



THE BRITISH SOCIETY  
IN URUGUAY

# THE NEWSLETTER

June 2015

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British Embassy News  
Montevideo Players  
Back in Time  
Caroline's Cooking Corner  
Lamb Chops  
Medical Column  
And more...

## BSU Event

# Big Lunch 2015

## British Embassy news

# London Study Programme



[www.britsoc.org.uy](http://www.britsoc.org.uy)

Caroline the Cook is here!



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BSU

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## THE SOCIETY AT A GLANCE



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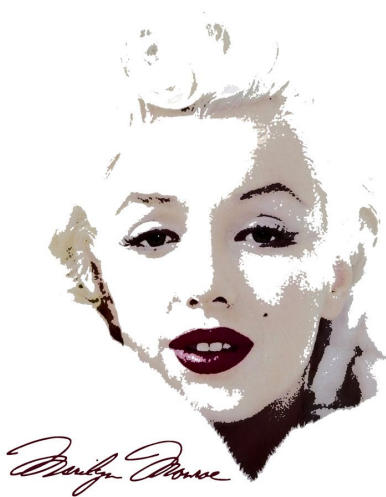




## PRESIDENT'S WORDS

Dear readers,

May, begun with a most enjoyable evening at the British Hospital's conference centre, where we were very pleased to host a full house attendance of the play "The Quintinshill Rail Disaster". A 30 minute radio play written by Jonathan Lamb that took us back to a tragic event of British rail history and portrayed the story of the people behind it. Many thanks to Jonathan Lamb, Jack Sprigings, Eddy de León and Jane Silverwood for a wonderful performance. We hope to have you back with new ideas for us to enjoy! Also, thanks to our steady team of cooks for such a delicious meal. We are sharing some photos of the event in our website.



***"We are all of us stars, and we deserve to twinkle"***  
***Marilyn Monroe***

Coming up is our Big Lunch 2015 day, and we have a few surprises up in store for you. Bring food to share, plates, cutlery, and a good appetite to go with it, you'll have plenty of options of your choice to enjoy! We will have new games, and old ones, guesses and prizes for the younger kids, so bring them along, they will have plenty to do. It is going to be hosted, once again, at The British Schools Pavilion, this Sunday, 7th of June.

I hope to see you there.

Remember we are still searching for a name for our Newsletter. Our inbox is still open, but not for long! We have received some very good options (see below), with excellent ideas behind them, so many thanks to those creative minds. I hope you enjoy this month's issue,

All the best,

Madeleine

So far, we have quite a few suggestions for the name of our Newsletter.

Here they are and please, keep sending in your ideas.

The voting to choose the name will be very soon...

Brit News  
 BriTalk  
 The Britannia  
 The Bulldog  
 The Albion  
 Bandwidth  
 The Bowler  
 The Brit

The (Britsoc) Bugle  
 The Carpincho

The Charlotte  
 The Oven Bird  
 The Plate Post  
 The Plate Times  
 The Plate Again Sam  
 The Rambla  
 The River View  
 Contact  
 Connect  
 Brit Chat

Brit Mail  
 Brit Letter  
 Brit Epistle  
 Brit-Uy  
 Brodelu  
 The UKontact  
 The Tea Times

and your idea...



## UPCOMING EVENTS

**Sunday, June 7 at 12:00 noon**

### **The Big Lunch 2015**

British Schools Pavilion  
Maximo Tajes 6411

**June 16 - 20 at 21:00 hs**

### **FUNNY LADIES**

Montevideo Players  
Neil Fairless Centre  
Acevedo Díaz 2324

## SIR WINSTON CHURCHILL HOME NEWS

July will see Vivi celebrating her 94th birthday with family, friends and the other residents.

Vivi knits five "Batitas" per week and donates them to the Premature Babies at the Hospital Pereira Rossell.

Thumbs up for such a wonderful person!

We look forward to your visits to our home and thank you all for caring!

The Committee



## CHRIST CHURCH NEWS

We are very proud and pleased to invite you to visit our newly renovated Web site.

Many thanks to all that participated in the design and construction of our virtual connection with all our earthly community.

Welcome are all your comments and ideas!

[www.christchurchmvd.org](http://www.christchurchmvd.org)





## THE BIG LUNCH 2015



**When? Sunday, June 7**

**What time? From 12 noon to 5 pm**

**Where? The British Schools Pavilion (Maximo Tajes 6411)**

**What to bring? Food to share, plates and cutlery**

**Who? You, family and friends! Everybody is welcome!**

**Bunting and Paper Chain Competition!**

Come along with your family or a friend and bring some food to share! Wine, soft drinks, tea and coffee will be on sale so there is no need to bring your own. As for entertainment we will have music and a great array of new games for all ages and a special raffle with many prizes!!!

Entrance tickets will be \$100 for members and \$150 for non-members. Children under 15 do not pay.

**Click [here](#) to book your place!**

Or call Richard Lockhart at 094 441 272

*Remember to bring food to share, and your own plates and cutlery!*





## BRITISH EMBASSY NEWS

### BRITISH EXPERTISE IN CRIME REDUCTION

Professor Richard Wortley and Doctor Sylvia Chener from University College London trained police officers on 'Problem Oriented Policing' from May 4-15 at the Higher Studies Police School. During a reception at the Residence, attended by National Police authorities and police officers, Prof. Wortley explained that the programme aims to find solutions to problems police face on a daily basis by looking into the contributing factors that led to a crime being committed.



This course was the second part of an ongoing collaboration that started in 2013. Last year, Uruguayan police officers travelled to the UK to learn about this approach to crime reduction.



Embajada Británica  
Montevideo

### LONDON STUDY PROGRAMME



Universidad de Montevideo will be offering Uruguayan students the opportunity to study a career in Finance getting two degrees simultaneously, one from UM and a second one from University of London, on Business and Management or Banking and Finance.

At the launch event, held at the Ambassador's Residence, Chris Cobb Vice-Chancellor of the University of London, said that this programme will allow graduates to have a competitive edge in the job market and it will open up opportunities for them to work internationally.





## BRITISH EMBASSY NEWS

### EXPO PRADO 2015 RELOADED

The Embassy will be back at Expo Prado with a bigger and better pavilion.

If you are part of an organisation or company that would like to be present with a stand, do contact us at:

**[expoprado@fco.gov.uk](mailto:expoprado@fco.gov.uk)**

We will share more info soon through our social media channels.

Stay tuned!



BRITAIN & NORTHERN IRELAND



Embajada Británica  
Montevideo

### Collaboration in Science and Innovation

The Embassy has received special funds to implement a Science and Innovation Programme to foster cooperation in those fields between the UK and Uruguay.

The project will enable Uruguayan researchers and institutions to connect, create links and work along British scientists, academics and organisations.







# ANGLO NEWS

## LABCI UY'15

Latin American  
British Cultural Institutes



WHAT'S KEEPING YOU FROM JOINING THE BIGGEST ACADEMIC EVENT OF THE YEAR ?!

# 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> July

Montevideo, Radisson Victoria Plaza Hotel



CONFERENCE FEE: ENROLLING BEFORE 31<sup>ST</sup> MAY YOU PAY **U\$S 220**

From 1<sup>st</sup> June to 18<sup>th</sup> June 2015

U\$S250

On-Site

U\$S280

Registration at Instituto Cultural Anglo-Uruguayo: San José 1426

Registration fees may be paid by credit card or cash. All fees are indicated in US Dollars. Fees can be paid for in up to 6 installments with VISA, MASTER or AMERICAN EXPRESS, and in up to 3 installments with OCA, CABAL or DINERS CLUB.



For additional information, please call 2902 3773 ext. 124 or write to [info@labci2015.edu.uy](mailto:info@labci2015.edu.uy).

Log on to [www.labci2015.edu.uy/Registration](http://www.labci2015.edu.uy/Registration) and secure your place by enrolling today!







## 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](mailto:secretarysrl876@gmail.com) or call Mr. Martin Macadam at 096 001 995.

### THIS MONTH'S QUIZ ABOUT FREEMASONRY IS:

**Q** Why don't some churches like Freemasonry?

**A** There are elements within certain churches who misunderstand Freemasonry and confuse secular rituals with religious liturgy.

Although the Methodist Conference and the General Synod of the Anglican Church have occasionally criticised Freemasonry, in both Churches there are many Masons and indeed others who are dismayed that the Churches should attack Freemasonry, an organisation which has always encouraged its members to be active in their own religion.



## BRITISH ART IN URUGUAY



Adam Bunce's first solo art exhibition in Uruguay

Thursday, June 11 at 7pm.

Espacio Cultural Platea Sur

Bartolomé Mitre 1472 esq. 25 de Mayo

For more details, please visit the website:

[www.adambunce.co.uk](http://www.adambunce.co.uk)





# MONTEVIDEO PLAYERS SOCIETY



The Montevideo Players are very  
glad to announce the next  
Tongue in Cheek production of

## FUNNY LADIES

The finest selection of British humour, in the style of the very  
successful Brumour, but this time the ladies take the stage!  
At the Neil Fairless Centre, in the PUB!! At 21:00 hs.

JUNE

TUESDAY 16TH - 50% BOOKED  
WEDNESDAY 17TH - 75% BOOKED  
THURSDAY 18TH - FULLY BOOKED  
FRIDAY 19TH - 50% BOOKED  
SATURDAY 20TH - 50% BOOKED

ONLY 28 SEATS PER SHOW!!  
So book **NOW** and don't miss your chance!

TICKETS:

Adults - \$ 250.-  
Students & OAP's - \$ 125.-  
Members - FREE!

SPECIAL OFFER FOR STUDENTS - ONLY FOR TUESDAY  
AND WEDNESDAY PERFORMANCES - Groups of 10 or more  
(including the teacher!) pay only \$ 100.- each!

Bookings exclusively through: [montevideoplayers@gmail.com](mailto:montevideoplayers@gmail.com)  
Resource Packs available on request







## POEM

### ELAINE

When I stood with my back to the morning light  
and gazed at the rest of the day  
I couldn't imagine the dark of night  
for sunset seemed eons away

As the sun rose up in the fullness of time  
my meridian arrived all too soon  
And nudged me along from the height of sublime  
to the slope of the long afternoon

Then my sweet irreplaceable hours slipped away  
like a river that flows to the sea  
Till at last in the twilight I turn to survey  
what has always been precious to me

Now I stand with my back to the evening sun  
One last lingering look and my day is done

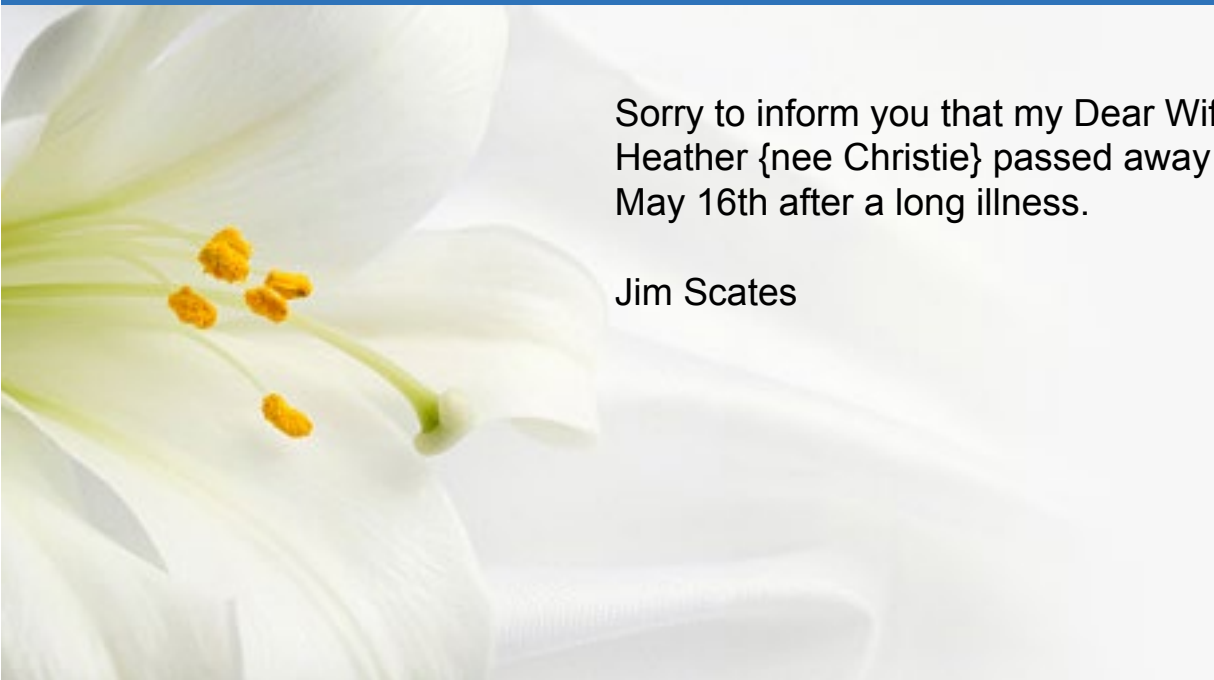
**Anthony Beckwith**



## AULD LANG SYNE

Sorry to inform you that my Dear Wife  
Heather {nee Christie} passed away  
May 16th after a long illness.

Jim Scates





## BACK IN TIME

by Tony Beckwith  
tony@tonybeckwith.com

### Sports Day

There were many important events in the British Schools calendar when I was a boy, but none was as exciting as Sports Day. The logistics were daunting and involved much carefully orchestrated teamwork, which in turn led to a great deal of community involvement. It was therefore a well-attended family event as much as a contest between athletes and the Houses they represented. Proud parents flocked to the grounds—mothers in their spring dresses and fathers in their old school sweaters or blazers—to cheer as their progeny gave their all in pursuit of greatness.

In tangible terms, greatness meant a medal, a cup, or the coveted Senior Championship shield, engraved with the names of past honourees and the motto *Mens sana in corpore sano*, written in Latin so that everyone would know it was important. The copper-coloured medal was cast in the shape of a bell, with the Schools crest accented in red and blue. It was a handsome trophy and I always wanted one, but oh well, *victori spolia*, as Julius Caesar used to say.

to an end in 1956. By that time, the British Schools was nearly ready to move to its new premises in Carrasco, and Sports Day was celebrated there for the first time with great fanfare in November 1957. Under the terms of a mutually convenient agreement, the MVCC opened its clubhouse on the school grounds a month later. The partnership between these two venerable institutions endures to this day.

My memories of Sayago are hazy, but I vividly remember Sports Day at Carrasco during my final four years at school. There were flat races of various lengths, obstacle races, hurdles, high jump, long jump, and throwing the cricket ball. In a more informal vein, there were sack races, three-legged races, egg-and-spoon races, and the popular thread-the-needle race for willing parents. Girls and boys who had qualified in preliminary heats strolled around wearing a large black number sewn onto their shirts or rompers, enjoying the mild celebrity status that went with this distinction. But the best was saved for last: the Inter-House Tug-of-War! Heats held in advance had narrowed the field to two teams that dragged each other back and forth, rugby boots churning up the turf, while their House Masters urged them on to greater



The excellent "Photographic History of the First 100 Years" of the British Schools has this to say on the subject of sports: "For the British Community in Uruguay, practicing sport was of paramount importance and an integral part of the personal and social life of its members. The many sports clubs and activities in which they engaged laid the foundation for sport in Uruguay. The Founders of the British Schools were no exception and, since the beginning, sport was considered a fundamental and integral part of the students' education."

Sports Day was originally held at the Montevideo Cricket Club's grounds at La Blanqueada, and later at Sayago (Parada Polo). But, after the railways were nationalized, the MVCC's time in Sayago finally came

efforts, frantically waving their hats and expending almost as much energy as the lads on the rope. The crowd, meanwhile, screamed and surged around the action as Boy Scouts did their best to keep excited onlookers back from the struggling competitors. One exhausted team was finally tugged over the line, and then it was time for tea.

I can still remember the smell of the chalky substance my mother gave me to whiten my gym shoes, which of course had to be in perfect condition for the big day. Not that anyone was going to be scrutinizing me in any way at all, because I was never one of the stars. I enjoyed running, and always felt as though I was going like the wind. But almost everyone else sped past me and I finally made it to







## BACK IN TIME

the finish line, gasping and panting, with the other stragglers at the very back of the pack. My father, who was ahead of his time in recognizing what we now call "self-esteem issues," was ever ready with some soothing words. "If you don't win the race, write a poem about it," was his way of reminding me that my talents lay elsewhere.

### So I finally did:

Come all you runners to the field  
let's see who'll take the gold  
Whoever doesn't win must yield  
so come, be fleet, be bold

The time has come, the starter's gun  
propels you on your way  
You athletes who were born to run  
will meet your fate today

Within the scrambling jostling pack  
one runner fights for space  
To bolt like lightning down the track  
and win the vaunted race

With pounding heart and lungs aflame  
you cross the finish line  
To take the trophy and the fame  
that oh! I wish were mine

## CAROLINE'S COOKING CORNER

by Carolina Conde  
carolinaconde@teachers.org

As Geoff kindly put it in our previous edition, I am taking on the task of delighting your taste buds. Fancy some cream tea this winter? Let's drag my fave restaurant "The Old Fire Engine House" in Ely, Cambridgeshire, towards our beloved Uruguay and let's sip some black tea as we have...

### "An Orange Pound Cake"

#### Ingredients

- 200g cake flour
- 200g caster sugar
- 200g unsalted butter, cut into cubes
- 1 tsp baking powder
- 4 eggs

For the syrup:

- 1/2 cup of freshly squeezed orange juice, plus zest from the oranges
- 1/4 cup sugar

#### Instructions

1. Preheat the oven to 170 degrees, grease and flour a loaf or savarin pan. Combine the sugar, flour and baking powder in a mixer bowl and mix for a few seconds to aerate.
2. Add the butter and beat at medium speed for 1 minute until the dry ingredients are moistened.
3. Add the eggs, one at a time, beating after each addition just until combined.
4. Scrape the batter into the prepared pan and bake for about 50 minutes, checking the cake for readiness after 40 minutes.
5. Meanwhile, prepare the syrup by combining the orange juice, zest and sugar in a small pan and heating until all the sugar is dissolved.
6. When the cakes comes out of the oven, let it rest for at least 10 minutes before gently removing it from the pan and pricking it all over with a fork. Drizzle the syrup slowly over and under the cake, getting a bit messy in the process. Wrap the cake in parchment paper or foil.

Enjoy!



# LAMB CHOPS

by Jonathan Lamb  
vozinglesa@gmail.com

## Eating Worms in Punta Carretas

... and very tasty they are too. The worms come ground up and mixed with chili and salt, as sal de gusano, to accompany a glass of mezcal and a slice of orange in a new Mexican restaurant called El Güero at Ibiray 2309, tel 2716 6941. The place is really a taquería, and should actually be called 'The Happy Waitress' because the cheerful lady who serves you is a delight.



So is the sal de gusano. It says on the label of the jar that the worms, Chinicuil, spend their entire lives feasting on agave pulp before being 'carefully selected' (presumably there's an interview process) and becoming a feast themselves. Well, it's better to eat worms than vice versa. The flavour is fantastic: cedarwood, chimney smoke, leather, with a glass of 54% mezcal (£98 a bottle in the UK) rather overpowering the slice of orange.

Very difficult to find outside Mexico, this sal de gusano. Should go equally well with tequila made from 100% agave, so the worms feel at home. Wish they served tequila here, and a sopa de tortilla, but the tacos are excellent. Great place: thanks to JC and Perrin for recommending it.

## Breaking Bad Ground

This para is strictly for those who have seen Breaking Bad, described as 'the best series ever' by Stephen King (one of whose books just happens to be lingered on by the camera during the show). Great stuff, amazing performances, some wonderful theatre: e.g. the pillow scene, the plate scene (which would make a workshop in itself), the carpentry box speech. No sunlight entered the Chops living-room for almost two weeks while the bad broke.

But did anyone else wonder whether all those writers weren't padding it out sometimes, just to fill 48 episodes? The one with the stranded RV, the fly? And what about the loose ends? How long could you run an industrial laundry as a front, employing dozens of immigrant staff, without word leaking out? How does official attention not focus on a gifted chemist who is one of few keyholders for a lab from which meth-cooking equipment is stolen, and who suddenly becomes amazingly rich?

Why did we hear things mentioned on the media but never see a journalist, for example outside the DEA hero's hospital? Isn't ATM money marked? Hank's hobby was beer brewing - what was with all those rocks? How did Fring know his car was booby-trapped? What happened to the ricin cigarette? All these questions linger, and more.

But at least, after we had seen shootings by children, throats cut with box-cutters, graphic use of hard drugs and a man dying with half his face blown off, they bleeped out the F-word. Praise the Lord, Martha, and pass the ice.





## LAMB CHOPS ...Continued

### Quintin's Hill

Many thanks to those who filled the house on May 7, to the Society's organizers and cooks and to the British Hospital for providing a great theatre venue. If anyone couldn't get in to see the show, it may be back for one performance only at the Anglo in November.

### Competition

Here are the five peers of the realm who were hidden in descending order in last month's short passage:

*In due course the postmark was to alter, leaving out the 5. I count this as a bad job: arrant nonsense, in fact.*

This column takes a break now for a few months: thanks for reading, and see you towards the end of the year.



## NEWSLETTER NAME QUEST

We are searching for a name to identify our Monthly Newsletter. *Not only newborn princesses are christened...*

We are welcoming ideas for such, from our readers and collaborators, so please put on your thinking caps and send us your suggestions to [editor@britsoc.org.uy](mailto:editor@britsoc.org.uy).

Two early suggestions:

- Brit News
- BriTalk

...and yours is?





## MEDICAL COLUMN

Dr Jorge C Stanham MBE  
jorgestanham@yahoo.com

Many of us are familiar with the C-suite acronyms CEO, CAO, COO, CFO, CIO, CMO that identify roles in top management in healthcare organisations: Chief Executive, Administrative, Operations, Financial, Information and Medical Officers. Since my last article published in early May, I came across a new 3-letter name: CXO!

Like many of you, I like to browse Amazon.com for certain authors and subjects. Having Kindle installed in my PC, tablet and smartphone and the enticing 'buy now with 1-click' I end up with piles of books in the wishlist and eventually end up 1-clicking my cherry-picks. Over the last five years, many of the books I have bought and read have to do with the necessary changes that healthcare organisations have to make, to adapt to a changing environment, which includes the economy, consumerism, globalisation, accessibility, mobility and patient empowerment. Many changes are specific to a country or region. For example, the challenges facing the NHS in the UK although similar in many macro aspects to those in Continental Europe, the USA and Canada, have many grassroots specifics that impede using the best solutions in one organisation or country as blueprints for another, as priorities are different most of the time. In spite of this, the 'inside story' described by these organisations has a lot to do with what's happening all over the place.

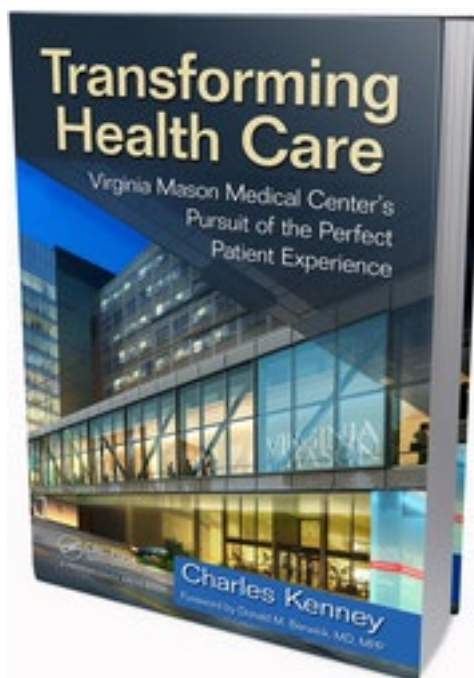
Since 2010, I have read about the changes brought out by three major hospitals in the USA. The first was Virginia Mason Medical Center in Seattle, Washington State ('Transforming Health Care' is the name of the book). The emphasis here was to change practices which are completely siloed and physician-centred and replace them with the Toyota Production System (TPS) where the emphasis is on waste reduction. Waste can be in time, resources, movement, inventory, etc, and when these

industry concepts are applied to healthcare, increased efficiency, reduction and even elimination of errors is the result, with improved satisfaction of providers and patients. The programme has been very effective and the hospital nowadays being contracted as an advisor and consultant for adapting the VMPS (Virginia Mason Production System) to the specific needs of other organisations.

In 2014, I 1-clicked and down-Kindled 'Think Big, Start Small and Move Fast' by the Mayo Clinic in Rochester, Minnesota. Their emphasis is on innovation. They created a unit called the CFI (Center for Innovation) where new ideas were brainstormed, piloted, checked for effectiveness and implemented in an incremental and repetitive fashion. Many of the concepts were inherited and adapted from CQI (continuous quality improvement).

This past month, I am reading the book 'Service Fanatics', which describes the changes made by Cleveland Clinic in Ohio. Their goal is to redefine the provision of healthcare services from the view of the patient. Their motto is 'Patients come First' and all thinking about changes must start here. It makes a special point that patients are to a great extent 'unsophisticated' consumers (ie, they cannot judge the fine technical aspects

of providing health care) but that their experience while they transit through office visits, consultations, tests, admissions and procedures is what should be used as a benchmark for quality. In a prior article titled 'Satisfied patients die more' I made the point that blindly zeroing on 'satisfaction' is wrong in healthcare. The Cleveland Clinic book clearly states that safety and [technical] quality should come always first, followed by







## MEDICAL COLUMN ...Continued

Dr Jorge C Stanham MBE  
jorgestanham@yahoo.com

satisfaction and overall value of the services provided and received. The author of the book, a physician, was named CXO, which stands for Chief Experience Officer, with full backing of the CEO to make sure that he's got his back covered once he starts stepping on other's toes and ruffling feathers. It is an open and sincere description of the internal climate, resistance to change, trial and error and breakthroughs and how Cleveland Clinic is doing its best to change what polls and surveys were showing: although ranked as the #1 cardiovascular centre in the USA (and maybe the world) it had literally awful scores on patient satisfaction, especially related to the overall 'experience' of getting their care there. Many of the patients interviewed, even said they would recommend another hospital with better patient experience scores for a procedure similar to the one they had received.

***Reading and thinking about what others have achieved through changing and adapting to a world which is globalised, consumerised, mobile and politically volatile is mind-refreshing and challenging. But the greatest challenge will always be our patients (and even ourselves when we or a loved one is a patient!) and how they live through the experience of being one.***



## TIP O' THE MONTH

### Five Ways to Use Eggshells in Your Garden

1. Add crushed eggshells to the bottom of planting holes, especially for tomatoes, peppers, and eggplant. These crops are susceptible to blossom end rot, which is caused by calcium deficiency. While this deficiency is most often caused by improper watering, there's no harm in making sure your plants have a steady source of calcium. As the eggshells break down, they'll nourish the soil, and your plants.

2. Use eggshells as pots for starting plants from seed. Then plant the seedling, "pot" and all, into the garden.

3. Use crushed eggshells to deter slugs, snails, and cutworms. These garden pests are a real pain in the gardener's neck, and cutworms are the worst, killing seedlings by severing the stems at soil level. All three of these

pests have soft undersides, and dislike slithering across anything sharp. Crushed eggshells, applied to the soil's surface, may help deter these pests.

4. Add them to the compost pile. If you aren't planting tomatoes or trying to deter slugs, add the eggshells to your compost pile, where they'll add calcium to your finished compost.

5. If you are feeding birds in your yard, crush up the eggshells and add them to a dish near the feeder. Female birds, particularly those who are getting ready to lay eggs or recently finished laying, require extra calcium and will definitely appreciate it!



***No matter how you want to use them, be sure to rinse the shells out well before using them in the garden.***

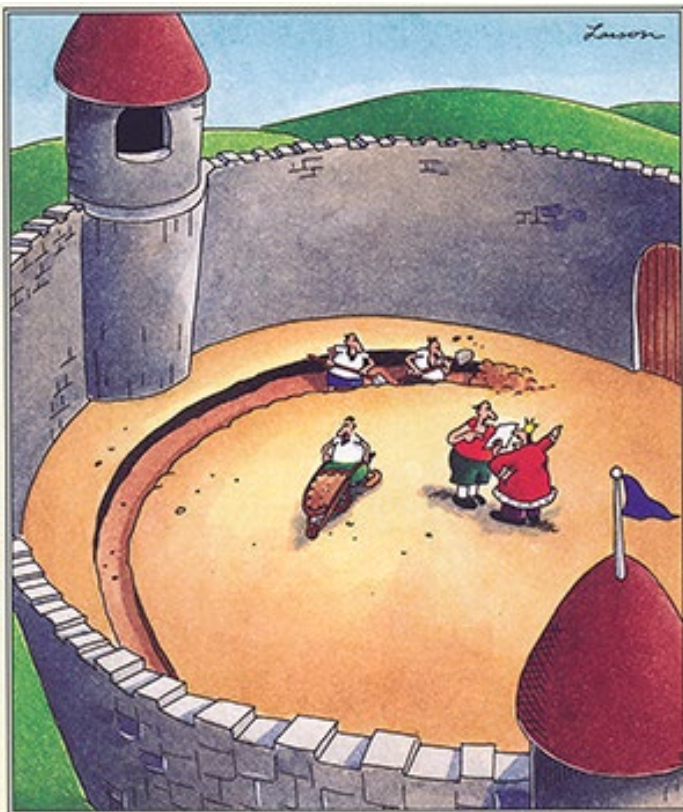
## LINK O' THE MONTH

The 320 gigapixel image, taken in 2012 by expert photography firm 360Cities, comprises 48,640 individual frames which have been collated into a single panorama by a supercomputer.

If printed at normal photographic resolution, it would be almost as tall and as wide as Buckingham Palace.



## THE FAR SIDE



Suddenly, a heated exchange took place between the king and the moat contractor.

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