

BIG CORONATION LUNCH

**Back in Time
In Open Fields**

**Corned Beef Sandwich
The British Community
in Fray Bentos: A Tale of
Migration, Integration, and
Solidarity**

**Medical Column
Scorched**

**Special Contribution by Ian Duddy
Life in The UK**



BIG CORONATION LUNCH



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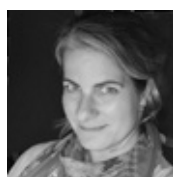
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BSU CONTACT NEWSLETTER

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Montevideo, Uruguay



Hope you enjoyed your winter holidays. During the school winter holidays, many people chose to escape the cold weather and travel to hotter destinations. Going to hot places provides a welcome respite from the chilly temperatures. But for those who stayed in the country, we found special warmth and entertainment within the walls of the Neil Fairless Centre, where the Montevideo Players Society presented “Misery.” I hope you didn’t miss it. Talking about the weather, we can also mention the earthquake in Canelones. It is essential to remember that no location is entirely immune to the possibility of natural disasters, and Uruguay is no exception, not to mention the worst drought that we have had in over 70 years.

Lunch at the CUB on Wednesday, 5th July - The talk about the transformation in Education - Richard Silva claimed that Uruguay had been different from other countries when they decided to work in education during the Pandemic in April 2020. The families trusted the system, the teachers, and the government. We were one of the countries that lost the fewest days in education thanks to technology and the conjunction with Ceibal plan. Silva mentioned that this government promised to work on education because we cannot continue to accept inequalities.

On the historic day: 18th of July 1830, the proclamation of independence. The country broke free from Spanish Colonial rule. Amidst the celebrations of this newborn freedom, the flag of Britain stood as a symbol of international support and recognition. The United Kingdom, a major world power at the time, acknowledged and respected Uruguay’s right to govern itself, highlighting the growing importance of international relations and diplomacy in shaping the destiny of nations.

August is full of activities, so we hope to see you on the 6th of August at the Winter Quiz at the Montevideo Players and then the following Sunday, 13th August, at our BIG Coronation Lunch. We are already making up our buntings for the Bunting Competition. You’ll find some stencils on how to make the bunting in the kids’ corner of “Contact.” We will have the typical British games of Tug of War, three-legged race, the egg and spoon race, face painting, croquet competition, lots of activities, and prizes. You can’t miss it!

See you on Sunday!

Andrea Davies

THIS MONTH'S COVER

This month's cover is a big reminder to mark your calendars for "The Big Coronation Lunch" happening this 13th August. Come join the fun and games as we celebrate the new King and children's day all in one big bountiful feast. Whether you're young or young-at-heart, there will be something for everyone to enjoy.



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.



**MercadoPago
Annual Fee - \$700**

**MercadoPago Recurring
Payments - \$650**

Birthdays

in August

1. Christopher Rex Prevett Storey
1. Madeleine Frances Pool Velasco
3. Vivian Lee Wilson Escondeur
4. Santiago Ramón Theoduloz Duarte
5. Jane Mary Silverwood Close
6. Silvana Lourdes Pérez Bonavita
6. David Ebennizer Rennie Noble
7. Aureliano Aguirre Baccino
7. Patricia Emily Prevett Gomensoro
7. Clara María Hobbins Llovet
8. Philip Roger Lennan Tripodi
9. Alejandro Daniel Dharce Chavasco
9. Mariana Billotto Arhancet
10. Patricia Rohr Idiarte-Borda
10. Gerardo Valazza
12. María Luz Vera Serafino
12. Nathalie Rippe Closset
12. Andrés Alberto Bentancourt Cabrera
13. Clara Maria Rymer Gutiérrez
13. Kenneth Gilmore Coates Spry
14. Juan-Carlos Chambers
14. Timothy Gerard Pearson
15. Mariana Abó Zumarán
16. María Soledad Reyes Ribas
17. Lucía Mendioroz Cobham
17. Dorothy Margaret Adkins Ketcher
17. Malena Mendioroz Cobham
18. Andrew Edward Beare Hirst
20. Laura Bertini Serena
20. Elvira Blanco



20. Kim Marie Davies Reyes
21. Richard Arthur Davies Santoro
21. Theodor James Funch-Thomsen Elliot
21. Andrew Martin Grierson Velloso
22. Fiona Karen Wilton
22. Richard Hobbins Vilar del Valle
24. Gloria María Trelles Mibelli
24. Philippe Jacques Sauval Moor
24. Margaret Irene Waterston Henderson
24. Facundo Asbjørn Espinosa Holtermann
24. Monica Patricia Prevett Vignoles
25. Martín Villar Drever
26. Emily Silvia Symonds Cooper
28. Adriana Romero Pérez
28. Alejandra Guerra Mac Gillivray
28. Richard William Ferrand Tustain
29. Roberto Juan Mountford Hawes
29. Juan Pablo Milessi Sancoff
31. Raquel Herrera Irisarri

New Members

Florencia Maria Mañe Lezica Alvear
Beatriz Emma Antúnez Rojo

welcome

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



Why did Shakespeare only write in pens?
Pencils confused him. 2B or not 2B?

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.

AUGUST

SUNDAY 6: MONTEVIDEO PLAYERS WINTER QUIZ

WEDNESDAY 9: CUB LUNCH INVITATION: ENG. OMAR PAGANINI, 12:15hs, Parva Domus

THURSDAY 10: ARCANGELO & AVITAL IN SOUTH AMERICA, at the Auditorio del Sodre [LINK](#)

SUNDAY 13: BSU BIG CORONATION LUNCH 12 hs at The British Schools Pavilion

SEPTEMBER

SATURDAY 9: ANGLO CONFERENCE, Radisson Montevideo Victoria Plaza Hotel [LINK](#)

OCTOBER

MONDAY 2 - BSU EVENT AT UCUDAL

SUNDAY 8 - THE BRITISH SCHOOL'S BIRTHDAY

SATURDAY 14 - CONCHILLAS TEA TABLE CONTEST

SATURDAY 28 - ST. ANDREW'S SOCIETY CALEDONIAN BALL

SUNDAY 29 - BSU SPRING CROQUET TOURNAMENT

NOVEMBER

Saturday 18 and Sunday 19 - Encuentro Británico-Oriental (San Jorge, Durazno)

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



BIG CORONATION LUNCH

13th August, 2023

12:00 hs

The British Schools Pavilion
at Gral. Máximo Tajes 6411.

Join us to share friendship, food and fun.
Everyone's invited!

FUN AND GAMES

Bunting competition
Cupcake Competition
Games
Three legged race
Egg and spoon race
Face painting
Colouring Corner
Toddlers corner

WHAT WILL YOU BRING TO THE TABLE?



Food and drinks to share.
Your own plates, cups and cutlery.

**Ticket
\$200**

Children 11 and under have free pass.
You can pay your ticket on site
or through **Mercado Pagos**





“Henry Moore y su obra” by Ramón Cuadra Cantera

Club Uruguay - Sculptor Ramón Cuadra delivered a fascinating presentation about Henry Moore, an influential sculptor and artist who drew inspiration from natural forms, especially the human figure and the landscape. During times of war when materials were scarce, he explored various mediums such as wood, bronze, stone, and plaster.

Henry Moore's studio offered a view of a field where a farmer grazed his sheep. It was in this setting that Moore placed “Sheep Piece” at Perry Green. He found joy in observing the sheep and lambs interacting with the sculpture, seeking shade.





Deepening links between Navys

The Uruguayan training ship Capitán Miranda called at three British ports this month. On 7 July she received a warm welcome at the Port of Hartlepool in England, where she later participated in the annual Tall Ships Regatta along with ships from around the world. At a ceremony attended by the Uruguayan Ambassador to the UK, the Uruguayan Defence Attaché, the Lord Lieutenant of County Durham (who is the King's representative in the region), and the Mayor of Hartlepool, the Royal Navy presented a Scottish bagpipe to the Navy Band. A few hours later, our Chargé d'Affaires, Sandy Domaingue and Defence Attaché Mike Lavender presented a second bagpipe to Uruguay's Commander in Chief, Admiral Wilson in a small ceremony at the Residence. They also watched together a [video](#) of the event held in England.



Time to say goodbye

The 8 Uruguayan Chevening scholars who are finishing their studies in the UK attended a farewell event at the historic Alexandra Palace in London. They received congratulatory messages by The Prince of Wales and Foreign Secretary James Cleverly and had the chance to mingle for the last time with their 1,600 cohort. Applications for 2034-2025 will open next September, to study any masters degree in any British university. You can find more information [here](#).



Proud of our colleague!

Congratulations to our Vice Consul Sarah Cowley, who received her Member of the Order of the British Empire medal by His Majesty the King at an investiture ceremony held at the Grand Reception Room at Windsor Castle on 11 July. Sarah was awarded this honour for services to the Foreign, Commonwealth and Development Office.

Can you help?

We would like to hear about prominent British female historical figures who lived in Uruguay.
If you have any names and stories please contact us at ukinuruguay@adinet.com.uy

CELEBRATING EXCELLENCE: OUTSTANDING CAMBRIDGE LEARNERS FROM THE ANGLO SCHOOL

This year the Outstanding Cambridge Learner Award ceremony was held on June 8, 2023 at the Dazzler Hotel. The ceremony was attended by students, teachers, parents, and representatives from Cambridge Assessment International Education.

The Outstanding Cambridge Learner Awards are presented to students who achieve exceptional results in IGCSE Cambridge International examinations. This year, students from around the world were recognized for their outstanding achievements in a variety of subjects. These Awards are a testament to the hard work and dedication of students around the world. They recognize the achievements of students who have demonstrated academic excellence, perseverance, and a passion for learning.

This year, once again, a student from The Anglo School, Joaquin Fontenla, was honoured with the award for Top in Uruguay for achieving the best performance in his Cambridge IGCSE Business Studies examination, taken last November 2022.

Joaquín is an outstanding student who has worked hard to achieve his goals. He is a dedicated learner who has always been willing to go the extra mile, being also a positive role model for his peers and a valuable asset to our school.

Joaquín is an inspiration to us all. He is a shining example of what can be achieved through hard work and dedication. We are proud of his accomplishments so we would like to congratulate Joaquín for earning such an important distinction. We know that this is only the beginning of a fruitful path to success, as we are sure he will continue to achieve great things in the future.



DISCOVER THE BEST IN ONLINE LEARNING WITH ANGLO



Are you ready to embark on an exciting learning journey? Look no further than Anglo's Online Courses for Adults, starting August 8th! We are thrilled to present our 4-month intensive courses designed to empower you with the skills and knowledge you need to succeed.

At Anglo, we believe that learning should be a transformative and enriching experience, that is why our team of dedicated professionals in our academic department are committed to developing first-rate courses for both the local and international market. When you choose Anglo, you are choosing to **learn with the best**.

What sets our online courses apart?

- **Comprehensive Curriculum:** Our meticulously crafted curriculum covers a wide range of subjects, ensuring you receive a holistic and well-rounded learning experience.
- **Intensive Learning:** Get ready to immerse yourself in a transformative learning experience! Our 4-month intensive courses are designed to provide you with the depth and breadth of knowledge you need in a condensed time frame. You'll spend four synchronous hours each week engaging with experts in language teaching and an additional two asynchronous hours, allowing you to learn at your own pace.
- **TEFL-Qualified Teachers:** We take immense pride in our exceptional teaching team, all of whom are TEFL (Teaching English as a Foreign Language) graduates. They possess a wealth of experience and expertise, ensuring that your learning experience is engaging, interactive, and tailored to your individual needs. Our teachers are passionate about empowering you to reach your full potential.
- **Flexibility and Convenience:** Life can be hectic, but that shouldn't stop you from pursuing your educational goals. Our online courses provide you

with the flexibility to learn from the comfort of your own home. Say goodbye to commuting and hello to a personalized learning experience that fits seamlessly into your life.

- **Join a Thriving Community:** At Anglo, we believe that education extends beyond the virtual classroom. When you enrol in our online courses, you become part of a vibrant and supportive community of like-minded learners. Connect with fellow students, engage in lively discussions, and build lasting connections with individuals from around the country.

Don't miss out on this incredible opportunity to learn with the best. Secure your place in our upcoming online courses for adults starting August 8th. Visit our website or contact us today to find out more about our course offerings, enrolment process, and how Anglo can help you achieve your educational aspirations.

At Anglo, we're not just about learning; we're about empowering you to thrive in an ever-evolving world.

NEW
ONLINE COURSES 2023

New courses, the same quality.

ANGLO

LEARN WITH
ANGLO
THE BEST

ANGLO CONFERENCE 2023



ANGLO

SAT. 9, SEPTEMBER - RADISSON MONTEVIDEO

Confirmed speakers



OXFORD
UNIVERSITY PRESS



NILE



CAMBRIDGE



CAMBRIDGE



campusnube



NATIONAL
GEOGRAPHIC
LEARNING



ANGLO



Pearson



Richmond



macmillan
education



URUTESOL



Limited places!

+ INFO



British Embassy
Montevideo

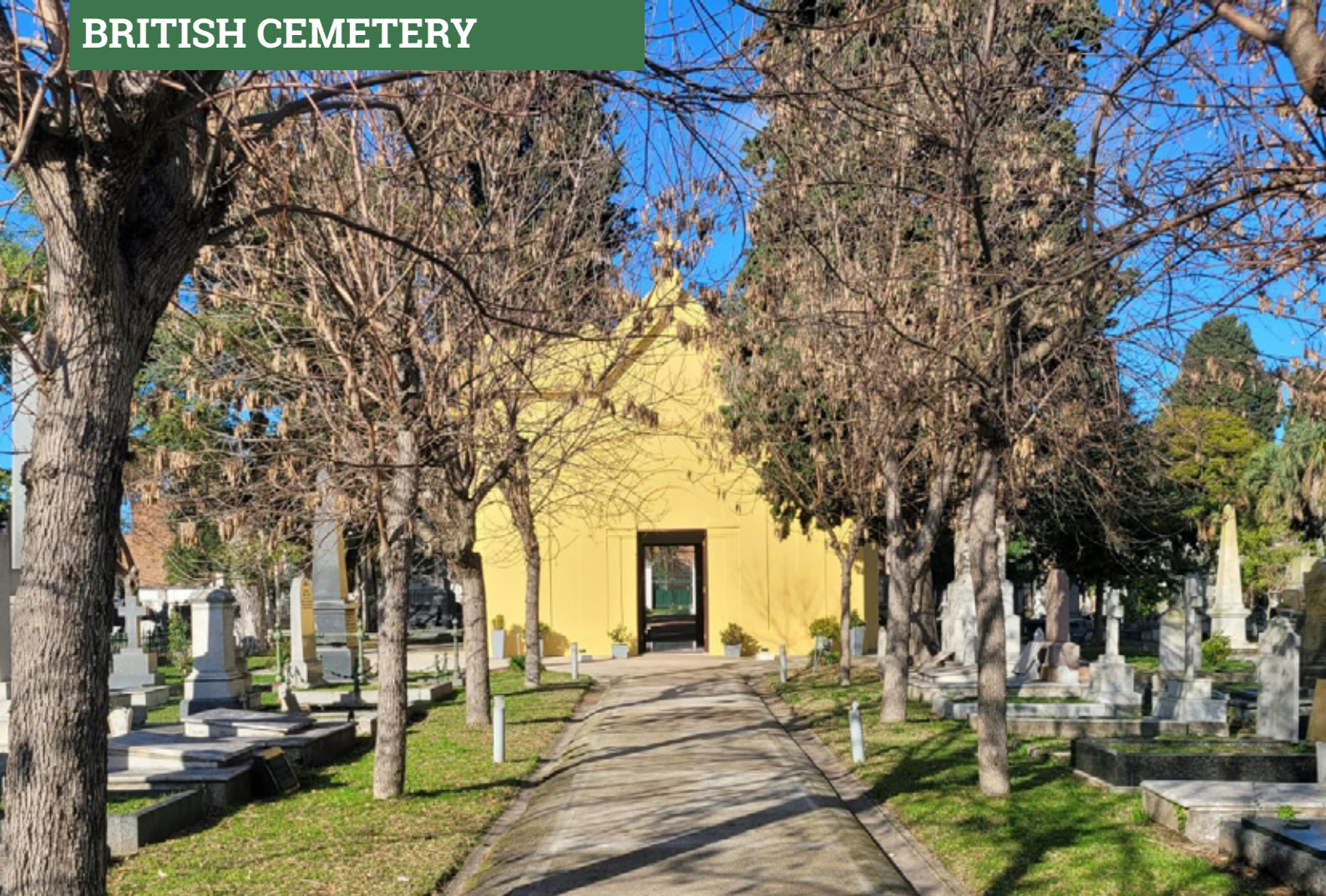


Ministerio
de Educación
y Cultura

Declarado
de Interés
Ministerial



UruguayNatural
Ministerio de Turismo



Dear readers,

Winter's pruning was done under the able supervision of Carolyn Prevett, who gave excellent guidance to our personnel and continued training for the outstanding upkeep of our roses. Many thanks, and we wish you all the best as you embark on the beautiful journey of motherhood!

Our beloved Chapel is now freshly painted and looking as good as new, completing the painting upkeep of the Cemetery, giving it a proud and polished look.

Our Open Tea is resting until September, when kinder weather will make it easier and more welcoming for our guests.

Warmer weather will bring along an array of events to our Cemetery, for both our community and the wider public. The foremost of these will be on the 23rd of September, an event open to public, where we will delve into the topic of Charles Darwin in Uruguay, commemorating the 190 years since his visit to our country.

We'll keep you updated on all!





Promoting vaccination to prevent cervical cancer

Cervical cancer (CC) is one of the main public health issues worldwide. In Uruguay it is the second most common gynaecological cancer after breast cancer. That is why the British Hospital promotes primary prevention through vaccination against the human papillomavirus (HPV) before the age of 15, which is the optimal time to receive it.

In line with the latest recommendations from the World Health Organization, the vaccine is also encouraged for teenagers and youths aged between 16 and 26 who have not received it, as benefits have been proved in this age group as well.

"It is about promoting prevention, reducing the circulation of the virus, and thereby reducing the risk of HPV-related lesions," said Dr. Luciana Bertolino, Assistant Professor of Gynaecological Clinic at the Facultad de Medicina (Udelar), President of the Society of Lower Genital Tract Pathology, Cytology and Colposcopy of Uruguay, and a specialist at the British Hospital.

Dr. Bertolino stated that 90% of the Uruguayan population will have the HPV virus at some point in their lives, just like the global population, with the vast majority of cases being unaware of it. She also highlighted that the Papanicolaou test detects lesions caused by the virus, not the virus itself.

She pointed out that there are different types of HPV that can cause lesions in the cervix and distinguished between low-grade and high-grade lesions. She emphasized that high-grade lesions have the potential to progress to cervical cancer if not treated promptly.

The specialist advocated for a higher vaccine coverage, as the progress of vaccination in the population is still very slow. She emphasized the need for everyone to work together to increase the vaccination rate among the population.

"Cervical cancer is one of the major public health

issues worldwide, and our country is not immune to this reality despite the prevention efforts made. We must increase adherence to the HPV vaccine and undergo regular gynaecological check-ups with cervical cancer screening according to the recommendations of the Ministry of Public Health," Dr. Bertolino pointed out.

"It is a cancer which can be prevented, and vaccines are one of the most effective methods for doing so," she argued. She maintained that "the administration of vaccines since 2006 has demonstrated their safety and effectiveness in preventing HPV infection and the development of premalignant lesions."

Dr. Bertolino recalled that Uruguay has "a high-quality vaccination scheme" that allowed the country to excel in combating the COVID pandemic. She also highlighted the incorporation of the tetravalent HPV vaccine for both women and men from the age of 11 in 2019, and applauds that Uruguay has embraced this important step in prevention.

In 2020, the WHO proposed as a challenge for the 2021-2030 decade the elimination of cervical cancer as a public health problem. Primary prevention is crucial, the aim being that 90% of women under 15 receive the HPV vaccine.

Its administration beyond the age of 15 is also beneficial as it extends the window of opportunity. For men it not only protects against lesions but also contributes to reducing the circulation of the virus in the population.

Dr. Bertolino stated, "in recent years, vaccine coverage has improved in our country, but it remains low, and there is still some resistance to getting vaccinated," despite the fact that access to vaccines is universal and free in Uruguay.

"The rate of HPV vaccination must improve, and we should strive to achieve what the country has accomplished with other vaccines. To this end, doctors must recommend vaccination to children, adolescents and young adults," summarized Dr. Bertolino.

The specialist indicated that the initiative led by the British Hospital aims to establish a "culture of prevention" and emphasized that receiving the vaccine before the age of 15 brings about greater benefits.

Dr. Bertolino, together with Dr. María Noel Pérez, received the first prize at the Uruguayan Congress of Gynaecology and Obstetrics in November 2022 for a study conducted at the British Hospital on HPV patients from 2017 to 2020.

What if...

Asking “what if...?” leads one person to resignation and another towards renewal.

- What if I could say what I think or feel without worrying about someone’s reaction?
- What if I could just be myself?
- What if we could agree on a solution that works for everybody?
- What if my goal was not to just survive, but to contribute?
- What if I could face interpersonal conflicts with people close to me, instead of allowing emotional distance to grow as a hedge of protection?
- What if I could unlearn and replace old habits with new skills to rebuild an unhappy or broken relationship?

A group of religious leaders and lawyers once asked Jesus what the most important commandment in the entire Law of Moses was. Their interpretation and understanding of the Law of Moses informed and directed their words and actions at every level. The answer from Jesus was unexpected. “What if...” his insight was true? (Read The Gospel of Matthew 22:36-40).

What if the most important thing in life really is to love God, love myself and love my neighbor well? Does that sound impossible? It appears that most of the leaders listening to Jesus that day quit in resignation and possibly disgust at what they considered to be an evasive, illusive, emotion-based response. Jesus was redirecting them to new ways of thinking, being and interacting with others. They preferred their current status quo to facing the difficult work of unlearning and relearning that renewal always requires.

A wise Colombian mentor once told me that to love well, she needed to overcome a deep sense and core belief that “what I have to offer is not valid”. “For me to love well, I need to say what I feel.” To name and unlearn a core belief, then replace it with the capacity to speak my truth is not easy, but it releases a powerful renewal of healing and new possibilities.

To say what I feel, I begin to know what I feel, I must begin to realize that my feelings are not only valid to express and explore but are part of my unique voice and contribution to the world. Feelings deserve to be surfaced, felt, and expressed in appropriate times, ways, and places. This requires some new skills at every stage of life’s journey.

“What if...” I could learn some skills to help me love God, love myself and love others well?

My focus is renewal instead of resignation. I invite you to join us as we learn together.

Pastor
John Hamilton



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



LUNCH INVITATION



**Wednesday
9th of August
at 12:15 PM**



Ministerio
**de Industria,
Energía y Minería**

Minister of Industry, Energy and Mining

Eng. Omar Paganini

**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

www.cub.com.uy





New GBUA Board of Directors 2023-2025

On June 8th, we celebrated the election of a new Board for the 2023-2025 term, which will be led by Matías Sardiña and Fiorella Santo.

We are grateful to Ambassador Faye O'Connor and her team for their support to GBUA and their ongoing assistance in creating opportunities.

We also thank the work of Santiago Theoduloz and Matilde Peñagaricano, as well as the rest of the team that was part of the GBUA Board during the 2021-2023 period.



CHEVENING

**Celebrating
40 years
of excellence**

Chevening celebrates its 40th anniversary

The Chevening Scholarship program was initiated in 1983 and funded by the Foreign, Commonwealth & Development Office (FCDO) of the United Kingdom. Chevening scholars pursue master's degrees in nearly any field and later implement their ideas to create positive change in various sectors. Today, there is a global network of over 55,000 alumni.

In celebration of the 40th anniversary, Chevening alumni will be participating in an online campaign to promote the scholarship as well as to share photos and memories of their experience while in the United Kingdom, giving 40 reasons of why the scholarship is considered one of the best and most renowned in the world.

Keep track of the campaign by following the hashtag **#ChooseChevening**



On Wednesday, August 9th GBUA members will be doing a meet and greet to say farewell to the next generation of scholars who will be studying in the United Kingdom during 2023-2024. More details coming soon on GBUA social networks!



THE MONTEVIDEO PLAYERS SOCIETY



WINTER QUIZ

Sunday August 6, 2023 - 5 PM

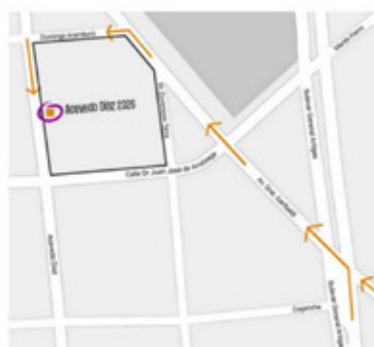
TO BOOK, USE THIS QR CODE OR THE
LINK IN THE BODY OF THE EMAIL



TEAMS OF UP TO FIVE
PARTICIPANTS



NEIL FAIRLESS CENTRE
ACEVEDO DÍAZ 2324 / 2326





SHOWS IN AUGUST

FRI 18 th	FRI 25 th	THU 31 st
SAT 19 th	SAT 26 th	
SUN 20 th	SUN 27 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.
PUB ONLY CASH PLEASE

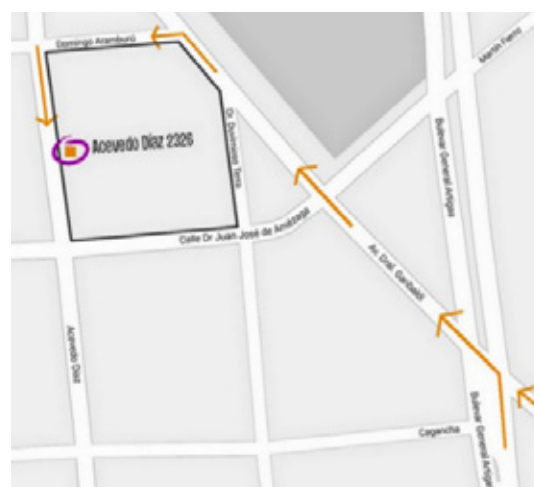
TICKETS

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!





CALEDONIAN BALL

SAVE THE DATE
28.10.2023

We are thrilled to announce that the Caledonian Ball 2023 is just around the corner! On behalf of The St. Andrew's Society of Uruguay, we extend our warmest invitation to you, and we hope to see you there.

Date: October 28, 2023

Venue: Club de Golf del Uruguay

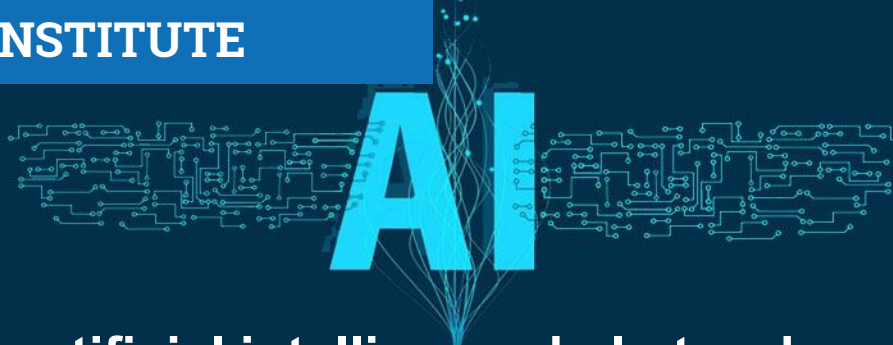
Prepare yourself for an enchanting evening filled with Scottish charm and tradition. The Caledonian Ball promises to be an unforgettable celebration of Scottish heritage.

Please be sure to mark your calendar and reserve the date for this remarkable event. We are eager to have you join us at the Caledonian Ball 2023!

For any questions or to confirm your attendance, feel free to reach out to us at contact.st.andrews.uruguay@gmail.com.

Looking forward to sharing this special occasion with you!

The St. Andrew's Society of Uruguay



Does artificial intelligence help teachers or do away with the profession?

In June, at Dickens Mid Summer Dream, we had the pleasure of having Tom Connelly, a highly experienced teacher trainer, university professor and researcher presenting the Richmond Chatbot 4 GPT (Generative Pre-trained Transformer), and its use to teaching.

Some teachers are extremely worried that a bot such as the mentioned above will substitute teachers. Tom's lecture hopefully was of tremendous help to persuade doubters that artificial intelligence will be of great help to teachers, teaching and students.

The bot mentioned above is fed with vast corpus data from Internet, grammar, facts, reasoning abilities and some level of understanding about the world.

What it can do: information retrieval, creative writing assistance, language practice and general conversation. In other words, it assists the teachers but it doesn't teach!

Great sigh of relief from the teachers present, though many are now happily working with artificial intelligence and have great hopes that it will be an ever growing boon to teaching.



Artificial intelligence and the final Beatles record

Sir Paul McCartney has explained how John Lennon's voice has been "extricated" by the use of artificial intelligence from an old demo to complete the song which he calls "the final Beatles record".

The name of the original song is not known but it is supposed to be a 1978 Lennon composition called Now And Then. The demo was on a cassette labeled "For Paul" Lennon made in 1980, before his death.

It took many years before the original was cleaned up and thanks to artificial technology,

Paul McCartney's Dream is about to come true shortly: "the final Beatles record". Watch out for it!



ENGLISH COURSES NEW START

AUGUST

INFO@DICKENS.EDU.UY

WP: 098118098

WWW.DICKENS.EDU.UY



dickens



CAMBRIDGE
English

Authorised Exam Centre



In Open Fields

Like everyone else, I live in a particular time and place that I consider my reality. Occasionally, inspired by a work of art or literature, I am transported to some other dimension and can vicariously experience an alternative reality, a different way of life.

I recently had the pleasure of taking that kind of trip when I read *In Open Fields*, the book by Heather Campbell (available on Amazon). Many will remember Heather from the pre-school she opened at her house in Carrasco in the late 1960s, where she helped to prepare three- and four-year-old children for admission to the British Schools. Later in life, Heather harnessed her boundless creative talents and wrote this book. It is a blend of fact and fiction, loosely based on the story of her forebears who emigrated from Ireland in 1874 and settled on a property near Mercedes, in western Uruguay. And what a story that was!

The narrator, Evie, and her husband sail across the ocean with their seven-month-old baby boy, a brother, a cousin, their Irish terriers, and a nanny to care for the wee one. It is a rough trip, but it is just the beginning of the challenges they are about to face. There are just a couple of crude shacks for them to live in at first, and Evie is dismayed at the primitive conditions they will be forced to endure until they can make improvements. She says, “When I look back over thirty years, I marvel at our tenacity and courage. We were young and so naïve, so full of hope and optimism.”

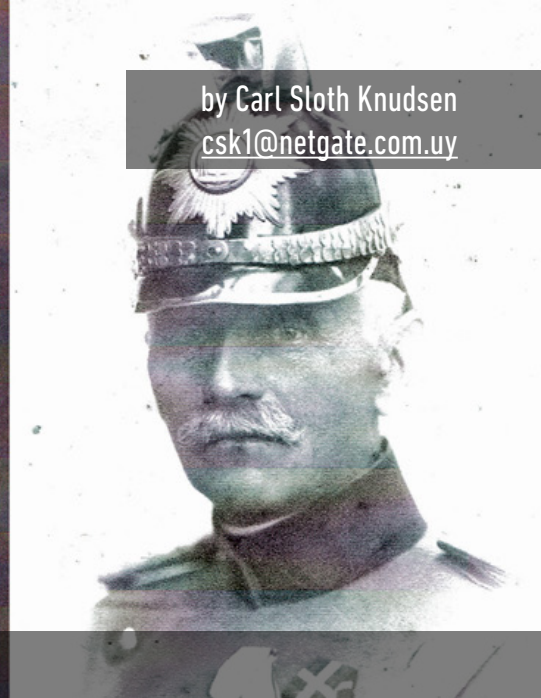
They get to work and are soon raising sheep and selling the wool. Then they start breeding cattle and selling cows to local buyers. They fence their land and plant peach and pear orchards and a vegetable garden. They have horses, of course, and Evie loves to ride across the open fields with her husband in the evenings, surveying their domain and keeping track of their *estancia* as it grows.

They meet other British settlers and build a tennis court on their farm that becomes the centre of social activities that add pleasure to their otherwise hardworking lives. Evie gives birth to more children, who are educated by their

nanny until the boys are old enough to go back to Ireland to university. There are heartbreaks of many different kinds. Destructive storms cause dreadful damage. Locust swarms devastate crops. Parrots destroy fruit orchards. A flu epidemic sweeps the country and sickens the entire family. Evie’s husband is bitten by a poisonous snake and the English doctor, who lives in the nearby village, says that only a miracle can save him. So they call a local *curandera* and she performs one. In a scandalous love scene set in a hay barn, a careless move starts a fire and the barn and its precious contents are lost to the flames. The author writes movingly about Evie’s emotional states—her loneliness, her struggle to find her place in her new home, her sense of despair when faced with the hardships and tragedies of life as a pioneer woman. Her spirits are lifted when she finds an *homero* bird making its nest out of mud on a fence post near the house.

There are good times too. They develop a wide circle of friends and throw parties and spend lovely afternoons picnicking and fishing at a nearby river. Piano players in the family and the community provide music and the house is filled with song. They take a trip to Montevideo in 1884 and the author paints vivid pictures of the city as it was in those days.

Behind the descriptions of life on the farm and the political turmoil that occasionally disrupts the young country, Evie’s narrative reveals the profound pleasure she derives from the land: “The fertile earth was yielding, the trees were growing and sprouting masses of leaves, the orchard was laden with good summer fruit crops and when one walked down the avenue there was a scent of clover in the warm sunshine.” Somehow, despite all manner of adversity, these dauntless settlers soldier on. Keeping their British customs and traditions alive, they gradually build a successful working farm that is still owned and operated by their family today.



by Carl Sloth Knudsen
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Back to the Future V

It was summertime in Denmark, and the weather was pretty nice, although rather colder than Uruguay. One morning, my father took us to Radio Station Denmark where we were invited for an interview. After my father had finished talking about Uruguay, the interviewer asked me what I wanted to be when I grew up. It caught me rather unprepared, so I answered: "I have in mind to be a firefighter!" And when asked why, I said, "Because it's a risky job." Time was up, and the interview finished with a great laugh. Later, we left the radio station and went to visit the National Museum. It was so amazing that in later life, I visited it several times, mainly for exhibitions referring to the Viking era, which somehow brought me back to our origins, as explained earlier in chapter one.

One morning, my father told us that we were going to visit his brother, who had a farm in Jutland. I thought to myself: "Sounds good." It was quite a long trip by car, and the use of ferryboats was mandatory as the country consists of many islands, one of them called Fanoe, which is small and flat. The ferryboat had capacity for one car at a time, and it only took a few minutes to reach the other side. One thing that struck me was the enormous quantity of white rabbits jumping around all over the countryside. It must have been very strange for the people living there, but as I was told, people enjoyed them very much.

We were met by Marine Captain Clausen, a friend of my father's, who, by the way, lived in Montevideo during the second half of World War II because the German army was after him. He was part of the Danish Underground Organization. I was very happy to meet him again. I enjoyed his marine and war stories very much and also learned about the importance and power of the oceans. Since 1946, when he left Uruguay, he sent me a birthday letter every year. The last letter came in April 1952. Thereafter, no more letters, so I assumed he had passed away.

From Fanoe, we drove to Aarhus where my father was born. There, we visited my grandfather's grave. I was named Carl

after him, which, by the way, always brought me difficulties regarding my identity in Uruguay, since the authorities of the time had a fixed idea that it should be spelled Carlos. My grandfather was a sergeant and horse riding teacher in the Danish Cavalry Regiment, and he survived the 1864 war. Unfortunately, Denmark lost the territories of Slesvig-Holstein to Germany. Danes and Germans here were already a mixed society, spoke both languages, and lived under continuous tension. In 1920, Slesvig was returned to Denmark. During the First World War, young Danish men from Holstein were recruited by the German army, and many never came back.

From there, we drove north towards my uncle's farm. On our way, we stopped at Holger Friis' house, a friend of the family and a well-known Danish freelance archaeologist. His house was full of historic Viking material. Some of the things he dug up came from my uncle's farm and were thereafter delivered to the National Museum. I touched a few of the findings, an extraordinary experience.

Finally, we reached the farm, greeted the family, and went to bed. After morning breakfast, we went to have a look at the corn being harvested. In the middle of the process, a big fox jumped up from a hole and stared at us, as if saying, "What are you doing?" My cousin shouted "chicken killer" and went to fetch a hunting gun. Of course, when he came back, the fox had already disappeared. My uncle said, "You see, Carl, that is a wise and intelligent animal; always remember that."

The next time I saw a fox was in Uruguay, during Easter holiday, at the farm "Torre Alta" owned by Genie Symonds. The fox and I stared at each other for a couple of minutes. Astonished by the situation, we both left slowly, looking back. She with her 3 cubs, and me with a stupid gun.



Wealth

It is a very common opinion that if the wealth of very rich people were distributed among the poor, the problem of human worldwide deprivation would disappear. Although quite commendable, this opinion ignores situations and historical examples that prove it wrong. Many billionaires like Bill Gates have donated a large part of their fortunes to charity but that has not changed at all the great problem of inequality anywhere.

For instance, after the French or later on, the Russian revolutions, huge fortunes and much excessive wealth was confiscated, but that didn't improve at all people's well being and even led to terrible famines. After the French revolution many poor peasants obtained land for the first time in their lives, but most lost it because they needed means to cultivate it that the emerging bourgeois class lent them at exorbitant rates that they could not pay. After the Russian revolution despotic and unpopular decisions by the government actually impoverished the already poor peasants, depriving them of their livelihood in a misguided and excessive drive to accelerated industrialization. In fact, in economic terms, although many well meaning people ignore this, all the wealth of the richest people on earth, in a worldwide or even national context, is really like a bucket of water thrown into a river.

The socialist or other systems of state run governments failed in the long run because of bureaucracy, inefficiency, ineptitude, corruption on the side of those running things and a widespread sabotage by those below, trying to live exerting the minimum possible effort for a limited compensation capriciously decided from above. Invariably under such regimes, previous production rates fall and the quality suffers to the extent that exports are jeopardized, in spite of the supposedly scientifically designed short term plans.

The standard type of government, mainly in the West, in which entrepreneurs hire people to work, is based on greed, the ideal is maximum profit and everything must be sacrificed to attain that goal, administrations that fail to achieve it are considered, if profits are stable, stagnant, or if falling, inept, and must resign. The sky is, and must always be, the limit. It seems that although driven by self interest, the eye of the owner directly involved in the administration of his company leads to numbers that make sense (at least to him) and to decisions that in the cases of successful results, don't compromise the stability of the business concern. In order to attain this, growth is turned

into an almost sacred word and they must stimulate by any possible means the consumption of goods and services, on a never ending spiral that deprives most people of the time to strive for more meaningful goals, working in two or three jobs to be able to afford the needs generated by widespread advertising..

Socialdemocrat or similar experiments that try to compensate all in the best possible way, invariably fail, after an initial temporary success, to achieve some degree of balance, mainly because of excessive taxation and gross overspending that generate huge debts, and must in the end be replaced by less generous administrations. Other animals don't suffer from these problems, they thrive to the best of their abilities while their environment is favourable, it is only the supposedly more intelligent and dominant human animal, that often engages in massacres of its own species, that is afflicted with abject widespread and worldwide poverty and deprivation. The reader may excuse my skepticism as to solving this problem, which in my opinion, is based on some of the negative aspects of human nature that defy any realistic solution, in spite of the expectations so many people have.

Regardless of all economic, technological and social progress in the last few decades, widespread misery in the world has actually increased, with desperate people plagued by oppression and corruption at home, trying to migrate to more prosperous nations by any possible means. Wealthy people on the other hand, don't seem to enjoy happier lives, with a whole spectrum of possibilities available to them but mostly leading lives deprived of a deeper meaning.

I will perhaps be allowed to say that the much condemned and decried poverty, is not such a bad thing in itself, as long as it allows us to at least lead an existence not wholly deprived of the basic necessities of life, since by rejecting the temptations of consumerism, allows us to devote much more time to our family and to our own inner cultivation, rather than to material possessions of ephemeral and doubtful value.

After all, the only real capital we have is the time of our lives and if we waste it in the pursuit of wealth or power or other not very meaningful goals, we may end up regretting it in the end, when it is too late to get involved in other better and more rewarding endeavours.



The British Community in Fray Bentos: A Tale of Migration, Integration, and Solidarity

Fray Bentos, a small town in Uruguay, may not be the first place that comes to mind when thinking about British communities. However, nestled within its picturesque landscape, there once existed a vibrant British community that left an indelible mark on the town's history. Despite their relatively small numbers, the British nationals in Fray Bentos formed a diverse and interconnected community that thrived through interaction, cultural exchange, and the establishment of various institutions.

The British community in Fray Bentos primarily consisted of individuals from England, with fewer numbers from Scotland and Wales. While they maintained their British identity, the community was far from insular. In fact, many British nationals married locals, fostering bonds and connections that transcended cultural barriers. This intermingling led to a vibrant mix of cultures within the community and furthered their integration into the fabric of Fray Bentos. They played an instrumental role in establishing institutions that not only catered to their needs but also benefited the local population. The Anglo Football Club, the Anglo Institute, and the Anglo Golf and Tennis Court stand as lasting testaments to their contributions. The Anglo Institute, in particular, provided education to both British and local children, promoting English language proficiency and fostering cross-cultural understanding. Through these institutions and cultural exchange, the British community in Fray Bentos facilitated the learning of English by the locals and created a sense of shared heritage.

A distinctive feature of the British community's presence in Fray Bentos was the picturesque British-style neighborhood that emerged. Adorned in white and red, reminiscent of England, this neighborhood served as a physical manifestation of their cultural heritage. Some of the British surnames that come to mind, such as Spry, Macfarlane, Gepp, and Jones, not only symbolized individual identities but also represented the enduring legacy of the community.

While the community existed throughout the years, the most vibrant periods were undoubtedly the Second World War and the 1950s. These tumultuous times brought the community together, fostering resilience, unity, and camaraderie. Interestingly, Fray Bentos became an unlikely melting pot of various migrant communities during this era, including English, Scottish, Bulgarian, Polish, and more. This diversity enriched the town, bringing together people from different backgrounds who lived side by side and shared their stories of struggle, migration, love, work, and solidarity.

The British left an indelible mark on the town's history and exemplified the power of interaction, integration, and cultural exchange. While they maintained their British identity, they actively engaged with the local population, establishing institutions, fostering language proficiency, and leaving behind a picturesque British-style neighborhood. The vibrancy of the community during significant historical periods, along with the town's diverse migrant communities, further enriched Fray Bentos. Today, the Industrial Revolution Museum, stands as a poignant reminder of their journey, a story that encompasses struggle, migration, love, work, and solidarity—a testament to the enduring power of human connection.

Today, visitors to Fray Bentos can delve into the fascinating history of the British community through the town's Industrial Revolution Museum. Here, the stories of the British residents and their impact on Fray Bentos are carefully preserved, allowing visitors to experience the town's unique tale of migration, integration, and solidarity firsthand. The museum serves as a testament to the enduring legacy of the British community and their place in the collective memory of Fray Bentos.



TITANIC HOTEL: A Restored Historic Building

The Titanic Hotel is one of the most extraordinary establishments in the world. It is situated in a historic location where the Victorian and Edwardian offices (circa 1880) and the shipyard of Harland & Wolff, the founders of the White Star Line, were located. The firm was responsible for creating the infamous ship RMS Titanic, among others.

Everything in the hotel has been beautifully restored, preserving its nautical past and showcasing an Art Deco style. From pieces of furniture that once belonged to the offices, to oil paintings of the famous line's ships.

One of the rooms is located in what used to be the office of Thomas Andrews, the ship's naval architect who did not survive the shipwreck.

This unique hotel is situated two kilometers from the city center of Belfast, the capital of Northern Ireland. A stay or visit to the Titanic Hotel is immersed in heritage and unforgettable emotion. It is a must for anyone who visits this fantastic city.

TITANIC HOTEL BELFAST
Queen's Road, Titanic Quarter,
Belfast, Northern Ireland.





Nurture & Culture: Imperialism As Civilising Nourishment

As a general rule, Britons left for the colonies to make an economic difference that would allow them a favourable financial return to the British Isles. Although altruism was practically never a part of the settlers baggage on departing for the colonies, most of them sincerely believed that they were also contributing to the civilisation of these far lands; as Dr Livingstone, their contemporary had prophesized, helping to bring order into the realms of chaos.

Uruguay, a place whose population was nearly 100% of European descent was thought to be beyond the danger posed by African or Asian colonies where natives were the bulk of the local inhabitants. Notwithstanding this, Uruguay in general and Montevideo in particular were considered to be backward and uncivilised, even in comparison with our neighbouring Buenos Aires. Let us see the opinion of our degree of culture and civilisation of a contemporary Briton, recently arrived to Montevideo. William Denstone settled definitively in Uruguay in 1888 after a short stay in Buenos Aires as part of a theatrical company. He crossed the River Plate never to leave until his death in 1924, with a contract to be editor of *The Express*, a daily newspaper, written in English for the British community of Montevideo.

Uruguay as a new state is terribly handicapped: "A new country acquires importance, population, order, character, wealth, last of all it acquires culture". Western Europe leads the way in all cultural aspects: "No imaginable social cataclysm can rob Europe of the glorious artistic and literary gifts of the former civilisations of Greece and Rome... Today culture, that is to say an appreciation and a love for high art in all its branches is at a premium in Europe... With new countries, such as in the Americas, the situation is entirely different. There is no former civilisation to fall back upon... These new countries, whose life is in the present and future tenses, into whose history the past does not enter, can, at the best, have no art tradition, except those of the people by whom they are colonised."

Civilization depends then on the art taste of the settlers:

"The settlers in a new land, driven from their mother country by Heaven knows what stress of circumstances, have no time to think of art or culture, nor are they likely be of those in whom the artistic taste is highly developed. They have their forests to clear... perhaps also their lives to protect... Whatever germs of art may lie within them have little chance of cultivation, and they must look to nature for their landscapes, to human life itself for their comedies and tragedies, to the murmur of the wind and sighing of the trees for their music."

Denstone goes on to describe the later stages of civilisation a new country will hopefully follow, reaching the last one when it can ward off the culture from abroad and rely on the one from within. But still, Uruguay has an inescapable problem from conception: "The native people are descended from a Spanish stock, and Spain, it is needless to say, is avowedly long behind the other great nations of Europe in culture and civilisation. Secondly, it is only recently that internal peace has been sufficiently developed for the people to be able to turn their attention to artistic matters."

But there is an intrinsic virtue that may help us in the issue of acquiring culture: "It must be remembered that the vast majority of the people of the River Plate are of Latin origin, and in artistic matters the Latins have always been foremost. With the Saxon, at all events until recently, art has only been an education, with the Latin it is generally a second nature... The germs are already more than apparent, the time is not so very far distant and the River Plate will respond to the demand and supply of native art and artists, stamped with original national characteristics."

Denstone contributed during his lifetime to our culture from the pages of his Montevideo Times, and acting and reciting in the artistic evenings of the Entertainment Society, though he never had praise for local culture, the **Carnaval** festivities being a barbaric and loathsome expression of native culture.



Scorched

In early July, a 65 year-old man was found dead in his car in Death Valley, California, supposedly due to extreme heat. He had been driving and veered off the road, blowing out two tyres, while apparently unconscious. The driver's window was open and the air conditioning was not working. On 15 July, Israeli Prime Minister Benjamin Netanyahu (73) suffered heat stroke and dehydration while vacationing near the sea of Galilee and had to be hospitalised. Daytime temperature that day was 38C. He put the blame on 'not wearing his hat in the sunshine'. During the first half of July, many countries in the northern hemisphere had temperatures in the 40s and as I write this post, beyond mid-July, in the USA southwest and in China temperatures above 50C have been recorded and this is not the end of the wave, which may last well into August and may even get worse by the time this post is published.

Severe heat waves will become the new normal, as part of global warming. Heat is trapped in the oceans and later surfaces, as happens during El Niño and is liberated into the atmosphere. The heat-trapping effect of greenhouse gases like carbon dioxide, gives positive feedback to this cycle. Heat domes, where surface hot air is trapped by high pressures above in the atmosphere, explain the more extreme temperatures.

Our home air conditioner manuals state that temperatures should be adjusted within the 20-25C range, which is where humans feel most comfortable and experience neither heat nor cold. As we progress above this range, we feel warmer, hotter or even 'roasted' and at some point, we cannot eliminate heat in the form of skin sweat or vapour in exhaled air. Hot temperatures make our blood vessels dilate, reducing blood pressure and causing dizziness, nausea, fainting, muscle cramps, headache, severe sweating and tiredness, with dehydration and thickening of blood as a consequence. The risk of a heart attack – and this maybe what happened to the Death Valley driver – in these circumstances is real. Those at higher risk are the elderly, patients with chronic ailments, children and persons with mobility problems, who cannot cater to shelter in time. Those on diuretics, antihypertensive and other medications, like anti-allergy and neuropsychiatric drugs, that cause dry

mouth and skin, may have an additional risk.

Recommendations during heat waves are to drink plenty of fluids (no booze, please), wear loose-fitting clothing, plus a hat, to stay indoors or in the shade and to minimise displacements, plus cooling off with showers, fans and air conditioners. Urban areas are more vulnerable to heat, due to what is called the heat island effect, where concrete and asphalt retain heat, among other reasons. We should be aware that heat kills (700 per year in the USA) and that most deaths occur in late spring and early summer, before we have learned to adapt to the hotter environment. This could also explain why most mortality maxes during the first day of a heat wave.

These extreme heat spells were not unexpected: they had been predicted by weather modelling for many years. The world may be reaching a tipping point of no return, with disastrous consequences. Heat may kill by direct action, as described above, but persistent warmer temperatures will expand the area of diseases now limited mainly to the tropics, like malaria and dengue, plus disrupt food production from agriculture and cattle-rearing, not counting the increase in forest fires and its impact on the air we breathe, as happened recently in Buenos Aires with fires in San José Department in our country.

As I write, rains have returned gradually to parts of Uruguay, bringing some relief to the scarcity of water in the Montevideo metro and other affected areas. El Niño, which is progressively returning during the second half of this year, will surely bring plentiful rain by spring – even flooding – but may also contribute to increased temperatures as summer approaches, as warmer water surfaces along the Pacific shores of the continent. Last summer was pretty hot, but the next one will surely be marked by extreme heat waves similar to those being experienced now north of the equator.

We may have just escaped the fatal combo of the heat waves as are seen in the northern hemisphere and the everlasting drought that we hope will be coming to an end soon.



Sailing through history tracing the Bread Tree's path in Uruguay- Part 1

Lieutenant William Bligh is set adrift by the mutineers aboard the HMS Bounty on April 28, 1789. Robert Dodd 1790, National Maritime Museum, Greenwich, London.

Once the most productive food crop on Earth, the “breadfruit tree” (*Artocarpus altilis*) is a species originated and domesticated in the South Pacific. For thousands of years, native people of Oceania have been preparing this fruit in various ways, such as steaming, roasting, frying, fermenting, and even turning it into flour to extend its shelf life.

Breadfruit tree presents a magical solution to modern-day challenges. A single tree has the potential to sustain a family of four for over 50 years. Rich in fiber, proteins, essential amino acids and carotenoids, which are absent in white rice and white potato, it treasures impressive nutritional value.

Moreover, these trees act as the best nature's carbon dioxide defender. They boast the highest green gas retention value among all modern crops and are studied as one of the best adaptable species to the harsh weather conditions brought on by global warming. At the same time they provide new organic soil and cooler micro-climate that supports the growth of other species. Thus, in the face of industrialized agriculture's negative consequences, breadfruit trees emerge as the newest beacon of hope.

The first European recognition of the nutritional value of breadfruit trees occurred in 1769 when Captain Cook arrived in Tahiti aboard the “HMS Endeavour.” After that in 1787, the Royal Society of London offered a reward to any sailor who could successfully transport live tree specimens to the British colonies in the Caribbean.

William Bligh, Captain of the “HMS Bounty”, undertook this ambitious mission reaching Tahiti in December 1788. He managed to put more than a thousand breadfruit trees in baskets on board the ship to begin his return journey. But fate had other plans, and just before reaching the Endeavour Strait, the most famous mutiny in history took place. The mutineers tossed all

the breadfruit tree specimens overboard, leaving Captain Bligh adrift in a small boat with limited provisions.

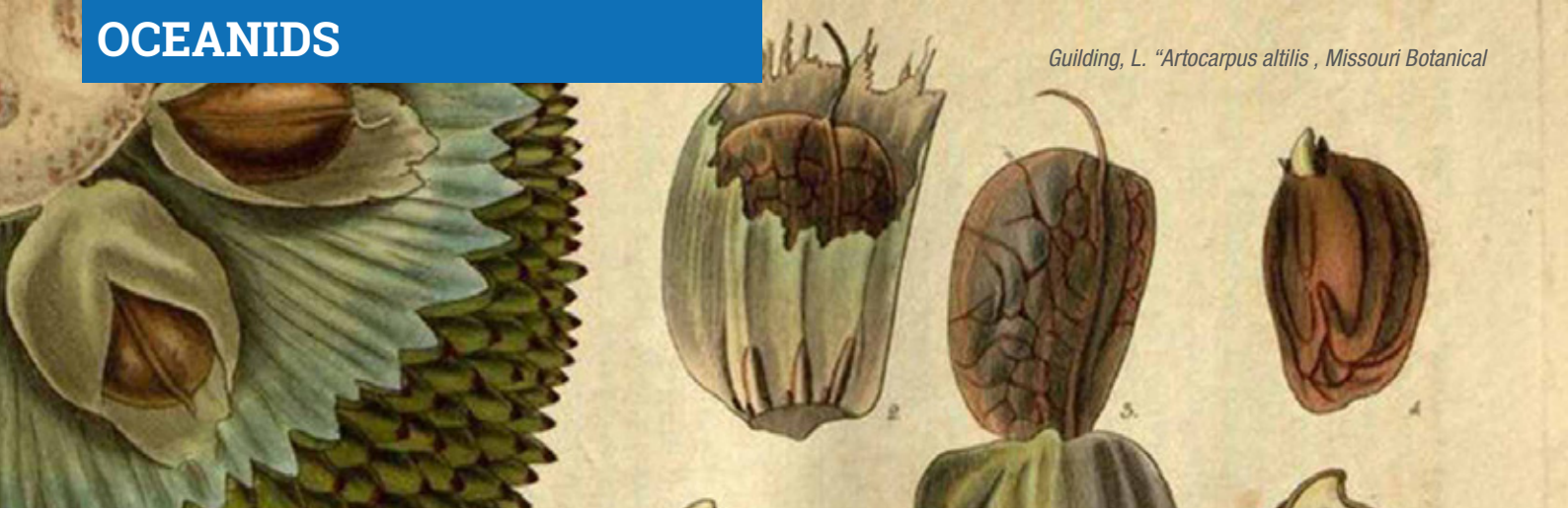
In 1791, Bligh resumed his mission aboard the “HMS Providence”. After another two-year mission, he arrived in Kingstown (Jamaica) in February 1793, with 678 trees still alive in what was described as a “floating forest”. However, history can be capricious. As with many other discoveries, while Bligh was on his first journey to Tahiti, the Spanish were already trying to outpace the English in the botanical race.

In a little-known missive from 1787 addressed to the Marquis of Sonora, King's main botanist Casimiro Gomez Ortega, wrote about the English's unsuccessful attempts to transfer the breadfruit tree to their American colonies. He also asked the Marquis to instruct all Captains of the Spanish “Philippine Company” to send specimens to the American colonies, and then attempt the acclimatization of the trees on the Mediterranean coast.

The task will eventually fell upon the ultramarine expedition of Alessandro Malaspina, along with Bustamante y Guerra (Governor of San Felipe y Santiago de Montevideo between 1796-1804). The expedition took place onboard of two corvettes, “Descubierta” and “Atrevida”, with a crew made up of cartographers, naturalists, astronomers, physicists and botanists, who transformed the ships into true floating laboratories.

The expedition sailed to the Philippines, where they received the botanical specimens prepared by the Spanish East Indies gardener, Juan de Cuéllar y Villanueva. In 1794, when they began their return journey they had to leave a cargo of breadfruit plants in Montevideo for several months before preparing to ship them to the island of Trinidad and eventually to Cadiz.

Yet, it becomes evident that the fervor for establishing Breadfruit trees in this latitude did not continue. Wouldn't it be wonderful if this story took a different turn?



The breadfruits bountiful yield of nutritious fruits, rich in fiber, proteins and minerals, while mixed with food from the sea stands in stark contrast to traditional staples. By nourishing communities with this sustainable food source, we can tackle food security challenges.

As we reflect on the scorching temperatures and the escalating greenhouse effect, let us heed the lessons of the past. The breadfruit tree's bio-cultural restoration is not just a journey to reclaim ancient practices; it is a visionary path towards a greener, cooler, and more prosperous future. By embracing this remarkable species and integrating it into our modern landscapes, we can effectively combat the heat wave and greenhouse effect while fostering a more sustainable crop, thriving planet for generations to come.



"Transplanting of the bread-fruit trees from Otaheite", by Thomas Gosse, London 1796. The print was published to celebrate the safe return of Captain Bligh in 1793 from Tahiti (previously known as Otaheite).



"Trinbago Oil Dawn": Trinidad and Tobago's esteemed national dish derives its roots from breadfruit trees and holds a rich history dating back to the time of slavery when it was shared among laborers from neighboring estates as a way to combine scarce resources and socialize. This one-pot meal, comprising breadfruit with fish or crab, offers a delightful taste and abundant nutrition, making it a wholesome culinary delight with cultural significance that continues to be cherished across the Caribbean.

Imagine a future where artisanal and community breadfruit dishes come together to foster a healthier entrepreneurship, incorporating sustainable practices like micro plantations and fishery management. An inspiring example lies in "Cocina de la Barra," a quaint restaurant situated by Rocha Lagoon, managed by the resourceful wives and daughters of local fishermen who have made this place their livelihood. For more on this, delve into BSU Edition Number 147, DECEMBER 2022.

by Phillip Berzins
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Crumpets

While visiting my family during a recent trip to the UK I was pleasantly surprised to find one of my childhood's favourite dishes on the menu in a local pub, namely lamb scrumpets (that's for a recipe at a later date). While reading about the history of scrumpets, the word crumpets frequently appeared, due to the written similarities. Hence this month's recipe.

Crumpets are a very comforting, very British institution, often eaten with lashings of butter at breakfast or tea time. They are made from a thick batter, cooked on a griddle* in a round shape which comes from being restrained while cooking within a shallow ring.

Made with flour, milk, yeast and baking powder, they should be crispy, chewy and delicately spongy in texture. The surface should be riddled with holes which allow butter to permeate.

Crumpets were initially hard pancakes baked on a griddle. They are thought to be an Anglo-Saxon invention. Nowadays both the Welsh and the Scottish claim to have invented them! During the Victorian era yeast was added, and around the same time baking powder was also incorporated into the recipe to facilitate the creation of the characteristic holes on the surface.

Not to be confused with English muffins, which are also cooked on a griddle, they are distinctly different.

Muffins are more doughy, heavier and bread-like and are cut in half for serving. Crumpets should definitely not be cut in half.

The sauce combines well with pork, fish, prawns and shrimp, and beef. It can be used as a marinade, as a glaze and added to stews it gives a spicy kick and depth of flavour. It can also be

used as a dip or simply splashed onto your finished food.

Ingredients – 4 Portions

- 2 tea spoons dried yeast dissolved in 240 ml warm water
- 240 ml warm milk
- 2 tbsp unsalted, melted butter
- ½ tsp salt
- 2 tsp sugar
- 470 g flour
- ½ tsp baking powder dissolved in 60 ml warm water
- Vegetable oil for painting the inside of the crumpet rings

Allow the yeast and warm water to stand for 5-10 minutes until it becomes frothy. Add the warm milk, butter, salt and sugar and mix in before adding flour. Stir until smooth and leave to stand, covered for between one to two hours until nearly double in size, allowing the bubbles to develop during the fermentation process. Beat in the baking powder and water, cover again and leave for 30 minutes in a warm place to allow the bubbles to continue to develop.

Method

Heat the griddle to a medium temperature. Grease the inside of the crumpet rings and place on the lightly oiled griddle. Fill the moulds with the twice-fermented dough to a little over half full, leaving space for them to continue rising. Cooking time will vary depending on your stove and thickness of the griddle, but it should take around ten minutes. Make sure the bottom of the crumpet is not burning; if it is, lower the heating.

The batter will begin to rise and bubble on top. The moulds can be removed while cooking when the batter is firm, to allow for a crispier exterior.

Traditionally, crumpets are only cooked on one side. If you are going to eat them immediately, it is probably a good idea to flip them over and cook for an extra minute or two to give them a nice crispness and golden colour.

If you are not planning to eat the crumpets immediately, allow them to cool and preserve them in an airtight container. Always toast them before eating.

Serve with butter, marmalade, jam, honey, golden syrup or with a topping of your choice, such as poached egg, bacon, ham and cheese, mushrooms, etc.

*Griddle, in Spanish plancha, is a large, flat, often cast-iron cooking surface, typically rectangular or round; but it can also be square in shape. They are made with low sides, making it easier to flip foods over like beef burgers, breads, pancakes, bacon, etc.

Notes:

- Crumpet rings or metal cutters should be 7-8 cm diameter and at least 3 cm deep
- Crumpets freeze well for up to three months. Allow to defrost before toasting so they become crispy again
- During the cooking process, steam from the base of the crumpets push the bubbles which were formed during fermentation and are now expanding through the batter to the surface, thus creating the distinctive chimneys or iconic holes
- The batter needs to be a dropping consistency. This means it should fall off a spoon in slow motion and not run off easily or stay stuck to the surface of the spoon

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
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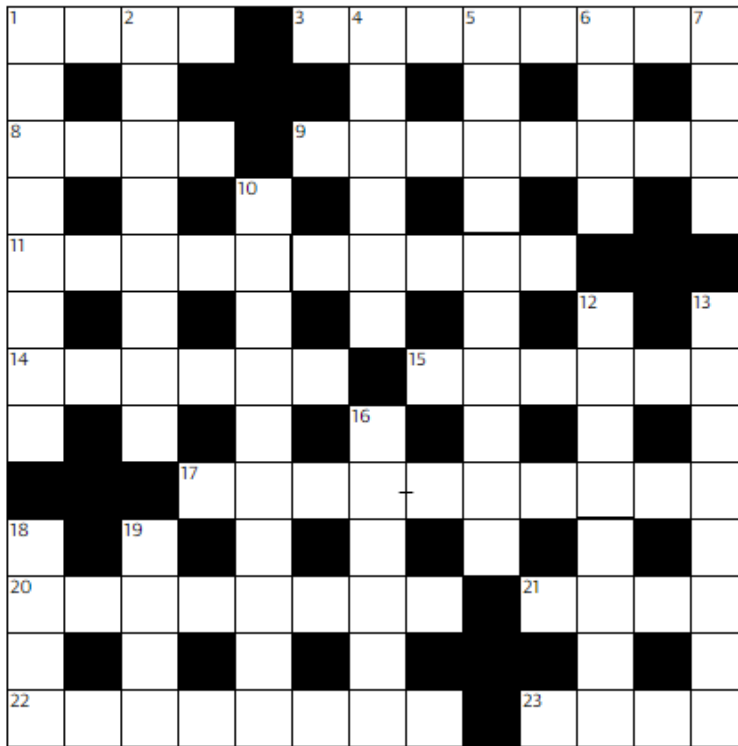
Totally Random

Love is to loving
As rove is to roving
And move is to moving
Together in tandem

Love is to loving
As rove is to roving
And move is to moving

Love is like English
Totally random





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

July solution:



Across

- 1 Sulk (4)
- 3 Tumult (8)
- 8 Spiritual teacher (4)
- 9 Manual control used as an input device for computer games (8)
- 11 ESP (5,5)
- 14 One struggling but failing to quit (6)
- 15 Gamebird — grumble (6)
- 17 Weepy (4-6)
- 20 Upright on football pitch (8)
- 21 ½ (4)
- 22 Taking by conquest (8)
- 23 Group of politicians with common objectives (4)

Down

- 1 Big, big name (8)
- 2 Liquid bleaching agent (8)
- 4 Right (6)
- 5 (Road leading to) financial security? (4,6)
- 6 Futile (4)
- 7 Dig (4)
- 10 Herpes varicella zoster virus disease (10)
- 12 Third-class letters often just addressed to 'resident' or 'occupant' (4,4)
- 13 Super! (8)
- 16 Clink (6)
- 18 Old Turkish title for a civil or military leader (4)
- 19 Lake in the Lake District? (4)



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



A few months ago, I was approached by members of the British Society to write an article for your magazine about life in the UK. This made me think about my time living and working in Uruguay and the differences between life in the UK.

I left Uruguay in July 2020 and after a 9-month stint as interim Ambassador (“Chargé d’Affaires”) in Chile, I returned to the UK in March 2021. This was at the height of the pandemic with the UK under lockdown and the COVID-19 vaccination programme in its early stages. So my first year back in the UK was not a typical year. However, 2 years later, I have now had a chance to reflect about the differences between living in the UK and Uruguay. Everyone will have a different perspective, but I would highlight three things.

First, the UK is a very crowded island. The UK is approximately 1.5 times bigger in size than Uruguay, but with a population of 67 million, nearly twenty times bigger than Uruguay. The UK is one of the most densely populated countries in the world. That means more traffic, bigger cities and towns, and very expensive real estate and land prices, including in the countryside. In Uruguay, I have fond memories of travelling to the Campo and not seeing a single person, vehicle, or village for many miles. In Uruguay it is possible to “get away” and disconnect from people.

I’m fortunate to live in Scotland. England is about 1.5 times the size of Scotland and has a population of 56 million, which is ten times larger than Scotland. So outside of the Scottish central belt and the main cities of Glasgow and Edinburgh, the countryside is vast and open, but quite different from Uruguay. The south of Scotland (the “Borders” region) has plenty of rolling hills. From the middle of Scotland northwards, is the Highlands, home to mountains and lochs (lakes). The scenery is beautiful, but because of the mountains the horizon is very different from Uruguay. I do miss the big open blue skies of Uruguay.

The second big difference for me, is ethnic and cultural diversity. The UK is a very diverse country and not just in its big cities. Whereas most of Uruguay’s immigrants arrived from Europe, the UK has large immigrant populations from all over the world, including Africa, South Asia, the Far East, and the Caribbean. According to the 2021 census 18% of the population in the UK is non-white or mixed race. This often surprises some visitors to the UK. What I love about this diversity is all the different traditions, languages, and customs you find in the UK, especially the food! Even in the smallest towns it is quite common to find Indian or Chinese restaurants. That diversity is also reflected in British supermarkets, with a much greater range of spices, food and products from many different cultures. The downside is that red meat is relatively expensive, even though the UK

is home to the Angus and Hereford breeds. So I really miss Uruguayan asados!

The third difference for me is the classic British moan – the weather! We often joke about four seasons in one day, but the weather is not as predictable as Uruguay, particularly in Scotland. That makes it more challenging to prepare for an event outside or to even invite friends round for a BBQ in summer. There are also big variations in weather. I grew up in the far south of England and regularly moan to my partner Neil that the weather in Edinburgh is always 5-6C colder than Kent, no matter what time of year. Climate change is also starting to have an impact in the UK, with warmer and drier summers and wet winters, with less snow.

Uruguayan friends regularly ask about our dog Bella, who was born in Carmelo. Although she misses the gardens of the British Residence in Montevideo, she has adjusted quickly to life in Scotland. So I wanted to finish this article with a photo of “nuestra Charrua” in the Highlands of Scotland. My best wishes to you all. Cariños, Ian.





Click to listen on Spotify.

