



MOREANA

NEWSLETTER OF ST. THOMAS MORE ALUMNI

SERVING UP A FAULTLESS DINNER

It most certainly has been a while since we, as an association, sat down to eat together. February 2019 to be precise!

Yet now, after at least three false starts as the country faded into and out of various Covid restrictions we are, at last, about to resume normal service.

So without further ado we are delighted to confirm that this year's Annual Dinner will take place at the school on

**SATURDAY 30th APRIL
at 7.30pm**

The format will remain very similar to the previous twenty such events with a three-course meal, plenty of beer and wine to wash it all down, our traditional intercourse bingo and a guest speaker.

This year's menu will consist of:

Duck & Orange Paté
with fruit chutney and rocket served on sourdough toast

Slow Braised Chicken and Tarragon Chasseur
Buttered new potatoes with fresh mint
Selection of spring vegetables

Apple Strudel
served with vanilla ice cream

Cheese Board
and a selection of grapes

After Dinner Chocolates
and coffee



All for the princely sum of just **£25.00** for Alumni members and **£28.00** for non-members.

In addition there will be a fine selection of red and white wine, beer and soft drinks all available for suggested donations.



Our guest speaker this year will be none other than our very own Social Secretary **James Driscoll** (*County Official of the Year for Essex*) who will be talking about his expe-

periences as a qualified tennis umpire officiating at Wimbledon and on the WTA and ATP main tours.

The dinner is open to all former pupils of the school and teachers past & present whether members of this esteemed association or not.

Those who regularly attend will vouch for what a great occasion the annual dinner is for renewing old acquaintances amongst the usual mix of annual diehards, together with occasional and one-off attendees from many decades of the school's existence.

As usual there will also be the traditional intercourse bingo played throughout the meal offering a number of chances to win sizeable amounts of cash.

The dress code will be formal as befits the occasion, with ties and

jackets required for the gentlemen. It's the perfect event at which to wear your Alumni tie (if you haven't got one check out the article within this edition). Ladies are encouraged to wear smart evening attire.

All you need do to secure your place is to **email** the address at the bottom of this page. You'll receive a confirmation with details for payment via bank transfer or cheque.

So firm-up the entry in your diaries, send the confirmation email, transfer the money then relax safe in the knowledge that you are in for an evening that is sure to be great fun as you participate in restoring one of this association's grand traditions.

One last thing... We'll only be able to take **CASH** on the night for drinks and participation in the bingo. So do please make sure you bring some of the traditional stuff with you!

TIE-ING UP THE OCCASION

Hopefully you'll have read the article overleaf about the dinner and its dress code. Ties and jackets are the order of the day and, of course, any tie will do.

But if you want to make a statement and display your membership of this association then be sure to wear an Alumni tie.

These are available for only £5.00 either on the night or by post in advance.

Simply email the address on the front page if you'd like



one to be sent you by post (there will be a £1. surcharge to cover the cost) or bring the cash with you to the dinner where there will be a supply available.

CHANGES TO THE EXECUTIVE

During the two years of the Covid pandemic this esteemed association held fast stoically to its traditions as best as it could

Once particular manifestation of this determination was the holding of not one, but two Annual General

Meetings via Zoom (2020 and 2021).

At the first of these our outgoing Treasurer, Kevin Thomas, was succeeded by **Chris Barber** (1976) and for the first time in many years we finally had a volunteer for the post of Social Secretary when **James Driscoll** (2014) stood for the position and was elected.

THE GREAT AUSTRIAN BAKE-OFF



*Our man in Austria, former Social Secretary **Glen Sweeney** (1967), has busied himself with many things since emigrating to the Alps, and amongst his varied hobbies he has developed a keen interest in bread making. Always an enthusiastic chef Glen has kindly sent the following article for our delectation. So read on and get ready to BAKE...*

Let me begin by saying I am not a professional baker, but I am a person who really enjoys baking his

own bread and discovering new recipes and styles as I go along. In the beginning I bought books and DVDs and watched a lot of YouTube demonstrations. From this I learnt one thing, there is no single definitive way to make bread. Primarily because there are so many uncontrollable variables that it is impossible to write down an exact methodology. First factor is the type and strength of your flour, followed by room temperature, humidity, water quality, type and quality of your yeast, hydration levels and it goes on.

So what I will endeavour to do in this article is give a simple and general guide that will set you on your own path of discovery. Basically do loads of research, watch all of the different methods then with trial and error work out what works for you. And, don't worry about

FACING UP TO FACEBOOK



Readers may recall that we have frequently in recent years been "banging on" about our social media sites.

During the pandemic and its associated lockdowns they proved themselves to be of even greater use than usual. In fact the number of followers of our Facebook page tripled during the two years that ordinary life was anything but ordinary and it proved to be an incredibly useful way to maintain communication with alumni, whether members of this association or not.

We would therefore strongly urge all members to consider following our page (and our Twitter and LinkedIn sites) if, for

nothing more, than to easily receive news and updates.

Simply visit [facebook.com/stmalumni.southend.7](https://www.facebook.com/stmalumni.southend.7)

EMAIL

Most people nowadays have an email address yet we seem to be missing one for a small handful of members.

Like the facebook page, email allowed us to stay in contact with the majority of members during the pandemic when it wasn't possible to produce printed publications such as *Moreana* or to easily pop to the post office.

UP-TO-DATE

If you never receive emails from us (or haven't for at least six months) please assume that we either don't have an email address for you or that the one we have is now out-of-date. To rectify this situation simply email the address on the front page with your current email details.

getting it wrong, things won't always go to plan, be methodical and above all patient.

Essential Equipment

- A large mixing bowl.
- Dough scrapers, at least two
- A large smooth working surface or board
- Measuring jug
- Digital scales
- Food mixer (not essential)
- An oven (an atomiser to create steam inside the oven whilst baking)
- Baking stone (not essential)
- A very sharp and fine knife or razor blade
- Baking tins or bannetons (a large oven proof casserole pot with baking paper - not essential)
- Clean cloths or tea towels
- Cooling rack

Basic White Bread

Your flour type and quality are deciding

factors in regard to how the recipe works. I live in Austria and the choice of flours here is not the same as in the UK. So try and find a white bread flour that is 'Type 700', normal plain flour (Type 480) used for cakes will not do the job. I begin with one kilo of flour mixed with 700ml (g) of water, 20g of fresh yeast (10g if using dry), a teaspoon full of sugar and a teaspoon of salt, also extra flour for dusting. You can use a different flour for this, I use semola flour but you can use rye or spelt

Method - Creating your dough

Measure out 700g (ml) of tepid water in a jug. Add the 20g of fresh yeast and one tsp. of sugar, mix well and leave to stand.

Pour the one kilo of flour into a large mixing bowl and add the tsp. of salt. Mix this in well, lifting the flour to put some air into it and eliminate any lumps.

Pour the water, yeast mix into the flour and mix together until all of the flour has melded with the water. You might need to use your hands to finish this process off.

Alternately you can use a food processor with a dough hook on a slow setting. When all of the loose flour has gone and you have a large ball of dough, cover the bowl and leave to stand. After 30 to 40 minutes pour out the dough onto your work surface. The experts say never flour the work surface but I give it a light dusting of semolina flour. I use a dough scraper going around the dough to integrate the dusting flour into the dough.

Now you need to knead the dough. Place the heel of your hand on the far edge of the dough and with your fingers gripping underneath draw out the dough away from you. Lift the stretched dough and pull it back over the body of dough that remains. Repeat this process over and over making sure you stretch all of the dough in this way. By stretching you are creating the gluten in the dough.

Continue with this for about 10 minutes, the dough will begin to stiffen and become less sticky, at this point I cover the dough and let it rest for five minutes. Uncover and continue to knead for another 10 minutes.

The dough should come together and form a tight consistency and no longer be sticky to the touch.

The window pain test: to establish if you have kneaded the dough sufficiently cut off a small piece and stretch it out. If it falls apart you need to knead further. If it stretches out without breaking and creates a fine membrane that you can see daylight through, then you are done.

Rub a little olive oil over the surface of a large clean bowl and drop the kneaded

dough into the bottom and cover with a tea towel.

First Proof: Depending on the room temperature this can take between one and two hours. The general guide is when the dough has doubled in size it is ready for the next step.

Shaping: Now this part of the process never seems to be emphasised enough by the experts but it is very important. Dust your work surface with whatever your preferred flour is and pour out the risen dough. Use a dough scraper to separate the dough from the side of the bowl. You will hear the phrase 'knocking back', this happens when you prise the dough out of the bowl.

Flatten the dough out with your finger tips, then grab the side furthest from you and fold it over into the dough, push down on the join. Then grab the side closest to you and repeat the process. Now you have a long sausage, hold each end and fold then into the middle.

You now have a short fat roll of dough that you cut into sections depending on the size of loaf or bread rolls you want. I cut the dough into two equal parts. Set one aside, dust the surface again and flatten out the cut dough with your fingers creating a round shape. Grab one side, stretch it out and fold it back over pressing it into the body of dough, repeat this process as you rotate the dough, continue until the dough forms a tight ball with a skin on the underside. At this stage the surface should not be at all sticky, if it is roll it in the dusting flour on the work surface or lightly dust the dough with more flour and repeat the folding process.



© Glen Sweeney: Watch out for a future article about this pic...

Turn your dough over and drag your flattened hand, back downwards, towards and under the ball of dough. This will increase the strength and skin of the now upper surface. Set this first one aside and repeat the process on the remaining pieces of dough.

Baking: I shall use the simplest method here. For this recipe I am going to suggest using baking tins. For two larger loaves use two 20x10cm loaf tins or for three smaller loaves use three 20x10cm tins. I shall use two tins here.

Coat the inside of the tins thinly with a little olive oil.

Pat the dough along the sides to make it more in line with the shape of the rectangular tin and drop into the tin with the folded under surface downward.

Cover with a damp cloth and leave for the **second proof** of 20 to 30 minutes. Raising the cloth above the dough to keep it separated will be required as the dough rises and could stick to the cloth.

While it is proofing turn on your oven to a temperature of 230°C for

a fan assisted oven 250°C for non-fan assisted.

After 20 to 30 minutes hopefully your oven has reached temperature, remove the cloth and with a very sharp blade gently cut the surface of the dough creating a gash along the length of the surface. This should be about 5mm deep and might require three or four gentle cuts. This will act as an escape route for air trapped in the dough and stop the loaf splitting along the sides.

Place the tins in the centre of the oven and spray water into the oven with an atomiser.

Leave to bake for 20 minutes then remove the loaves from the tins, lower the temperature to 220°C and return them to the oven for another 20 to 30 minutes until golden brown. If the loaf does not come out of the tin freely continue to bake for another 5 minutes in the tin.

Turn the loaf upside down and tap the bottom surface, if it resonates like a drum the loaf is cooked.

Place the finished loaves on a cooling rack and allow to cool before cutting them.

Bon appetit!

**MEMBERSHIP AS AT
MARCH 2022**

1961	Graham Lewis	1974	Kevin Bonham Charlie Condon Paul McArdle Simon Millyard	1981	Sean Conlon Malcolm Patterson	Chpln	Rev Daniel Kelly
1962	Kevin Butt Michael Hughes John Lewis	1975	Eamon Day David Ekers Keith Exley Chris Fairchild John McDermott Andrew McGregor Gerry Thomas Kevin (KT) Thomas	1982	Richard Chadun Sean Corr Mark Harvey	Assoc	Matthew Hardiman Jed Marshall Ben Micklewright Chloe Spillett Nick Spillett Tom Wiltshire
1963	John Bowman John Sheehy	1976	Christopher Barber Laurence Blainey John Chambers Guy Francke Clive Knight Andrew McWilliam Simon Ravinet Martin Sullivan John Todryk James Tyrrie	1983	Richard Allard Anthony Crowley Keith Traynor	H/T	Gemma Ackred
1964	John Griffiths Ronald Patchett	1977	Phil Coath John Cobbold Mark Hidveghy Martin Hodson John Judge Liam Rand	1984	Mark Denton Stuart Humfrey	F/T	John Askew Ian Britt James Devor Mary Donaldson Tom Kennedy David Milne John O'Connell* Granville Powell David Sims
1965	Brian Dalton Alan Dobby Terry Knights Frank McEvoy	1978	Richard Clegg Sean Cray Kevin Thomas	1985	Tim Allard Karl Streamer	Hon	Frank Keenan Jan Lewis Helen Wigmore
1966	Stephen Barker Patrick Clancy Bill Clegg Paul Hutchinson Paul Wenham	1979	Michael Ashkuri Pete Chambers Paul Clarke Paul Driscoll Martin Husk John Lawrie David O'Ryan Sean Tyrrie	1986	Iain O'Connell	In Mem	Richard Copley Tom Mayhew
1967	Tony Cane Paul Clancy Glen Sweeney Mike Thompson	1980	Sean Leggett Martin McKeown Nial O'Callaghan	1987	Martin Corr Martin Diggins		
1968	Martin Duggan Geoffrey Lewis Peter Mahoney	1981		1988	Damian Dillon Justin Hennessey Paul Lynch		
1969	Peter David Paul Marsh Chris McHale	1982		1989	Christopher Hull		
1970	Michael Davis	1983		1990	Paul Bending		
1971	Bernie Brooker Mike Donovan Kevin Flynn	1984		1991	Ben Gibson		
1972	Paul Culleton David Thompson	1985		1992	David Cook Martyn Rickard		
1973	Martin Carroll Phil Mahoney	1986		1993	Chris Thompson		
		1987		1994	Jack Brudenell Jonathan Fenn		
		1988		1995	Dale Claridge Charlie Parks		
		1989		1996	Iker Romero -Munoz		
		1990		1997	James Driscoll		
		1991		1998	Ethan Gates		
		1992		1999	Peter O'Callaghan		
		1993		2000			
		1994		2001			
		1995		2002			
		1996		2003			
		1997		2004			
		1998		2005			
		1999		2006			
		2000		2007			
		2001		2008			
		2002		2009			
		2003		2010			
		2004		2011			
		2005		2012			
		2006		2013			
		2007		2014			
		2008		2015			
		2009		TBC			
		2010					
		2011					
		2012					
		2013					
		2014					
		2015					
		2016					
		2017					
		2018					
		2019					
		2020					
		2021					
		2022					

**ALL CONTRIBUTIONS
GRATEFULLY
RECEIVED**

There's a good spread of ages and experience in the above-list of members and some of you must be able to write!

Take pity on this hard-pressed editor and send an article (to the email address on the front page) for a future edition of this esteemed publication...just like Glen Sweeney did.

IN MEMORIAM

Sadly during the two years enforced absence of this esteemed publication there have been a number of deaths reported to this association.

These have been posted on our Facebook site and added to the online list of deceased that can be found on our website, but for those members who are not digitally connected we list the names here...

Josh Akinpelu
Anthony Bachelor
Michael Barry
Tony Brooker



Andy Cockerell
Phillip Cronin
Andrew Glen
Derek Hand
Robert Hodder
Philip Nibbs

Christopher Nota
Kevin O'Hanlon
John Sammon
Emmanuel Udoh
David Ward

Former staff:

Peter Bosch
Alan Foot
Teresa Lafferty

Our thoughts and prayers are with them and their families.

Those that were reported before June last year were remembered, along with those already on our list of deceased, at the annual Memorial Mass (pictured) that, due to Covid restrictions, took place in Sacred Heart church. It is available for viewing on YouTube: youtu.be/eKw6xvXF05Q

May they all Rest In Peace