



**BSU
Coronation Toast**

**Back in Time
At The Summit**

**Body of Knowledge
The Imbalance of
Modernity: Unraveling the
Modern Predicament of
Forward Head Posture**

**Literature Matters
Martin Amis 1949-2023**



CONTENTS

Page

President's Words	3
This Month's Cover	4
Letter from the Editor	5
Member News	6
Upcoming Events	7
Coronation Toast	11
Council Meeting 2023	15
SWCH	16
British Embassy	17
Anglo Institute	19
British Cemetery	23
British Hospital	24
British Schools	25
Christ Church	27
Club Uruguayo Británico	28
Montevideo Players	29
Scottish Dance	30
St. Andrew's Society	31
S.U.C.B.C.	32
Dickens Institute	33
Back in Time	35
Back to the Future	36
Bits and Pieces	37
Body of Knowledge	38
Echoes of Britannia	39
Era Britons	40
Literature matters	41
Medical Column	42
Oceanids	43
Chef Phillip's Corner	44
Lamb Chops	45
Speedy Crossword Time	46
June Dates in British Culture	47
British Culture	48
Letters from our Readers	49
Back Cover	50

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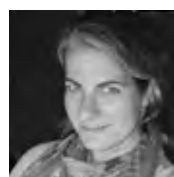
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Montevideo, Uruguay



Significant events have taken place since our AGM: King Charles III and Queen Camilla's Coronation, Minister Azucena Arbeleche was nominated the best Minister of Economy and Finance at the World Government Summit, and finally, another Davies was elected to preside over the British Society. If you read the Origins and Foundations of the British Society on our website, you will see that both my great-grandfathers were among the founders of the British Society. Charles W. Bayne presided over the self-denominated "Progressive Group," and Don Thomas Davies was among the conservatives. In 1976, my grandfather Harry Davies Blythman was elected president, and in 1993, my father Nigel B. Davies Bayne became president. Thirty years later, a "She" Davies is elected president, the second woman after Ms. Madeleine Pool. I am very honoured and pleased and going to work very hard to continue sharing the traditions and values of the British Society.

Many of you have come up with ideas and wonderful suggestions that we will implement. We have invited the younger generations to join us, and we have been very successful. This year will mark the 105 years of our foundation, and we will celebrate it in each event we organize. Our first Lecture Supper will take place on 27th June at the British Hospital Auditorium, 3rd Floor. Richard Cowley will delight us with his wonderful lectures, this time about the Royal Monarchy. Hope to see you all there!

Sincerely

Andrea Davies

THIS MONTH'S COVER

This month's cover features the official coronation portrait of His Majesty King Charles III. His Majesty is pictured in full regalia in the Throne Room at Buckingham Palace, wearing The Robe of Estate, The Imperial State Crown and holding the Sovereign's Orb and Sovereign's Sceptre with Cross.



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](#).

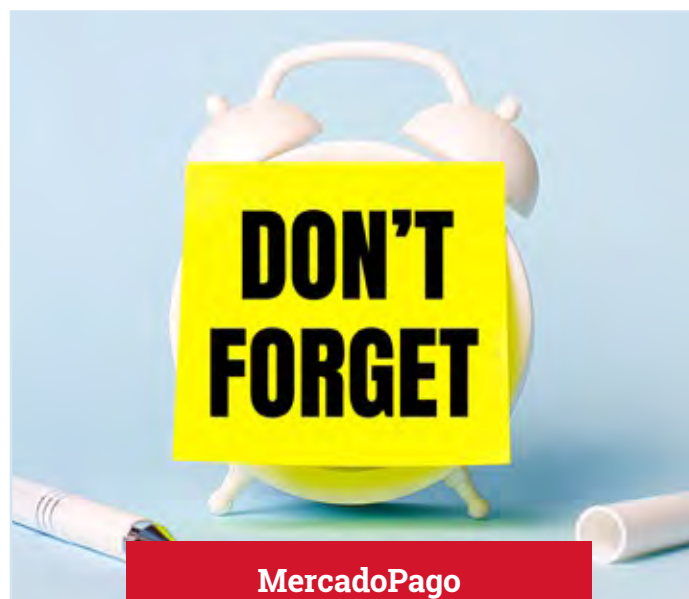
We have also implemented **recurring payments** so you no longer have to remember to pay your fees. You do not need to have a MercadoPago user, by clicking [HERE](#) you can choose to enter your details as “Invitado”, you are 3 clicks away of never having to remember to pay again! This recurring payment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



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Payments - \$650**



Dear Reader,

Welcome to the June edition of “Contact.” As the southern hemisphere bids farewell to the warmth of autumn and prepares to embrace the approaching winter, we hope you are keeping warm and keeping those pesky flu viruses at bay.

In this issue, we have some fantastic pictures from the Coronation toast at Betalba House. The British Society knows how to turn any gathering into a memorable affair, and this event was no exception. We may not have crowns and sceptres, but we certainly know how to raise a glass in style!

This month, we have more entertainment coming your way: the Autumn Croquet Tournament is fast approaching for those who are brave enough to face the cold. And for those who prefer to stay cozy indoors, Richard Cowley will delight us with a Lecture Supper on the Royals. There are even more surprises in this issue, but you’ll have to read on to discover them all.

But wait, we want to hear from you too! Your feedback is invaluable to us. Did an article leave you in stitches? Did you find a hidden gem that tickled your fancy? Or perhaps you have a suggestion for future issues? Don’t hesitate to drop us a line at editor@britsoc.org.uy. We are eager to hear your thoughts and ensure that “Contact” continues to be the highlight of your reading list.

Wishing you a delightful reading experience!
Victoria Stanham Newsletter Editor

The views expressed in this newsletter are solely those of the author(s) and do not necessarily reflect the views of The British Society in Uruguay or any individual associated with the creation or distribution of this newsletter. The editorial team assumes no responsibility for any inaccuracies, errors or omissions in the content of this newsletter.

Birthdays

in June

1. Roderick Archibaldo Cameron O'Dwyer
1. Ignacio López Franco
1. Christopher David Golby Middleton
3. Juana Isern Edbrooke
3. Robert Charles Campbell Cobham
4. Susana Margarita Souto Garbarino
4. Hernes Fernando Rodriguez Chanadari
5. Daniel Atilio Bonelli Sayagues
5. Agustina Lebrato Day
6. Esperanza June Castleton Bridger
8. Dion Lionel Bridal Bayne
9. Andrew Cooper Gibson
9. Catalina Williman Curochquin
10. Marcio Umpierrez Gualco
10. Víctor Hugo Pereira Baliero
11. Jacqueline Ann Booth McCulloch
11. María Teresa Sapelli Bacigalupi
12. Philip Bowen Davies Raggio
12. Maria Teresa Hill Izuibejeres
13. Paul David Griffiths Vecino
14. Winifred Ruth Weinrich
18. Andrew John Page Stevens
20. Agustina Scherschener Álvarez
20. David Phillip Michaels Press
21. Serapio Luis del Castillo Estrada



22. Janis Audrye Fitzherbert Dickinson
22. Jorge Eduardo Arbon Perez
23. Alicia Linda Breeze Jones
23. Alexandra Cooper Bastarrica
24. Eleonora Scosería Pérez
24. María Fernanda Reda Vignale
24. Mariné Carolina de León Céspedes
24. Niza Marlene Flores
25. Catherine Mary Bodeant Elías
25. Carolyn Anne Symonds Cooper
26. June Margaret Griffin Slavin
26. Carol Ferguson Smith Sproat
29. Tomás Isern Edbrooke

New Members

Pilar Arocena Pons
Alexander Edward Beare Jorge
Florecia Castillo Arroyo
Serapio Luis del Castillo Estrada
Federica Mills Roca
Yolanda Amalia Perez Eccher
Harry Potts

welcome

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



I bet you \$13456324567 that you didn't read that number. You just skipped right over it. You didn't even realise I put a letter in it. No I didn't, but you went back and looked, didn't you?

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.

JUNE

THURSDAY 1: Hospital Guild Tea at 15:30hs, Policlínica 3rd Floor.

FRIDAY 7: CUB: Almuerzo con Ec. Bárbara Mainzer. Directora Ejecutiva, Asociación de Bancos privados de Uruguay. 12:15hs at Parva Domus.

SUNDAY 11: BSU Croquet Tournament: Autumn Cup. 10:00 to 12:30 at The Anglo School Carrasco.

SUNDAY 18: Anglican Church: Misa de la Diversidad y Recital del Coro de Hombres Gays de Montevideo. 16:00hs at Reconquista 522.

TUESDAY 27: BSU Lecture Supper: Rite Royal. A Personal View of the British Monarchy By Richard Cowley. 19:00hs at the British Hospital Auditorium.

27TH JUNE TO 2ND JULY: El Curioso Incidente del Perro a Medianoche at Auditorio Nacional Adela Reta.

SATURDAY 24: ST. ANDREW'S SOCIETY Junior Caledonian, at the St. Brendan's School Gymnasium at 11:00.

JULY

WEDNESDAY 5: BSU Art Talk: Henry Moore's Life and Work by Sculptor Ramón Cuadra. 18:00 hs at Club Uruguay, Salón Inglés, (in Spanish).

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



AUTUMN CUP 2023

**SUNDAY 11TH JUNE
FROM 10:00 TO 12:30**

At the Anglo School Carrasco
Dra. Maria Luisa Saldún de Rodriguez 2195

TICKETS

MEMBERS

\$500



NON
MEMBERS

\$700



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Lecture Supper

Rite Royal

A Personal View of the British Monarchy

By Richard Cowley

Tuesday 27th June 2023 19:00 h
at the British Hospital Auditorium
Policlínico Central Morales 2578 piso 3

TICKETS





DEL 27 DE JUNIO AL 2 DE JULIO
AUDITORIO NACIONAL ADELA RETA

EL CURIOSO INCIDENTE DEL PERRO A MEDIANOCHE

BASADA EN LA NOVELA DE: **MARK HADDON** ADAPTADA POR: **SIMON STEPHENS**
DIRIGIDA POR: **LEONEL SCHMIDT**



The British Society in Uruguay has received tickets for the play "The Curious Incident of the Dog at Midnight" by the National Theatre of London. The tickets are for the Wednesday, June 28th performance, at the Auditorio Adela Reta. If you are a paid-up member, you can claim a ticket by contacting secretary@britsoc.org.uy. Please note that the tickets will be given on a first-come, first-served basis.

APOYA



CORONATION TOAST



BSU Coronation Toast at Betalba House

A wonderful time was had by all at our Coronation toast at Betalba House! Thank you to everyone who joined us for some great nibbles, even greater company, and a true English weather experience. The rain couldn't dampen our spirits! Special thanks to Betalba House for providing such a gorgeous venue and to HM Ambassador Faye O'Connor for toasting with us. God save the King!



Germán Villar



Bryan Davies, Joaquín Sallón, Victoria Stanham, Susan McConnell, Andrea Davies, HM Ambassador Faye O'Connor, Colin Shearer, Solveig Schandy, Walter Albanell, Caroline Stanham



Roberto Puente, Amelia Miller, Carolyn Cooper



Nicolás Bonino, Sarah Cowley, Jackie Archer

CORONATION TOAST



Sebastián Fazzio, Dominique Capurro, Walter Albanell, Colin Shearer, Gabriela Jourdan, HM Ambassador Faye O'Connor.



Pat Tolbit, Sonya Ailing



Aureliano Aguirre, Mariela Baccino, Adriana Butureira



Roderick Cameron, Susana Loedel-Soca



Helen Turner, Malena Barrios Campbell, Catalina Mieres

CORONATION TOAST



Lucía Bossano, Florencia Castillo, Gabriela Laporte



Yolanda Acosta y Lara, Margarita Díaz



Carmen Álvarez, Marian Whitaker



Carolyn Cooper, María Inés Pitamiglio



Juan Pablo Milessi , Rosa Perera



Eduardo Loebel, Germán Villar

CORONATION TOAST



Gloria Trelles, Juana Cardozo, Andrea Davies, HM Ambassador Faye O'Connor, Silvana Pérez Bonavita



Alba Burstein, Cecilia Silvano, Sonsoles Baisont



Alberto Márquez, Colin Shearer



Ángela Sardina, Joaquín Salhón, Andrea Davies, Susan McConnel, Victoria Stanham, Bryan Davies



Council Meeting

The British Society's Annual Council Meeting took place on Wednesday, 31st May, at Christ Church. Representatives from our Sister Institutions gathered to vote on the positions of our elected Committee Members, accept two new Sister Societies: The Border Collie Association and Scottish Dance Uruguay, and share updates from each Institution. We had a highly productive meeting, during which we discussed how we can strengthen our bonds and support one another. We invited all Institutions to publish in the Newsletter the events each Institution hosts and to work as a team, as "Together Everyone Achieves More." It was an incredibly positive meeting. We enjoyed tea, delicious cucumber sandwiches, nibbles, brownies, and oat cookies, prepared by our talented cooks, Sally Ann Cooper and Susan McConnell.

In attendance:

Anglo-Uruguayan Cultural Institute – Diego Paysee
Benevolent Fund Committee – Susan Day
British Cemetery Society – Bertha Jackson
British Hospital Guild 2020 – Susan Day
British Hospital Shop – Maureen Hyland
British Hospital Society – Christopher Golby
Christ Church – John Hamilton
Club Uruguayo Británico – Santiago Pereira Testa
Connaught Society – Jong Won Kim
Riverside Pipe Band – Germán Villar
Scottish Dance Uruguay – Florencia Castillo
Silver River Lodge – Carlos Bentancour
St. Andrew's Society of Uruguay – Germán Villar and Gabriela Laporte
The British Old Boys and Old Girls Club – Marga Mezzera
The British Society Schools – Martin Wells
The Montevideo Players – Federico Heller





Coronation

The residents, carers and Committee members had a lovely time at the British Embassy on May 6th for the Coronation of King Charles III and enjoyed chatting with President Lacalle and his wife.



Sonya's Birthday Celebration

Sonya Ailing celebrated her 85th birthday last Friday, 26th of May at Britannia House! Lots of friends were invited, and all had a jolly time





The Coronation

Ambassador Faye O'Connor OBE hosted over 300 guests who were able to watch the Coronation ceremony of Their Majesties The King and Queen in real time. The breakfast garden party highlighted the themes of the Coronation: sustainability, community, diversity and youth. Our digital exhibitions displayed the King's commitment to the environment, sustainability and combatting climate change as well as testimonies from those who met King Charles during his visit to Uruguay in 1999. Our menu reflected all four corners of our modern and diverse UK and we were even able to compensate carbon emissions thanks to one of our partners, British NGO One Carbon World. Guests loved our "fascinator station", where ladies were able to borrow a personalised fascinator, created by local experts, to wear during the event. You can find a video summary of the event [here](#).





An ambitious future of UK-Latin America relations

British Foreign Minister James Cleverly toured four Latin America and Caribbean countries between 18-24 May to cement partnerships on climate, people and peace. In a speech delivered during his time in Chile, he called for the region to be given a greater voice on the international stage. Ambassador O'Connor wrote an article published in El País, about what this visit meant for bilateral ties with the region and the future of our work in Uruguay.



Eurovision

At another live event, the Ambassador celebrated the final of the 67th Eurovision Song Contest with representatives of the competing countries, members of the LGBTQ+ community and Eurovision enthusiasts. The Contest was produced in the UK by the BBC on behalf of Ukraine when it became clear that Ukrainian broadcaster UA:PBC would be unable to host due to the ongoing war in their country. Aside from the fun, the show served as a reminder of Europe's solidarity with Ukraine, culminating in an emotional rendition of the classic song "You'll Never Walk Alone". You can find some fun photos of the event in our social media.



Follow us online: www.gov.uk/fcdo

EMBRACING TRADITION: THE ANGLO SCHOOL CELEBRATES THE CORONATION OF KING CHARLES III

The coronation of King Charles III holds immense significance for an international British institution as The Anglo School. As an educational organization representing the British culture, we have embraced the occasion, as this historic event provides a unique opportunity to engage students in learning about the monarchy and its traditions.



From Kinder to Secondary, the coronation was the perfect opportunity to provide a timely context for students to understand the constitutional monarchy system, the role of the British royal family and discuss the symbolic importance of the monarchy in contemporary society. These topics were addressed in a number of activities held in the days previous to the 6th May. Firstly, all our kids worked together with their teachers in an array of class activities that enabled them to shed light into different aspects of the coronation itself, the life of King Charles III and the details of the coronation. As a follow up, on Thursday 4th May, we had the pleasure to have former Anglo Director General Richard Cowley to deliver an insightful and enjoyable talk on all these topics. Richard successfully managed to engage our Form 5 Primary to Form 4 Secondary students in an interactive talk, in which students learnt about Richard's several meetings with different members of the Royal Family and listened to a variety of amusing anecdotes.



As a closing activity, on Monday 8th May we celebrated a Coronation Lunch in our dining room, beautifully decorated for the occasion. All the school families were invited to cook the Coronation Quiche, so our kids could taste the recipe chosen by Charles III for his own coronation meal. During the event our children could watch the Coronation ceremony, which enabled them to witness all the details of this momentous event in the history of Great Britain.



CELEBRATING SUCCESS: AWARD GIVING CEREMONY AT THE ANGLO SCHOOL



For a number of years now, our Awards Ceremony has been a remarkable event that recognizes and celebrates the achievements of our Primary and Secondary students in their English learning path. Throughout this journey, our learners' study, prepare and take a variety of exams which validate the language knowledge and abilities they learn and develop with hard work and dedication.

This year the ceremonies were held last 19th and 20th April at Teatro del Anglo, for our students at The Anglo School Carrasco and The Anglo School Centro, to celebrate the excellent results obtained in their Cambridge English, Cambridge International and Anglo exams. The ceremonies brought together students, parents, teachers, and school staff in a joyous and supportive environment. About 300 hundred students received their certificates from their teachers, who play a key role in motivating, inspiring and leading students to set high goals and strive for excellence. We are extremely proud of our students' and teachers' joint effort and commitment!

Every year, students from Primary Form 2 to Secondary Form 4 take a wide range of both international and national exams. Our kids start by sitting Cambridge English YLE (Young Learners Exam) in its three levels: Starters, Movers and Flyers, continue with Key for Schools in Form 5 and finish Primary taking Preliminary for Schools. Secondary Form 2 prepares

them to sit the Anglo Intermediate Certificate, which is a stepping stone for high-stakes First and Advanced, taken in Forms 3 and 4 Secondary. Besides, all our Primary Form 6 and most of our Secondary Form 4 learners certify their bilingual education with Cambridge International Checkpoint and IGCSE respectively.

Whilst the Award Giving Ceremony acknowledges the hard work of our learners and the amazing results achieved last year, we also believe it encourages and recognizes their remarkable abilities in a memorable event that they will cherish for a lifetime.

A big thank you to all teachers who were part of this learning journey and congratulations to all our students!!!



RITE ROYAL A Personal view of the British Monarchy



On May 5th, Mr Richard Cowley MBE OBE , the former Director General of the Anglo Institute, gave a one hour talk at Teatro del Anglo about his personal view of the British Monarchy and the Coronation of King Charles III. The talk was titled RITE ROYAL A Personal View of the British Monarchy and was well received by the audience.

Many of the students, teachers and Directors who attended the talk had travelled a long distance from the provinces to be present in the event, which was a touching moment for Cowley. The talk took place on a Friday, and the following day, May 6th, King Charles III was crowned.

Sandy Domaingue, the Deputy Head of Mission and HM Consul at the British Embassy in Montevideo, attended Richard Cowley's talk and gave a short speech about the recent coronation of King Charles III. Her speech provided insights into the significance of the coronation ceremony and its role in the British Monarchy. The presentation was introduced by Gerardo Valazza, the General Manager of the Anglo-Uruguayan Cultural Institute.

The fact that a representative of the British Embassy was present at the event also highlights the strong cultural ties between Britain and Uruguay. It shows the importance of events like this in strengthening cultural exchanges and promoting understanding between our nations.

The British Monarchy has always been a source of fascination for many people around the world, and Cowley's talk provided a unique perspective on the subject for colleagues, students and the general public. With the recent coronation of King Charles III, there has been renewed interest in the monarchy and its role in modern society.



Overall, the event was a great success and provided a platform for people to come together and learn more about the British Monarchy. It was a testament to the enduring interest in the monarchy and the important role it plays in the world today.

CELEBRATING HIS MAJESTY KING CHARLES III'S CORONATION

The recent coronation of King Charles III was a historic moment for the British Monarchy and was celebrated in different ways by people around the world, including the students of the Anglo Institute in Uruguay. In the lead-up to the coronation, students from around the country participated in various activities to mark the occasion.

Many students chose to express their creativity by painting, drawing, and decorating, with themes centered around the coronation and the British Monarchy. Some students even staged performances, acting out scenes from previous coronations and other royal events.



These activities were not only a fun way for students to celebrate the coronation, but they also provided an opportunity for them to learn more about the history and traditions of the British Monarchy. It was a chance for them to engage with a significant moment in world history and to deepen their understanding of British culture.

The fact that students from all over the country participated in these activities highlights the enduring fascination with the British Monarchy, even in countries

far from Britain. It also reflects the importance of cultural exchanges and the role that institutions like the Anglo Institute play in promoting understanding and appreciation of different cultures.

The coronation of King Charles III was a momentous occasion, and the celebrations that took place at the Anglo Institute in Uruguay were a testament to the enduring interest in the British Monarchy and its traditions.





Dear readers,

This coming month, our Open Tea will be held on the 14th and 28th of June. We hope you join our mid-week friendly reunions of tea, biscuits, and a good, healthy chat.

We'd like to thank our kind donors to Britannia Hall. We've received some wonderful posters, frames, and paintings, but our appeal is still active and rolling, and we hope for more British-themed mementos to dress our Hall. We wish for it to become a remarkable space where our community feels welcome.

You may have noticed a fine article in El País this month, on the history and culture surrounding the British Cemetery. It tells of its early beginnings, of always being open to all faiths and religions, of the peacefulness you experience there, of its well-tended gardens, but above all, of the richness and variety of lives from so many countries, religions, and areas of life. Writers and musicians, engineers, doctors, soccer players, soldiers, politicians, teachers, researchers. Many stories of people whose lives have shaped our country in some way, of lives fully lived, and of those who have gone too soon. Many thanks to Eduardo Montemuiño for his fantastic support.

We'd like to invite you to read it if you haven't already. Please follow the link:

<https://www.elpais.com.uy/vida-actual/la-camiseta-de-la-seleccion-uruguay-y-la-familia-de-isabel-allende-las-historias-del-cementerio-britanico>

We're always delighted when our Hall is put to good use, so a very happy birthday to Sonya Ayling. It was wonderful to have it filled with such a happy and good-natured group of friends!





Overweight and obesity: A comprehensive approach.

In the Hospital we work together with our patients in order to address issues in a timely manner. We have recently created the Metabolism and Obesity Unit, which helps patients with obesity problems.

"The Endocrinology Department provides a multidisciplinary approach for treating patients with obesity problems with a team of endocrinologists, sports physicians, dietitians and psychologists trained both in the country and abroad," stated Dra. Cristina Alonso, coordinator of the department. "In general the people who approach us are those suffering obesity problems and who have been referred by their doctor."

Obesity is a serious chronic disease, defined as the abnormal or excessive accumulation of fat that poses a risk to health. It is a progressive phenomenon that threatens the population's life expectancy.

"In face of the magnitude of the issue we decided to implement a programme to optimise care offered to patients, improving their quality of life and reducing the complications that might arise in the future", explained Dra. Alonso.

In the first quarter patients visit an endocrinologist, sports physician, psychologist and dietitian every 15 days in order to build a relationship and generate a commitment. During the whole programme they attend workshops given by specialists focused on providing specific tools to handle their problem.



Our members' interest and response has been very good. The approach implies patients' commitment to visit different specialists, attend workshops, and a change of conduct in order to improve their health.

Obesity has many causes: genetic, environmental, social and cultural factors. In the past few years there has been an increase in processed foods and a progressive decrease of physical activity.

Since 1975, obesity in adults, teenagers and children has tripled, having turned into a global epidemic. According to WHO, in 2016 39% of adults worldwide were overweight and 13% were obese. During the same period, obesity in children and teenagers increased dramatically from 4% to 18%.

In Uruguay one every two adults has some degree of overweight-obesity. In children aged 9 to 12 the prevalence of overweight is 17% and obesity 9%.

Overweight-obesity is an important risk factor for non-communicable diseases such as cardiovascular diseases, diabetes, dyslipidemia, musculoskeletal disorders, sleep apnoea and some types of cancer.

Our main objective is to encourage patients to decrease and control risk factors associated to this disease and promote a healthy lifestyle.



Commemoration of King Charles III coronation at The British Schools

To commemorate the King's Coronation on Saturday, 6th May, the School held various events throughout the week.

The British Schools' history with the UK is long and extremely strong. The mere fact that British expats and community members worked hard to found "a good School for the Education of our Boys and Girls, on the lines adopted by the best British Public Schools" says much. It is worth mentioning that this School is the direct devise of British men and women who envisioned the best education for their children.

Furthermore, through links with industry and agriculture, the Uruguayan Railway system, Frigorífico Anglo and the introduction of sports like football, rugby and cricket not only our School community, but Uruguay as well has maintained strong ties with the United Kingdom.

At The British Schools we have also enjoyed Royal visits; the last one as recently as 2016. We celebrated this historical milestone with a series of themed Royal events including our Early Years' Procession of Kings and Queens, Junior Royal Tea Parties, Junior and Senior Quizzes, Senior British Bake Sale and an amazing Flower Crown made entirely from handmade paper flowers by Junior students, honouring King Charles' Royal Emblem with the four symbolic flowers of the United Kingdom (roses, daffodils, thistles and shamrocks).

Through these events we have been able to support a local environmental charity, [SOS Fauna Marina](#), chosen especially because King Charles is an active champion for the environment.

Our celebrations culminated with a Whole School Assembly attended by School authorities and His Majesty's Ambassador to the UK, followed by a British themed lunch accompanied by a Senior rock band playing songs by British artists.

The British Schools is proud to celebrate the Coronation of King Charles III and his wife Camilla.

Long Live the King!





NARRATIVE RESEARCH



Recently my niece, Rebekah Bled, published an article on DNA and sent me a copy. I was surprised to think that she was dabbling in genetics. As a candidate for PhD, I knew whatever she wrote would be a challenge for me to read, but I poured a large cup of coffee, increased the font on my tablet and began to read.

This time DNA had nothing to do with genetics, but everything to do with my area of interest this very weekend. She was using Dialogical Narrative Analysis to analyze (the Apostle) Peter's preparation for spokesperson at Pentecost. Wow! Since this past Sunday was Pentecost on the Christian Calendar, I read the lengthy article over two cups of coffee. Very fascinating and I learned a few things, including this new meaning for DNA.

I was actually talking referencing Peter and the deep transformation that took place in him between the night when he crouched alone by the fire in a courtyard and denied knowing Jesus to some unknown workers and some fifty days later when the Scripture records that he stood up with the Eleven, raised his voice and addressed the crowd. The crowd is described as God-fearing Jews from every nation under heaven. They were *"bewildered, amazed, perplexed and some were mocking"*. (Acts 2:5-14).

Whatever you may think about Jesus and the Gospels, history is quite clear from many accounts that Peter and the Eleven were so changed that the small sect of Jesus followers exploded into a movement that swept through the entire known world within decades.

Within fifteen years, Paul had converted from leading an ambitiously violent opposition to Peter and friends, to becoming a leading proponent of faith in Jesus.

Deep change is possible. An older friend returned from our recent Men's Retreat and I asked him what he had brought home with him. He said two people had shared personal testimonials that deeply inspired and encouraged him. He brought home the renewed strength to believe that *"hope is never lost"* and that *"there is always a light at the end of the tunnel"*.

If you wonder if change is possible, then I encourage you to listen to my talk from [Sunday, May 28th](#) in English and with no references to DNA. *(You might be able to give the same talk with more style, energy or humor, but remember I was using an interpreter, to a multilingual audience and projecting for ZOOM so I give you my excuses for a moderately paced speaking delivery.)* So listen, learn about the important role of **WHY** questions and see if that light starts to shine any brighter for you when you look down the road.

Pastor
John Hamilton



Alpha Winter Edition
The opportunity to connect deeply and
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LUNCH INVITATION



**Wednesday
7th of June
at 12:15 PM**

Barbara Mainzer, CFA

**Executive Director
Association of Private Banks of Uruguay**

Banks in Uruguay Myths and Realities

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

Those in need of a special menu (celiac, diabetic, vegetarian, etc.)
please notify the Club Secretary in advance to attend to your requirement.

More Information

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MONTEVIDEO PLAYERS

THE MONTEVIDEO PLAYERS SOCIETY
PRESENTS



Misery
TV Total History

Based on a book by Stephen King
Directed by Santiago Infanzozzi
2023

SHOWS IN JUNE

THU 15 th	FRI 23 rd	THU 29 th
FRI 16 th	SAT 24 th	FRI 30 th
SAT 17 th	SUN 25 th	

ALL SHOWS 21:00 hs (EXCEPT SUNDAY 19:00 hs)
The Pub and doors will be open 30 minutes before
and also during the interval and after the show.

TICKETS

Adults - \$ **400**
Students, Teachers & OAP's - \$ **250**
Members - FREE!

- 1) BOOKINGS only through our LINK
- 2) We confirm the seats and hold them for 48 hrs
- 3) You pay through LINK we send you
- 4) We confirm payment
- 5) Pick up tickets at the box office before the show

BOOK NOW!



To book please click here



SCOTTISH DANCE



Scottish Dance Uruguay

9th South American Pipe Band Gathering

SDU is Uruguay's Highland Dancing Dance Corps, which finally merged into a nonprofit organization, in the last year before organizing the 9th South American Pipe Band Gathering.

We are more than 30 dancers formed by teachers, friends, and students from different schools of all ages united under the same beautiful spirit and passion, Scottish Dancing.

Its senior members have been performing since very young and formerly belonged to Southern Cross Pipe Band, Riverside Pipe Band, and City of Montevideo Pipe Band. In 2010 all of these senior members, especially teachers, united under the pennant of SDU.

As many of you well know, all the actual teaching, spirit, and passion comes from the very first teacher we had, Mrs Patricia Arroyo; being all the actual teachers former apprentices, and heirs of her method, always working under the rules of the United Kingdom Alliance.

Scottish Dancing has been performed since the 1950s in Uruguay and will keep on passing through generations of new dancers.

SDU was created in 2010 and has been growing ever since as well as Scottish Dancing in our country, which nowadays has more than 400 students.

PRESIDENT: Florencia Castillo

SECRETARY: Catalina Williman

TREASURER: Mercedes Lockling

VOCAL: Gabriela Laporte



Got Talent Uruguay



Annual Events: Highland Dancing Competitions



2023 Junior Caledonian Ball

The Saint Andrew's Society of Uruguay gladly invites you to the 2023 Junior Caledonian, to be held at the St. Brendan's School Gymnasium on 24th June at 11:00.

It will be a great opportunity for those who once danced Scottish Country Dances to remember old times. For those who haven't, to learn about them, spend a great afternoon, and why not dance some.

Early tickets available online in Red Ticket.

Come and join us!

For more information; contact.st.andrews.uruguay@gmail.com





Sociedad Uruguaya Criadores de Border Collie

The Sociedad Uruguaya Criadores de Border Collie (SUCBC) hopes that a little history of your new sister society might be of interest, so here are a few details about us.

We are a group of farmers who work and rely on the help of our Border Collie dogs when working with sheep. In 2013, we decided to form a society of like-minded friends to share and promote the breed. We are a “gremial” of the Asociación Rural del Uruguay (ARU), and we are often invited to demonstrate the skills of Border Collies at their shows. We have also given demonstrations in Argentina.

Our latest achievement has been having Uruguay represented at the International Sheep Dog Society (ISDS) 2023 World Sheep Dog Trials, which are taking place in Northern Ireland this time. We would like to mention that the British Embassy was of great help in reminding the ISDS that Uruguay has working Border Collies. Thanks to their assistance, Uruguay received an invitation from the ISDS to fill two spots in this prestigious competition, which will take place from September 13th to 16th, 2023.

One handler is going with 2 dogs of Brazilian blood (one of them being a substitute in case of emergency), and the other handler is going with one dog of British blood.

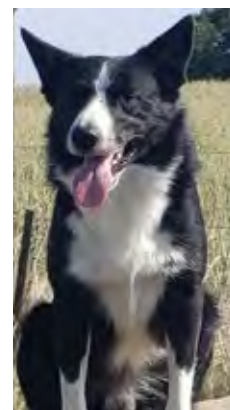
Two hundred and forty competitors from over 30 countries will gather at the 500-acre Gill Hall Estate in Dromore, about an hour's drive from Dublin. All of them hope to be named as the “top dog,” with a world champion being announced

at the end of the four-day event.

Looking ahead, we are planning our SUCBC National Sheep Dog Trials, for which the Embassy has generously provided a lovely shield. This shield will be presented to the winner of this event each year.

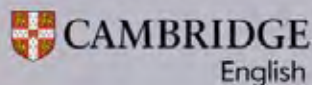
We will keep you posted on our activities and hope to see you at one of our events.

Jacqueline Booth
President of SUCBC





official exam centre for



Authorised Exam Centre

OUTSTANDING STUDENTS

Last May 10th was a very special day for our community because, once again, we celebrated the outstanding performance of all the students who took Cambridge English exams in 2022 through Dickens.

Students who sat for a Cambridge exam at any level – YLE Starters, Movers, Flyers, Key, Preliminary, First, Advanced, Proficiency – had the opportunity to be awarded, should their score excel.

The winners, from Maldonado, San José, Canelones, Cerro Largo, Rio Negro, Colonia, Soriano and Montevideo, were awarded in different categories: Best Across, for the highest score at each level, and High achievement, for the second best. Their teachers and families joined us in a wonderful celebration in which we enjoyed the remarkable performance of “City of Montevideo Pipe Band” and reflected on the profound importance of the English language for our students’ present and future goals.

At Dickens we feel proud of those students who succeeded with such determination and hard work, and with the unconditional support of their teachers and schools.

We also wish to congratulate their families for playing such an important role to determine the winners’ success.

We are grateful to our community from all around the country for their wholehearted support and for joining us in such a special celebration.

We feel honoured to witness the success of our students and their teachers.



MIDSUMMER DREAM

2023



Pablo Toledo

Getting writing right

CAMBRIDGE



Griselda Beacon

C for Creativity:
A Creative Toolkit for
English Teaching

macmillan
education



Tom Connelly

That AI Elephant
in the Bilingual
(Class)Room

Richmond



Teresa Gallette

Unboxing the
silent struggle



Alicia Gómez

Ganar la partida,
con las cartas
que nos tocan

JUNE 3

HOTEL DAZZLER



CAMBRIDGE

BOOKSHOP



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education



Richmond



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At The Summit

I was nervous and trying not to show it. Nervous from the moment I arrived at the rendezvous in Waco, Texas to the moment I stood at a podium to interpret for President Vicente Fox of Mexico at the press conference following his summit meeting with President George W. Bush at Bush's ranch in Crawford, Texas.

At the appointed time—everything was done on a very precise schedule—we were whisked away in a small caravan of black SUVs with tinted windows. I sat beside Mr. Bush's personal interpreter. The rest of the crew consisted mainly of serious young men in black suits with wires attached to their ears. Our documents were meticulously checked against a master list. Colossal concrete beams, of the sort used to support highway overpasses, had been laid in a sort of herringbone pattern crisscrossing the long avenue approaching the ranch, forcing vehicles to creep forward, zigzagging slowly through the maze.

There was a reception house where we waited until summoned. I was still nervous, and the waiting was difficult. But then it was time, and I took my place behind a podium in the sunshine, looking across a stretch of gravel to where the presidents stood. The mood was ranch casual, and they were both dressed in jeans, boots, and open-necked shirts. There were open fields behind them, with a couple of horses grazing in the distance. Camera crews from U.S. and Mexican TV channels were stationed a little behind me and to my left. The two leaders were to talk about immigration, border security, trade, and other weighty topics. It was March 6, 2004, during President Bush's first term. He spoke first and his interpreter repeated his words in Spanish. Then it was Mr. Fox's turn. I was no longer nervous and focused all my attention on him.

President Fox speaks excellent English, but he chose to speak in Spanish so that his remarks could be carried live on Mexican television. I was there to provide an English version of those remarks for Mr. Bush and his people that could also be used as a soundtrack when the press conference was broadcast in the U.S. There are two main

modes of interpreting: simultaneous and consecutive. In the simultaneous mode, which is used at places like the United Nations and international events of all kinds, the interpreter hears the speaker through headphones and delivers an instant translation through a microphone to those who need it. This is a nerve-wracking process that requires total concentration and the ability to operate in two languages at the same time.

In consecutive mode, which is equally nerve-wracking, the interpreter listens to the speech and then, when the speaker pauses, provides a translation of everything he or she has said. Ideally, the speaker delivers a few sentences then pauses to allow the interpreter to relay them in the other language. The longer the speaker speaks, the harder it is for the interpreter to convey a full and accurate translation. The professional interpreter carries a notebook and uses a variety of shorthand strategies to keep track of what's being said. This mode also requires total concentration.

President Fox talked for a couple of minutes, which is a long time in these circumstances. Then he paused and nodded at me. As I spoke, I scanned my notes, which gave me the details I needed to thread his message into coherent phrases. Then he started again. He spoke for about ten minutes all together, pausing here and there as we developed our rhythm and I became more familiar with his style and delivery. As he spoke I mentally "filmed" what he was talking about so that, when I was speaking, I could replay the video in my mind to help me reproduce the sequence of his various points.

When the speeches were over, the presidents walked away to join their wives for a tour of the ranch in a white pickup truck with Mr. Bush at the wheel. I and the other interpreter, a charming lady from Argentina, adjourned to the reception house to relax. As usual after an assignment of this kind, I felt the emotional let-down following the adrenalin rush of the interpretation. After a while I boarded an SUV and was ferried back to my real world.

Back to The Future III

We had lunch in Petropolis, drove back to Rio's harbor, and arrived just before nightfall. Once the car was loaded onboard and dinner was served, we finally set sail towards Pernambuco while enjoying the lights illuminating Copacabana Beach. The next morning, we went ashore and had only enough time to visit the local church. To my surprise, one of the towers had an elevator with a rope that allowed you to hoist it up and down by yourself. It was the first time in my life that I didn't feel safe. We had to hurry back to the ship as we were leaving the same day. With all 12 passengers onboard, the Captain welcomed us and gave the order to sail across the Atlantic Ocean.

To help us keep up with our studies during our time away from the British School, my parents had hired an English-speaking teacher whose job was to give us children English lessons. However, this teaching interfered with my thoughts, and I couldn't fully appreciate the moment. It's easy to write about it, but difficult to explain. There must be an explanation, right? Yes, there is, and I shall come back to it. In the meantime, we reached the Equator Line, where I was dressed up as King Neptune and my sister Monica as his daughter. A swimming pool was specially built for the occasion, with water pumped directly from the ocean. I can still vividly feel the water all over me. That experience, along with the fact that I used to throw flying fish that landed on the deck back into the sea, held a deeper meaning for me. From that moment on, water and fish became an important part of my life.

I became friends with the Captain, who took the time to show me the command bridge and even let me steer the wheel, heading north. I felt immensely proud but also had a strange feeling. Later, he took me to the engine room and gave me earplugs to wear. We had to shout in order to hear each other over the noise. He placed my hand on top of the propeller axle, which seemed motionless but was actually spinning at an incredibly high speed. You just couldn't

feel it at all. He explained that this was a way to check for vibrations. The only thing I noticed was that the palm of my hand was completely wet with lubricating oil.

After crossing the Atlantic Ocean, we reached Las Palmas, where they manufactured and sold battery-driven walking dolls that were one meter high, popular among tourists. In the afternoon, we set sail towards Rotterdam to load petrol. To reach the port, we had to navigate through a channel, which provided us with a stunning view of windmills surrounded by colorful flowers of all kinds. It was a breathtaking sight. In my opinion, no one could capture this beauty better than Vincent Van Gogh in his paintings. Photographs can capture colors, but they can't truly convey the beauty of the moment.

The following day, we sailed towards Hamburg. Before entering the harbor, all of us, including the sailors, had to wear life jackets and remain on deck until further instructions. We navigated cautiously, zigzagging through the water, as there were still numerous active sea mines from World War II waiting to be cleared or detonated. Nobody uttered a word until the ship was securely docked, at which point everyone burst into enthusiastic applause, looking up at the sky and at each other.

Along the dock, there were four large piles of used German war helmets, gas masks, bayonets, weapons, and spent cannon cartridges, all ready to be loaded and transported elsewhere. My father's car had to be unloaded between two of these piles. We drove through streets that had been cleared of debris, heading towards the main railway station. Although the war had ended four years earlier, it still felt as if it was ongoing. The few standing apartments had only walls and no floors. Near the station, we stopped at the famous lake "Alster," which presented a somber and unsettling picture to me with its lack of life and grace. In April 1957, I returned to Hamburg alone, carrying a project in my pocket. The details of how and why will be revealed in due time.



Drugs

Addictions are a very serious problem for people, especially drug addictions. Even prominent actors like Stephen Fry have revealed being addicted to cocaine, and it took a long struggle to kick the habit. However, this refers to what people call “recreational drugs” that cause significant harm and lead to high crime rates to support such addictions. But what I am discussing is a recent documentary film bearing the same title as this article, which delves into the huge obscene profits of big pharmaceutical companies and their policies.

These companies contribute little to research in locating new treatments for illnesses. Instead, when researchers at university laboratories develop such treatments, the companies buy them and exploit the profits by selling them to patients. Often, they raise the prices several times to where patients, having exhausted their funds, are forced to discontinue the treatment, and succumb shortly after. Denunciations of such policies prove futile, as any attempts by the government to halt these practices are thwarted when lobbyists threaten congressional representatives and senators in the US, offering financial support to their rivals during elections. Consequently, any projects aimed at limiting their exorbitant profit margins come to naught.

Big pharmaceutical companies also bribe doctors worldwide by offering fully paid attendance to congresses, conferences, and similar rewards, as long as the doctors recommend their expensive new treatments. These policies have far-reaching effects, as exemplified by the following true story.

At a local hospital, a terminally ill patient received a suggestion from the doctor to try one of these very expensive special treatments. Since it would have quickly depleted all of the patient’s life savings, they declined the offer. Shortly afterward, the doctor claimed that the treatment would be administered free of charge, which the patient found difficult to believe and, as later events revealed, never happened.

When one of the patient’s relatives mentioned this documentary film to the doctor, the doctor appeared visibly uneasy, refused to comment on it, and quickly changed the subject. All these events are part of the sad world we live in, seemingly unavoidable because of prevailing conditions.

For instance, big textile manufacturers subcontract their merchandise to companies in impoverished countries, where workers are compelled to toil for twelve or even fifteen hours a day for meagre pay and in hazardous conditions. Many have perished in fires that engulfed their workshops, as supervisors locked the doors to prevent theft, leaving those inside unable to escape. The textile companies reap substantial profits, a situation that would not occur if they paid fair wages in their home countries.

These circumstances, akin to those of the big pharmaceutical companies, demonstrate how little human lives matter to these entities as long as the profits make it all worthwhile. Unfortunately, there seems to be no solution to all of this as long as corrupt governments continue to endorse such policies.

On a personal level, as someone who must purchase several medications every month to treat different conditions, I have noticed significant price differences at local drugstores. It is imperative to compare prices to avoid being exploited. For instance, the cost of a medication for an entire month may be significantly higher in one place compared to another where it can be obtained for a third of the price. When you have a prescription, the price difference is usually negligible. When challenged, employees often shift blame to the owner and claim there is nothing they can do.

Therefore, it appears that we are all at the mercy of both big pharmaceutical companies and even drugstores, who will go to any extent to reap impressive profits.



The Imbalance of Modernity: Unraveling the Modern Predicament of Forward Head Posture

In our fast-paced world, a silent epidemic lurks—the casualty of our digital age. It's called forward head posture (FHP), a deviation from the natural alignment of the spine. As the head tilts forward, its consequences reverberate throughout the body, causing neck stiffness, pain, and a disconcerting loss of balance. Let's dive into the intricacies of FHP, unravel its origins, and shed light on potential remedies.

FHP occurs when the upper cervical vertebrae extend and shift forward. This chronic misalignment often accompanies Upper Crossed Syndrome, resulting in the infamous thoracic kyphosis—curved upper back and stooped shoulders. But it's not just about appearances. FHP applies undue pressure on delicate neck joints, ligaments, and surrounding tissues, including the facet joints. The result? A symphony of discomfort, including neck pain, relentless headaches, temporomandibular issues, and an array of musculoskeletal dysfunctions.

Research has uncovered a web of connections between FHP and various health issues. Scientific studies reveal a link between FHP and shoulder pain, attributed to altered shoulder movements and compromised muscles. Moreover, FHP creates imbalances, overburdening some muscles while weakening and elongating others. As a result, posture suffers, range of motion is restricted, and fluid neck movement becomes a challenge. The prevalence of neck pain in society emphasizes the need to address FHP as a significant underlying factor.

Numerous factors contribute to FHP. Occupational postures play a pivotal role, whether it's prolonged tilting of the head forward or backward, slouched sitting, or inadequate computer ergonomics. Poor pelvic and lumbar spine alignment, excessive head elevation during sleep, and neglecting proper posture further entrench FHP. Risk factors such as gender, age, smoking history, demanding jobs, and lack of support exacerbate the issue.

Rectifying FHP requires a multifaceted approach. Individuals must adopt self-care measures to correct their posture.

When self-care falls short, seeking professional assistance

becomes crucial. Medical practitioners may recommend physical therapy to address muscular imbalances and realign posture. For severe cases hindering daily life, muscle relaxants or potent pain relievers sadly need to be prescribed. Surgical intervention is a last resort for the most severe postural kyphosis. But before we come to this, we must exercise prevention!

Recent research reveals an intriguing connection between FHP and cognitive function, especially in geriatric populations. There's a direct correlation between the extent of FHP and cognitive decline. Surprisingly, cognitive faculties like memory, verbal skills, logic, and executive functions become entangled in FHP's grasp. Further exploration is needed to understand the precise mechanisms, including blood flow, oxygenation, and activation of mechanoreceptors.

In summary, FHP emerges as a pervasive challenge in our society—an unintended consequence of our digital age and disregard for ergonomics. Neck pain, debilitating headaches, and musculoskeletal issues are testaments to FHP's pernicious effects. Understanding its causes, risk factors, and available treatments is crucial to alleviate its impact. By adopting proper posture, practicing self-care, and seeking professional guidance when needed, we can resist FHP's grip and enjoy improved well-being and vitality.

Heritage: Uruguay Club And The English Room

The Uruguay Club is a private club that follows the patterns of traditional English clubs around the world. It is considered the main and oldest club in Montevideo, where members and their guests can enjoy its unique artistic heritage.

Situated on Sarandi Street, in front of Matriz Square, the present building was designed by the Italian architect Luigi Andreoni and inaugurated in 1888 with magnificent social events. This outstanding three-floor palace showcases a Renaissance style, adorned with high-class details such as loggias, semicircular arches, double Ionic columns, and an upper floor featuring a lintel system supported by Corinthian columns. The façade is widely admired by passers-by strolling along the square.

Throughout its history, the club has welcomed illustrious individuals, rulers, and members of high society, both domestic and foreign. Parties, balls, ceremonies, weddings, and anniversaries have graced its various rooms, becoming integral parts of Montevideo's social events.

On the first floor, one can find the magnificent English Room. With its sober, multifaceted, and versatile style, this room serves as the perfect setting for various activities in both the business and social realms. It can accommodate up to 200 people.

True to its English theme, the room is adorned in the typical English green colour, seen on walls, carpets, and sofas. British-themed paintings further enhance the ambiance. Additionally, the English Room hosts the popular card game called Bridge, with members participating in memorable competitions against fellow members and other competitors.





Haggis And Grappa

Scots could be found throughout the colonies in considerable numbers, and Uruguay was no exception. Although not as numerous as the English, Scots occupied professional and technical positions primarily in the British colony of Montevideo. Preserving their unique culture among the other Britons and the *criollos* was no easy task, but the resourceful and inventive Scots in the colonies managed it. While Burns' Night was a traditional January gathering for Scots, there was no doubt that Saint Andrew's Night (November 30) was the most significant event of the year, where nationality prevailed and the proud Scots, despite their small numbers in the midst of a small colony, made their voices heard, loud and clear!

In Montevideo, Burns' Night was never a favourite occasion for the Scots as it fell during the summer holidays. Occasionally, it was celebrated as a thematic event on a winter evening in some years. However, Saint Andrew's Night was a success from its inauguration in the late 1890s. It was always a boisterous and patriotic affair, sometimes even getting out of hand, or as the locals would say, literally *tirando la casa por la ventana*. Let us explore some chronicles of these evenings as witnessed by the Britons themselves.

The third Saint Andrew's Night was celebrated in 1898 at the Hotel Pyramides (located at today's corner of Sarandí and Ituzaingó). *"The eatables, adapted as far as possible to the Scottish menu, were excellently served, and notwithstanding the absence of the inspiring strains that our own piper could only blow, the board presented a very animated appearance. The entrance of the haggis, and the surprise so ingeniously sprung upon the assembly by Mr Murray when he heads its advent clad in tartan plaid and blowing a Spanish gaita, the only makeshift that could be had for pipes, received a perfect ovation. What with toasts, sentiments, recitations and songs a very entertaining and varied programme was gone through and sustained somewhat beyond the witching hour of the night"*.

The haggis was sourced from Buenos Aires, and on this

occasion, the President of the Society, Mr. James Fraser (Montevideo Waterworks), chaired the proceedings, with Mr. Reid acting as the Croupier. Mr. Ritchie was responsible for delivering the opening toast, which, in this case, was a toast to the British Empire. His concluding words, after a speech lasting over an hour, were, *"Gentlemen, the British Empire to which we all belong. May its greatness never decrease but be maintained by that Righteousness which exalteth a nation and so will Rule Britannia over land and seas"*.

A year later, the Hotel Pyramides once again hosted the Saint Andrew's Night. *"The room had quite a brave appearance bedecked with a goodly variety of bunting set up by a couple of stalwart signalmen from H.M.S. Swallow... The two essentials of a Scotch dinner were there, bagpipes and haggis, the latter very good but the former excellent. Our piper, Mr Crichton was indefatigable, heading a march to the table, piping in the haggis, stimulating the company several times to get up and march around the board and later on with a selection of stirring airs and marches. After the excellent dinner was done justice the multiple toasts were drunk with the pale Mackay. Numerous allusions were made by the various speakers to our gallant troops now fighting for the Queen and Country in South Africa"*.

Saint Andrew's Night continued to be celebrated with few interruptions until the present day. However, it is likely that our morcilla has taken the place of haggis, and the nostalgia for the Highlands is not as strong as it was during those early days when nearly everyone present was born in the Old Country.

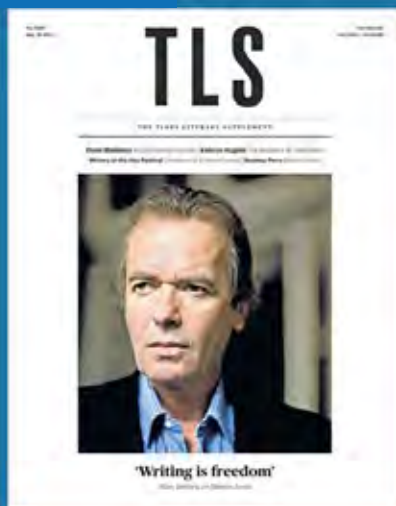
Farewell to the Highlands, farewell to the North,

The birth-place of Valour, the country of Worth;

Wherever I wander, wherever I rove,

The hills of the Highlands for ever I love.

Robert Burns.



Martin Amis 1949-2023

In 1983, *Granta* magazine's inaugural 'Best of Young British Novelists' issue presented twenty writers under forty whose work would go on to define British literature. Among these were Martin Amis, Julian Barnes, William Boyd, Kazuo Ishiguro, Ian McEwan and Salman Rushdie.

Martin Amis, who died last week, was himself the son of the renowned writer Sir Kingsley Amis ("the finest comic novelist of the 20th century) whose ground-breaking novel, *Lucky Jim* (1954) defined the Angry Young Men movement in literature and the cinema. In his memoir *Experience* (2000), Martin Amis writes about his father and family. Responding to Amis's memoir James Wood of the Guardian wrote: "*Experience* is a beautiful book, unlike anything one expected. One feared either a sad reckoning with the father; or an angry, journalistic reckoning with those journalists who have hunted Amis from tooth to tooth. But *Experience* is not quite a memoir, nor is it quite a portrait of his father, nor is it really an autobiography." In an earlier *Paris Match* interview Amis had said: "I'm not at all reluctant to talk about my father, since it's become clearer to me that it's more or less a unique case. As far as I know, my father and I are the only father-and-son team who both have a body of work, or, as he would put it, who are both "some good." It's been nothing but a help to me. Maybe it was more difficult for him, funnily enough; it took me a long time to realize that."

Another fitting tribute, just before Amis's death: this year's Grand Prix Cannes went to Jonathan Glazer's version of his 14th novel, *The Zone of Interest*, about the evils of the Holocaust, a theme also featured in the experimental *Time's Arrow* (1991). Here, through the rational madness of the death camps, all the events occur with time passing in reverse, the main character becoming younger and younger during the novel.

Last week Sir Salman Rushdie led the tributes to Martin Amis, telling the New Yorker: "He used to say that what he wanted to do was leave behind a shelf of books – to be able to say, 'From here to here, it's me.' His voice is silent now.

But we have the shelf." From *The Rachel Papers* (1973) to *Inside Story* (2020), plus essays and reviews: a long shelf indeed.

Amis's UK editor, Michal Shavit, said: "He will be remembered as one of the greatest writers of his time his books standing the test of time alongside some of his favourite writers: Saul Bellow, John Updike and Vladimir Nabokov."

In 2020, Amis joined other notable literary figures signing an open letter in Harper's Magazine defending freedom of expression against the tyranny of cancel culture. There exists an increasingly "intolerant climate" "stifling" the "free exchange of information and ideas" in liberal societies. "The way to defeat bad ideas," the letter continued, "is by exposure, argument, and persuasion, not by trying to silence or wish them away." The heated reaction to the letter among the puritanical woke commentariat was grimly predictable. Would the backlash have surprised Amis? Unlikely.

"What we eventually run up against," he said during a 1997 lecture on political correctness, "are the forces of humourlessness, and let me assure you that the humourless as a bunch don't just not know what's funny, they don't know what's serious. They have no common sense, either, and shouldn't be trusted with anything."

Amis was a master stylist and a major figure of twentieth-century literature. Alan Jenkins of the TLS writes: "He was clear-sighted, on occasion prescient, widely read in the literature of the past but at all times fully present in his own cultural moment, watchfully engaged with the forces it harnessed or unleashed, and poised to bring all of his fine, fierce intelligence and exceptional talent to bear". He notes Amis's wit and comic timing and explores his talents as a prose stylist: "His style was his vision; or rather, that vision expanded, with the growing richness and inventiveness of his verbal gifts, his linguistic imagination – his voice. Martin's great abiding instinct, and the belief on which he built his life, was 'Writing is freedom'".



“Water! Water!”

The title of this article is the same as that of chapter VI of Henry Rider Haggard’s ‘King Solomon’s Mines’ (1885). I love this adventure story and have read and reread it many times until recently. The setting is that of a group of three Englishmen, accompanied by a Hottentot and a taller-than-usual Zulu, who set out with the double purpose of finding King Solomon’s Mines, following the clues left by a Portuguese explorer who had been there a few centuries earlier and to seek for the lost brother of one of the Englishmen. The area explored would roughly be the hinterland interface of present-day South Africa, Namibia, Botswana and maybe Zimbabwe, all mostly unknown and unexplored at the time of the story, written well before satellite imaging, GPS and drones. This chapter happens in a southern hemisphere May (what a coincidence!) and describes the moment they run out of water when they are roughly midway to their destination. To make a long story short, they finally discover water, which is muddy and brackish. Guess what? – NOT provided by OSE!!

As I write this post in the second half of May, INUMET and other meteorological gurus are predicting significant rainfall not earlier than June. The problem is straightforward: unless it rains soon, we’ll be rationing our water, especially in those areas in the Montevideo Metro area, which depends on the Paso Severino reservoir. Please come, El Niño!!

In the meantime, political feasting by the opposition on the issue turns a blind eye on the fact that none of the political parties (all included) have done much investing in long-lasting water supply sources for decades. I was surprised that the Neptuno project of using water from the Río de la Plata in Arazatí (San José department), was attacked, as it seems to be a pretty matter-of-fact way of solving the

problem for many decades to come.

From a health care point of view, the greater amount of sodium chloride (salt) due to pumping downstream water to fill the reservoirs, has been upgraded to the most terrifying conspiracy theories. The present amount of salt in tap water in the Montevideo Metro area is less than what is found in milk, either commercially bought or in mother’s milk fed to babies. Salt enters our system mainly from many of the solid foods we regularly eat, rather than from water. Of course, patients with severe cardiovascular or kidney problems, who need very strict control of sodium intake, should rely on very low or salt-free water, but for the remainder of us, it’s an issue of palatability. We’re not living in a country with bombed-out water systems, like areas of Ukraine.

Health issues will be at the forefront of problems facing humanity as our planet warms, oceans rise and extreme weather hazards like droughts, floods and hurricanes become more the norm than the exception. Our country hasn’t been left out in the clear on the safe water supply issue, although we’ve become aware of a real vulnerability and I hope we’ll be creative in finding the best solutions.

Unveiling the untold story: The journey of mate and an Inca marquise in Uruguay

The tradition of drinking mate beverages has been widespread in Uruguay, Argentina, and Paraguay since pre-Hispanic times. The preparation of the infusion involves filling a small empty gourd, known as mate (*Lagenaria vulgaris*), with dried and shredded leaves from a small tree (*Ilex paraguayensis*), which makes up the “yerba mate” powder.

Interestingly, the Spanish name “yerba” incorrectly suggests that the plant is herbaceous (being yerba a corruption of the Spanish word “hierba,” which means herb). However, the incorrect or misunderstood names given by the colonizers are the true motive behind the story we want to share today.

The cultural family that brought mate to the region has its origins in a highly differentiated sub-Amazonian linguistic group with their two mother tongues: Tupi and Guarani.

For this main reason, being fair to the origin of the tradition, we should refer to mate by the name assigned to it by its creators: “caá-iguá” or “caá-yguá”. The word “caá” is the root of numerous words and serves as a suffix for others, particularly those related to forests, leaves, or herbs. Meanwhile, “caá-yguá” refers to a container containing prepared leaves.

During the second decade of the 1500s, the first contact between the Spanish and mate occurred in the Río de la Plata region, thanks to a curious twist of fate: conquerors entered through the eastern coast of the estuary, heading north just as the Tupi-Guarani were descending in the opposite direction, pursuing the myth of the “Yvymaraé” the land without evil.

However, the first written document about mate appeared in the year 1550, in the will of a Spanish soldier named Pedro Montañez, who passed away in the city of Asunción del Paraguay. In this will, his belongings were detailed as “a thick cotton net, a deerskin from the mountains, and a large gourd (“calabazo”) filled with “yerba” mate, lacking just a little bit to be poured”.

Thus, until that year, we know that the Spanish did not refer to the tradition as mate or caá-yguá, but merely as gourd and yerba. So, when did the change come?

Around 1570, a very strategic conqueror named Juan Ortiz de Zárate was appointed as Governor of Río de la Plata and Paraguay. Zárate had been awaiting this opportunity for years in the city of Lima. Therefore, he had married the sister of the Inca Emperor Manco Yupanqui, Princess Leonor Yupanqui, foreseeing that he would have both ancestral and linguistic authority over the natives’ governance.

The first thing Zárate did was found a parallel city to Asunción in what constitutes nowadays the District of Soriano in Uruguay, which he named “Ciudad Zaratina de San Salvador”. The city had a port, a church, crops, walls, and a cemetery, and it was so remarkable that Martin Barco de Centenera wrote a significant part of his legendary poem “La Argentina” there.

The second thing this man did was to introduce the use of Quechua language terms in Spanish documents referring to natives’ articles or objects. The written word “mate” was born here, derived from a Quechua term that means “gourd” spelled “mate or mati”.

Shortly before his death, Zárate obtained authorization from the King to create his own marquise, which he named “Nueva Vizcaya

,” with Zaratina city as its capital, at the same time as he named his daughter, Juana Zárate Yupanqui, as the heiress of the marquise.

At the age of 14, after her father’s death, Juana was left unprotected. She was supposed to be in charge of the Guairá and Iguazú’s yerba mate plantations and the development of the “green gold of Paraguay,” but her journeys between Asunción and Zaratina were plagued with political conspiracies and hardships that led to the loss of her marquise. The Society of Jesus would finally do years later what she left undone.

Therefore, whenever mate is mentioned, two things happen simultaneously: on one hand, justice is not done to the caá-iguá of the traveling people from the land of Yvymaraé, but on the other hand, we remember the story of a forgotten Inca marquise and her abandoned palace in Uruguay.



Portuguese Fish Stew (Caldeirada de Peixe)

While travelling around Portugal these last few weeks, I have had the opportunity to experience and enjoy the wonderful seafood products that abound along the cool coastal waters of the Atlantic Ocean.

Seafood restaurants are everywhere, often under the name of “Marisqueira”.

Portugal also has many produce markets, and a trip to one of them is an absolute must. There, you will be able to buy fish, fruit and vegetables, meat, cured meats, cheese, bread... The quality of these products tends to be better and their prices cheaper than in the supermarkets.

The fish stalls are a pleasure to behold, with a vast array of extremely fresh fish, almost always sold whole, and an amazing selection of shellfish, both crustaceans and mollusks.

There are also excellent fresh pork and preserved pork products, as well as an abundance of dairy products, including some exceptional cheeses to be found.

This month's recipe is inspired by the Portuguese fish stew called CALDEIRADA DE PEIXE. I have been lucky to enjoy various versions of this light, rustic stew with a mixture of fish and sometimes shellfish in a fragrant, saffron-flavoured tomato broth.

The caldeirada de peixe is made with a selection of firm-textured fish cut into large cubes or sometimes thick slices cut through the whole fish. Feel free to add mussels, clams, prawns, or even squid.

Ingredients – 4 Portions

- 20 ml olive oil
- 1 medium-sized red onion, finely chopped
- 1 small red or green sweet pepper, cut into cubes
- 4 garlic cloves, finely chopped
- 1/4 teaspoon smoked paprika
- 1 sprig fresh thyme
- A good pinch of allspice
- 1 glass of dry white wine
- 2 tomatoes, cut into cubes
- 1 tin of tomatoes, cut into cubes
- 500 ml fish or vegetable stock
- 1/4 teaspoon salt
- Freshly ground black pepper
- 2 bay leaves
- A large pinch of saffron, crumbled between your fingers
- 400 g potatoes, cut into 1-cm cubes
- 1 kg fish fillets (*)
- 250 g uncooked prawns
- 400 g clams or mussels in their shells
- 1 lemon (for juice, zest, and wedges)
- Chopped parsley or coriander leaves

(*) In Portugal, the selection of fish would probably include any of the following: cod, monkfish, halibut, grouper, haddock, hake, or even salmon. In Uruguay, choose from anchoa, sargo, cazón, corvina rubia, corvina negra, abadejo, salmón, or any other fresh, firm-textured fish you can find.

Method

1. Heat the olive oil in a medium-sized saucepan and fry the onion and red or green pepper for two to three minutes.
2. Add the garlic and cook for 15 seconds more, stirring continuously.
3. Add the paprika, thyme, and allspice and cook for another 15 seconds, taking care not to let it burn.
4. Add the white wine and reduce by half.
5. Add the tomato cubes and tinned tomatoes, plus the fish stock or vegetable stock.
6. Season with salt and pepper and add the bay leaves and saffron.
7. Bring to the boil and add the potato cubes. Cook slowly for about 15 to 20 minutes, until the potatoes are cooked.
8. Add the fish fillets cut into cubes and stir gently together with the juice and zest of half a lemon.
9. Add the prawns and clams or mussels, pressing down gently so they are just covered with the liquid.
10. Cover and cook for several minutes longer until the fish and prawns are cooked and the shellfish open.
11. Serve in bowls sprinkled with chopped parsley or coriander leaves and lemon wedges.
12. Accompany with fresh crusty bread and a glass of white wine.

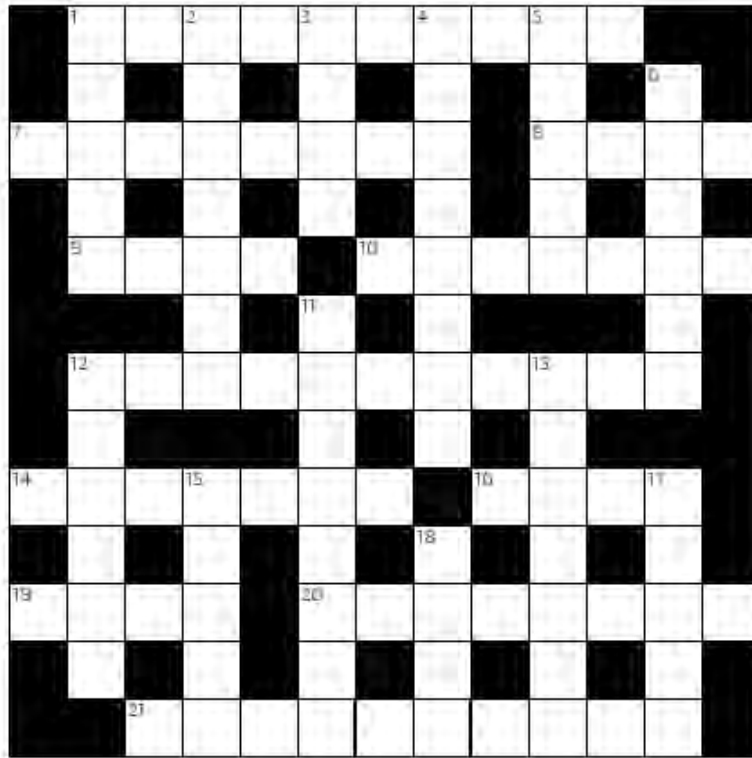
All the takings from Jonathan's second comedy collection, *Speaky Stuff*, go to Ukrainian Disaster Relief at www.dec.org.uk. You can either give him \$1000 via vozinglesa@gmail.com or donate them direct.

by Jonathan Lamb
vozinglesa@gmail.com



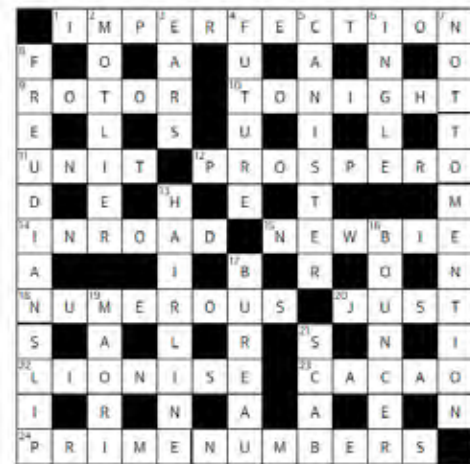
CITIZEN INDEPENDENT

Every citizen should have a mission
To become a politician
Pericles' direct descendant
Freedom's tireless defendant
In your party robes resplendent
Or you can always
Citizen independent



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

May solution:

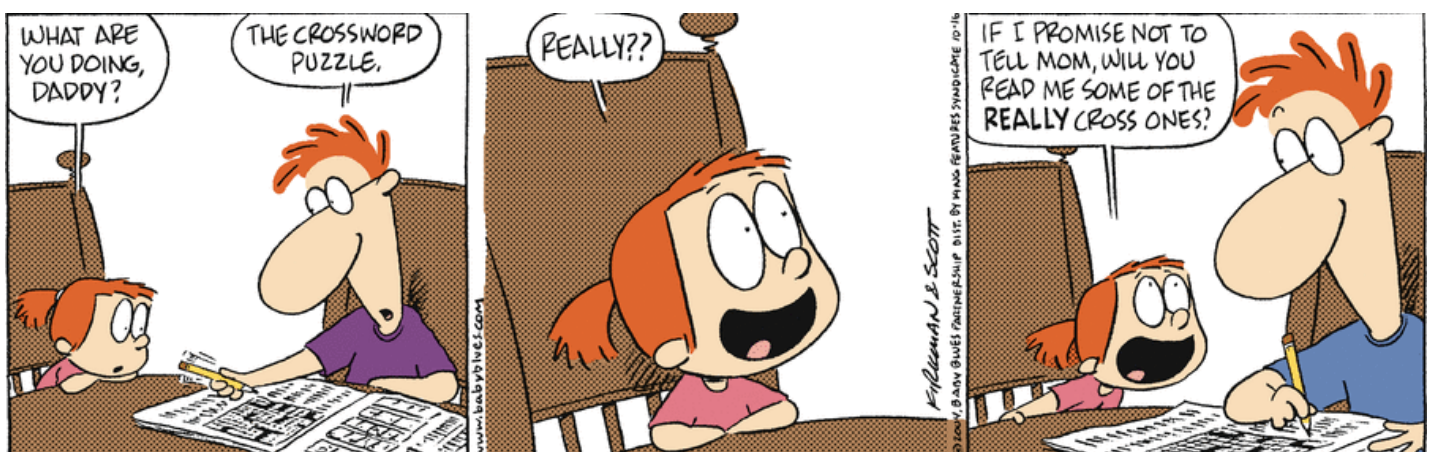


Across

- 1 Bird with a chisel-like bill for boring into a tree to find insects (10)
- 7 First part of the small intestine, immediately beyond the stomach (8)
- 8 Something to eat (informal) (4)
- 9 Administer drugs to improve one's athletic performance (4)
- 10 Drive a car stolen for the purpose (7)
- 12 Can be shown to be right or warranted (11)
- 14 The Grand Canyon state (7)
- 16 Many doors have one each side (4)
- 19 Explosive device (4)
- 20 Classification of plants and animals (8)
- 21 Relax (4,2,4)

Down

- 1 Cause bodily (or emotional) pain (5)
- 2 Mythical Greek king with a complex — Opus Dei (anag) (7)
- 3 Kind of music with deliberately offensive lyrics (4)
- 4 Pol Pot country (8)
- 5 With a strong wish (to do something) (5)
- 6 Hold close to give comfort (6)
- 11 Brief evocative description or episode (8)
- 12 Lingo of a particular group (6)
- 13 Sudden event that brings great wealth (7)
- 15 Striped quadruped (5)
- 17 With frequent jolts (5)
- 18 Depart (4)



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

JUNE DATES IN BRITISH CULTURE



02/06/2023: National Fish & Chips Day

Grab your tartare sauce, sprinkle some salt and vinegar, and get ready to indulge in this classic British delicacy! Whether you prefer it wrapped in newspaper or served on a fancy plate, fish and chips never fail to hit the spot. Don't forget the mushy peas!



04/06/2023: International Corgi Day

Let's celebrate the majestic and adorable companions that won over the heart of none other than HM Queen Elizabeth II herself! Let's raise a royal paw and celebrate these furry friends on International Corgi Day! Long live the Corgis!



07/06/2023: Liam Neeson (1952)

Today, the legendary actor turns another year wiser and even more badass. Let's take a moment to appreciate Liam Neeson's iconic roles and his ability to make us believe in the characters he portrays. Whether he's a hero, a mentor, or a conflicted soul, he always leaves a lasting impression.



10/06/2023: World Gin Day

Today, we raise our glasses to celebrate the quintessential British spirit that brings joy to countless cocktail lovers around the globe! Whether you prefer it shaken or stirred, with a twist of citrus or a sprig of herbs, there's a gin creation for everyone's palate.



15/06/2023: Beer Day Britain

Today, we raise our pints to celebrate the beloved beverage that has been a cornerstone of British culture for centuries! From smooth ales to refreshing lagers, there's a beer for every taste bud. Let's toast to the rich brewing heritage that the UK has to offer!



21/06/2023: HRH Prince William, Prince of Wales (1982)

Happy birthday to HRH Prince William, the Prince of Wales! Let's raise a cup of tea and toast to the future King!



18/06/2023: Sir Paul McCartney (1942)

Happy birthday to the legendary Sir Paul McCartney! Join us as we celebrate the man who gave us timeless hits and melodies that have become the soundtrack of our lives! From his days as a member of The Beatles to his successful solo career, Sir Paul has enchanted the world with his music.



25/06/2023: George Michael (1963)

Remembering the iconic George Michael on his birthday! We pay tribute to the music legend who captivated our hearts with his soulful voice and unforgettable hits. From his Wham! days to his solo career, George Michael's music continues to resonate with fans around the world. Let's turn up the volume and celebrate the incredible talent that left an indelible mark on the music industry!



28/06/2023: King Henry VIII (1491)

Let's take a step back in time and raise a toast to this notorious historical figure. Known for his larger-than-life personality and eventful reign, King Henry VIII left an unforgettable mark on British history. From his six marriages to his role in the English Reformation, he certainly knew how to make headlines. So, here's to the man who took "divorce" to a whole new level and had a knack for building magnificent palaces.



The Macaroni Craze

In the 1760s and 1770s, a group of fashionable young men known as the macaronis emerged in London, showcasing a style characterized by extravagance and opulence. These aristocrats, returning from their travels in Italy and France, introduced a distinct fashion derived from French court dress, earning them the nickname “macaronis.” Their attire featured slim, tight-fitting silk or velvet jackets with waistcoats and knee-length breeches in vibrant colors. Elaborate embroidery, lace, patterned stockings, and shoes adorned with diamond or paste buckles and high red heels were essential components of their extravagant ensembles.

Accessories played a crucial role in completing the macaroni look. The style included the use of quizzing glasses or “spying-glasses,” oversized buttons, numerous fobs, seals, and watches hanging from chains. However, the most distinctive aspect of the macaroni style was their elaborate hairstyles. During the eighteenth century, curled and powdered wigs were prevalent among men. The macaronis took this trend to new heights with their “high hair” fashion. The front part of the wig was brushed up into a crest, reaching up to nine inches above the head, while side rolls and a thick “club” of hair hung down the back, secured with a black ribbon bow or confined in a “wig bag.”

The significance of clothing as a social class indicator in England dates back to the Middle Ages when sumptuary laws regulated who could wear specific garments. Although these laws were repealed in the seventeenth century, anxieties arose in the late eighteenth century as the middling and lower classes began aspiring to fashionable dress. This shift led to concerns about maintaining social hierarchies if servants and apprentices were to dress similarly to their employers.

Tobias Smollett, in his popular novel “Humphry Clinker,” commented on the situation, noting that public entertainment venues were filled with fashionable figures who, upon inquiry, turned out to be lower-class individuals masquerading as their superiors. The Gentleman’s Magazine of September 1771 also criticized the common people’s ambition to imitate their social betters, recounting an incident involving a hosier who appeared at a prestigious London pleasure garden dressed in sword, bag, and embroidered attire. This

caused an uproar, as wearing a sword was considered the privilege of a gentleman, leading to the hosier being forcibly removed from the premises.

During the late 1770s, Britain faced a significant challenge in retaining control of the American colonies, which many saw as a civil war. This upheaval shook the national psyche, leading to fears that Britain had become decadent and its national spirit eroded by luxury and self-indulgence. The macaronis, with their obsession with fashion and appearance, became a target of this anxiety. Newspapers criticized the new fashions, and satirical prints mocking the macaroni style gained popularity. The macaronis were denounced as “un-English” and “unmanly,” with the French influence on their fashion particularly deplored. The London Magazine expressed indignation at the adoption of French styles, describing the macaronis as powdered baboons bowing and scraping at each other.

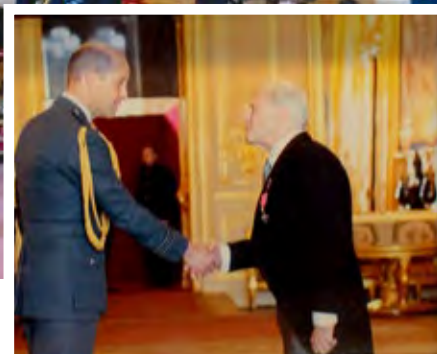
The lyrics of the popular song, Yankee Doodle Dandy, refer to the Macaroni craze:

Yankee Doodle went to town, Riding on a pony. He stuck a feather in his cap. And called it macaroni.

Apparently the first version of Yankee Doodle Dandy was written by the British during the French and Indian Wars in order to make fun of the colonial ‘Yankees’; ‘doodle’ meaning simpleton and ‘dandy’ meaning a fop. The song infers that the Yankee Doodle was silly enough to think he could become fashionable and upper class (like the Macaronis in Britain), merely by putting a feather in his cap. The song was later appropriated by the Americans as a song of defiance during the Revolutionary War, adding verses to mock the British.

However, the outcry against the macaronis and their style was short-lived. By the 1790s, men began moving away from brightly colored and embroidered silks and velvets, lace, and high heels. Additionally, the introduction of a tax on hair powder in 1795 caused wigs to fall out of fashion. The macaroni craze represented the final burst of color and extravagance in men’s fashion before the more refined and restrained style championed by Beau Brummell emerged in the early nineteenth century, setting the standard for modern men’s clothing.

source: <https://www.historic-uk.com/CultureUK/Macaroni-Fashion-Craze/>



Sonya Ailing has shared with us an intriguing letter and some captivating photos she received from her cousin in Ireland, Ian Harvey. There is a fascinating connection to our community here in Uruguay: Ian's grandmother, Flora Anna O'Donoghue Wells, was Uruguayan and sister of Sonya's own grandmother.

Dearest Sonya – So good to have found you again and in good heart and spirit.

I must tell you that I was NOT KNIGHTED [that would have been quite an honour] - but I was awarded an MBE [Member of the Civil Division of the Order of the British Empire], which was an honour and a privilege, bestowed on me for my services to 'Agriculture and Charity'. I was granted the medal by Queen Elizabeth II on the 31st of December 2020, which officially appeared in the list of her 2021 New Year Honours and which includes a Warrant of Appointment later posted to me which was signed by the Queen and counter signed by Prince Philip, who was Grand Master of the Order.

I have attached a photo which I took with my camera this evening, of a framed photo in my office – its not very good quality, but it shows me shaking hands with the King's eldest son, Prince William, Duke of Cambridge, who has just pinned the medal on my coat having talked for a few minutes to me. The second photo is a wide photo of me talking to the Prince in the impressive surroundings of Windsor Castle. The final photo is the one I originally sent to you which is of Sue and me outside, in the grounds of Windsor Castle, the Queen's residence at the time. That was just after the Investiture ceremony on Tuesday 17th May 2022, when I received the medal and I'm obviously holding the medal in its case having taken it off my coat.

You might also like to know that in 2000, President Mary McAleese invited me to lunch at her official residence, áras

an uachtaráin, in Phoenix Park, Dublin, to meet President Yoweri Museveni of Uganda on his first official visit to Ireland, shortly after I rowed from Enniskillen to Dublin, 212 miles on rivers lakes and canals, to raise money to help build a school in Uganda. President McAleese introduced me to President Museveni who asked me about my rowing experience and where we were intending to build the school in his country.

I will stay in touch afterwards and we can talk more then.

In the meantime, take care,

Love from your cousin Ian Harvey MBE.





60's Brit ROCK INVASION

Get ready for an epic retro-rewind adventure! This month, we're cranking up the volume and taking a trip back to the golden era of rock. Unleash your inner rebel and groove to the electrifying sounds that defined a generation.

[Click to listen on Spotify](#)

