



October 2016

www.u3abayofislands.wordpress.com

U3A Bay of Islands, PO Box 833, Kerikeri 0245

u3a.bay.of.islands@gmail.com



From the Chair

Hello everybody,

It was lovely to hear from one of the volunteers at the Citizens Advice Bureau that they promote the U3A as they feel it's a very stimulating worthwhile organisation. Thank you to the U3A members who volunteer there, as in sharing your experiences you are demonstrating your enthusiasm for the groups and ultimately the U3A.

Margaret Rasmussen wrote an informative piece about the U3A for the "Focus Paihia" Newsletter which was very well illustrated with photos from our website. On that point please remember to take photos of your groups

(with members' permission of course!) and send them to Catherine Gossage our Newsletter Editor. She will create a stock of photos that can be used for the Newsletter or Website.

A special note of thanks from Catherine Gossage to all the Group Facilitators and contributors who helped her get all the information needed in record time to finish the October Newsletter before she left in the third week of September.

Thank you to David Welch who has offered to give "slightly humorous talks" to Rotary and Probus about the value of U3A.

Keith McNaughton alerted me to the fact that details on the U3A needed updating on a Paihia information website. Thanks for that Keith. If you find websites with information on the U3A that need updating, please let me know.

If you have any ideas on how to spread the word about the U3A please contact Judy Ramsey, our new Publicity Officer.

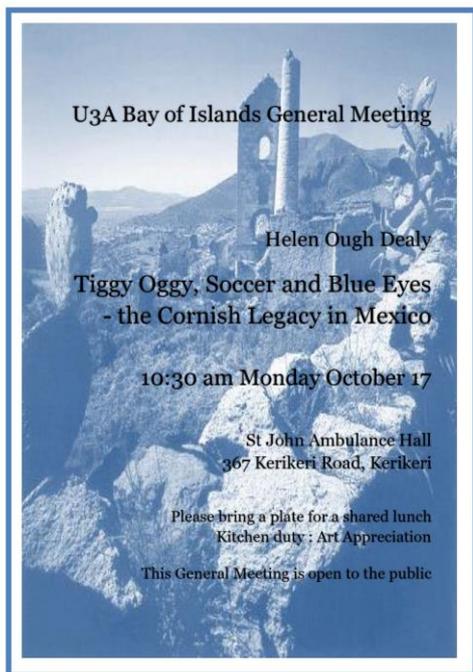
Word of mouth is the best way to publicise the organisation, so please continue to enjoy the groups and general meetings and relate your experiences to friends and families.

Cheers,

Sue Robertson

New Members

U3A Bay of Islands is delighted to welcome Noeline Bubendorfer and Meg Evans. Be sure to look out for them in groups and at the next General Meeting and say "Hello".



October General Meeting

At our October General Meeting on Monday October 17 at 10:30, we are pleased to have as our guest speaker Helen Ough Dealy (Martin and Minnie's daughter). She is known to most of us through her local work at the Department of Conservation.

As a typical expat child, Helen was smitten by the travel bug at an early age, but even after settling in New Zealand with her family, spending time working abroad, and returning to live with her husband in New Zealand, she recently decided to return to Mexico to explore her Cornish heritage there.

Helen can boast many links with the Cornish community of Mexico. Both her great-grandfather and grandfather worked in the silver mining industry in Mexico. Her family history was brought to life by a recent trip to the silver mining towns of Pachuca and Real del Monte.

Helen will give us her personal view of the Cornish influence still apparent in today's Mexico.

Tiggy Oggy or Tiddy Oggy Recipe

For those of you who, like me, are curious as to what Tiggy Oggy might be, here is a recipe that you might try for the shared plate.

Tiddy Oggy, or Somerset apple and pork pasties, are great for filling you up at lunch, or make them half the size and serve as party canapes. Using a food processor makes them easy too!

Ingredients

For the pastry:

- 100g (3 1/2oz) lard
- 100g (3 1/2oz) butter
- 450g (1lb) plain flour
- Pinch of salt
- 6tbsp iced water

For the filling:

- 1 medium cooking apple such as Bramley
- Knob of butter
- 1 onion, finely chopped
- 50g (1 3/4oz) celery, finely chopped
- 225g (8oz) pork mince
- 1-2tbsp chopped parsley
- 2tbsp grated mature Cheddar cheese
- 4tbsp toasted breadcrumbs
- 1 free-range egg, beaten
- Salt and freshly ground black pepper

Method

1. Put the lard, butter, flour and salt in a food processor and whizz until the mixture resembles breadcrumbs. Gradually add the iced water, a very little at a time, until the mixture just comes together into a ball. Remove from the dough from the food processor, wrap in cling film and leave to rest in the refrigerator for 30 mins.
2. Peel, core and finely chop the apple. Melt the butter in a small saucepan over a medium heat and fry the onion, celery and apple until the onion is soft and translucent. Transfer to a bowl. Put the mince in the same pan and fry it in its own fat, stirring frequently, until lightly browned. Add to the onion with the parsley, season well with salt and black pepper and stir well. Allow to cool, then chill in the refrigerator until needed.
3. Preheat the oven to 180°C/350°F/gas mark 4. Remove the pastry from the refrigerator and allow it to come almost back to room temperature (this helps to avoid cracking). Roll out the pastry on a floured work surface and cut into 15cm (6in) rounds.
4. Place a spoonful of the mince mixture in the centre of each pastry round, brush the edges with water, then pull up the sides and press together, leaving a hole at the top. Fill the holes with the cheese and top with breadcrumbs. Brush each of the pasties with a little beaten egg to glaze.
5. Place the tiddy oggys on a baking tray and bake in the oven for 30 mins until the pastry is cooked and golden. Serve warm or cold with crab apple jelly and apple chutney.

This recipe is taken from Britain's Best Dish, published by Dorling Kindersley, priced £20, available from [Amazon](#)

<http://www.goodtoknow.co.uk/recipes/431362/Tiddy-oggy>

Group News

New Groups

We are able to offer two new groups this month.



Understanding Greek and Roman Technology - from the Catapult to the Pantheon

Ancient Greece and Rome produced some of the most creative engineers who ever lived. In a series of DVD presentations you will learn how technologies developed by the ancient Greeks and Romans have had a lasting impact on the development of civilisation. Presenter, Dr. Stephen Ressler, a former professor at the US Military Academy and a civil engineer, has made his subject very easy to understand by creating models to show just how the technologies worked. Here is a sample of the topics covered: siege machines, arches and concrete, roads and bridges, water supply systems, transportation, cranes, grain mills, and the beginnings of urban planning. You will see the techniques used in the building of temples, the Pantheon, Roman baths, and the Colosseum.

For more information on topics covered in the course, please go to <http://www.thegreatcourses.com/courses/understanding-greek-and-roman-technology-from-catapult-to-the-pantheon.html>

At the end of this series, this group could possibly move on to study some of today's engineering achievements.

Antiques and Collectibles

In this group we plan to have a theme each month, e.g. antique books, china, linen, artworks, glass, inherited items etc. Themes will arise out of the interests of the group. Members will bring along any collectable related to that theme and share what they know of its history. One or two members may volunteer to research the topic for the meeting and gather books or videos from the library. People may also like to talk about their own collections of objects which need not be antiques.



If either of these new groups appeals to you, please contact me as soon as possible so we can get started.

Margaret Rasmussen - ras1@clear.net.nz or 09 402 8949

Please note that there will be **no meeting** for the **Cooking** group and the **History of Food** group in October.

Featured Groups



Poetry for Pleasure – Monday

He who draws noble delights from sentiments of poetry is a true poet, though he has never written a line in all his life

– George Sand, French Novelist

Take a topic, like “String”. Search high and low, in books and on the internet, for any poems to do with string: string in your pocket, stringed instruments, heart strings, energy strings, marionette strings or kite strings. It can be a contemporary poet, or a classic. Or, if you are creative, make up your own poem. Now get together at Sue and Ian Robertson’s lovely home and share what you have found with the Poetry for Pleasure group. Each person will bring their own appreciation and interpretation, and together we will have fun (that’s the “pleasure” part of it). Watch out, in October we will be going “Wild”! (missing from group photo: Pam Jenkins and CG, photographer)

Both “Poetry for Pleasure” groups have room for new members, so contact the group facilitator to join if you are interested.

Catherine Gossage



It’s Showtime

This month will be only the third meeting of **It’s Showtime**, but the group has come together so well that it feels as if it has been established for years. Fortunately we have enough musicals to keep us going for many seasons to come.

We launched with the 1951 film of Jerome Kern and Oscar Hammerstein’s *Showboat* and thoroughly enjoyed the music and the colourful costumes (amazing frilly knickers) although the racist elements were a bit shocking for today’s ethics. With the idea of going from ancient to modern the following month we had a superb recording of a stage version of Tim Rice and Andrew

Lloyd Webber’s *Jesus Christ Superstar*. It was amusing to find that “modern” in our terms is 40 years old but wearing very well indeed.

This month it is back to the 1950’s for Roger and Hammerstein’s *The King and I* starring Yul Brynner and Deborah Kerr. Some of the group may join in with songs like “Whistle a Happy Tune” and “Shall We Dance”. With or without the extra chorus we will have a very enjoyable afternoon.

We are looking for a DVD of the 1972 film *Cabaret* starring Liza Minnelli. If you have one may we please borrow it? It will be well looked after and returned to you.

Moirá Warnock