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Coming Events

► Friday 18th July

► Single Performance of A Plan Of Action,
18:30 Hrs. at Teatro Fernandino in Maldonado.

► Single Performance of Triple Brumour, 21:00
Hrs. at Teatro Fernandino in Maldonado.

► Friday 25th July

► Encuentros a la Puesta del Sol, 18:30 hrs. at
the British Cemetery.





President's Words

Dear readers,

June featured a welcomed Big Lunch, where children, and not so children, won many prizes with our surprise games, and raffles. With a plentiful attendance, we enjoyed delicious meals where the Coronation chicken brought by our Ambassador was a big hit. We also took pleasure in the company of Mr. John Hunter, the chairman of ABCC (Argentine British Community Council) amongst us. Hoping to strengthen our ties in the future, our community was invited to their events, when visiting Buenos Aires. If you are interested, you can check on their web page <http://www.abcc.org.ar/> for their planned events.

July will feature a new Lecture Supper at Christ Church, with Rosita Schandy giving her talk on *"The Language of Nature"* where we will explore the many wonderful ways in which the divine language of creation

is present in our day to day lives. A wonderful array of photos are in store for us, so we are very much looking forward to this.

Finally, on behalf of our Society, I would like to welcome our new members: Mrs. Inés Linn Irureta Goyena, Mr. Nicolás Etcheverry Estrázulas, Mr. Sean Partridge, Mrs. Mary Kerrigan, Mrs. Maria Clara Morgan, Mr. Nicolás Castro Pool, Mr. Arturo González Alambarri and Mr. Frederick Lionel Deakin. Please feel welcome at our events.

I hope you enjoy your reading!

"There are two things to aim at in this life; first to get what you want and, after that, to enjoy it. Only the wisest of mankind achieve the second." Logan Pearsall Smith.

SWCH News

The residents were honoured to welcome HMA Ben Lyster-Binns for a celebration of Her Majesty's Birthday and are most appreciative of the opportunity to share the celebration with him in an informal gathering.

Grandparents' Day was celebrated at the Home by playing Bingo with great prizes after a delicious tea together with Padre Enrique. Usually on this day kids give gifts to grandparents. Of course, the best gift of all is to be able to have the family together on this special holiday.



British Passports

Her Majesty's Passport Office (HMPO) is dealing with the highest demand for passports in 12 years and has issued over three million passports so far in 2014. However, demand continues to be high, and recognising people's understandable concerns about possible delays, the Home Secretary announced a series of additional measures to ensure people and families are able to travel and live overseas. ***If your passport needs renewing we suggest that you apply for a new one with plenty of time:***

- If your passport has 9 months validity or less this will be added to your new passport on top of the regular renewal period
- All passport applications are now done online through: <https://www.gov.uk/overseas-passports>

- If you need to travel urgently and your passport has expired or is about to, you may be entitled to an extension, please see eligibility: <https://www.gov.uk/get-an-emergency-passport-extension-or-child-travel-document>
- If you are not entitled to an extension you may be able to apply for an Emergency Travel Document: <https://www.gov.uk/emergency-travel-document>





British Embassy News

Follow us on **Facebook**
and keep in the loop!

“One Ball, One World”

The Ambassador hosted an event as The Ball 2014 came to Uruguay, brought by the Spirit of Football Foundation and Special Olympics, under the slogan “One Ball, One World.” The Spirit of Football, a UK non-profit organization, takes The Ball from England in a tour around the world ahead of every World Cup to send a message of peace and unity without distinction of race, religion or intellectual ability. Sports Vice-Minister Antonio Carámbula, the Ambassador and athletes of the Special Olympics Uruguay signed The Ball at the event. In its tour around the world, The Ball has been signed by major sports personalities, Special Olympics athletes, businessmen, senators and presidents. The Ball was also part of an event held at the Army General Command, with the participation of Sports Minister Liliam Kechichián and the Ambassador.



Great Little Dancers

The Ambassador and Belinda enjoyed the excellent performance of hundreds of young Scottish dancers at the Junior Caledonian and handed out medals to the proud winners of the competition.



A Big Celebration

Ambassador Ben Lyster-Binns and his wife Belinda hosted the Queen's Birthday Party at their Residence on 18 June for members of the British community, diplomatic corps, parliamentarians, media, business contacts and friends. After The British Schools choir sang both anthems, the Ambassador highlighted in his speech that this has been a great year both in the bilateral relation between Uruguay and the UK and for the Royal family. The choir delighted guests with The Beatles song “With a little help from my friends.”



Outstanding English Students

The Ambassador was pleased to deliver certificates at the Outstanding Cambridge Learner Awards Ceremony, together with authorities from Cambridge International Examinations and Dickens Institute. The best English students from 21 schools who took their IGCSEs and various Cambridge Programmes received their certificates at an event that had various excellent musical participations.





Montevideo Players News



Proudly Presents:

A Plan Of Action

A hilarious comedy, ideal for PET level

ONLY ONE PERFORMANCE!

Friday 18th July, 18:30 Hrs.
Teatro Fernandino – Maldonado
25 de Mayo 828 between 18 de Julio and Dodera

*Tickets on sale **exclusively** through the ABITAB NETWORK*

Adults - \$ 250
Students - \$ 125

Tickets cannot be purchased at the theatre!



Proudly Presents:

Triple Brumour

All-time favourite songs and sketches in true music-hall style.

ONLY ONE PERFORMANCE!

Friday 18th July, 21:00 Hrs.
Teatro Fernandino – Maldonado
25 de Mayo 828 between 18 de Julio and Dodera

*Tickets on sale **exclusively** through the ABITAB NETWORK*

Adults - \$ 250
Students - \$ 125

Tickets cannot be purchased at the theatre!



Silver River Lodge News

All our meetings are held on the 3rd Monday of every month from March through to November at the William G. Best Masonic Temple, located at calle Canelones 1429, Montevideo.

Our July meeting will be on Monday 21st at 19:30 hrs.

For further information please contact at us at secretarysr1876@gmail.com or call Mr. Martin Macadam at 096 001995.

Every month we'll answer a couple of common questions about freemasonry, so here go the first ones!

Question: What is Freemasonry?

Answer: Freemasonry is the U.K.'s largest secular,

fraternal and charitable organization. It teaches moral lessons and self-knowledge through participation in a progression of allegorical two-part plays. It has over 300.000 members working in nearly 8.000 lodges throughout England and Wales and 30.000 more members overseas.

Question: Why are you a secret society?

Answer: We are not, but lodge meetings, like those of many other groups, are private and open only to members. The rules and aims of Freemasonry are available to the public. Meeting places are known and in many areas are used by the local community for activities other than Freemasonry. Members are encouraged to speak openly about Freemasonry.

St. Andrew's Society News

On August 9th the Society is holding a Ceilidh at Pony Prado. The event, informal, which commences at 22:00 hrs. will include performances of the Bands and their dancers, Scottish dances until about 01:00 hrs. followed by modern popular music.

Food and beverage will be available for purchase at the bar.

Tickets will be available at \$150 (for over 18s) from July 10th from:

- Michael Warren 091 048 937 or 2902 6541
- Raquel Stuart 099 157 615 or 2480 1453
- members of the bands.

There will be two practices before the Ceilidh, both from 16:00 hrs to 18:00 hrs. The first one will take place on July 26th at Colegio Juan XXIII, Mercedes 1769 and the second one on August 2nd at the British Schools on Máximo Tajés.

Practices for the Caledonian Ball will continue after the Ceilidh at a venue to be confirmed in the next Newsletter.

Things To Keep In Mind

You subscriptions can be paid at:

- Our events to our treasurer
- The Anglo Institute of Carrasco, Centro or Pocitos
- Lucas Calcraft (Av. Italia 6890 esq. Miami)

Reasonably-Priced Translations

English - Spanish, Spanish - English
Also oral translations (interpreting)

Write to: vozinglesa@gmail.com



Anglo News

ANGLO LIBRARY

Discover the many benefits available to Anglo Library members. Membership is open to all.

The Anglo library holds more than 26.000 volumes and serves all Anglo students for free and members who pay an annual fee.

In the reading room you will find collections available for general use and computers:

Monographic material - a collection of classic and recent material

Periodicals - the library now subscribes to 20 magazines

Reference collection - encyclopedias, dictionaries

Computers available for students and members

Students and members may withdraw from the library:

Books for 3 weeks and magazines and DVDs for 1 week

To become a member you need your identity card and a proof of residency.

Annual fee: \$1.110

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www.anglo.edu.uy

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TAMBIÉN
ES ANGLO



Obituaries

We regret to inform you that Maureen Stoutt de Araújo passed away on June 29th. Our heartfelt condolences go to her sisters Phyllis and Betty, her daughter Carol, her son Richard and her grandsons and great grandson.

Community Corner

Caroline Grabowska, daughter of the late Caroline Uzarczyk de Grabowski, is looking for kind homes for her mother's tame and well looked-after cats.

Currently, four of them are in need of homes, they are all spayed, some are elderly and some are young.

If you're willing to care for one, or know someone who might be, please don't hesitate to contact Caroline at 098 054494, 2710 5610 or by e-mail at:

caroline.g@interia.pl



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de las Ánimas



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Virgen de las Ánimas Natural Mineral Water has a perfect balance of minerals and oligoelements, and also a great level of virginity as evidenced by the absence of nitrate (pollutants), which makes it one of the most delightful and pure waters in the world. Due to its low mineralization, softness and the subtlety of its distinctive flavor, Virgen water is the favorite choice for the perfect marriage between water, fine wines and gourmet meals. The perfect balance of calcium and magnesium hardness of Virgen water is equivalent to one of our body, therefore, it is optimal for digestion and body's requirements. Virgen de las Ánimas water is considered one of the best natural mineral waters worldwide for its quality, taste and presentation by renowned international sommelier Michael Mascha, creator of the reference website of luxury waters worldwide: www.finewaters.com.

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Medical Column

by Dr. Jorge Stanham, MBE
jorgestanham@yahoo.com

Satisfied Patients Die More

The title sounds paradoxical, or at least, it's counter-intuitive. Over more than thirty years, interest in measuring patients' satisfaction with their healthcare services has been on the increase, with the embedded belief that the more we're satisfied, better results should logically follow, for example: healthier lifestyles, better control of high blood pressure, cholesterol, sugar and weight. Satisfaction is also tied to easier access to services, to healthcare professionals, to diagnostic tests, better treatments with medications, procedures and so on. In the end, satisfied patients should, at least on average, be healthier, get sick less often and this should eventually be reflected in a longer lifespan or expectancy.

On top of this, governments, health insurance companies, hospitals and other organisations have focussed on patient satisfaction scores as a way to incentivise performance, through higher payments and bonuses to those providers (e.g. physicians and clinics) who rank above certain thresholds or standards of patient satisfaction. Some have even created websites where patients can profile and rank their doctors, clinics and hospitals, with the intention of improving performance and assuring better quality of care. The acronym P4P (pay for performance) has become a carrot-and-stick for many providers, who are constantly aiming to improve their scores so as to maximise their patients' satisfaction... or else!

In 2012, a paper¹ published in a respected peer-reviewed medical journal turned what was apparently a good idea (or intention) upside down: in the 50,000 patients included in the study, the 25% with the highest compared to the 25% with the lowest rates of satisfaction, were 12% more likely to be admitted to a hospital, had 9% higher health care expenditures and prescription costs and... were 26% MORE LIKELY TO DIE!

Why was patient satisfaction so harmful, costly – and deadly – to their own health? In the first place, good healthcare outcomes depend on factors which are usually invisible to the patient: professional qualifications (not equivalent to prestige), appropriate selection of diagnostic and treatment pathways, based on evidence and need, but not on wants, publicity or fashion, usually fly under the patient's radar. Satisfaction metrics have

shown that the volume and the intensity of diagnostic procedures, medications and treatments is associated with higher satisfaction scores. Caught or trapped in a consumerist-business model, the bias towards more unneeded but asked-for tests, prescription of direct-to-consumer marketed medications and procedures, or simply the unnecessary use of antibiotics, coupled with the incentive to the professionals keep their patient satisfaction scores high, especially when they are tied to profiling by their patients, so as not to miss the bonuses of P4P, is one of the explanations forwarded by the leading author of the mentioned paper in a recent interview. A common rant by doctor-bloggers is: "Prescribing a wanted but not needed antibiotic for a head cold takes 1 minute and the patient is happy; explaining why it's not needed takes 10... and the patient ends less satisfied." The same situation arises with the discussion on the use of direct-to-consumer marketed medications and procedures. Arguing why a normal prostate antigen test in a young, low-risk man is not needed every 6 months is time-consuming and may create dissatisfaction. An easy way out is just to order it anyway... and keep the doctor's satisfaction profile high... plus the P4P bonus. Similar situations arise with repeated cholesterol testing, the present hype about vitamin D and its overrated benefits, simple low back pain and diagnostic imaging, repeated exercise electrocardiograms in healthy athletes, more frequent bowel scopes than required for the patient's age and risk, etc. Excessive testing leads eventually to unneeded treatments and procedures, which is labelled as 'overuse'. This not only contributes to rising healthcare costs, but to side effects, complications, more procedures... and sometimes death.

The mentioned paper found a relationship between intensity or overuse of services and patient satisfaction. This publication and the recent interview of its main author are not the only warnings in the literature, websites and healthcare blogs. Therefore, whenever 'high patient satisfaction' is used for marketing and promoting a service or organisation, we should at least question the metrics which were used to measure that satisfaction and ask if their health professionals are rewarded or penalised for their patient satisfaction scores, or simply if they profit from more visits, tests, prescriptions, admissions and procedures.

¹. Fenton JJ, Jerant AF, Bertakis KD, Franks P. The cost of satisfaction: a national study of patient satisfaction, health care utilization, expenditures, and mortality. *Arch Intern Med* 2012;172:405-411.



Geoff the Chef's Corner

by Geoffrey Deakin
gde@boskejo.com

Traditional Irish Stew

History:

Irish stew is a filling, flavourful peasant dish made with the cheapest, most readily-available ingredients. The Irish raised primarily sheep and root crops for subsistence. The sheep provided wool for warm clothing, milk for drinking and making cheese, and eventually food. Potatoes were the main food crop, prior to the potato famine.

Irish stew, “ballymaloe” or “stobhach gaelach” as it is called in Gaelic, is traditionally made of lamb or mutton (less tender sheep over two years of age), potatoes, onions, and parsley. Often, lamb or mutton neck bones, shanks, and other trimmings were the only basis for the stock. Yet, these would-be discards still held enough flavour after a long simmering process to do justice to a hearty bowl of stew.

The root vegetables added further flavour and thickening power, as well as filling sustenance. Some cooks added turnips or parsnips, carrots, and barley when available.

Today's Irish Stew:

When the Irish people began immigrating to the United States, fleeing from the ravages of starvation caused by the potato famine, they naturally brought along their wonderful hearty food traditions. The stew evolved and adapted to include the local offerings.

Sheep were not as plentiful in America, so other types of meat were often substituted. When made in the traditional manner, the result is very thick and hearty, not thin like soup.

The recipe has evolved to often include Guinness stout. Some variations have exalted this original peasant dish to near gourmet status.

Ingredients for 10 servings:

- 1 1/2 pounds thickly sliced bacon, diced
- 6 pounds boneless lamb shoulder, cut into 2 inch pieces
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup all-purpose flour
- 3 cloves garlic, minced

- 1 large onion, chopped
- 1/2 cup water
- 4 cups beef broth
- 2 teaspoons white sugar
- 4 cups diced carrots
- 2 large onions, cut into bite-size pieces
- 3 potatoes
- 1 teaspoon dried thyme
- 2 bay leaves
- 1 cup white wine

Directions:

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside.
2. Put lamb, salt, pepper, and flour in large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat.
3. Place meat into stock pot (leave 1/4 cup of fat in frying pan). Add the garlic and yellow onion and sauté till onion begins to become golden. Deglaze frying pan with 1/2 cup water and add the garlic-onion mixture to the stock pot with bacon pieces, beef stock, and sugar.
4. Cover and simmer for 1 1/2 hours.
5. Add carrots, onions, potatoes, thyme, bay leaves, and wine to pot. Reduce heat, and simmer covered for 20 minutes until vegetables are tender.





Geoff the Chef's Corner

Chocolate Fudge Pudding

Double cream or ice-cream will melt over this warm chocolate pudding to turn your taste buds upside down.

Ingredients:

- 1 1/2 cups self-rising flour
- 1/4 cup cocoa powder
- 1 cup caster sugar
- 1 1/2 cups milk
- 1 1/2 cups boiling water
- 2 teaspoons butter, softened
- Pure icing sugar and double cream or ice-cream, to serve

Directions:

1. Preheat oven to 180°C. Lightly grease an 8-cup capacity ovenproof bowl or pudding bowl.
2. Sift flour and 2 tablespoons cocoa into prepared bowl. Stir in 1/2 cup sugar. Add milk. Stir until well combined.
3. Combine remaining 1/2 cup sugar and 1 tablespoon cocoa in a small bowl. Sprinkle over surface of pudding. Gently pour boiling water over the back of a large metal spoon to cover surface of pudding. Dot with butter. Bake for 35 to 45 minutes or until a skewer inserted into the centre comes out clean.
4. Dust with icing sugar and serve with double cream or ice-cream.



- 2 tablespoons of Cloves
- 1 diced (cubed) apple
- 1 (750 millilitre) bottle Cachaça, Vodka or Apple juice (alcohol free version)

Directions:

1. Pour sugar into a large saucepan and place over medium-high heat. Cook while stirring gently until the sugar melts and turns golden brown, about 10 minutes.
2. Carefully and slowly pour in the water, stirring to dissolve the caramel. Add the ginger, lime, orange peel, cloves and cinnamon; bring to a boil, then reduce heat to medium, and simmer for 10 to 15 minutes. Pour in the cachaça (or alternative), and cook until hot, about 5 minutes more.
3. Some users like to strain before serving. Personally, I prefer the bits an' pieces of fruit in my drink.

Drink O' The Day

Brazilian Quentao

This ginger-lime cider is a traditional Brazilian drink mostly enjoyed in the southern states during winter. Wonderfully warm and surprisingly sweet and spicy, Quentao is a fabulous holiday alternative to mulled wine or spiked cider.

Ingredients:

- 2 cups white sugar
- 3 cups water
- 3/4 cup cubed fresh ginger root
- 1 lime, sliced, with its skin
- 1 orange peel (skin)
- 4 cinnamon sticks, broken in half

Special for cold nights in front of a warm fire...

And remember, love and cook with wild abandon!





Back In Time

by Tony Beckwith
tony@tonybeckwith.com

The Survivor

My Uncle Ivor was a bomber pilot in World War II. I wasn't even born then, of course, but I heard about it later on, when I was a boy, and the thought of what he'd done made me swell with pride. He was one of a band of gallant young men of British descent, living in the Río de la Plata region, who went north to volunteer their services to the Allies in those dark days of the mid-twentieth century.

Ivor Beckwith enlisted in Ottawa in 1940 and went on to fly for the Royal Canadian Air Force. He served with the 432 Leaside Squadron and the 419 Moose Squadron, doing two tours of duty and seeing action in the Middle East. His citation for the Distinguished Flying Cross—awarded for “outstanding ability, cool determination, and devotion to duty”—noted that he had completed many successful missions during which, “under a quiet and determined manner” he had been “an inspiration to his crew.” And he came through it all without a scratch, which I thought was amazing. Was he so lucky, I wondered, because his name was embedded in the word “survivor”? I put that question to his younger brother, my father who, in his usual patient way, said that he couldn't be sure but would think about it and get back to me.

Like most mothers, mine would stoop to anything to get me to eat my vegetables. She'd say, “Carrots are so good for you; if you'll eat them you'll grow up to have good, strong eyes, just like your Uncle Ivor!” For years I had a mental image of him flying his plane and chewing on a carrot, winking at me and saying, “What's up, Doc?”

After the war, Ivor took his family to Canada and settled in Toronto, which seemed such a long way away from Uruguay, where my family lived. But every year, on my birthday, he'd send me a card shaped like a wallet, stuffed with crisp, green Canadian dollars. I know for a fact that throughout my childhood I received plenty of other birthday gifts, some of which no doubt cost my parents large sums of money, but the only ones I still remember—as clearly as though they'd arrived this

morning—were those dollar bills from my Uncle Ivor.

The years passed and I grew up. No, actually, I just got older; growing up came later. I left home and went out into the world, chasing dreams and moonbeams and shooting stars. Bit by bit, totally involved in my own life, I drifted from my roots and, without even realizing it, lost touch with my extended family. Then, one day, long after my father had died and I was middle-aged and living in the United States, my Uncle Ivor tracked me down and came to visit. Now in his late seventies, he piloted his car, on a solo mission, all the way from Toronto to Texas. “Family is important,” he said. “The older generation is dying off, and I'd like our family to stay connected.” He wanted me to come to Canada to establish a bond with his son that would survive the inevitable passing of the patriarch.

So, one freezing January day, Lillian and I flew to Winnipeg and kindled a friendship with my cousin and his family that has—thanks to an easy and mutual compatibility, email, and low-cost phone calls—blossomed and grown stronger every year since then. As a result, I was able to enjoy sending birthday gifts to my Uncle's grandchildren, an experience that felt like coming full karmic circle and filled me with a remarkable sense of peace.

The re-establishment of this particular family connection, in turn, led to a renewed interest in and communication with other long-lost members of my tribe, all of whom are a source of great joy and strength to me now, in what I think of as the autumn of my days. I am deeply grateful to my Uncle, for he was the catalyst who made this happen.

On June 15, 2006, Flight Lieutenant Ivor C. Beckwith, DFC passed away peacefully in his ninetieth year. In his son's words, “He will be remembered as the kindest of men, gentle in demeanour, always putting others before himself.” I would add that he was a most generous man, and never more so than when he gave me the gift of family.



Future Events

▶ Saturday 9th August

- ▶ St. Andrew's Society Ceilidh, 22:00 hrs. at the Pony Prado.

▶ Friday 29th August

- ▶ Encuentros a la Puesta del Sol, 18:30 hrs. at the British Cemetery.

▶ Saturday 4th October

- ▶ St. Andrew's Society Caledonian Ball.

▶ Saturday 6th December

- ▶ WDA Bazaar, 14:00 hrs. at Lafone Hall.

Link Of The Month

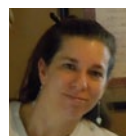
Honda: The power of dreams

<https://www.youtube-nocookie.com/embed/Dxy4n0UT82o?rel=0>



The Society At A Glance

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The Far Side

by Gary Larson



"Mr. Osborne, may I be excused? My brain is full."