



THE BRITISH SOCIETY
IN URUGUAY

Contact

March 2017

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Montevideo, Uruguay



PRESIDENT'S WORDS



International Women's Day

[Visit the Official website here.](#)



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Oldest graffiti store in UK supports International Women's Day street art.

In 2016, Oner Signs, a graffiti store in Cardiff, Wales, called on women to pick up a spray can in celebration of International Women's Day. This is one of the graffiti's there painted (Author: [@georgieartist](#) / Full Article: <http://jomec.co.uk/thecardiffian/>).



UPCOMING EVENTS

**Starting 8 March,
Wednesdays from 19 to 20 hrs
Lenten Study Group**

Ellauri 735, Pocitos.

Organised by: Anglican Church of Uruguay

**Saturday, 25 March at 16.45 hrs
Cultural Project 2017: Women's Month**

British Cemetery Montevideo, Av. Rivera 3868.

Organised by: British Cemetery

**Saturday, 18 March high noon (12 hrs)
St. Andrew's Family Picnic**

Criolla Elias Regules, Av. Bolivia 2455

Organised by: St. Andrew's Society of Uruguay

SOCIAL NEWS

This Month's Birthdays:

08/03 Women's Day
10/03 Prince Edward Earl of Wessex
14/03 Angela Bell
14/03 Susan McConell
21/03 Herbert Grierson
23/03 Princess Eugene of York
24/03 Michael Brown
27/03 Bryan Davies
31/03 Lygia Davies



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

THE SIR WINSTON CHURCHILL HOME

WOMEN'S DAY

On the 8th. of March we will be celebrating the social, economic, cultural and political achievements of women.



The Writer Alvaro Cuenca was invited for tea.
He turned up early surprising us with a pile of books written by him!

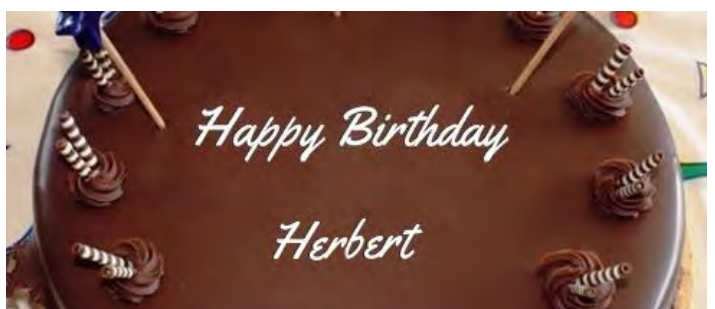


The residents all asked him to autograph them.



On the 17th. of March we will celebrate St. Patrick's Day by decorating cookies and colouring shamrocks. On the 21st. March Herbert will celebrate his birthday with family and friends.

Andrea Davies



BRITISH EMBASSY

HUMAN RIGHTS CONFERENCE

Ambassador Ian Duddy hosted a regional conference on the UN's role in promoting and protecting human rights in South America. Organised by the Universal Rights Group, Amnesty International and the Jacob Blaustein Institute for Human Rights, the consultation convened relevant actors who have been working in human rights in Latin America with the aim of applying lessons learnt in other regions. See more in [@ukinuruguay](#) and [Facebook](#).



URUGUAYAN STUDENT IN THE FALKLANDS

University student María Romina Dominzain travelled to the Falkland Islands at the beginning of February, together with two other students from Chile and Brazil. The three of them won a competition organised by the British Embassies in each country, where they had to say in a short video why they wanted to meet their neighbours from the archipelago. All of them stayed with local families and had the chance to learn first-hand about life in the Islands. They shared their experiences in social media, with more to follow soon. Check our Facebook page.



LEARNING AND DEVELOPMENT WEEK



Learning and Development is a core policy for all Foreign and Commonwealth Office (FCO) staff and everyone has the opportunity to take part in different courses and personal development throughout the year. At the end of February, Embassy and Residence staff took part in their own L&D week with the aim of furthering their knowledge, skills and understanding.



BRITISH HOSPITAL

HOSPITAL SCHEME NEWS

In this section the Hospital Scheme will include news and updates of interest for its members and for the British Community in Uruguay.



BRITISH HOSPITAL

CARRASCO CLINIC

The Carrasco Clinic has consolidated and is offering new services. The current offer is diverse and it is expected to keep adding services for an even more comprehensive coverage.



Consultations and specialists:

General Medicine
Ophthalmology
Paediatrics
Gynaecology
Traumatology
Gastroenterology
Dermatology
Psychiatry
General Surgery
Plastic Surgery
Children's Psychiatry
Ear, nose, and throat
Nutrition
Cardiology
Endocrinology

Pneumology
Paediatric Urology
Children's endocrinology
Rheumatology
Haematology
Neurology

Medical tests and treatments:

Laboratory (extractions, test pack, samples delivery, blood glucose curve)
Ultrasound
Radiology
Physiotherapy
Electrocardiogram
Colposcopy

Clinic Service hours:

Monday to Friday from 8:00 AM to 8:00 PM, and
Saturdays from 8:00 AM to 1:00 PM

WEB Appointment Schedule:

By scheduling your appointment through the WEB you can search for the first available hour in each speciality. Likewise, those specialities with the most demand offer daily appointments. Register at www.hospitalbritanico.org.uy and discover other services.

UCM (UNIDAD CORONARIA MÓVIL, CORONARY MOBILE UNIT): BENEFIT INCLUDED IN THE COVERAGE PLAN

- Emergency and urgent care at home for adults and children (regulatory ticket)
- At home consultation for adults and children (regulatory ticket)
- Non-coordinated care for adults and children in Medical Clinics (regulatory ticket)
- Over the phone medical guidance (free of charge)
- Urgent dental care at no charge (with copayment)
- Access to the Siem Network (Sistema Integrado de Emergencias Médicas - Integrated Medical Emergency System) for emergency assistance and emergency services in the main cities of the interior of the country (with copayment)
- Prescriptions, indicated after UCM care, available for pick up at El Tunel Pharmacy with the regular discounts
- Medical tests indicated after UCM care can be performed at the British Hospital in the usual formats
- Medical Certificates





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ANGLICAN CHURCH OF URUGUAY

LENTEN STUDY GROUP

The Anglican Church will be offering a six-week **Lenten Study Group**.

The study, which will center on the Apostles' Creed, will focus on what Christians believe and why.

It will be facilitated in English by Ellen Jacoby, and will meet on **Wednesdays from 7 to 8 p.m.** at Ellauri 735, beginning March 8th.

A contribution of \$200 will be appreciated to help defray the costs of photocopying the materials to be used.

Please contact Bishop Michele (IglesiaAU@gmail.com) or Ellen Jacoby (ejacoby@netgate.com.uy) if you have further questions or to register if you would like to join the course.

ST. ANDREW'S SOCIETY OF URUGUAY



ST. ANDREW'S FAMILY PICNIC

Saturday 18th March 2017 High Noon (12 hrs)
Please reserve your place Tel: 099 157615 - 091 048937

Roast Lamb, Hamburgers, Salads and Fruit for Lunch.
Bring your own Drink, Cutlery, Plates and Glass.

Adults \$450 / Ages 10 to 15 \$250 / Ages 9 and under Free

Venue: Criolla Elias Regules, Avenida Bolivia 2455.

This year apart from the usual games and the band there will be a guided tour of the Museum and Train Station. Though there is room to eat indoors, there is a nice veranda and plenty of shade on the lawns so bring your garden chair or rugs.
For tea bring something to share and we'll provide freshly brewed tea.

IMPORTANT

Please reserve your place by 12th of march
Tel: 099 157615 / 091 048937 / 091 295 601
We don't want you to go hungry!



BRITISH CEMETERY SOCIETY

Cultural Project 2017



foto - autor Eduardo Montemuiño

Women's Month at The British Cemetery of Montevideo

On the 25 th. March, together with the British Council and Teapot Plays in English – we will be combining three activities; the Paths Of History by Architect Eduardo Montemuiño visiting the places where important women who have been milestones in different fields rest..

At 16,45 four actresses of the group “Teapot Plays in English” will represent Uruguayan as well as British women and finally at 17:15 the talk by Professor. Lindsey Cordery on “The role of women in literature” ending the activity at 18:00



ANDY CAPP

by Reg Smythe





MEDICAL COLUMN

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

CUSTOMER SERVICE VS PATIENT CARE

The title isn't original. The same heading appeared in the *Patient Experience Journal* (PXJ), Volume 1, Issue 2, 2014, available free online as a 2.5 page pdf at <http://pxjournal.org/journal/vol1/iss2/3>. I encourage those readers with an inquisitive mind to read this eye-opening article. It is the most-downloaded article from the PXJ in its 3+ year history.

I was clearly inquisitive and open-eyed on Monday 12 December 2016, barely 2 months ago, when I experienced symptoms compatible with an impending heart attack while riding the 64 bus line to the Carrasco clinic just before midday. I was feeling dizzy, sweaty, nauseous and was having that nagging chest pain since the early morning, getting worse by the minute. I bailed out at the next bus stop, grabbed a cab and went straight to the Hospital's Emergency. On arrival, I was immediately seen by the nurses, the doctors and I was lucky enough that one of the leading Hospital's cardiologists was present at that same time.

Over the following minutes, I felt in conveyor-belt mode. Everyone who was relevant to my condition was present and every test was done in no time. I had the feeling that the cardiologist was clearly in charge as the increasing crowd that was gathering to know about my health grew larger by the seconds, all sincerely interested in my plight. Less than a half hour later, I was rushed on an ambulance to a cardiac intervention centre, where my coronary arteries were catheterised and fortunately found clear of disease (no thinning or obstruction) and an hour later a sonogram identified my problem as inflammation of the pericardium, the heart's lining, probably due to a virus, and that resolves spontaneously or with minimal anti-inflammatory medication in a few weeks, leaving no sequelae.

Physicians, especially when you receive care where you work, are VIP patients, to their liking or not (the latter being my case). I was constantly

aware and watchful of how everyone treated me: administrative personnel, nurses, doctors, ambulance staff and housekeepers. Having a VIP patient can sometimes derail a well-designed clinical pathway if other, although important, but less relevant concerns, are prioritised. I've seen it happen. It's natural. I was afraid it could happen in my case, being known to everyone who entered the room who came to express their best wishes for my recovery.

Fortunately, everything went well until two days later, when due to a minor effort, my heart rhythm suddenly went into a palpitation haywire and I summoned the nurse in charge of the floor. When I described my symptoms, she deferentially offered me a menu option: "*Do you want us to do you an electrocardiogram?*" which was perfectly understandable, recalling that it was what I would have ordered should we be sharing a patient with symptoms like mine. That was the sole moment I felt that the VIP-customer role was surfacing and that the risk of following a wrong or less-than-optimal path was about to happen. I rapidly scuttled and adopted the patient-not-customer role and answered: "*Please call the resident; I want this to be seen and evaluated by a doctor and that this be the source of any further decision.*" To make this part of the story short, I ended up spending the night in the Intensive Care Unit in a dark room, full of blinking lights and beeps, on an intravenous drip, all of which ended in the early morning with an electric shock given by my cardiologist, that took care of the arrhythmia, under the sedation of propofol, the same medication which at higher and toxic doses, pushed Michael Jackson over the end...

I had been operated seven months earlier for a minor condition, a situation which I described in a previous article. (I seem to be on collision course with the Hospital more frequently as time goes by.) In both these instances, I received excellent care from everyone. All events went



MEDICAL COLUMN ...Continued

BACK IN TIME

by Tony Beckwith
tony@tonybeckwith.com

as medically or surgically planned, timely and perfectly executed. Also, in both these instances, I received excellent customer care. The food was excellent (and abundant! - I even gained 1.5 kg in 4 days!) and the personnel were more than attentive to my needs. If my situation as a VIP (a staff doctor turned into patient) had any influence, I'd consider it natural and I'm more than thankful for the smiles, the hand-holding and the minutes they spent at my bedside.



All's well and ended well. I'm back to normal health and exercising as usual. I was privileged to go through this stressful experience knowing that my medical needs always came first, although I made the most of the customer service as soon and as often as I could!

PARTY LINE

The farther inland we went, the more Australia felt like nothing but wide-open spaces. We were jackeroos, the three of us, on sabbatical from everything we'd ever done before, observing the country from the windows of a moving car. We stopped here and there to work at odd jobs, then moved on. Towns were scattered far apart on the fringes of the outback, and some days we drove for hours without seeing any sign of civilization.

Every town had a hotel, usually on the main street, and every hotel had a pub. The publican always knew if anyone was looking for help, and while he poured three tall schooners of cold beer he'd tell us who was hiring, and for what. Sometimes we cleaned out a warehouse. Sometimes we harvested a field of barley. On one occasion we built a whole row of grain silos, wearing heavy worker's gloves because the sheets of corrugated tin were scalding hot in the Australian summer sunshine. Sometimes there was no work at all, so we moved on.

At a lonely crossroads stood the tiny town of Jerilderie, a handful of houses in a vast expanse of endless, flat farmland. We arrived at the Jerilderie Hotel one Saturday afternoon, and spent the evening with people who, for the most part, had long forgotten that they were living in the middle of nowhere.

The guestrooms were on the upper floor of the two-story building, each with an uninterrupted view of the horizon. At sunset the western sky turned a violent red, and then the world was suddenly dark and silent. Stars gradually appeared, millions of them glittering, magnificently clear this far from city lights. Long ago, on this enormous plain, nomadic aborigines gazed up at this same night sky and wondered about their origins and their survival. Dwarfed by the landscape and humbled by the heavens, they created a web of myth and ritual to believe in, passing down creation stories from one generation to another to reassure them that they were inextricably connected to the eternal circle of life. But we were in the twentieth century now. We were rational inhabitants of a modern world,





BACK IN TIME ...Continued

unswayed by the unseen. Things were different now. Or so we thought.

The hotel saloon had a high ceiling and tall windows along one wall. Juanín and Keith and I sat on stools at one end of the long wooden bar drinking schooners of ice-cold beer. As the evening wore on the saloon filled with regulars. The air became thick with shared indulgence, voices grew steadily louder, and people laughed enthusiastically and often. It was Saturday night at the local pub and all was well with the world.

A sentimental sense of camaraderie, all-pervasive as pipe and cigarette smoke, gradually broke down the natural resistance to outsiders. My companions and I became engaged in a pleasant conversation of no great consequence with Daphne and Neal, who worked a nearby farm. We were interrupted when Trevor, the proprietor of the hotel, slammed something down on the counter near Keith's elbow. "Look at that!" he said in disgust, pointing at the handset that appeared to have been ripped from the telephone in the alcove at the foot of the stairs. The black cord was only a few inches long and frayed at the end. "Some drunken bastard's gone and pulled it clean off the wall!" Trevor moved away, muttering to himself, leaving the handset on the bar.

Keith absentmindedly picked it up, smiling as he held it to his ear, and spoke into it in hushed, confidential tones. Daphne giggled and asked if he was making a long distance call. The smile vanished from Keith's eyes and his expression was suddenly serious. He covered the mouthpiece with his hand, said yes it was, and would she like to go next? Now her smile faded and she too became serious. She stared wistfully at the handset for a moment, then turned to her husband. "I wouldn't half like to talk to me Mum. It's been ever so long."

"Where is your Mum?" asked Keith.

"Dorchester. In England."

"What's her number?"

"Won't it be expensive?" she inquired.

"No," said Keith. "There's no charge to use this phone."

Daphne looked at her husband again. He merely shrugged and grinned clumsily. She opened her purse and pulled out a small, brown notebook. She found the right page and held it up for Keith to see. He went through the motions of placing the call. There was a pause during which we all stared at him, hunched forward in an oasis of silence. Then he spoke into the mouthpiece. "Mrs. Wilkins? You have a long-distance call from your daughter in Australia." And he handed Daphne the phone.

Somehow, none of us were surprised to see Daphne take the phone and begin speaking to her mother. Her husband sat quietly beside her, listening and nodding from time to time. When she had finished she handed the phone back to Keith. "Thank you," she said, her eyes as bright as stars. "And me Mum says thank you also."

Then she turned and called to her friend sitting a few stools down the bar. "Hey, Marge, this bloke's got a beaut phone if you'd like to talk to that daughter of yours in America." Daphne laughed a little unsteadily and said, to no one in particular, "I just talked to me Mum!"

The word spread fast through the rowdy crowd, and soon Keith was busy making the rounds of the bar, placing calls all over the world. Demand was so great that he had to limit them to three minutes each. Trevor had difficulty clearing the saloon at closing time; all his customers wanted to use that phone at least once before stepping back out into the vast, empty darkness.





GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin
gwdeakin@gmail.com



Cheese Faina

This month's simple yet delicious recipe comes from another family source; my spouse's only uncle, Oscar. I can vouch it's quite simple to prepare since Cuca (my spouse) is a self-declared non-expert cook. She's tried the recipe with friends and relatives ranging from Canada to Spain, always receiving marvellous praise of the Cheese Faina.

Thanks Oscar and Cuca!

Method:

1. Mix all ingredients in deep bowl with mixer or whisker
(Start with the milk and no lumps, please)
2. Let the mixture stand for 20 minutes at room temperature
3. Spread the mixture in a baking pan (the one you use for pizzas)
4. Preheat oven at maximum temperature for 10 minutes
5. Cook at 200°C for 30 – 40 minutes
6. Serve hot

Some of us like to sprinkle white pepper on top...

Ingredients:

- 10 tablespoons wheat flour
- 12 tablespoons thick grated cheese (I like to use Parmesan)
- 6 tablespoons cooking oil
- 2 teaspoons baking powder
- 2 teaspoons salt
- 4 eggs
- 2 cups milk
- Nutmeg and black pepper to taste

Tip o' the day...

To get nice, crispy caramelization on roasted vegetables, simulate the intense heat of an industrial oven:

Bring your oven up as hot as it goes, then put an empty roasting or sheet pan inside for 10 to 15 minutes. Toss the vegetables - try carrots, peppers or Brussels sprouts - with olive oil, salt and pepper, and put them on the hot pan. This method will give you the high heat you need to caramelize the sugars in the vegetables quickly.

And remember...

Love and cook with wild abandon!



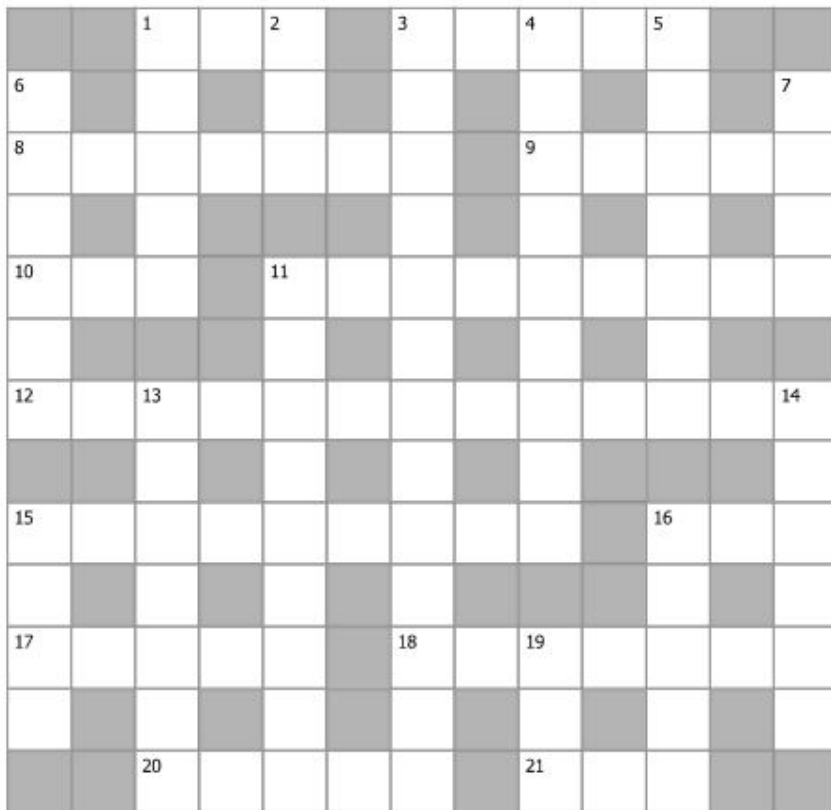
CROSSWORDS TIME!

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. Tavern (3)
3. Alcoholic drink (5)
8. State of hostility (4,3)
9. Cut off (5)
10. Twosome (3)
11. Large tomb (9)
12. Football position (6,7)
15. Hotel employee (9)
16. Court (3)
17. External (5)
18. Small snacks (7)
20. Ski run (5)
21. Sardonic (3)

DOWN

1. Ice house (5)
2. At the moment (3)
3. Length of a curve (13)
4. Talk (9)
5. Coastal resort area (7)
6. Sour (6)
7. Percussion instrument (4)
11. Shrove Tuesday (5,4)
13. Uninterrupted (7)
14. Sleepy (6)
15. Coagulate (4)
16. Stupid person (Slang) (5)
19. Bend (3)

February Crossword solution:



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)



LINK OF THE MONTH

International Women's Day



In 2016 celebrating the International Women's Day, Google visited 13 cities around the world and asked 337 girls and women to complete the sentence "One Day I Will..."

[Find out their answers here!
youtube.com](https://www.youtube.com/watch?v=...)

CLASSIFIED ADS

My daughter **Jimena Belloni Whitaker** returned from Brazil and is looking for a job.
Long curriculum in Human Resources and experience.
Excellent command of English, Portuguese and Spanish.
Hardworking and responsible.

Cel: 095 087 903

jimena.belloni@hotmail.com

Thank you, Mirian Whitaker.

SIMON'S CAT

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



Watch the
episode
HERE

