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Coming Events

► Wednesday 5th March

► Ash Wednesday service, 10:00 hrs. at the British Hospital Chapel.

► Ash Wednesday service, 18:30 hrs. at Holy Trinity Cathedral.

► Thursday 20th March

► British Society Lecture Supper, 19:30 hrs. at the Silver River Lodge (Canelones 1429).



Lecture Supper

The first lecture-supper of the 2014 cycle will be held on Thursday 20th March starting 19:30 hrs. at The Silver River Lodge (Canelones 1429).

The event will feature Martin McAdam, who will be talking to us about the history of British Masonry in Uruguay.

Tickets are set at \$300 for members and \$400 for non-members. Seating is limited, so book your place a.s.a.p. at events@britsoc.org.uy or by calling Susan McConnell on 099267413.



President's Blurbs

Dear members

You may remember that at the December Extraordinary General Meeting (EGM) we discussed and agreed on most of the text of a new set of Statutes for the Society aimed at modernising the Society's outlook and bringing things in line with how we actually do them in practice. We will be calling a second EGM aimed at finishing the job in March, since articles 24 to 36 are yet to be discussed. The Executive Committee circulated the agreed-upon text of the articles already discussed at the last EGM to all those who attended (if you did not receive a copy of these and would like to read through them, please contact our Secretary). If you want to have your say, don't miss our upcoming EGM.

This month will see the first event on our 2014 calendar: a lecture-supper to be held at the Silver River Lodge at which we will be enlightened on the symbols surrounding masonry. For the uninitiated, this is an interesting opportunity to learn about the erstwhile secretive brotherhood. Book your place now before spaces sell out!

Our Facebook page continues to go from strength to strength and we already have over double the amount of followers we had only a few months ago... in fact we are not far from the 1000 mark! Our monthly Newsletter is also being more widely read since we have started to make it available on line thanks to Facebook, which means we are reaching a wider audience.

SWCH News

Celebrating With Friends

Thank you to all our visitors! Here we see Virginia and Heather Campbell, Ruth and Diego Frisch and Brian, and Agnes Mann. And in the background our new cupboards!



To enrich our tea-time we are looking for teapots that pour well! Do you have one tucked away replaced by the tea-bag?! Come and join us for tea!



Latest News

Michael Brown has kindly offered to take over from Liz Cowley as from March 1st.

He will be interim Chairman of The Sir Winston Churchill Home and Benevolent Fund until the AGM elects a permanent Chairperson. Congratulations and every success Michael!





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IN URUGUAY



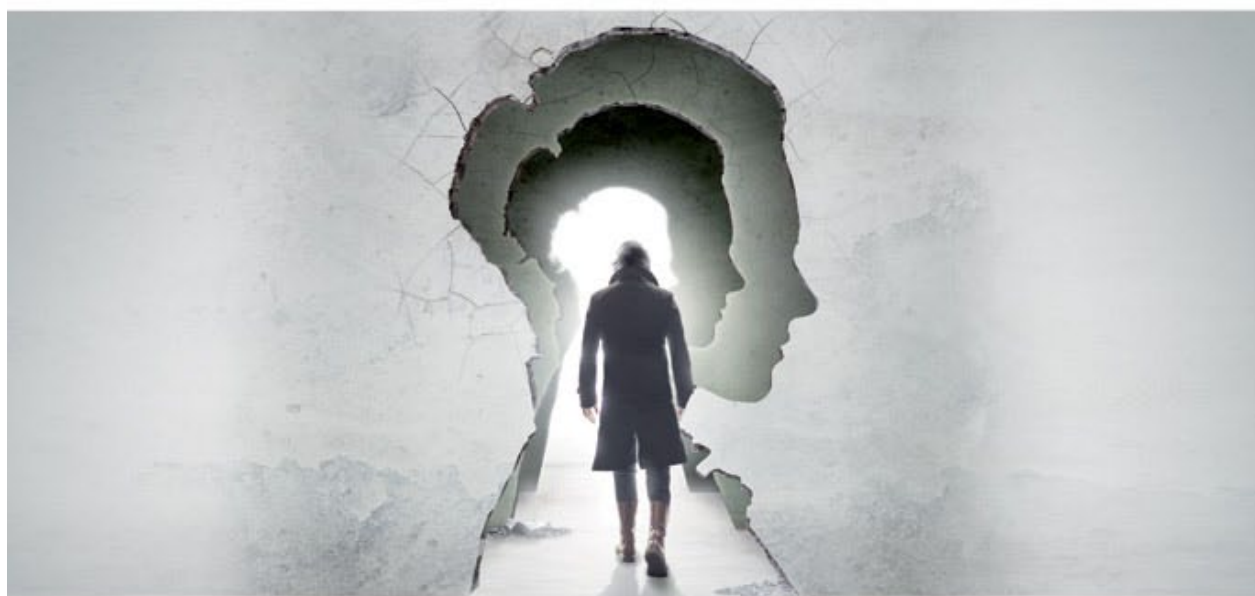
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Anglo News

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Don Giovanni

Wolfgang Amadeus Mozart

PRÓXIMO TÍTULO:

La bella durmiente

15 DE ABRIL



THE
OTHER
SCREEN

Apoyan:



ANGLO



Embajada
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movie



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Anglo News

Lunes 24
de marzo
21 hs

Pompeya

desde el
Museo Británico

Una exclusiva visita privada a
Vida y muerte en
Pompeii y Herculaneum

Con la introducción del director del Museo Británico Neil MacGregor, esta fascinante producción cuenta con el aporte de renombrados expertos, relatos, música y poemas, así como una filmación actual de Pompeya y Herculano

Apoyan:  **ANGLO**

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Montevideo Players News

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PRESENTS

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TUESDAY 25/FEB - WEDNESDAY 26/FEB - THURSDAY 27/FEB

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Holy Trinity News

Dear Friends,

After having missed getting something into the last couple of issues of the Newsletter, I think its important to let you know we're still alive and going well.

I wonder if this will go down in history as "the summer that wasn't!" It certainly has been a very wet one, hasn't it? Of course, we haven't had nearly as much as the folks in England have had over the last couple of months.

I had the opportunity to go there at the beginning of February, for a short course/conference. Here follow a few lines to describe my experience.

As you likely have heard, England has had the most rainfall in over 200 years of keeping weather records. The rain is not only flooding peoples' homes, it's also causing farmers a lot of difficulty, and causing damage to the transportation system. Roads and even train lines have been washed out!

I'm telling you this because it affected me as well. I was to have gone to the south of England by train, to meet with some people in the Diocese of Truro, to begin talking about forming a possible companionship link. However, because the rail line was washed out, the trip had to be cancelled.

Fortunately, the Bishop of Truro and some members of the Diocese had travelled up to London for the meeting of their General Synod, so he invited me to meet with him there – which I did. I felt it was quite a positive meeting and I look forward to continuing the conversation we began. Hopefully, we will formalize a companion diocese relationship with them later this year. This is all by way of asides.

Now, let me tell you about the Conference itself. Its official title was "On Being a Bishop: for those in the early years of their episcopal ministry". We were housed in Canterbury Lodge, a small 15 or 20 year old hotel, built right on the Canterbury Cathedral grounds. All of our rooms were no more than a couple of hundred meters from the Cathedral.

We were a total of 26 bishops, including three women, from all over the Anglican Communion – from the British Isles, as well as Australia, Canada, India, Kenya, Ghana, Nigeria, South Sudan, Korea, New Zealand, Myanmar, Portugal, and the West Indies. It

was truly a rich mix!

Our days began with Morning Prayer at 7:30 in the Cathedral, followed by Holy Communion, and then breakfast. We listened to lectures on a variety of topics, like "The bishop in relation to mission", "The bishop in a global context", and "The liturgical ministry of the bishop". We were also involved in Bible Study sessions, led by Dr. Paula Gooder, who proved to be an exceptional Bible scholar.

We had one field trip day, when we went into London and visited the offices of the Anglican Communion and met the staff, including the Secretary General, Canon Kenneth Kearon, who visited us here in Montevideo at the beginning of January last year.

The very first day of our program was led by Canon David Porter, an Irish layman whom the Archbishop of Canterbury had appointed as Director of Reconciliation.

I had probably read it, but had forgotten, that Archbishop Justin had announced three priority areas for his first years of ministry when he took office last year. They were:

1. the renewal of prayer
2. Reconciliation
3. Evangelism and Witness

As we are on the threshold of another Lent, I think it appropriate for each of us to use the weeks ahead as a time of spiritual refreshment and re-awakening. And we can use the Archbishop's priorities to guide our process - both individually as well as corporately.

Who among us doesn't need to deepen their prayer life? Who among us doesn't have something that's unreconciled? Who among us is good at sharing our faith and beliefs?

I invite you to use the upcoming season of Lent, which begins, by the way, on Ash Wednesday (March 5th). For those of you wishing to participate in a church service, we will offer two that day: The first will be held in English at 10:00 in the British Hospital Chapel. The second one will be bi-lingual and will take place at 18:30 in Holy Trinity Cathedral.

Do join us!

Wishing you every blessing,
Michele Pollesel



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Geoff the Chef's Corner

by Geoffrey Deakin
gde@boskejo.com

This Yorkshire pudding recipe made with beef dripping is a failsafe accompaniment to roast beef or any other roasted meat if you want to be creative.

You will need a solid roasting tin measuring 28 x 23cm / 11 x 9in. or something similar in size. Be sure beforehand that it fits in your oven. This recipe yields 4 to 6 servings.

Traditional Yorkshire Pudding

Ingredients:

- 175g / 6oz. plain flour.
- 2 eggs.
- 175 ml / 6fl oz. milk (whole or semi-skimmed).
- 110 ml / 4fl oz. water.
- 2 tbsp. beef dripping (you can substitute with lard or vegetable oil).
- Salt and freshly milled black pepper.

Instructions:

1. Pre-heat the oven to 220°C / 425°F.
2. Begin by placing a sieve over a large mixing bowl, then sift the flour in, holding the sieve up high to give the flour a good airing as it goes down into the bowl. Now, with the back of a tablespoon, make a well in the centre of the flour and break the eggs into it.
3. Add the salt and pepper.
4. Measure the milk and water into a measuring jug. Begin to whisk the eggs with an electric whisk and as you beat them the flour around the edges will be slowly incorporated. When the mixture becomes stiff, simply add the milk and water mixture gradually, keeping the whisk going. Stop and scrape the sides of the bowl with a spatula so that any lumps can be pushed down into the batter, then whisk again till all is smooth. Now the batter is ready for use and although it's been rumoured that batter left to stand is better, I have found no foundation for this - so just make it whenever is convenient.
5. To cook the Yorkshire pudding, remove the meat from the oven (or if it's not ready place it on a lower shelf) and turn the oven up to the above temperature.
6. Important! Spoon two tablespoons of beef fat into the roasting tin and allow it to pre-heat in the oven.
7. When the oven is up to temperature remove the tin, using an oven glove, and place it over direct heat (turned to medium). Then, when the

fat begins to shimmer and smoke a little, pour in the batter. Tip it evenly all round and then place the tin on a high shelf in the oven and cook the Yorkshire pudding for 40 minutes or until golden brown and crisp.

8. Serve it cut into squares presto pronto.

Hint... You may freeze any leftover pre-cut pieces.

Philly Sweet Spread

Ingredients:

- Block of Philadelphia cheese or similar spreadable cream cheese.
- Brown sugar (lots of it!)

Instructions:

1. Place the block of cream cheese on a plate or shallow bowl.
2. Cover completely with abundant brown sugar.
3. After half an hour or so, carefully turn over and cover it again with more brown sugar. Store in the fridge.
4. Repeat the process every half hour until there is a thick and hardened coating with a caramel aspect all over the cheese block.
5. Obviously, start the whole procedure a few hours before serving.
6. Enjoy with salty crackers.

Tip o' the day

Love the sear of a stainless skillet but not the way peppers can start to meld to the bottom midway through cooking? A little more oil should help. But don't just pour it over the top of the food or you'll end up with a greasy, soggy mess. Instead, use a metal spatula to loosen the vegetables or meat and push them to one side of the skillet.

Then tilt the pan so the empty area is over the heat.

Add the oil to the empty area (1 or 2 tablespoons should do it) and let it get hot before moving the food back. The heated oil on the hot pan will create a slick, non-stick surface, guaranteeing a sure-fire sauté.

Please, let me know if you have any doubts or suggestions for my corner.

And remember, love and cook with wild abandon!



Arts & Culture

by Alice Tourn
aytourn@gmail.com

Black Sails: The Pirates You Haven't Heard Of

Black Sails, a new television drama series on pirates created by Jon Steinberg and Robert Levine for Starz, made its debut in Uruguay in February on the Moviecity channels.

Set on New Providence Island, it is written as a prequel to Robert Louis Stevenson's classic novel *Treasure Island*. The action centres on the adventures of Captain Flint and his men, and takes place about twenty years before the action of *Treasure Island*. Threatened with extinction on all sides, our heroes fight for the survival of New Providence, the most notorious criminal haven of its day, a debauched paradise teeming with pirates, prostitutes, thieves and fortune seekers, a place defined by both its enlightened ideals and its stunning brutality.



Everyone's beard is scraggly and their skin craggy; teeth are yellow, lips are cracked, and all the clothes look appropriately caked in filth. Do you like sword fighting? There's plenty of that. There's some cannon fire and maritime warfare as well. There's also plenty of sex on display, as wan prostitutes plough they trade on the island, to the point that the show barely goes fifteen minutes without some breast being bared. Several real life pirates are fictionalized in the show, including Charles Vane, Jack Rackham, Anne Bonny and Benjamin Hornigold.

However, if you're under the impression that Black Sails is just *Pirates of the Caribbean* with more nudity, you'll be disappointed. There are pirates aplenty, but their romantic nature is stripped down to a more personal and gritty reality that's worth your attention.

The series premiere, simply titled 'I.' begins in 1715 with Captain Flint and his band of pirates laying siege to

a merchant ship off the coast of New Providence Island. At first glance, this band of not so merry men appear to be your typical killing, marauding, and cutthroat pirates from tales of old, yet under the gruesome layer of blood and filth, these men and women live a complex life.

Flint (portrayed by the talented Toby Stephens) is the spitting image of what a proper sea captain should look like, but he's a man losing control of his men. Black Sails triumphs at laying the groundwork for a complex political system where a captain can be voted "out of office."

Pirating and accounting are two words that don't come together easily; however, Flint's ship does have a financial adviser, and it appears that \$8 profit for every man will get you kicked out of the captain's chair swiftly.

Again, this new series is attempting to showcase the inner workings of pirating during the early part of the eighteenth century. This complex system of stealing, buying, and selling takes us to Nassau, where we are introduced to the women of Black Sails.

It's no secret that premium networks enjoy giving their viewers gorgeous bodies to feast their eyes upon, but these goddesses are not always essential to the plot. But Black Sails, like *Game of Thrones*, gives its heroines both beauty and strength. Women anywhere could learn a few things from Eleanor Guthrie (Hannah New) and Max (Jessica Parker Kennedy). These women are not playing the "nagging wife" role, but instead choose to forge their own destinies. The plight of strong female characters on television is an article for another time, but Black Sails is pointing their ladies in the right direction.



Arts & Culture

The other leading men include a Han Solo-like character named John Silver (Luke Arnold). From the very moment he flashes that devilishly handsome smile, it's clear that this is a man who is consumed by greed and selfishness. Where Flint seems to be trying to fulfil a kind of destiny, Silver just wants to be remembered in the history books.

If there is an antagonist to Flint and Silver, it would have to be the fearsome Captain Vane (Zach McGowan). His primary motivation is to destroy the fragile stability of Flint's crew by slowly usurping power. Vane's efforts may never come to fruition as Captain Flint wins back the respect of his men by defeating his rival, Singleton.

All this setup brings us to the most important question of any new series premiere, which is: why should you care?

Black Sails is by no means a perfect show, but its gorgeously crafted world mixed with solid performances warrants a second viewing. The motivations of these men and women are still unclear, but like its intricate political and financial systems, this series should give us more character development as the season progresses.

Captain Flint is a man driven by purpose, almost like Captain Ahab chasing his white whale. Will the captain catch this wealthy Spanish Galleon by season's end, or will he lose the respect of his crew before getting the chance?

Can this series stand out amongst the many genre-based giants dominating the television landscape, or will it fall into obscurity, like so many others before it?



Hospital Shop News

The British Hospital Shop is looking for volunteers to work at the shop.

Shifts can be mornings or afternoons, once every 15 days, in other words, twice a month.

Please contact Maureen Hyland at 099 681106 or by mail at maureenhyland@gmail.com


Thank you!

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Lamb Chops

by Jonathan Lamb
vozinglesa@gmail.com

Shocking

Did you know that 'the 85 richest people in the world now control as much wealth as the poorest half of the global population put together'? That's a quote from Toby Young in *The Spectator* of 25 January. Depressing and ominous, is it not. And the response? Someone in Tunbridge Wells pointed out that it should be 'poorer', not 'poorest'. But the mag is still a good read – recent issues now available in the Hospital shop.

Competition

Fix! It was Beatriz di Pace de Chops who got in first with the correct answer last time: the full name of that high-class interior designer and fabric supplier Señora Importada is of course Estela Importada. In a similar vein this month, Mr and Mrs Loche and their son B...? Easy-peasy. A free *Spectator* by post to the first to write to vozinglesa@gmail.com.

Cheap(er) Statins

For anyone in Punta trying to keep their cholesterol down, this column has raised with Pfizer the fact that no pharmacy in the Peninsula is part of its cheaper Lipitor scheme. As a result there is now one: Farmacia Campus on Gorlero opposite Dante, tel. 42 444444.

Extension Leads

Extension leads: two words that thrill the heart. Luckily there's a wide range of extension leads in this part of the world. There are grey ones that don't grip the plug, white ones with earth pins that bend inwards and block the plug, and beige ones with no central hole so the plug won't go in at all. Isn't choice wonderful?

Jugar A Las Damas Es Cosa De Hombres

Here's an original new book that would be good for learners of Spanish, as it's all in the present tense. A slim volume of what looks like poetry but isn't - or

at least only partly. The author has been on a tour of the Middle East (hence the title), plus other parts of the world, and fictionalizes moments from the tour through the eyes of two characters called Ana and Luca in a series of postcard-length snapshots. Very cinematographic: stays in the mind. By Magdalena Vidal, gatoblanco 2013.

UK Touring Theatre In April: Three Performances Only, 23-25 April

See elsewhere in these pages for details of Actorstouruguay's 6th annual venture, a comedy revue called Prompt Copy with stellar actors from award-winning Brighton Theatre. Via the National, the Royal Court, the BBC, you name it. Plus the specially-recorded voice of Prunella Scales from *Fawlty Towers*. All thanks to the amazingly brilliant Anglo and the utterly wonderful British Council.



Get Well Soon, George Stewart

Back on your feet, you mad Scotsman! Best wishes from us all.



Back In Time

by Tony Beckwith
tony@tonybeckwith.com

To Have And To Hold

In the winter of 1977 I returned to Uruguay to visit my mother. It had been twelve years since I had left my childhood home and gone to live abroad. And eight years since my father had died unexpectedly, just as the first astronauts were landing on the moon.

My mother and I stayed at a friend's apartment in Punta del Este, high up in the building, with a hypnotic view of the ocean. We arrived late one afternoon and it didn't take long to settle in. It was cold and windy on the street as we walked a couple of blocks to the Mariskonea to have dinner. Over a bowl of *mejillones* I broke my news: my marriage hadn't worked out and we were getting a divorce. My mother was unsurprised and, as always, voiced her concern for my wellbeing. As we shared a delicious *dorado a la plancha* I tried to put into words my recent emotional roller coaster ride. By the time flan and coffee were on the table we were talking more broadly about attitudes to divorce in the British Community in Montevideo in the 1950s and 60s, and my mother was telling me how things had changed since then.

In those days the Community was a very clearly defined group embedded in a particular segment of Uruguayan society. The conscious awareness of that network afforded a certain sense of identity and security to its members, myself included. We were a fairly typical British expat community, living far from the heart of the old Empire as its power and influence waned in the aftermath of the Second World War. We were, by definition, a relatively conservative bunch living side-by-side with a conservative Uruguayan population. At that time the world, by and large, had only recently begun to contemplate the idea of divorce as an acceptable status in modern society, and our community was no different. In our ranks there was, no doubt, an eclectic range of personal opinions on the subject, but compared to later standards it was still generally regarded as taboo in the court of public opinion.

There were a number of social and sporting clubs and organizations in the Community, such as the Montevideo Cricket Club, the English Club, the Montevideo Players, and so on. My family were all members of the Players theatre group and it was within that circle that, at some point in my teens, I was first exposed to an actual divorce. A young couple sadly announced that they were splitting up and at first I didn't quite know what that entailed, exactly. At that

age I had no idea what marriage meant, let alone what happened if the happy couple did not live happily ever after. Most members of the Community were sympathetic and supportive, but in the absence of a set of well-entrenched social responses, others were a little uncertain how to respond to a real-life divorce. It challenged people on religious, moral, and social grounds, and some just felt uncomfortable when faced with this unfamiliar phenomenon because they had no precedent to follow. Some were therefore guided less by a sense of the right thing to do than by what people would think. It was still all too new.

There was inevitably a dash of self-righteous disapproval in some quarters, but probably no more than in other parts of the modernizing world. This was after all when *Peyton Place*—the book and the movie—blew the lid off the inner life of a small community in post-war United States and scandalized people everywhere. It was a transitional time, when my parents' generation was struggling to come to terms with short skirts on girls and long hair on boys. Some of the more liberal types in our Community believed that consenting adults should be able to do as they pleased as long as no innocent bystanders were harmed. Wanting to appear modern, that was how I chose to see it then: perfectly clear-cut and obvious, couched in the simplistic black-and-white terms of one who had never been married, let alone divorced and all that that entails. One who had never known the pain and the anger, the sadness and the humiliating sense of failure that can attend the end of a marriage.

But I was now experiencing it in real life and discussing it in the most adult conversation I had ever had with my mother. It felt good to talk about it like that, to look at divorce from a more objective point of view. That broader perspective in turn led me to a more accepting attitude to what, in my callow youth, I used to consider the Community's stuffiness and old-fashioned ways.

We were quiet as we walked home from the restaurant. I had always thought of Punta in terms of summer and beaches, suntanned bodies, and sensual pleasures. But the raw winter night was perfectly matched to my new state of mind, the cold wind a metaphor for the inevitable moment when adolescent certainties meet the harsh reality of life. I had technically been an adult for some time, but that night I finally started feeling like a grownup.



Medical Column

by Dr. Jorge Stanham, MBE
jorgestanham@yahoo.com

How Long Should An Appointment With Your Doctor Last?

The answer to the above question may be obvious: "It should last as long as it's needed." When I graduated in 1980, patients were booked to be seen in the order they arrived to the clinic and each waited patiently until their turn came, to be seen sometime later (even hours!) that same day. Some visits were short (less than 10 minutes) and others were long (more than 40 minutes and up to 1 hour). At some point, the doctor would ask the receptionist to stop the inflow line and to request newly arriving patients to come the next clinic day, unless it was an emergency. Nowadays, patients have time commitments that require that they know at what time they'll be seen and how long they'll spend with the doctor, so as to be able to schedule personal activities around the appointment. Besides, booking days or weeks ahead provides time predictability and phones and the Internet are used to do the job of scheduling.

Two typical modes of booking have modelled doctor's schedules: the British NHS with its 10 minutes per patient (6 per hour) and the US system of dividing the hour into 15 minute blocks (4 per hour). More complex patients are required to come at special times when the doctor has more flex or are given 2 or 3 consecutive blocks. This mode of scheduling has become cumbersome and creates booking inefficiencies, especially when some of the slots are 'carved out' for urgent squeeze-ins, especially on Mondays, when the demand is greater. In Uruguay's mutualista model, the rule has been to book patients every 10 minutes (6 per hour) although more recently 12 minutes (5 per hour) is becoming the norm.

It is a widely held feeling by physicians in Europe, North America and western cultures, that present-day empowered patients, who know a lot more about their conditions than the prior generation and are a challenge to the physician-centred and paternalistic model of the past, that expect to have a say and participate in decisions affecting their care, have made the one-size-fits-all 10 to 15 minute slots obsolete. Besides, people live longer, many well into their late 80's and mid 90's and have multiple chronic diseases that need attention, plus many potentially interacting medications. The typical over 65 patient may be treated simultaneously for any combination of osteoarthritis, osteoporosis, hypertension, renal disorders, digestive problems, cholesterol, overweight, diabetes, anxiety/depression, failing eyesight and hearing, plus a malignant disorder, all of these requiring assessment, tests and frequent reviews of the medication list to detect interactions, duplications and unnecessary drugs. Besides, the doctor is expected to act as a counsellor for the

psychosocial problems arising from illnesses that affect the patient, family and caregivers. It's no wonder that these patients don't fit into the 10 to 15 minute model of scheduling and that one of the consequences is to rely excessively on unnecessary testing and specialist referrals, to compensate for the lack of time.

An issue usually brought up is that if appointment slots are made longer, i.e. 20 to 30 minutes, physician productivity would decline, meaning fewer patients will be seen per day and that this would create long waiting lists of many days or weeks for those who cannot be seen in the next 1-2 days. On top of this, patient no-shows would cause moments of zero activity, awaiting the next patient's arrival. Besides, the fee-for-service model under which many physicians are paid for their work, would affect their income negatively.

The present trend is to redirect reimbursement from volume-based (number of services) to quality-based metrics, where payment prizes favourable outcomes, accessibility and continuity of care. As I've pointed out in prior posts, the internet has created a new and reliable means of communication between patients and their providers, avoiding visits for the sole reason of checking test results and repeating chronic prescriptions. Many symptoms in an established patient can be assessed via e-mail and other messaging services, treatments and tests can be ordered in the meantime, prior to a follow-up visit to check the response and results, increasing efficiency in the use of clinic time. A setback to this strategy is that it's provided for free, in spite of the tremendous added value it provides to the patient.

Many authoritative experienced physicians are calling for a minimum of 20 minutes per patient, although they acknowledge that 30 minutes will eventually be the new gold standard in the near future. Clinic visits will be used to update all information, to streamline medication lists and to plan for a future visit. In the meantime between visits, continuity of care will rely on modern information and communications technology, on assistant providers, like nurses, technicians, social workers and other professionals, who'll use mobile media to remotely access the patient's electronic health record.

Until this happens, I'm booking my patients every 25 minutes and spend up to 1 hour daily in e-mails, electronic prescribing, checking results and relaying them to my patients with my comments and recommendations.

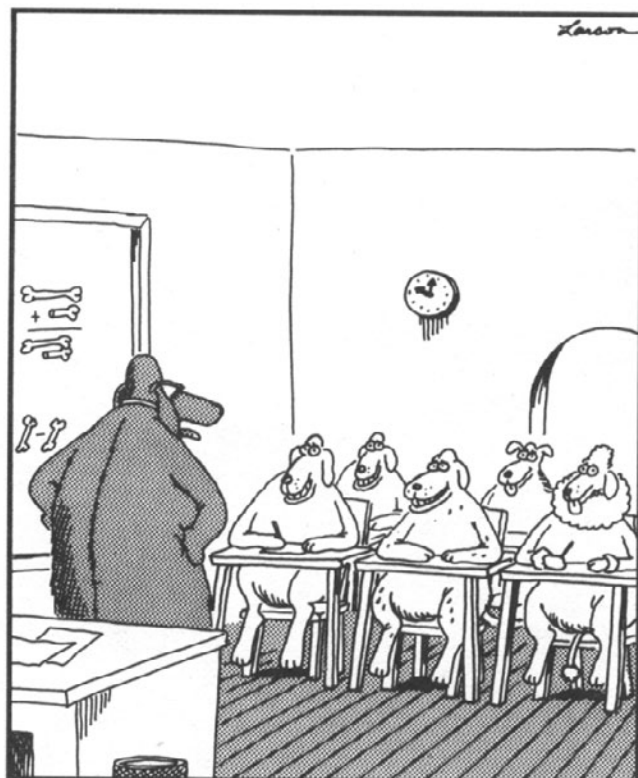


Geoff's Yorkshire Pudding (top) and Sweet Spread (bottom)



The Far Side

by Gary Larson



"Well, here we go again. ... Did anyone here not eat his or her homework on the way to school?"

Link Of The Month

Two great british actors having fun on TV!

http://www.youtube.com/watch?v=5J_tk25AYVQ



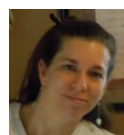
The Society At A Glance

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