

**BSU
Trip to San Jorge**

**St. Andrew's Society
Caledonian Ball**

**G9 S.A. Pipe Band
A Magical Gathering**

**British Cemetery
Remembrance Day**

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President:
Colin Shearer
president@britsoc.org.uy



Vice President:
Andrea Davies
vp@britsoc.org.uy



Secretary:
Solveig Schandy
secretary@britsoc.org.uy



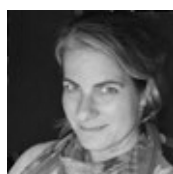
Treasurer:
Walter Albanell
treasurer@britsoc.org.uy



Events Coordinator:
Joaquín Salhón
events@britsoc.org.uy



Newsletter Editor:
Victoria Stanham
editor@britsoc.org.uy



Graphic Designer:
Caroline Stanham
graphicdesign@britsoc.org.uy



Chair of The Sir Winston Churchill Home and Benevolent Funds:
Carolyn Cooper
swch@britsoc.org.uy

BSU CONTACT NEWSLETTER



www.britsoc.org.uy



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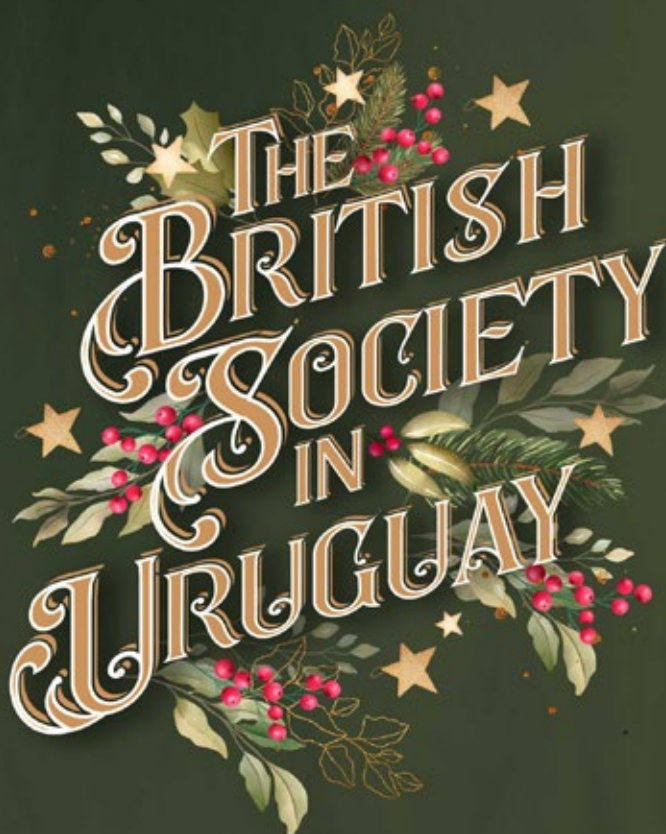


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+598 96 021 918

Montevideo, Uruguay



*"A little smile, a word of cheer,
A bit of love from someone near,
A little gift from one held dear,
Best wishes for the coming year...
These make a Merry Christmas!"*

— John Greenleaf Whittier

Merry Xmas and Happy New Year to all our friends and readers from the Editorial Team at Contact!

MEMBERSHIP FEES

Remember you can pay your 2022 membership fees easily from the comfort of your own home using your credit or debit card through [MercadoPago](#).

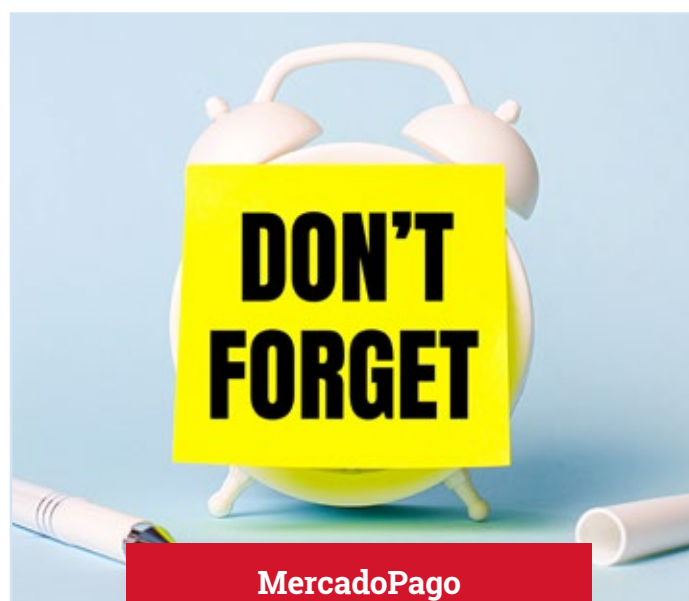
We have also implemented **recurring payments** so you no longer have to remember to pay your fees. You do not need to have a MercadoPago user, by clicking [HERE](#) you can choose to enter your details as "Invitado", you are 3 clicks away of never having to remember to pay again! This recurring payment is very easy to cancel if you wish to do so in the future.

You may also pay by transfer or a direct deposit to the account of British Society in Uruguay at **Banque Heritage** (account number 62582-03). Please email your transfer/ deposit slip to our Treasurer.

If you forgot to pay any previous annual fees please email our Treasurer at treasurer@britsoc.org.uy to learn about ways to pay past dues.

If you wish to become a member first fill in [this form](#).

Once this is done, your membership will be updated.



**MercadoPago
Annual Fee 2022 - \$700**

**MercadoPago Recurring
Payments - \$650**



Dear Reader,

December is upon us already! Can you believe it? So much has happened this year that summing it up in a few lines is a daunting task.

October and November were eventful months for the Community, with many activities to enjoy. We had Remembrance Day, the Senior Caledonian Ball, the 9th South American Pipe Band Gathering, a trip to San Jorge for the Encuentro Británico Oriental and a Xmas Craft Tea, among other events, both big and small. We are including as many pictures as we can of all these amazing activities for your enjoyment.

December will be crazy (as December is wont to be) as we all try to tie up loose ends while juggling end of year get-togethers, a Football World Cup, Xmas shopping and end-of-school-year madness. Keep calm and carry on. We're almost there!

And speaking of end-of-year sprints, December is a particularly crazy month for the editing and design team here at Contact, so we won't be putting out an issue in January. The whole team is taking a well-earned vacation, and we'll be back come February with all the zest and pizzazz we can muster, after putting up our feet and soaking up the sun for a couple of weeks in January.

I wish you all 12 months of success, 52 weeks of laughter, 365 days of fun, 8,760 hours of joy, 525,600 minutes of good luck, and 31,536,000 seconds of happiness in 2023. May the excitement of this season stretch into the New Year and may the calories of the holidays disappear by then too!

As always, I look forward to hearing your thoughts and comments on this issue at editor@britsoc.org.uy

Enjoy your read!

Victoria Stanham, Newsletter Editor

Birthdays

in December

1. María Teresa Esteche González
1. Norman Alexander Fox Taylor
3. Mark Rosevear Jefford
4. Edna Owen
4. Cristina Ana Edbrooke
5. Stephanie Ann Biscomb Springings
6. Matias Martin Campbell Lacoste
7. Emily Teuten Ponzoni
7. Guillermo Leonardo Symonds Cooper
8. Mónica Maria Bastarrica de Medina
10. Roy Leonardo Cooper de Arteaga
10. Valerie Murielle Dee Horne
10. Alice Lilian Vignoles Ugalde
10. Sofía Scherschener
11. Adriana Butureira Rosemiglia
12. Vivienne Nerina Gepp Ward
14. Alicia Solange Espina Diaz
15. Marta Vilar del Valle Baraibar
15. Alexander John Shaw O'Neill
15. María Magdalena De Torres Ellis
16. Caroline Eleanor Mac Lennan Skirzewski
17. Jessica Margaret MacIntyre Clark
18. María Noel Coates Caldeyro
18. Daniel José Stewart Davies
20. Celina Amelia Burmester Almeida
20. Megan Mair Davies Reyes



21. Marina Sylvia Jiménez de Arechaga Cooper
21. Enrique Morrone Lamanna
21. Inés Beare Jorge
21. Elizabeth Susan Hyland Adkins
22. María Jimena Llovet Pereira
22. Ricardo Daniel Medina Day
23. Winston Enrique Willans Bruce
23. Edison De León
24. María Natalia Delbono Lacoste
27. Daniela Justine Golby Lopez Rey
28. Carlos Gabriel Verdún Fernández
30. Mary Emily Wells Ensink
30. Caroline Lucie Wells Ensink
30. Isabel Pauline Prevett Gomensoro
30. Nicholas Drever Lavista
31. Adriana María Ponzoni García

New Members

Alicia Susana Caulia Ponte

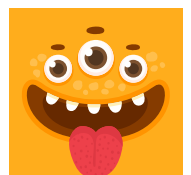
Victoria Cocchi Wirgman



For news from across the pond visit www.abcc.org.ar



In England "booster shot" is probably spelled "borchestershire shot".



2022



List your events in our calendar:

We invite all sister societies to send us dates of your upcoming events to editor@britsoc.org.uy.

DECEMBER

SATURDAY 3: BRITISH CEMETERY - 2nd Past & Present, Join the Community event. 11am to 2pm.

RSVP info@cementeribritanico.com.uy

WEDNESDAY 7: CUB - Almuerzo con Martín Lema, Ministro de Desarrollo Social: El nuevo enfoque de las políticas sociales. 12:15 at Parva Domus, Bvar Artigas 136 Esq. Parva Domus. secretaria@cub.com.uy - www.cub.com.uy

FRIDAY 9: BRITISH CEMETERY - Museums by Night. info@cementeribritanico.com.uy

WEDNESDAY 14: CHRIST CHURCH - Caroling at The Hospital - 17:00 to 19:00 at British Hospital - [See Calendar](#)

WEDNESDAY 14: CUB - Gala Dinner. 20:30 at Bvar Artigas 136 Esq. Parva Domus - www.cub.com.uy

Highly recommended house maid seeking employment

Daima Liza, a Cuban national currently working part-time for the Empson family is seeking further employment. She comes highly recommended by the Empsons, who underline she is reliable, trustworthy and very meticulous. Daima is free all afternoons, and aims to work PM at a second household to strengthen her income. Any interested parties are welcome to contact Richard Empson (096233233) for references and contact details.



EVERY FRIDAY FROM 8PM

SOCIAL DARTS IN PUNTA DEL ESTE

at Ariscona, corner of Virazón and La Salina.

Contact: Jonathan.Lamb.uzinglesa@gmail.com



Field Trip to San Jorge

**for the Encuentro Británico-Oriental
19th to 20th November, 2022**

On Saturday 19th November, 16 members from the British Society went to San Jorge, Durazno to participate in the “Encuentro Británico Oriental”.

For those who always read the Newsletter, you may have read about the event in previous editions. The British Society has participated in the event on several occasions, but due to the Pandemic, the field trip had been put off for two years.

The most important event of the Encuentro was the unveiling of the “Memorial Molino de los Ingleses”. The Mill had been about to collapse due to the heavy weight of the machinery, but thanks to the architect Cecillia Fajian, descendant from the Wilkins family, and the Junta Local de San Jorge, the Mill is up again.



On our way to San Jorge



Cementerio de los Ingleses

FIELD TRIP TO SAN JORGE



Dinner at Parador La Ruta, Villa del Carmen, Durazno

We arrived at Villa del Carmen where we were lodging, and before going to sleep we listened to the Pipers rehearse for the Grand Parade, and had dinner at the Parador where we enjoyed some karaoke singing and had lots of fun.

The following morning, we set off at 7:30 to San Jorge. The parade was opened by members of the RIVERSIDE PIPE BAND who played while all the “Aparcerias” presented themselves before the Judges. The experience of communing with people who were fourth or fifth generation descendants of British immigrants was really special to us all.

After the prize ceremony, we went on a tour to visit the Estancia San Jorge, The “Cementerio de los Ingleses”, the Doctor’s House and the Church.



Solveig Schandy, Cristina Lladó, Martita Gastambide, Sarucha Echavarren, Andrea Davies



Solveig Schandy, Flavia Faedo, Catherine Boedant, Andrea Davies



Left Tilla Gruber Right Dorothy Wingman at the Sociedad Rural

FIELD TRIP TO SAN JORGE

The Ladies from the Sociedad Rural were really friendly and they shared with us their experiences and stories. We had a lunch of roasted beef with green salad and tomatoes, all to the rhythm of “Cumbias Pegaditas”. And for dessert we enjoyed a delicious homemade Cakepudding.

After lunch we went to the Sociedad Rural where we were flabbergasted by the delicatessens that the Ladies had prepared. We exchanged contact details and promised to return next year.



*Andrea Davies, Sarucha Echavarren, Solveig Schandy
at Estancia San Jorge*



Molino San Jorge



Estancia San Jorge

XMAS CRAFT-TEA

Courtesy of



Our Xmas Craft Tea at the British Hospital Auditorium took place on the 23rd of November and it was as successful as our September edition.

This time around every table had tools and materials to create snowmen, Christmas ornaments, and decorated bags and centerpieces for Christmas dinner tables. Virginia Campbell provided a lot of material and wonderful ideas; and the British Society cooks prepared delicious cream cheese and “bondiola” sandwiches, currant bread, cheese scones, ginger-men cookies, oatmeal biscuits and cupcakes. And everything was so beautifully decorated! Many thanks to Susan McConnell, Carolyn and Sally Anne Cooper, Liz Cowley, Lilo Wells and Andrea Davies, true experts in the art of baking.

We are so glad that everybody enjoys these events as much as we do. So, save the date for our Easter Craft Tea this coming April!



Flavia Faedo, Chris Ferrand, Mercedes Devincenzi, Carmen Menotti



Ania Osores, Lilian Varela, Susana Durán



Sonsoles Beason, Carmen Alvarez, Virginia Campbell, Andrea Davies



Dalehl Geuskens, Liz Cowley

XMAS CRAFT-TEA

Courtesy of



Eleonora Scoseria, Amalia Abdo, Natalia Guelfi



Helen Turner, Micheline and Nathalie Rippe



Jennifer and Mrs McConney



Joan Lucas Calcraft, Martin Sosa



Micheline Rippe, Poppy Prevett



Silvia Batista, Mariella Baccino, Aureliano Aguirre, Maria Cecilia Paladino



Eso es violencia de género.

Violence Against Women Campaign Award

A [video](#) we published last year about online violence against women won the Best Ad Honorem Campaign at the Napolitan Victory Awards, the most prestigious Spanish language political communication awards, in Washington D.C. The video, #NoMeLoCallo, was shared on the Day of Elimination of Violence Against Women, and features 16 high profile Uruguayan women reading on camera a strong discriminatory message they

had received on social media, or showing a sign with one of them. We are very grateful to all of them for their support and to UN Women and Amén McCann and Ciudadana advertising agencies for joining us to deliver this impactful campaign to raise awareness about a situation that affects women daily based on their genre.

NATURE-POSITIVE CLIMATE ACTION
RAISING THE BAR FOR NET-ZERO EMISSIONS
A ONE CARBON WORLD COP27 PODCAST

HOSTED BY **BEN FOGLE**

STREAMING ON Spotify YouTube amazon music

INTRODUCTION BY **MIGUEL NARANJO**
PROGRAMME OFFICER - UNFCCC

PROMOTING BIODIVERSITY AND SUSTAINABLE DEVELOPMENT
ALEJANDRO CADENA
CO-FOUNDER AND CEO - CARAVELA COFFEE

FIRST CARBON NEUTRAL EMBASSY IN THE WORLD
FAYE O'CONNOR
HM AMBASSADOR TO URUGUAY

INSPIRING SUSTAINABILITY IN THE SUPPLY CHAIN
NUSHIN GHASSMI
HEAD OF SUSTAINABILITY - IPS

IN COLLABORATION WITH THE UNITED NATIONS CLIMATE NEUTRAL NOW INITIATIVE

BE THE CHANGE: Watch or listen!

A mbassador Faye O'Connor is one of the guest speakers in "Be the Change in 2022", a podcast organised by One Carbon World, hosted by Ben Fogle, in collaboration with the United Nations Climate Neutral Now Initiative, where she explains how the British Embassy in Montevideo led the way as the first Embassy in the world to achieve International Carbon Neutral Certification in 2020, and ever since. We are very proud that our actions have inspired other Embassies, consulates and institutions to follow in our footsteps in their commitment to fight against climate change. You can watch the podcast on [Youtube](#) or listen to it on [Spotify](#) and [Amazon Music](#)

RECREATIONAL ACTIVITIES AT THE ANGLO SCHOOL



Our P.E. and Sports Department plan a series of different activities that take place during the year to ensure that all students develop sports and social skills, to guarantee, together with the developing of the academic and artistic abilities, an integral education for all our students.



Our Educational Recreation team work together with the P.E. and Sports Department with the intention of contributing to the social, emotional and physical development of our students. Through an experiential and playful methodology, we seek to deepen values and promote a sense of belonging to the school and our community.

As the end of the school year approaches, one of students' favourite activities begin: school camping trips. School camps provide the perfect opportunity for our kids to experience positive interactions with each other outside the classroom, as well as creating chances to spend quality time with their teachers in a relaxing setting. Fun activities like scavenger hunts and hiking different trails or even climbing hills, team sports like football, handball or hockey and teamwork challenges all help develop new relationships and deepen existing bonds of friendship amongst classmates.



RECREATIONAL ACTIVITIES AT THE ANGLO SCHOOL

These camping trips are enjoyed by students from Form 1 Primary to Form 4 Secondary. They are an excellent opportunity to consolidate and develop new learning. Living in a group, in a different place, allows the student endless experiences. Contact with nature, self-management and empathy are a constant in the daily life of the camp.



In addition to just participating in recreational activities, we aim at developing leadership skills in our older students. The training of young people (students and alumni) to accompany and entertain younger generations is a fundamental pillar when it comes to making this possible. Skills such as leadership, autonomy, teamwork, self-management as well as specific techniques for working with groups and play are worked on. This is how our older students become positive and close references that accompany the youngest in different instances of their life at school. The skills developed both in training and in practice are aimed at being transferable and therefore will be maintained and applied throughout life.

ANGLO DIPLOMA IN TEFL GRADUATION CEREMONY



On Friday 4th November 11 new graduates received their Anglo Diploma in TEFL.

The ceremony was held at the Anglo Millington Drake Theatre and was attended by the new graduates, their families and friends, Anglo Diploma tutors and mentors and members of the Anglo Board of Governors. We had the company of Diego Payseè, President of the Anglo Board of Governors and the Institute's General Manager Gerardo Valazza. This was the first ceremony held in post-pandemic times and everybody was really pleased to have resumed what has become a traditional celebration for our graduates at this time of the year.

During the event, they received some very special and significant messages. The first one was from NILE Director Thom Kiddle. The Anglo Diploma in TEFL is validated and moderated by NILE (Norwich Institution for Language Education), the biggest Teacher Training Centre in the UK. Thom's message was therefore a very important one for the newly graduates.

They were also congratulated by Penny Ur, whom some of the graduates had met back in 2019 at the Anglo, when she travelled to our country to be one of the plenary speakers at

the 15th Anglo Congress.

One of the highlights of the ceremony was when Mauricio Speranza, one of the graduates, played and sang a song. This was after three graduates (Mauricio Speranza, Rocio Muniz and Malena Urrutia) gave a funny yet inspiring speech reminiscing about their hard but fun TTC years.

To close the ceremony on a high note, we enjoyed a very moving photo gallery which tutors had prepared for the graduates, showing different academic and social instances shared during the 2- year teacher training course, followed by a final special message for our graduates from Adrian Underhill, whom many of them had had the chance to meet and spend some time with during his visit to the Anglo on occasion of the 15th Anglo conference held in 2019.

Once the ceremony was over, trainees, friends and tutors celebrated at the pub "The End".





Dec 3rd from 11am - 2 pm

Past & Present

Join the Community

We would like to invite all members of the British Community on Saturday **Dec 3rd at the British Cemetery, from 11 am to 2 pm** where we will be hosting, our 2nd Past & Present, Join the Community event.

With the knowledgeable guidance of **Robert Wells**, we'll be having a short tour round the Cemetery where we'll be learning on the lives of several **prominent British families in Uruguay**.

We will later be inviting you to some **nibbles and drinks**, in our wonderful blooming garden where we can celebrate amongst us this ending year. Hoping to have a lovely time bringing our community together whilst **remembering and honouring some of the members of our community** who have contributed to our society. Chairs will be available and the event will be free of charge.

We hope to see you.

RSVP to: info@cementeribritanico.com.uy



Dear readers,

This end of year finds us with plenty of energy and in full swing. Several events have already taken place and several more are still to come.

But first things first. Spring finally did come, and our garden is looking the best we've seen in many years. So, a thank you again to our wonderful garden team, lead by Carolyn Prevett, for their meticulous pruning over 3 years now, which has produced better and better results. Our expectations were high, but were surpassed nevertheless.

Our next event coming up is the 2nd edition of Past & Present, Join the Community, which will be held Saturday 3rd December. We hope to have another very enjoyable time chatting, having nibbles and learning about the lives of people who have left their mark in our community from the very knowledgeable Robert Wells. The Cemetery will be well embellished for what we hope will be a memorable occasion. Please see our flyer!

The following Friday 9th December the Cemetery will be dressed up for a very special night. A new edition of the Night of the Museums will be held from 8 pm to 11 pm, and our theme this year is, appropriately, football. Eduardo Montemuiño we'll tell us about people who played a fundamental part in its history in Uruguay, Miguel Bardsio and Diego Muzzio will read and act stories of their own writing, and Patricia Izuibejeres will close the event with some piping.





Remembrance Day took place on a nice and sunny day and with plentiful and pleasant company. Thanks to all those who were present. The courage and sacrifice of those who fought to defend freedom seems, nowadays, less a distant affair, and the tradition of paying it its due respect, as important and necessary as ever. We'd like to thank the always refreshing presence of students from both The British Schools and St. Andrews School, with a special mention to TBS Head Girl Sofía Civetta, who read an extract from "The Fallen" by Robert Laurence Binyon and our helpers with the flags who did a wonderful job. Many thanks also to our trumpeter William Shaw and piper Gonzalo Rodriguez.

Finally, we had a tribute to Engr. George Nancollas, an engineer born in Cornwall, England who travelled all the way to Aguas Corrientes to be Montevideo Waterworks first plant manager, back in 1901. Engr. Danilo Ríos, from OSE, gave a talk on his life and what it was like to live in such a remote place over a century ago.

We have a new feature on our web site called [Gallery](#), where we are uploading photos of our events. Pictures of all these past events and several previous ones too are already up. We hope you enjoy them!





Celiac disease

What is celiac disease

Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley and rye. This causes inflammation of the small intestine with atrophy of intestinal villi, resulting in poor absorption of certain nutrients.

Symptoms

There are intestinal and extra intestinal manifestations of celiac disease. Intestinal symptoms can be diarrhoea, distention, bloating and abdominal pain. Extra intestinal manifestations are varied. It can cause migraines, affections of the skin, hair and nails, delayed puberty, irregular periods, fertility problems and alterations of pregnancy.

Risk groups

The first risk group are the family members of diagnosed patients. The disease has a high genetic load, whereby the parents, children and siblings of celiac patients are tested.

Other risk groups we must rule out the disease are diabetic type I - insulin dependent - patients, patients with thyroid disorders and people with Down syndrome.

Treatment

There is only one treatment known to date: a gluten-free diet. It is the only treatment that will result in reversal of the inflammatory villous atrophy in the small intestine, enabling patients to recover their lifestyle.

It is a chronic disease, which means that patients must follow a gluten-free diet for the rest of their lives.

Evolution

Patients who do not respect the diet will have inflammation of the small intestine with atrophy of villi, resulting in poor absorption of important nutrients such as iron and calcium. This can



bring about important health problems and certain neoplasms such as gastrointestinal lymphomas and other types of tumours. This is why it is important to be informed and to maintain an adequate diet.

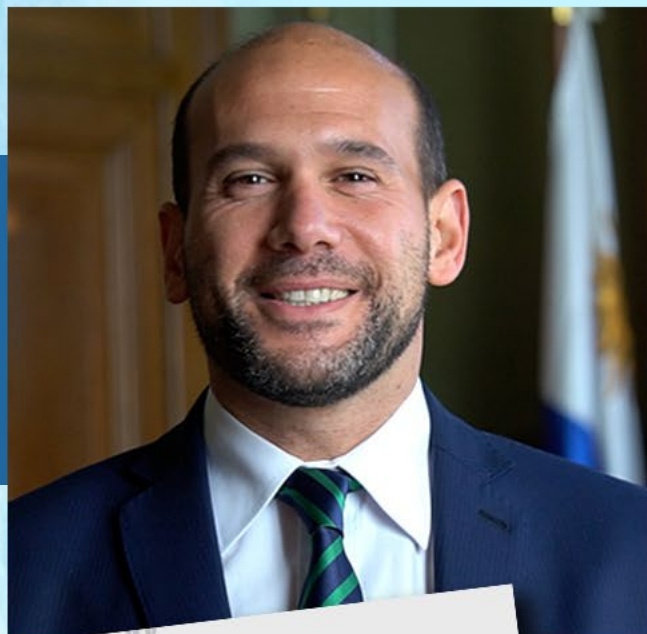
Gluten intolerance vs. celiac disease

Both gluten intolerant and celiac patients have the abovementioned symptoms. Gluten is the common denominator, but the main difference is the damage celiac patients suffers in the mucosa. Both benefit from a gluten-free diet, but gluten intolerant patients do not need to follow a strict diet.

More and more people with celiac disease

As a great professor, Dr. Ceballos used to say, "we are just at the tip of an iceberg". With time and with advances in diagnosis, more and more cases are identified. Society's awareness of the disease is crucial to help patients. Avoiding cross-contamination in events or in kitchens may be something easy to implement and helps patients a lot.

.....
Dr. Alberto Sanguinetti, Gastroenterologist, specialist in celiac disease.



Lunch Invitation

Wednesday
7th December
at 12:15 PM

Minister of
Social Development

**Martín
Lema**

*The new approach
to social policies*

Parva Domus,
Punta Carretas
Bvar Artigas 136,
Esq. Parva Domus

More Information

www.cub.com.uy

Wednesday
14th December
**GALA DINNER
2022**



The Southern Star Award
will be awarded to
Minister Dr. Daniel Salinas



Parva Domus · 20:30 Hrs
Bvar Artigas 136 Esq. Parva Domus
Punta Carretas

Advent

A word of hope
that Jesus has come
and is always coming into the darkness
to make a way forward



Week One

We invite you into a shared Advent experience of daily reading and reflection until Christmas. To participate, download the Advent pdf on our website:

[Download Devotional](#)

Advent precedes Christmas. I love both seasons because of the wonder, the watching, and the waiting. Advent and Christmas annually remind us of ancient prophecy, unique historical events, angels in the night, Magi from the Orient, and the humble birth of a baby descended from kings and destined for glory. A simple story, a marvelous mystery, a message for mankind, and hope for the World.

Isaiah the prophet wrote: *"they will call him Immanuel, which means 'God with us'".* Is 7:14

Matthew quoted the prophets when he recorded: *"the people living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned."* Mt 4:16

John, an eyewitness to those times and events, wrote about Jesus: *"The true light that gives light to every person was coming into the world."* Jn 1:9

"And the Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth." Jn 1:14

Christmas and Advent are meant to be shared seasons of "good news and great joy...peace and goodwill" just as the angel proclaimed to the shepherds. *"Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord."* Lk 2:10-11

I invite you to join us to provide small opportunities for friends and strangers, locals, and foreigners, young and old to laugh, listen, and learn life from each other. Together we can strengthen the fragile interconnectedness that eases some silent suffering, that lights some dark of path and that encourages and equips us all to experience the power, peace, and presence of God in some meaningful way during this December.

Merry Christmas to all and to all a good month!

Pastor John Hamilton

FRIDAY/Viernes 02  19:00 MOVIE NIGHT Noche de Película	SATURDAY/Sábado 03 10:30 - 12:30 GODLYPLAY EXPERIENCE Experiencia GodlyPlay 12:30 - 16:00 PRAY AND REFLECTION Oración y Reflexión	SUNDAY/Domingo 04 12:30 LA JUNTADA: YOUNG ADULTS En la Playa: Jóvenes Adultos
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> December </div> <div style="width: 40%; text-align: center;"> TUESDAY/Martes 06  19:30 - 21:30 ANNUAL GENERAL MEETING Asamblea General </div> <div style="width: 30%; text-align: center;"> SUNDAY/Domingo 11 12:00 BAPTISM Bautismos </div> </div>		
WEDNESDAY/Miércoles 14  17:00 CAROLING Villancicos	FRIDAY/Viernes 16  19:00 CHRISTMAS POTLUCK Cena de Navidad	SUNDAY/Domingo 18 16:00 LA CAMINATA Rambla de Montevideo
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> 18:00 CHRISTMAS EVE SERVICE Servicio de Nochebuena </div> <div style="width: 55%; text-align: center;"> SATURDAY/Sábado 24  SUNDAY/Domingo 25  NO SERVICE TODAY No habrá Servicio </div> </div>		



Christ
Church
MONTEVIDEO



Caledonian Ball

On November 26th, The St. Andrew's Society of Uruguay held its traditional Caledonian Ball at the Fantasy Garden, in Carrasco.

It was a very successful evening with plenty of music and dancing (both traditional and disco), prizes, a great dinner and above all, the joy of meeting with old and new friends.

As usual, the guests were treated with the superb performances of Montevideo City Pipe Band and Scottish Dance Uruguay.

We are pleased to share with you some snaps from this unforgettable evening. More photos will be promptly uploaded to our Facebook site and Instagram.



THE ST. ANDREW'S SOCIETY OF URUGUAY
WISHES ALL ITS MEMBERS AND FRIENDS
A VERY MERRY CHRISTMAS
AND ALL THE BEST FOR 2023





DICKENS INSTITUTE'S SUPPORT TO ANIMA

Dickens was invited to ÁNIMA'S open house a few days ago and received a Recognition for our support during the years.

ÁNIMA was founded in 2014 by a group of professionals with great social commitment and Christian vocation. It is an organization at the service of young people who live in a situation of social vulnerability. It offers a technical and professional Baccalaureate to develop the labour and social inclusion of the above.

Dickens Institute is very proud and happy to be giving support to the English Courses of ÁNIMA and hope that this will be of great use to the students in their future.

More information about ÁNIMA: <https://anima.edu.uy/>



TRINITY COLLEGE LONDON

All throughout November students from all over Uruguay have been sitting for Trinity Exams in Uruguay. These exams are very much enjoyed, as students particularly value the fact that they are speaking to British Examiners and having interesting conversations in English!

12 NEW ENGLISH TEACHERS!

The Trinity College London Cert TESOL is over! The moderation took place last week and all 12 trainees passed with flying colours! Congratulations to the Course Directors, the trainers and finally the twelve brand new teachers! Dickens Institute is so proud of all of you!





The Dickens Institute will be coming to the end of a long and fruitful year at the end of December. As this is the last issue of Contact 2022 we would like to show our gratitude to the following:

- ▶ Contact and the British Society in Uruguay.
- ▶ All those of you who work so hard to produce each issue of Contact.
- ▶ All Members and especially those who read our articles!
- ▶ His Majesty's British Ambassador Faye O'Connor, who has given us support by visiting Dickens schools all over our country.
- ▶ And finally, to all the Dickens Staff who are always providing us with news for our articles.

To all the above the Dickens Institute Staff and Board of Directors wish you SEASONS GREETINGS AND MAY 2023 BE A GREAT YEAR FOR YOU ALL!



Auld Lang Syne

I have sung this song many times (who hasn't?) on New Year's Eve (which the Scots call *Hogmanay*) and other sentimental occasions. Until recently, I had no idea what the lyrics meant. All I knew was that it was an old Scottish song.

Scotland occupies the rugged, mountainous country at the northern tip of the British Isles. Its long history and mythology are closely intertwined with its language and terrain: its lochs and bens and glens. It has spawned many literary minds, one of which, the poet Robert Burns, was born in Ayrshire, on the west coast, in 1759. Burns grew up in poverty, working on his father's hardscrabble farm. He was educated sporadically and started writing poems at an early age. When he was in his late twenties, very hard up and about to travel to Jamaica to take employment in a sugar plantation, his first volume of poems was published and made him an overnight success. He went on to become Scotland's greatest poet, a world-famous writer who influenced the likes of Wordsworth, Coleridge, and Shelley. Like many other creative lights, he burned brightly but didn't last long. His heart gave out and he was dead at 37. Several years before he died, he wrote the poem that would become *Auld Lang Syne*, one of the most sentimental songs in the English language:

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot,
and auld lang syne?

Burns wrote the lyrics in the Scots language of the lowlands. The key phrase—which literally means “Old Long Since”—has been translated in various ways; the more widely quoted versions have a different last line: “and days of auld lang syne” or “for the sake of auld lang syne”. Either way, it means roughly “for old times’ sake”. The words and the structure of the poem evoke a gathering of nostalgic friends, toasting each other and remembering “the good old days”. There is also a chorus:

For auld lang syne, my dear,
for auld lang syne,
We'll take a cup of kindness yet,
for auld lang syne.

These words were sung with heartfelt enthusiasm on New Year's Eve at the Montevideo Cricket Club when we all lifted our glasses and hugged and kissed and life seemed endless. At that point, I not only did not know what the Scots words meant, I didn't grasp the full meaning of the poem, what Burns is talking about, which is friendship, especially long-term friendship. At that age, I didn't realise how lucky I was to be surrounded by such a warm cocoon of friends and family. When I was twenty, young and restless, I set off to see the world, chasing my lucky star and looking forward, not back.

Then one day, my brother died, and I turned around and wondered, where *is* everybody? I had lost contact with almost all of my extended family and friends from the good old days and suddenly felt a void in my life. I contacted the handful of friends with whom I was still in touch and got some addresses from them. Bit by bit, I re-established contact with kids who were at the British Schools with me many years ago.

By this time, we had email, which made it possible to get a conversation going. We were soon talking about organizing a class reunion back in Montevideo; working together, we made it happen and all met a few years ago for what we called the *Gran Reencuentro de la Barra Querida* [Grand Reunion of our Beloved Gang]. We've all made other friends since our school days, of course, but childhood friends remain part of us in a very special way. When talking to old classmates, we are reconnecting with a youthful version of ourselves, with who we were when we were teenagers. At the reunion, each one of those friends had mirrors for eyes, and when I looked at them, I saw myself. On the final night of the *Gran Reencuentro*, we had our farewell party and when we sang *Auld Lang Syne*, I think I fully understood it for the first time.



The Little Wolf

It's a fact of life that both good paternal influences and bad ones leave a mark on their children's lives. When I was growing up, on the street where I lived there also lived a family made up of a man, his wife and their only child, a boy roughly my age.

According to my father, who worked in the police headquarters downtown, the mother was an accomplished forger of documents, and many criminals used her skills to avoid capture when leaving the country under assumed names.

She was known in the local underworld as the She-Wolf, her husband, who helped her all he could, the Wolf and their son, the Little Wolf. They earned their living that way, and consequently, she had spent some time in prison.

They kept very much to themselves and led a seemingly quiet life, but the neighbours, fully aware of what she did for a living, gave them a wide berth at all times.

One day while outside my home and looking up the street, I saw a small six-year-old black boy of a very poor family, very badly dressed and barefoot, happily rolling a car tyre down the street, perhaps his only toy at the time.

The moment the little boy passed Little Wolf's house, he came out and took away the kid's tyre. The little boy asked in vain to have it back, which the Little Wolf refused to do, and then the poor kid came towards my home, crying a flood of tears and looking absolutely miserable.

I called the kid and gave him a big handful of marbles. He received them with incredulous gratitude, and then hurried down the street back home with his little treasure.

I took an instant dislike for this Little Wolf, which for some reason has lasted a lifetime. What he had done was so callous and cruel that it could not be forgiven.

As he grew up and his parents passed away, he continued to live in the house he inherited. Just across the street there was a vacant lot with a dilapidated small house inhabited by a recluse, someone deprived of any income and living off handouts from neighbours.

The Little Wolf, now fully grown up, somehow convinced this poor man, in exchange for a small amount of money, to sign a testament appointing him as his sole heir and when this man died, he took over the property, demolished everything and turned it into a car park.

Some time later, the Little wolf got a job interviewing people in the local TV and to my great surprise (and disgust) invited me to talk about my subject in his program. As a neighbour, and he being completely unaware of my feelings, I felt I couldn't refuse, so I accepted but shook his hand with great reticence.

It's also a fact of life that in most cases, people behaving badly don't suffer any consequences and live happy lives regardless of their transgressions. In Germany, thousands of war criminals escaped punishment after the war, so in smaller misdeeds like the ones we are dealing with here, it is hardly surprising they get away with them. However, this is not always the case. Later on, I learnt that in his middle age the Little Wolf got cancer and suffered a painful and lingering death.



Cathedral of Steam, Pillar of Shame

Ronald Robinson is one of the most important historians of the European imperial expansion of the Late Victorian Era. His seminal work, *"The Imperialism of Free Trade"* (1953, co-authored with John Gallagher) is reputedly the "most cited article on Imperialism ever written". Robinson has a little-known paragraph on the same topic: *"Industrialized Europe cast its imperial influence over much of the still agrarian world in the half century before 1914 by building railways in other people's countries. The grand central stations in Gothic or Romanesque cathedral style are the monuments"*. He then adds: *"The experimental notion of railway imperialism suggests that the railroad was not only the servant but also the principal generator of informal empire"*. Uruguay was an important part of Britain's Informal Empire in the River Plate basin, so let us look at its monument, our cathedral of steam.

The Central Uruguay Railway Company was founded in 1878 as a joint stock company, with investors and Board based in London. It took over a local railway company, which had started a few years earlier but had run into financial trouble, and became the most important British enterprise in the country and the cornerstone of British investment in Uruguay. At its height, the CUR tended and administered well over 1,500 km of railways and would rival Liebig's Company as the leading European investment in Uruguay.

By the last decade of the XIX Century, the CUR wanted to be the image of progress and success of a country that was leaving the turmoil of the Baring Crisis behind. Plans to build a central station were started. The company's prerequisite for existence is that it will service the port of Montevideo, so the location was fixed by the government's demands. The original terminal was a precarious building with open platforms, a far call from the opulence and grandiosity that London authorities wanted. Thus, the new Central Station, our monument honouring the God of steam, technology and modernisation would be built. An illustrious Italian architect was chosen, Luigi Andreoni, who had already designed important works in Montevideo: the Italian Hospital (1890) and the Uruguay Club (1888).

The Central Station was inaugurated in the winter of 1897. We

share the first paragraph of the Uruguay Weekly News article under the title: **Noble edifice** that has no waste.

"Montevideans have long boasted, and with reason, the beauty of their Capital, to whose ornaments has just been added the handsomest and most imposing of all, the splendid new Central Railway Station, the finest and most commodious in South America, and one of the most beautiful in the world. If the natives justly regard this noble structure with pride, we English in Uruguay are surely justified in exhibiting a little satisfied vanity over this monumental result of British enterprise, British skill, and British capital in happy combination."

After further compliments, Henry Castle Ayre, the writer, describes the grandiose building in numbers.

"Within and without, the station is a poem in architecture. The total cost, including ground, sheds, etc., has amounted to the imposing sum of two million pounds sterling, the edifice itself, upon the construction of which nearly three hundred artisans were employed, costing \$600,000. The front is eighty-six metres in length and thirty-one in height. For lightning, there are 750 incandescent lamps. The amount of wire of all sizes used is 20,000 metres, of which the main cable of 800 metres weighs 6 tonnes".

There are also plenty of descriptions of the artwork of the station, we choose just one to illustrate that the Board of the Central Uruguay Company spared nothing to awe the natives of the host republic.

"One of the most imposing sights is the magnificent staircase of Italian marble, leading to the principal storey, where the offices of the administration of the Company are situated".

The building was finished a whole year ahead of schedule, notwithstanding having been constructed during the worst financial crisis the world had seen up to the times. It is incredible and a shame to all of us, that that same building is now a rat infested derelict.



Pandemic Epicrisis: Chaos and Lessons Learnt

Epicrisis is the term with which many languages describe what doctors do when a patient leaves the hospital after an admission: a discharge summary. With the benefit of hindsight, the presenting symptoms, physical findings, test results and the effects of treatment, are described in an orderly narrative in a one or two page document. 'Hindsight is 20/20' is roughly equivalent to 'el diario del lunes' – we interpret recent past facts with the results now before us. To a certain extent, it leaves out, filters or stains the narrative in an author-biased view.

We now know that SARS-CoV-2 was circulating in Wuhan, China, probably as early as November 2019 (when Uruguay was having its runoff elections) and that although the most widely held opinion is that of an animal origin in a wet-market, the possibility of a laboratory leak still hangs as a cloud, an issue to be clarified somehow, maybe never. One of the major issues we have had to deal with is the obscurity and secretiveness of China as to what may have happened.

Before the availability of vaccines in late 2020, many countries in continental Europe, the UK, the USA and Canada, experienced waves that were fatal for the elderly, those with chronic illnesses, healthcare professionals and workers. This was the time of severe, strict lockdowns, the benefit of which is still under analysis. They surely prevented the overwhelming of healthcare systems for a while (as happened in Uruguay) but their effect on the economy was disastrous: closing of businesses, rampant unemployment, government spending to keep vulnerable persons afloat, the effect of which is experienced as runaway inflation.

An unfortunate result of the pandemic was what happened to politics. In many countries, the pandemic was politicised: the US probably being the most notorious example. The impression is that, as elections took place in the latter stages

of the pandemic, the incumbent parties were gradually replaced by the opposition, in some cases even if they had handled the pressing issues well. The US, Germany, Chile, Colombia, Brazil and Italy are typical examples. Only Macron in France barely avoided being ousted. Xi Jinping managed to stay, but democracy isn't a word in China's everyday dictionary.

What was demonstrated (and this is where my bias may be most evident) was that in pandemic situations, science and commonsense politics must go hand in hand. Uruguay and Chile are good examples and they will be cited repeatedly in the future.

The effect on education, healthcare and the workplace has been dramatic. Fortunately, many countries (like Uruguay) had already built the internet connectivity backbone, which made remote classes, medical care and work from home possible. For many, there is no rolling back, especially in the workplace: companies have had to accommodate flexible timetables combining in person and remote work. In those instances in which the workforce has been pressured to return to the office, the phenomenon of the Great Quit is happening at an unimaginable pace.

Last but not least, what is happening in Russia and Ukraine, China and the USA and Kim Jong Un throwing his fireworks closer and closer to North America, may be a consequence of the pandemic, as part of the chaos that we'll experience in the near future.

The important lesson is that health, the economy, politics and international relations are inextricably related. Let's hope that the next time we experience a pandemic, we'll be on the lookout to defuse whatever preventable consequences await us.



G9 - A Magical Gathering

The 9th South American Pipe Band Gathering (27-30 October) was truly a magical comeback. Montevideo was the venue for the First South American Pipe Band Gathering (G1) back in 2004.

The G9 hosts

Scottish Dance Uruguay offered to host the G9 shortly after making the finals at Uruguay's Got Talent, and still in the midst of the COVID pandemic and a worldwide economic crisis. This was the first Gathering to be hosted by an organization other than a pipe band, and SDU in fact halved the time it usually takes to put together an event of this magnitude!





Pipe bands and dance corps

Eleven pipe bands and dance corps from Argentina (Bariloche Highlanders Pipe Band; Highland Thistle Pipe Band; South American Piping Association – SAPA; St. Andrew's Society of the River Plate Pipe Band), Brazil (Brazilian Piper Pipe Band), Chile (Chilean Highlands Pipes and Drums) and Uruguay (Scottish Dance Uruguay, City of Montevideo Pipe Band, Latitude 33 Pipe Band, Riverside Pipe Band), gathered in Montevideo, but we are most proud to also have had the Royal Canadian Mounted Police Regimental Pipes, Drums & Dancers of Alberta, the first non-South American pipe band and dance corps to have participated at a South American Gathering:



Adjudicators and instructors

We were most privileged to have had overseas and local instructors and adjudicators: Craig Munro (Scotland) and Scot Walker (USA) in Pipes, Tyler Fry (Canada/USA) in Drums, Rachel McLagan (Scotland) in Dance, and Thomas Hobbins (Uruguay) in March & Deportment.



Solo Competitions

The G9 opened on Thu 27-Oct at 2pm with the Solo Competitions, at the Radisson Montevideo Victoria Plaza Hotel. The G9 Solo Competitions included Piping (March, Strathspey & Reel, and Hornpipe & Jig in both Adult Intermediate and Adult Advanced categories), Drumming (Snare, Tenor, and Bass (all Open categories), and Highland Dancing (Highland Fling, Sword Dance, Seann Triubhas, Highland Laddie, and Strathspey & Reel of Tulloch, in Wee, Junior, Youth, and Adult categories). The G9 actually hosted the first ever South American Bass Drum Solo Competition. Cocktail and adjudicator concert

The G9's Cocktail, the official opening of the Gathering, was held at the Residence of the British Embassy in Montevideo. The camaraderie and joy of being back together was self-evident; it was indeed a celebration of both friendship and Scottish Culture.

The highlight of the evening was the Adjudicator's Concert, where Craig Munro, Scot Walker, Tyler Fry and Rachel McLagan delighted us with a sample of both traditional and Red Hot Chilli Pipers' repertoire and dancing!





Workshops and clinics

SDU was able to offer at the G9 both topic-specific sessions, and band-specific sessions. Competing bands and dance corps had their band-specific sessions after the competitions, based primarily on competition feedback from the day before.

Topic-specific sessions included Band Practice Structure, Individual tuning, Teaching young players, MSR Expressions, MSR/Medley Construction, and Introduction to Piobaireachd for Pipers, Drum Corps Ensemble, Tenor Flourishing, and Drum Majors for Drummers, and a Dance workshop for non-competing dancers.





Massed bands

About 300 pipers, drummers and dancers attending the G9 played and paraded down Avenida Arocena, in the beautiful neighborhood of Carrasco, ending at the iconic Hotel Carrasco at Montevideo's Rambla on the River Plate. The Massed Bands is the epitome of all pipe bands and Highland dancers coming together, the essence of the Gathering.

The Massed Bands parade was led by Senior Drum Major Richard Empson, and ended with a Massed Highland Fling by all participating dancers, followed by a street concert by the Adjudicators followed by the Royal Canadian Mounted Police Regimental Pipes, Drums & Dancers of Alberta.

Pipe Bands and Dance Corps Competition

Pipe Bands competed in Quick March Medley, Medley, and March & Department with aggregated points from the first two categories counting for Overall Piping, Overall Drumming and Overall SPBASA Cup. Dance Corps competed in Choreography and Technique with aggregated points from both categories counting for Overall Dancing.

The Gathering was attended by over 1.000 spectators, making it the largest crowd to date. Montevideo truly is a special setting for these events.



Fierce women challenging history towards sustainability.

After a long sandy path we arrive to Rocha's lagoon bar where the gentle body of fresh water gets in contact with the tenacity of the Atlantic Ocean. The lagoon basin was formed when the continents drifted apart. The earth thinned causing concavities, just as it happens when a lump of flour is stretched before it breaks. Sixty million years have passed since then and the environment looks as wild today as it did in those days.

Two ranges of towering dunes separate us from the sea. Here the environment is dominated by the force of the Atlantic swell so that the Pampero wind and the aeolian tides are overwhelmed by the energy discharged by a planetary size liquid mass.

Beneath the shelter of these mountains of sand, we found a dozen huts, some tilted but proud as centaurs in the desert. They are following the water line of the lagoon like a little pathway, proving that fresh water is the decisive survival element of this brave colony.

The lagoon communicates periodically with the Atlantic Ocean through a seasonal system of opening and closing sand bars. When this happens, a myriad of animal species enter and leave the lagoon. Mature crustaceans and fish enter to have their reproductive cycle while the adults and juveniles from the previous season find their way back out into the sea.



It was three o'clock in the afternoon and the November sun was heating like an announcement of the becoming summer. We shyly asked some people a few questions about the lagoon ancestral families and luckily, we found in Beatriz Ballesterro, our perfect historical guide. Being proud of this little town know as Rincón de la Laguna, Beatriz found some memories to share with us:

"The first one to arrive here was my great-grandfather, together with a fellow with the surname of Lobato. My grandfather Justo Ballesterro, and my parents were also born here. Our entire community is made up of handicraft fishermen families who carry out their activity in the lagoon".

When Beatriz was a child, there were no roads. "Living here was very lonely and rough" she remembers. "We used to live indoors most of the time. We saw civilization when we went to school only" she said. When she wasn't on horseback she had to find the way through the huge dunes to walk to school.

As Beatriz and other members of her generation became mothers and heads of the family they decided that their children would not get by the same as they had. They organized themselves around the Handicraft Fishermen Association APALCO, into a specific cooperative of handicraft fisherwomen called "La Cocina de la Barra".



Beatriz like so many other kids generations grew up without electricity, knowing that fresh meat at home had to be eaten within the day before it rotted away. “We lived from the lagoon and from the crabs that the men brought back in their nets because they didn’t take advantage of them”.

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“We are happy with the change” she says. Thanks to their business, they got drinking water for the colony and transport for their children to go to school. “Everything is evolving and our children today are not as isolated as we were.”

“Our children, unlike us, are already in high school”, Beatriz’s son is finishing 6th grade.

The income from the kitchen allowed all this development and self-sufficiency that we have nowadays. That's why we take great care of this crab species. We are very careful when we collect them and which ones we return into the lagoon. We separate between females and males, adults and young. We return the females and juveniles and keep the adult males. We make sure that the natural cycle is not interrupted".

The fertilized females will carry a carefully guarded egg sac in their abdomen and they will return to sea during the autumn where the eggs are going to hatch and the larvae will become adults. Because of these characteristics the sirí crab is an exponent of the biodiversity of the Rocha lagoon and an accurate indicator of the health of the ecosystem.



Paiva Institute

I am Anthony and it is my turn to tell you about our work in the cheese shop, and about work at the farm.

In the cheese shop, we are learning how to produce different products with milk. We produce Colonia cheese, yoghurts flavoured with different fruits from the farm, cream crackers, and “dulce de leche”, our specialty. We enjoy celebrating birthdays and important events, for it is then that we make “tortas fritas” and “churros rellenos”. In the farm, we breed pigs that deliver piglets which we raise and then slaughter to make sausages, ham, swine cheese, and bacon. Working at the pig-pen is hard work. We take the leftovers from the day and give them to the pigs. In times of farrowing, we have to cut the grass, fix the fences, and trim the trees.

We also have laying hens, which we feed differently according to the phase they are in. As soon as the hens lay their eggs, we have to collect them and keep them safe, for at night skunks and weasels come to steal them.





Salmon fillet with roast peaches and an almond, lemon butter sauce

With Christmas and the New Year around the corner this month's recipe is inspired by the festive season. The cooking techniques allow the recipe to be prepared in advance with minimum effort when serving the dish, allowing you to spend more time with family and friends.

Ingredients – 4 Portions

- 4 x 200 g salmon fillets
- 15 g melted butter
- 5 g olive oil
- 2 large ripe peaches, peeled and cut in half
- 1 tbsp honey

Sauce

- 100 g flaked almonds, lightly toasted
- 80 g butter
- Juice of one small lemon or lime
- 2 tbsp chopped chives

Garnish – Baked potato with spinach

- 2 x 250 g potatoes, nicely shaped
- 20 ml vegetable oil
- 100 g smoked bacon cut in small cubes
- 1 clove garlic, finely chopped and crushed into a puree
- 2 bunches of spinach, stalks removed, washed and drained
- Salt
- Pinch of grated nutmeg
- 80 g grated parmesan and Gruyère cheese

Method

Heat a frying pan until it is seriously hot and only then add the olive oil and melted butter. Have the seasoned salmon steak at hand and place carefully, presentation side downwards, into the hot fat, before it has a chance to burn. With the heat still on high, seal the salmon for no more than one minute until it is nicely browned. Turn over and seal

for 30 seconds more. The inside of the salmon should still be completely raw. Remove from hot pan and cool down quickly before covering and leaving in the fridge until the meal is to be served.

Place the halved peaches on a baking tray, flat side up and cover the hole where the stone was with honey. Cook in a hot oven for around 15-20 minutes, depending on the ripeness and size of your peaches. Cool down, cover and place in the fridge.

To make the garnish, prick the potatoes all over with a fork, rub with the vegetable oil and season with salt. Bake in a hot oven for approximately one hour or until they are soft when pierced with a sharp knife. Cool down, slice in half and scoop out the flesh leaving a 1 cm border. Chop the removed potato and reserve. Fry the bacon in a large frying pan or wok until crispy. Remove and drain on a paper towel. Add the crushed garlic to the hot frying pan and stir for around 10 seconds, taking care not to burn, and quickly add the spinach. Cook over high heat moving and stirring continuously until wilted and partially cooked. Cool down, squeeze out the excess water if necessary, season with salt and nutmeg. Add the bacon and chopped cooked potatoes. Place the spinach, bacon and potato mixture inside of the seasoned potato halves and top with the grated cheese. Cover and place in the fridge.

The salmon, peach and baked stuffed potato can be prepared a day in advance or on the morning of the meal.

CHEF PHILLIP'S CORNER

Now for mealtime and reheating. Leave your family/guests enjoying their wine, nip into the kitchen and turn the oven on high (around 190°C). First add the baked potatoes as they will take longer to reheat and for the cheese to melt and brown (probably around 15 minutes). While the potatoes are reheating, slice the peaches and place them on top of the salmon on a baking tray. When the potatoes are nearly hot, add the salmon and finish cooking and reheating taking care not to overcook it. There is nothing worse than overcooked, dry salmon. It should be ready in around five minutes, depending on the thickness and how much you cooked it while sealing.

For the sauce, melt the butter in a frying pan and heat until it froths up and it begins to turn a light beige colour. This is called "beurre noisette", as the butter takes on a toasted, nutty taste. Add the flaked almonds and heat up taking care not to allow the butter to burn. Add the lemon juice and chopped chives.

Place the salmon fillet with peach onto the service plate. Spoon the hot butter-almond sauce over the top and garnish with the spinach baked potato.

Enjoy with a glass of dry champagne, white wine or even a cool, light red wine.

NOTES

- Instead of chives, fresh basil cut into thin strips can be added to the butter sauce.
- Asparagus as a garnish would combine perfectly with this dish.
- Salmon is a strong flavoured fish and it combines well with bacon, hence its incorporation into the spinach baked potato
- Flaked almonds can be purchased in La Molienda

If you are not sure whether the salmon is cooked enough, remove from the oven while reheating and press the tip of a knife into the thickest part of the fillet. If the flesh is raw you will see immediately from the internal colour and texture, but do leave it a little bit undercooked. Cover any damage done to the salmon with the peaches.

Happy Christmas and New Year!

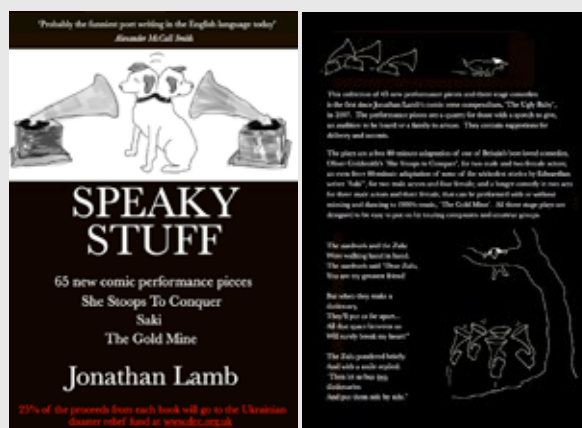
LAMB CHOPS

NOTE TO SELF



(mi)

by Jonathan Lamb
vozinglesa@gmail.com



From Jonathan Lamb's new book of performance material, *Speaky Stuff*, published in June 2022 with a quarter of the cover price (\$1000 or a twenty-pound note) going to the Ukrainian disaster relief fund at www.dec.org.uk. To order copies, write to vozinglesa@gmail.com.



“Christmas is coming....

...the geese are getting fat/ please put a penny in the old man’s hat.....”

Two Christmas poems, by former Poet Laureate Carol Ann Duffy, and Benjamin Zephania, follow:

Another Night Before Christmas

On the night before Christmas, a child in a house,
as the whole family slept, behaved just like a mouse...
and crept on soft toes down red-carpeted stairs.
Her hand held the paw of her favourite bear.

The Christmas tree posed with its lights in its arms,
newly tinselled and baubled with glittering charms;
flirting in flickers of crimson and green
against the dull glass of the mute TV screen.

The hushed street was in darkness. Snow duveted the cars
-

a stray cat had embroidered each roof with its paws.
An owl on an aerial had planets for eyes.
The child at the window stared up at the sky,

where two aeroplanes sped to the east and the west,
like a pulled Christmas cracker. The child held her breath
and looked for a sign up above, as the moon
shone down like a gold chocolate coin on the town.

But the child who was up and long out of her bed
saw no visions of sugar plums dance in her head;
she planned to discover, for once and for all,
if Santa Claus (or Father Christmas) was real.

There were some who said no, he was really just Mum,
with big cushions or pillows to plump out her tum,
or Dad, with a red cloak and cotton-wool beard,
a whisky or three down his neck for Good Cheer.

While outside, a lone taxi crunched back into town,
where the shops had their shutters, like giant eyelids, down,
and people in blankets, with nowhere to go,
were hunched in shop doorways to keep from the snow;

Then a shooting star whizzed down the sky from the North.
It was fizzing and sparkling as it fell to earth,
and growing in size. A young hare in a field
gazed up at the sky where it brightened and swelled.

It turned into a sleigh, made of silver and gold,
pulled by reindeer, whose breath chiffoned out in the cold,
with bells on their antlers and bells round each hoof.
Then - clatter! - they landed on you-know-who’s roof.

All this noise woke the child, who had fallen asleep,
so she popped up her head and made sure she could peep
(without being seen) at whoever it was
who stood in the fireplace. Big wow! Santa Claus!

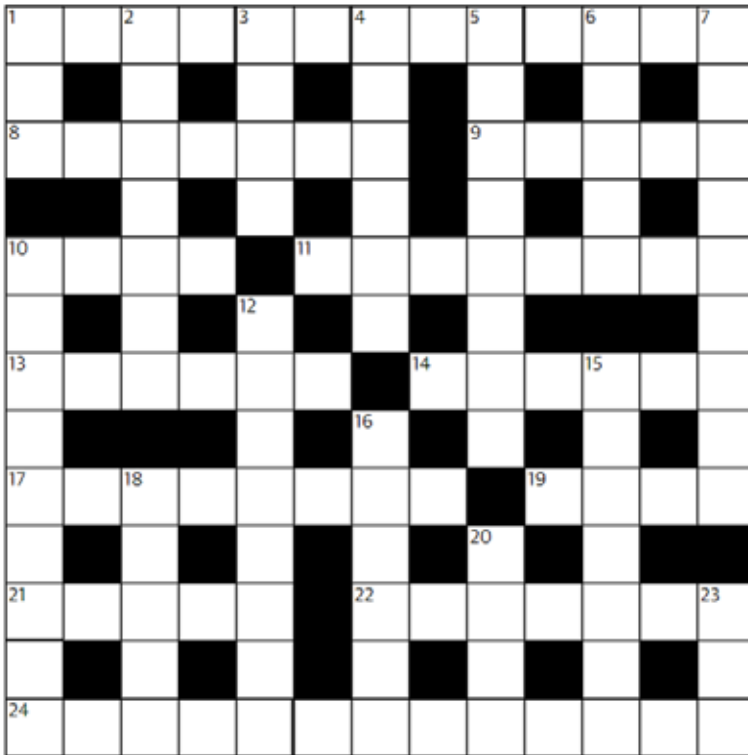
(Full text on internet)



Talking Turkeys

Be nice to yu turkeys dis christmas
 Cos' turkeys just wanna hav fun
 Turkeys are cool, turkeys are wicked
 An every turkey has a Mum.
 Be nice to yu turkeys dis christmas,
 Don't eat it, keep it alive,
 It could be yu mate, an not on your plate
 Say, Yo! Turkey I'm on your side.
 I got lots of friends who are turkeys
 An all of dem fear christmas time,
 Dey wanna enjoy it, dey say humans destroyed it
 An humans are out of dere mind,
 Yeah, I got lots of friends who are turkeys
 Dey all hav a right to a life,
 Not to be caged up an genetically made up
 By any farmer an his wife.
 Turkeys just wanna play reggae
 Turkeys just wanna hip-hop
 Can yu imagine a nice young turkey saying,
 'I cannot wait for de chop',
 Turkeys like getting presents, dey wanna watch christmas
 TV,
 Turkeys hav brains an turkeys feel pain
 In many ways like yu an me.
 I once knew a turkey called...Turkey
 He said "Benji explain to me please,
 Who put de turkey in christmas
 An what happens to christmas trees?",
 I said "I am not too sure turkey

But it's nothing to do wid Christ Mass
 Humans get greedy an waste more dan need be
 An business men mek loadsa cash'.
 Be nice to yu turkey dis christmas
 Invite dem indoors fe sum greens
 Let dem eat cake an let dem partake
 In a plate of organic grown beans,
 Be nice to yu turkey dis christmas
 An spare dem de cut of de knife,
 Join Turkeys United an dey'll be delighted
 An yu will mek new friends 'FOR LIFE'.



Print this page and start playing!
Solution in our next Contact issue.

November solution:

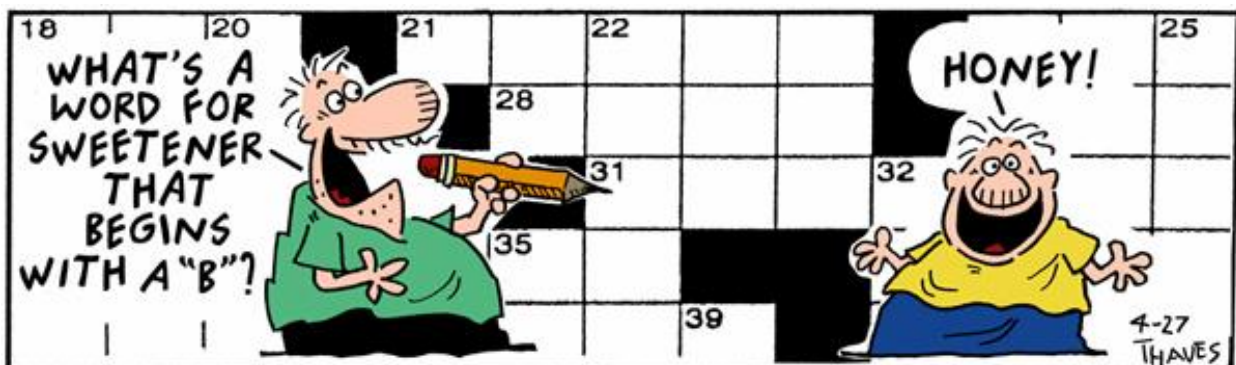


Across

- 1 Well, well, well! (4,2,3,4)
- 8 Armenia's capital (7)
- 9 Happen again (and again?) (5)
- 10 Army rank above colonel (abbr) (4)
- 11 Central building block at the top of an arch (8)
- 13 One of two body parts belonging to Achilles? (6)
- 14 Kind of computer printer (6)
- 17 It gets in the way (8)
- 19 Tree with 'winged' seeds (4)
- 21 Small piece of cloth (5)
- 22 Flat spinning fairground ride (7)
- 24 Style of women's clothing designed to project confident efficiency (5,8)

Down

- 1 Path — street (3)
- 2 Call before a court to answer an indictment (7)
- 3 Person in favour of peaceful or conciliatory policies (4)
- 4 American — bet (6)
- 5 Revolt (8)
- 6 Fried tortilla chip (5)
- 7 1651 battle where Cromwell's army routed an army from Scotland led by Charles II (9)
- 10 Your health! (7,2)
- 12 Perforated bowl (8)
- 15 Large whirlpool bathtub (7)
- 16 Scowl (6)
- 18 Sucked pipe (5)
- 20 ___ fours (old golfing trousers) (4)
- 23 Deceitfully arrange an outcome (3)



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7 - Madame Tussaud Birthday (1761)

Marie Tussaud was born as Marie Grosholtz in 1761 in Strasbourg, France. Her mother worked for Philippe Curtius in Bern, Switzerland, who was a physician skilled in wax modeling. Curtius taught Tussaud the art of wax modelling beginning when she was a child. Grosholtz created her first wax sculpture in 1777 of Voltaire. She married Francois Tussaud in 1795 and took his surname. By 1835, Marie Tussaud had settled down in Baker Street, London and opened a museum. Some sculptures still exist that were made by Marie Tussaud herself. The oldest figure on display is that of Madame du Barry, the work of Curtius from 1765 and part of the waxworks left to Grosholtz at his death. In 1842, she made a self-portrait, which is now on display at the entrance of her museum.



14 - George VI Birthday (1895)

King George VI was Queen Elizabeth II's father and King Charles II's grandfather. George VI (Albert Frederick Arthur George) was born on the 6th February 1895. He was King of the United Kingdom and the Dominions of the British Commonwealth from 11 December 1936 until his death in 1952. As the second son of the king, Albert was not expected to inherit the throne but Prince Edward abdicated to marry Wallis Simpson. As heir presumptive to Edward VIII, Albert thereby became the third monarch of the House of Windsor, taking the regnal name George VI.



15 - International Tea Day

Legend has it that tea was first discovered over 4000 years ago in China by Emperor Nun Shen. On one of his visits to a remote region, the leaves of a nearby tree blew into a pot of boiling water which his servants had placed over a fire. The refreshing aroma invited the Emperor to taste the beverage, and the first cup of tea was born. In the 16th century, tea made its way across the globe to Europe by Dutch traders, where it became a widely traded commodity thanks to the establishment of the East India Company in England. The rest, as they say, is history. Tea is such a wonderful beverage that it has not one, but two days in which it is celebrated. International Tea Day is observed annually on May 21, according to the United Nations. However an International Tea Day has been celebrated on December 15, since 2005, in tea producing countries like India, Sri Lanka, Nepal, Vietnam, Indonesia, Bangladesh, Kenya, Malawi, Malaysia, Uganda and Tanzania. I



16 - Jane Austen's Birthday (1775)

Jane Austen was born on Saturday 16 December 1775. Jane Austen was born that evening, the seventh child in the family and the second girl. Her father wrote proudly to his sister: "We have now another girl, a present plaything for her sister Cassy and a future companion. She is to be Jenny". Indeed, Jane and Cassandra were to be best friends throughout their lives, living together in Steventon, Bath, Southampton and finally here in Chawton; sharing a bedroom, sharing secrets and stories, writing to each other whenever they were apart. Later, Jane shared the early drafts of her novels with her sister, and confided her ambitions to her. Cassandra supported her sister throughout her life, taking on the household management in Chawton so that Jane had time to focus on her writing, and finally accompanying her to Winchester in 1817 where Jane passed away at the age of 41.



22 - Maurice and Robin Gibb "The Bee Gees" Birthday (1949)

The Bee Gees were a musical group formed in 1958 by brothers Barry, Robin and Maurice Gibb. The trio were especially successful in popular music in the late 1960s and early 1970s, and later as prominent performers in the disco music era in the mid-to-late 1970s. The group sang recognisable three-part tight harmonies; Robin's clear vibrato lead vocals were a hallmark of their earlier hits, while Barry's R&B falsetto became their signature sound during the mid-to-late 1970s and 1980s. The group wrote all of their own original material, as well as writing and producing several major hits for other artists and have been regarded as one of the most important and influential acts in pop music history. They have been referred to in the media as: The Disco Kings, Britain's First Family of Harmony, and The Kings of Dance Music. Following Maurice's sudden death in January 2003 at the age of 53, Barry and Robin retired the group's name after 45 years of activity. In 2009, Robin announced that he and Barry had agreed that the Bee Gees would re-form and perform again. Robin died in May 2012, aged 62, after a prolonged period of failing health, leaving Barry as the only original surviving member of the group.



The English Breakfast

A full English Breakfast is a substantial cooked breakfast meal, often served in the United Kingdom and Ireland, which typically includes back bacon, sausages, eggs, black pudding, baked beans, some form of potato, tomatoes, mushrooms, toast, and a beverage such as coffee or tea. While it is colloquially known as a “fry up” in most areas of the UK and Ireland, it is usually referred to as a “full English”, a “full Irish”, “full Scottish”, “full Welsh”, and “Ulster fry”, in England, the Republic of Ireland, Scotland, Wales, and Northern Ireland, respectively. It is so popular in Great Britain and Ireland that many cafes and pubs offer the meal at any time of day as an “all-day breakfast”. The full breakfast is among the most internationally recognised British dishes along with bangers and mash, shepherd’s pie, fish and chips, roast beef, Sunday roast and the Christmas dinner.

The idea of the English breakfast as a national dish, stretches back to the 14th/15th century and an English institution called the gentry, who considered themselves the guardians of the traditional English country lifestyle, and who saw themselves as the cultural heirs of the Anglo-Saxons. The gentry were famous for their breakfast feasts and in the old Anglo-Saxon tradition of hospitality, used to provide hearty full breakfasts for visitors passing through, friends, relatives and neighbors. The breakfast table was an opportunity for the gentry to display the ‘wealth’ of their estates in the quality of the meats, vegetables and ingredients produced on their surrounding lands. It was also a chance to show off the skills of their cooks.

By the time Queen Victoria came to the throne, the gentry as a social class were in decline and a new wealthy class made up of merchants, industrialists and businessmen was emerging. The newly rich saw the idea of the gentry as the social model to aspire towards, so those seeking to advance themselves socially studied the habits of the gentry, the traditions of their country houses and enthusiastically

adopted their notion of the English breakfast as an important social event. For aspiring and wealthy Victorians, breakfast became an opportunity to demonstrate your wealth, good taste and social upbringing. Like many great Victorian traditions, the serving of the traditional English breakfast and its presentation was a refined and elegant affair.

In the Edwardian era, in the years leading up to the First World War, what we would recognize as an English breakfast begins to emerge and be served as standard in hotels, bed and breakfasts, on trains and at meetings across the country. Standard ingredients made it easier to prepare and so the ‘common’ English breakfast rapidly spread nationally. The English breakfast was not just a meal for the wealthy at this point, the middle classes began to eat a full English breakfast on a regular basis and began seeing it as a traditional family meal.

The English breakfast tradition spread from the middle to the working classes and reached its peak in the early 1950’s when roughly half of the British population began their day by eating the same English breakfast we would eat today, collectively turning what was once a meal for the wealthy upper and aspiring middle classes into a truly national breakfast dish and working class staple.

Even though the traditional English breakfast is served at family and social gatherings, it is culturally acceptable to ignore the other occupants of your table whilst you eat your English breakfast and read your newspaper, this is part of the tradition and when the British like to acquaint themselves with the current affairs of the day.

The traditional English breakfast is not only a national dish, but also part of the British cultural fabric and typically the very best English breakfasts are served by our mothers and made with love.

Meet our columnists

Phillip Berzins



Column: Chef Phillip's Corner

Topic: Food recipes

Tell us a little about yourself

I was born in Nantwich, a small village south of Manchester in the UK and spent most of my childhood living on a farm in the Lake District before my family moved to Lincoln. I have been fortunate enough to have always been able to do what I loved, of which I tell you a little bit further down, as well as the reason for my being in Uruguay.

Nowadays I am attempting to work less and enjoy family life, especially the time I get to spend in my holiday home in Atlántida with my wife, my two children and four grandchildren. And our in-laws, of course, with whom we are lucky to be very close. I enjoy travelling and most years I manage a trip to the UK, where my mother and father still live, as well as my five brothers and sisters and countless nieces and nephews.

Regarding my professional life, I obtained a Higher National Diploma in Hotel and Catering Administration from Manchester Polytechnic before embarking on a career in Management and later specializing in the food side of the business, where my passion for fine dining led me. Even though my training is classical French, I enjoy experimenting with other European, Chinese, Indian, and Thai dishes.

After working in England, Scotland and Ireland I moved to Salzburg, Austria, where I spent several years in the Österreichischer Hof, today part of the Hotel Sacher group. It was on a train journey from Paris to Salzburg that I met my future wife, Beatriz, from Montevideo (and this is my reason for being here). In my late 20's we married in



Uruguay before returning to the UK where we lived together in London. There I worked in Claridge's Hotel and the Hyde Park Hotel (now called Mandarin Oriental Hyde Park) both favourites of the royal family. The Hyde Park Hotel has an entrance overlooking Hyde Park reserved for royalty, which was a quick and easy access for the then Prince of Wales, now King Charles III. During my time in Claridge's I also had the opportunity to cook for Queen Elizabeth II when she invited the then president of Mexico, Miguel de la Madrid, and his delegation.

Upon returning to Uruguay in 1984, I opened a French-style restaurant, Le Gavroche, spent five years as executive chef in Victoria Plaza/Radisson Hotel and during the summer seasons in Punta del Este's El Torreón. That was followed by 20 years as executive chef in Punta Carretas Golf Club. I also spent 22 years teaching in a renowned hotel school, which I enjoyed very much. I still find time to cater for private parties in a boutique hotel in Carrasco. As you can see, I keep busy. One of the things I also enjoy are the trips to fruit and vegetable markets: in Uruguay there is an amazing abundance of fresh fruit and vegetables which inspire me to create and enjoy a vast array of dishes with my family and friends.

As for the near future, my wife and I are planning a three-month road trip around the Balkan countries.

How long have you been a writer for Contact?

I have been contributing to the Newsletter for nearly three years now.

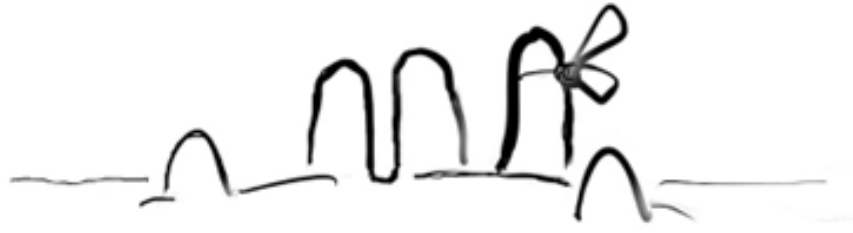
What inspires your monthly column?

When I "retired", I had more free time to do what I really enjoy and one of those things was being able to share my experience in the kitchen with others in the form of recipes and tips. Some months I will take a classical recipe and add a personal touch. Other months I will base the recipe on an ingredient which is in season and create a dish. Often the recipes I present for the magazine are inspirations which I always try out first with the family before publishing them. My intention is to not just give a recipe, but also to add information about the ingredients and, whenever possible, relate it to my travels and work experience.

What projects are you currently involved in?

To work less!

We asked each of our contributors for a piece about themselves. This one is by the author of the column 'Lamb Chops'.



CHOPS

As Chops drove up Punta Del Este's Calle 18, he overtook a small yellow car. Shortly afterwards he noticed that he was being followed by a small yellow car. Turning smartly left, he hurtled down Gorlero towards the bus station. Everybody seemed to be driving very badly today, flashing their lights at him, and pedestrians kept jumping out of the street and waving their arms. Now, why was he heading for the bus terminal? Was it to get some milk? But why would he get milk from a bus terminal? He wrestled with the question. Apart from the driving this seemed a very nice country. It looked like somewhere in the southern hemisphere. Capetown? Australia? South America. He got out his memory book for a quick refresher. *'Your name is J C Chops', it said, 'You were born in 1955 in Salisbury, Wiltshire, to a biplane pilot and a school cook. You studied languages in Devon, Yorkshire and Oxfordshire, where you played real tennis. You taught English in Paris for a year and turned down Samuel Beckett's old university job to be a civil servant, because there was no longer any tenure in academia. You met your wife Beatriz, a doctor of veterinary medicine, at the Círculo de Tennis del Prado in May 1985. She paused her career at the veterinary faculty to travel with you to London and then Bucharest. After a revolution and an earthquake, and the birth of your first daughter, Julia, you left the Foreign Office in 1993 to join the European Commission in Brussels. There you worked in HR, and had a second daughter called Maria. You played croquet, winning the doubles at the first World Golf Croquet Championships in Milan. You wrote a collection of performance comedy called 'The Ugly Baby'. In the 1990's you performed this on stage with a choir called Sarum Voices. Later you sold up in Belgium and moved to Montevideo, where the girls went to the Lycée Français and your wife resumed her career. For a few years you ran an annual tour of the Southern Cone by professional British theatre groups. You wrote plays, eg 'The Drama of the Graf Spee' and 'The Gold Mine'. Before your back got dodgy you edited an e-magazine in Punta del Este called 'The Magpie', and published a second volume of performance pieces called 'Speaky Stuff'. By accident you fell into voiceovers for films and TV, ending up doing two series for Netflix. This was because you were cheap. You play backgammon, Scrabble and darts: darts not as well as your younger daughter, who translates and whose sister is now a teacher in Kent. You currently organize a social darts evening every Friday at 8pm in a bar called Ariscona behind the port. You live in an old building on the Calle 20. You have a cat called Perlita. Your blood group is A. You are out to get a newspaper.'*

It was all coming back to him now. He would get the milk, go home and play Pelmanism. Pelmanism was a memory game that his wife thought was good for him because he was approaching 70 and tended to put his socks in the toilet rather than the laundry basket. In the afternoon he would read another chapter of William Boyd. Chops himself still tried to write a little, turning in some shaggy doggerel every month for the British Society newsletter, which he had once edited and was now a great deal better. They wanted a piece about each of the contributors. Later, it occurred to Chops that he might try fictionalising his piece, using the title of his regular column, but picking the other name. 'Yes, Chips should do it', he thought, as he put his socks in the laundry basket and flushed them down.



HAPPY 104TH *Anniversary!*

