

ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

MARCH 2026

No. 353

PETER DAVID PATTEN 31 AUG 1933 – 27 FEB 2026



It is with deep regret that we share the news that our much-valued long-standing member and supporter, **Peter Patten**, passed away in January. Peter had been absent from our clubrooms over the past year due to declining health, but his presence and influence have remained very much part of SeniorNet. Over many years,

Peter was a true stalwart of the club, generously giving his time, expertise, and calm guidance across all aspects of our administration. He served tirelessly on the committee for a number of years and was instrumental in supporting the club through his work on annual accounts, auditing processes, and constitutional reviews. One of Peter's most lasting contributions was the rewrite of our Constitution into clear, plain English — a task that reflected both his meticulous nature and his genuine desire to make things easier and more accessible for others. This work has been of immense and ongoing benefit to the club.

Peter's dedication and reliability, and commitment earned him great respect and appreciation from all who worked alongside him.

We extend our heartfelt sympathy to Peter's wife Jocelyn and to his family. While there was no formal funeral a commemorative gathering was held on 3 February at St Peters' Church, Killarney Street, Takapuna providing an opportunity to honour and remember a loyal and highly respected member of our SeniorNet community.

MARCH SUNDAY SPEAKER

Author Matt Elliott will take us back to the 1980s, reminiscing about our most popular entertainer of the decade, comedian Billy T James. Giggles aplenty!



Matt has previously given us a wonderful talk on the strawberry fields of Birkenhead and the history of the area.

[\(See page 13 for more information\)](#)

LENDING LIBRARY UP AND RUNNING!



What a team! Our thanks to Pam Hamlyn for donating the bookshelves, to Alex Sharp for transporting them, Ross Healy for safely installing them, and of course our 2 Librarians Jeanne-Anne Jacob and Patricia Lough.

You will observe that the books are now in strict alphabetical order. Please place all new and returned books into the appropriately marked box for placement by the Librarians.

SPECIAL GENERAL MEETING - CONSTITUTION

We need to hold a Special General Meeting to formally adopt our revised constitution. The SGM will be held in conjunction with our usual Sunday Meeting on 8 March 2026 and should be mercifully brief — even for those who secretly *enjoy* a good meeting! There will be a clear explanation of the changes, a simple vote, and (with luck) a swift conclusion. Your attendance will help ensure everything is properly approved and future-proofed. Proxy votes are acceptable. [See last page of this newsletter for a copy of the form](#) to print, populate and hand to a committee member.

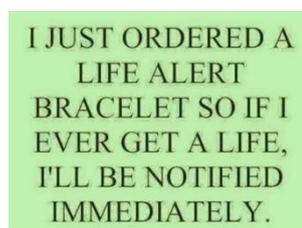
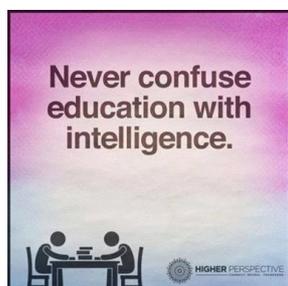


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CLUB DIRECTORY

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
COMMITTEE	Beryl Louis	Beryllouis2@gmail.com	
AUDITOR	Glen Plaistowe		
LIBRARIANS	Jeanne-Anne Jacob & Patricia Lough		
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)	jschubert@outlook.co.nz	021 257 8814



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CHAIR REPORT MARCH 2026



Once again, another galloping month. It has seen many of our members learn and just have fun and enjoy a few hours with friends. Whether it was Painting, Computer Stuff, Genealogy, Photography or one of the Discussion Groups – each gives us something to learn from and to enjoy.

This month at our normal Sunday meeting we have called a Special General Meeting to adopt our new Constitution. This is required by law and all charities must submit a new one under The Incorporated Societies Act 2022". There is also a wonderful Guest Speaker (thank you Jurgen).

Officially Autumn begins on the 1st of March. Time for winter garden planning and getting a list of good books to read. Also fill in the diary with sessions to come along to – hibernation is for bears and it is so easy to stay home but so good to have somewhere to look forward to going.

I thought I would remind you of a little Travel Pass that is well worth having. It is call Bee Card. It works in many regions around New Zealand. So, if you are travelling it might be good for you to get one. For our members of particular interest is that it gives free travel on Te Huia, so travel by train to Hamilton then becomes like a Super Gold AT Transport Card. So go online and check it out. And maybe take a day trip to Hamilton one day.
<https://beecard.co.nz/Pages/SuperGold>

And on that note, we are looking for ideas of where to go for the Monthly Outing. Is there anywhere in particular you would wish to go with a group, let us know and we just might organise things for you.

Have a lovely Month.

Ruth Healy
Chair
SeniorNet North Shore



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SCHEDULE MARCH 2026

Select a class, discussion group or tutorial that appeals from the tutors' 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 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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T = TUTORIALS

D = DISCUSSION GROUPS

TIMES: AM = 10.00 to 12.00

PM = 1.00 to 3.00

Schedule - March 2026								
Day	Date	Time	Session	Tutor	Phone	Email	D/T	Cost
Sun	1	am						
Sun	1	pm						
Mon	2	am	Painting Group	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Mon	2	pm						
Tue	3	am						
Tue	3	pm						
Wed	4	am						
Wed	4	pm	Film Appreciation (1:30pm)	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	5	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	5	pm						
Fri	6	am	First Friday Genealogy	Bernice Hyde	027 617 3959	bernice52@xtra.co.nz	D	\$3
Fri	6	pm						
Sat	7	am						
Sat	7	pm						
Sun	8	am	Monthly Meeting	10am in hall		All Members Welcome		
Sun	8	pm						
Mon	9	am	Committee Meeting					
Mon	9	pm						
Tue	10	am	Photography	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz	D	\$3
Tue	10	pm						
Wed	11	am	AI (Chat GPT etc)	Ruth Healy	027 291 1489	ruthhealy54@gmail.com	D	\$3
Wed	11	pm						
Thu	12	am	Handcrafts	June McCullough	021 885 117	june.apollo@gmail.com	D	\$3
Thu	12	pm	Card Playing Group(12:30)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	13	am	Visit to Pah Homestead (9:30am)	Jurgen Schubert	021 257 8814	jschubert@outlook.co.nz		
Fri	13	pm						
Sat	14	am						
Sat	14	pm						
Sun	15	am						
Sun	15	pm						
Mon	16	am	Painting Group	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Mon	16	pm	Nostalgia	Host varies			D	\$3
Tue	17	am	iPhone and iPad	Bruce Graham	027 494 1731	bruce@bruce-w-graham.com	D	\$3
Tue	17	pm						
Wed	18	am	Family Tree Maker	Bernice Hyde	027 617 3959	bernice52@xtra.co.nz	D	\$3
Wed	18	pm	Cooking Chat	Marina Sanderson	021 02789790	marinasanderson@gmail.com	D	\$3
Thu	19	am	Cryptic Crosswords and Sudoku	Bridget Taylerson	09 410 8309	taylersonb@gmail.com	D	\$3
Thu	19	pm						
Fri	20	am	Genealogy Workshop	Lois Kay	027 2710154	lois.kay@xtra.co.nz	D	\$3
Fri	20	pm						
Sat	21	am						
Sat	21	pm						
Sun	22	am						
Sun	22	pm						
Mon	23	am						
Mon	23	pm						
Tue	24	am	Photoshoot - email Rex for location details	Rex Oddy	021 758 851	rex.oddy@xtra.co.nz		
Tue	24	pm						
Wed	25	am						
Wed	25	pm						
Thu	26	am	Our World	Glen Plaistowe	027 541 2241	glenp19925@gmail.com	D	\$3
Thu	26	pm	Card Playing Group (12:30)	Campbell Stanford	021 717 008	camstan69@gmail.com	D	\$3
Fri	27	am	Coffee Group	Patricia Lough	021 268 8677	loughie@outlook.co.nz	D	\$3
Fri	27	pm						



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TUTOR NOTES

MARCH 2026



GENEALOGY WORKSHOP

Tutor: Lois Kay

The Clearances: You will recall my Scottish friend David Douglas who has spoken twice at our Genealogy Workshop – well I am pleased to advise that David has completed his next project and has agreed to provide another entertaining and informative session – this time on The Clearances – this incorporates both the Highland and the Lowland Clearances. David has an engaging style and sense of humour so another not to be missed session.

The stories behind what triggered the actions of our Ancestors plays such a big part and provides the solution as to why so many arrived in New Zealand.

[\(See more on page 14\)](#)



1ST FRIDAY GENEALOGY

Tutor: Bernice Hyde

Bernice will once again demonstrate her ability in thorough research skills. In particular she has recently researched family history for Jurgen which will be most interesting. 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 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.



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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

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.



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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!



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

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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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

Tutor: 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.



iPAD & iPHONE

Tutor: Bruce Graham

Bruce has kindly stepped in to host this session. It will be a tutorial and discussion forum where you can ask questions, get answers and also learn tips and tricks for a range of iPad/iPhone situations.

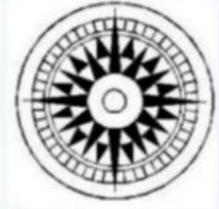


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Tech Home Help

- 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
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FEBRUARY SUNDAY MEETING

SHELLY BELL - "Personal Colour Analysis and Seasonal Palettes"

In this engaging presentation, Shelly Bell explained the principles of personal colour analysis and how identifying one's seasonal palette can enhance appearance, confidence, and harmony. She described the four traditional colour seasons — Autumn, Spring, Summer, and Winter — each defined by specific qualities such as warm (yellow-based) or cool (blue-based), bright or muted, light or deep tones.

Autumn colours are rich, earthy and golden. Spring colours are lighter, brighter and fresh. Summer features cool, soft, blended tones with a hazy quality. Winter colours are clear, crisp, high-contrast shades — very bright, very pale or very dark. Determining a person's season begins with testing warm versus cool drapes, followed by more detailed comparisons to observe how the skin responds. The goal is to identify the individual's natural pigmentation, which Shelly emphasised is genetically determined and does not change over a lifetime, even as hair turns grey.



Shelly demonstrated how different shades of green, red and yellow can dramatically alter a person's appearance. In consultation, she uses controlled lighting and mirrors to ensure objective assessment. Clients leave with a personalised colour guide to assist wardrobe coordination, grooming choices, and even hair colour decisions.

She noted that colour affects how others perceive us, influencing authority, wellbeing and self-confidence. The principles can also extend to interior decoration and special events such as weddings. Ultimately, colour harmony "feeds the eyes," creating a positive visual impact and allowing individuals to look their healthiest and most vibrant at any age. Ian Robinson was a good sport and agreed to be our model.

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STEFAN SAGEMAN - "Dealing with Stress in the Modern World"



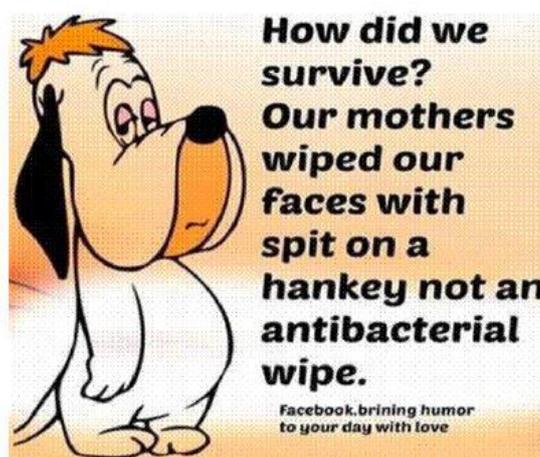
Stefan explored how stress affects everyday life and how individuals can better manage it using simple mental and physical techniques. He explained that stress is largely a subconscious response — a reaction to how we perceive events rather than the events themselves. By changing perception, we can change our stress response.

A key theme of the talk was the power of focus. When we shift attention from external pressures to internal awareness, stress reduces. Stefan demonstrated this through guided breathing exercises and a physical technique of clenching and releasing the fist. These exercises help interrupt stress patterns, increase oxygen flow, calm the nervous system, and create a sense of control.

Stefan emphasised that stress often arises from "pressure and consistency" — ongoing concerns such as illness, family responsibilities, obligations, or unexpected disruptions. While some stress can motivate action, prolonged stress may affect sleep, memory, mood, and physical health. He discussed how reframing situations — viewing challenges from a different perspective — can significantly reduce emotional strain.

Visualization was presented as another powerful tool. By consciously imagining positive outcomes or recalling peaceful experiences, individuals can lower cortisol levels and promote relaxation. Stefan highlighted that imagination, when intentionally directed, can influence mood, perception, and even physical sensations.

The overall message was practical and empowering: stress does not have to control us. Through conscious breathing, shifting perception, prioritising personal wellbeing, and regularly practising these techniques, individuals can reduce stress and improve overall quality of life.



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MARCH SUNDAY MEETING

MATT ELLIOT



Matt was educated at Mt. Carmel primary school, Meadowbank, and then St. Peter's College, Auckland. Alongside a brief, incomplete stint at university Matt pursued a career as a stand-up comedian beginning on the embryonic local scene in 1989. He 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, he continued performing around the country but with one eye on more serious writing.

His 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 his 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, he formulated and taught a Comedy Writing course in Christchurch which morphed into The Ministry of Chocolate Fisheries radio shows.

Through the early 2000s Matt was based in Wellington performing in local venues and appearing in Fringe and Comedy festivals. For two years he had a weekly comedy show on Access Radio which made use of his large comedy album collection as well as interviewing visiting comedians and promoting local comedy. This also gave him the opportunity to write and produce several hour-long documentaries on the likes of Lenny Bruce and American Civil Rights comedy.

You can see him in several scenes of Peter Jackson's King Kong (if you know where to look, freeze-frame and enlarge the bystanders) and he 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.

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

Matt's presentation at this meeting will take us back to the 1980s, reminiscing about our most popular entertainer of the decade, comedian Billy T James. **Giggles aplenty!**



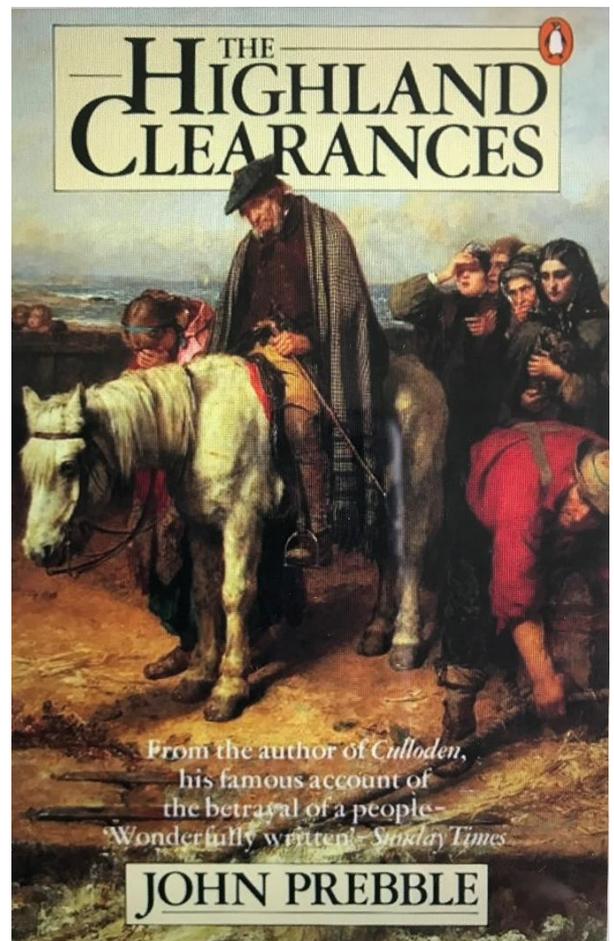
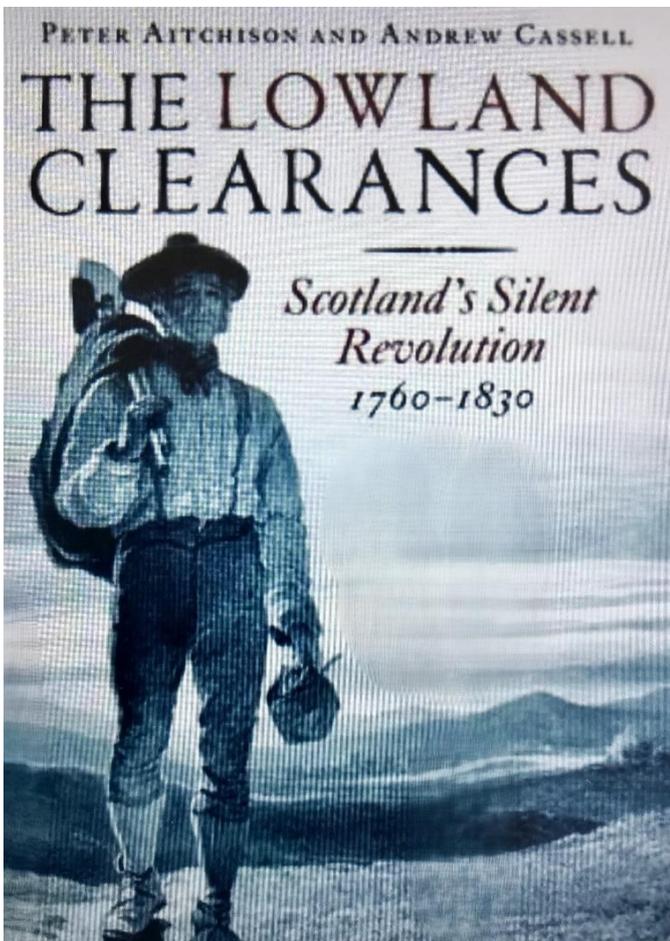
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MARCH GENEALOGY WORKSHOP

THE CLEARANCES – GLEN OR FERMTOUN (FROM THE GLEN TO FARM HAMLET)

We are pleased to welcome back David Douglas for his latest presentation at our Genealogy Workshop. In this session, David will explore both the Highland and Lowland Clearances — pivotal events in Scottish history that reshaped communities and set many families on the path to emigration. Through engaging storytelling and thoughtful research, David will illuminate the forces that influenced our ancestors' lives and help us better understand why so many ultimately made their way to New Zealand.



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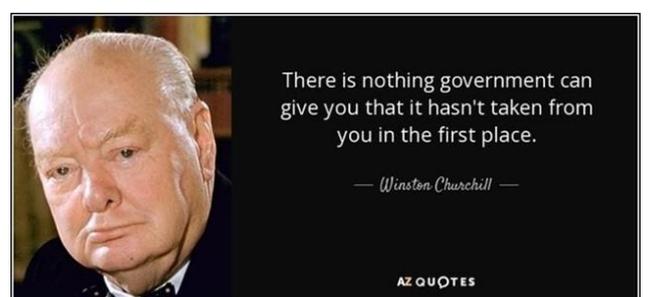
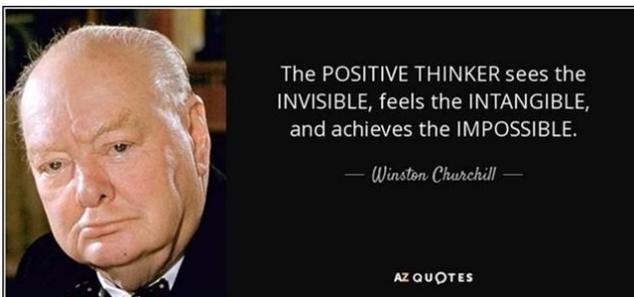
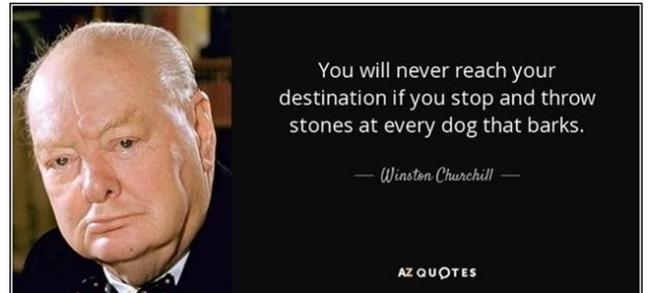
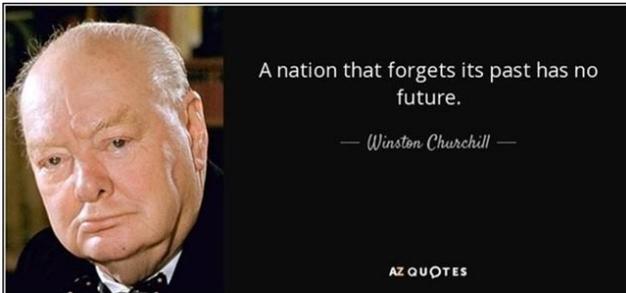
\$20

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WINSTON CHURCHILL QUOTES (PART 3)



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WHATS APP TIPS - IPHONE

OPTION 1 – DELETE ENTIRE CHATS (FASTEST WAY)

If you no longer need the conversations at all:

1. Open **WhatsApp**
2. Go to the **Chats** screen
3. Tap **Edit** (top left)
4. Select multiple chats
5. Tap **Delete**
6. Confirm

👉 This removes the whole conversation (messages, photos, videos).

OPTION 2 – CLEAR MESSAGES BUT KEEP THE CHAT

If you want to keep the person in your chat list but remove old messages:

1. Open WhatsApp
2. Swipe left on the chat
3. Tap **More**
4. Tap **Clear Chat**
5. Choose:
 - Delete All Messages
 - Or delete everything except starred messages

This keeps the chat thread but removes the history.

OPTION 3 – DELETE MESSAGES OLDER THAN A CERTAIN DATE (BEST FOR LARGE CLEAN-UPS)

WhatsApp has a built-in feature for managing storage.

1. Open **WhatsApp**
2. Go to **Settings**
3. Tap **Storage and Data**
4. Tap **Manage Storage**

Here you can:

- See large conversations
- Delete large videos/photos quickly
- Sort by size
- Remove items in bulk



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Very useful if your phone storage is getting full.

OPTION 4 – TURN ON DISAPPEARING MESSAGES (FOR FUTURE CONTROL)

If you'd like messages to auto-delete going forward:

1. Open a chat
2. Tap the contact name at the top
3. Tap **Disappearing Messages**
4. Choose 24 hours, 7 days, or 90 days

That won't delete old messages but prevents build-up.

EXTRA TIP (IMPORTANT)

Before mass deleting, consider:

- Do you have important genealogy photos or documents sent via WhatsApp?
- Are there family photos you haven't saved to iCloud yet?

If you like, I can show you how to:

- Save all photos from a chat first
- Export a chat to email
- Or back up to iCloud before deleting

Need help with computers?

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- * Genuine advice on what hardware and software is best for you
- * Top quality components from reputable companies
- * Pick up & set up anywhere in the Auckland metropolitan area
- * Transfer of files to your new computer
- * Personal help at your office or home, any time you need it
- * Broadband, Network & Wireless Setup
- * Free advice on all related matters
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SENIORNET NORTH SHORE NEWSLETTER

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SENIORNET NORTH SHORE NEWSLETTER

PROXY FORM

SENIOR NET (NORTH SHORE) INCORPORATED FORM OF PROXY FOR SPECIAL GENERAL MEETING

I....., being a financial member of Senior Net (North Shore) Incorporated, (SN),
hereby appoint, failing which,....., failing
which,..... as my proxy to vote on my behalf at the Special General Meeting of
SN to be held on **Sunday 8 March 2026** or any adjournment thereof, subject to any special conditions noted
below. Specific directions as to voting:

.....

Date issued.....

Notes:- The appointee must be a financial member of SN at the date of the meeting &/or any adjournment thereof. If there are no specific directions above, the appointee can vote on all motions, otherwise, only on the topic(s) specified.

Members should keep in mind that, while they may direct the appointee to vote in a specific way on any topic, it could well be that discussion at the meeting may have changed the member's view on any topic, had the member been present. For this reason, it is recommended that the member appoints the chairperson of the meeting to vote according to his/her discretion, in the best interests of all the members of SeniorNet North Shore Inc.

