



THE BRITISH SOCIETY
IN URUGUAY

Contact

January 2017

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And more...

British Cemetery

History & Society

Link of the Month

Queen's Christmas
Message

NEW

Simon's
Cat



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President: Richard Empson
president@britsoc.org.uy
099 658 497



Vice President: Jeanine Beare
vp@britsoc.org.uy
099 652 559



Secretary: Susan Mc Connell
secretary@britsoc.org.uy
094 384 020



Treasurer: Ivan Zimler
treasurer@britsoc.org.uy
091 211 003



**Newsletter Editor:
Joanna N Hambrook**
editor@britsoc.org.uy
099 744 479



Webmaster: Geoffrey Deakin
webmaster@britsoc.org.uy
098 586 168



**Chairman Sir Winston Churchill
Home and Benevolent Funds:
Andrea Davies**
swch@britsoc.org.uy
099 123 906

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PRESIDENT'S WORDS

Dear members,

A new year begins and summer has come at last. I imagine most of you will be going on well-deserved holidays during this month and/or the next, as is the case with your Society's Executive Committee. I myself will be out of the country until mid-month. :) The Society is beginning 2017 with new vigor and we are using the quiet summer months to look into the issue of the review of the statutes. Those of you who were already with us a few years ago will recall that at an Extraordinary General Meeting in early 2014 a proposed modification of the current Society statutes was postponed, the idea being that the British Hospital's experienced firm of lawyers should take a look through the wording and give their qualified opinion on the proposed changes. This they have done, but nothing further happened... until now. We have taken up the issue again and will put together a new proposal with the help of the lawyers over the coming months. Watch this space for further news on the subject.

I would like to remind you all that The British Society is not the only British community society. In the pages of this newsletter you have seen items published by other societies, who regularly organize events of their own and carry out separate activities. Though most – if not all – are at some point published in our newsletter, I would like to encourage you to find out more about these other institutions, since you might find it interesting to join some of them. For further details and contact numbers, please refer to our website.

I hope you enjoy the sunshine, the beach and the summer calm, and look forward to seeing you again in the coming months.

Richard A. Empson



UPCOMING EVENTS

Saturday, 28 January at 16.45
2nd Robert Burns Eve

Balneario Solís

Organised by: St. Andrew's Society

11-14 January
"Este Arte" Exhibition
Punta del Este



SOCIAL NEWS

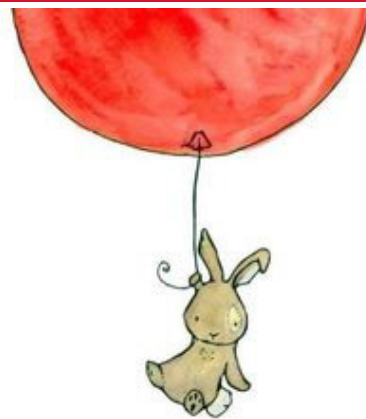
This Month's Birthdays:

09/01 Nigel Bowen Davies Bayne

16/01 Joan Lucas-Calcraft

New Member:

Belén Sosa Hontou



WELCOME

When is your birthday?
Do you know any member's birthday or
special occasion that we can publish
here and celebrate together?

Let us know at editor@britsoc.org.uy



SIR WINSTON CHURCHILL HOME

JANUARY 2017

So it's time for another year... The Home is getting more and more environmentally friendly! Last year the Residents got a fish tank with a fish for each and this year an orchard for the terrace. Now we are looking forward to having a dog!!! Ha ha



Looking back we recall how we enjoyed the Royal visit of Prince Edward and of HM the Ambassador Ian Duddy and his partner Neil Morrison.





SIR WINSTON CHURCHILL HOME ...Continued

We went on a field trip on the “Dia del Patrimonio” and went on two occasions for tea at the Green Residence. Our frequent visitors came regularly, but when they were abroad they sent us postcards. The Choir from the British Schools F3 sang and chatted. We hope they will come again!



Special thanks to Irina, Reverend Diego and to Juan Jose Brignoni who regularly come to visit the Residents and special thanks as well to the Committee of the SWCH for their hard work and commitment.

In this New Year may all your dreams turn into reality and your efforts turn into achievements.

Andrea Davies

BRITISH EMBASSY

CHEVENING STUDENTS BACK IN URUGUAY

The Embassy organised a Welcome Back Event for the Chevening scholars who have recently returned to the country. After the Ambassador's welcoming words and certificate ceremony, some of the 30 scholars spoke publicly about their positive experiences studying a masters degree and living in the UK. They have now joined the Graduates of British Universities Association, GBUA, and will actively organise events and activities.



FIGHTING CORRUPTION



Over 40 senior public officials from various government bodies were trained during a seminar "Identifying opportunities to reduce Corruption and Fraud in Public Works in Uruguay". The seminar was organised by the Embassy, with the participation of the UK's International Governance and Risk Institute (GovRisk) and the Presidency of Uruguay. The objective was to present and analyse several international case studies, in order to identify and prevent corruption and fraud in public procurement.

BRITISH EMBASSY ...Continued

VISIT TO FRAY BENTOS

Ambassador Ian Duddy went on his first visit to the region on 11-12 December. He attended a Fashion Show at the ex “Frigorífico Anglo”, met Dickens Institute teachers and students and visited the UPM plant.



DEFENCE TRAINING



Experts from Cranfield University and the Defence Academy of the United Kingdom ran a two-week theoretical and practical course for Armed Forces officials and staff from the Ministries of Foreign Affairs and Interior. This was the third time that the “Managing Defence in the Wider Security Context” was taught in Uruguay to train future decision makers on security and defence.



Embajada Británica
Montevideo



"ESTE ARTE" EXHIBITION

<http://estearte.com/>



The British Embassy kindly informs us of two British artists, Justin Hibbs and Manfred Mohr, who are going to take part in the third edition of ESTE ARTE, celebrated from Wednesday 11th to Saturday 14th, January, 2017 at the Punta del Este Convention & Exhibition Centre.

ANGLO-URUGUAYAN CULTURAL INSTITUTE



All of us join in wishing you
a happy Holiday Season
and a prosperous New Year.



ANGLO

CULTURA BRITÁNICA
VENÍ A VIVIRLA AL ANGLO

ANGLO

San José 1426. Montevideo, Uruguay

Phone: (+598) 2902 3773

anglocultural@anglo.edu.uy

www.anglo.edu.uy



ST. ANDREW'S SOCIETY OF URUGUAY

The St. Andrew's Society will celebrate its **2nd Robert Burns Eve** (afternoon) on Saturday the 28th of January in Balneario Solis.

June Martin has, again kindly lent us her garden for the event which will commence with reciting Burns' "Address to a Haggis" at 16:45 hrs. followed by reciting and singing some of his poems and Ballads. So bring your Garden Chair a mug and something to share for Tea. We will serve hot tea, ice tea and lemonade plus a slice of our special "Tea Haggis".

Cost per person \$150 (15 year olds and under free).
Money raised goes to The Benevolent Fund.

To get to the event, going East from Montevideo along the Interbalnearia, after crossing the River and Toll on the Arroyo Solis Grande, km. 80, about 300mts. further on take the second turning left (first after the road to Pueblo Aznárez). Go one short block and one long block and turn right and another long block once past the crossroad first gate on the right. Being outdoors, the event will be cancelled in case of rain or poor weather.

standrewssocietyofuruguay@gmail.com





BRITISH CEMETERY SOCIETY

Bobby Jackson, former President of the British Cemetery Society and unofficial historian of the British community, once sent The British Society this contribution. It was first published in our Newsletter in the 1970s, but we have dug it out of the archives to be re-published, since we are sure many of you will be interested in reading it.

A brief history of the British Cemetery and its Society – Part 2

The British Cemetery Society played a significant part in the origins of The British Schools. It was at a meeting of the British Cemetery Society held on 13 February 1908 that Mr. J. J. Hore, then President of the British Cemetery Society, brought forward a proposal to establish a school in Montevideo for the children of British parents who could not afford to send them abroad for their education.

This proposal was eventually accepted. The Rector of the Anglican Church of Montevideo, who had experience in educational matters, was instructed to engage the services of a headmaster and other masters for the projected school whilst in England. He was also instructed to buy the necessary furniture and books for the school to begin operations.

Once the school was installed on a property on Calle Salsipuedes (now Blanes), the British Cemetery Society made an annual grant of \$5,000 to the school, which was continued until such a time as the school was able to pay its own way. The British Cemetery Society also financially assisted the education of several of the school's first pupils

When it was decided to move the school to new premises on Avenida 18 de Julio, the financial assistance from the British Cemetery Society recommenced. And when the school decided to build its own premises in Pocitos the British Cemetery Society acted as guarantee and paid all the mortgage interest on the property. The new school was built on land on Calle José Benito Lamas, and the foundation stone was laid by H. R. H. the Prince of Wales in 1925. An agreement

was made with the newly-established British Schools Society that two members of the British Cemetery Society would sit on the Board of the British Schools Society until the final payment of the mortgage on the school property had been made.

The British Cemetery Society also played a significant role in the establishment of the British Hospital. In 1910, the British Hospital Society decided to vacate the old hospital on Calle Lindolfo Cuestas and construct a new one on Avenida Aldea (now Italia), where it stands to this day, which it named the Edward VII Hospital. The total investment for the construction of the new hospital was \$60,000, and this was made out in debentures. The British Cemetery Society guaranteed the 6% interest on these debentures. As the British community was unable to meet the total \$60,000, the British Cemetery Society absorbed one third of that total.

Furthermore, years later when an extension was made on the Edward VII Hospital, the British Cemetery Society granted a further loan to the British Hospital Society that covered 40% of the construction costs at a very low interest rate

There are other British institutions in Uruguay which were able to buy their own properties through loans granted by the British Cemetery Society. When the building of the English Club on Calle Treinta y Tres was bought in 1959 at a public auction for the sum of \$364,000, the cash down payment of \$100,000 was granted by the British Cemetery Society, the balance being financed by the English Club itself and by donations from its members.



BRITISH CEMETERY SOCIETY ...Continued

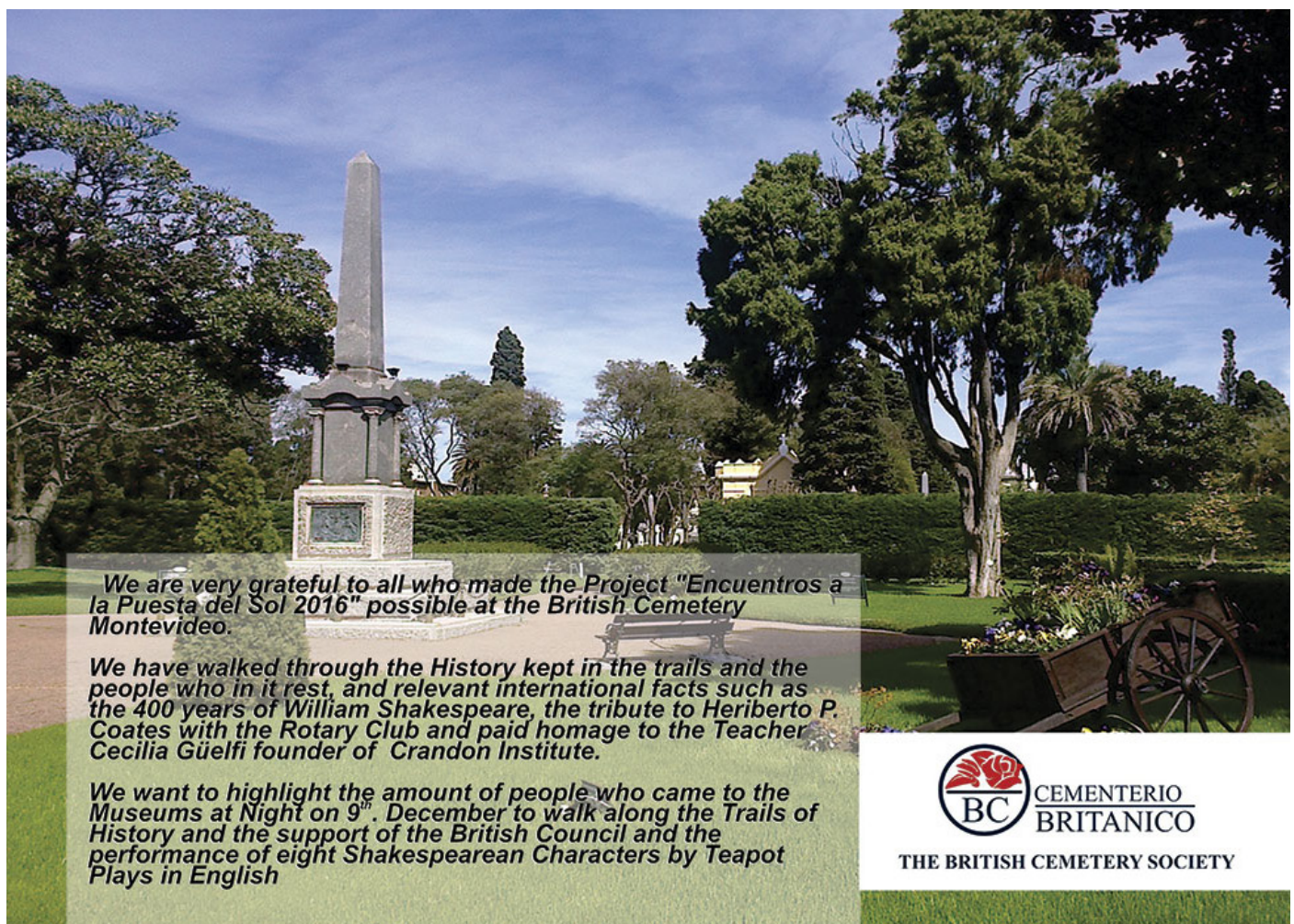
When the Victoria Hall was sold, the two British masonic lodges, i.e. the Acacia Lodge and Silver River Lodge, did not have to do without their Temple. A suitable property was found on Calle Canelones to install the new Masonic Temple, and the total cost of that property was paid through a loan granted by the British Cemetery Society. Minor loans were also granted to other institutions, like the Old Boys Club and the Montevideo Cricket Club.

The capital of the British Cemetery Society today is small compared to what it was in the year 1884. Other British institutions which originally

required financial help from the British Cemetery Society are today financially much stronger. Nevertheless, some institutions continue to receive annual grants and donations from the British Cemetery Society.

It is clear from the foregoing that the British Cemetery Society, throughout its long history, has been of the greatest possible service and the greatest material support to the British Community in Uruguay.

The End



We are very grateful to all who made the Project "Encuentros a la Puesta del Sol 2016" possible at the British Cemetery Montevideo.

We have walked through the History kept in the trails and the people who in it rest, and relevant international facts such as the 400 years of William Shakespeare, the tribute to Heriberto P. Coates with the Rotary Club and paid homage to the Teacher Cecilia Güelfi founder of Crandon Institute.

We want to highlight the amount of people who came to the Museums at Night on 9th. December to walk along the Trails of History and the support of the British Council and the performance of eight Shakespearean Characters by Teapot Plays in English



THE BRITISH CEMETERY SOCIETY



MEDICAL COLUMN

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

PATIENT AUTONOMY, PREFERENCE, COMPLIANCE, CONSENT, DIRECTIVES AND RESPONSIBILITY

With more and more informed patients who want to have a say in their health care and with the decline in traditional physician paternalism, the ethics involved in the doctor-patient relationship have evolved and new concepts and words to describe these situations have entered the scene. The title lists six terms, which are to an extent interrelated and I'll try to describe what is specific to each.

1. **AUTONOMY** has to do first with being a person than healthcare. Anyone who is mentally sane and not dependent on others for making decisions, is free to decide for oneself. We could say that it is the individual realm of freedom. In healthcare, this has to do with how, when, what, with whom - or even not - to do with one's biological self. We are free to follow (or not to follow) a healthy lifestyle, doctor's orders, take prescribed medications or to schedule preventive physicals or follow-ups. Although the 44th article of the Uruguayan Constitution states verbatim that 'all the inhabitants have the duty to take care of their health and to seek care in the event of illness', it's only applied to parents or caregivers who fall short of their duties to their children, dependent sick family members or elderly parents, ie: to the non-autonomous.

2. **PREFERENCE** is a more recently used term. Most clinical guidelines (attempts at standardisation or reduction in excessive variations in diagnostic procedures and treatments) have recently included patient preferences (values) into the decision tree. Given more than one equivalent option, if the patient is well informed, his or her input into what is felt more in tune with their priorities, personal style or spiritual beliefs is now discussed, included in the health record and used to justify a course of diagnosis or treatment. To do or not to do a procedure; to change or not to change a cancer treatment; to cover the cost of a very expensive drug with an uncertain marginal benefit; to travel abroad to a specialised centre, are all examples

of involving patients in what they feel is best for them.

3. **COMPLIANCE** falls more into the obey-disobey equation. Many doctors take a 'do-it-or-else' attitude to patient 'behaviour'. Non-compliant (ie 'disobedient') patients put a stress on their relationship with their doctor and this can certainly end in a break-up and the patient seeing another doctor. Many patients certainly do have underlying personality problems and breaking rules or not following orders is the way they are - and it may happen in the other aspects of their daily lives (eg driving). Most of the time, we must understand that following orders, plans, prescriptions and follow-ups, entails an effort and the slippery slope of falling to square one again is part of human nature. 'Change management' is no less of an issue in health care than it is in businesses, organisations and countries. It takes time, sometimes a great deal of it... maybe a lifetime! Doctors should take patients 'as and where they are' and understand that some of them will make changes only in small bits and we shouldn't feel guilty about it. We must also be aware that many of our recommendations are based on what at one time were totemised truths and in my medical lifetime too many of these totems have ended as firewood. Take, for example, the half-century recommendation to avoid fats to prevent heart disease. Nowadays, we're even recommending whole eggs!

4. **CONSENT**. The full term is **INFORMED** consent. The body belongs to the patient, not the doctor or anyone else. Whatever is to be done, especially if it entails an identifiable risk or consequence, should be discussed with the patient. With the exception of life-threatening situations or when the patient or a proxy cannot decide, the patient's consent to a diagnostic procedure or treatment - sometimes but not necessarily in the form of a signed document - should be sought and documented in their health record.



MEDICAL COLUMN ...Continued

by Dr Jorge C Stanham MBE
jorgestanham@yahoo.com

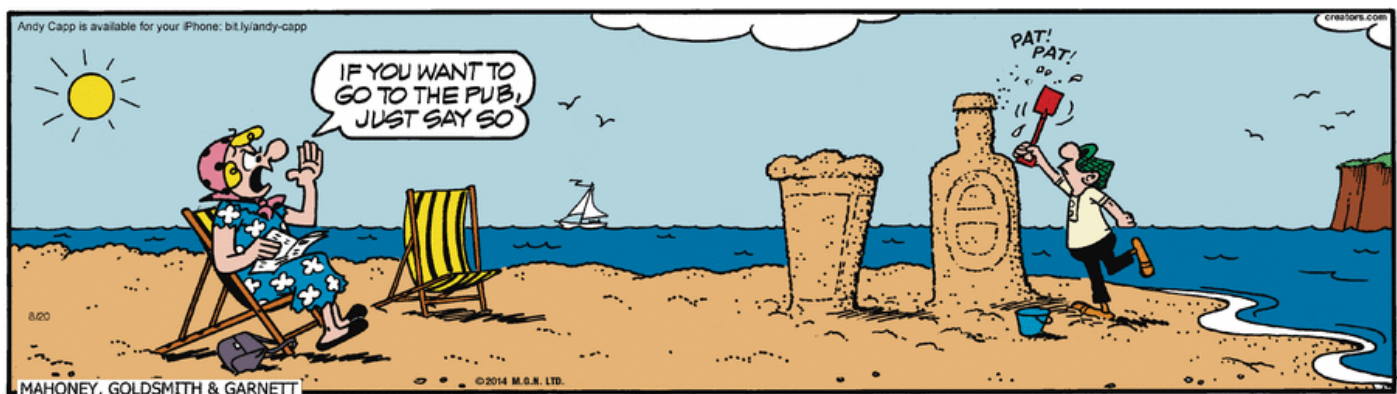
5. DIRECTIVES. The full term is ADVANCED directives. In a certain way, it combines the concepts of autonomy, preference and consent. In countries with advanced legislation like Uruguay: the FORMULARIO DE VOLUNTAD ANTICIPADA, can be downloaded by anyone from the Ministry of Public Health's web page and state specifically what they would like and not like, or even not authorise or 'prohibit' in the event that they have an illness with severe and eventually fatal consequences. This form has to be included, visibly, on their health record, so as to guide any doctor who would have to treat the patient in that described situation. Legislation also respects the doctor's autonomy and preferences and if these collide with the patient's, the doctor has to immediately transfer the care to a colleague who's values are not in conflict with the directives. Most advanced directives have to do with avoiding excessive, invasive and futile treatments in end-of-life situations and are

a great help to the healthcare team and a relief to proxy family members who are uncertain on what to decide.

6. RESPONSIBILITY. Even being autonomous, living up to our preferences, complying with the care directives we are informed about and consent to, we must understand that medical science is at the most an approximation to certainty and at the least somewhat different from chaos. Life, as 19th century German philosopher Arthur Schopenhauer in 'The Wisdom of Life' described it, 'is but an infinitesimal moment between two eternities'. Health care may make the whole difference between a nosedive, a crash landing or a safe trip, especially after the great scientific advances that have happened since the late 19th century and the present boom of genomics and personalised medicine. If we want buy a ticket to board the healthcare trip, it's our (doctors and patient's) responsibility that we know the rules and concepts stated above.

ANDY CAPP

by Reg Smythe





BACK IN TIME

by Tony Beckwith
tony@tonybeckwith.com

THE FOUNTAIN OF YOUTH

If I tell you that I've discovered the Fountain of Youth you might dismiss me as just another dreamer. But I think I can explain what I mean, if you'll grant me a few minutes of your time.

Many years ago, in the beautiful seaside city of Montevideo, a group of children grew up in a small, close-knit expat community. After spending their formative years together at the British Schools some left, for any number of reasons, and scattered across the face of the Earth. As the years glided by they drifted farther and farther apart and eventually lost touch with each other. I was one of those children.



More recently, prompted by advancing age and assisted by the magic of email, we have found each other again and, over the last few years have been exploring half-forgotten recollections, sometimes with surprising results. What, after all, is a memory? A recollection of a specific experience stored in the brain. Presumably, under normal circumstances, every experience is similarly recorded, so that every memory stored in the cranial data base is surrounded by other memories. When we recall a particular experience we shine a light on it, sending in a charge of energy that brings other

recollections to the surface. So one memory can lead to another, and another, and another.

In an email exchange one July we circulated the words to the national anthem we used to sing on special occasions—"high days and holidays"—and shared our recollections about our rehearsals. During that conversation I learned that the 18th of July is not Uruguay's Independence Day after all. I had always believed it was because, among other things, the main avenue that bisected the old part of the city was proudly named 18 de Julio. But it was actually the day in 1830 when the Uruguayan Constitution was ratified, and I was forced to admit that I had forgotten that part of my high school education. It had vanished without a trace from my cranial data base.

Anyway, with each email received, another image was added to the mosaic of memories that was forming in my mind. A particular scene gradually re-emerged from the mists of oblivion. I remembered the music teacher hammering away at the school's battered old upright piano, and my classmates' faces bathed in light from the glass ceiling above us. I could see the dust particles dancing in the air, and pictured myself standing on a wooden bench in the back row. The familiar fragrance of the assembly hall, which doubled as the gymnasium, filled my head, and all at once I was overcome with emotion as it all came flooding back—the thrill of the high notes the girls sang, the excitement of the stirring chorus, the exhilaration of losing myself in the roar of the choir. I was there! Transported to a moment far away and long ago that in my mind was more vivid than a video. As I replayed this memory, I noticed that I felt pleasantly soothed. My muscles and my mind had released whatever tension had been gripping them, and my horizons appeared to have expanded. Possibilities seemed endless



BACK IN TIME ...Continued

by Tony Beckwith
tony@tonybeckwith.com

and the world sat more lightly on my shoulders. What was going on?

The national anthem came to an end, and as I climbed down from the bench, I saw her. I had actually seen her before, frequently in fact, but at that moment it was as if she were appearing to me for the very first time. The soft light from above fell upon her, illuminating her face, and suddenly there was no one in the hall but the two of us. She smiled at me, then turned and walked away. My heart pounded in my chest and I was unable to speak or move. With all the certainty of my twelve years I knew that, for the first time in my life, I was head over heels in love. And I knew exactly what I must do.

Every society has its rituals, its traditions and, of course, its codes of courtship, and at that school at that time there was an established procedure for informing that special someone that he or she had swept you off your feet and taken possession of your heart. In retrospect I'd have to agree that our method lacked the elegance and romance of, say, serenading your beloved from beneath a balcony, but it was our way and we saw nothing wrong with it at the time. Our system was simple: we used bus tickets. Every time we rode a city bus, which was quite frequently in those days, either on the CUTCSA or the AMDET line, we were issued a flimsy paper ticket. When the five or six digits on a ticket added up to twenty-one, that slip of paper was considered the equivalent of a Valentine card that said "I love you."

There were other denominations as well, of course, conjured up by the murkier side of our pubescent imagination; other numbers that signified other things, some of which we barely understood. Those other tickets, furtively shown to close friends behind the locker room, were seldom if ever actually used. But a twenty-one ticket, as precious as a four-leaf clover and about as hard to find, represented pure and innocent puppy love. Smitten ones would never approach the object of their affection directly, but would entrust the ticket to faithful agents and intermediaries. Discretion prevents me from revealing any more details about my first foray into the complex realm of love. Chivalry in short pants may seem laughable to some, but only a rogue would trifle with a lady's reputation.

As I drifted out of this extended daydream, back into my real world, I realized that I felt better than I had in years, awash in a peaceful sense of well-being. I felt refreshed and invigorated and, yes, younger. It occurred to me that reliving pleasant memories of our youth nurtures us and temporarily negates the physical toll taken by time—with no unwelcome side effects. Could it be that the Fountain of Youth is to be found in the well of nostalgia? Maybe you should find out for yourself. Are you ready? Just relax. Let your mind wander freely. Think back to the time when ... yes, that's the ticket.



GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin
gwdeakin@gmail.com



HOLIDAY EGGNOG

Hello Friends! It's Geoffrey and I'm back for this issue of our Contact. And, since the Holiday season is nearly upon us, here is something to liven up your end of the year celebrations.

Jamie Oliver's Eggnog Recipe

This eggnog recipe is pretty special. It could be that it's actually flavourful and doesn't just taste like sweet milk (or maybe it's just the bourbon, who knows?), but the holidays aren't the holidays without it.

Did you know that eggnog (which is just a horrible name) traces its roots back to a 14th century England drink called posset (another delicious name)? Well, posset was a drink of hot milk curdled with ale, and over time, eggs were added; a step towards eggnog as we know it. Milk and eggs were expensive commodities at the time and it didn't take long for this fabulous-sounding drink to lose popularity. But all that changed when the American colonies were formed. Thanks to a questionable trade triangle, we had all the rum we wanted. We also had plenty of land for all the chickens and cows we could ever need. Thus, eggnog was the indulgent draught of the masses and, as far as I'm concerned, still is today.

Creamy, sweet, and full of holiday cheer, my version of this delectable drink starts with infusing milk and cream with cinnamon, nutmeg, and vanilla beans. If a recipe starts that way, it can only get better from there! The warm infused milk is then slowly streamed into beaten eggs and sugar, before you add the bourbon or rum. After a cool-down in the refrigerator and a chance for all of these delicious flavours to marry, it gets an uplifting addition of fluffy egg whites before serving.

Eggnog is pure comfort in a glass. So, grab those ugly Christmas sweaters and celebrate the season with this luxuriously creamy libation, kissed with holiday spices.



GEOFF THE CHEF'S CORNER

...Continued

by Geoffrey W Deakin
gwdeakin@gmail.com

Ultimate eggnog recipe.

In a saucepan, combine milk, cream, cinnamon, vanilla bean, vanilla seeds, and nutmeg. Bring to the boil over a medium heat. Once boiling, remove from the heat and allow to steep.

In a large bowl or stand mixer, beat egg yolks and sugar until combined and thick ribbons form when the whisk is lifted. Slowly whisk in the milk and continue to mix until the mixture is combined and smooth. Add bourbon or rum, and stir. Refrigerate overnight or for up to 3 days.

Before serving, beat the egg whites in a large bowl or stand mixer until soft peaks form. Gently fold into eggnog until combined. Serve and garnish with freshly grated nutmeg.

Tip o' the day.

The downside of eggnog is that it doesn't have a long shelf life, so I feel sad whenever we don't finish it all in time. We've also over-prepared eggnog for parties and found ourselves with more than we can handle, but now I happily use it just to make French toast.

Eggnog is just a richer version of French toast batter! And richer means more delicious. The bread happily soaks up the batter and cooks up all custardy in the middle.

It's also easy to make eggnog French toast. Just pour out eggnog, add in a few eggs, and whisk it all up. No need to break out measuring spoons to spoon in sugar or spices — everything's all taken care of.

So should you find yourself with leftover eggnog (which I know never happens in some households), give eggnog French toast a try. Since eggnog usually has a hefty dose of wintry spices like nutmeg and cinnamon, it's a festive twist to make on a breakfast and brunch classic.

Happy holidays, friends!!!

Ingredients:

Serves 8

- 3 cups (700ml) whole milk.
- 1 cup (240ml) heavy or double cream.
- 3 cinnamon sticks.
- 1 vanilla bean pod, split and seeds removed.
- 1 teaspoon freshly grated nutmeg, plus more for garnish.
- 5 eggs, separated.
- 2/3 (130g) cup granulated sugar.
- 3/4 cup (175ml) Dark Rum, or Bourbon.





SIMON'S CAT

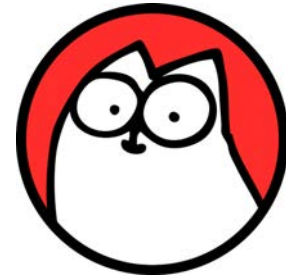
by Simon Tofield
<https://simonscat.com>

Follow this funny cat's adventures throughout his daily life. Sweet situational moments and all the perks of being a fluffy little cat. Created in 2008 by English animator Simon Tofield and brought to you by our Newsletter Editor, Joanna N Hambrook.

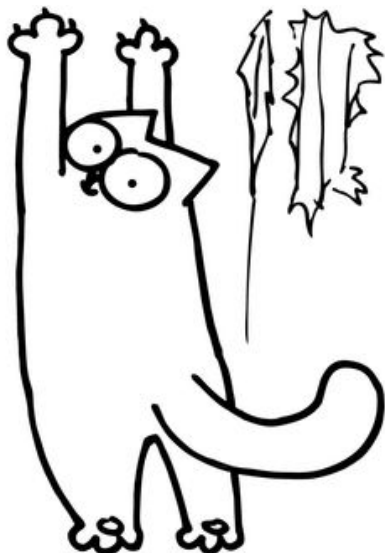
Hope you enjoy it as well!

Happy New Year! :)

Cheers, Joanna



ABOUT SIMON'S CAT



- What is Simon's Cat?

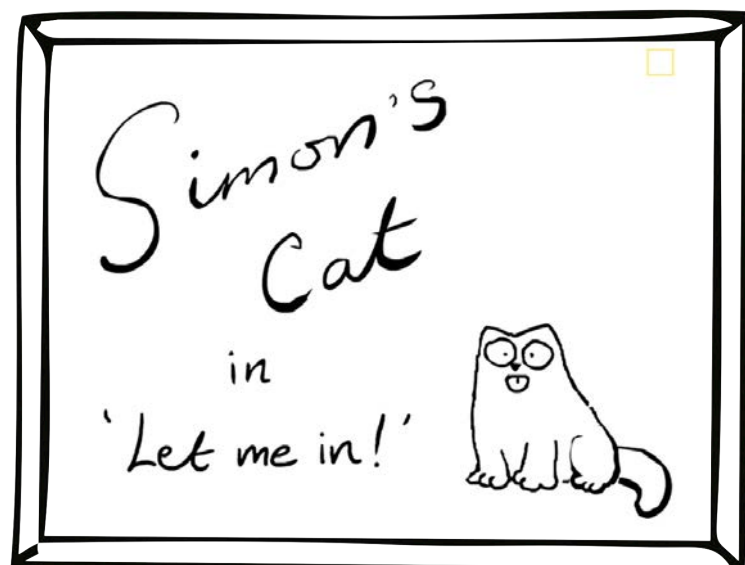
Simon's Cat is a charming, yet mischievous cat that lives with his long suffering owner, Simon. He made his first appearance online, in a film called Cat Man Do, made by animator and illustrator, Simon Tofield. Since then he has appeared in books, games and comic strips.

- Who is Simon Tofield?

Simon is an English animator, who has a great interest in British wildlife, painting, the great outdoors and of course cats. Simon started animating at a very young age. Inspired by cartoons on TV, he used to create basic flip-books in an attempt to emulate the techniques he saw being used on screen. You can find out more about how he created Simon's Cat in his film – The Simon's Cat Story.

- What is the name of Simon's Cat the character?
 The character is simply known as 'Simon's Cat'.

Watch the
 first episode
 HERE





LINK OF THE MONTH

Queen's Christmas Message



[Watch it here
www.telegraph.co.uk](http://www.telegraph.co.uk)

The Queen delivered an upbeat Christmas message on Sunday, paying tribute to the country's "unsung heroes".

