROJECTS	Campbell Stanford	camstan69@gmail.com	021 717 008
SECRETARY	Ruth Healy	ruthhealy54@gmail.com	027 291 1489
COMMITTEE	Jurgen Schubert	jschubert@outlook.co.nz	410 9106
PROVIDORE	Jeanne-Anne Jacob	jacob-jeanneanne@xtra.co.nz	418 0155
AUDITOR	Glen Plaistowe		
PROOF READER	Val Sutcliffe		
NEWSLETTER	Ian Handricks & Lois Kay	seniornet.newsletter@gmail.com	029 477 4491
CONSTITUTION	Peter Patten		
SUNDAY MEETING TEA	Jeanne-Anne Jacob, Shirley Hansen & Doreen Hall		
SPEAKER ORGANISER	Jurgen Schubert	seniornet.newsletter@gmail.com	



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### CHAIR REPORT

APRIL 2024

We are on the move – we are not actually moving more like extending the scope of our club:

**New Session** – Physio for Seniors – a very successful start and looking forward to the next session with Margaret McDonald on April 10 at 10am.



**New Session** – Cryptic Crosswords – again a great start – I now know how to approach the “reasoning” with the guidance of Bridget Taylerson. Many of you will remember Bridget from her sessions on Word etc a few years ago. We also covered Sudoku – a wonderful pastime when watching TV.

**New Adventure** – we had our first outside visit in some time. Jurgen Schubert organised a trip to Waiheke Island to visit the Music Museum – perfect weather, a lovely ferry trip and a wonderful presentation at the Museum all just for \$15. Jurgen is currently organising our next adventure.

The fourth reason we are “moving” is our possible need to change from our club Xtra email address. If we proceed we will advise all members. You will all be aware of the \$5.95 charge that will apply commencing May and while it is not a huge amount as my Ancestor said “if you look after the pennies the pounds will look after themselves”. It is true, he was in the English Treasury and coined that phrase back around 1680. If you don’t have Spark broadband the charge is \$9.95.

In the near future we will run a session on setting up a new email address (probably in Gmail format) and will cover how to transfer all those hundreds of emails you want to keep over to your new provider. Many of you will already have a Gmail address so that part is easy but we will cover all the ins and outs of operating and transferring.

You will notice we have a grand new rubbish bin – a lovely pedal bin with soft closing lid. No more bending down to lift the lid and try and aim your rubbish with the other hand. (coffee cups – empty those and put in rubbish):

Hope you have a pleasant and relaxing Easter doing the things you want to do and indulging in the odd Easter egg.

*Lois Kay*



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## CALENDAR

APRIL 2024

Select a class, discussion group or tutorial that appeals from the tutors notes on pages 6 to 9. This calendar 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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TUTORIALS

D = DISCUSSION GROUPS

TIMES: AM = 10.00 to 12.00

PM = 1.00 to 3.00

Schedule - April 2024								
Day	Date	Time	Session	Tutor	Phone	Email	D/T	Cost
Mon	1	am	<b>Easter Monday</b>					
Mon	1	pm						
Tue	2	am						
Tue	2	pm						
Wed	3	am						
Wed	3	pm	Film Appreciation ( <b>Start 12:30 Finish 4:30 approx</b> )	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	4	am	Cryptic Crosswords and Sudoku ( <b>NEW</b> )	Bridget Taylerson			D	\$3
Thu	4	pm						
Fri	5	am	First Friday Genealogy	Various Hosts			D	\$3
Fri	5	pm						
Sat	6	am	Tips & Tricks	Bruce Graham	0274 941 731	bruce@bruce-w-graham.com	D	\$3
Sat	6	pm						
Sun	7	am						
Sun	7	pm						
Mon	8	am						
Mon	8	pm	<b>Committee Meeting</b>					
Tue	9	am	Photography	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz	D	\$3
Tue	9	pm						
Wed	10	am	Physio for Seniors ( <b>NEW</b> )	Margaret McDonald	021 149 4771	enquiryatmps@gmail.com	D	\$3
Wed	10	pm						
Thu	11	am						
Thu	11	pm	Card Playing Group( <b>12:45</b> )	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	12	am						
Fri	12	pm						
Sat	13	am						
Sat	13	pm						
Sun	14	am	<b>Monthly Meeting</b>	<b>10am in hall</b>		<b>All Members Welcome</b>		
Sun	14	pm	Bridge ( <b>Must Book</b> )	Lois Kay	478-3587	lois.kay@xtra.co.nz	D	\$3
Mon	15	am						
Mon	15	pm	Nostalgia	Host varies				
Tue	16	am	Computer Chat Group	Ruth Healy/Various	027 291 1489	ruthhealy54@gmail.com	D	\$3
Tue	16	pm						
Wed	17	am	AI Chat GPT	Jay			D	\$3
Wed	17	pm						
Thu	18	am						
Thu	18	pm						
Fri	19	am	Genealogy Workshop	Lois Kay	478-3587	lois.kay@xtra.co.nz	D	\$3
Fri	19	pm						
Sat	20	am						
Sat	20	pm						
Sun	21	am						
Sun	21	pm						
Mon	22	am	Painting Group	Doreen Hall	021 0222 1814	doreenorms69@gmail.com	D	\$3
Mon	22	pm						
Tue	23	am	Photoshoot - email Rex for location details	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz		
Tue	23	pm						
Wed	24	am						
Wed	24	pm						
Thu	25	am	<b>Anzac Day</b>					
Thu	25	pm						
Fri	26	am	Book Ends	Patricia Lough	021 268 8677	loughie@outlook.co.nz	D	\$3
Fri	26	pm						
Sat	27	am						
Sat	27	pm						
Sun	28	am						
Sun	28	pm	Bridge ( <b>Must Book</b> )	Lois Kay	478-3587	lois.kay@xtra.co.nz	D	\$3
Mon	29	am						
Mon	29	pm						
Tue	30	am						
Tues	30	pm						



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### TUTOR NOTES 1

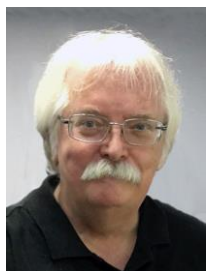
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#### GENEALOGY WORKSHOP

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.



#### iPHONE & iPAD (Currently Suspended)

Tutor: Ian Handricks

This forum is for anyone using Apple’s iPad and/or iPhone. Ian will cover everything from first time iPad and iPhone users’ problems, issues and knowledge right through to experienced users. He will talk about exciting developments, new apps, tips and tricks. You will learn how to manage and run your iPad/iPhone and at each session Ian will introduce new information on how the devices can be used effectively.



#### 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 a 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, its 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 fieldtrip. 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](mailto:rex.oddy@xtra.co.nz).

#### 1<sup>ST</sup> FRIDAY GENEALOGY

Tutor: Various

We will talk about new research sites, search techniques, and a collection of tips and tricks. Maybe you have solved some brick walls or found new information, or found a new site, if so, bring it along. It will be good to see you all again. We will enjoy helping you. This month we will have contributions from Barbara Anderson, Bernice Hyde, Ian Fraser and Pam Hamlyn.



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### TUTOR NOTES 2

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#### BRIDGE

During Ian Handricks' absence, we will continue with our twice monthly Sunday sessions. Please book with Lois if you want to play.



#### CARD PLAYING GROUP

Tutor: Campbell Stanford

Great camaraderie in a 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. What a fun time we have in our twice-monthly sessions! For raw beginners and card-sharps alike. Currently we play 500, Euchre and Oh Hell. Now we have introduced Crib (cribbage) – the best 2, 3 or 4 player game ever! Come and join us 😊.



#### 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.



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### TUTOR NOTES 3

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#### TIPS'N'TRICKS

Tutor: Bruce Graham

A tutorial and discussion forum where you can ask questions and get answers and also learn tips and tricks for a wide range of computer/ipad/iphone/laptop situations. We will endeavour to provide solutions for your questions and will introduce you to a bevy of useful tips, shortcuts, hidden features, useful tools, actions and ways to achieve results on your computer and technology devices. Each session, we will provide you with a hot list of new ideas, tips and tricks to explore and use.



#### BETWEEN THE BOOKENDS

Tutor: Patricia Lough

This is not a 'Book Club'. We will discuss all sorts of things to do with books, complete with trips down memory lane with short cuts and detours. Give some thought to books you've read and enjoyed and those which you read and thought "Well that was a waste of time" but couldn't quite stop reading in case it improved. It isn't necessary to book (excuse the pun). Those who know me, will know what to expect and those who don't – well take a chance.



#### PAINTING GROUP

Tutor: Doreen Hall

Come and explore your artistic style with us on the 4th Monday of the month at 10am. Use ideas and medium of your choice.

#### AI WORKSHOP

Tutor: Jay

A workshop where you'll delve into the fascinating world of artificial intelligence. A chance to discover the inner workings of AI, explore practical applications, and get hands-on experience with cutting-edge technologies like ChatGPT and other AI applications. This interactive session offers a unique chance to ask questions, engage with experts, and gain valuable insights into AI's impact on our lives. Don't miss this opportunity to unlock the potential of AI in a welcoming and informative environment.

**n.b.** Ian has created a new web-page for AI links – [click here for Ian's AI website page](#)

**ALSO** Check out the following link for an excellent manual for ChatGPT – [click here for link to manual](#)





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### TUTOR NOTES 4

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#### 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 night, this session promises to be a "reel" treat for all.

#### COMPUTER CHAT GROUP

Tutor: Ruth Healy & Various

On Tuesday 16 at 10am come along and be part of a lively discussion group. You ask the questions and we all participate in trying to solve the problems. A wonderful opportunity to have your computer questions answered and discussed – and with luck – resolved!



#### PHYSIO FOR SENIORS

Tutor: Margaret McDonald

Margaret will be hosting a session on physio for seniors which will include – exercises, learning to prevent falls, how to get up from a fall, good posture (especially when working at your computer), looking after your back, working-out at home, attaining better balance, home safety checks etc.

#### 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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### LAST SUNDAY MEETING

JIM MORROW & CATHARINA FLISIJN

Kilimanjaro a climb in Tanzania of 5,895 metres climbed by **Jim Morrow** in 2020 then a hiatus of 3 years before he could again put himself to the test.

Jim is a man who obviously likes adventure born out by the many and continuing challenges he undertakes. He started tramping and climbing at age 13 encouraged by his then schoolteacher and has never stopped and his challenges apart from Kilimanjaro have been Mt Everest and most recently Mt Vinson in Antarctica. He assured us that he has a very supportive wife when it comes to his excursions.

For Kilimanjaro Jim and his climbing mate – also Jim - chose the Lemosho 8-day Route which, although longer is preferable to the more direct main 4 day track. The issue with the shorter climb is you are climbing too quickly and your body does not get the opportunity to acclimatise which in turn can cause alpine sickness which is a very real problem. Many who take the short option never reach the top due to the sickness.

Travelling from New Zealand to Nairobi was a task in itself requiring rather convoluted air and land travel however, arriving at the starting point at the Londorosi Gate they joined a number of people registering for the walk before making their way to the starting point at the Lemoso Gate to start their 2,100 metre climb - they were already at an elevated level. At the first gate they paid for the venture and were provided with a permit a guide and a staff of porters. Their guide also had the task of carrying a small dining table and 2 chairs – on his head. While they had their own back packs all the food and requirements were carried by the porters in backpacks plus some very cumbersome items on their heads. A tricky task when climbing steep rock faces.



On their way they climbed the Lava Tower which was the original highest peak and at that stage the climate started to get rather cold, damp and misty but the landscape was intriguing with giant succulents that towered above them. The area consisted of many large lava flows in an area where there is little temperature variation – just a wet season and a dry season. It was at this point that a very large Kilimanjaro crow stole their soap – apparently the crows will steal anything. They had by then reached 4,673 metres and a point where some climbers can get ill.

Moving on they started up the main climb at midnight – so it was breakfast at 11pm and then on the move. The main reason for the midnight start is so that coming down you are descending in daylight because the descent is much harder and more dangerous than the climb. The morning view is also sensational but it became extremely cold due to a “mild” snow storm. Kilimanjaro is the world’s largest free-standing volcano and the temperature was around minus 20. Yes, there is snow on the equator and there are also glaciers.

Jim reiterated it was an amazing experience and the fact that their 12 porters insisted on unpacking dining table and chairs for their meals was surreal – they would have been happy to perch on the rocks but the porters were insistent. So, with their guide and 12 porters they had 13 men to guide the climb for the two of them but they then received a



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certificate to prove they had completed the climb. They were happy to “tip” the team for the good services - in Tanzania payment is either by the Tanzanian shilling or US Dollars of course.

At the end, Jim’s climbing mate had to return to New Zealand but Jim went on to do an 8-day tramp in the Serengeti. We quizzed Jim about his fitness and he did admit to a very rigorous walking, running, climbing and gym routine to provide him with the strength and endurance he needs. His next adventure starts in May. WOW.



**Catharina Flisijn** – 20 minutes once a week is all you need if you put yourself in the hands of Catharina and her trained team.

You may recall that Catharina spoke at our club 2 or so years ago and as a result some of our members took up her offer of a free Introduction Training Session and continued on with the programme, reporting excellent ongoing benefits and the big plus was you don’t have to get into gym clothes you can turn up in your day gear and it is only 20 minutes once a week. The particular way they supervise returns maximum benefit for just that commitment.



Catharina showed us stats about how people born in the 1950’s are now living to at least 83 (previously the median age was 69) and for those born later it is now predicted that 100 is achievable. So, although we are living longer there are problems, the Health Span is not keeping up with the Life Span so health is worse and we are not able to fully enjoy the longer life span. Global health statistics apparently prove that obesity is a bigger problem than hunger with diabetes now in the top 10 of health issues.

The answer to many of the issues we face – 20 minutes with Catharina or one of her specially trained personal trainers once a week. There are 4 types of muscle fibre walking, running, fast walking and sprinting and the right sort of exercise programme will set you on the right track.

You may ask how does muscle fitness help our lifespan – the answer is muscle fitness reaches out to all our organs including our bone density which of course is helpful for osteoporosis. The exercise helps focus and does not have to be long – it is the intensity that is important and your capability will be assessed from the start and a suitable regime put in place. The right plan can certainly assist in the reduction of medication and will help you to enjoy the longer life span and make the most of living.



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There are 3 levels of membership in this rather unique and private “gym” – you can have solo appointments, duo where you arrived with a friend or duo where an unknown person is also in training but it is not a large clinic and there is no music in the background!

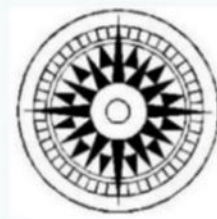
Catharina left some explanatory leaflets with us plus a form to complete if you would like to book a Free Introduction Training session. If you missed the morning then you can contact fit20 Rosedale on [rosedale@fit20.co.nz](mailto:rosedale@fit20.co.nz) or 021 02652819 – their clinic is at 4 Antares Place, Unit D, just off Apollo Drive – and there is parking available.



*Lois Kay*

### Tech Home Help

- Independent pre-purchase technical advice
- Installing and configuring your new PC, printer or device
- Transferring data over to your new PC & clearing out your old one
- Help getting photos/scans off your camera, scanner or phone
- 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.**

**Standard rates \$65/hr Discounted rate \$60/hr to current SeniorNet North Shore members**

**Rowan Cammell, Personal Computer Service, Ph 027 266 8941 [rapid.start@xtra.co.nz](mailto:rapid.start@xtra.co.nz)**



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### NEXT SUNDAY MEETING

MATT ELLIOTT & BEVERLEY CARTER



**Strawberryland:** a century ago the large suburb of Birkdale was renowned for producing the best strawberries in New Zealand. Birkdale resident, **Matt Elliott** (an award-winning and best-selling author) will talk about the research he has done into the days of horticulture in the area, before the building of the 'coat-hanger' changed the face of the North Shore.

#### From the Book *Strawberry Land: A Birkdale/Beach Haven local history*

Though only a small area, Birkdale / Beach Haven has rich local history. For Maori, the bush and waters around this peninsula provided a bountiful supply of seasonal food. Later, the hard-working and innovative fruit growers were renowned for producing New Zealand's best strawberries. Birkdale is also where the first wooden strawberry chips (punnets) were made.

In this book, Birkdale author and historian, Matt Elliott, combines oral history, old and new photographs, detailed explanations of the strawberry industry and activities to help school children step back in time.

Matt has written over 20 books, including biographies of comedian Billy T James and 1905 All Black captain, Dave Gallaher.

His most recent release is lavishly illustrated *Good as Gold: New Zealand in the 1980s*. Visit his website: [mattelliottnz.com](http://mattelliottnz.com)

#### From the Website [mattelliott.com](http://mattelliott.com)

I was educated at Mt. Carmel primary school, Meadowbank, and then St. Peter's College, Auckland. Alongside a brief, incomplete stint at university I pursued a career as a stand-up comedian beginning on the embryonic local scene in 1989. I moved to Melbourne in 1993 working the pro-circuit there – the first Kiwi comedian to do so – in the company of some great comedians, famous and non. Returning home 18 months later, and taking part in the first ever Auckland Comedy Festival in 1993, I continued performing around the country but with one eye on more serious writing. My history of New Zealand comedy followed along with writing film reviews for the marvellous but sadly short-lived Quote/Unquote magazine. In 1996 National Radio produced my children's story Young Horace and Oscar's Trick. Read by Ian Watkin, it continued to be broadcast for 20 years.

After a couple of years living in Ireland, I formulated and taught a Comedy Writing course in Christchurch which morphed into The Ministry of Chocolate Fisheries radio shows. Through the early 2000s I was based in Wellington performing in local venues and appearing in Fringe and Comedy festivals. For two years I had a weekly comedy show on Access Radio which made use of my large comedy album collection as well as interviewing visiting comedians and promoting local comedy. This also gave me the opportunity to write and produce several hour-long documentaries on the likes of Lenny Bruce and American Civil Rights comedy.

You can see me in several scenes of Peter Jackson's King Kong (if you know where to look, freeze-frame and enlarge the bystanders) and I have appeared in TV shows such as New Zealand's Top 100 History Makers, History Under the Hammer, Funny As and documentaries produced overseas on the life of Dave Gallaher.



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Being made redundant during the GFC from a position as a legal researcher at a large New Zealand law firm, I took the leap into becoming a full-time author.



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**FINALIST OF THE BUSINESS EXCELLENCE AWARDS PROUDLY SUPPORTING SENIORNET FOR 23 YEARS**



After many years teaching in NZ **Beverley Carter** decided to do something quite different and she went to Western Australia to teach in a remote Indigenous school on the edge of the Gibson Desert. She will share her experiences in this closed community and what life was like for a NZ teacher in a desert school. The challenges of culture and distance made it an unforgettable experience and hopefully you gain a greater understanding of communities like this.

My talk is about the nearly two years I spent in a closed (permit needed to enter) aboriginal community on the edge of the Gibson Desert in Western Australia. Known as Warburton Ranges it is not to be confused with Warburton, near Melbourne. I keep strictly to my experience and offer no opinions on solutions for Australia. I will tell what conditions were/are like in and out of the classroom and how I dealt with them.

It was the most challenging, stimulating, confronting time of my life and I am glad I went out there but I wouldn't go again. I'm too old now anyway...but there is another reason for that. I have written a book about my experiences which I hope to have published this year.



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## SENIORNET NORTH SHORE NEWSLETTER

Originally from Southland I am a NZ trained teacher with over thirty five years experience mainly, by choice, in lower socio economic areas. I started my career under the Maori Schools quota. I went to Australia on a quest to do something different as I was bored with my life in Auckland and accepted an offer to go remote, with little knowledge of what was ahead of me. Just as well because I would have missed out on a life changing experience. After Warburton Ranges I went to Darwin and spent some time in Arnhem land schools and in town where I taught English to asylum seeker children, the infamous boat people. That's my background.

I am still teaching, mainly as a reliever, but I have a delicious part time job in a small country school for the first term.

I just talk. No power point, no pictures. It was forbidden to take photos of adults in the community and I would have been beaten if I had. I have some grainy pictures of the class but nothing that would suit a modern power point presentation. The truth about some communities is kept hidden because it is a 'shame job'. I only talk about one community and I would hate you to think they are all the same as some are fantastic and others are worse.

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NEVER MAKE A WOMAN MAD.  
THEY CAN REMEMBER STUFF  
THAT HASN'T EVEN  
HAPPENED YET.

SHARED ON I'M NOT RIGHT IN THE HEAD.COM

**I discovered that  
answering the door  
naked helps deter  
trick-or-treaters.  
Oh, here we go  
again, here's two  
dressed as  
policemen...**

**Beware of a new  
Amazon scam.  
My husband  
ordered me  
some expensive  
jewelry, but  
motorcycle parts  
came instead.  
Thankfully they  
fit his bike...**

