

ESSENCE

SENIORNET NORTH SHORE NEWSLETTER

FEBRUARY 2026

No. 352

WHY NOT TRY SOMETHING NEW?

Our club has always been about helping members feel confident and comfortable with computer technology — but many of our most enjoyable sessions go well beyond the keyboard and screen.

Alongside our regular computer classes, we offer a range of complementary sessions and activity groups such as photography, genealogy, handcraft, water painting, card playing and relaxed chat groups. These sessions are a wonderful way to explore new interests, refresh old skills, or simply enjoy learning in good company.

Trying something different doesn't mean you need prior experience or technical knowledge. Our groups are friendly, supportive, and paced to suit everyone. Many members who once said "that's not for me" are now discovering new hobbies, sharing family stories through genealogy, capturing better photos, or enjoying creative handcraft projects — all while quietly building confidence with modern technology along the way.

Technology continues to change, but learning doesn't have to be daunting. By stepping into a new session, you may find it easier to adapt to new devices, apps, and digital tools — and have fun while doing so.

So next time you see a session you haven't tried before, consider giving it a go. You might surprise yourself, make new friends, and discover something you truly enjoy

FEBRUARY SUNDAY SPEAKERS

Shelly Bell - is a personal image consultant and club member. She will start our year off with a bit of colour. During her talk Shelly will be looking for a volunteer to demonstrate how to do 'someone's colours'. See more on page 10.



Stephan Sageman – a professional hypnotist on a repeat visit to us (he first came in April 2025). Throughout his talk, he will be talking about what you choose to focus on in life dictates how you feel about your life.



Learn the fascinating strategies from the internal monologue of your body and brain. This includes a three-minute meditation.

We only have one body; we only have one brain; let's find out how to make the best of it even in our late years.

See more on page 10.

VISIT TO WEST LYNN GARDEN

Join us for a visit to this "Hidden Sanctuary" – a beautiful 1.5-hectare privately-owned garden, on Friday 13 February.

See full details on page 16.

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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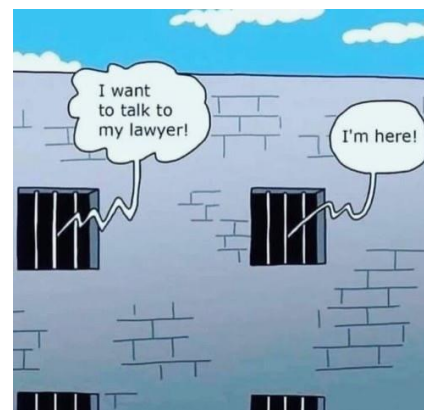
CLUB DIRECTORY

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

This is why Shetland ponies never caught on in Wyoming.



For most people when you lose your "khakis" you've lost your pants. When you're from Boston & lose your "khakis" you can't start your car.



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		
PROOFREADER	Patricia Lough	loughie@outlook.co.nz	413 6322
NEWSLETTER	Lois Kay & Campbell Stanford	seniornet.newsletter@gmail.com	027 2710154
PROVIDORE & LIBRARIAN	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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CHAIR REPORT

FEBRUARY 2026

The month of January went very fast – Was lovely to see those at Coffee Groups over the break. It was certainly well worth having them.

Melson has started again with his monthly learnings for us. And January was a good one. Security and making sure you are safe online with Passwords and Authenticators. It is just so very important for us all to be vigilant about our Digital Security.

The weather has been wet. And hot. And sometimes wet and hot at the same time. Hopefully we have some more settled weather will arrive soon. The grass grows, you mow, it rains and grows and is too wet to mow.



For all of you with an iPhone – January 2007 was when the first iPhone was unleashed on the world. Steve Jobs called it “a widescreen iPod with touch controls” and a “revolutionary mobile phone.” and was released for sale in June 2007.

Further back in history- one hundred years ago, on January 27th 1926, John Logie Baird gave the first public demo of a working television system in London.

January 1st is also the Birthday of the Internet. It was January 1st 1983 that is considered the Birth of the Internet: The official switchover to TCP/IP protocols happened, which is considered the official “birthday” of the modern Internet.

At our ages we have certainly been observers and participants in some amazing technology over our lifetimes. And it’s great to see us all embracing and using it in our daily lives. The old adage “You are never too old to learn” is certainly true.

The month of February has the fewest days in the year so come along to some sessions at our Rooms to make the most of those days.

Ruth Healy

Chairperson SeniorNet North Shore



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SCHEDULE

JANUARY 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.

Spotted at Valentines Christmas Luncheon



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T = TUTORIALS

D = DISCUSSION GROUPS

TIMES: AM = 10.00 to 12.00

PM = 1.00 to 3.00

Schedule - February 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	Waitangi Day					
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						
Mon	9	pm	Committee Meeting					
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 West Lynn Gardens (10am)	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	Computer Chat Group	Melson Lee			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

FEBRUARY 2026



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: 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. Please come and try it. You are also most welcome to bring a guest with you for a free session.



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.



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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.



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



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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 😊).



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.



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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.

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- 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



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FEBRUARY SUNDAY MEETING

SHELLY BELL - "Your Colours"



Established in 1978 "Colours" was the first international personal colour and style consulting company and had trademarked Colour and Style analysis operating systems. The colour analysis operating system that she uses at Colours can be traced back to the 1930's Bauhaus colour expert, Johannus Iteen, who was referred to as the "Einstein of Colour"

Shelly received the original and extensive certified training in Colour and Style in 1994 and is a certified, highly experienced, and professional consultant.

Shelly has retained the original Colours operating systems and international standards.

So – When you choose "Colours" with Shelly, you can be very sure that you will receive the **highest quality, best value for money, most comprehensive range of problem – solving, personal image related services** available in NZ.

STEFAN SAGEMAN – "How to relieve daily stress in the modern world"



Welcome! Stefan is truly excited to be part of this transformative journey with us. Over the years, he's had the privilege of working with thousands of clients, helping them shift limiting beliefs, release self-sabotaging behaviours, and unlock lasting happiness. It's been nothing short of life-changing, both for them and for him.

So, how did he get here?

He has spent the first two years of his life in Romania, a country marked by its challenges. This early experience gave him a unique perspective and sparked a gift that would shape his entire life: an ability to hyper-focus and absorb vast amounts of information quickly. Fast forward 20+ years, and that same gift has fuelled his success as a trailblazer in the hypnotherapy industry in New Zealand.

His passion, commitment, and determination with over 10 years of experience to help you *realize, release, and transform* are unmatched in this field.



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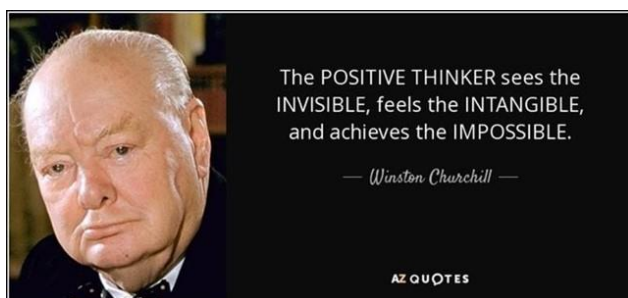
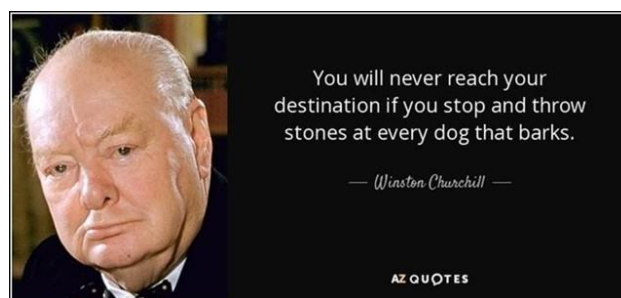
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WINSTON CHURCHILL QUOTES (PART 3)



EMAILS DISAPPEARING – SOMETIMES HUNDREDS

Why do some people occasionally get hundreds of emails back in their inbox that they deleted a long time ago.

This can be very confusing when it happens, but there are some **well-known technical reasons** why emails that were deleted long ago can suddenly reappear—sometimes **hundreds at once**. Here are the most common causes, explained plainly.

1 IMAP re-sync or account re-added (most common)

Most modern email (including **Gmail, Outlook, Xtra, Yahoo**) uses **IMAP**, which keeps mail **synchronised across devices**.

If:

- An email account is **removed and added again** on a phone or computer
- Outlook, Apple Mail, or another email app **loses its sync state**
- A mail app is reinstalled or updated

👉 The server may resend *all mail it still has*, including very old messages.

Result: Old emails flood back into the Inbox.

2 “Deleted” was only local, not server-side

Sometimes emails were:

- Deleted in an app while **offline**
- Deleted in a **POP** setup (older method)
- Moved to a folder the server didn’t recognise as “Trash”

When the app later reconnects:

- The server says “These messages still exist”
- The app restores them

3 Trash retention rules (emails weren’t truly deleted)



Many providers **don't permanently delete emails immediately**:

- Gmail keeps deleted mail for **30 days**
- Some ISPs and business servers keep mail for **months or years**
- Archiving ≠ deleting

If a sync issue occurs, the server may re-expose those messages.

4 Corrupt mail index or mailbox rebuild

Email programs (especially Outlook) use a **local index** to track what exists.

If that index becomes corrupt:

- Outlook rebuilds the mailbox
- It may temporarily pull *everything* from the server again

This is common after:

- Power cuts
- Computer crashes
- Major updates

5 Another device or old backup re-syncs

An old phone, tablet, or computer can quietly cause chaos:

- You turn on an **old device**
- It has outdated mail settings
- It resyncs and **re-uploads old mail states**

This can resurrect deleted emails.

6 Gmail labels & Inbox re-enabled

With Gmail specifically:

- Mail isn't stored in folders—only **labels**
- If the **Inbox label** is re-applied, the email “returns”



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This can happen after:

- Filter changes
- Mail app bugs
- Gmail account re-authorisation

How to prevent it happening again

- ✓ Use **IMAP consistently** on all devices
- ✓ Don't mix POP and IMAP for the same account
- ✓ Always delete from **one main device**
- ✓ Empty Trash regularly
- ✓ Remove old unused devices from email access
- ✓ Avoid restoring full system backups that include mail apps

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PHOTOGRAPHY GROUP HOLIDAY SHOTS



Cheryl Peter



Glen Plaistowe



Debbie Seekup



Greg Martelli



Pauline Rundle



Lois Kay



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UPCOMING VISIT TO WEST LYNN GARDEN & BUTTERFLY HOUSE

Friday 13 February 2026

73 Parker Ave, New Lynn

<https://www.westlynnngarden.org.nz/home>

West Lynn Garden was established in 1981 on land originally owned by the Eden Garden Society. Since then passionate volunteers have nurtured this space into a flourishing oasis, filled with vibrant plants, protected heritage trees, sub-tropical gardens and a cherished and popular butterfly house.

The gardens cover 1.5 hectares with plenty of seating about, also suitable for picnics and 1½ to 2 hours should be considered for a visit.

Date and Time: Friday 13th February, there are no activities at SeniorNet that day

Travel: Per car sharing, meeting at 10am at the car park of the Events Centre with entrance from Silverfield off Porana Road. Below is a map with a highlighted area where we usually meet.

If this is of interest, please let me know whether you take your car and how many passengers you can accommodate, or whether you need a lift. The round trip is just under 50km and for those needing a lift, I suggest \$5 for the driver is appropriate. Without drivers we have no outings.

There is a carpark on the premises at the gardens and a travel time of 45 minutes should be considered.

Cost: \$5 pp

Booking: Not required, if we are a group of under 10. Please see also 'Travel'.

Café: There is no café on the premises, but there are several in the centre of New Lynn or in the New Lynn Shopping Centre, which also has car parking facilities.

Any family member or friends are welcome as always.

With kind regards,

Jürgen

j Schubert@outlook.co.nz

021 257 8814

