

**SWCH
Birthdays and
Celebrations**

**British Embassy
Visits to the Falkland
Islands**

**Back in Time
The World Cup**

**New Columns
Corned Beef Sandwich
Body of Knowledge**



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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

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+598 96 021 918

Montevideo, Uruguay

THIS MONTH'S COVER

MEMBERSHIP FEES

Remember you can pay your 2023 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.uu 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,

Welcome to the summer edition of Contact! As the summer sun shines (relentlessly), we're so glad to be back after a long hiatus.

Our regular columnists are back in action with some interesting articles that are sure to keep you informed and entertained. We're also pleased to welcome some new writers to the fold who are going to be contributing some exciting content for you to enjoy.

We've got news from our sister-societies, and a special set of pictures from Joan Lucas-Calcraft's birthday who turned 100 on January 16th. Happy belated birthday Joan!

As always, your feedback is invaluable, so don't hesitate to let us know how we're doing at editor@britsoc.org.uy.

Thanks for your support, and we can't wait to see you in the next edition!
Until then, happy reading!

Victoria Stanham, Newsletter Editor

Birthdays

in February

1. Laura Cecilia Aguirre Launy
2. Luisa Joanna Nunes Hambrook
2. Sebastián Sosa Rippe
4. Alfredo Viglietti Gomez
4. Cristina Anne Rowan Greene
4. Carolyn Cooper Gibson
5. Thomas Hobbins Vilar del Valle
5. Tomás Romay Buero
7. Federico Alberto Heller Pérez
8. María Mercedes Linn
8. Diego Luis Payssé Salgado
9. Gonzalo RODRÍGUEZ ANGUIANO
10. Robert John Wells Gibson
13. Florencia Castro Pool
13. Keoni Edward Guridi Archer
13. John Reuber Hamilton Crocker
14. María Pía González Lessa
14. Carlos Manuel Hedengren Corragioni d'Orelli
15. Flavia Faedo Rojel
15. Camilo Pintos Acosta
16. Alan James Henderson Rojas
17. Nicholas John Prevett Gomensoro
17. Horacio Castro Guecaimburu
18. María Carolina Ferrés BlancoBlanca
19. Michael Hobbins Vilar del Valle
20. Anita Marie Olsem



20. Rodrigo Antonio Tito Blanco
20. Maria Alexandra Mendoza Omaña
20. Jennifer Mary Sprigings Pastori
21. Dorothy Wirgman Cuello
21. Ignacio Rivela Rodriguez
21. Kathleen Elizabeth Stoutt Zierord
22. Roy Axel Gordon-Firing Sandberg
23. Carmen Emilia Hill Posse
24. Felipe Ciganda Pool
24. Joan Gregllie La Brooy Towers
27. Susan Drever Ginzberg
28. John Andrew Grierson Bruce
28. Lieselotte Ensink Van Der Woude

New Members

Malena Barrios Campbell
Maria Izabel Velazquez Domingues
Eleanor Jane Wells Gibson
Dorothy Wirgman Cuello

welcome

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



I feel like my whole multilingual existence is choosing between pronouncing things the ignorant way or the pretentious way.



2023



List your events in our calendar:

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

MARCH

SUNDAY 12: St. Andrew's Society - Family Picnic and Highland Games

SATURDAY 18: BSU - Scavenger Hunt.

WEDNESDAY 29: BSU - Easter Craft Tea. 2pm to 5pm at Christ Church - Lieja 6437.

RSVP vp@britsoc.org.uy

APRIL

THURSDAY 27: BSU - Annual General Meeting.

MAY

SATURDAY 6: King Charles III's Coronation Day.

WEDNESDAY 31: BSU - Council Meeting.

JUNE

(SATURDAY 3rd, 10th or 24th): St. Andrew's Society - Junior Caledonian Competition.

OCTOBER

SATURDAY 28: St. Andrew's Society - Senior Caledonian Ball.

NOVEMBER

THURSDAY 30: St. Andrew's Society - St. Andrew's Day.



EVERY FRIDAY FROM 8PM

SOCIAL DARTS IN PUNTA DEL ESTE

at Ariscona, corner of Virazón and La Salina.

Contact: Jonathan Lamb uozinglesa@gmail.com



COME JOIN US FOR A CUP OF TEA
WHILE MAKING EASTER CRAFTS!

Wednesday 29th March, 14:00 to 17:00
at Christ Church - Lieja 6437

RSVP: VP@britsoc.org.uy - 099123906

Ticket: Members \$300 - Non members \$500



Wishing you a wonderful 2023!

The Sir Winston Churchill Home would like to wish you all a wonderful 2023. This picture was taken on the day of our Christmas party.



A very happy birthday to Valerie on December 10!!!



As happens every December, the choir of The British Schools came to sing at the Home! It was enjoyed by everybody, especially the residents. Many thanks and we look forward to seeing you again next Christmas!



Once again, we had our delicious Boxing Day Lunch hosted by Kenn's friends from the British Antarctic Survey Club. Many thanks!!



A very happy birthday to Norma who turned 84 on December 30!



Celebrating 100 years of Joan Lucas-Calcraft

Dear Joan turned 100 on January 16th and we had a small family party to celebrate such an important milestone! Joan has always been such an inspiration to her family, friends and all the community, and is always full of energy, either knitting, sewing, playing bridge, watching tennis and the list goes on! Of course, she received her birthday card from the King and the Queen Consort! Many thanks to the British Embassy for applying for it.



Joan with close family



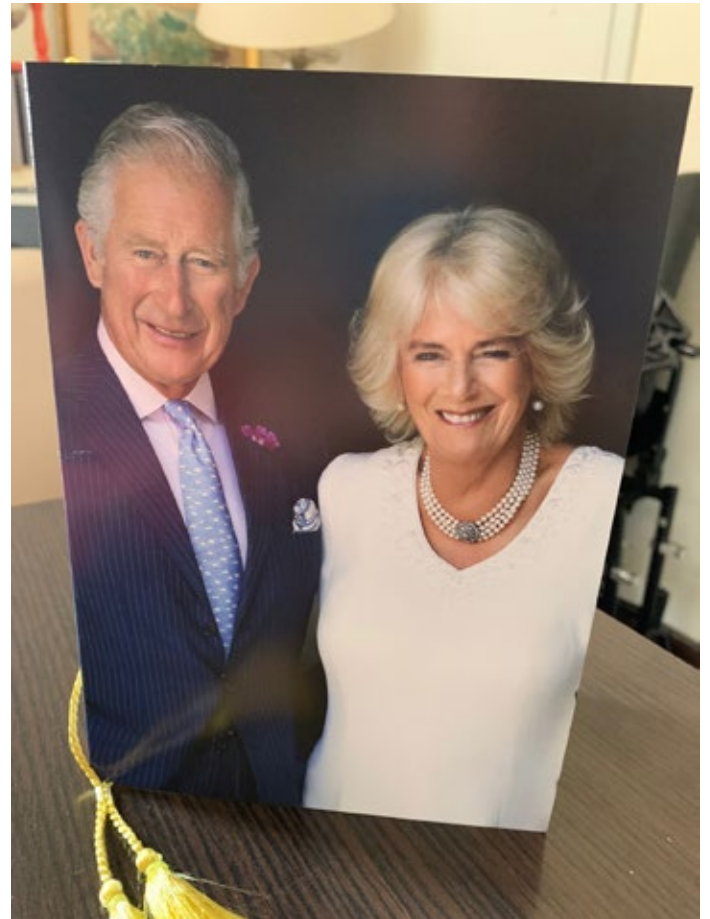
Joan reading her birthday card



Joan with all SWCH



Joan, nephews and card



Birthday card sent by the King



Joan, residents and card



Joan with her nephews Martín and Alejandro at her 100th birthday party



Text of birthday card



Visits to the Falkland Islands

Ambassador Faye O'Connor visited the Falkland Islands for two weeks in January, where she met government authorities and islanders from all sectors of society, including economy, trade, agriculture, conservation, environment, health and tourism issues. She met many islanders with strong links with Uruguay, including those who studied here at The British Schools back in the 1970s. The Ambassador also enjoyed some family time

appreciating the wildlife, nature and experiencing everything this unique destination has to offer.

Four Uruguayan parliamentarians also coincided in the islands with the Ambassador during a familiarisation visit, invited by the Falklands Legislative Assembly.



Students from the Southern Cone in the islands

Winners of this year's regional student competition from Uruguay, Argentina, Brasil and Chile visited the Falklands 14-22 January. They spent a fun week getting to know the islands and their people. Sofia Canessa, International Relations student from UdelaR, has been sharing highlights of her trip on her Instagram account @sofi.canessa. You will find an interesting testimonial video in hers and the Embassy's social media!



Renewed commitment with the environment

The British Embassy and Residence achieved zero carbon emissions for the third consecutive year in 2022. With the support of One Carbon World, we have managed to neutralise our daily emissions and those of events such as

Expo Prado. New measures adopted in 2022 included the use of heat pumps to heat both the Embassy and Residence, and the use of an official electric vehicle.



Biotech Mission to UK

Delegates from the Ministry of Public Health participated in a biotechnology mission in the United Kingdom, organised by the Embassy's commercial team. The aim was to learn about the best practices in the biopharmaceutical sector with a scientific, academic, and regulatory approach. They visited various institutions, such as the Francis Crick Institute, AstraZeneca, and GSK, among others,

accompanied by our Commercial Officer, Viviana Morales. You can see a summary of their activities in this video shared on our [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#).

Follow us online: www.gov.uk/fcdo

TEACHER TRAINING COURSES AT THE ANGLO



ANGLO DIPLOMA IN TEFL

(2-year course)

ANGLO CERTIFICATE IN TEFL

(1-year course)

**HAVE YOU CONSIDERED A CAREER IN ENGLISH LANGUAGE TEACHING?
WOULD YOU LIKE TO KNOW MORE ABOUT THE ANGLO DIPLOMA IN TEFL
OR ANGLO CERTIFICATE IN TEFL?**

Listen and talk to Anglo Diploma in TEFL (TTC) & Anglo Certificate in TEFL (ACT) trainees and tutors.

We'll tell you about the requirements for the course, what it is like, what the work prospects for Anglo teacher trainees are and we'll answer all your questions!

TTC: Tuesday 14th February - 6:00 pm

ACT: Tuesday 14th February - 7:30 pm

Online talks via Zoom

With the international validation of NILE
(Norwich Institute for Language Education, UK)

SUMMER COURSES

FEBRUARY 2023

ENROL NOW!



The ANGLO Summer Courses Programme for adults provides an opportunity to improve your level of English over an intensive (4.5 hours per week) 4-week training. Divided in 4 levels, our summer programme enables you to improve your skills whilst enjoying the academic study environment typical of all ANGLO courses.

Some of the courses strengths and takeaways:

Expert teaching: the students benefit from being taught by experienced English teachers.

Develop your confidence: enhance your English language skills in small class sizes.

Flexible learning approach: enables us to support your individual study goals and adapt to your interests and specific needs.

Academic approach: our lessons are interactive and promote learning through topical themes that result from an initial exhaustive in-depth needs analysis process.

Emphasis on Communication: our summer courses pivot around the development of the two main skills essential for effective communication (listening and speaking) by means of strengthening your grammar foundations and expanding and activating your passive lexical system.

Focus on Pronunciation: raising awareness at all levels about the intricacies of the English phonological system is also a key component of our Summer Courses programme.

Extensive feedback: we understand feedback as the essential component to every learning process. Our



experienced teachers identify areas in need of improvement and, through detailed specific and personalized feedback, ease the transition from where each student currently is as far as his command of the language goes and where they aspire to be.

Hands-on practice: individual, in pairs and collective oral practice is part and parcel of our classroom dynamics.

Face-to-Face or Synchronic On-line: students can opt between these two formats, the traditional classroom face-to-face dynamics and the remote synchronic on-line class.

For more than 15 years the ANGLO Summer Courses Programme has made a difference for hundreds of students, enhancing their confidence and bettering their command of the English language. We hope you join us this February 2023, we would be honoured to accompany you in the pursuit of both your academic and personal goals.

For further information please contact:
inco@anglo.edu.uy
2902 3773 ext. 1157

MORE INFO

We present you with some of the new acquisitions of our library. Hope to see you soon!

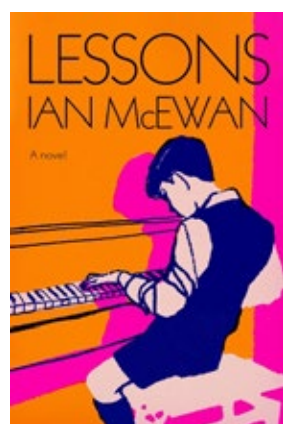
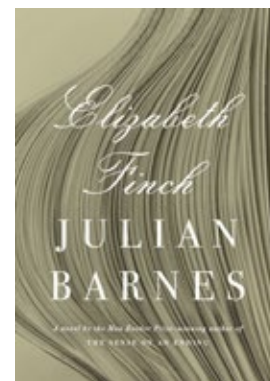


The Seven Moons of Maali Almeida, Shehan Karunatilaka

Winner of the 2022 Man Booker Prize. Ten years after his prizewinning novel *Chinaman* established him as one of Sri Lanka's foremost authors, Karunatilaka is back with a rip-roaring epic, full of mordant wit and disturbing truths.

Elizabeth Finch, Julian Barnes

In *Elizabeth Finch*, we are treated to everything we cherish in Barnes: his eye for the unorthodox forms love can take between two people, a compelling swerve into nonfictional material, and the forcefully moving undercurrent of history, and biography in particular, as nourishment and guide in our current lives.

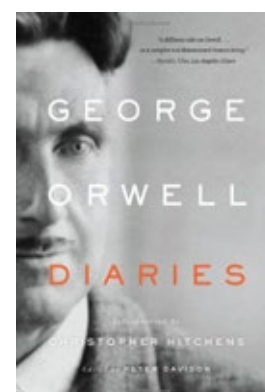


Lessons, Ian McEwan

Epic, mesmerizing, and deeply humane, *Lessons* is a chronicle for our times—a powerful meditation on history and humanity through the prism of one man's lifetime.

Diaries, George Orwell

This groundbreaking volume at last introduces the interior life of George Orwell, the writer who defined twentieth-century political thought.





HOSPITAL BRITANICO

Before going to the Emergency, schedule yourself.

If your situation is low risk, you can book an appointment for you in the day. Organize your time better and avoid delays.

2487 1020, int. 3001



**SERVICIO DE
EMERGENCIA**





Skin care

Our skin is continuously exposed to solar radiation. The longer it is exposed, the more precautions are needed to prevent skin cancer.

Two people die of skin cancer per week in Uruguay and the two main causes are exposure to ultraviolet sun rays and the use of sunbeds. We can prevent it by taking the necessary measures and taking care of ourselves.

We should acquire the following habits if exposed to the sun:

- Preferably be in the sun for recreation and not for tanning purposes.
- Carry out activities in the shade.
- Use physical barriers as protection: shade, clothes, sunglasses, etc., which are the most effective and economical.
- Use a wide-brimmed hat that covers face, ears and neck.
- Use beach umbrellas with a dark fabric, since it provides better protection from ultraviolet rays.
- Always use a water resistant UVA/UVB sunscreen.
- Children should wear lycras with UV protection. Ideally they should have 2, so they can change the wet one for a dry one after swimming.

UVB sunscreens should be SPF 30 or more, ideally SPF 50 with a high UVA protection. They are water resistant when they remain effective for 40 minutes and waterproof when they are effective for 80 minutes. The most sensitive areas to solar radiation are those that have been less exposed to the sun. These are the areas we must protect most of all.

When and how to use sunscreen

Sunscreen should be applied abundantly 15 to 20 minutes before being exposed to the sun. We should follow the "teaspoon rule for applying sunscreen" which advises:

- 2 for the face and neck
- 2 for the front of your body
- 2 for the back of your body
- 1 for each arm
- 2 for each leg



If we don't apply enough its effect diminishes and a SPF 50 ends being a SPF 30 and so on. Sunscreen should be reapplied after swimming and sweating. Skin should be dry when reapplying sunscreen.

To bear in mind:

- Sun exposure is cumulative.
- Ultraviolet rays have energy, and this energy modifies DNA. The cells which are most exposed are those of the skin. This damage to DNA is sometimes repaired by certain enzymes, but when the damage is too important there isn't time to repair it and the damage is permanent. With time this cumulative damage produces skin cancer.
- Sunburn produces acute damage and this occurs immediately or a few hours after an important sun exposure. It results in skin redness, blisters and very painful skin.
- In the medium to long-term, sun exposure weakens both the immune system of the skin and of the whole body.
- Chronic damage, after years of sun exposure, results in skin ageing and cancer.

Sun exposure has immediate consequences such as sunburn, contact allergies with certain plants, or diseases related to the sun such as rosacea and lupus, and in the long-term it can produce skin cancer.

It is important to check your skin regularly to identify the appearance of moles or other new or abnormal spots.

Article written from a podcast from Humana: Sun safety tips.
By Dra. Alejandra Larre Borges, dermatologist.



Stroke: Time is precious

Although strokes happen all of a sudden, they can be prevented. It is very important to know the warning signs in order to treat them in time.

Causes

They occur without prior warning, but cannot be considered a silent disease. The risk factors are the same as for vascular diseases, whereby people suffering from circulatory and heart problems may end up with a stroke. The problem lies in the arteries, and the brain arteries have the same risk factors as the arteries of other parts of the body.

Risk factors are:

- High blood pressure
- Diabetes
- Smoking
- Alcoholism
- Obesity
- Lack of exercise
- Arrhythmia

If we have regular checkups and a healthy lifestyle we can prevent these risk factors.

Is it hereditary?

We inherit health conditions that can bring about a stroke. If we inherit diabetes, high blood pressure or an unhealthy lifestyle we may have more chances of having a stroke.

A very low percentage of situations are due to genetic causes. This happens when a gene produces an alteration that favours the occurrence of a stroke.

What should we do if we are having a stroke

Time is crucial! It can save the brain, memory, speech and locomotor system. If we suspect that we are having a stroke we must immediately call an ambulance or go to a hospital's emergency service (A&E).



There are treatments available, but the time frame between the symptoms and treatment is very short.

Available treatments

Not every patient with a stroke qualifies for treatment, since certain clinical criteria must be met to ensure there will be more benefits than risks.

Warning signs of a stroke

We can recognise we are having a stroke if when we wake up in the morning or all of a sudden we have the following symptoms:

- Confusion or trouble speaking
- Trouble seeing in one or both eyes
- Numbness or weakness in half of the body or in an arm
- Have difficulty walking
- One of the facial features or the mouth drops to one side

Consequences

Strokes have very serious consequences with a huge impact on the patient, the family and society as a whole, because it is the main cause of disability in the world. It is also the second cause of dementia worldwide, after Alzheimer.

.....
Podcast of an interview to Dra. Diana Yorio, Neurologist.



We finished the year 2022, in which we definitely left the pandemic behind, and it was of great interest for several reasons:

- We returned to Club activities and improved the integration of our group with face-to-face meetings.
- The high level of speakers about various entertaining and enlightening topics with great presentations.
- The successful adaptation and consolidation of our relationship with the Parva Domus Magna Quies.
- The completion of a degree thesis in the Faculty of Communication at the University of Montevideo based on our institution.

But above all, the great encouragement received with which we face this new year.

Our thanks to our guest speakers: Lic. Nelson Fernández Salvidio, Dr. Ignacio Bartesaghi, Ec. Aldo Lema, Mr. Christopher Jones, Ing. Nicolás Jodal, Ing. Silvia Emaldi, Min. Luis Alberto Heber, Dip. Ricardo López Murphy, Dr. Adolfo Garcé and Min. Martín Lema, whom we invited to join us at our lunches throughout the year.

And a special expression of gratitude to Ambassador Faye O'Connor and her husband, Angel Reza, who not only joined our activities, but also enthusiastically supported our efforts.

We also highlight our already classic Gala Dinner where we granted the Southern Star Award to the Minister of Public Health, Dr. Daniel Salinas.

The Gala Dinner resulted in an event not only very enjoyable and fun, but also of great significance due to the excellent coverage made by the Magazine Paula from the newspaper El País.

Board of Directors

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Two Decades Ago...



We arrived via Buquebus on February 10, 2003. Our children were 10, 8 and 4 years old. It was Monday. By Thursday afternoon, Elaine Dee (whom I had never met) had scheduled us to lead the service on Sunday morning at Christ Church (which I had never heard of) to fill in for an unexpected vacancy (for which someone had recommended the newly arrived missionary pastor).

On February 16, I led the prayers (and the singing much to my dismay). But the small group of people was friendly. A few invited us back with the promise of some other children who sometimes attended but were currently away enjoying the beach. I was delighted to learn that several ladies had attended Grandon with my grandmother and still remembered her.

Now it is 2023. I have served as pastor for most of these twenty years. Our children have grown and gone. But Christ Church continues. For 45 years, this small building has provided a space for the community to gather, (grumble at times), grow and serve our city.

Really the building is just a messenger that expresses who the people are. It was built for hospitality and groups to gather. It was built to last beyond our children and grandchildren. It was established to be a place of connection, community and continuity.

During 2023, we plan to enjoy family Game Nights, small group studies, Sunday morning Services, programs for children, teenagers, young professionals, opportunities for social work and community outreach, music, occasional day trips or walks along the Rambla.

Christ Church is a place of peaceful and joyful connection with English speaking people from around the globe. Countless people have come to receive it just in this decade. The best part of Christ Church is always the people. Each person with their own story, circumstances, concerns and interests. Each gathering an opportunity to know and be known.

You may not like “church”, but if you come for a while, you may find that you like the people.

Why not schedule a series of visits this year? Give Christ Church another chance.

“May the God of Hope fill you with all joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit.” (Romans 15:13)

Amen!

Pastor John Hamilton



Arocena 1907, Esq. Lieja, Carrasco · Tel 2601 0300 · contact@christchurchmvd.org · www.christchurchmvd.org



The World Cup

The World Cup soccer tournament is a landmark event that comes around every four years. Dozens of nations send teams to compete, all longing to bring home the coveted trophy. I'm not a sports fan, but I am addicted to the World Cup, and always watch a few of the games. I can't help it. I was bitten by the soccer bug as a child.

You couldn't get away from soccer in Montevideo in those days. Wherever you were on game days—in a café, a restaurant, a taxi, just walking down the street—you could hear the game blaring over the radio (no one had TV yet). The radio was usually played at full volume, especially in public places where fans gathered to follow the game. Heber Pinto was one of the broadcasting stars at the time, a fast-talking commentator known as “the narrator who televises with his words.” The bar up the street from our house in Pocitos had a radio and whenever a goal was scored, we could hear Heber yelling “¡Goool!” at the top of his voice half a block away. I used to call that bar when I needed to get a message to my parents, back before we got a phone at home. One of the owners would answer and, on game days, would yell at someone to turn down the radio: “*Che, ¡baja el volumen que no se oye nada!*” Then I'd be on hold, listening to the game for a few minutes while someone went to get my dad.

Uruguayan fans are passionate about *fútbol* and flock to the stadium on game days. The Estadio Centenario in Montevideo was built in 1930 to commemorate the centennial of Uruguay's Constitution. The very first World Cup tournament—anywhere in the world—was played there that year and, when Uruguay won, the whole country erupted in victory celebrations.

Heber Pinto once proposed a toast: “To the English, who gave us soccer, which we then made ours!” He was spot-on. The British started coming to Uruguay in the mid-nineteenth

century, mainly to farm and raise cattle, but also as entrepreneurs and adventurers. In need of recreation and a chance to socialize with their fellow *ingleses*, they started the Montevideo Cricket Club (MVCC) in 1861 and imported soccer, among other sports, from “home.” The club played a team fielded by a visiting British ship in 1878, the first organized game of association football on Uruguayan soil. The MVCC is the oldest sports club in Uruguay; it was at La Blanqueada for years before moving to Sayago in 1945, then to Carrasco in 1956, where it remains to this day.

Sayago was one of those pretty towns close to Montevideo where English families settled in the 1870s to work for the railways. The British, flush with capital and expertise, funded and ran the Uruguayan railways for about seventy years until they were nationalized in 1949. Laid off English employees, by then mostly born in Uruguay, found other work and stayed on in communities that blended into the larger population but never forgot their roots. There are still families with English names in those towns who pause in the afternoon for a cup of tea.

In the early 1890s the railway company bought some land in Villa Peñarol for their maintenance workshops, with space for recreation and sporting activities. Following the example set by the MVCC, railway workers formed their own club in 1891 “for the purpose of stimulating the practice of cricket, football and other male sports.” That club—nicknamed the *Carboneros* in a nod to the stokers who shovelled coal to keep the trains running—survives to this day as *Peñarol*, one of Uruguay's two main soccer teams, which often plays at the Estadio Centenario against its arch-rival *Nacional*. Uruguay won the World Cup again in Brazil in 1950, beating their hosts at the Maracanã stadium in Rio de Janeiro in the famous game known as the *Maracanazo*. Widely considered one of the greatest soccer playing nations in the history of the “beautiful game,” Uruguay has won Latin America's Copa América fifteen times, and will be ready for another shot at the World Cup in 2026.



Human Cruelty

Despite accounts of human brutality and murderous attitudes being common throughout history, we often view these behaviors as exceptional and only occurring under specific circumstances. We perceive most individuals as inherently good and unable to commit atrocities. People around us often appear to be striving for a good life without causing harm to others. However, recent studies indicate that psychopathic criminal attitudes may be linked to brain damage or birth defects that affect specific areas of the brain responsible for inhibiting harmful behavior, thereby releasing the darker impulses within us.

We may deceive ourselves into believing that we are fundamentally good human beings despite evidence to the contrary. After many thousands of years of civilized social behavior, we have come to understand that yielding to many of our primal impulses such as robbery, rape, violent aggression, murder, and so on will ultimately lead to a very disturbed life, ending in prison or worse. Therefore, we behave in a way that allows us to enjoy our lives in freedom by exerting varying levels of control over impulses that could lead us astray.

Thoughts of violence and aggression are always present, even if most of us are able to repress them and many would deny their existence. This can be observed in young children, who before being fully socialized, exhibit acts of cruelty towards other children or animals. These actions may or may not be regretted later on, but they are undeniable evidence that the potential for violence exists within all of us.

The darker impulses within us reveal themselves in fanatic religious or political beliefs, when groups of people attack those they perceive as evil, inhuman, inferior, or holding differing beliefs. Throughout history and even in present times, tragedies occur with various justifications being

used to excuse these crimes. An example is the German population during World War II, who were led to such a degree of hatred for certain groups that they either actively participated in industrial schemes of wholesale murder or stood by silently without protest.

If humans have a tendency towards sadism and cruelty, and if we individually deny that we could commit such abominable crimes, why do these unconfessable inner urges and drives exist? In my opinion, the problem lies in our brain. No other animal is capable of sadism, cruelty, or the urge to torture and cause pain and suffering. The same complexity in the brain that has given us the ability to think, plan, calculate odds, and all the advantages of a full understanding of ourselves and our environment, superior to that of any other animal, giving us the power to control all living beings on this earth, has also cursed us with the inclination to inflict suffering, to torture, and to enjoy such behaviors. The only thing that those who find this abhorrent can do is to try to insulate ourselves from the actions of others but as we witness the increasing irrational behavior that threatens our well-being all around us, it is difficult to be optimistic about the future prospects of humanity as a species.

We should avoid the unrealistic expectation that everything will be alright due to the actions of some invisible, imaginary entity, since this all-powerful being has shown indifference to the slaughter of millions. Also, we should stop pretending that we are all fundamentally good, since there are many examples of people who consider themselves to be harmless, innocent and benevolent, yet end up behaving in ways that we condemn, for various reasons. In other words, my message is, let's not deceive ourselves, let's accept the harsh reality that we are faced with every day, and let's hope that at least we as individuals will never be compelled to engage in abominable behaviors.



Pall Mall between Ituzaingó and Juan Carlos Gómez

Clubs were a popular gathering place for upper-class gentlemen in 18th century London. They offered amenities such as libraries, bars, restaurants, and rooms for out-of-town members. The most distinguished clubs on Pall Mall were the Army & Navy, Reform, Athenaeum, and Travellers. Sports were not a major focus of these clubs, but they would later become a more prominent feature in clubs that had a more open membership and were geared towards the emerging middle class. Women were typically only allowed as guests on special occasions or for mixed events, as clubs were spaces for men to socialize and find solace, while the home was considered the natural place for women.

On the outskirts of the British Empire, men formed clubs to preserve British gentlemanly traditions and culture, as well as to remind them of home. These institutions helped to recreate the exclusive atmosphere of a British club and reinforced racial barriers. Maintaining a strong sense of British identity was important for these men, as they sought to avoid assimilation (*going native*) and instead uphold Britishness as a symbol of good character and upbringing. In addition, these clubs also served as a way to integrate European immigrants into the new colonial, political, and social order of their new surroundings.

During the Late Victorian era, many Britons in Montevideo congregated in the *Ciudad Vieja*, the financial, commercial, and political district of the city. This was where the most influential members of the British community worked and lived during the day. As part of the British tradition of exporting their institutions to the colonies, it is not surprising that a gentlemen's club, called the English Club, was founded in this British hub of the city.

The English Club had a long and storied history. It is said to have existed during the *Guerra Grande*, and its backyard well was rumoured to be one of the few sources of drinking water in the besieged city, which was referred to as the "New Troy" by Alexander Dumas.

The English Club was at its peak during the late 19th century, which was the height of the British economic and commercial presence in Uruguay. Being a member of the club was a coveted status for newly arrived British expatriates and the acceptance process was rigorous. Prospective members needed the backing of two existing members and their local social standing was taken into account when voting on their acceptance. The club followed the same principles as the most exclusive clubs in Pall Mall, London, and only accepted members from the British aristocracy in Montevideo, including managers, members of the diplomatic corps, prominent merchants, and long-standing family members. Professionals, clerks, and other Britons involved in commerce and services were cautioned that their applications would be scrutinized by the committee members and rejection could be detrimental to their social standing. The list of Presidents of the committees in those years reads like a who's who of the most prominent and well-respected British expatriates of the time. As in their counterparts in Pall Mall, women were only allowed as guests on special occasions.

The English Club, located on *Rincón St.* in front of *Plaza Constitución*, allowed visitors on its two-storied premises, but they were required to be exclusively presented by a member and both names were written down in the Visitors Book, which was essentially a "*Who's Who*" of the foreign aristocracy in the River Plate region. Diplomats accredited in Montevideo and Buenos Aires, European nobility on official or personal trips to the River Plate, officers of the Royal Navy, and prominent figures in business and commerce were all frequent guests of the English Club. However, the most distinguished guest of the club was Prince George of Wales, who later became King George V, during his unofficial visit in 1880. He was invited as a guest to a gala dinner and dance at the Hotel Oriental.

As the British community in Uruguay declined, the English Club also saw its fortunes decline, eventually leading to its closure in the first decade of the 21st century.

Interconnectedness

As 2022 closes and merges with 2023, this pseudo-post-pandemic world has rewritten our playbook on how our personal, national, regional and worldwide relationships work. The 'pseudo' prefix simply means that the pandemic isn't really over, although almost everybody is backtracking to what at some point were their lives pre-2020.

SARS-CoV-2, the virus causing COVID-19, has mutated every 3-6 months into successive variants, the most recent of which have little connection with the original or 'ancestral' strains. Fortunately, since late 2021, Omicron has been the stable parent of the virus and all the variants belong to this family, hypothetically entering a state where gradually shifting genetics will require adaptation of more up-to-date vaccines, like the 'bivalent' ones already in use, which cover both the ancestral strains and Omicron variants.

We already knew health, economics, politics and climate, both national and global, were related, but the approach was mostly in silo-mode, with experts in the different subjects interacting in ways that were, to some extent, hypothesis and theory. The pandemic has shown that the four areas listed are not only inextricably related, but probably represent different views of a deep underlying problem: humans have become estranged from their selves and the environment, and the consequences are clear: Mother Earth can pretty well do without us and reboot evolution from or before the moment hominids appeared on this planet – or at least since the last Ice Age. A good time to watch the 1968 movie Planet of the Apes.

Human health has greatly improved over the last two centuries, with better housing, sanitation, food, water, medicine, social security, transportation and communications. Living into one's late 90s or early 100s is becoming commonplace – maybe the best evidence that we're on the right track in making these few key things better, at least.

China since Deng Hsiao Ping, paradoxically ruled by the largest Communist Party in the world, has demonstrated that capitalism and a free market can bring prosperity to millions in a few decades – maybe sacrificing equality in the process. Socialism has receded to a basic utopia of

lower-the-bar equality, incapable of providing freedom and prosperity, as is still happening in authoritarian regimes like Cuba, Venezuela, Nicaragua and North Korea.

Politics has suffered a big impact, even before the pandemic, only to get worse. European countries' parliaments are being gradually occupied with anti-establishment extreme rightists, not short of neo-Nazis, who rather surprisingly coalesce with anti-vaccine groups and conspiracy theorists, like Q-Anon. Civilised relations between centre-right and centre-left parties, which were the backbone of stable politics and unconflicted government rotation, are becoming strained. Our neighbours Argentina, Brazil and Chile are perfect examples, with Brazil recently cypocattng the US's Capitol storming two years ago with the raiding of all the three powers' buildings in Brasilia on 8 January. And last, but not least, is the resort to war as is happening between Russia, and Ukraine, ringsided by NATO – a tactical vs nuclear threat in the backstage.

We're alternately experiencing great swings in extreme temperatures and weather events. This summer may be the all-time hottest in our part of South America which includes Uruguay, Paraguay and the middle and northern Argentinian provinces and southern Brazil. We've seen what happened during the northern summer in California, Spain, France and Greece: fires break out everywhere. The pandemic has interrupted or made the transformation into a green economy more difficult, and many countries are resorting to fossil fuels again, like coal and petroleum, due to interruptions in the supply chains. We certainly don't have many aftermaths of COP summits available to limit global warming to less than 1.5C. Foot-shooting is becoming a standard anti-climate approach.

Climate change not only will bring us more new diseases, but old felons like malaria, cholera, typhoid, dengue, sika (and chikungunya in Paraguay as I write) will be at large. Besides, the pandemic has disrupted regular vaccination programmes and measles and polio may be rampant again.

It's all connected. It's only us humans who've become disconnected from ourselves and the world. The pandemic has only accelerated and zoomed what was bound to happen - sometime.

Between truth and coincidence seeking Gaboto, Artigas and San Martín in Rincón del Espinillo

There was a time when the territory of Uruguay was only known by the settlement of “Puerto de las Naos” in the San Salvador River, in Soriano.

Juan Sebastián Gaboto and his English fellow Roger Barlow, were the first Europeans to settle permanently in the American Southern Cone in 1527. They lived there, among the natives, with their ships crew for almost two years until they were literally expelled by Chanáes and Timbúes warriors.

After their departure and nearly 500 years later, one of his ships was found submerged on the southern side of the San Salvador River.

But what makes this place so special? The particular place nowadays called “Rincón del Espinillo” is a natural fence bounded in all four directions by two streams “La Graseda” (currently named “La Agraciada”), the “Espinillo”, and two rivers: Uruguay and “San Salvador”.

It was declared “Hacienda Real” (royal cattle livestock) by the Viceroyalty of Peru and within decades, because of the proliferation of cattle easily occurring inside this natural barnyard after the intervention of Hernando Arias de Saavedra, it became the main rodeo that fed Buenos Aires and Alto Perú (Bolivia).

Such a strategic domain should be trusted to a reliable man, and that man was Cristóbal Cabral de Melo, Master and Commander-in-Chief of Buenos Aires, who was chosen as the first Landlord and Guardian of the royal propriety.

At that time the Lieutenant of the Spanish Volunteer Militia Battalion, Juan de San Martín y Gómez, was the immediate neighbor of the Hacienda Real, being the political chief of the “Partido de Vacas y Viboras” (territory stretching from “Carmelo” to the stream of La Agraciada nowadays). Married with Gregoria Matorras he raised his family there, having three of his five children in this territory. It is assumed that this stretch neighbored relationship that goes from political issues to the cattle dispatch, was more than close, and probably kindred.

As the years went by, the royal Hacienda continued with new Spanish successors. It was Don José Gervasio Artigas, on the basis of his Provisional Land Regulation of 1815, who personally resolved to alienate and divide the royal estate for the first time in history; giving the land property to the poorest people from the “rancheríos” who had served as feudatories.

But there was a single exception to these social distribution criteria: the south-eastern sector of the Hacienda next to La Agraciada stream was adjudicated to the General José de San Martín since 1815 until the end of the Cisplatine occupation in 1830, a fact that can be corroborated in the accounting documents of his legal representative and brother-in-law, Mister Francisco de Escalada. Did Artigas foresee something in his decision in 1815 in relation to the knowledge that San Martín’s father and his older brothers had of this strategic territory? Curious, isn’t it?

Going forward, on Tuesday April 19th., 1825 thirty-three Orientales and Argentinian militiamen grounded on La Agraciada shore, in exactly the same dominion that had belonged to General José de San Martín for ten years by then.

We certainly won’t know if the main protagonists were conscious about this or not but the place known as Rincón del Espinillo seems to close a unique circle in the history of Uruguay and the region, a matter of discerning between coincidences and causalities involving explorers, military officers, cattle opulence and independence.

Headline figures: 1. Gaspar Luis Viegas 1534 Manuscript Map of the Atlantic Ocean with specific review in the San Salvador River. 2. “Castillos and Maldonado’s grassland bulls” from William Toller’s Travel Log 1715.

by Phillip Berzins
sbpberzins@hotmail.com



Club Sandwich

While planning this month's recipe I wanted to take into account the warm summer evenings we are presently enjoying, together with a holiday atmosphere, and decided on a club sandwich but with some added tweaks to make it a little bit more interesting. This recipe is relatively easy to prepare and not too heavy on the stomach.

The club sandwich was created in the United States in the late XIX century in a members-only gambling club in Sarasota Springs, New York. The sandwich is traditionally made with three slices of toasted bread, chicken or turkey meat, ham or fried bacon, lettuce, tomato and mayonnaise.

In my version I am using a wonderful bread bun made in Montevideo by a new generation of young bakers, using either a sour dough or brioche mixture. Instead of mayonnaise I am using an aioli sauce flavoured with sun-dried tomatoes, rocket, avocado, crispy bacon, tomato and a well-seasoned chicken breast.

Ingredients – 4 Portions

- 4 bread buns* (sour dough or brioche)
- 400 g chicken breast
- 2 cloves garlic, finely chopped
- Juice of one lemon
- 2 tb spoons olive oil
- 1 teaspoon smoked paprika
- 1/2 tea spoon thyme
- 1 tea sp oregano
- salt and freshly ground black pepper
- 1 avocado cut into slices
- 8 slices of smoked bacon
- 2 tomatoes cut in slices
- 1 packet rocket (or baby spinach or crispy lettuce)
- 1 tb spoon mayonnaise
- 2 crushed garlic cloves
- 100 g sun-dried tomatoes in olive oil, finely chopped**
- 8 basil leaves

Season the chicken breast with the garlic, lemon juice, olive oil, smoked paprika, thyme, oregano, salt and pepper and place in a bowl or plastic bag within the fridge for between 1 to 12 hours.

Next, make the tomato-flavoured aioli sauce***. Add the mayonnaise to a small electric mixer bowl together with the garlic puree. Slowly, drop by drop, add the finely chopped sun-dried tomatoes with the olive oil in which they were preserved, while continuously whisking. To help avoid the sauce separating, add a tablespoon of boiling water (**). Finish by adding the chopped basil leaves.

Fry the bacon in a non-stick frying pan, remove and add the seasoned chicken breasts to the bacon fat. Fry carefully covered with a lid or tin foil (aluminum paper) turning the chicken breasts over half way through cooking.

To serve the dish, slice the buns into three circles, and toast. On the bottom layer of the bun add some rocket leaves, tomato and sliced warm chicken. Add some tomato-flavoured aioli sauce and cover with the middle slice of toasted bun. Add the remaining rocket, tomato, warmed bacon and avocado plus any remaining chicken and top with the tomato-flavoured aioli sauce. Cover with the top of the bun and press down with the aid of a skewer to hold the toasts together. Enjoy with a glass of cold, crisp white wine.

**La Résistance and Panadería Brava are two modern bakeries in Montevideo where you can purchase bread buns made from brioche or sour dough.*

*** Sun-dried tomatoes in olive oil can be purchased in most large supermarkets. However, they can be easily made at home by purchasing the dried tomatoes and following the instructions below.*

Simply cover the sun-dried tomatoes with half water half white wine vinegar and simmer for five minutes. Cover and let them cool down in the liquid. Drain well and dry the tomatoes on absorbent paper or on a clean cloth. Place the tomatoes in a sterilized glass jar and cover with olive oil mixed with dried or fresh herbs and peeled garlic cloves. Optional: add olives or capers to the jar. These sun-dried tomatoes will keep in the refrigerator for up to four weeks.

Add sun-dried tomatoes to pizza, pasta dishes, salads, crusty bread, etc. The oil by itself can be used as a base for salad dressings or added to pasta.

****Aioli sauce is basically a mayonnaise made with olive oil and added garlic puree. Mayonnaise-based sauces are considered to be unstable emulsions in that they may split (separate) whilst in the mixing or storage process. There are three main reasons for this sauce to split: temperature (too cold), consistency (too thick) and adding the oil too quickly. To help prevent this from happening, if the sauce becomes too thick while mixing, add a tablespoon of boiling water; this will thin it down and warm the mixture slightly. In order to avoid possible salmonella poisoning due to the use of raw eggs, we use store-bought mayonnaise to start the emulsion process.*

With thanks to Jürgen Hecker and photographer Dieter Bütow, this poem is dedicated to all those for whom a light may have gone out in 2022.

OUT

The light looked up
Between the bars
And saw the heavens
Hung with stars

It longed to flee
Its tiny cell
To shine on sea
And fen and fell

But then a gust
Of time flew by
Blew wide the door
Threw wide the sky...

The cell goes dark
The jailers shout
But it's too late
The light's gone

OUT

CORNERED BEEF SANDWICH



by Juan Pablo Milessi
juanpablomilessi@hotmail.com

Home Sweet Home

More than a hundred years ago, in a place now called FRAY BENTOS, the Liebig Company, a British-German conglomerate, contributed to funding the construction of a church. They chose a site in the city of Villa Independencia, located in Rio Negro, Uruguay. In those days, a church was as necessary as a hospital for most people. This brought the majority of their workers closer to the Liebig factory premises. Over some time, all this transformed into a town. A Catholic church was built with money that came mostly from “heretics,” all in the service of increased productivity and the wellbeing of their laborers’ souls. Amazing isn’t it? The town was renamed Fray Bentos in 1881. That same year, the name “Fray Bentos” was registered in London as a trademark. Of course, I’m talking about the Frigorífico Anglo del Uruguay, the famous Kitchen of the World of the 20th century. We could call it a Vegan hell as well but let’s not mix issues.

I was born in Fray Bentos in 1972. The Anglo closed for good in 1979. Many people were stripped of their jobs and money was scarce. But nobody could complain much in those days, so... case closed. If Fray Bentos were a human body, the Anglo would be the liver. You cannot live without it, and it is an essential part of your body. If you remove the liver, the body dies. Don’t worry, the city already had a transplant. We’ll talk about that later.

Grass grew really quickly around the remains of the factory and the Anglo neighbourhood. However, the “barrio Anglo” still kept that unique Hollywoodesque glamour of old. At age 12, I would roam some of the ruins with friends, as the place looked as if taken from a very expensive Hollywood film. We were young, but the people who had been left

unemployed were older. As young people, we could not bear the depressing atmosphere post Anglo closure. It took Fray Bentos over a decade to “spiritually” recover from this hell.

The talk of “el Anglo” as some sort of dead saviour, and of a hopeless future, was constant. I once suggested the place should be sold to a Hollywood studio for a Terminator film. Just one condition: make sure the whole place is set on fire at the end of the flick. Most people laughed, but for me the Anglo was just a burden. In my mind the place reminded me of a dead relative we’ve mourned too long. This was the immature opinion of a 14-year-old who hadn’t grown up to the realisation that the Anglo had made him.

TO BE CONTINUED



The Straits of 'Straight'

Far too often, 'straight' posture is misunderstood. We think of it as stiff and rigid, but it's actually the opposite. 'Straight' posture should be supple, even, and relaxed. It should also be sustainable, while still permitting movement. When we comprehend the idea of what 'straight' posture really is and how to obtain it (and what it isn't and what we shouldn't do if we want to achieve it), we can start making progress towards better posture, health, and general well-being.

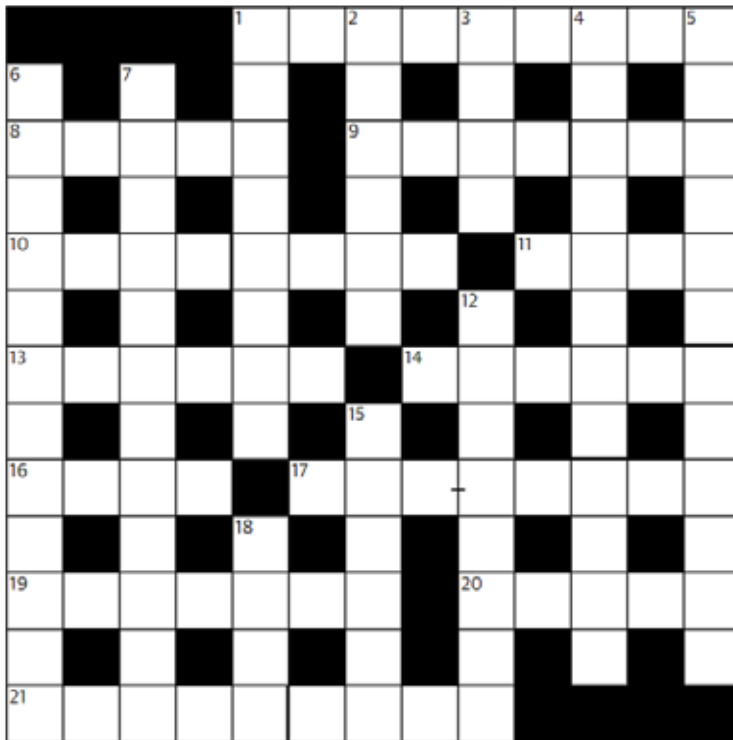
The goal of working on our postural balance is not to force change and mold our bodies into a preconceived notion of 'straight'. Rather, it is about creating a space for change to happen naturally and in accordance to what is physiologically and structurally sound for a two-legged vertebrate, and for our own personal makeup. For this to happen, it is important to re-activate precise movement sequences that we may have forgotten or buried under years of habits of misuse, overuse and underuse of our bodies. The process is sometimes as much about un-learning old habits and correcting wrong ideas about our own structure and function, as it is about learning new ways of standing, sitting and walking.

Working towards achieving better posture begins with working on our postural awareness. This involves paying attention to the inner relationships within our body, as well as the latter's relationship to the context in the present

moment. This self-observation practice develops in us a heightened sense of awareness of our postural alignment, the quality of our actions, the energy we bring to a situation, and the affordances and responses of the environment. The ability to sense subtle changes in our body, such as strain, pain, or fatigue, allows us to identify early signs of unnecessary tension and take action to alleviate it before it becomes a problem. Additionally, being aware of our bodies allows us to recognize patterns of movement and reaction that could be enhanced or changed for greater efficiency and effectiveness. As we become more aware of how our physical, mental, and emotional states interact with our surroundings, we create a feedback loop that helps us balance our internal state with our external environment, which allows us to navigate life's experiences with more ease.

Postural awareness is the key to experiencing 'flow', a state of being completely absorbed in an activity. Mindful movement practices help us reconnect with our bodies, our breath, and our environment in the here and now, a vital basis for adjusting and flowing with life's obstacles. Ultimately, awareness-based activities are essential for cultivating resilience and living life to the fullest.

Photo by [Joyce McCown](#) on [Unsplash](#)



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

December solution:

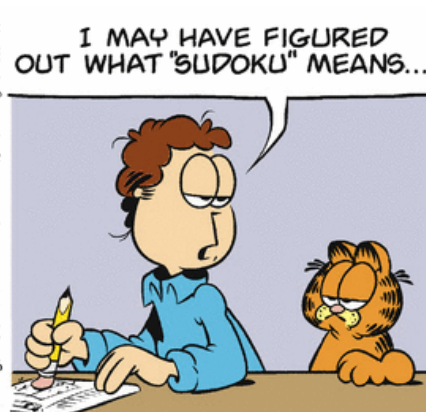


Across

- 1 Going with the stream (9)
- 8 Reddish-brown hair dye (5)
- 9 Tailless mog (4,3)
- 10 Improbable story (4,4)
- 11 Number of letters in a rude word? (4)
- 13 A stoat in winter (6)
- 14 Lover of Romeo (6)
- 16 Sweet gritty-textured variety of fruit (4)
- 17 Not relevant to the current discussion (3-5)
- 19 Opening, such as a nostril (7)
- 20 Entertain (5)
- 21 Well I never! (5,4)

Down

- 1 Writing the initial version of a document to be improved later (8)
- 2 Tomsk, Tobermory or Great Uncle Bulgaria? (6)
- 3 Citrus skin (4)
- 4 Large red fruit — I'm apricot, luv (anag) (8,4)
- 5 Pass there and back? (6,6)
- 6 What car windscreens should be — father's troop (anag) (12)
- 7 Painful swelling and redness (12)
- 12 Rubbish collection vehicle (8)
- 15 Newly (6)
- 18 Bulbous plant with trumpet-shaped flowers (4)



<https://www.gocomics.com/>



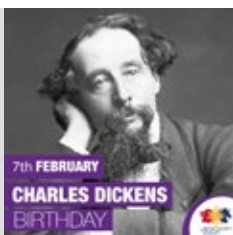
02-Feb 1882 - James Joyce Birthday

Happy birthday to the literary legend James Joyce! Today we celebrate the 141st birthday of one of the greatest writers of the 20th century. We raise our pints to the literary genius who brought us the epic stream of consciousness novel, Ulysses. Without him, our reading lists would be dull and uneventful. Cheers to the master of modernism, may your birthday be filled with endless cups of tea and a never-ending flow of words.



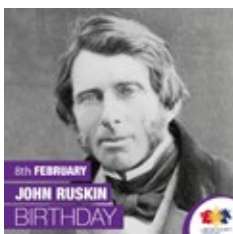
04-Feb Six Nations Rugby Begins (4th Feb to 18th Mar)

Rugby season is upon us and we couldn't be more excited! It's time to dust off your rugby jerseys and break out the pints, because the Six Nations Rugby is upon us! From 4th Feb to 18th Mar we shall gather around the TV, pint in hand, to watch the action unfold. Who will come out on top this year? Let the games begin!



07-Feb 1812 - Charles Dickens Birthday

Happy birthday Charles Dickens! We raise a glass to one of the greatest novelists of all time, the man who brought us timeless classics such as Oliver Twist, A Tale of Two Cities, and Great Expectations. His vivid characters and social commentary continue to captivate readers to this day. In honor of his birthday, let's pick up one of his classics and immerse ourselves in the world of Victorian England. Cheers to the master storyteller, may your legacy live on forever!



08-Feb 1819 - John Ruskin Birthday

Happy birthday to the brilliant mind of John Ruskin! We raise a glass to the art critic and social thinker who brought us thought-provoking works like "The Stones of Venice" and "Modern Painters". His insights on art, architecture, and society continue to inspire us to this day. Without him, we wouldn't know the difference between a Gothic arch and a flying buttress. Let's celebrate the legacy of John Ruskin and his contributions to the world of art and literature.



11-Feb International Day of Women and Girls in Science

Today we celebrate International Day of Women and Girls in Science and we want to take a moment to acknowledge the incredible contributions of women in the fields of science, technology, engineering, and mathematics (STEM). - Rosalind Franklin, whose X-ray diffraction images of DNA were crucial to the discovery of the DNA double helix structure - Dorothy Crowfoot Hodgkin, who won the Nobel Prize in Chemistry in 1964 for her development of X-ray crystallography - Jocelyn Bell Burnell, who discovered pulsars while still a graduate student - Caroline Herschel, an astronomer who discovered several comets and was the first woman to be paid for her scientific work - Irene Joliot-Curie, who jointly received the 1935 Nobel Prize in Chemistry with her husband, Frédéric Joliot-Curie, for their discovery of artificial radioactivity. Let's continue to break barriers and inspire the next generation of female scientists.



23-Feb 1633 - Samuel Pepys Birthday

Happy birthday to one of England's most beloved diarists, Samuel Pepys! Today, we celebrate the 388th birthday of this iconic figure. His diary, which chronicled daily life in London during the 17th century, offers a fascinating glimpse into the past.



25-Feb 1943 - George Harrison Birthday

Happy birthday to one of the greatest musicians of all time, George Harrison, the Quiet Beatle! Today, we pay tribute to the man behind some of the most iconic songs in rock history. From "Something" to "Here Comes the Sun," Harrison's music continues to inspire generations. Join us in celebrating the 80th birthday of this legendary Beatle. Let us raise a guitar in honor of George!



27-Feb 1932 - Dame Elizabeth Taylor Birthday

Happy birthday to the one and only, Dame Elizabeth Taylor! Today, we celebrate the 91st birthday of one of the most iconic actresses of all time. From "Cleopatra" to "Who's Afraid of Virginia Woolf?," Taylor's performances continue to captivate audiences to this day. Happy birthday, Dame Elizabeth!



The History of Pancake Day

Pancake Day, also known as Shrove Tuesday, is a traditional feast day that marks the start of Lent, a period of fasting that leads up to Easter. On this day, Christians would go to confession, also known as being “shriven,” and a bell would be rung to call people to confess. This bell came to be known as the “Pancake Bell” and is still rung today. Shrove Tuesday always falls 47 days before Easter Sunday and falls between February 3 and March 9. This year, it falls on February 16th. The day was an opportunity to use up eggs and fats before the Lenten fast, and pancakes were the perfect way to use these ingredients. Pancakes have a long history, dating back to 1439, and the tradition of tossing or flipping them is almost as old. The ingredients for pancakes - eggs, flour, salt, and milk - symbolize creation, the staff of life, wholesomeness, and purity.

In the UK, pancake races are an important part of Shrove Tuesday celebrations. The most famous race takes place in Olney, Buckinghamshire. According to tradition, in 1445 a woman of Olney heard the shriving bell while she was making pancakes and ran to the church in her apron, still holding her frying pan. The Olney pancake race is now world-famous, with competitors being local housewives who must wear an apron and a hat or scarf. The first woman to complete the course and arrive at the church, serve her pancake to the bellringer and be kissed by him, wins the race.

Another interesting tradition is the annual Pancake Grease at Westminster School in London. A verger from Westminster

Abbey leads a procession of boys into the playground where the school cook tosses a huge pancake over a five-meter-high bar. The boys then race to grab a portion of the pancake, and the one who ends up with the largest piece receives a financial reward from the Dean.

In Scarborough, Yorkshire, on Shrove Tuesday, everyone assembles on the promenade to skip. Long ropes are stretched across the road, and people skip on one rope. The origin of this custom is not known, but skipping was once a magical game associated with the sowing and spouting of seeds, which may have been played on barrows (burial mounds) during the Middle Ages.

In the past, many towns throughout England held traditional Shrove Tuesday football (‘Mob Football’) games dating back as far as the 12th century. The practice mostly died out with the passing of the 1835 Highways Act, which banned the playing of football on public highways. However, a number of towns have managed to maintain the tradition to the present day, including Alnwick in Northumberland, Ashbourne in Derbyshire, and Atherstone in Warwickshire. Pancake Day is a traditional feast day that marks the start of Lent and has a rich history with many interesting customs and traditions associated with it. Pancake races, skipping, and football games are just some of the ways people celebrate this day. Pancake Day is a fun and delicious way to say goodbye to the indulgences of the past and to prepare for the spiritual focus of Lent.

source: *The History of Pancake Day*
<https://www.historic-uk.com/CultureUK/Pancake-Day/>



HAPPY Valentine's Day

*from The British Society in Uruguay!
Whether you're single and ready to mingle or
taken and ready to snuggle, we hope you have
a lovely Valentine's Day, and if not, just blame
it on the weather.*



Click to listen to our Valentine's mix on Spotify



What songs should we add to our Valentine's Mixed Tape?

Send us your suggestions of British romantic songs to editor@britsoc.org.uy and we'll share our compiled playlist in the next issue!