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Coming Events

- ▶ **Saturday 6th October**
 - ▶ St. Andrew's Caledonian Ball.
 - ▶ Día del Patrimonio, 10:00-16:00 hrs. at the British Embassy Residence.
- ▶ **Saturday 27th October**
 - ▶ British Society Croquet Tournament, 10:00 hrs. at Montevideo Croquet Club's Lamb Stadium in Solymar.
- ▶ **Sunday 28th October**
 - ▶ British Society Junior Croquet Tournament, 10:00 hrs. at Montevideo Croquet Club's Lamb Stadium in Solymar.
- ▶ **Wednesday 31st October**
 - ▶ British Society Lecture Supper, 19:30 hrs. at the British Embassy Residence.





President's Blurb

Dear members

This month will see the fifth lecture-supper of the 2012 cycle, where British Ambassador Ben Lyster-Binns and his team will enlighten us regarding the varied work they carry out in Uruguay. The talk will take place at the Ambassador's residence and will be followed by a meal prepared especially by the Ambassador's chef. I look forward to seeing you there!

As anticipated, The British Society's annual up-country trip this year will be to the Isla de Flores. The small island, discovered by Venetian seaman and explorer Sebastian Caboto on Easter Day of 1527, housed an inn where incoming immigrants spent the obligatory quarantine in the early years of Uruguay's independence, and later became a jail for dangerous offenders. Our proposal is to make one or two consecutive day-trips to the island in early November in a 17-passenger boat.

Spaces are very limited; so don't delay booking your place with Susan McConnell, our Honorary Secretary (secretary@britsoc.org.uy, 099 267 413).

At its extraordinary general meeting on September 6th, the British Hospital Society ratified what had been first voted by The British Society at its corresponding extraordinary general meeting on July 12th: unanimous support for the agreement negotiated between our Executive Committee and the British Hospital Board with a view to handing over the running of the Sir Winston Churchill Home to the Hospital on a permanent basis. The agreement has now been signed and is already being implemented. However, our work is not finished and we will continue to strive to ensure the welfare and happiness of the residents of the Sir Winston Churchill Home, in whose best interests this Executive Committee has been working since it first took office.

British Society Lecture Supper

The fifth lecture-supper of the 2012 cycle will be held on Wednesday 31st October starting 19:30 hrs. at the British Ambassador's Residence (Jorge Canning 2491).

Through the lecture, which is titled "The British Embassy in Montevideo - a modern approach to diplomacy", British Ambassador Ben Lyster-Binns and his team will enlighten us regarding the varied work the Embassy carries out in Uruguay.

On this occasion we will be having a meal prepared especially for the occasion by the Ambassador's own chef, which will be served immediately following the lecture.

Tickets cost \$250 for members and \$350 for non-members. Seats are limited, so book your place now at events@britsoc.org.uy or by calling Susan McConnell on 099267413.

Sir Winston Churchill Home and Benevolent Fund News

Both Betty Machado and Eileen Kellard celebrated their birthdays in style during August. Thank you to everyone who joined them in their celebrations.

It was especially joyful to have Gladys Symonds with us and below is Fabrizio Puppi with Betty on her special day. He is a regular visitor to the SWCH and a great favourite, we wish him every success in his role in My Fair Lady at the British Schools next week.

Obituary - Silvia Martin

Silvia Martin came to the Sir Winston Churchill Home in July having lived all her life in Peñarol, a twin daughter of a railway family. She delighted in sharing her memories and this photo which was published in 'Barrio Peñarol, Patrimonio Industrial Ferroviario'.

Silvia loved and cared for all around, her parents, aunts and uncles, nieces, her cat, neighbours and church. Within the Home she continued to reach out to all and through her gradual decline in health she showed the calm and peace that her inner faith gave her throughout her long life, sweetly lived.





British Embassy News

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and keep in the loop!

It Is Official

Ambassador Ben Lyster-Binns met President José Mujica on 11 September, and handed over his “credentials”, which enables him to officially act on behalf of the UK government in Uruguay. Mr. Lyster-Binns had a fruitful and cordial discussion with the President, where both committed to further strengthening the relationship between Uruguay and the UK, focusing on bilateral trade and other areas of mutual cooperation.



Visiting The Interior

In his first trip to the interior, the Ambassador reopened the Parque Gran Bretaña in Rivera, 50 hectares of natural woodland donated by the British government in 1939. Remodelling works were carried out with the support of the Embassy, including improving signposting and facilities. Mr Lyster-Binns also enjoyed celebrating the Day of Gaucho Culture by participating in a horseback parade. His tour included a visit to the San Gregorio Mine in Minas de Corrales and Tacuarembó.



Día del Patrimonio

The Residence will be open for visitors, once again, this coming Saturday, 6 October from 1000 to 1600. To take part in this year's theme, “the language of Uruguayans”, there will be an exhibition of English words used daily by Uruguayans, some “castellanizadas”, others just borrowed!

Chevening scholars

Elianne Elbaum, a young member of the Uruguayan Diplomatic Corps recently arrived in UK to attend the Oxford University Foreign Service Programme. Her colleague, Carolina Sena, graduated from the Programme in June 2012. She shared her experience:

“My time studying at the University of Oxford as a Chevening scholar was one of the most incredible experiences of my life. As a member of the University's Foreign Service Programme (OUFSP) I experienced a high level of academic life, essential to the development of my career as a diplomat, an excellent faculty and a great group of international colleagues. As a member of Oxford's Trinity College I learnt the traditions of a great University and the culture of the UK, made friends, met my current boyfriend and even took up rowing! Overall this scholarship greatly enriched my academic, professional and personal life, and I am very grateful to the Foreign and Commonwealth Office for the opportunity.

Twitter

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More news on our [website](#)



Anglo News

NOTES FROM A LARGE (-ISH) COUNTRY

A public lecture by Professor Les Waring



ANGLO

Reflections on Uruguay and Britain by an ex-inglés and a failed criollo.

Approaching the 'mid-life crisis' of having lived about half his life in his native country (Britain) and the other in his adopted country (Uruguay), Waring takes inspiration from one of his literary heroes - Bill Bryson (and especially his book 'Notes From a Small Island') - to reflect, in a light-hearted way, on aspects of the two countries which have generated myths and mutual misunderstandings as well as highlighting a few of the special characteristics of Uruguay which are perhaps more appreciated by outsiders than 'natives'.

Les Waring, is a graduate of Durham University and Manchester Metropolitan University (both in England) in social sciences which are no longer fashionable. He is currently working on a 'Magister' degree in History at the Universidad de Montevideo (where he also works) and hopes before dying (on 9 October 2039) to finish the two books - one factual history, the other fictionalised history - on which he has been working in a desultory way for several years.

Free admission. Spaces are limited to 90 people on a first-come, first-served basis.

Please come early to avoid disappointment.

Friday 12th, October at 6.30 pm

Anglo Town, William Shakespeare Theatre (Sala 2)

San José 1426



HOSPITAL BRITANICO



British Embassy
Montevideo



Christ Church News

Are you married and making the most of it? Join us for a fun, practical seminar event.

“Together towards tomorrow!” will be hosted by Christ Church and include two sessions on October 19 and 20 for couples of all ages.

Friday October 19th, 7:30 pm, starts with dinner

Saturday October 20th, 9:00 am, starts on time, coffee and tea will be served at the table.

Location: Christ Church, Lieja 6437 esq. Arocena, Carrasco.

For more information please call Lisa Hamilton at

094 368 769 or e-mail John Hamilton at jhamilton@christchurchmvd.org or j_hamilton@hotmail.com

Donation: 1,000 pesos per couple.
Register in advance to receive a surprise gift!

Our Seminar Presenters are Psychologist Dr. Matt Turvey, and JoAnn Kraft. Matt is a friend of the Hamiltons and is currently living in Lima, Peru. He is President of Fishbowl Consulting and consultant with WinShape Marriage. JoAnn Kraft, President of LifeJourneys Coaching, is participating with Matt in several events in Lima so John Hamilton invited them to come and share their areas of expertise with our English speaking community here.

British Society Croquet Tournament 2012

The British Society has set the date for its annual croquet tournament for Saturday 27th October, starting at 10:00 and ending at 13:00.

This 6th edition of the tournament will be held at the Montevideo Croquet Club's Lamb Stadium in Solymar (the first purpose-built croquet court in South America), on the Rambla Costanera on the corner of calle Brisas del Mar, between bajadas 17 and 18, about 5 minutes east of the Arroyo Carrasco.

Rules of engagement will be the usual: players compete in teams of 2 people in a knock-out easy version of learn-as-you-play golf croquet.

Players must be at least 15 years old. All are welcome; no previous experience is necessary. No special clothing is required, though tennis shoes are recommended and ladies should avoid long skirts. Given that the date is in late spring, caps or hats are a good idea too.

Don't miss your chance to wrest the famed British Society Cup from current holders Chris & Mirita Pool!

The entry fee will be \$200 for members of The British Society and \$350 for non-members. Fallback date in case of foul weather will be announced in our November Newsletter.

There will be a maximum of 24 players, so book your place now at secretary@britsoc.org.uy or by calling Susan at 099267413.

The British Society junior croquet tournament 2012

This year, the British Society has decided to host a separate croquet tournament for under 15s. The date for this is Sunday 28th October, starting at 10:00, also at the Montevideo Croquet Club's Lamb Stadium in Solymar.

All other details are as above.

British Society Annual Trip

As anticipated, The British Society's annual up-country trip this year will be to the Isla de Flores. The small island, discovered by Venetian seaman and explorer Sebastian Caboto on Easter Day of 1527, housed an inn where incoming immigrants spent the obligatory quarantine in the early years of Uruguay's independence, and later became a jail for dangerous offenders. Our proposal is to make one or two consecutive day-trips to the island on November 10th and 11th in a 17-passenger boat.

Tickets cost \$600 for members and \$850 for non-

members. Keep in mind that spaces are very limited; so don't delay booking your place with Susan McConnell, our Honorary Secretary (secretary@britsoc.org.uy, 099 267 413).

We'll depart by boat from Buceo Port at 14:00 and return at sunset. Once on the islands, our captain will be our guide, showing us the ruins and talking about the history of the islands.

Due to the nature of the trip, all attendees must be mobile, and all children must be over 5 years old.



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de las Ánimas



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Virgen de las Ánimas Natural Mineral Water has a perfect balance of minerals and oligoelements, and also a great level of virginity as evidenced by the absence of nitrate (pollutants), which makes it one of the most delightful and pure waters in the world. Due to its low mineralization, softness and the subtlety of its distinctive flavor, Virgen water is the favorite choice for the perfect marriage between water, fine wines and gourmet meals. The perfect balance of calcium and magnesium hardness of Virgen water is equivalent to one of our body, therefore, it is optimal for digestion and body's requirements. Virgen de las Ánimas water is considered one of the best natural mineral waters worldwide for its quality, taste and presentation by renowned international sommelier Michael Mascha, creator of the reference website of luxury waters worldwide: www.finewaters.com.

www.virgenwater.com | contact: (+598) 2628 8889





Olympic Legacies

A wide range of imaginative and inspiring art and culture installations set up across the 500-acre Olympic Park will remain long after the Olympic dust settles to the delight of Londoners and visitors alike. An impressive programme of permanent art commissions has been created with the top-quality British architecture, design, constructions and engineering of the Olympic Park as its backdrop. The projects these commissions have put forward demonstrate the ingenuity that artists have brought to the look and feel of the Park.



By integrating arts and culture into the Olympic Park's public spaces, London 2012's aim has been to achieve a unique area that will give local communities a sense of ownership, create an area to which new residents will be drawn and attract new business, as well as make east London a world-class visitor destination. Some of the main installations are summarised below.

RUN: Internationally-renowned artist Monica Bonvicini was commissioned to design a flagship artwork. She designed three nine-metre-tall letters forming the word RUN, made of glass and stainless steel. In daylight the letters act as a mirror, and at night they become transparent and glow with internal LED lighting.

HISTORY TREES: This idea, developed by renowned British artists Ackroyd and Harvey, involves a collection of ten large trees of different species reaching up to 18 metres in height and planted to mark the entrances to the Olympic Park. Three of these trees were already in place during the Games and the remaining seven will be planted in legacy. Each tree will have a large ring securely placed around it with words and phrases reflecting the area's local history engraved into it.

STELAS: These are a striking and colourful collection of artwork that lines the Waterworks River, reflecting the spirit of the London 2012 Games, while accentuating the river that flows through the Olympic Park.

SPARK CATCHERS: This poem, commissioned as part of the Winning Words programme, is by local poet Lem Sissay and is inspired by the history of the site. The poem is etched into a wooden structure in the north of the Park which will house one of the main electricity transformers.

FAST, FASTER, FASTEST: The Jason Bruges Studio designed an interactive bridge leading to the Olympic Stadium. This bridge was lit up continuously throughout the Games, but is being programmed so that the rows of lights flash at the speed of the fastest Olympic 100-metre sprints, thus allowing visitors to race against the speed of their sporting heroes.

Aside from the planned installations, another more unexpected and ecologic Olympic legacy seems to be bats. Now there's a legacy to give many people nightmares!

When the Park was built, environmentalists painstakingly relocated the local wildlife, including newts, frogs, toads and lizards, to nearby areas. But they were unable to bring them back. To compensate, they have strived to create an inviting ecosystem for wildlife to return on its own. This involved a whole series of eco-friendly little constructions including bat boxes that were suspended from trees and bridges in the Park. Since bats love nooks and crannies, they have been the first to take up the ecologists' proposal, though only time will tell whether they come to stay on a permanent basis. Bats in the belfry? Not everyone is batty about it...





Back In Time

by Tony Beckwith
tony@tonybeckwith.com

Slingshot Cowboy

Cowboys played an important role in my childhood. They were my heroes. I wanted so much to be like Tom Mix, Lash LaRue, Hopalong Cassidy, the Lone Ranger, and all the other good guys on the silver screen. They always knew how to react when faced with adversity, and instinctively did the right thing. They reminded me of the Knights of Old that I'd learned about in history class. I used to think I could learn more from cowboy movies than I ever could at school.

The most exciting moment of any little boy's birthday party in Montevideo at that time was when the lights were switched off, the rather rickety rented projector whirred, and we watched a black-and-white cowboy movie, perched on sofas and chairs and sprawled on the floor in the birthday boy's darkened living room. There was, of course, considerable interaction between the screen and the audience. During the inevitable saloon brawls we staged our own mock fights, throwing ourselves into fake punches and dramatic falls with all the enthusiasm of extras on the set. Our manly dialogue came straight from the soundtrack: "Why, you...!" and "Take that, you...!" and "Ooooooff!" and so on. The parts I loved best were the wild horseback rides as the cowboys fought running battles with the Indians, the thunder of galloping hooves and the shrieks and whoops of the warriors filling my head with romantic wonder.

When I was just a little older I spent one of those endless summers being a bicycle bum. I rode with a small gang of like-minded boys, all similarly blessed with dubious social value at that stage. Our bikes were central to everything we did, and we were on and off them all day long. Mine was a tall, gangly Triumph, midnight black with chromed handlebars. It may have looked like a bicycle to anyone else, but it was really my horse, my gallant stallion, my noble steed. In my mind we had a sort of Roy-Trigger thing going. Being ten years old really wasn't that bad, for me.

Our home turf was a lonely, barely-used road that hugged the coast between Pocitos Beach and the Punta del Buceo, with empty fields on one side and the open sea on the other. A low wall ran alongside the

field, pockmarked and crumbling, in about the same decrepit condition as the road. The ground was littered with rubble and small stones, some of which were very beautiful, professionally speaking.

I should explain that our other passion that summer was the slingshot — the "catapult" as we called it then, or "*honda*" if we were speaking Spanish — and we always carried one strung around the neck. To serious slingshot aficionados like us, the pebbles on that road were an irresistible temptation.

We learned to gather our ammunition without getting off the bike, leaning way over and scooping up stones as we coasted down the road, just like they did in the movies. From that angle we spotted the potential of the low wall, and it wasn't long before we had tin cans and empty bottles lined up and were shooting at them from under the crossbar. Did I say crossbar? I meant the belly of our horses. And the slingshots, of course, were really our Winchesters.

With practice we became good marksmen, and contributed generously to the environmental pollution and degradation of our town. Some of us went on to use our talents in ways I'm sure we'd rather forget (I'll name no names for the children's sake.) In my case, I have a gnawing sense of karmic debt concerning the city's street lighting along the Rambla at the Casino Carrasco Hotel. Those large, elegant globes looked like huge harvest moons, gorgeous golden orbs serenely suspended in the night sky, and then . . . a phantom horseman appeared out of nowhere, did his dread work, and was gone!

It took me some time to realize how I must have disappointed my heroes, those straight shooters on the screen, who only ever used their weapons in a noble cause. But one day it finally dawned on me that that was precisely the point of those "moral compass" tales set in the Wild West. It was simple — I just had to choose whether I wanted to wear a black hat or a white one. Well, when it was put like that, the choice was easy. Hi Ho, Silver, away!



Our Chemical Mind

The human brain is the latest development of creation and evolution since the Big Bang 13.7 billion years ago. Whether by chance or design, we humans possess the capacity for self-reflection, which unless proved otherwise, is something we have in exclusivity in this corner of the Universe. Living beings have built-in means of connection between cells, organs, systems and the environment. With ever-increasing complexity, in animals this reached a tipping-point with the development of the pre-frontal cortex of the brain in the first humans, barely two to four million years ago, with the capacity for self-reflection dating much closer, probably not even one hundred thousand years before our time. The human brain, at the most basic level, works by connecting individual cells called neurons, with specialized endings called synapses where relatively simple chemical compounds create electrical potentials that are transmitted from one neuron to another. Depending on the area of the brain, the connections involved and the chemicals present, all our activity: movement, sensation, emotions, the sleep-wake cycle, spirituality and maybe finding meaning, can be traced to a network of very simple units interacting chemically. This does not mean that emotions, spirituality and meaning are only chemical reactions, but that the human brain makes use of these simple mechanisms in complex ways that defy and supersede all that has happened since the Big Bang.

Since the beginning of self-reflection, humans have learned that it is possible to tinker with the chemistry of our brain and to produce or control emotions and spirituality. Alcohol, coffee, passion flower, opium, cannabis, cocaine and hallucinogenic natural products have been used to create altered states of consciousness, be it awakesness with caffeine, sleep and sedation with depressants, pain control with opiates, pleasure or happiness with narcotics and stimulants and spiritual experiences with hallucinogens. The brain's chemistry has sometimes revenged with tolerance and addiction, creating unwanted and dangerous behaviours which eventually destroy the person's biology, personhood and social network.

The power to control emotions, anxiety, sadness, feeling of tiredness or meaninglessness with chemicals is a perceived property of the pharmaceutical armamentarium of modern medical practice. Many of the feelings humans have and the realities we have to face are not diseases: they are part of life in a general sense and are lived by the individual in a highly personal way. In specific cases, it is medically correct to identify a typical pattern, for example an anxiety disorder or a major depression. The present approach to managing these conditions depends on the use of medications as initial treatment, coupled with psychotherapy and periodic follow-up. Scientific journals continue to support this strategy, although much of the evidence has been created via industry-sponsored trials, comparing medication versus psychotherapy or medication X versus medication Y. Personal experience has shown me that most of the time, this strategy feels sound. In the meantime, we have created a not insignificant percentage of the population continuously or intermittently treated with psychoactive medications, to the extent that we could say that much of our collective thinking and culture is chemically mediated...

What concerns many clinicians including myself is that collectively our culture acts as if there has to be a pill for any problem. Many natural feelings, like grief, have been unnecessarily medicalized, to the extent that 'prolonged grief' (lasting more than a few months!) should be considered 'abnormal' and deserving 'treatment', obviously with medication. This is coupled with the expectation on behalf of many patients who want us clinicians to prescribe them the pill which will make them feel better, happier and less devoid of meaning. This is probably another facet of our consumer society, which expects that the market will produce the product to fit their synapses' needs. We have therefore created a chemically modified collective consciousness.



Lamb Chops

by Jonathan Lamb
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Britain's Got Talent

If there's still room for doubt after the Olympics, skip the ads and take a look at this selection from UK talent show The X Factor, 2012:

Ella Henderson, schoolgirl, 16:

http://www.youtube.com/watch?v=3k9cK_n1mlg

Jahmene Douglas, supermarket worker, 21

<http://www.youtube.com/watch?v=V-xndZZjM4A>

James Arthur, unemployed, 24

<http://www.youtube.com/watch?v=tFoFtlqykGE>

Melanie Masson, mum, 44

<http://www.youtube.com/watch?v=9RCxJPVo4Ws>

From our UK correspondent, Lamb Chops returns on November 1st!

Sport News

by Mark Teuten
mteuten@teutenabogados.com

For those still suffering from post Olympic depression and struggling to find any sport to get excited about on TV or even anything non-sport on TV or in life generally, then stop reading this article now, as there is nothing here to light your fire. Personally I am still getting over the disappointment at the lack of a Led Zeppelin reunion for the Olympic closing ceremony. So I didn't get that from my Olympic wish list, but I did correctly predict here that Andy Murray would win Olympic gold. So my cup, whilst not running over, is at least half full.

Most readers will have enjoyed the achievements of athletes of all nations at the Olympics and Paralympics, save for the underwhelming performance of the Uruguayan team. But it is a little known fact that at the same time the Uruguayan croquet team was marching its way to recognition on the international scene with a sterling victory over the forever being invaded Belgium. The photo attached shows most of the winning team, including Ian Stanton and Jonathan Lamb. You may have thought that these gentlemen were reputable members of the British Society, but when it comes to croquet their colours are nailed to the mast and those colours are not red, White and blue, but celeste.

After beating the Belgians, the Uruguayan team went on to beat Wales 4:1 at Dyffryn near Cardiff, thus avenging a defeat in 2011. Under World Croquet Federation rules players can represent a country after living there for three years, but there are apparently some real Uruguayan players too! Stanton and Lamb have the lowest Association Croquet handicaps in the club at Solymar, at 9 and -0.5 respectively, though several others are in the mix. Keen players and advertising sponsors are being sought for the national team.



Lamb and Stanton are apparently pushing for croquet to be allowed in to the next Olympic games in Rio in 2016 or even for the Paralympic games, but I am not sure that they will have the political clout to succeed. But women's croquet with the ladies in bikinis could definitely catch on – it worked for beach volleyball after all. NB: I am not suggesting by this that I want to see Messrs Lamb and Stanton in skimpy swimming costumes.

In football in a subject close to the writer's heart, Chelsea's John Terry has finally got some of the come-uppance to which he is certainly due. He managed to get off the criminal charges of racial abuse, but not off the FA charges for misconduct. He has been given a very belated and a very light sentence of a 4 game suspension. Uruguay's "Mr Fair-Play" Luis Suarez let us remember got an 8 game suspension for using language which was arguably much less offensive. But at least it's a start and has made my cup now more than half full, even if the European team loses the Ryder Cup, which looks more than likely as we go to press.



Crossword Puzzle

By **LEONARD THANE**

#20

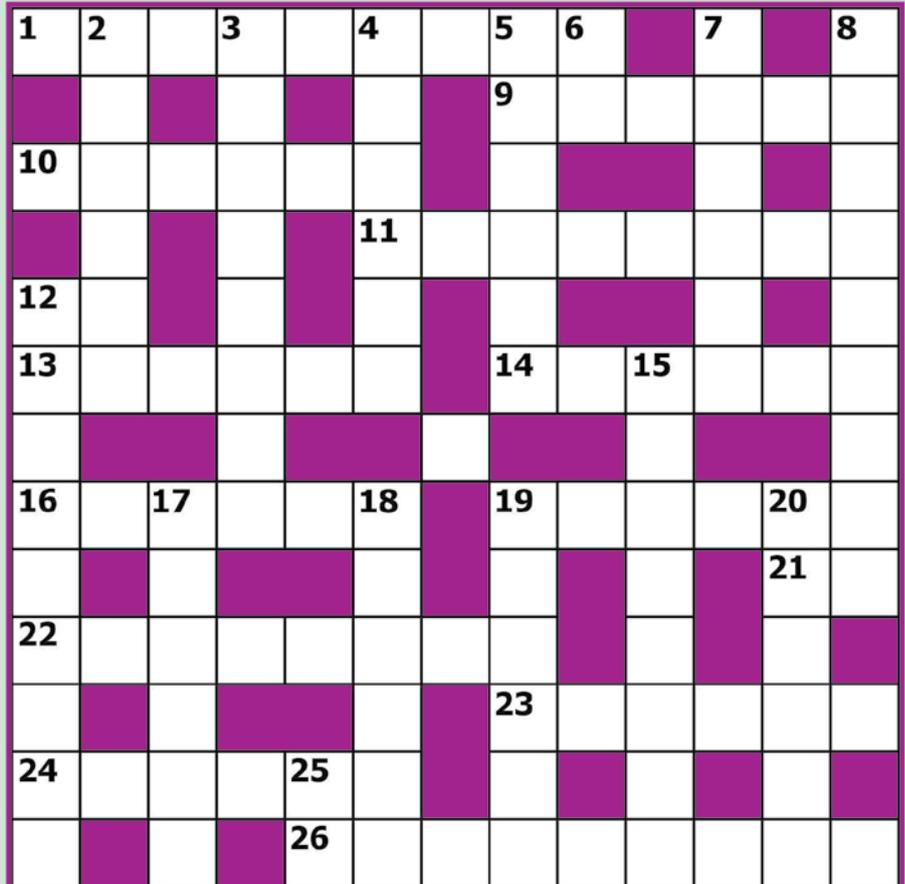
CROSSWORD PUZZLE

Across

- 1) Skill and speed in doing something.
- 9) Slow to understand things in a way that is annoying.
- 10) To respect and admire someone or something.
- 11) Pertaining to silver.
- 12) Doctor.
- 13) Reprimand, scold.
- 14) Relating to a particular race, nation or tribe.
- 16) To sexually abuse a child.
- 19) Shetland horses, for instance.
- 21) Xenon.
- 22) The fifth note of a musical scale of eight notes.
- 23) Developed as a natural part of your character.
- 24) Acclaim, fame.
- 26) Found, start a company, business, city, etc.

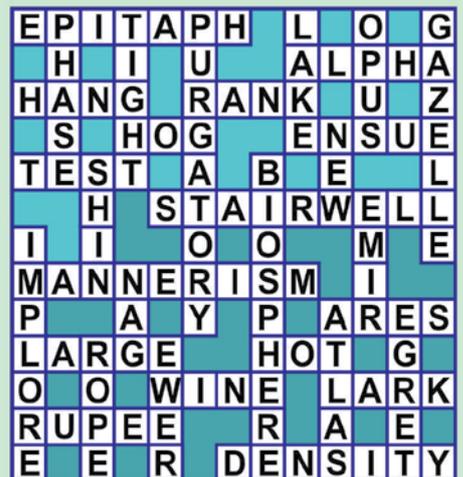
Down

- 2) Make certain that something will happen properly.
- 3) ... **Island**, famous R. L. Stevenson's adventure novel.
- 4) Film made on the same story of a previous one.
- 5) Language.
- 6) Ytterbium.
- 7) No mutt provides tasty meat.



- 8) Aggressive, spoiling for a fight.
- 12) Camel with only one hump.
- 15) Carthaginian general or fictional cannibal serial murderer.
- 17) To express feelings of deep sorrow.
- 18) **Rats in** a railway?
- 19) Greenish layer formed naturally on the surface of bronze objects.
- 20) Additional and not needed because there is already enough.
- 25) You and I both.

Crossword # 19





Chef's Corner

by Mirita Pool
cpool@netgate.com.uy

Farmhouse Pie

This is a variation of Shepherd's Pie, but rather fuller in flavor, with an onion and cheese topping instead of the mash potatoes. Nice for a family Sunday lunch, serve with vegetables or a green salad.

Serves 4 to 5 people

Ingredients:

- ½ kg. minced beef
- 1 heaped tsp. paprika
- 2 or 3 pinches of cayenne pepper
- 2 Tbs. tomato puree
- Salt

For the topping:

- 4 Tbs. butter
- 4 Tbs. flour
- 450 ml. milk
- 100 gr. cheese, grated
- ¾ onions, sliced thinly
- Salt and pepper

Sprinkle the meat with the paprika, cayenne pepper and salt. Fry it until it is separated and sealed. Stir in the tomato puree. Put it in an ovenproof dish.

To make the topping, melt the butter, remove from the heat and stir in the flour until smooth. Gradually add the milk, stirring all the time. Put back on the heat, bring to a boil and bubble gently for 2 or 3 minutes, still stirring, until thick and smooth. Add the cheese and season with salt and pepper. Remove from the heat.

Fry the onions until soft and golden. Stir them into the cheese sauce and spoon the topping over the mince.

Heat the oven to 200 C and bake near the top of the oven for 20 or 30 minutes, until it's a rich golden brown.



Restaurant Of The Month

by Tim & Amelie Plaehn
timname1@gmail.com

Casual Dining Out In Punta Carretas

The north section of Punta Carretas – roughly bordered by Blvd. Artigas, Williman, 21 de Septiembre and Jose Ellauri has become a mecca for dining. The neighbourhood is filled with restaurants ranging from parrilla to Mexican to fine continental cuisine. Now, recently, some more modest establishments have set up shop in the neighbourhood offering less expensive food in a more casual atmosphere.

La Creperia lives up to its name offering fresh made crepes matched with a wide range of salado and dulce fillings. The restaurant was built out in a garage and offers lunch counter type seating and a few covered tables out on the sidewalk. The crepes are made right in front of you and the choices of filling will fit any taste. Prices start at about 100 pesos and beer and wine are available.

Just a few doors down the street is the brand new Casa Dulce. The offerings start with tea or coffee and continue with sweet treats like brownies – a personal favourite – cookies and tortas. You can get a meal at Casa Dulce and a daily special is offered for 120 pesos. I tried the fish with black butter sauce and papas milhojas and found the meal very good – especially for the price. The coffee/tea shop has a single small dining area and will have tables on the sidewalk when the weather turns nice.

Both of these establishments are on Cnel. Mora near the corner of J.M. Montero. Hours include mid-day and the evening and both are closed on Sunday. If you are looking for a place to spend a few hours on a pleasant spring afternoon, give one a try.



Future Events

▶ Saturday 10th November

- ▶ Holy Trinity Bazaar, 14:00 hrs, at Lafone Hall
- ▶ British Society Trip to Isla de Flores

▶ Sunday 11th November

- ▶ Remembrance Sunday
- ▶ British Society Trip to Isla de Flores

▶ Friday 30th November

- ▶ St. Andrew's Dinner.

Link Of The Month

There was one extra anthem recorded for the Olympics by the London Philharmonic Orchestra... Enjoy!

<http://www.youtube.com/watch?v=ik9AtJQXaHQ>



The Society At A Glance

Executive Committee



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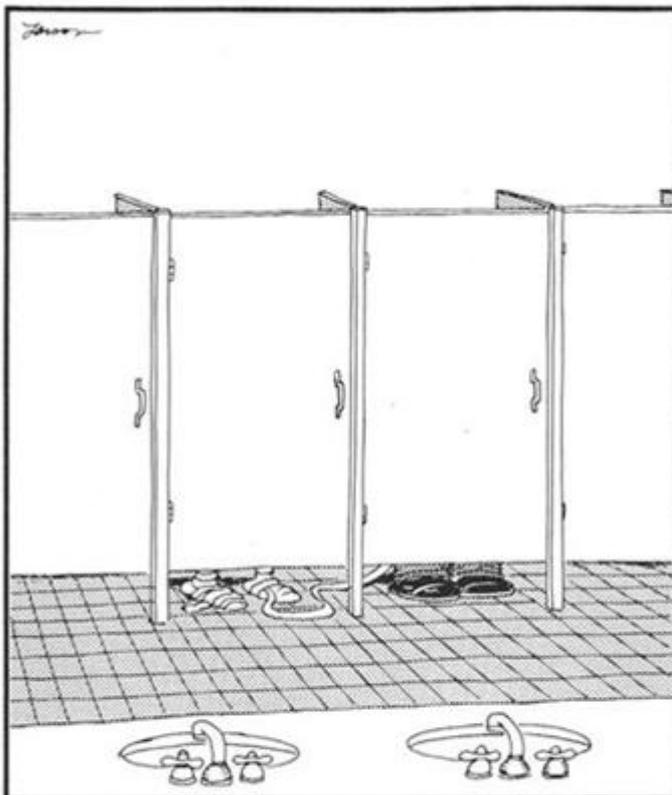


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The Far Side

by Gary Larson



It was an innocent mistake, but nevertheless, a moment later Maurice found himself receiving the full brunt of the mummy's wrath.