



THE BRITISH SOCIETY  
IN URUGUAY

# Contact

February 2017

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## Sir Winston Churchill Home Birthday & Events

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Montevideo, Uruguay





## PRESIDENT'S WORDS

Dear members,

2017 has begun with a blast. No-one is immune to the Trump effect: love him or hate him, the new US President is not just causing ripples, but full-fledged tsunamis in his first days in office. It looks like we are in for a rollercoaster ride, though fortunately from down here we will most probably watch most of the action from the side-lines.

Climate change seems to be fulfilling the prophecies. A weird winter and spring are being followed by a weird summer, where the weather is unpredictable from one day to the next, including jumpy temperatures and extreme weather phenomena. And since our local weathermen are as efficient as ever, you can never tell if tomorrow will require a bikini or an anorak. Hopefully February will settle down climate-wise, though I personally have little faith this will happen. Since the Mercosur sun – when it deigns to show its face – is harsher every day, we suggest you try to avoid being caught unawares and protect your skin from its more damaging effects.

The British community is still mostly on its sleepy summer break, though some of you will have enjoyed the Burns Eve (or rather Burns Day) celebration set up by St. Andrew's Society a few days ago and others will be preparing to test their brains at Montevideo Players' summer quiz night on February 2nd. If you are in town, we encourage you to take part.

The British Society will be recommencing its social activities come March, so watch this space for upcoming events. In the meantime, we hope you continue to make the best of the summer. :)

Richard A. Empson



## UPCOMING EVENTS

A thanksgiving service to remember **Victor Douglas Dee Wright, MBE**, will be held at Christ Church (Lieja 6437, almost at the corner of Av. Arocena) on **Saturday 4th February at 6pm sharp**.

The family would like to invite the congregation to stay after the service for refreshments and sandwiches.

## SOCIAL NEWS

### This Month's Birthdays:

02/02 Joanna N Hambrook  
04/02 Carolyn Cooper  
11/02 Eddie Hambrook  
16/02 Ivone Miles de Zimler  
19/02 Prince Andrew, Duke of York  
20/02 Jennifer Sprigings

### New Member:

Veronica Funch-Thomsen



**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](mailto:editor@britsoc.org.uy)



## SIR WINSTON CHURCHILL HOME

*"May all your wishes come true and your efforts turn into accomplishments"*  
 ... and our wishes came true! Heidi Blangero came to sing on the evening of the Carol Singing and she promised to come regularly. She plays Memory Games, Bingo and Hangman with the Residents.



All our efforts are set on development and growth. From winding a hank into a ball, to knitting, sharing patterns and getting the final product. So far lots of Baby Jackets, Booties and Baby Caps.







## SIR WINSTON CHURCHILL HOME ...Continued

The SWCH surprised Joan on her birthday with a beautifully set table and friends who came to visit her. Her sister Sheila, her friend Patricia Bolger, Angela Bell, who came from Colonia, Reverend Diego Frish, members of the Staff and the Committee and of course the Residents. Andrea Davies.

HAPPY  
Birthday



## BRITISH EMBASSY

### BRITISH EXPERTISE IN PPPs

Experts from LSE offered a customised workshop and presented best practices in Public-Private Partnership projects' contract management to the Uruguayan Ministry of Finance. The aim of the project is to support the drafting of a PPP Contract Management Policy document and to improve the delivery of hard and social infrastructure projects implemented through PPPs in the country, a big priority for the Uruguayan government.



### BETTER USE OF ENERGY IN PUBLIC BUILDINGS



An energy use benchmarking system has been done in Uruguay for the first time, with the support of the Embassy. Edward Borgstein, British expert in energy efficiency in buildings and industry, shared best practice with National Energy Directorate staff and helped in the creation of a benchmarking tool that will measure energy performance of some public buildings. The tool will be used as a mechanism to control the responsible use of energy and contribute to national policy on mitigation measures of climate change.

### FASTER ENTRY TO UK

Business travellers and frequent visitors from Uruguay can now benefit from faster entry to the UK under the Registered Traveller Service. Uruguayans, along with 24 other nationalities, are eligible to apply for membership of the scheme, which brings the potential for improved trade and tourism links. More information in [this video](#). [Click here](#) to register.



Embajada Británica  
Montevideo





## MEDICAL COLUMN

by Dr Jorge C. Stanham MBE  
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# A DOCTOR'S PRESENCE IN SOCIAL MEDIA

Social media are everywhere: standard e-mail; SMS, WhatsApp, Snapchat and other direct messaging; Facebook; Twitter; [the late] Google+, YouTube; Instagram, blogs... and many more in store, as I write or in the near future, will be part of our lives, connecting us with family, friends, workmates, acquaintances, known-unknowns, unknown-knowns and unknowns-unknowns, to paraphrase US Secretary of State Donald Rumsfeld in the aftermath of 9/11. Health care professionals and physicians in my case, use social media, especially in non-professional related areas, in private, restricted or public modes. Physicians with a social media presence should be aware of the recommendations issued by colleges and associations that set the ethical boundaries for what physicians can, shouldn't or cannot do in their online presence. The World Medical Association, the Colegio Médico del Uruguay, the Sindicato Médico del Uruguay, the American, Canadian and British Medical Associations and analogous European organisations all have overlapping and strongly coinciding rules.

One of the first rules is to have two e-mail addresses: one for exclusive professional (i.e patient or inter-colleague communications) and another for personal matters (family, friends, gossip, politics, humour, ...). A distinction should be made between personal domains (ie vera.com.uy, netgate.com.uy, gmail.com,

yahoo.com, outlook.com) and corporate (the business you work for, in my case hospitalbritanico.org.uy). The levels of privacy and third-party access are different in each case and one should be aware of the possibility of leakage of private, sensitive and confidential information to unwanted others. I have a gmail.com address that I provide to patients who wish to contact me via this route, with the mutual knowledge that it is not encrypted and secure communication (remember Hillary Clinton's e-mails!) but that the benefits far outweigh the minimal risks of leakage or hacking.

The more open social media like Facebook, (Google+ is pretty much history now), Twitter, YouTube and blogs have a 'HANDLE WITH CARE' label attached, especially for doctors. Once posted, even if deleted in a few seconds, our digital footprint will forever be there, like the Apollo mission astronaut's footsteps on the Moon. Even our 'Likes' will leave their permanent mark. A general rule issued by most professional organisations is to avoid using social media unless you have a clear purpose and know who your intended audience is. The basic NOTs are: NEVER put patient-identifiable matter (photographs or stories that can easily or somehow be tracked to a specific person); ALWAYS be true to scientific evidence; NEVER put misleading, 'I think' type of information and avoid being too personal, especially in healthcare matters.





## MEDICAL COLUMN ...Continued

by Dr Jorge C Stanham MBE  
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However, there is a tremendous need for doctors to be present in social media, given the amount of health-related information that is continuously spread and is of dubious quality, or even damaging to the public. Doctors who have an audience of followers can be a multiplier for population-directed information originating in health ministries, medical societies and organisations with international reach like the World Health Organisation (WHO), the US Centres for Disease Control and Prevention (CDC), the UK National Institute for Care Excellence (NICE), plus European, local and regional watchdogs that keep close track of emerging illnesses. If a doctor has to relearn new approaches on how to diagnose and treat hypertension and high cholesterol, translating this information into lay, understandable language can do a great deal to help patients and other professionals.

One should not use language that is politically aggressive and may make one's followers uneasy. Physicians, using adequate wording and resorting to deeply held and shared values, can give open-ended but firm opinions on non-medical issues, but should always be careful, taking into account that their professional role makes them opinion-leaders in areas beyond their profession. Recall that in sites like Facebook, the person who posts is readily identifiable.

Twitter, on the other hand, allows for pseudonyms and readily can be used for rants, kamikaze raids on other posts and for throwing politically slanted views around. I once read: "If you're into your second glass of scotch or Cabernet, stop posting!"

There are many good books, articles and websites directed to doctors and healthcare professionals with social media visibility. A very good one is KevinMD.com, which collects blogs and posts from physicians, nurses and patients, written in English, that supports deeply-held values and I recommend at least be checked by my audience for an inside-story view of medicine. (I even had a blogpost of mine appear in that same site 3 years ago!) Although I still have a blog that I occasionally add to, I have found that Facebook is more versatile and is my main social media presence. My main use of Twitter is as a direct source of information from international organisations like the WHO, CDC, medical societies, journals and newspapers (can we call them 'papers' anymore?).





## BACK IN TIME

by Tony Beckwith  
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### A PROPER ENGLISHMAN

It had been a good trip so far but I had no idea what nightmares lay ahead. I came north from Madrid, drove across France, and was now easing my Spanish-made Renault 4 off the ferry at Southampton. Once on English soil I stopped to have a look around. This was, after all, the land of my forefathers; the British Isles are my ancestral home.

All my grandparents left pre-World War I Britain from this very port and settled in Buenos Aires. Their children—my parents—later moved to Uruguay, taking my brother and me with them, and I grew up in Montevideo. I first went to England when I was twenty years old, in 1965, but didn't stay long. Just because it was my ancestral home didn't mean I felt at home there, and I soon moved to Spain.

During my first stint in London I lived in Hampstead, and one Friday evening I was chatting to one of the regulars at The Flask, my local pub. After telling this chap my story he informed me rather stiffly that, as a colonial, I was not "a proper Englishman." I dismissed him as just another snooty Brit but now, a couple of years later, as I drove along the motorway from Southampton, I had to admit that he had a point. A proper Englishman would have had no trouble driving on the left side of the road, and would be driving a car with the steering wheel on the right. On both these counts, my car and I were unquestionably foreigners, no matter where my grandparents were born.

In Montevideo I grew up in a cocoon-like expat community where our cultural, academic, and sporting life was heavily influenced by British history and tradition. At our British Schools I read more Shakespeare than Cervantes, sang God Save the Queen on Empire Day, and knew more about the Charge of the Light Brigade than the exploits of José Gervasio Artigas, Uruguay's national hero. But though we played cricket and spoke to each other in "the Queen's English," when we took our vehicles out on the roads we had no choice but to respect the house rules, and

Uruguayans drive on the right. So do Spaniards.

Timidly hugging the left on the English motorway I came to a roundabout and, in a complete panic, found that I could make my Renault 4 go with the flow of traffic circling in what felt like the wrong direction, but could not figure out how to break away and take the exit to London. It all seemed back-to-front, like trying to write with my left hand, and as I went round and round and round I could almost hear the other drivers laughing and saying "Oh look, he's not a proper Englishman, he can't get off the roundabout!" Why did it have to be so hard? Why don't we all drive on the same side of the road?

Roughly a third of the people in the world drive on the left, and most of them live in what were, at one time or another, British colonies. Why? To understand that we must look back in time to days of old when knights were bold and most of them were also right-handed. When Sir Lancelot, for example, rode his horse along an English country lane he kept to the left so that his right arm was free to draw his sword if he felt threatened by an unknown knight approaching from the opposite direction.



It was also easier for right-handed riders to mount and dismount on the left, especially if they were wearing a scabbard, which was another reason to keep to the left side of the road. The





## BACK IN TIME ...Continued

by Tony Beckwith  
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tradition actually goes back further than that; archaeologists have determined that Roman soldiers always marched on the left, so ordinary Romans, it is believed, followed suit when driving their carts and wagons to and fro. This custom was officially sanctioned in 1300 AD when Pope Boniface VIII decreed that pilgrims on their way to Rome should keep to the left.

By the time the British colonized what is now the United States they had been riding and driving on the left for many generations. They brought many of their customs with them across the Atlantic, and in the early days everyone in America drove their horse-drawn buggies and buckboards on the left. Time passed and by the late eighteenth century there was a growing demand for larger wagons to transport farm goods in ever-greater quantities. These wagons were powered by teams of horses driven by men who originally sat on the horse at the back on the left in order to keep their whip hand free. From that perch, however, it was tricky to judge traffic coming from the opposite direction, as I could testify from my terrifying position behind the wheel of my Renault 4! So American teamsters—partly for practical reasons and partly as a snub to their colonial past—broke with tradition and started driving on the right side of the road. In 1792 Pennsylvania was the first state to pass a law requiring drivers to keep right, and others soon followed. A century later, though American motor vehicles drove on the right side of the road, the earliest models were manufactured according to British standards, with the steering wheel on the right, and didn't change until the early 1900s. The Ford Motor Company, in fact, did not produce a left-hand drive model until 1908.

In England, narrow country lanes somewhat restricted the size of the above-mentioned farm wagons, which were soon equipped with a bench for the driver. Like their US counterparts, UK teamsters wanted to sit close to the centre of the road where they could see oncoming traffic and not get their wheels entangled. But



Circa 2016:  
 Right-hand traffic (red). Left-hand traffic (blue).

while Americans chose to sit on the left and drive on the right, the British—perhaps more mindful of tradition—continued to drive on the left and simply moved over to sit on the right of the driver's seat. To avoid accidents, especially on bridges, a law requiring all traffic to drive on the left was drafted into the English Highway Act of 1835 and then adopted throughout the British Empire.

Like the Americans, the French had also taken to driving on the right side of the road, and Napoleon's conquests and then Hitler's invasions gradually forced most of the remaining European countries to do so as well. Faced with this discrepancy, Great Britain actually considered switching sides in the 1960s, but the initiative was doomed by stiff conservative resistance and the potential cost involved.

I knew none of that history as I eventually managed to break free from the centrifugal death grip of the roundabout and make my way to London. On my arrival I went straight to my brother's flat in Hampstead, and he wasted no time in taking me to The Flask for a medicinal pint. We chatted about my ordeal on the road from Southampton, and I asked the publican why the British didn't change the law and allow motorists to drive on the right like everyone else. He laughed and said no proper Englishman would ever vote for anything like that.



## GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin  
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### The Family Cheesecake

I just had the joy of meeting my Daughter-in-law who is visiting with my son from Spain. Besides being a wonderful person, she's also a great cook with an open eye for simple and delicious recipes. She made this yummy Cheesecake that delighted our tummies. Thank you, Vanessa.

1. Line the base of a spring base tin with foil or non-stick spray (or wax paper).
2. Process the biscuits until finely crushed.
3. Add the butter and process until just combined .
4. Press the mixture evenly over the base and the sides of the tin.
5. Refrigerate for at least half an hour.
6. In a separate bowl, combine the remaining ingredients except the topping.
7. Stir together well with a mixer until all lumps are gone.
8. Preheat your oven to 160°C for 15 minutes.
9. Carefully pour the mixture into the tin over the biscuit base.
10. Bake for approximately 60 minutes or until set.
11. Use the good old toothpick trick to see if it's done.
12. Cool at room temperature (away from kids and husbands).
13. Once cooled decorate with your favourite topping and fruits. Be creative!
14. Best refrigerated overnight before serving, so better to plan ahead...

#### Ingredients:

10 – 12 servings

- 250 grs of plain sweet biscuits (galletas Maria)
- 125 grs melted butter
- 750 grs cream cheese
- 3 eggs
- 1 cup sugar
- ¾ cup sour cream
- 2 teaspoons finely grated lemon rind
- ¼ cup lemon juice
- Fruit marmalade of your choice for topping
- Optional, sliced fruits (strawberries, kiwis, etc.) for decoration.

#### Tip o' the day...

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

And remember... Life is short so eat dessert first!





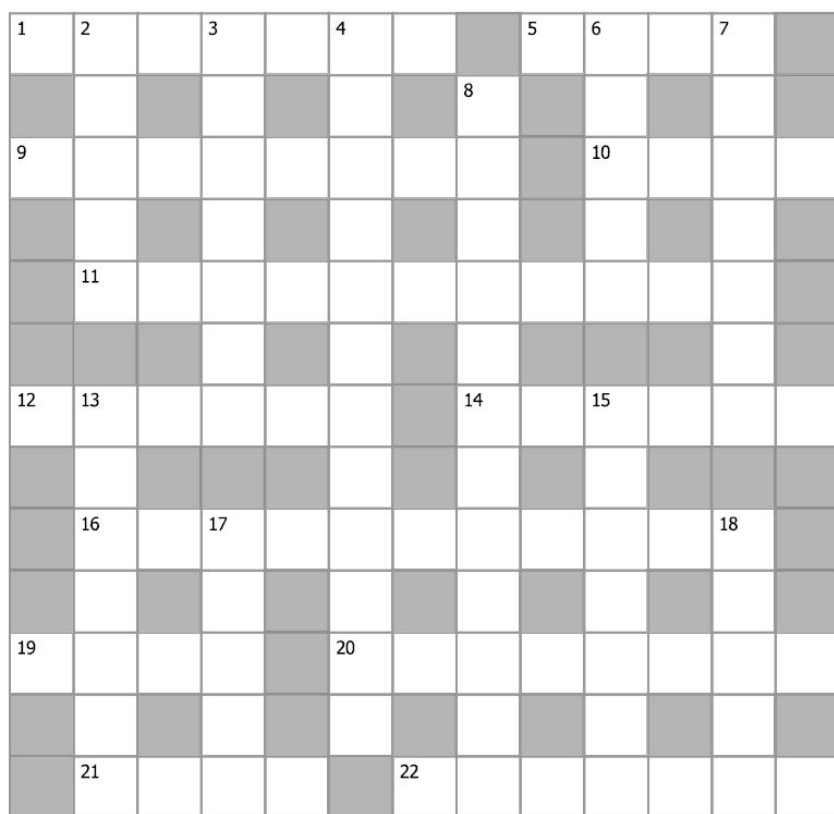
# CROSSWORDS TIME!

from Independent  
<http://puzzles.independent.co.uk>

## Crosswords are back!

Print this page and start playing!

The solution will be displayed in the next issue.



## ACROSS

- 1 Eddied (7)
- 5 Ripped (4)
- 9 Cease (Informal) (4,4)
- 10 Japanese wrestling (4)
- 11 Left-wingers (11)
- 12 Request (3,3)
- 14 Musical note (6)
- 16 Unusually good (11)
- 19 Celebrity (4)
- 20 Jewellery items (8)
- 21 Public disorder (4)
- 22 Actors (7)

## DOWN

- 2 Raise aloft (5)
- 3 Recite fluently (4,3)
- 4 Person listening in (12)
- 6 Fertile area in a desert (5)
- 7 As a whole (2,5)
- 8 Bushy-tailed rodent (4,8)
- 13 Jumper (7)
- 15 Sum payable at intervals (7)
- 17 Unusual small object (5)
- 18 Light beer (5)

## ANDY CAPP

by Reg Smythe



## LINK OF THE MONTH

### Find the #1 Song on the Day You Were Born!



Aren't you curious?  
Simply enter your birth date  
and the #1 song for that date  
will show!

[Find out here!  
playback.fm](http://playback.fm)

## SIMON'S CAT

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



Watch the  
episode  
HERE

