

ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

OCTOBER 2026

No. 360

SENIORNET NORTH SHORE VISITS THE BUDDHIST TEMPLE

Members of the SeniorNet North Shore Photography Group recently enjoyed a memorable visit to the Fo Guang Shan Buddhist Temple in Flat Bush, Auckland.

From the moment we entered the beautifully designed complex, we experienced its wonderfully peaceful, restful and calming atmosphere. We were made to feel very welcome and were given plenty of time to explore the attractive inner courtyard and the surrounding buildings.

There was much to see and photograph throughout the temple grounds. The buildings contained many beautiful and positive images, while an impressive art exhibition presented a wide variety of artistic styles and subjects. The carefully arranged gardens, peaceful spaces, striking architecture and fascinating displays provided our photographers with many interesting opportunities to use their cameras and practise their skills.

After exploring the complex, we completed our visit with some very enjoyable food in the temple café. The café is reached through the gift shop, which also offers an interesting selection of items to browse and purchase.

The Photography Group arranges an excursion once a month, giving members the opportunity to visit interesting places, take photographs and enjoy one another's company. You do not need to be an expert photographer, so any SeniorNet members who enjoy taking photographs are warmly invited to join the group on a future outing.

OCTOBER SUNDAY SPEAKERS

Jim Morrow – “Climbing Mt Everest”. Jim started tramping at age 13 and has since been on many expeditions around the world and climbed many mountains. Jim will be on a return visit to SeniorNet. He first spoke to us on 10.3.2024 about climbing Mt Kilimanjaro.

Fiona Sussman – “From Africa to Auckland, and Scalpel to Scribe” Fiona's talk will cover her journey to becoming a writer. This includes growing up in apartheid South Africa, emigrating to New Zealand, practising medicine, and then hanging up her stethoscope to write full time.

[See [Next Sunday Speakers](#) for more details.]

GUANG SHAN BUDDHIST TEMPLE PHOTOGRAPHS



See [Photography Section](#) for more

Please let Patricia Lough, our membership secretary know, (loughie@outlook.co.nz) if you have changed your email address and/or phone numbers so we can update our records

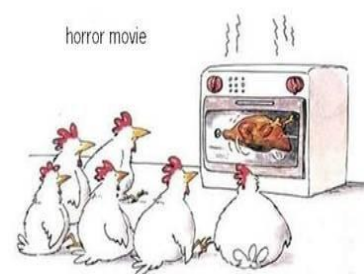
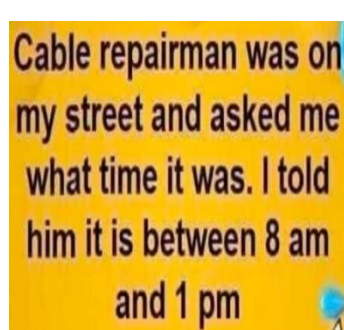
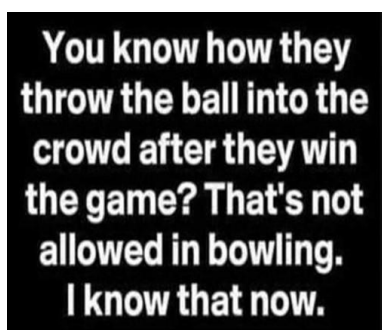
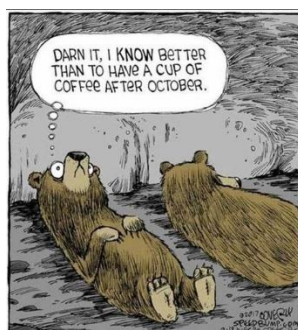


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CLUB DIRECTORY

WEBSITE	www.seniornetns.com FACEBOOK www.facebook.com/profile.php?id=61562462001329
EMAIL	snetns@xtra.co.nz
TELEPHONE	09 486 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



But wait there's more! [See last section "[Funnies](#)"]

COMMITTEE & SUPPORT TEAMS

2026 – 27

CHAIRPERSON	Ruth Healy	ruthhealy54@gmail.com	027 291 1489
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	09 413 6322
WEBMASTER	Campbell Stanford	camstan69@gmail.com	021 717 008
TECHNICAL	Bruce Graham	bruce@bruce-w-graham.com	027 494 1731
SPECIAL PROJECTS	Campbell Stanford	camstan69@gmail.com	021 717 008
TUTOR LIASION	Malcolm Sharpe	msharpe@xtra.co.nz	027 275 9314
AUDITOR	Diane Swain		
LIBRARIANS	Jeanne Anne Jacob & Patricia Lough		
NEWSLETTER	Lois Kay & Campbell Stanford	seniornet.newsletter@gmail.com	027 2710154
SUNDAY MEETING TEA	Various		



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COMMITTEE REPORT

OCTOBER 2026

Hi. June the Treasurer here. I've been conned into writing the Chair Report this month and I have no idea what to write. As you know I am never speechless, but having to put my enjoyment and enthusiasm of our club and our members in writing is another matter! So here goes.



My handcraft group ladies (yet to have a man join) is a noisy creative group. We are all very creative and have presented Woven with lots of our creations. Jeanne's knitting is improving and I'm sure we will see something completed soon! Beryl brought a basket of tangled wool. The untangling took Barbara, Beryl and myself over an hour to do. Beryl blamed her grandchildren but we weren't too sure on that.

AI is another session I'm involved with, which again, last tutorial was a very noisy session. So I urge you to come along and enjoy listening to others with their queries. AI is helpful, but there are some traps so come along and find out how to manage it.

Of course genealogy is always fun and full of information for those who are tracing their ancestors. Last lesson we were given a tip. It was great. I didn't get to bed until 1.30am. I can't believe I spent over 8 hours trolling the internet!

We had a very interesting talk about Immigration and emigration from Steven Hoadley at our Sunday Meeting. He certainly gave a very thorough and broad history. Kept us spell bound! A lot to think about before the election.

Now that the weather is getting warmer I hope we see more members coming along to enjoy the Tutorials and fellowship.

Goodness me how the year is flying by. It's Springtime. Time for flu's and cold's to be gone. Three months to Christmas. Isn't it just exciting to be alive. The Tui's and Rosella's are noisily feeding and fighting which has been distracting me while I've been writing this report. Over what I have no idea! Oh yes must be mating time!

Keep safe and well.

June



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SCHEDULE OCTOBER 2026

Select a class, discussion group or tutorial that appeals from the [Tutor Notes](#) on pages 6 to 9. 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 regularly held in the hall 10am – 12:00 noon on the 2nd Sunday. 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.

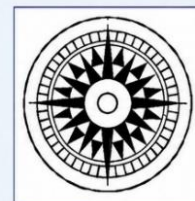


Water Painting in action



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- On-site visits or Remote (online) support for problems where appropriate



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T = TUTORIALS

D = DISCUSSION GROUPS

TIMES: AM = 10.00 to 12.00

PM = 1.00 to 3.00

Schedule - October 2026								
Day	Date	Time	Session	Tutor	Phone	Email	D/T	Cost
Thu	1	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	1	pm						
Fri	2	am	First Friday Genealogy	Bernice Hyde	027 617 3959	bernice52@xtra.co.nz	D	\$3
Fri	2	pm						
Sat	3	am						
Sat	3	pm						
Sun	4	am						
Sun	4	pm						
Mon	5	am	Painting Group	Host varies			D	\$3
Mon	5	pm						
Tue	6	am						
Tue	6	pm						
Wed	7	am						
Wed	7	pm	Film Appreciation (1:30pm)	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	8	am	Handcrafts	June McCullough	021 885 117	june.apollo@gmail.com	D	\$3
Thu	8	pm	Card Playing Group(12:30)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	9	am						
Fri	9	pm						
Sat	10	am						
Sat	10	pm						
Sun	11	am	Monthly Meeting					
Sun	11	pm						
Mon	12	am						
Mon	12	pm	Committee Meeting					
Tue	13	am	Photography	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz	D	\$3
Tue	13	pm						
Wed	14	am	AI (Chat GPT etc)	Ruth Healy	027 291 1489	ruthhealy54@gmail.com	D	\$3
Wed	14	pm						
Thu	15	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	15	pm						
Fri	16	am	Genealogy Workshop	Lois Kay	027 2710154	lois.kay@xtra.co.nz	D	\$3
Fri	16	pm						
Sat	17	am						
Sat	17	pm						
Sun	18	am						
Sun	18	pm						
Mon	19	am	Painting Group	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Mon	19	pm	Nostalgia	Host varies			D	\$3
Tue	20	am	Computer Chat Group	Melson Lee			D	\$3
Tue	20	pm						
Wed	21	am	Cooking Chat	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Wed	21	pm						
Thu	22	am						
Thu	22	pm	Card Playing Group(12:30)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	23	am	Coffee Group	Patricia Lough	021 268 8677	loughie@outlook.co.nz	D	\$3
Fri	23	pm						
Sat	24	am						
Sat	24	pm						
Sun	25	am						
Sun	25	pm						
Mon	26	am	Labour Day					
Mon	26	pm						
Tue	27	am	Photoshoot - email Rex for location details	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz		
Tue	27	pm						
Wed	28	am	Family Tree Maker (9:45)	Bernice Hyde	027 617 3959	bernice52@xtra.co.nz	D	\$3
Wed	28	pm	Scrabble	June McCullough	021 885 117	june.apollo@gmail.com	D	\$3
Thu	29	am						
Thu	29	pm						
Fri	30	am						
Fri	30	pm						
Sat	31	am						
Sat	31	pm						



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TUTOR NOTES

AUGUST 2026



GENEALOGY WORKSHOP

Tutor: Lois Kay

Join our friendly Genealogy Workshop and uncover the background behind your family history. Whether you're just starting or experienced, all are welcome. We especially value members sharing their own stories or discoveries—these contributions enrich our sessions and make each gathering more engaging, informative, and enjoyable for everyone.



1ST FRIDAY GENEALOGY

Tutor: Bernice Hyde

Bernice will once again demonstrate her ability in thorough research skills. Bernice regularly follows avenues that many other researchers don't consider and comes up with surprising results.



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 can also play 500 and Euchre and have dabbled with cribbage, one of the best games for as little as 2 players. Please come and try it. You are also most welcome to bring a guest with you for a free session.



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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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.



CRYPTIC CROSS WORDS & SUDOKU

Tutor: Bridget Taylerson

Sharpen your mind and boost your puzzle-solving skills with Bridget Taylerson's engaging Cryptic Crosswords & Sudoku sessions. Held **twice a month**, these popular workshops guide participants through practical techniques and clever strategies that turn puzzling mysteries into satisfying "aha!" moments. Ideal for beginners and seasoned solvers alike.



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: Ruth Healy

Let's keep the momentum going!

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.

We warmly welcome your input, ideas, experiences, and questions. Let's continue growing together through technology!



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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

Host: Patricia Lough

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 😊).

PAINTING GROUP

Host: Varies

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

Tutor: Bernice Hyde

Join Bernice, an experienced user and tutor of Family Tree Maker, will share 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.



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SCRABBLE

Host: June McCullough

Beginners welcome. No-one is an expert so we will all be learning. I'm sure we will all have fun. Please bring your scrabble game with you. Also, would you please email June to let her know you are coming. Thank you. june.apollo@gmail.com

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LAST SUNDAY (SEPTEMBER) SPEAKER

STEPHEN HOADLEY – “BENEFIT OR PROBLEM”



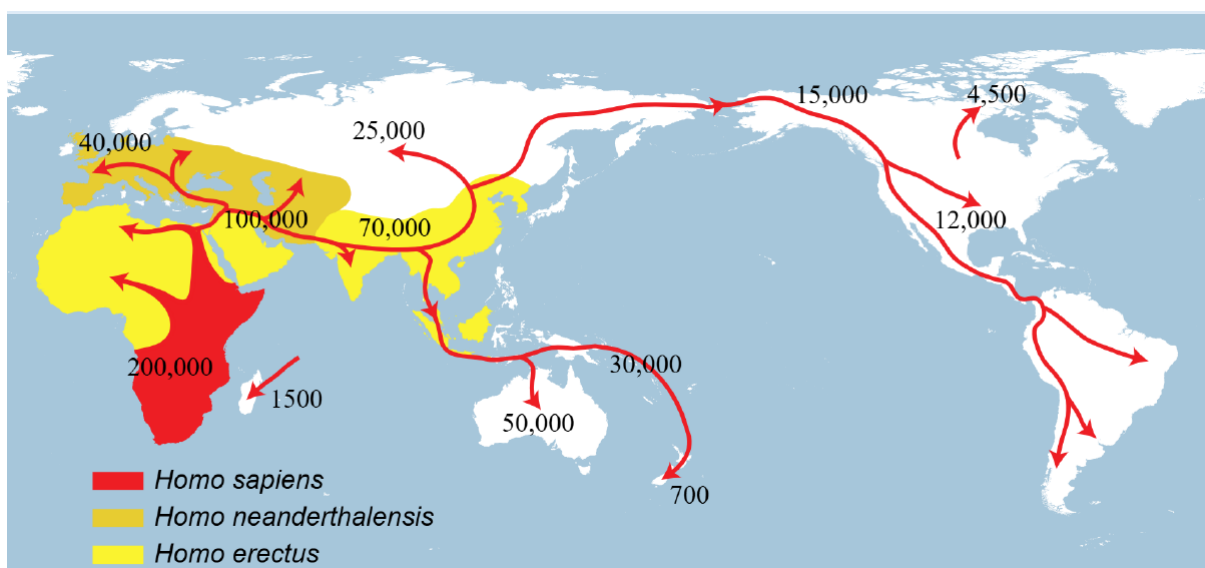
Professor Stephen Hoadley presents immigration as neither wholly beneficial nor inherently problematic. For New Zealand, immigration can bring substantial advantages. Migrants provide skills that may be in short supply, establish businesses, pay taxes and add cultural variety to society. They also strengthen New Zealand’s links with Asia and the wider world. International students and skilled workers contribute particularly to education, healthcare, technology and economic growth.

However, immigration can create difficulties when numbers rise faster than the country’s ability to provide housing, transport, schools and medical services. Rapid population growth may increase pressure on infrastructure, contribute to housing shortages and cause concern about employment, social cohesion and national identity. These problems arise less from immigration itself than from poor planning or frequently changing government policies.

Professor Hoadley’s broad message appears to be that immigration should be managed rationally rather than emotionally. New Zealand needs a stable, long-term policy that selects people according to genuine national needs, while treating migrants fairly and helping them become part of the community. Properly planned immigration is therefore more likely to be a benefit than a problem.

They also strengthen New Zealand’s links with Asia and the wider world. International students and skilled workers contribute particularly to education, healthcare, technology and economic growth.

Summary of great migrations (figures are # years ago)



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NEXT SUNDAY (OCTOBER) SPEAKERS

JIM MORROW – “Climbing Mt Everest”



In 2010 I mentioned to a climbing friend that I was considering a second attempt on Cho Oyu, 8201M, in Tibet. He proceeded to harass me with a challenge to tackle Mt Everest. Not being one to back away from a challenge, April 2011 found me at the approach to that great mountain.

We all know the Edmund Hillary route in Nepal, and we have seen those photos of the endless lines of climbers.

Lesser known is the north side of the mountain in Tibet, and here I went, where the crowds do not go!

See also <https://project-himalaya.com/dispatches/2011/index.html>

FIONA SUSSMAN – “From South Africa to Auckland and Scalpel to Scribe”

Formerly a family doctor, Fiona is an award-winning novelist and short-story writer who hung up her stethoscope in 2003 to pursue another long-held dream, to write.

Her work has been published internationally. To date, Fiona has written five novels and numerous short stories. Her writing has garnered a number of awards, including the Ngaio Marsh Award for Best Crime Novel, the NZ Booklovers Award for Best Adult Fiction, and the Sunday Star Times Short Story Award. Her short story, A Breath, A Bunk, A Land, A Sky, was shortlisted for the Commonwealth Short Story Prize from over five thousand entries.

In addition to writing, Fiona is involved in mentoring other writers and teaching creative writing. Alongside her surgeon husband, she also helped establish a charitable surgical service in Auckland.

Fiona’s website is <https://www.fionasussman.co.nz/>



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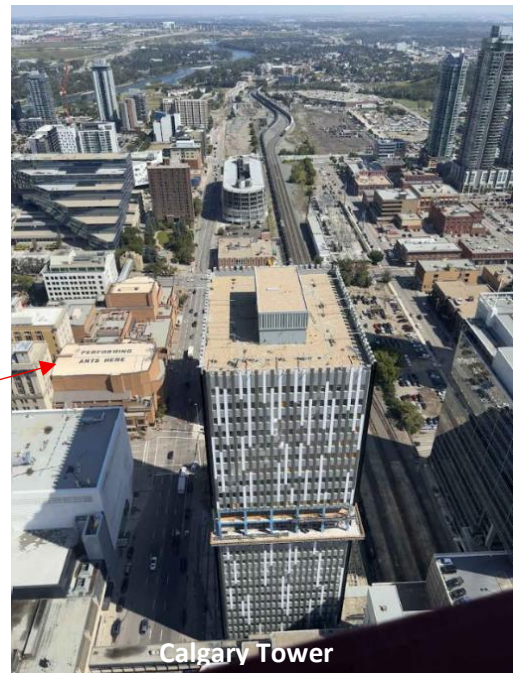
TRAVEL NEWS

Malcolm Sharpe's trip to Canada - Calgary to Vancouver (Aug-Sep 2026)



Part 1 – Bus trip to Jasper

It began in **Calgary**, where the prairie meets the peaks and the skyline looks like it's trying to keep up with the mountains. From the top of the Calgary Tower, the

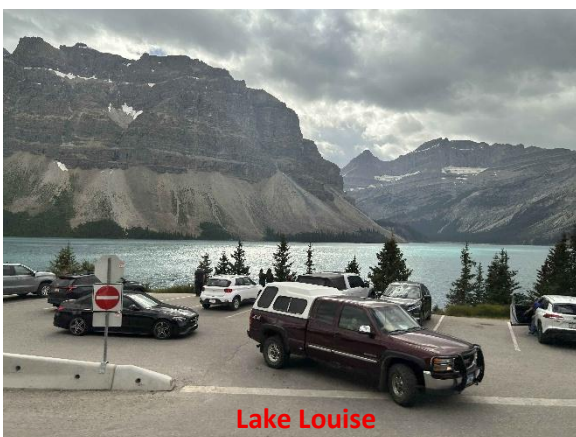


city stretched out like a model railway—appropriate, since trains were about to become the theme of this trip.

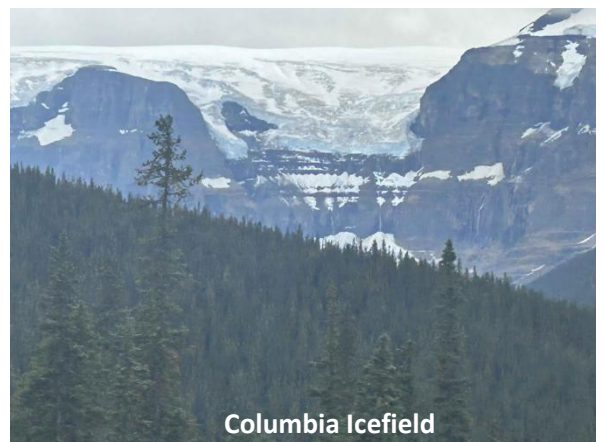
After a quick wander through the city's arts district (and a polite nod to the "Performing Arts Here" rooftop sign), I swapped skyscrapers for spruce trees and joined a coach heading north along the **Icefields Parkway**—one of the most spectacular drives on Earth.

The road wound through valleys framed by **towering cliffs**, **emerald forests**, and the occasional **glacier gleaming like a misplaced polar cap**.

Every bend seemed to reveal a new postcard: turquoise lakes, waterfalls tumbling from nowhere, and peaks that looked carved by giants.



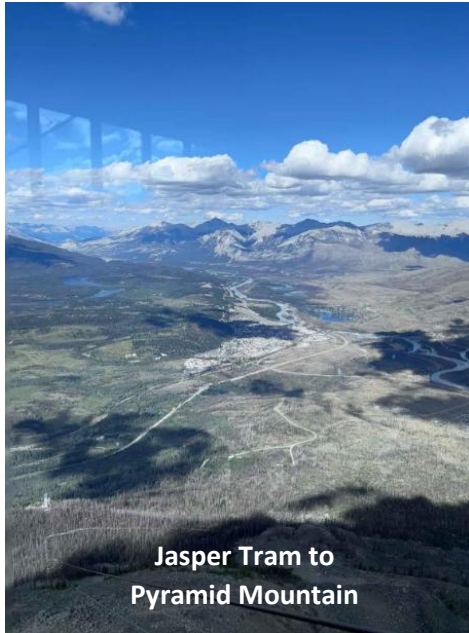
At the **Columbia Icefield**, I stood in awe of nature's deep freeze—ancient ice that's been around longer than most of our club members' computers!



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Part 2 - Jasper: Where Mountains Meet Magic



Jasper Tram to
Pyramid Mountain

Two days in **Jasper** felt like stepping into a living painting. I took the **tramway up Pyramid Mountain**, where the view stretched forever—rivers curling through valleys, forests fading into blue haze, and the Rockies marching off toward Alaska.

Down below, **canoes bobbed on Pyramid Lake**, and the air smelled of pine and adventure. Evenings were spent swapping stories with fellow travellers and watching the sunset turn the peaks pink.



Pyramid Lake

Part 3 – All Aboard the Rocky Mountaineer to Vancouver



Rocky Mountaineer

Then came the grand finale: boarding the **Rocky Mountaineer** for the journey to **Vancouver**. The train's glass-domed carriages made it feel like travelling inside a moving postcard.

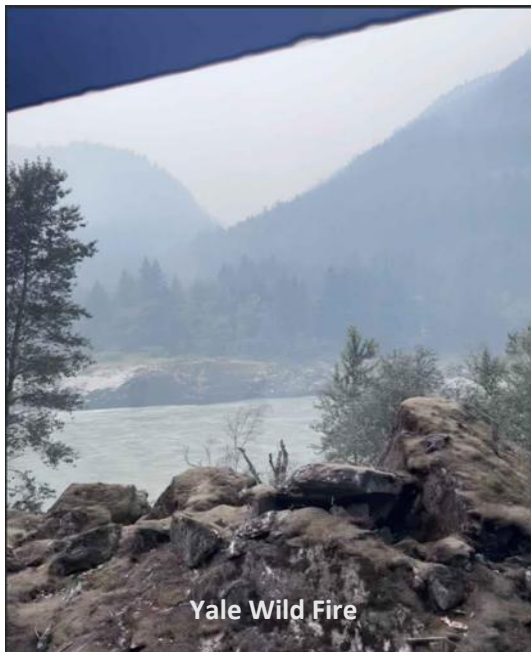
We glided past **rivers and rapids**, through **Columbia and Coast Mountains**, and into valleys so deep the sunlight had to work overtime to reach us. The scenery changed from alpine drama to misty forests and finally to the lush greenery of British Columbia.



Blue River between Kamloops and
Jasper

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Yale Wild Fire

At one point, smoke from distant wildfires gave the landscape an eerie beauty—like nature had added a sepia filter for effect.

Valemount, BC is best known for its dramatic mountain scenery where three major ranges meet, world-class outdoor recreation, and its proximity to the highest peak in the Canadian Rockies



Mount Robson

Part 4 – Vancouver



Totems – Stanley Park, Vancouver

The trip ended in **Vancouver**, where towering **totem poles** stood proudly in Stanley Park, telling stories far older than any of ours. It was a fitting finale—a reminder that travel isn't just about places, but about the tales they hold.

From glaciers to glass towers, rivers to railways, this journey had it all: a dash of history, a sprinkle of geology, and a generous helping of wonder.



GENEALOGY CORNER

Our monthly genealogy sessions (First Friday Genealogy & Genealogy Workshop) are clearly the two most popular discussion groups that we hold at SeniorNet. This page generally aims to highlight selected information.

For you to be born today from 12 previous generations, you needed a total of 4,094 ancestors over the last 400 years.

Think for a moment – How many struggles? How many battles? How many difficulties? How much sadness? How much happiness? How many love stories? How many expressions of hope for the future? – did your ancestors have to undergo for you to exist in this present moment...

Ancestral Mathematics

In order to be born, you needed:

2 parents
4 grandparents
8 great-grandparents
16 second great-grandparents
32 third great-grandparents
64 fourth great-grandparents
128 fifth great-grandparents
256 sixth great-grandparents
512 seventh great-grandparents
1,024 eighth great-grandparents
2,048 ninth great-grandparents



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WATER PAINTING GROUP



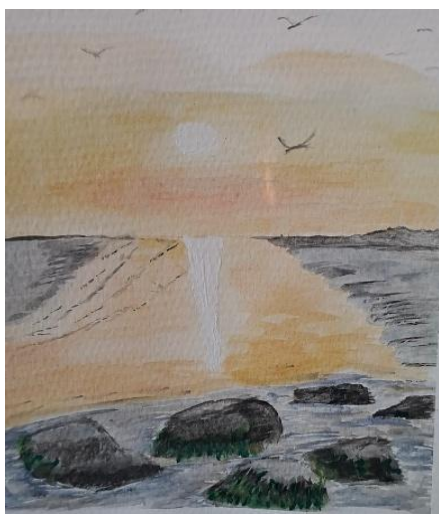
Barbara Hay



Lois Kay



Ruth Healy



June McCullough



Shelly Bell



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PHOTOGRAPHY GROUP - BUDDHIST TEMPLE VISIT



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TECHNICAL ARTICLE

AI Today – things you should be aware of:

AI states that errors could occur in information they supply so If you suspect the answer your AI assistant gave you was incorrect or missing context there are some things you can do to verify.

1. Ask for sources and check them for accuracy/reliability.
2. Phrase your prompt objectively, in a brand-new chat.
3. Rephrase your question and see if the answer changes.
4. Use multiple AI models/tools to ask the same question.
5. Do not put your personal financial information into AI and ask for advice.

Query AI if you are not sure. AI certainly can be wrong because it is taking information from across the entire internet and this includes opinion pieces, blogs, websites and intentional misinformation which even newspapers and reporters can do to sway opinion. In long ago days we took as fact anything that was published in our encyclopaedias and more recently we probably accepted Wikipedia which again contains items submitted by a human being as being their belief.

It's here to stay use it to assist you but be conscious of its possible veracity – or not.

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FUNNIES

NINE IMPORTANT FACTS TO REMEMBER AS WE GROW OLDER

9 Death is the No 1 killer in the World

8 Life is sexually transmitted

7 Good health is merely the slowest possible rate at which one can die

6 Men have two motivations: Hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich !!!!

5 Give a person a fish and you feed them for a day. Teach a person to use the internet and they won't bother you for weeks or months maybe years

4 Health nuts are going to feel stupid someday lying in the hospital dying of nothing

3 All of us could take a lesson from the weather. It pays no attention to criticism

2 In the 60s people took LSD to make the World weird. Now the World is weird and people take Prozac to make it normal

1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow

IT'S WEIRD
BEING
THE SAME
AGE AS
OLD PEOPLE

