

MARCH 2024

Back in Time
Uruguayans Down Under

Bits and Pieces
James Joyce and Me

Heritage
The Long Lost Palace of
Placentia

Literature Matters
The Sense of an Ending by
Julian Barnes



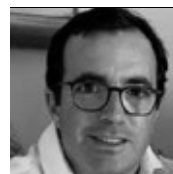
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Edition Number 159 - Year 15 - MARCH - 2024

BSU CONTACT NEWSLETTER



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Montevideo, Uruguay



We have been fortunate to receive messages acknowledging the quality and content of our newsletters. However, this time around, we were truly touched to receive a particularly beautiful letter from Richard Cowley that resonated with the hard work and dedication our Editor Victoria Stanham and Graphic Designer Caroline Stanham put in each issue.

With the permission and consent of the sender I am hereby attaching the letter and I wanted to share the transformative evolution from the newsletters of 2010 to the ones up to our present time.

Andrea Davies

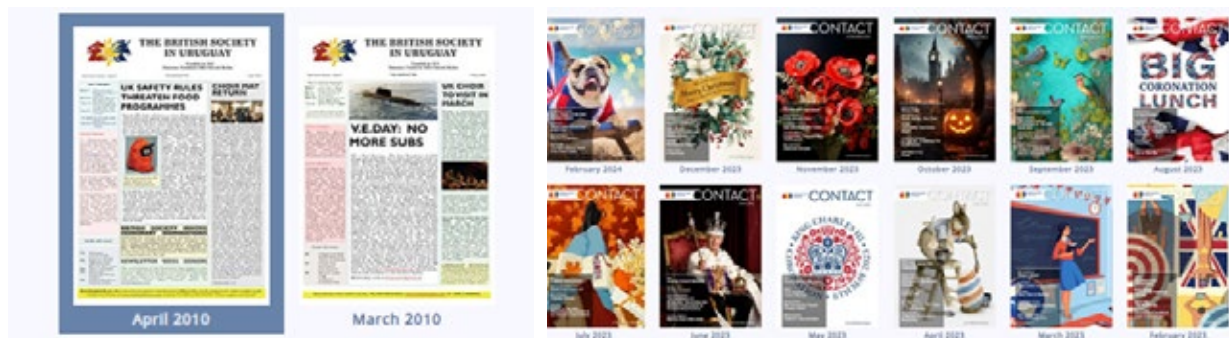
Dear Victoria and Caroline

I have been meaning to write you (again) for some time, just to tell you what an extraordinarily good job you are making of the Newsletter. Unfortunately, I'm old enough to remember when the Newsletter was two sheets of close-typed text on pretty rough cartridge paper, and the transformation into the elegant, informative, entertaining magazine that we get in our inboxes these days is quite staggering. That is almost entirely due to the efforts of you two and it is no exaggeration to say that the Newsletter today is a model magazine that any institution would be proud of – the Britsoc is very, very indebted to you. It projects a wonderfully positive image of the Society and its members and activities – it makes me quite proud to be a part of it. I have absolutely no doubt that you get a certain amount of carping and criticism because that always happens and I can't believe that you are an exception. (I used to have a screen saver when I was working that said "El que hace se equivoca, el que mira siempre sabe.") Ignore it, and don't waste time getting upset by it. Rest assured you are doing a magnificent job, and the Society is all the richer for your heroic efforts.

Keep it up, we need this Newsletter!!

All very best wishes and thanks again

Richard



Bunnies

Author Unknown

The Easter Bunny came by today
and left surprises along his way.
Colourful eggs are all around.
With baskets in hand we search the ground.
Hiding in places here and there --
Easter Eggs are everywhere!



MEMBERSHIP FEES

Remember you can pay your 2024 membership fees easily from the comfort of your own home using your credit or debit card through [MercadoPago](#).

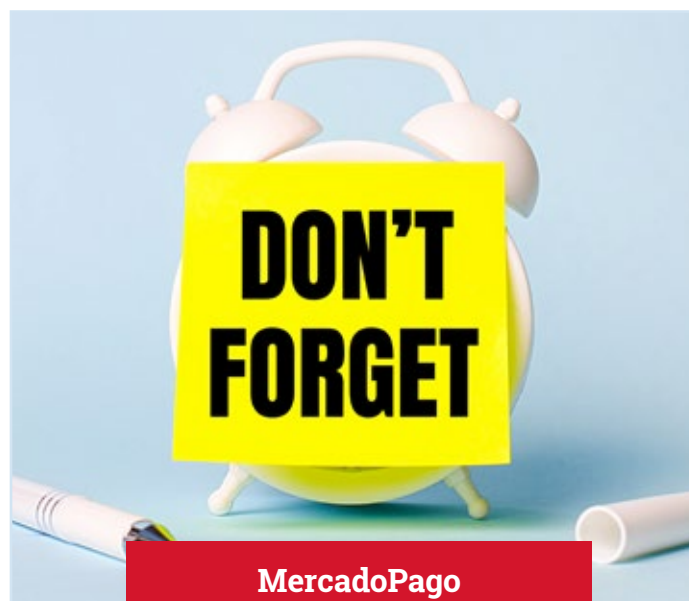
We have also implemented **recurring payments** so you no longer have to remember to pay your fees. You do not need to have a MercadoPago user, by clicking [HERE](#) you can choose to enter your details as “Invitado”, you are 3 clicks away of never having to remember to pay again! This recurring payment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

4. Dorothy Christy Harper
4. Giorgina Sexton Vernengo
7. Marie Lucette Symonds Marquisa
7. Mariana Inés Manfredi Rovella
8. Helen Turner Magariños
8. Kirsten Sigrid Schandy Sicco
9. Walter Federico Albanell Olarreaga
10. Victoria Bridal Dutra
10. Ian Robert Forrester Boyd
11. Veronica-Ann Rossi van Domselaar
12. José Joaquín Obes Secco
12. Joaquin Nicolas Abella Caregnani
14. Angela Dickinson Conran
15. Susan Day De Medina Stoutt
15. Jackie Archer Groves
15. Susan Aileen McConnell Waterton
17. Mónica Patricia Harvey Boxer
18. Claudia Eliana Pereyra West
19. William Ernest Henry Ehlers Kaser
19. Javier González
19. Sarah Elizabeth Cowley Cole
21. Elsa Gabriela Marsicano Altieri
22. Caroline Adams Owen
22. Sylvia Mariana Carrara Carrasco
22. Eduardo Juan Loedel Soca
22. Gonzalo Ernesto Collazo Farias



22. Carolyn Alice Prevett Gomensoro
23. Trevor Durnford
24. Michael Jake Brown Hetzel
25. Elisabeth Mathilde Gruber von Freeden Winz
25. Mauricio Suárez Cal
26. Ian Dickin Sproat
26. Maria Ines Pittamiglio Mujica
26. Elizabeth Eileen Segundo Cochran
26. Pamela Inés Prescott Shand
26. Ronald Leslie Decker Carrasco
27. Bryan Philip Davies Reyes
28. Duncan Bell Dickinson
28. Peter John Gault
28. Kim Evelyn MacLennan Skirzewski
28. Martha Ivonne Escondeur Barlocco
29. Anthony James Shaw Verpilleux
29. Elisa Henderson Mailhos
30. Phyllis Margaret Cobham La Brooy
30. José María Barrabino Hobbins

New Members

Caroline Adams Owen
Louis Fabricio McHinderburg Crosic
Ignacio Sosa Talento

welcome

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



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.

2024



List your events in our calendar:

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

MARCH

THU 7TH

MONTEVIDEO PLAYERS

Summer Quiz

7PM AT NEIL FAIRLESS CENTRE ACEVEDO DÍAZ 2324



FRI 15th

CITY OF MDEO PIPE BAND - MONTEVIDEO PLAYERS

St. Patrick's Day

7PM AT ACEVEDO DÍAZ 2324



SAT 16th

BSU

Scavenger Hunt

DEPARTURE POINT "PLAZA INDEPENDENCIA" AT 15:00

APRIL

SAT 6TH

SUCBC SOC.URU. DE BORDER COLLIE

Sheepdog Trial

TWO CATEGORIES:

OPEN (Fully trained dogs and handlers)

NOVATOS (New dogs - the future)

NEAR CONCHILLAS, STARTS 9:00 ALL DAY LONG

THU 25TH

BSU

Annual General Meeting

MAY

THU 23TH

BSU

Council Meeting



SCAVENGER HUNT

SAT 16TH MARCH

15:00H PLAZA INDEPENDENCIA



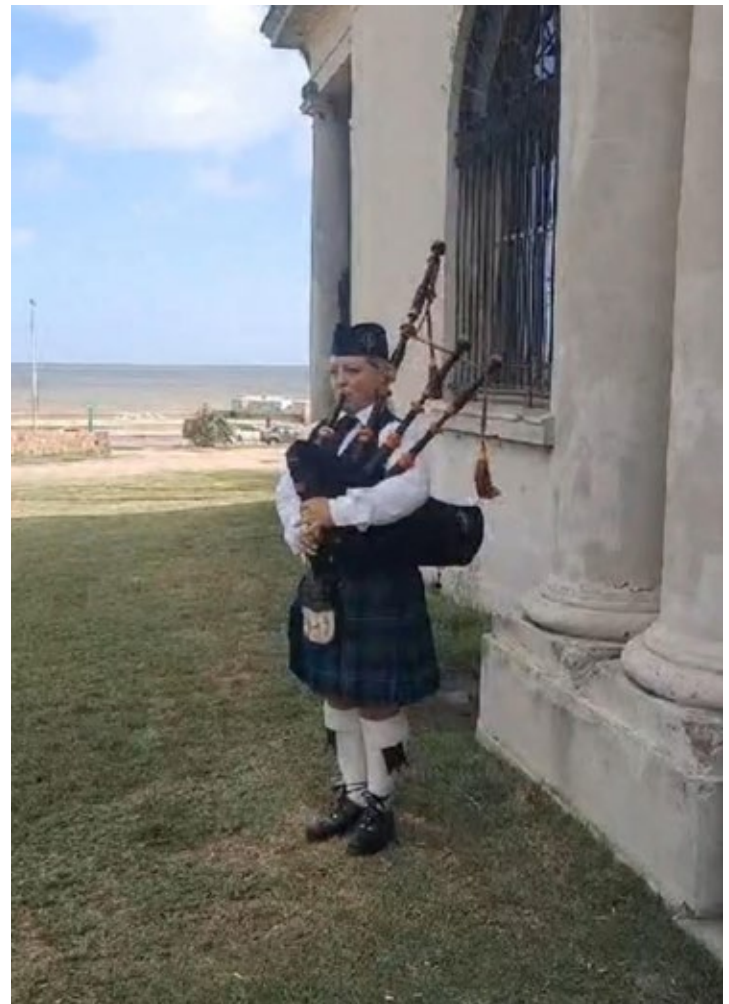
BIRRA, 2023 winners of The Scavenger Hunt will be surprising us with this year's Hunt.

It will take place Saturday 16th March, departure point "Plaza Independencia" at 15:00.

Get your team (maximum 5 people) or come on your own and join other groups who might need more people. You'll be getting more information soon, follow us on Instagram and Facebook there we will be updating info.



The Scrumptious tea event on Saturday, 24th was a delightful and successful gathering to raise funds for Holy Trinity Church. The self-service tea was provided by very professional cooks, from the classic choice of cucumber sandwiches paired with the Orange sponge cake, with the shortbread cookies, chocolate cakes and chocolate cookies, and a variety of other treats such as Pasta Frola. It's heartening to hear that mugs, glasses, plates, cutlery, were lent by the Committee of the SWCH. Thumbs up for all they delicious cakes and things the SWCH Committee cooked and how they cooperated at tea time. A special thank you is extended to Britannia Hall and Christ Church for their generosity in lending chairs and tables, showcasing a wonderful spirit of cooperation. Such community efforts play a crucial role in supporting local initiatives and maintaining the vibrancy of places like the Holy Trinity Church. A special heartfelt thank you to Eric Wells for his invaluable contribution. Eric went above and beyond by sourcing and bringing the chairs and tables from different places together with Lilo who on top of that had time to prepare brownies.



Teatime was followed by a lively sing-along, where voices blended in harmony, echoing the timeless lyrics that bridged generations. From "Sound of Silence" to "Yellow Submarine," and the sweet serenades of The Carpenters: "Top of the World" and "Close to You".

Then the spotlight turned to Patricia Izuibejeres, a soloist bagpiper whose artistry transcends the ordinary. With grace and skill, Patricia added a unique touch to the evening, weaving a spellbinding performance.

As the last notes of the bag pipes gently faded away, a different kind of curtain rose – the anticipation of a play by Jonathan Lamb. It was an evening of not just auditory delight but also the visual and emotional richness that a theatrical performance by Jonathan Lamb could offer.

The Clothing Stall by Anna Paullier and Soledad de Anchorena offered a lovely variety of posh clothes. The Book Stall with books donated by Victor and Maureen Pereira, by Irina Pogge.

Many thanks to Rev. Gonzalo Soria, to Isaac Llovaca from Movimiento Oportunidad, to Father Enrique Ilarze, to the Staff of the SWCH, Ana, Elizabeth, Jimena and thanks to Gabriela Grúa. Thanks to Valerie Dee for her commitment to organizing and helping make this event a success. Thank you to all who made it possible.



After Office at Betalba House

BETALBA House together with the British Society in Uruguay organized on 29th February an “After Office” talk which was an engaging exploration into the fascinating world of shipwrecks, expertly presented by Juan Antonio Varese. His insights into the historical significance and tales of maritime disasters captivated the audience, weaving together narratives of the sea’s unpredictability and the resilience of those who faced these challenges.

Fernando Baranzano’s artistic interpretation of ships transcends the conventional, he creates decorative handmade boats with pieces rescued from the sea, so much life, so much history in them. Baranzano’s unique ability to infuse emotion and history into his creations was a source of inspiration for everyone present, sparking discussions on the intersection of art and maritime heritage.

Paul Beare’s contribution added a personal touch to the conversation, shedding light on his Great great grandfather Peter John Beare experience. His anecdote and family story served as a poignant reminder of the human aspect behind every shipwreck tale. Beare’s perspective brought a deeper understanding of the sacrifices and triumphs within the maritime world, connecting the audience to a rich tapestry of seafaring history.

Piper Patricia Izuibejeres, who welcomed the guests by playing the bagpipes as they arrived, also contributed! She was bestowed with the unique gift of attending a ceremony in Argentina, where she had the privilege of witnessing a compelling testimony related to one of the shipwrecks.

Juan Antonio Varese, Fernando Baranzano, Patricia Izuibejeres and Paul Beare collectively created an unforgettable evening, leaving the audience with a renewed appreciation for the art, history, and personal narratives intertwined within the vast seas and shipwrecks.

The presenters raffled off a captivating book and a one-of-a-kind craft, sparking anticipation among the audience. Jano Macadam secured the captivating book through the raffle,

while luck smiled upon Paul Beare, who emerged as the fortunate winner of the extraordinary craft. The room filled with cheers as Jano and Paul celebrated their respective wins, adding an extra layer of delight to the event.





Happy Birthday Kenn!

We celebrated Kenn's 82nd birthday on Friday 23rd of February with his fellow residents and friends who came for lunch and tea. We all had lots of fun!





Ambassador visit to Antarctica

Ambassador Faye O'Connor was able to learn first-hand about shared past, present and future collaboration in Antarctica during her visit to the white continent 15-19 February. Members of the Air Force, the Uruguayan Antarctic Institute and Artigas Base showed her around and explained about research projects related

to archaeology, biodiversity monitoring, conservation and climate change. She learnt about how a visit by British experts in March will help the Air Force with drone image analysis for the mentioned projects. You can watch a video reel of her visit on our [Instagram](#).



Agricultural visit to the Falklands

A group of farmers, businessmen, researchers, and a radio Rural journalist are in the Falkland Islands this week to learn more about the ovine sector and to strengthen trade and collaboration. They are being hosted by the Island's Agriculture Department, who have previously sent delegations to Uruguay.



Bringing English language closer to the public

The Embassy is collaborating with the Anglo Institute to deliver English language courses at centres run by Intendencia de Montevideo, to offer development opportunities to disadvantaged young people and adults. The courses are designed for students over 15 years old and will be held at 2 CEDEL (Centro de Desarrollo Local) centres, in Casavalle and Carrasco, and in the new Colabora co-work space in Cordon. This opportunity is open to people from all over Montevideo. The project is the outcome of exchanges between the Mayor of Montevideo, Carolina Cosse and Minister for the Americas and the Caribbean from the Foreign, Commonwealth and Development Office, David Rutley, held in London and Montevideo last year. More information [here](#).

EXCITING UPDATES AND INITIATIVES AT THE ANGLO SCHOOL

As we embark on a new academic year at The Anglo School, I am thrilled to share with you some exciting changes and improvements that we have in store for our students, and community. At The Anglo School, we are committed to providing a dynamic and enriching educational experience that fosters growth, learning, and community engagement. Here are some highlights of what you can expect this year:

Introducing the Cambridge Early Years Programme

I am delighted to announce that The Anglo School is leading the way in early childhood education by becoming the first and only school in Uruguay to implement the newly launched Cambridge Early Years Programme. Developed in collaboration with trusted early years experts, this curriculum reflects the latest educational thinking and follows a holistic approach that focuses on the whole child. The curriculum is built around four key areas of early childhood development: Physical Development, Cognitive Development, Language and Communication Development, and Social and Emotional Development. We believe that this innovative programme will provide our youngest learners with a solid foundation for lifelong learning and success.



Continued Support for the Sanamos Aprendiendo Project

For the third consecutive year, The Anglo School is proud to be sponsors of the Sanamos Aprendiendo

Project. This interdisciplinary and pioneering program, created and directed by the Josefina Humaniza Foundation, aims to guarantee the teaching-learning process for children who are undergoing treatments with prolonged hospitalizations. To raise funds for the Project, our dedicated staff and students will be purchasing T-shirts designed by our very own students. Additionally, we will be organizing a school fair to further support this important initiative.

School Growth and Expansion

In response to the growing needs of our community, we are pleased to announce that our Town branch will now be offering Year 10. This expansion allows us to continue providing high-quality education and support to our students as they progress through their academic journey. Additionally, our Carrasco branch has undergone exciting renovations, including a spacious and newly designed playground for our Anglo Kids (ages 2 to 5). We are committed to creating engaging and nurturing environments where our students can thrive and explore their interests.



At The Anglo School, we are dedicated to fostering a culture of excellence, innovation, and community involvement, and are all excited about the opportunities that this new academic year will bring.

ARE YOU INTERESTED IN BECOMING A CAMBRIDGE PREPARATION CENTRE?



Authorised Exam Centre

Are you ready to take your institution's educational standards to new heights? Anglo, the largest educational network in Uruguay, with a rich 90-year legacy, invites schools, private language institutes, and individual teachers to embark on a transformative journey with us through our Preparation Centres Training Course.

In celebration of our 90th anniversary, Anglo is proud to offer the second edition of this course, designed to equip educators with the tools and knowledge needed to integrate International Exams into their curriculum. Whether you are looking to enhance your institution's academic offerings or elevate your personal teaching practice, this course is tailor-made for you.

Participants in our first edition speak out. First edition feedback highlights :

- "It's been a great session, very carefully planned, organized and presented. The information is very

relevant and the references are great resources." - Claudia Barreto, Crandon Salto

- "Brilliant summary of key aspects, worth sharing. Keep going for us." – Cecilia Leite, Anglo Palacio
- "These sessions are just great!" - Londilonium ELT

In this course, you will gain invaluable insights into integrating International Exams seamlessly into your curriculum, along with access to free resources and ongoing support from Anglo's team of experts.

Don't miss this opportunity to join Anglo next April and unlock the full potential of your institution's educational excellence.

[MORE INFORMATION](#)

EMPOWERING EDUCATORS: THE ANGLO'S COMMITMENT TO TEACHER TRAINING AND DEVELOPMENT

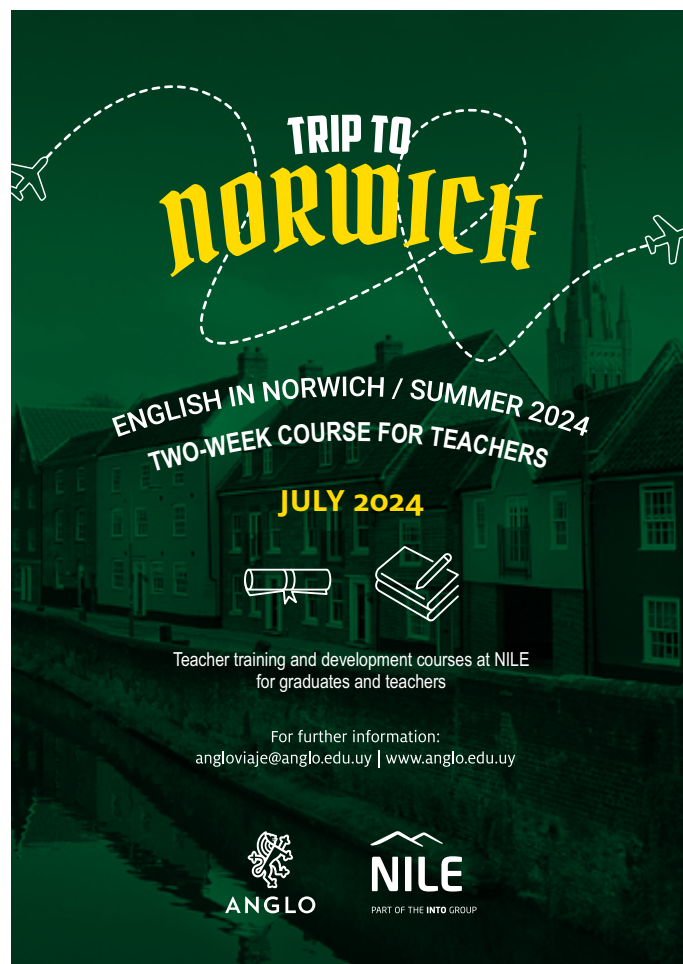


As the Anglo proudly celebrates its 90th anniversary this year, we reflect on our enduring commitment to excellence in education, particularly in the realm of teacher training and development. For nearly six decades, The Anglo has been at the forefront of shaping the future of ELT by nurturing and empowering aspiring teachers through our prestigious teacher training programmes.

In addition to our Anglo Diploma in TEFL (TTC), which started in March, the Anglo Certificate in TEFL (ACT), is set to start in April, and candidates can choose to do the course face-to-face or online. This course reflects our commitment to catering to diverse learning needs and ensuring accessibility to high-quality education for aspiring teachers. Both the Anglo Diploma and Anglo certificate in TEFL hold the international accreditation from the renowned Norwich Institute for Language Education (NILE), and graduates emerge equipped with a strong teaching qualification that not only positions them for success within our language and bilingual schools but also opens doors to many opportunities across both public and private educational sectors. The comprehensive training and pedagogical insights gained through our programmes empower teachers to make a meaningful impact in classrooms and educational settings.

In a groundbreaking initiative aimed at further enhancing professional development opportunities for our graduates and teachers, we are very pleased to announce the launch of a two-week immersive course at NILE. Beginning this year, graduates of our Diploma and Certificate in TEFL and Anglo teachers in any of our 48 centres across Uruguay will have the unique opportunity to join in this enriching experience. The inaugural cohort is set to embark on this transformative journey in July. We are positive this experience will contribute to the professional growth and learning of our teachers.

In line with our commitment to continuous professional development, we are also pleased to announce the much-anticipated 20th edition of our annual Anglo



Congress, scheduled to take place on August 17th at Radisson Victoria Plaza hotel. As a cornerstone event in Uruguay's educational calendar, the Anglo Congress is another example of our dedication to fostering a culture of lifelong learning among Uruguayan educators. With each successive edition, we strive to elevate the conference experience, ensuring that participants have access to cutting-edge insights, innovative teaching methodologies, and networking opportunities with peers and specialists in the field.

As we embark on this year of celebration and continued educational excellence, we invite you to join us in embracing the diverse opportunities for growth, learning, and professional development that lie ahead. Together, let us continue to inspire, innovate, and elevate the standard of English language teaching in Uruguay and beyond.

High blood pressure

Why is it so important to control blood pressure?

Hypertension, commonly referred to as the "silent killer," often presents no noticeable symptoms until a serious event such as a heart attack or stroke occurs.

It is important to control blood pressure because it can have serious consequences on our health. We can compare our arteries to an elevator designed to support a certain load. If we exceed the weight limit, the elevator can malfunction or even collapse.

The same occurs with our arteries, which transport oxygenated blood throughout our body. If blood pressure is too high, it can cause permanent damage to the arteries without us realising it.

In general, appropriate blood pressure values are usually below 130/80 mmHg. However, these numbers can vary for each individual. A person can have hypertension without knowing it for years until a sudden episode occurs. On the other hand, people with normal blood pressure can have a sudden decrease in their blood pressure due to bleeding or a heart attack, but these cases are different from permanent low blood pressure.

Low blood pressure can also be risky in certain situations, such as during hot weather. When it's hot our blood vessels dilate and blood tends to pool in the legs due to gravity, which can result in dizziness and other symptoms.

The frequency to control our blood pressure depends on each person. If our blood pressure

is within normal range, it is sufficient to measure it every 20 days. However, if we suspect that our blood pressure is not under control, it is advisable to measure it for a few consecutive days either early in the morning or at night before sleeping to obtain a more accurate average. People who have never had high blood pressure can measure it once a year.

If we want to measure our blood pressure at home, it is advisable to use a digital device of a reputable brand. When taking the blood pressure, it is advisable to sit in a quiet environment for at least five minutes before measuring it, without crossing legs, and with the cuff of the device at heart level. It is advisable to take it twice to obtain a more accurate result.

Those people who are obsessed with their blood pressure should not panic. Hypertension is not a terrible disease as long as it is properly controlled. If you have hypertension, it is crucial to follow the recommendations given by your doctor. However, it is important to remember that if blood pressure is extremely high you should seek medical attention immediately.

*Article written from a podcast from Humana by
Dr. Bernardo Layerle, Director of the Department of Clinical Cardiology*



The first episodes of Season 4 of “The Chosen” have been released to movie theatres in Montevideo. As a lifelong student of the Bible and the life of Jesus, I confess I was sceptical and relatively uninspired when I first heard someone wanted me to watch another movie about Jesus. My wife insisted we watch some episodes to understand why so many young people were recommending this crowd-funded, view-for-free, miniseries to us.

I already know the story, I said at the time. I have seen several movies about Jesus that do not contribute to my life, and I don't want to embark on a seven-season miniseries about something I already know!

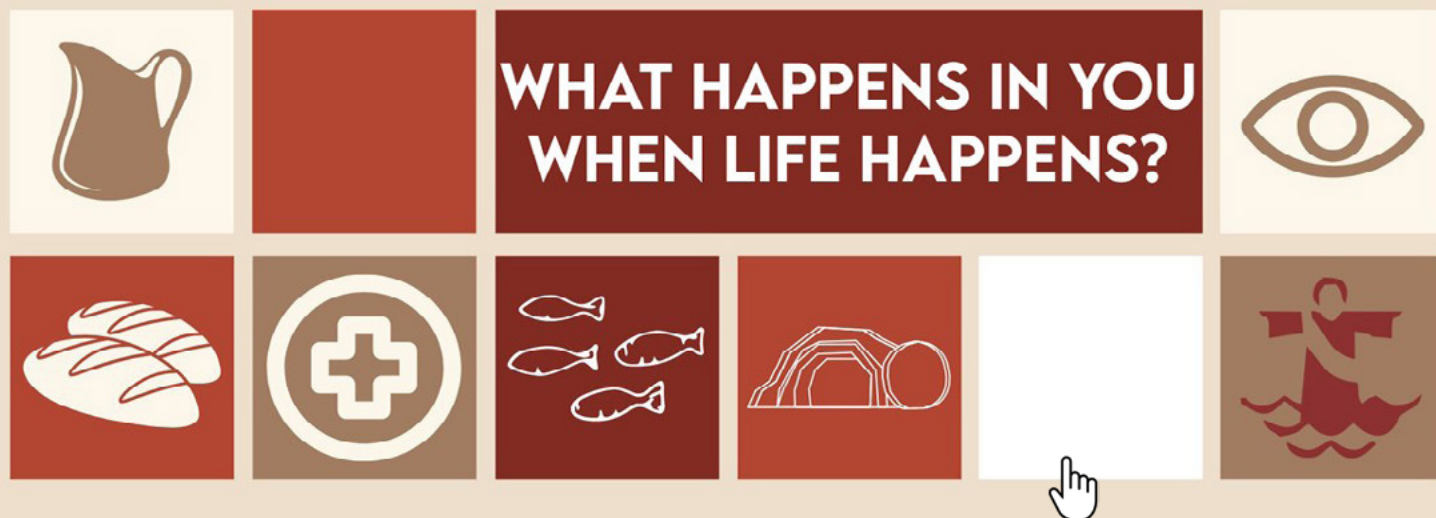
Have you heard of “The Chosen”? It has apparently become one of the most viewed programs in the world with hundreds of millions of episodes viewed on streaming platforms like Amazon Prime, Netflix and Peacock.

I am now a huge fan and have watched every episode available and some of them multiple times!

The fact that a show is popular among a large group of people does not necessarily make it interesting for you or worthy of your time and attention. I understand completely. But I find it surprisingly compelling. Watch a few episodes. Let me know what you think. Watch our Christ Church website and calendar for ways to connect and participate in something new during this Season of Lent, Easter and the beginning of the Uruguayan year:)

John Hamilton

Pastor, Christ Church





LUNCH INVITATION



Wednesday
6th of March
at 12:15 PM

Ec. **Laura Raffo**

Pre Candidate for
President of Uruguay

*"The Uruguay
of the future"*

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





THE MONTEVIDEO PLAYERS SOCIETY Celebrating our 75th Anniversary

Acting and Directing Workshops with Joe D'Aquino

The Montevideo Players are excited to announce a collaboration with American playwright, director and academic Joseph D'Aquino. Trained in theater, TV and film Joe has a vast experience in supporting foundational work of writers and directors as they move their plays from page to the stage.

Along with being a Dramatists Guild member and Los Angeles Actors Studio Playwright Developing Unit member, Joe has been an educator in American schools for 20 years. He just relocated to Punta del Este from California and New York.



Saturdays from April 13 to May 18, 2024



**Directing: 11 AM to 1 PM
Acting: 2 PM to 4 PM**



Investment (USD)	Members	Non-members
1 workshop	120	180
Both workshops	200	320

 Neil Fairless Centre, Acevedo Díaz 2324, Montevideo

 info@montevideoplayers.uy

The Montevideo Players

celebrate

ST.
PATRICK'S
DAY

Friday, March 15th 8 pm

Neil Fairless Center *Acevedo Díaz 2324*

Tickets available



Professional Development

Last February 22nd and 23rd, we hosted the Cambridge International Professional Development Course “The inclusive classroom”, where 25 teachers from Uruguay’s most prestigious schools attended this mostly enriching workshop, full of practical ideas, based on academic research. During these two days, we had the opportunity to share best practice on the subject as well as getting to know colleagues from different schools while enjoying a nice cup of coffee.





The course was run by Abby Osborne, who has extensive experience of supporting students in a Mentoring and Study Skills capacity at both undergraduate and postgraduate level. Abby currently works both at the University of Bath and University of Cambridge.

We are very grateful for representing Cambridge International, and thus, having the opportunity to run these professional development courses that provide opportunities to reflect on our practice as well as very valuable networking.



 Cambridge Assessment
International Education

Cambridge Associate

Teresa Gallette
(Dickens Coordinator)

Abby Osborne
(Cambridge International)

Sofía Scherschener
(Dickens Director)

Florencia Romero
(Dickens Coordinator)

Elena Modzelewski
(Dickens Coordinator)

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Uruguayans Down Under

In 1971 the Australian government conducted a Census of Population and Housing that was far more exhaustive and complex than the previous one in 1966. Many questions on the new forms were designed to learn more about residents who were from other countries. Among this cohort was a small number of Uruguayan migrants, and that's where I came in.

I had been living in Australia for about eighteen months at that point, employed at an advertising agency in Sydney. Through a connection at the Uruguayan Consulate, I was asked if I would be willing to serve as a census taker with a specific mission: to visit the homes of Uruguayans living in Sydney's suburbs, who might not be particularly fluent in English, and help them fill out the copious forms. The Bureau of Census and Statistics was keen to harvest clear and accurate data, and the Consulate wanted to support Uruguayan residents as they did their civic duty. My qualifications for the task were that I was bilingual and had grown up in Uruguay.

I agreed to take the assignment and attended multiple training sessions where I learned how to navigate the extremely detailed census forms and, hopefully, answer any questions anyone might have. Since I, and presumably most of the people I'd be interviewing, had day jobs, it was understood that I would do my rounds in the evening. I was told that each interview should take no longer than an hour and I should try to visit three homes every weekday evening for about a month or so. I soon learned that this schedule did not allow for Uruguayan conviviality or generosity and was therefore wildly ambitious and woefully unrealistic.

The first home I visited set the pattern for all my other interviews. A man answered the door and regarded me warily as I launched into my prepared speech in Spanish. I explained that the government was especially interested in him and his family and had sent me to ask him a few questions. I added that I had grown up in Uruguay and was there to help him complete the forms I was pulling out of

my briefcase. He blinked, then asked: "*¿Sos uruguayo?*" I said yes, I am Uruguayan. His face lit up; he shook my hand and said: "Well then, come in, come in!" He called out to his wife to say that the government had sent a Uruguayan to help them fill out the census forms. His wife appeared and shook my hand. "*¿Es uruguayo?*" she asked. Her husband said, "Of course he's Uruguayan, just listen to him. And bring the *mate*!"

An hour flew by while we drank *mate* and told stories about Uruguay and how we had ended up in Australia. Their English was quite good, but they were more comfortable speaking Spanish. They had come a few years ago in search of a better life, the classic migrant's story. He was an electrical engineer; she was a nutritionist. They had jobs and their three kids were in school. They missed their homeland but loved living in Sydney. They wanted to know about me, where I was from, what I did, and whether I was a fan of Peñarol or Nacional, the top soccer teams back home. I dodged the question by saying that I had been in London for the 1966 World Cup final as an interpreter for Heber Pinto, the most famous sports commentator in Uruguay, who broadcast the game live from Wembley Stadium. They wanted to hear all about that, and it took some time to get us back to completing the forms.

The wife served snacks while we talked and then brought out a bowl of delicious ravioli, followed by cheese and *membrillo* (quince jelly), a typical Uruguayan dessert. I spent the whole evening with them, and we got all the forms filled out correctly. On top of that, I had a marvellous time with some people whose warm hospitality made me nostalgic for a life I had once known. I tried hard to complete my subsequent interviews in the allotted time, but rarely managed to see more than one family per evening. Dinner would appear out of the blue, you see, and there was so much to talk about.



Before continuing my walk-through life, I would like to tell those who are following my steps, how grateful I am to be alive, and able to transmit some of it.

Many people, without any doubt, may have gone through the same kind of situations, nevertheless, it is good to remember what happened. It is like walking on a line 50 meters above the ground with only a stick in your hands to balance yourself. The net under you are the people themselves, so chances are good if you know how to manage the walking.

Part of this net was Julio Cesar Loureiro. During our return from a fishing journey - my brother Nils in command of the boat - on entering the shore of playa Brava in Atlántida took the wrong decision of riding a wave on our way in, but the wave was faster and turned the boat around near the coast. I could not jump in time so I got caught at the bottom in between the benches.

In a couple of minutes, my head was underwater. I struggled to get air, but it was impossible. I recall that I said to myself: "this is the end". In fraction of seconds a complete film of my life since the day I was born appeared in my brain, with extraordinary accuracy and vivid colors, which soon turned black.

I do not know when, but I woke up spitting water, in the arms of Julio Cesar who repeated: "you are back, you are back". Luckily, he had observed that I was missing and gave the order to turn the boat around quickly, as it was stuck to the sand. Thereafter he got hold of me in time to perform resuscitation.

The second time he rescued me was a year later during winter in Atlántida, where I spent a weekend fishing from the coast. He was with his family in Atlántida and had offered to drive me to Montevideo Monday morning at 8 am. He arrived punctually as promised, and I shouted from my bed: "come upstairs and help me, I cannot get out of

the bed, I cannot walk, my knee is burning and hurts". He looked at me, grabbed me, took me downstairs, into his car, and with few words said: "there is no time to drive to Montevideo I will take you to my friend's home".

This person had just graduated as a Medical Doctor, got married and moved to Atlántida in a house a block from "Hotel Rex", a few blocks from our own house. His name: Istarazu, known to friends as: "El Vasco". His wife Joany Sosaya years later became head of the Anglo Institute in Carrasco, where my wife Anne worked as a teacher (before being hired by the British Schools).

He looked at my knee and asked where does that little hole come from? Yesterday Rolf Behrens and I went fishing along the beach, with a trident spear, and unfortunately it hit me. Well, we must do something about it, and immediately thereafter he asked Joany to clear the kitchen table where I was laid down.

Soon after he came with an enormous syringe, one of those you only use for animals. ¡OH my God! let's get started. You will be all right; it will take some time. The table; rather hard to lay on, isn't it? He commenced introducing a needle in the middle of my stomach, (size? -no comments-) and poured some liquid. Took out the syringe and left the needle covered, to avoid me looking at it. This procedure took place every 30 minutes or so.

In between, they had their lunch and tea in the kitchen. Situation looked like a theater sketch. I was curious and asked: "What am I being treated for"? Answer came quick and short. "Tetano". Situation critical, quietness in the room. Treatment finished about 6 pm. I felt I had legs again, could walk, but felt dizzy. Survived thanks to friends, Pocho, El Vasco, and wife Joany. Thank you from the bottom of my heart is printed in my mind forever.



James Joyce and Me

When I was 24 I had hardly heard of Joyce. Then I was invited to a preview screening of Joseph Strick's 1967 film version of *Ulysses* and I was gobsmacked.

Then I decided to attempt to read the book and I must confess that I could never do it all in one session, it was something accomplished little by little at different times. Joyce is credited with great innovation in language and in writing style that made it a bit difficult for me to follow him in his convoluted and arcane scenes and stream of consciousness tirades.

But somehow I detected genius there and tried to understand what it was all about. After my exposure to Strick's film, I read in a local very prestigious weekly (*Marcha*) a scathing review of it that tore it to pieces, as an impossible task that failed miserably to do justice to the book.

As it happens, when I read something I strongly disagree with, I got angry and wrote a reply to the review. Fortunately, it got published and I could convey my views that no book can adequately and faithfully be reflected in a film, the director is inspired by the book and tries to provide what the book basically says through the filter of his personal interpretation. In my opinion, a wonderful rendering in a way no book can hope to accomplish. They published it under the title 'In defence of *Ulysses*' and brought no reply from the reviewer.

But then I tried to approach *Finnegans Wake* and couldn't go beyond a few pages. Not only the flood of new hardly intelligible words but also the wild wanderings of the author's mind, made me stop reading. I heard that very many much more literate and experienced people than I have had similar obstacles to read it and also gave up. Here are some examples of this arcane book, at the beginning and at the end, that illustrate my points:

"Sir Tristram, violer d'amores, fr'over the short sea, had passencore rearrived from North Armorica on this side the scraggy isthmus of Europe Minor to wielderfight his penisolate war: nor had topsawyer's rocks by the stream Oconee exaggerated themselfse to Laurens County's gorgios while they went doublin their mumper all the time:

nor avoice from afire bellowsed mishe mishe to tauftauf thuartpeatrick: not yet, though venissoon after, had a kidscad buttended a bland old isaac" Then, much later: "I'll slip away before they're up. They'll never see. Nor know. Nor miss me. And it's old and old it's sad and old it's sad and weary I go back to you, my cold father, my cold mad father, my cold mad feary father, till the near sight of the mere size of him, the moyles and moyles of it, moananoaning, makes me seasilt saltsick and I rush, my only, into your arms. I see them rising! Save me from those therrble prongs! Two more. Onetwo moremens more."

So after much thinking about it, I came to the conclusion that this impossible text could perhaps be understood only by its author and even about that I have my doubts, the weird and convoluted linguistic content and anarchic flow of words and phrases was perhaps the author's own (mad, deranged?) stream of consciousness at the time, that perhaps nobody, not even himself, would be able to fully understand.

An author is perfectly entitled to experiment with language and innovate, like for instance in *A clockwork orange* the author achieved this and at the same time, retaining his readers' interest and understanding, but when this breaks the communication with the author's readers, like in *Finnegans Wake*, a line has been crossed that invalidates the innovation.

I'll stick to *Ulysses* then and forget his later impossible linguistic experiments, although I have no doubt that there will be snobbish literati that will pretend to make some sense of the previous text and praise it as further proof of his genius.

It has been said that "The work has since come to assume a preeminent place in English literature. Anthony Burgess has lauded *Finnegans Wake* as "a great comic vision, one of the few books of the world that can make us laugh aloud on nearly every page". The prominent literary academic Harold Bloom called it Joyce's masterpiece, and, in *The Western Canon* (1994), wrote that "if aesthetic merit were ever again to center the canon, [*Finnegans Wake*] would be as close as our chaos could come to the heights of Shakespeare and Dante". Chaos indeed, for those who like it...

Living Forever

Across the street from where I live a retired schoolteacher and director bought a house and has resided there for decades. She is 103-years-old now and has known me since I was a child. We used to talk frequently, fortunately she is very healthy, no serious signs of any decrepitude there, except that she is quite frail now and walks with some difficulty. She lives with someone that helps her with the normal chores of a house.

As we talked recently, she said that she is tired of living and would not mind leaving this world, I guess her relatives have had a long wait in order to inherit, but since I am an inveterate optimist and reject any idea of a death wish unless there is a very good reason for it, I always try to motivate her, look at all the things you would be missing, people living in the moon, the first people in Mars, etc. This sort of pleases her and I get infrequent but very nice phone calls from her.

I see no reason for people to lament old age as long as it doesn't interfere with the things we like to do, through illness or natural decrepitude. It is a time when we can plan our activities and derive much pleasure from them, since there is no time limit for learning and enjoying things.

However, if anybody asks me if I would like to live forever, the answer is no, there could be no greater curse than seeing time and people pass into and out of your life, with the continuous and unavoidable feeling of loss.

Over the millennia people lived in the even not too distant past, very short lives, an average of 40 or 50 years in the XIX century and not much longer today in very poor countries.

It is therefore not surprising that most people always wanted to live longer lives. Deprived of this by fate through accidents, crime, war or illness, they resorted to believing that perhaps there could be a life after death, in which at least your spirit could live forever.

Some religions devised another afterlife, one of endless suffering if you were not good, which provides a considerable source of revenue to them from those who believe this and

want to avoid such a fate. Scare tactics are usually very effective.

But even if you were good and attained that paradise of endless spiritual enjoyment, it is quite surprising how this comes to be. According to some, the earth itself will become a paradise in which no harm will come to the chosen ones, lambs and deer will coexist with predators and all will be happy and peaceful.

We are then in the presence of a sort of natural outwardly paradise but that involves behaviours wholly unnatural, as long as it satisfies those people's aspirations. We could describe it as a colossal amount of wishful thinking, that some promise us it will come to be.

If I believed that to be possible, I cannot imagine myself enduring the torture of an endless and spiritual existence that would be devoid of any meaning and purpose.

In fact, life in this earth has been proved to be very precarious. Over the last many millions of years, there have been extinctions of millions of species due to cataclysmic events, in which almost all life was wiped out.

Life in the universe as we know it, and more so if it is highly evolved life forms, can exist only within very limited ranges of temperature, in the absence of intense radiation from the sun, and in the presence of essential elements required for it to occur.

As we study the universe, we see that life plays no part whatsoever in the large processes that mark its evolution. Life seems to be rather a mere meaningless and purposeless eccentricity of the universe, occurring under exceedingly narrow margins of existence, that come and go in the billions of years of time, without making any significant changes in the structure of the universe as a whole.

Perhaps some sobering thoughts that should temper our often exaggerated feelings of our own importance as human beings, imagining that we have a universal transcendence.



The Mindful Art of Eating vs. The West

In the 21st century, mindfulness has become a prevalent topic in the West. Interestingly, those promoting mindfulness often avoid terms like meditation and sidestep the spiritual aspects connected to it. This trend mirrors the cultural contrast observed in the dining habits of Western nations compared to the East, specifically China.

While many in the West view eating with chopsticks as a challenging task, the Chinese seamlessly navigate this utensil, opting not to embrace forks and knives. The question of why the Chinese adhere to chopsticks remains intriguing, as they are equally adept with Western cutlery. The key lies in the mindful experience that comes with using chopsticks.

Unlike the ease of consuming food with forks and knives, using chopsticks demands attention and engagement. Eating with chopsticks requires a level of focus, pulling individuals deep into the act of eating. This contrasts sharply with the Western habit of multitasking, where people eat while working or consuming any food, without even knowing what they are swallowing.

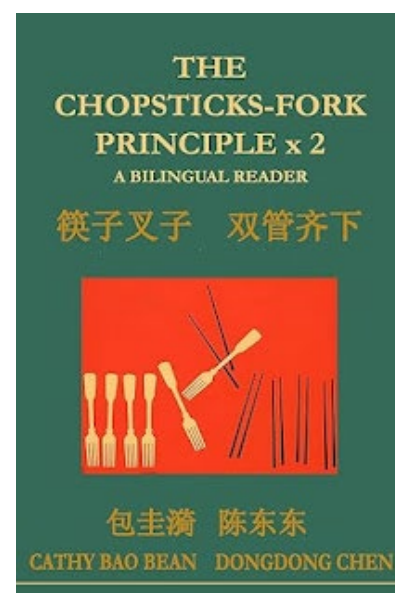
The removal of mindfulness from meals in Western culture, driven by the pursuit of productivity, has significant implications. Eating without genuine attention diminishes the experience, turning it into a mechanical task. Chopsticks, with their requirement for precision and awareness, offer an alternative approach—one that encourages mindfulness, awareness, and inner peace during meals.

Time is precious, but rediscovering the mindful aspects of dining, as exemplified by the use of chopsticks, could be a small yet impactful step toward cultivating a more mindful and intentional approach to daily life.

Are you a Chinese living in the United States, an American learning Chinese, a Chinese student learning English, or a

Chinese-American who is learning Chinese language and culture? If the answer is yes, you will enjoy this book and also learn something new from it. It is indeed ingenious for Bean and Chen to produce this hybrid of pleasure reading and language textbook that will help us learn both languages and understand the cultural differences at the same time. This book will serve as a model for learning Chinese language and culture.” --Dr. Tao-Chung Yao, University of Hawaii, leading author of Integrated Chinese.

“This is an excellent book for students learning the English as well as Chinese language and culture. It is distinguished by an entertaining and thought-provoking English text while providing a Chinese translation that is both expressive and fluid. Dr. Wayne He, US Military Academy at West Point, leading author of Chinese for Tomorrow.” --Dr. Wayne He, US Military Academy at West Point, leading author of Chinese for Tomorrow.





Christmas Blues

We keep on pointing out the differences between *criollos* and Britons, but in fact we are quite similar in basic aspects. Uruguayans believe ourselves to be very emotional because of our Latin descent, while we treat Anglo-Saxons as cold and detached. But I will demonstrate this is just a stereotyped image of Britons, using some Christmas editorials of the *Express* of 1889 and the *Uruguay News* of 1892. I think the same could have been written by the editor of the local contemporary *El Siglo* with respect of the Uruguayans abroad at the time.

Your true Briton is an inconsistent creature. At home nothing pleases him better than running down things English, and grumbling that they manage this, that and the other better abroad.

Send him abroad, and he is never so happy as when exhibiting his native habits for the benefit of benighted foreigners.

The very man who votes Christmas a bore at home, its customs out of date, and eats plum pudding under protest, if Christmas bound in some foreign country where holy is unknown and the proper use of mistletoe ignored, will move heaven and earth to keep Christmas after the manner of Englishmen, taxing his resources and exhausting his wits to obtain a plum-pudding for his Christmas day's dinner.

A *criollo* would be as grumpy abroad criticising all things Uruguayan until he had to show what a true *asado* was like and the greatness of *dulce de leche* over the local caramel or raspberry preserve.

Nostalgia and some regrets are always present in the migrants' luggage, notwithstanding their nationality or cultural degree, or civilisation as the *Express's* editor would have pointed out.

Some years ago a Briton passed his Christmas in a valley of el Chaco. His party was composed of eighty persons from all nations of the world. The travellers encamped in a pretty spot overlooking a well timbered valley. Here and there stood

out the tents of the soldiers; round one fire reclined groups of gauchos, sipping their mate, the soldiers chatted and smoked round another; while the traveller and his friends sat outside the principal tent recalling the memories of past festivals while busy preparing for doing due honour to the present Christmas. The thermometer was 100 Fahrenheit, and not a drop of fresh water was to be had, while snow and ice only existed on their thirsty imagination. However a good dinner afforded some consolation, and every justice was done to a magnificent piece of beef cooked camp fashion, con cuero, and omelette of ostrich eggs and a perfect plum-pudding. It was too hot to drink health in wine or brandy, so the good wishes were washed down with dirty water, sucked through a patent filter.

Like a dark curtain the warm night came down. We might seek long for a stranger contrast to and Englishman's Christmas at home, but Christmas day it was the same.

We can find another similarity in the grumbling of the editor of the *Uruguay News*, writing about the Christmas Day of 1892.

Once again Christmas Day has come round to us. In England joyous church bells will be peeling away with a will this morning heralding the divine wish of peace on Earth and good will towards men; and here, amongst the English speaking people at least, the joyous season will not be overlooked. Some grumblers there may be who would wish Xmas Day to fall on any other day in the week than a Sunday, but to those for whom Xmas Day and Good Friday form the two centres of that ellipsis which encloses their Christian belief, no more appropriate day of the week could be found.

Special days on a foreign land made Home the ideal place. For Britons the Colonies were the "lands of a thousand regrets", and nostalgia never more present than on Christmas Day.



The Long Lost Palace of Placentia

History tells us that on 2 May 1536 Anne Boleyn was taken by barge along the river Thames to her final and tragic destination, the Tower of London under adultery accusations.

The place of her departure, however, had known of more joyful times before: the birth of king Henry VIII, the marriage of the latter to his beloved Anne Boleyn and above all, the birth of who is considered by many as one of the most outstanding queens of England: Elizabeth I.

We are talking of an unfortunate lost place, the famous Palace of Placentia also known as the Greenwich Palace.

Situated in the south east part of London, Placentia was the Tudor's favourite palace stretching 200m along the foreshore with splendid views and backed by the hunting forests of Blackheath.

Henry VIII often threw huge parties, banquets and jousting matches in its grounds. The Christmas party that he threw in 1516 went down in legend as it was the first masquerade party ever seen in England.

Tragically nothing is left of that beautiful and meaningful palace. It fell into serious decay during the English Civil War and was demolished shortly after, around 1660.



Today, the Old Royal Naval College with its twin domes stands squarely on the site of the old palace and visitors can also see the only surviving building of the 17th century additions to the palace, the Queen's House, a gift from King James I to his wife Anne of Denmark, conceived as a "House of delight" and built in a classical style by Inigo Jones, the first important English architect in history.



The Sense of an Ending by Julian Barnes

I recently reread Barnes's 2011 Booker Prize winning novel and found myself agreeing with blurb comments such as "it reveals new depths with each reading", or "So prepare yourself for rereading. You won't regret it". Like several novels by Barnes I've read, it revolves around the impossibility of knowing the truth about things, how "truth" depends on perspective or point of view, but also time – when something happened – recently? long ago? History, for example- another of Barnes's topics, will give a version of events, never objectively, and will be subject to modifications, as new discoveries are made, and historians' views are modified by their own times.

Barnes belongs to a generation of British writers (including Martin Amis, Ishiguro, McEwan, Rushdie, and Swift) who came to prominence in the 1980s when stable and reliable narrators were questioned, leading many authors to disrupt and subvert conventional modes and favour experiment with narrative strategies. For example, in 1991 Barnes published *Talking It Over*, a contemporary love triangle, in which the three characters take turns to talk to the reader, reflecting on common events, but their different angles present three differing narratives – so who's story can we believe? Barnes's questioning relates to the evasiveness of truth, the irretrievability of the past, and the relationship between fact and fiction. *The Sense of an Ending* is about all of these. Although Tony Webster, the narrator, thinks his memories are truthful, he soon finds out he's wrong, and realises that significant events in his life don't have the meanings he's ascribed to them. From the beginning, the inaccuracies of memory are highlighted.

The book is divided into two sections. In the first part, Barnes's protagonist recounts experiences from his past, initially ascribing no particular meaning to them. Specifically, he recalls his school days with his friend Adrian Finn, and three more boys, and an especially traumatic event: one of the boys in their class, unexceptional Robson, commits suicide allegedly for having made a girl pregnant. Suicide and sex, Eros and Thanatos as Adrian might say, is to be

a recurrent theme. Later Tony recounts his experiences at university with his first girlfriend Veronica, their incomplete but ultimately satisfying sexual relationship (it's the 60s but the 50s still loom) - her subsequent relationship with Adrian, and Adrian's unexplained suicide. In part two, forty years on, the present-day Tony is comfortably retired, comfortably divorced, and believes he has led a dull yet comfortable life. It's only when he receives an unexpected inheritance from Veronica's mother, that he's forced to track down a part of his life that he'd left at the back of his mind a long time ago. The title *The Sense of an Ending*, is identical to that of a celebrated work of narrative theory by Frank Kermode. Kermode's book explores how an unexpected twist in plot forces readers to adjust their expectations. And an unexpected revelation forces Tony to adjust his reading of his own past.

Out of the blue, a solicitor contacts Tony to say Veronica's mother has left him £500 in her will, as well as Adrian's diary, which is not enclosed. This is mysterious and intriguing, as Tony met Mrs Ford only once a when he was invited over for a rather nerve-racking weekend when he was seeing Veronica. Moreover, he'd been furious when, after breaking up with him, Veronica started dating Adrian - he never saw either of them again. So, Tony embarks on some detective work, meeting up with Veronica a few times ("You just don't get it, do you" is her refrain) while new-old memories flood back: the strange atmosphere at Veronica's house all those years before, her unexpected behaviour towards him, the father and the brother and their closeness to Veronica, Mrs Ford and her seemingly encoded warning – about Veronica? Veronica gives him the letter he wrote when she told him about Adrian – a letter he doesn't remember, so he's forced to acknowledge that his recollection of key events in his life are in fact unreliable. But he finally manages to unravel part of the mystery.

A semi-open ending poses disturbing questions, about the story, and perhaps our own memories too...

The Free Market and the Provision of Health Care

It's been two months since Javier Milei took office as President of Argentina. His performance in the runoff election, obtaining 56% of the votes, signalled a radical backlash against nearly twenty years of populist-oriented policies, reflected in overspending, rampant inflation at a 2-digit monthly rate, rising insecurity and poverty levels hovering at 50%.

President Milei describes himself as an 'anarcho-capitalist' (the polar opposite of 'anarcho-sindicalism') and a disciple of the Austrian School of Economics of Ludwig von Mises and Friedrich Hayek. His direct mentor is the Spanish scholar Jesús Huerta de Soto. Politically, he overlaps presidents Donald Trump in the USA and Jair Bolsonaro in Brazil, but his economic policies are more radical: the state, central banks, excessive regulations and progressive policies (feminist, LGBTQ+, social justice, unions, environmentalists) exist to limit individuals' and nations' freedom, prosperity and basic individual rights, like private property. The whole political system is labelled a self-serving 'caste'.

Prior to the October and November polls, I was surprised by the number of adolescents and young persons, here in Uruguay, who were 'pro-Milei'. The anti-caste attitude of these youngsters, reminded me of the 'anti-oligarchic' discourse of the the 70s, when I was their age. Everyone needs a simple, self-serving storyline (and maybe an enemy). That's what ideology is mostly about.

The Executive branch was zipfiled to 9 Ministries. The Ministry of Health survived the pruning. However, during the campaign, Milei proposed several measures leading to privatisation of many publicly provided services and empowering individuals with 'free choice', stimulating competition between private providers. The balance between public and private provision of healthcare services has a long history in western societies, starting with the British National Health Service in 1948, which has served as a blueprint for many social-democratic parties' policies in Europe, Commonwealth countries and the Americas. What happens in Argentina will be eye-opening. To a certain degree, it's an experiment as to how far deregulation, privatisation and empowerment of individuals can go, without creating destructive disruption and partial or total collapse of the system.

Free-market proponents point to cost-controls (especially

via de-bureaucratisation), better resource allocation, diversification, flexible adaptation to changing needs, innovation in technology and provision of services, among other benefits, as happens in other non-healthcare sectors of the economy and society. Economically informed individuals and patients should be able to make better decisions regarding their healthcare needs.

In spite of all these benefits, reality has shown that market forces, which can be powerful and beneficial in business, industry, technology, transportation and agriculture, among other areas, work imperfectly in healthcare, in a way that is parallel to what happens in general education, security (police and military), provision of justice, social security and planning of infrastructure. Although many western countries are backing from state intervention, promoting deregulation and privatising service provision, there is a blurred limit to what market forces can do to promote both freedom and access to basic and needed services. In healthcare, patients who have chronic and limiting conditions, or are ageing, have progressively increasing needs, many of which are not profitable to provide and therefore may easily fall through the cracks in the system. Persons, while healthy and young, have a wider choice of options to pick from. As age, decline, disease, disability and dependency inevitably become a part of the equation, the margin for free choice diminishes drastically and the benefits of a free market economy become background noise, at best. Greed is not a good motive in healthcare. Selling lifeboat seats to desperate passengers in a sinking Titanic isn't the free market at its best.

We will have a ringside seat, watching how our Argentine neighbours fare through the changes proposed by President Milei. In the meantime, we're living our own election year, during which the centre-right government coalition will try to remain in power, challenged by the leftist party which created the present Sistema Nacional Integrado de Salud, although many of the changes were consensually voted during President Vázquez' first presidency (2005-2010).

Political analysts are at present guessing if a Milei-style outsider candidate is possible in Uruguay. Personally, I doubt it, but what happens in Argentina in the next months may change my view. Observing others' learning curves is less risky and cost-effective.



Prog-rock's most unsung heroes

There's one great British band that you've probably never even heard of, especially if you are under 40 and not a music buff.

In early 1964, keyboardist/vocalist Mike Pinder and multi-instrumentalist/vocalist Ray Thomas – who had met as members of Birmingham rock and roll band 'El Riot & the Rebels' – decided to form a new band. For this, they recruited guitarist/vocalist Denny Laine, bassist/vocalist Clint Warwick and drummer Graeme Edge, all from the Birmingham music scene, who were playing together as members of short-lived band 'The R&B Preachers'.

The new band hoped to receive sponsorship from the local Mitchells & Butlers Brewery, so decided to name themselves 'The M&B Five'. Sponsorship never materialised, so the band's name evolved to 'The Moody Blues', a name that was subtle reference to the Duke Ellington song "Mood Indigo" and incorporated the word Blues as the band's music was initially all rhythm and blues, whilst still preserving capital letters M and B. During their first year together, as well as playing their own shows, they provided backup for various US blues performers touring England.

The Moodies – as they were soon nicknamed by fans and by themselves – first came to prominence with the UK N°1 single "Go Now" in early 1965. In July of that year, they released their first album, "The Magnificent Moodies", a mix of rhythm and blues covers and Laine/Pinder originals, with Laine taking the role of lead vocalist. However, Laine and Warwick left the band in 1966, leaving the remaining members to pick up the pieces. They were replaced by guitarist/vocalist Justin Hayward and bassist/vocalist

John Lodge, but the new line-up struggled to find the way forward. Initially they continued to play rhythm and blues, but lacking Laine – whose voice had been better suited to that style – this was not working. This fact was cemented when – in a memorable incident – a member of the audience went backstage after a show to berate the band on their performance and told them they were the worst act he'd ever seen. This greatly upset the quintet and made them re-think their musical outlook, which led them to embrace the psychedelic rock movement of the late 1960s.

Not long after joining, Hayward presented his colleagues with the bones of a delicate acoustic tune, inspired by an ex-girlfriend's tender gift of satin bed sheets. Refined by the Moodies' hive mind, "Nights in White Satin" quickly evolved into an emotional tour de force, smouldering with the passion of young love and the excitement of a band on the brink of new artistic heights. While not an instant success, the song would scale the charts across the globe on multiple occasions without the aid of a major-label push – an occurrence that borders on supernatural in the music industry. It also served as the anchor of the band's ground-breaking second album "Days of Future Passed" (1967), a concept album with a fusion of rock with classical music (performed with the London Festival Orchestra) that established the Moodies as pioneers in the development of progressive rock.

The band released six more albums and toured extensively until they went on hiatus in 1974. Their records from this period were among the most successful in the progressive rock genre, and produced a number of radio hits. The Moodies regrouped in 1977, but Pinder left the band the



following year, being replaced by former 'Yes' keyboardist Patrick Moraz. In the 1980s, the band took on a more synth-pop sound with equally successful results, having hits such as "Your Wildest Dreams", which made them the first band to earn Top 10 singles in the US in three different decades. Moraz departed in 1991 and Thomas in 2002. The band's last studio album was "December" (2003). They continued to tour throughout the 2000s and later reunited periodically for events, one-off concerts and short tours, until Graeme Edge (the last remaining founding member) retired in 2018.

The Moody Blues produced a total of 16 studio albums, 8 of which made the top 20 in the UK (with 3 reaching N°1) and 6 of which made the top 20 in the US (with two reaching N°1). They have sold over 70 million albums worldwide, including 18 platinum and gold LPs. In 2018, they were inducted into the Rock and Roll Hall of Fame.

However, the Moodies occupy a somewhat uneasy place in the rock pantheon. From the late 60s through the early 70s, the Moodies blazed an astonishing creative trail, with great albums that pushed the boundaries of rock music. During the 70s and 80s, the band boasted millions of fans who hung on every note of their meticulously crafted recordings. And yet, when you hear the names of the greatest bands of that era reeled off, the Moodies are never among them. Why? My view is that rock critics, who control the minds of music fans who prefer to be influenced rather than do their own research, clearly had it in for them.

The Moody Blues were a very democratic band, with each member getting to write. None of them was particularly virtuosic as a musician and their music lacks the noodling longeurs that characterised the output of many of their more renowned contemporaries. However, they made one of the first rock concept albums ever. They pioneered new

recording technologies and instruments. They were the first to add orchestral instrumentation to rock. They sang of real emotions, such as loneliness and trying to find one's place in the world. And they presented their distinctive brand of Brummie everyman existentialism with infinitely more joie de vivre than, say, Pink Floyd's Roger Waters.

With all that, you'd think the Moodies would at least have a place in the prog-rock pantheon. Yet the intelligentsia seems to lack appreciation of them, and you rarely see some ultra-cool person reference their music as a touchstone. Respected critics gleefully bestow shallowness and kitsch upon them, and like to tear the band's discography to shreds.

My theory is that the Moodies were just too nice. They were friendly British guys interested in ideas and stuff. They were not shooting up or living on the dark side in any way. They liked music to sound beautiful. They preferred to uplift rather than frighten. In that way they were the least punk-rock band of all time. And this explains both the critics' scorn and the massive appeal of the Moodies' music.

In essence, The Moody Blues distilled the questing spirit of the 60s and 70s, and their core discography reflects the changes in society and in music as they unfolded. They were musical leaders, not followers, and methinks that those who can't get on board because the Moodies preferred to smile rather than leer, should think again.

by Phillip Berzins
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Garlic Chicken With Mixed Mushroom Risotto

Ingredients – 4 Portions

- 4 chicken breasts
- 2 tbsp olive oil

For the chicken seasoning

- 4 cloves garlic, finely chopped
- 1 tbsp (tablespoon) chopped fresh rosemary
- 1 tbsp chopped oregano
- 1 tsp (teaspoon) chopped thyme
- Juice from one lemon
- Zest from one lemon
- Salt and freshly ground black pepper

For the garlic sauce

- 1 tbsp finely chopped red onion
- 8 cloves garlic, crushed into a puré
- 100 ml dry white wine
- 1 tomato, deseeded and chopped into small cubes
- 200 ml chicken stock (homemade or stock cubes)
- 2 tbsp chopped fresh parsley or basil or a mixture of the two

For the mixed-mushroom risotto

- 20 gr butter
- 1 clove garlic, finely chopped
- 1 red onion, finely chopped
- 1 tray of fresh mushrooms, sliced
- 20 gr dried mushrooms, previously soaked in boiling water (reserve the water after soaking)
- 250 g rice (Don Ruggiero)
- 20 gr butter
- 100 ml dry white wine
- 1.2 lt chicken or vegetable stock with the dried mushroom water mixed in (homemade or stock cubes)
- 50 g cold butter, cut in cubes
- 100 g parmesan cheese or similar finely grated

Season the chicken breast with the chicken seasoning (minus the salt) and leave to macerate for between two and 12 hours.

Season the marinated chicken breast with salt and place it in a hot frying pan with the olive oil and cook for around ten minutes on each side or until the thickest part of the breast when cut into with a sharp knife is cooked but still juicy (the juice at this stage should be clear).

Remove from the pan and keep the chicken warm while making the sauce. Add the onion and stir with a wooden or nylon spoon and cook for two or three minutes without burning. Add the garlic and cook for around 15 seconds while stirring carefully to avoid burning. Add the white wine and reduce while stirring to release the food particles stuck to the bottom of the pan. Make sure that the sediment (food particles) are not burnt or this will result in a bitter-tasting sauce. Add the tomato cubes and the stock and continue to reduce the sauce until it is slightly thickened and concentrated. If you find it watery and slightly tasteless, continue cooking down the sauce. Finish the sauce by adding the fresh herbs. Do not allow to boil again.

Place the sliced chicken breasts in the sauce and reheat without boiling.

To make the risotto, lightly fry the onion and garlic in a 2-litre sauce pan and add the mushrooms. Cook over high heat for 3 to 4 minutes. Add the dried mushroom, previously soaked.

Remove from the pan and add the butter and fry the rice until hot while continuously stirring. Add the white wine and reduce by half. Add the onion and mushroom mixture and stir in. Add the hot stock and mushroom liquid little by little as the rice absorbs the liquid. Stir frequently to release the starch from the rice. Once the rice is cooked, remove from the heat and add the butter cubes and grated cheese and stir in. The risotto should be moist and slightly runny. Add a little bit more of the hot stock if the risotto so requires.

Serve the sliced chicken breast with the sauce over the top and the risotto by its side.

Serve with a fresh green salad and crispy hot bread if so desired. And don't forget a glass of cold, crisp white wine. Enjoy.

NOTE

Homemade stock is always made without salt and should only be seasoned once the soup or sauce is finished. Take care when using stock cubes when making a reduced sauce, as it can easily become overly salty.

THE HIGHWAYMAN

I wait beside the Dover Road
 My pistols in my hand
 The *Morning Sun* will come past soon
 Its passengers are grand

Their purses full of guineas
 And their fingers full of gold
 The toll-booth bell
 Will toll for them, their tale
 Will soon be told

Give up this life, she scolds me
 Or you'll hang from Tyburn Tree
 I like this life, I answer
 This is the life for me

I love the freedom and the risk
 What if I dance the Paddington Frisk?
 I don't give a fig for you

I like the thrill too much to stop
 Besides, I'm partial to a drop
 So stand and deliveroo

Gold and silver open bars
 When all is said and done
 I get my silver in the stars
 And my gold from the *Morning Sun*



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 and he'll send you a book, with gift dedication if required.



EVERY FRIDAY FROM 8PM

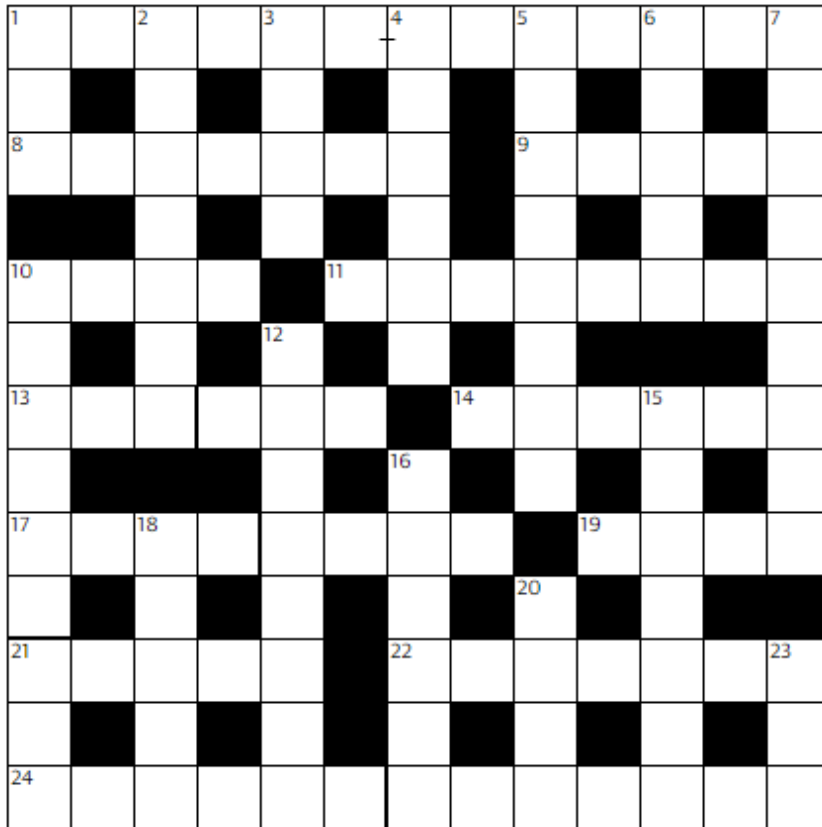
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Contact: Jonathan Lamb vozinglesa@gmail.com

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Solution in our next Contact issue.

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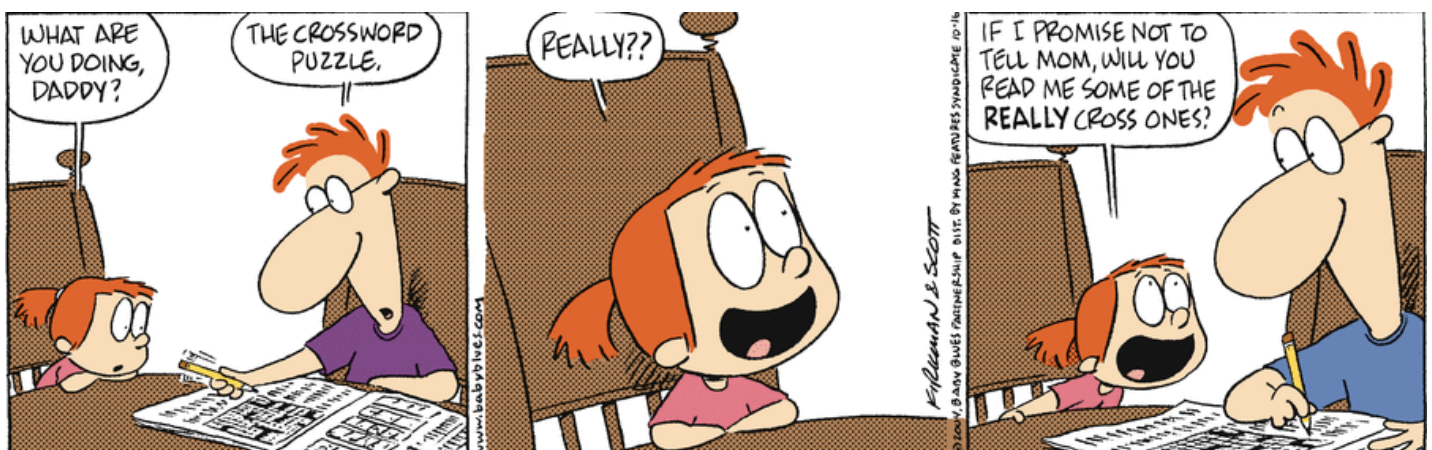


Across

- 1 Jitters (6-7)
- 8 Sensory hair (7)
- 9 Adult (5)
- 10 Temporary setback (4)
- 11 Minion (8)
- 13 Strapped pouch (3,3)
- 14 Andean garment (6)
- 17 Woman working for the war effort (4,4)
- 19 Check (exam papers) (4)
- 21 Silly – light-headed (5)
- 22 Characters on the slope? (7)
- 24 Agatha Christie novel? (6,7)

Down

- 1 May tree (3)
- 2 Favouring of the top brass (7)
- 3 Dark (as writing fluid?) (4)
- 4 Jazz jive? (6)
- 5 What's given off (8)
- 6 Boise's state (5)
- 7 Mythical (9)
- 10 Confection for blowers? (6,3)
- 12 Figure on a spout (8)
- 15 Ceremonial cup (7)
- 16 Banality (6)
- 18 Lowest point (5)
- 20 Go by – choose not to answer (4)
- 23 For example (3)



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



My Late Wife And The Falklands War

When countries are at war, their citizens, even if they are not directly involved with the military, often feel compelled to contribute to the war effort in every possible way.

This also applies to those being born elsewhere but whose ancestors were part of the link of loyalty that binds them to the country of their birth.

Over the years the local British community could be proud that in such times, many volunteered to do their duty and some unfortunately did not return.

Years ago, after the Falklands War, my late wife, then known as Valentine Isaacs, got an MBE in London from Her Majesty Queen Elizabeth II, not as the usual result of charity or cultural or other kinds of contributions to the community, but for what was described as 'confidential' services.

I am under the impression that she helped Britain during the war and also that she was even mentioned in despatches. We should bear in mind that during those years both Uruguay and Argentina were under military dictatorships, during which many people were 'disappeared' and nothing else was known about them, if they somehow did things those people ruling these countries disagreed with.

So, it would not be an exaggeration to say that she risked her life to help Britain win the war, even at a small but not insignificant, scale.

I am not sure if the British government has released the information pertaining to her activities during the war, but until this becomes a fact, details should remain under a cloak of secrecy.

I am not sure if she had to sign the Official Secrets Act that might have prevented her to share these deeds with others, but since I had to swear allegiance to Her Majesty when I became a Canadian citizen, I also feel bound by loyalty to Britain, even if I know more than has been revealed.



ELIZABETH VALENTINE CASTILLOS ISAACS MBE

However, what I can say without being indiscreet is, on the one hand, that her life was at risk from both sides of the River Plate, and also that the facts having to do with her work might have caused trouble between Britain and Uruguay, Britain and Argentina and between Uruguay and Argentina as well.

If the details are to remain secret for some time, I feel that should not prevent her memory from being honoured as a very loyal subject, willing to do her utmost to help the country of her ancestors win the war.

When the British Ambassador at the time announced she was going to be honoured with an MBE for her services, she absolutely refused, saying that she was merely doing her duty. She was only persuaded to accept by being told that her father, Rev. Tudor Isaacs, Vicar of the Church of England here for many years, although already deceased, would have been proud of her for her accomplishments.

In times of war loyal people do their bit if they have a chance of doing so and it would be very regrettable if these deeds were forgotten and ignored as time goes by.





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