



In this issue

President's Words.....	2
SWCH News.....	2
Obituaries.....	2
British Embassy News.....	3
British Cemetery News.....	4
St. Andrew's Society News.....	5
Silver River Lodge News.....	5
Anglo News.....	6
Montevideo Players News.....	7
Montevideo Players News.....	8
Medical Column.....	9
Geoff the Chef's Corner.....	10
Back In Time.....	11
The Far Side.....	12
Link Of The Month.....	12
The Society At A Glance.....	12

Coming Events

► Saturday 4th October

- St. Andrew's Society Caledonian Ball.
- Día Del Patrimonio at The British Cemetery.

► Sunday 5th October

- Día Del Patrimonio at The British Cemetery.





President's Words

Dear readers,

Our joint Lecture Supper event with the Allies was a rapid sell out, many thanks to all those involved. This time the Residence is hands on organizing the event, so many thanks to Belinda for all her hard work, to Richard Cowley, who will entertain us with a talk on the events that took place during the construction of The Panama Canal and how it was finally achieved, and also thanks to The Allies for organising a new raffle to benefit The Benevolent Fund.

We were very sorry to inform, earlier this month, of the passing of Paddy Sherwood. President of The British Hospital for many years, and always a friendly hand for our Society, he will be remembered for the support and good spirits he always shared. Our sincerest

condolences go to his family and friends, along with our thanks to Christopher Pool for writing his Obituary for this Newsletter.

November, along with sunshine, will come in full swing! We have quite a few activities in store that we hope you will all enjoy: our annual croquet tournament, the football tournament, and our final Lecture Supper of the year, so October will find us hard at work in the planning department!

All the best,

Madeleine

"Die, my dear Doctor? That's the last thing I shall do". Lord Palmerston's last words

SWCH News

Heather and Virginia Campbell come to the home every Sunday afternoon and spend a wonderful time together with the residents. The residents are happy and content and this lightens up the atmosphere. Sometimes they draw, colour or paint. There have even been times that they made cushions and other handcrafts such as these beautiful bracelets.



Obituaries

Patrick Sherwood, MBE

It is with deep regret that we have to record the death of Paddy Sherwood on 20th September after a long illness, stoically borne. Paddy was a stalwart of our community for many years and was actively involved in its affairs such as the British Hospital and the St. Andrews Society.

Paddy served on the Board of Governors of the British Hospital for over 20 years and was its President on 6 occasions. His encyclopedic memory, attention to detail and business acumen will all be sorely missed by his colleagues on the Hospital Board and by his many friends, both in and outside the Hospital.

He was awarded the MBE for his services to the British community in Uruguay.

Paddy worked for many years for the J W Thompson Advertising Agency in Argentina and other South American countries including Uruguay, Peru and Ecuador and on retiring as Managing Director in Ecuador, returned to Montevideo to make his home in Uruguay.

Paddy is survived by his wife Sylvia and his daughter, Jeanie, who lives in UK, and by 2 granddaughters and 1 great granddaughter, to whom we extend our greatest sympathy.



British Embassy News

Follow us on **Facebook**
and keep in the loop!

Back At Expo Prado

More than 14.000 people visited the British Embassy's GREAT Stand in the Expo Prado between 3-14 September. It was a successful return after several years of absence from the event. Our visitors learned about, and in many cases purchased, the products and services of the companies taking part - all of whom are either British brands or have a link to the UK. British music shows, including Celtic music group Grianan, The City of Montevideo and Riverside Pipe Bands and The Beatles Forever Band delighted Prado visitors. Many of them were surprised with a Flash Mob, thanks to the students of SG Danzatoria, who danced to Queen's We Will Rock You in one of the main pedestrian areas of the Rural.

Luxury Visit

Frank Dick, one of the outstanding sports coaches and coach mentors in the world, was a keynote speaker at the International Congress of Physical Coaching held in Punta del Este 11-13 September, thanks to Embassy support. Frank was the British Athletics Federation's Director of Coaching from 1979 to 1994, and led the British Athletics team into its "golden era" with Olympic gold medalists such as Daley Thompson, Steve Ovett and Sebastian Coe. Now a motivational speaker, he gave conferences about "The importance of building effective teams", both in Punta and later in Montevideo, at the Ministry of Sport.



Very Trendy

A young Uruguayan designer enjoyed the opportunity of his life as he visited the London Fashion Week, 12-16 September. Earlier this year Gustavo García won the young designers competition Lumina 8, organised by Punta Carretas Shopping and supported by the Embassy. As part of his prize, he travelled to London to be part of the main catwalks and other events which make London Fashion Week a key date in the fashion calendar. Gustavo attended Vivienne Westwood and Topshop-ASHISH shows, amongst others, but has also enjoyed looking at people's styles around the city. "Wandering through London's streets is like being in a fashion show! Wherever you go, whether they're working or relaxing, people dress up really fashionably, with infinite styles," he said.





THE BRITISH SOCIETY
IN URUGUAY

Find us on
Facebook

British Cemetery News

DÍA DEL PATRIMONIO 2014

Espacios Públicos

4 y 5 de octubre, 2014

"EL ESPACIO PÚBLICO, ARQUITECTURA Y PARTICIPACIÓN CIUDADANA
AL SERVICIO DE LA COMUNIDAD"



Detalle de sepulcro de Richard Lagemann - 1899



Capilla Central

AV. RIVERA 3868 - MONTEVIDEO-URUGUAY

TEL 598 26223071- FAX 2622 1879

encuentros@cementeriobritanico.com.uy

WWW.CEMENTERIOBRITANICO.COM.UY

BUS: 60-141-142-144-427-468-526-D11 -DM1- G

CO-ORGANIZAN CEMENTERIO BRITÁNICO Y
ARQ. EDUARDO MONTEMUÑO

PROGRAMA

DÍA DEL PATRIMONIO 2014

SÁBADO 4 de octubre - 18.00h

VISITAS GUIADAS CADA HORA DESDE LAS 14 H. A 17 H.

ARMONÍA SOMERS 1914-1984
A 100 AÑOS DE SU NACIMIENTO

Armonía Somers y su legado literario.

Charla a cargo de **Alicia Torres**, egresada del Instituto de Profesores Artigas, Magister en Ciencias Humanas y Literatura Latinoamericana por la Facultad de Humanidades y Ciencias de la Educación (UdelaR) Integra el Consejo Editor Honorario de la Biblioteca Nacional, y el Consejo Académico de Lectura de la Revista de la Asociación de Profesores de Literatura del Uruguay. Es crítica literaria y periodista cultural.

5 DE OCTUBRE - ING. CARLOS RACINE

DEDICAMOS ESTE DÍA A CARLOS RACINE PRIMER ING. PAISAJISTA DE MONTEVIDEO Y SUS PARQUES. SE REALIZARÁN IGUALES RÉGIMEN DE VISITAS GUIADAS Y SE FINALIZA CON ACTIVIDAD MUSICAL.

CO-ORGANIZA Y APOYA

ÁREA
LETRAS



Dirección Nacional
de Cultura

mec
MINISTERIO DE EDUCACIÓN Y CULTURA

AUSPICIOS Y APOYOS

RED IBEROAMERICANA DE VALORACIÓN Y GESTIÓN DE CEMENTERIOS PATRIMONIALES
INTENDENCIA DE MONTEVIDEO
MINISTERIO DE EDUCACIÓN Y CULTURA
MINISTERIO DE TURISMO
COMISIÓN NACIONAL DEL URUGUAY PARA UNESCO
BIBLIOTECA NACIONAL
MONTEVIDEO CAPITAL IBEROAMERICANA DE LA CULTURA
ASOCIACIÓN DE INTERPRETES Y GUÍAS DEL URUGUAY
COMISIÓN DEL PATRIMONIO CULTURAL DE LA NACIÓN- MEC
RED URUGUAYA DE CEMENTERIOS Y SITIOS PATRIMONIALES
MINISTERIO DE TURISMO Y DEPORTE
PAISAJISTA Y VIVERO VIRGINIA CROTTI
CONSTRUCTOR GULPIO- GONZATTO



UruguayNatural



Patrimonio Uruguay
COMISIÓN DEL PATRIMONIO CULTURAL DE LA NACIÓN





St. Andrew's Society News

Caledonian Ball


OCTOBER 4TH - CLUB DE GOLF DEL URUGUAY



Contact us for more information:

099 157615 - 099 682625

standrewssocietyofuruguay@gmail.com

 St. Andrew's Society of Uruguay

Scottish country dances, ballroom dancing, superb dinner, raffles, free scotch and soft drinks...

With the music of the pipes and drums of the City of Montevideo Pipe Band and the excellent performance of the dancers.

Silver River Lodge News

All our meetings are held on the 3rd Monday of every month from March through to November at the William G. Best Masonic Temple, located at calle Canelones 1429, Montevideo.

For further information please contact at us at secretarysrl876@gmail.com or call Mr. Martin Macadam at 096 001995.

This month's answer about Freemasonry is:

Question: Why do Freemasons take oaths?

Answer: New members make solemn promises concerning their conduct in Lodge and in society. Each member also promises to keep confidential the traditional methods of proving that he is a Freemason which he would use when visiting a lodge where he is not known. Freemasons do not swear allegiances to each other or to Freemasonry. Freemasons promise to support others in times of need, but only if that support does not conflict with their duties to God, the law, their family or with their responsibilities as a Citizen.

Things To Keep In Mind

You subscriptions can be paid at:

- Our events to our treasurer
- The Anglo Institute of Carrasco, Centro or Pocitos
- Lucas Calcraft (Av. Italia 6890 esq. Miami)

Reasonably-Priced Translations

English - Spanish, Spanish - English
Also oral translations (interpreting)

Write to: vozinglesa@gmail.com



Anglo News



The Montevideo Players Society presents: HEROES

A play by Gérald Sibleyras

Millington-Drake Theatre - San José 1426
October 24th & 25th at 9 pm - 26th at 7pm

Tickets available through TICKANTEL as of 15th Sep. 2014

Before 15th Oct.: \$250 - Students and OAP's: \$120

As of 16th Oct.: \$350 - Students and OAP's: \$170



¿Aliados o neutrales? El alineamiento internacional del Uruguay ante la Primera Guerra Mundial (1914 - 1918)

Talk in Spanish by Lic. Ana María Rodríguez Ayçaguer

Anglo Library - San José 1426 - October 31st at 6:30 pm

Free admission - Advanced booking required
To register e-mail: anglocultural@anglo.edu.uy



If Music be the Food of Love, play on: A concert to mark the 450th anniversary of the birth of William Shakespeare

The concert will feature works by William Shakespeare and some of the greatest Elizabethan and Jacobean composers. The concert lineup will also include spoken interludes by Lindsey Cordery and Jack Sprigings, who will be reciting a selection of Shakespeare's most celebrated sonnets throughout the evening.

Millington-Drake Theatre - San José 1426 - October 9th at 7:30 pm

Free admission - Advanced booking required
To register e-mail: anglocultural@anglo.edu.uy

THE BRITISH **MUSIC HOUR** **ANGLO CULTURAL**
EVERYDAY AT 17:30 **ALFA FM**





THE BRITISH SOCIETY
IN URUGUAY

Find us on
Facebook

Montevideo Players News

COMMEMORATING THE OUTBREAK OF WWI



MILLINGTON
DRAKE
THEATRE

OCTOBER

FRIDAY 24

SAT. 25

21.00 H.

SUNDAY 26

19 H.

HEROES

A PLAY BY TOM STOPPARD

ADAPTED FROM
LES VENT DES PEUPLIERS

BY GERALD SIBLEYRAS

DIRECTED BY

GUIDO GARCÍA LUECHES



HOSPITAL BRITÁNICO



ANGLO



Montevideo Players News

Coming in November



MacBeth





Medical Column

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

The End Of The Annual Physical?

Over the last few years, a pendulum-swing towards doing less is evident in the recommendations by primary and specialty medical societies, government health ministries and agencies and other opinion leaders. Many of these changes will affect how we practise preventive medicine or detect potentially treatable diseases at an early stage. As data, information and knowledge exponentially expand and evidence of the outcome of our actions is measured and assessed, we have learned that many of the current things we do out of habit are apparently ineffective, misleading... or even harmful!

With the expansion of technology, precise and accurate laboratory tests, state-of-the-art imaging, genetic profiling, a logical conclusion would be that the more we try to do to prevent disease or detect it early enough so as to impact its prognosis in our favour, the better. On top of this, the pharmaceutical industry has marketed many drugs that alter our metabolism in a way that could potentially delay vascular disease, osteoporosis, some cancers and even slow down our ageing a bit.

The gold-standard for applying technology has been to visit our doctor once a year, at least as we approach our 40's, so as to have a review of systems questionnaire, a full physical examination and gender and age-appropriate diagnostic tests ordered at the same time: urine, blood and stool exams, electrocardiograms, PAP smears, mammograms, colonoscopies and even consumer-induced or fashion-propelled new tests.

Well... the one-size-fits-all questionnaire has been found of little use; if there are no symptoms, no definite evidence backs asking about them in healthy persons... i.e.: If it ain't broke, why fix it? Beyond this, some parts of the exam done regularly have been rated as time-losers: lung auscultation, knee-jerks, palpation of the abdomen and even pelvic exams (in apparently healthy asymptomatic persons). Certain tests have been put into question: PSA for early prostate cancer detection in men, yearly PAP smears and mammograms in women, resting and stress ECGs for detection of coronary disease. (I repeat: in healthy asymptomatic persons.)

It may seem that as health professionals we're shooting ourselves in the foot. Or we might think that as patients it may be pointless to see your doctor before anything happens to us that calls our attention. A wave of nihilism and meaninglessness may pervade our preventive healthcare culture. How will we look back at today a decade from now? Have we been misled

by doubtful evidence of outcomes of what we've been doing up to the present?

Our best response as providers and patients is to step back and see the greater picture. What has the evidence shown, after all? The first answer is that we cannot expect to prevent everything by applying tests specifically designed to identify disease: they're not intended to diagnose health. Health is not a diagnosis, nor is it the absence of disease (the World Health Organisation said this decades ago). Some of us are more prone to certain diseases than others; unhealthy behaviours can harm all of us: too many calories, excessive weight, soaking in the booze, puffing tobacco, snorting, inhaling and popping drugs (legal and otherwise), overwork and little rest or sleep, roasting in UV sunlight, all take their toll on our life expectancy and quality. On the other hand, we cannot diagnose high blood pressure, which affects one third of the population, without intentionally measuring it and a suspicious mole in the back may incidentally be detected in a casual exam during a visit for an unrelated reason. So, after all, there may be a benefit from seeing your doctor every now and then. Besides, visits for common ailments like colds or joint pains, can be used to identify personal or family profiles of risk, to check for the presence of common abnormalities like high blood pressure, excessive weight or girth that predispose to diabetes or to identify skin types more prone to sun-related cancers.

However, we must be aware that detecting some slow-growing cancers at a very early stage (like some prostate cancers) may give the impression that we have prolonged life, when we've only been aware of their presence earlier (this is called 'lead-time bias') and the patient will not have a longer lifespan because of its treatment – and may die of something else. Mammography may be good at detecting cancers when very small, but most of these probably are not going to be of significance... but how can we know with certainty which of those are going to be the bad ones so as not to over treat those who only need closer follow-up?

The good thing about the current tendency to un-hype our ingrained habit and faith in the yearly preventive physical, is that doctors and patients will have to spend more time talking and deciding which procedures and tests are potentially more beneficial and that this shared awareness combined with patient preferences are better guidance than complying with a yearly rite.

Geoff the Chef's Corner

by Geoffrey Deakin
gde@boskejo.com

Roasted Leg Of Lamb With Carrots And Honey-Mint Sauce

Ingredients for 8 servings:

- 1 lemon, strips of zest removed with a peeler and juice squeezed
- 6 garlic cloves
- 1/2 cup plus 3 tablespoons olive oil
- 3 kg bone-in leg of lamb, at room temperature
- 1.5 kg very small carrots, scrubbed; or regular carrots, peeled and cut into thin sticks
- 2 cups fresh flat-leaf parsley
- 1 cup fresh mint leaves
- 6 scallions, chopped
- 2 teaspoons honey
- Salt and freshly ground pepper to taste



Directions:

1. Heat oven to 205°C/400° F.
2. In a food processor (or blender), pulse the lemon zest, garlic, 2 tablespoons of the oil, and 1 teaspoon each salt and pepper until coarsely chopped.
3. Place the lamb in a large roasting pan and rub with the lemon mixture. In a large bowl, toss the carrots, 1 tablespoon of the remaining oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper; set aside.
4. Roast the lamb to the desired doneness, 90 to 105 minutes for medium-rare (internal temperature registers 60°C/140° F*), adding the carrots to the pan after the lamb has cooked for 50 minutes.

5. Transfer the lamb to a cutting board, cover loosely with foil, and let rest for at least 15 minutes before slicing.
6. Meanwhile, in the food processor, puree the parsley, mint, scallions, honey, lemon juice, the remaining 1/2 cup of oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
7. Serve with the lamb and carrots.

Oats With Apple & Pear (Or The Breakfast Dessert)

Ingredients:

- 1/2 cup of milk
- 1/2 teaspoon vanilla extract
- 1/2 cup Traditional Quaker oats
- 1/4 teaspoon baking powder
- pinch of salt
- cinnamon to taste
- 1 apple, diced
- 1 pear, diced

Directions:

1. Preheat oven to 180°C/360°F.
2. Spray a single serving casserole with cooking spray.
3. In a small bowl, mix milk and vanilla extract.
4. Add the Traditional Quaker Oats, spices, baking powder and salt.
5. Stir.
6. Place cubes of apple and pear and move them so that there are all at the top.
7. If you want to add some extra ingredients (dried fruits, nuts, sunflower seeds), do it now. I recommend raisins, almonds, grated coconut or walnuts.
8. Pour into the pan and bake for 20-25 minutes.
9. Serve at room temperature.

Tip O' The Day

Cook pasta 1 minute less than the package instructions and cook it the rest of the way in the pan with your favourite sauce.

And remember, love and cook with wild abandon!



Back In Time

by Tony Beckwith
tony@tonybeckwith.com

The Accountant

My father had done it again. He had decided, as he frequently did, that some relatively insignificant event called for a celebration and he was taking us out for dinner. The waiter saw us coming across the patio and held open the door. He smiled and escorted us to a table. "You and your family are always welcome here, Señor. This is your home."

We were at one of several neighbourhood restaurants we frequented in Pocitos on these spontaneous special occasions of my father's invention. A cosy place, with a row of tables tucked against one wall and the bar and tiny kitchen ranged along the other side of the long, narrow space. The owner stood behind the cash register at the front end of the bar, and he too smiled at us as we settled into our seats, my brother and I against the wall, my parents on the aisle.

We looked at the menu while the waiter—in his standard white coat, black trousers, and black bow tie—brought a bottle of *tinto de la casa*; the house red was from the Cerros de San Juan winery and was, in my parents' opinion, a splendid Uruguayan wine at a very reasonable price. My brother had an Orange Crush and I had a *Bidu*, a local cola. Whenever we came to this restaurant I always ordered a *milanesa* with two fried eggs, French fries, and a salad. The waiter dressed the salad at the table and I loved watching him do that. The crisp green lettuce, bright red tomato wedges, and slivers of raw white onion came in a metal bowl. He added salt, pepper, olive oil, and vinegar—all of which were on the table—and tossed everything enthusiastically with two soup spoons. When he was satisfied that all the ingredients had been well seasoned, he picked up the bowl in one hand and held the two spoons in the other like a pair of tongs, deftly serving the salad onto my side plate. It was always delicious. After the main course, my brother and I would agonize over which dessert to order. He would usually decide on *dulce de leche* pancakes, and I would have a *postre chajá*, a typical Uruguayan dessert made with sponge cake, peaches, meringue, and whipped cream.

When the meal was over and my parents had finished their coffee and the last of the wine, the waiter approached the table with the bill on a white saucer. This was the part of the evening that I dreaded, because it was my father's invariable custom to check

the bill in minute detail. Usually, when he'd finished, he would nod and put some money on the saucer and that was that. But sometimes he would find a discrepancy, and he would then call the waiter over and point out that they had forgotten to charge for something or had made a mistake in the addition. He was scrupulously honest in everything he did and, in the nicest possible way, would call attention to any errors, regardless of who they favoured. The waiter would then take the bill back to the owner, who would make the appropriate adjustments. I used to squirm in my seat during this whole procedure, embarrassed to the core, convinced that the whole world was watching and we were the laughing stock of the restaurant.

I could not have been more wrong. Over time, the waiters and owners of the restaurants we visited regularly came to respect and appreciate my father's approach. It was not that he mistrusted them, or felt that they might be trying to cheat him, not at all. He just wanted to be sure that the accounts were accurate and fair to all parties. I can remember many occasions when waiters were amazed that a customer had pointed out a mistake in the restaurant's favour, and my father always insisted on paying for things that had been inadvertently left off the bill.

On this particular occasion, the waiter put the bill on the table, as usual. When my father inspected it, he saw that the items we had consumed were listed, together with the price for each one, but there was no total at the bottom of the column of figures. He raised his eyebrows at the waiter, who shrugged and said that the owner thought it would be better if *el Señor Contador* [Mr. Accountant] took care of the addition himself. Highly amused, my father obliged. He then suggested that someone should verify the result, whereupon the waiter threw up his hands and said that nobody would presume to check *el Contador's* work. In that instant I had an epiphany; I suddenly saw my father as the waiter saw him, and my childish embarrassment dissolved and mutated into pride.

As we left, the owner reached over the bar to shake my father's hand. They smiled at each other and said good night, and the waiter held the door open as we took our leave. I think that was the last time I was ever embarrassed about anything my father did.



Future Events

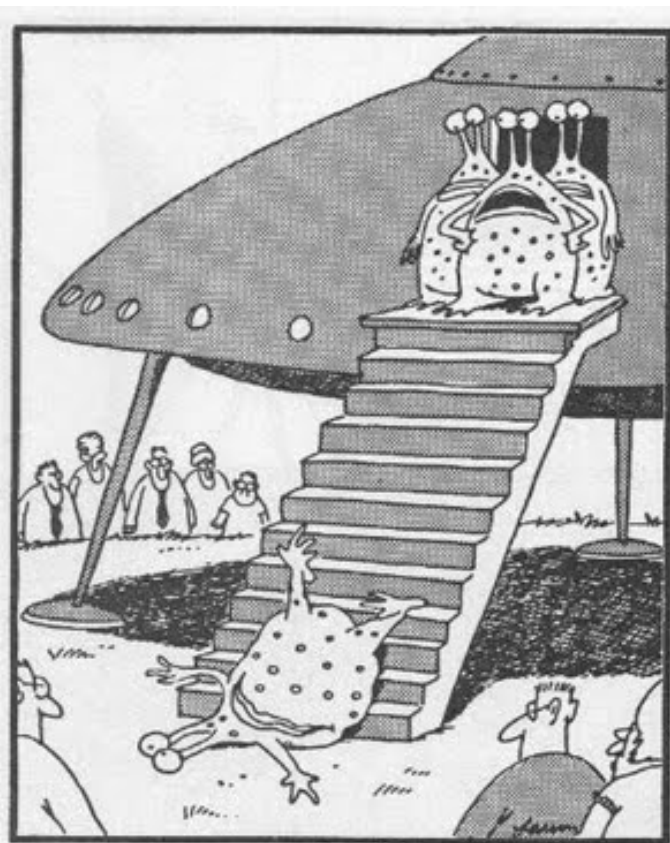
► Saturday 6th December

- WDA Bazaar, 14:00 hrs. at Lafone Hall.



The Far Side

by Gary Larson



"Wonderful! Just wonderful!... So much for instilling them with a sense of awe."

Link Of The Month

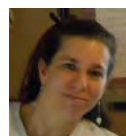
American singer, british humour...

<https://www.youtube.com/watch?v=QHPmRJloc2k>



The Society At A Glance

Executive Committee



President: Madeleine Pool
president@britsoc.org.uy / 098 503 920

Vice-President: Geoffrey Deakin
vp@britsoc.org.uy / 098 586 168



Treasurer: Jessica Bell
treasurer@britsoc.org.uy / 099 210 984

Secretary: Richard Lockhart
secretary@britsoc.org.uy / 094 44 12 72



Newsletter Editor / Webmaster:
Ricky Medina
editor@britsoc.org.uy / 094 547 279

Others



Chairman of the Sir Winston Churchill Home and Benevolent Funds: Michael Brown
swch@britsoc.org.uy / 2600 7110

Auditor: Ian McConnell
imcconnell@winterbotham.com / 099 155 663