



THE BRITISH SOCIETY
IN URUGUAY

-Contact

April 2017

In this issue:

Medical Column
Back In Time
Crosswords
Link of the Month
Simon's Cat
And more...

The Queen's
91st Birthday

The Royal Marines
Band Service

Concert

British Hospital

Workshops
Calendar

Contents

President's Words _____	2
Upcoming Events _____	3
Social News _____	3
The Sir Winston Churchill Home _____	4
Anglo-Uruguayan Cultural Institute _____	5
British Cemetery Society _____	7
British Embassy _____	8
British Hospital _____	9
Dickens Institute _____	10
Medical Column _____	12
Back in Time _____	14
British Hospital Guild _____	14
Andy Capp _____	14
Geoff the Chef's Corner _____	15
Crosswords Time! _____	16
Link of the Month _____	17
Simon's Cat _____	17



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

The Royal Marines Band Service Concert

Page 6

British Hospital Guild First Meeting of the Year

Page 12

Geoff the Chef's Corner Healthy Yummies

Page 13

Link of the Month Trooping the Colour

Page 15

BSU CONTACT Newsletter
www.britsoc.org.uy
www.facebook.com/BritSocUy
Montevideo, Uruguay



PRESIDENT'S WORDS

Dear members,

I apologise for my absence in the last edition of this newsletter, but February and March have not been easy for me at a personal level. However, I am now back and ready to take on the challenges of a new year.

Due in part to the summer and in part to my absence, we did not have any events in the first months of the year, but we hope to make up for that over the next few months. For starters, the Society will have its Annual General Meeting on April 26. May will see the lecture-supper of the year as well as the British Society Council meeting. June will bring the 2017 Big Lunch. And we hope to have an event for the next generation before the end of the first semester. We look forward to seeing you at one or more of these events, the AGM in particular.

We have recently discovered that the British-Uruguayan Society, our mirror institution based in the UK is sadly winding down. We have been approached by members of its last Committee to see if our Society would be willing to continue some of the charities supported by the BUS, which is something we will put to the AGM. However, whatever the final decision is regarding the charities, we will gladly welcome any members of the BUS who would like to join our small community.

Richard Empson



UPCOMING EVENTS

Saturday, 22 April at 16 hrs.

Book presentation: "Cornelius Boner, an Irishman between two continents" by Mr Hernesto R Bonet Birriel

British Cemetery Montevideo, Av. Rivera 3868.

Organised by: British Cemetery

Tuesday, 25 April at 11.30 hrs.

The Royal Marines Band Service

Millington-Drake Theatre, San José 1426

Organised by: The Royal Marine Band Service, Anglo-Uruguayan Institute and British Embassy

Wednesday, 26 April from 15 to 18 hrs.

British Hospital Guild, First Meeting of the Year

3rd floor, main BH Policlinicas, Morales 2578

Organised by: British Hospital Guild

Wednesday, 26 April

AGM, Annual General Meeting

Time and Venue to be confirmed

Organised by: BSU

Future Events:

Saturday, 3 June

Junior Caledonian Competition

Time and Venue to be confirmed

Organised by: St. Andrew's Society

Saturday, 14 October

Caledonian Ball

Time and Venue to be confirmed

Organised by: St. Andrew's Society

SOCIAL NEWS

This Month's Birthdays:

08/04 Geoffrey Deakin

21/04 Her Majesty Queen Elizabeth II

25/04 William Hambrook

New Member:

William Hambrook



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

THE SIR WINSTON CHURCHILL HOME

Paula (María Paula Rodríguez Pacheco) 1948-2017

When I returned from my summer holiday at the end of January, I was shocked to learn from the oncologist with whom we shared her care, that Paula had died barely three days before, after battling for many years with cancer and the side effects of treatment.

I had come to know Paula when she was in charge of the Winston Churchill Home, about a decade ago. I recall her as a very dedicated caregiver, who felt the WCH was her second home, who loved each and every resident as if they were her family. When she became a Scheme Member, she asked to be my patient and over these many years I had the honour of being her physician, in whom she blindly trusted.



She was a woman of great faith. The presents she gave me were simple, but with great and deep religious and philosophical meaning, all of which I treasure and keep forever.

Dr Jorge C Stanham MBE

The Community of the SWCH join in this warm tribute
to an exceptional Manager and friend.





ANGLO-URUGUAYAN CULTURAL INSTITUTE

NEW ANGLO COURSES APRIL 2017

TEACHER DEVELOPMENT

METHODOLOGY

- ✓ Anglo Diploma in TEFL - TTC
- ✓ Learning Difficulties
- ✓ Teaching Knowledge Test: Core Modules
- ✓ Teaching Knowledge Test: Core Modules - Online
- ✓ Drama for learning
- ✓ Very Young Learners Course (VYL)
- ✓ Cambridge Certificate in Teaching Bilingual Learners
- ✓ Anglo Certificate in TEFL
- ✓ DELTA Module 1, 2 & 3

LANGUAGE

- ✓ Course in Contemporary English Literature
- ✓ Cultural Background to Britain
- ✓ English through Cinema
- ✓ English Pronunciation Course
- ✓ Post-Proficiency Course

@ cfernandez@anglo.edu.uy
☎ 2902 3773 ext. 129

IN-COMPANY ENGLISH LANGUAGE TRAINING

@ incompany@anglo.edu.uy
☎ 2902 3773 ext. 147

- ✓ In house tailor-made English language training programs flexibly designed to meet your company's training needs and corporate goals.
- ✓ Courses focus on the specific purposes your staff might need the language for (e.g.: general English, business communication strategies, management, legal matters, finance, presentations, effective meetings strategies, etc.)
- ✓ Our staff are specialist business language trainers with the clear aim to help your staff improve communications skills and develop confidence.
- ✓ Our methodology follows a communicative approach with an emphasis on student-centered learning.

ANGLO

WWW.ANGLO.EDU.UY

ANGLO

San José 1426. Montevideo, Uruguay

Phone: (+598) 2902 37735

anglocultural@anglo.edu.uy

www.anglo.edu.uy

ANGLO-URUGUAYAN CULTURAL INSTITUTE

...Continued



British Embassy
Montevideo



ANGLO



The Royal Marines Band Service, the Anglo-Uruguayan Institute and the British Embassy in Montevideo are pleased to invite members of the British Community, Anglo staff and students to join us in a concert by a brass sextet from the Band of Her Majesty's Royal Marines.

How many musicians can say they've played to a packed house at the Royal Albert Hall? Or performed for the Queen and other leading global dignitaries? The Royal Marines Band Service can as they are one of the world's most versatile military bands.



A LONG TRADITION OF MUSICAL DISTINCTION

"Even before the days of Sir Francis Drake and the Spanish Armada, music has played a key role in our military. Keeping units marching in step, boosting morale and performing at ceremonial or state occasions. To this day, we still maintain this role, combined with a vital operational function: providing military support to the Royal Marines."

Venue: Millington-Drake Theatre, San José 1426

Date: Tuesday 25 April 2017

Time: 11.30 am

Admission to the event is free.

This is a concert not to be missed – possibly a one-time only visit by the world's best military band to Uruguay. For more information contact us on 29023773 ext. 172 or visit www.anglo.edu.uy.

Please confirm attendance by Friday, 21st April, to anglocultural@anglo.edu.uy.



BRITISH CEMETERY SOCIETY



Picture- Detail from *Asalto a Montevideo*,
by William Heath - MHN Casa de Giró



6 al 10 de Noviembre - 2017
Montevideo será Sede del
XVIII Encuentro
Iberoamericano de Valoración
y Gestión de Cementerios
Patrimoniales.



CEMENTERIO
BRITANICO

THE BRITISH CEMETERY SOCIETY

Information:

encuentros@cementeribritanico.com.uy
www.cementeribritanico.com.uy
Cementerio Británico de Montevideo
tel. 2622 3071

**Saturday
22nd. April**

16:00 hrs.

**Guest:
Mr. Ernesto R.
Bonet Birriel**

Presenting his book:
*"Cornelius Boner,
an Irishman between
two continents"*

When he arrived in 1806-
1807 with the Invasiones
Inglesas.
His life changed at that
turbulent time and fate
settled him in Uruguay.
His direct descendent
Ernesto Bonet will take
us through the family
Tree of ancient times.

We hereby start a cycle of
three events
210 years after the
Invasiones Inglesas.

**Ciclo V
Encuentros a la puesta del
Sol - 2017**

**BRITISH CEMETERY OF
MONTEVIDEO**

AV. RIVERA 3868 Y PIAGGIO



BRITISH EMBASSY

BRITISH VISITOR

Dr. David Nabarro, UK candidate to be the World Health Organization's (WHO) next Director-General, visited Montevideo 24-25 March. As part of his programme, Dr. Nabarro met with the Minister and Viceminister of Health, Jorge Basso and Cristina Lustemberg, and with the Minister of Foreign Affairs, Rodolfo Nin Novoa, to explain his objectives for the WHO if he gets elected, and hear in more detail about Uruguay's priorities and the government's health priorities. Dr Nabarro has



the full support of the UK Government because his experience is unrivalled – he has spent over 40 years in international public health as a medical doctor, educator, international public servant and diplomat.

JOURNALISTS VISITED THE FALKLANDS

Journalists Gerardo Sotelo and Florencia Barre were invited by the Falkland Islands Government to see life in the archipelago for themselves. Sotelo told about his experience in “Inicio de Jornada”, Radio Carve, and “La tarde en casa”, Channel 10 where he will broadcast more reports soon. Florencia is preparing a multimedia special report to be published in the online El País portal soon.



CHEVENING PROCESS MOVING FORWARD

217 Uruguayan professionals applied for Chevening scholarships to study a masters degree at British Universities in 2017-18. Over 50 candidates were interviewed in March by a panel of FCO, Chevening Secretariat and the National Agency for Innovation and Research (ANII), as the institution will co-fund some of the scholarships in priority areas for Uruguay. Applicants will be notified in early June if they were successful. Applications for 2018-19 will open in August.



QUEEN'S BIRTHDAY PARTY

The Embassy will hold the Queen's Birthday Party this year on 25 April. As well as inviting the heads of the British community institutions, the reception will include invitees from government, business, media and other close partners of the Embassy who we work with to promote UK government interests in Uruguay.





BRITISH HOSPITAL



BRITISH HOSPITAL

CALENDAR OF WORKSHOPS FOR MEMBERS

In order to continuously promote healthcare and encourage prevention, we have organized the following series of workshops and activities for 2017. These have been developed and are run by our healthcare professionals in line with the specific needs of our members. Further workshops are being developed and will be announced in due course.



ONGOING COURSES AND WORKSHOPS

Health education

A course that will encourage lifestyle changes. Run by Dr. J Superchi and colleagues. To register, call Cardiology on extension 3344

Stress management

Analyzes stress, how it affects our life and how to reduce it. Run by Dr. J Superchi and colleagues. To register, call Cardiology on extension 3344

Stop smoking course

Weekly group meetings; includes prescription medication. Run by Dr. M. Barrios and Dr. S Peña. To sign up, call Appointments on extension 2740

Aging well

A series of workshops run by the Hospital's Memory Clinic that analyze the challenges of aging; for adults over 65. To sign up, call Appointments on extension 2740

Planning healthy meals

A workshop run by Nutritionist Maren Torheim. Meal planning and the improvement of eating habits. To sign up, call Appointments on extension 2740



APRIL-MAY

Cold Weather Care: Vaccinations, Infections, Disease spreading

How to avoid illness and not be overwhelmed by Winter. Foods that protect us from the cold and strengthen us.

Nourishment

Working with the Nutrition and Recreation team we will develop fun and straightforward recipes and handicrafts to fight the cold. We continue to invest in the health and nourishment of our youngest members.

JUNE-JULY-AUGUST

Cardiopulmonary resuscitation. (CPR)

For appointments, dial extension 2740

SEPTEMBER-OCTOBER

Psychiatry and pediatric workshop series

Self-esteem

How to help our younger people grow up well and strong in a highly competitive world. Guidelines for accepting our children with the unique attributes they possess and helping them to be happy.

Eating disorders

How to detect them in time and prevent complications. Guidelines for nourishing and strengthening our children. Warning signs.

Social networks and the use of technology by young people

New media and their use and abuse. Online posting: how much harm does it cause? For appointments, dial extension 2740.



NOVEMBER

Developmental disorders and the autism spectrum

Guidelines, becoming aware of these disorders, behavior patterns and steps to take.

Taking care of our children's eyes and skin

How to protect their eyes and sight from the sun. The importance of the use of sunglasses by children. Protecting both eyes and skin from the sun's harmful rays. How much harm can the sun cause? To sign up, call Appointments on extension 2740.

For further information: 24871020 - www.hospitalbritanico.org.uy - Follow us on [Facebook](https://www.facebook.com/BritSocUy)



DICKENS INSTITUTE

Dear Readers,

I have been thinking quite a lot as to what to write about the Dickens 45th Anniversary. What would interest you, catch your attention and satisfy your curiosity. And then I thought why not tell THE DICKENS STORY?

45 years ago English was taught in a very structured way. Lots of oral repetition, written exercises and very serious classes. In other words very little fun. My colleague and I were fed up with this way of teaching so we had a marvellous and daring idea for those days. Why not start an institute where learning was fun, where students were eager to attend because learning English would have the big plus of actually enjoying the classes?

The next step was finding where. We found a garage in town a couple of blocks away from the Police Department and with a very convenient bar at the corner. Why convenient? The garage had no bathroom, so we quickly came to an agreement with the owner that, if he allowed our students to use his bathroom, we would order all our coffees exclusively from his bar!



Monica Harvey, Dickens Founder

Next came transforming the rather shabby garage into an attractive institute. We had very little money so we decided to visit second hand furniture shops. There we found just what we wanted: an old table, to serve as the teacher's desk, fifteen assorted chairs, a clothes hanger



Monica Harvey along with her daughter Patricia Alvares, current Dickens Director, and granddaughters Agustina y Sofia Scherschener, both working for Dickens.

and not much else. It is fantastic what a pot of paint or two can do.

A few days later the garage doors were a bright green with two yellow and orange suns inviting all and sundry to visit the most colourful institute in Montevideo. Inside a rainbow of coloured chairs and table greeted the "students" eyes. But where were the "students" and what was the name of the institute?

First things first. Name: Dickens. Why Dickens? For obvious reasons but the other reason, not so well known, is that Charles Dickens had a granddaughter, Monica, who was a writer as well. So Dickens is a tribute to the Dickens family.

What about students? We rushed to El País where I had a good friend in quite an important position. In less than ten minutes he had our photograph taken, wrote a short article on the wonderful modern institute that was opening its doors to the public and the well known teachers who would be running it. Next day we were in the news! (Thank you Pingo wherever you may be) The result was that a couple of weeks later we had more than 80 students eager to learn English in a new way and we were rushing to buy new chairs from our secret source!



DICKENS INSTITUTE ...Continued

The rest of the story you may have heard. The Dickens has grown and grown and is well known and respected. It has kept its ideal that learning should be fun and we are grateful to our teachers for contributing to make this true

We are happy to say we are helping external teachers and coordinating schools. We are assessing more than 15000 students every year.

We are proud centres of Cambridge English Language Assessment, Cambridge International Examinations and Trinity College London. More than 6000 students sit for International Exams at Dickens every year.

We are glad to be contributing to Teacher Training through our Certificate TESOL courses, TYLEC courses and TKT.

Dickens is also doing in-company teaching and English for specific purposes.

At the request of several students who have foreseen the importance of foreign languages in their lives as well as in their CVs, we have introduced a Portuguese Department. This

works very well and is very enjoyable to judge by the laughter coming from the Portuguese classes!



Dickens, 21 de setiembre 2744

What a long, long way we have come since the small garage in 1972 to today's grand institute that proudly wears the Union Jack on its facade! But what makes me happiest is that we have not lost the original Dickens spirit along these fruitful and joyful 45 years!

Monica Harvey



EL PAIS Domingo 5 de Diciembre de 1993

Alta Capacitación Ofrece el Instituto Dickens

Primer Profesorado Internacional de Inglés

A través del Instituto Dickens, el Uruguay cuenta hoy con el primer curso para Profesores de Inglés Internacional, el "Certificate in the Teaching of English to Speakers of other Languages".

Reconocido en todo el mundo, este título es válido por Trinity College London (TESOL), quien seleccionó al Dickens y a nuestro país, como uno de los cuatro centros mundiales donde se ofrece la mencionada capacitación.

UN TÍTULO RECONOCIDO EN TODO EL MUNDO

Trinity College (TESOL), tiene 50 centros en Inglaterra donde se ofrece este curso y cuatro en el resto del mundo: Nueva Zelanda, Irlanda, Singapur y ahora, Uruguay a través del Instituto Dickens, único país que puede ofrecer este diploma a profesores cuya primera lengua no es el inglés.

Esta distinción supone un reconocimiento a la labor del Dickens, quien durante tres años presentó al Trinity College, planes de trabajo de su curso de profesorado, los que permitieron a las autoridades inglesas apreciar el nivel de enseñanza de la institución, autorizándose a actuar como uno de sus centros.

"Para acceder a estos cursos de un año de duración se requiere como mínimo un título de Oxford Higher o de CAE —afirma la directora del Dickens, Mónica Harvey de Campisteguy—. Esta certificación de alto nivel cuenta con

clases teóricas y prácticas, así como una tesis final, todo lo que es evaluado "in situ" por un profesor del Trinity College".

Las doce egresadas del primer curso fueron examinadas este año por el profesor Clive

Directora del Instituto Dickens, Mónica Harvey de Campisteguy junto al profesor del Trinity College London, Clive Brasnett OBE, BA (Hons), MA; Cert Ed.

Brasnett OBE, BA (Hons) MA, Cert Ed. Este distinguido docente británico —quien fuera condecorado por la Reina en reconocimiento a su labor como miembro del British Council— fue el encargado de diplomar a la primera generación de Profesores Internacionales de Inglés en el país, título que abre las fronteras del mundo a los uruguayos y uruguayas especializados en la enseñanza de este idioma.

Ával Británico Para Exámenes del Instituto Dickens

Chris Polatch, Director de Oxford House College, quien se encuentra en Montevideo supervisando la corrección de los exámenes internos y externos del Instituto Dickens, Magdalena Segredo, Coordinadora y Mónica Harvey de Campisteguy, Directora de dicho Instituto.



MEDICAL COLUMN

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

ARE DOCTORS BECOMING DATA-ENTRY CLERKS?

I graduated at a time when doctors gave verbal and horribly written orders. Nurses and patients took it for granted. Not anymore. Many things have changed. Legal liability forces doctors to document history, physical findings, lab orders and results, consultations with specialists, treatment plans and even no-shows. With the advent of computer networks, readability has notoriously improved, but the requirement to document data and information that are beyond the reason for the doctor-patient encounter has increased exponentially. Requirements by government agencies, insurance companies, medical and administrative authorities, have shadowed the meaningful connection between caregivers and patients. Although the intentions may be understandable, the tools, both hardware (time and space) and software (cumbersome interfaces) are out of sync with the effects produced. A recent study in a major medical journal, time-plotted doctors' time use and movements and found that for every hour of doctor-patient interaction, an extra 2 hours were needed to fully document the encounters. By any standard, this is a highly inefficient use of physician time.

Part of the blame (if anyone is to blame) is the slow uptake of information tools into healthcare, compared to banking, retail and wholesale, plus all the other activities made simpler by the widespread availability of mobile and cloud computing. Even behemoth bureaucracies like governments have made remote and mobile access to their previously cumbersome services a blessing. For some reason or another, the burden of the interface between doctors, patients and computers has increased more than decreased the problems it was designed to resolve. In spite of this, once on the computerised track, no-one wants to go back to paper records. The advantages of having information immediately accessible to make decisions is too great to be dismissed. However, the physician part of the data entry is still cumbersome, with screens filled

with checkboxes and 'required fields', which slow down the tempo of the visit.

Safety of doctors' and other providers' orders is improved by CPOE (Computerised Physician/ Provider Order Entry). Traceability is made transparent. Errors in dosage, interactions and alerts, are made evident immediately, but the technology still reeks of 'sign versus noise' problems, with the 'cry wolf!' syndrome hovering above like a drone at all times (i.e.: click 'Ignore').

Maybe Millennial (generation Y) doctors who were born, grown and graduated digital will adapt better to the new information interfaces. However, we still need to recover the eye-contact, hands-on, voice-and-open-ears connection, at present blurred by the requirements of data input into hardware and software designed for human interactions outside healthcare. I hope that AI (artificial intelligence), voice and movement recognition will reach a stage when information needs support rather than hinder the doctor-patient interaction.

In mid-March, I was again invited by the Facultad de Ingeniería (UdelaR) to give my presentation on 'The Impact of Information and Communications Technology on the Doctor-Patient Relationship'. My audience was stimulated by hearing a clinically active doctor (not a behind-the-desk-ridden one) who loves information technology, encouraging them to become healthcare professionals themselves, by getting involved at the grass-roots level with doctors, nurses, receptionists, medical records technicians and others and only then come back to the front line with customised solutions that are relevant to their work and will improve satisfaction with the new technologies. I also made them aware that, in dissonance with President Trump, jobs are destroyed more by technology than by outsourcing to other countries, with the exception of healthcare, education and care of the elderly.



BACK IN TIME

by Tony Beckwith
tony@tonybeckwith.com

FREE LUNCH

Alicia's mother sent her to school every morning with a packet of sandwiches. Mine gave me money to buy lunch at the cafeteria. One day Alicia and I experienced a minor revelation: it dawned on us that we could share her picnic and split my cash. It was a magnificent plan—the mythical free lunch, in fact—and our mothers had no idea what we were doing.

A touch of flu kept Alicia at home one day, and as lunchtime approached I wondered what to do. I could have (should have) gone to the cafeteria, but it was a beautiful spring day so I decided to go out for lunch. This was something I had never done before. I was about ten years old at the time, and of course it was absolutely forbidden to leave school without permission, so I was amazed at how easy it was to saunter through the front gate, turn left, and disappear.

I had no idea where I was going, and no plan of action. My parents often took me along when they went to restaurants, and I vaguely thought I'd do what I'd seen them do: find a nice place, walk in, sit down, look at the menu and order something. It seemed simple enough, and I felt very grown up and excited.

As I walked past a construction site a few blocks later a delicious aroma wafted over me and brought me to a dead stop. I looked through the chain link fence, my forehead pressed against the wires, my fingers hooked into the loops. In Montevideo in the 1950s there were no fast food places, no convenience stores with meals to go. Some construction workers surely brought their lunch from home, but most preferred to resort to the more traditional *asado*, or barbeque. Towards the end of the morning, one of the men went to buy meat, bread, and a couple of bottles of cheap red wine, then collected odd pieces of lumber from around the job site and built a fire. He'd rub a little coarse salt into the meat, which was never an expensive cut, as the wood burned down to a bed of hot coals. Then he laid the meat

on an improvised grill made of rebar and wire, balanced across a couple of bricks. The smell of meat cooking over an open flame has tantalized mankind ever since we discovered fire and, like any little cave boy, I stood transfixed, sniffing the fragrance on the wind. One of the workers saw me and called out, "*Che pibe, ¿querés asado?*" Hey kid, you want some barbeque?

My face must have shown my consternation because the men in the group laughed. They spoke among themselves, then the one who had called out got up and opened the gate in the fence. As if in a dream, I followed him back to the circle around the fire and, at everyone's invitation, sat down on an upturned bucket. It must have amused them to see me perched there in my school uniform: a grey flannel suit with short pants, white shirt, green tie, long grey socks and black, somewhat scuffed shoes. All the men wore clothes that were even dirtier than my father's gardening pants—and he wasn't allowed to wear them inside the house.

The one who had invited me in, whose name was Gervasio, took his knife and sliced off a piece of meat, put it on a chunk of bread, and handed it to me. His hands were spattered with cement, and the bushy hair on his forearms was thickly matted with brick dust. My mother would have been horrified, but I didn't care. The meat smelled even better than it had from the street and I took a huge bite right away, then closed my eyes in ecstasy. I thought I had never tasted anything so good in my whole life, and tried to say





BACK IN TIME ...Continued

so, mumbling through a very full mouth. There was more laughter, and I suddenly realized that I felt completely comfortable and strangely at home. I say strangely because at that stage of my sheltered life I had never had any contact with construction workers, or in fact anybody from what my grandmother called 'the working class.' The men would no doubt have regarded my family as *ingleses*, and they had probably not had much to do with people like me either. I'd give a great deal to be able to remember what we talked about over lunch that day.

After giving me one more piece of heavenly bread and meat, my generous hosts indicated that it was time to get back to work. Gervasio

walked me back to the fence. We said goodbye, a little stiffly, and shook hands. Mine felt plump and tender against his rough, calloused skin. He smiled and patted me on the back, then closed the gate.

On the way back to school I wrestled with a dreadful dilemma. If I told my parents about my excellent adventure—which I certainly wanted to do—I'd have to return the money. They'd undoubtedly ask all kinds of questions, and my lunchtime scheme would probably come unravelled. I didn't realize at the time that I had just learned how easy it is to get used to a free lunch. But what was one to do? I wondered if Alicia was going to hate me in the morning.

BRITISH HOSPITAL GUILD

by Maureen Hyland
President of the BHG

British Hospital Guild invites its members to the first meeting of the year, to be held on Wednesday 26th April from 15 to 18 hrs, on the 3rd floor of the main BH Policlinicas on Morales.



We will have an interesting presentation and share a delicious tea.
So please feel free to bring a friend with you.



The annual fee will be charged at \$100, and non members \$100 which will cover their tea.
We look forward to seeing you.

ANDY CAPP

by Reg Smythe





GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin
gwdeakin@gmail.com



Healthy Yummies

Since summer is now officially over, I guess it's time to have a few healthy alternatives to satisfy those hunger cravings when the weather starts to get colder. Some of the ingredients in the recipes were adapted to the River Plate area, so feel free to improvise and experiment with substitutes, depending on what you may find in your local supermarket or your own personal tastes.

Thanks Chef Google!

Apple & Blueberry Bircher

Serves 4. Prep 8 mins. No cook.

Ingredients:

- . 200g porridge oats
- . ½ tsp ground cinnamon
- . 500ml apple juice
- . 4 apples, grated
- . 200g blueberries

Method:

Mix the porridge oats with the cinnamon in a large bowl. Stir in the apple juice and grated apples, then gently fold in the blueberries. Allow to stand for 5 mins before serving, or leave overnight and enjoy for a late snack or for breakfast the next day.

Tip o' the day...

To make a great sandwich, spread the mayonnaise from corner to corner on the bread. People rush this step and just do a swoosh down the middle. Every bite should be flavourful. Now that's a sandwich!

And remember... The greatest dishes are very simple!

Avocado & strawberry smoothie

Serves 2. Prep 5 mins. No cook.

Ingredients:

- . ½ avocado, stoned, peeled and cut into chunks
- . 150g strawberry, halved
- . 4 tbsp low-fat natural yogurt
- . 200ml semi-skimmed milk
- . Lemon or lime juice, to taste
- . Honey, to taste

Method:

Put all the ingredients in a blender and whizz until smooth. If the consistency is too thick, add a little water.

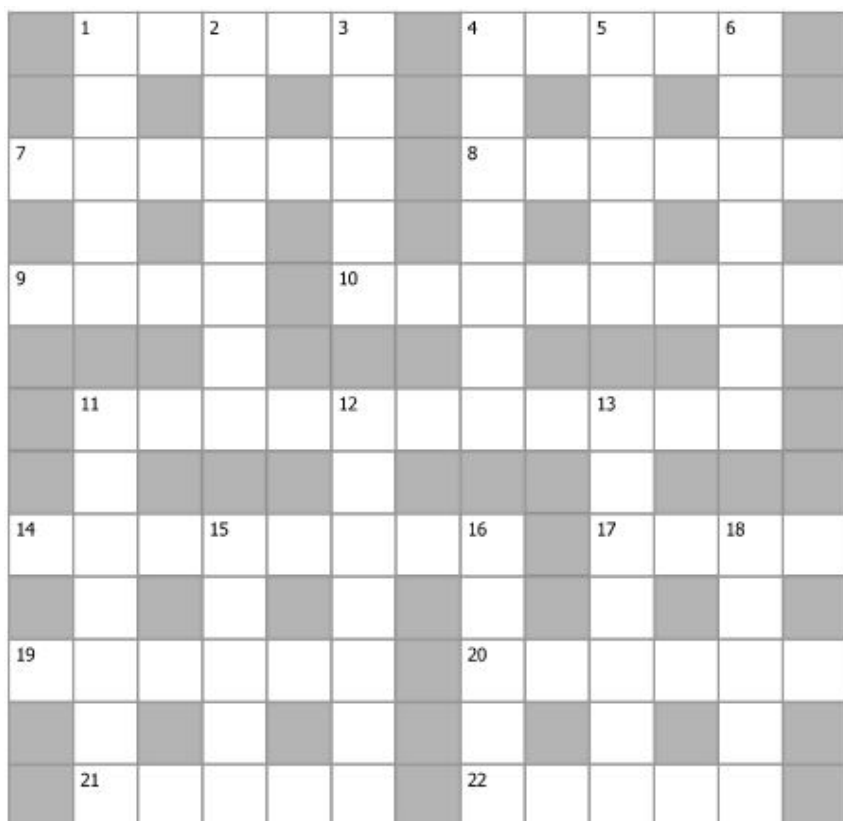


CROSSWORDS TIME!

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

Print this page and start playing!

The solution will be displayed in the next issue.



ACROSS

1. Greek epic poet (5)
4. Travelling entertainments (5)
7. Pay a visit (4,2)
8. Request for relief (6)
9. Abominable snowman (4)
10. Odd (8)
11. Playing card (3,2,6)
14. Enclosed area (8)
17. Sudden blast of wind (4)
19. Red wine (6)
20. Exhausted (4,2)
21. Beau (5)
22. Sled dog (5)

DOWN

1. Lift with effort (5)
2. Feeling of unease (7)
3. Approach (3-2)
4. Headwear item (4,3)
5. Urge (5)
6. Food fish (3,4)
11. Attack from the sky (3,4)
12. Fuss (7)
13. Go off the point (7)
15. Room on a ship (5)
16. Durable (5)
18. Pert (5)

March Crossword solution:



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)



LINK OF THE MONTH

Trooping the Colour



Highlights from Trooping the Colour 2016, also known as The Queen's birthday parade.

[Watch the video here!
youtube.com](https://www.youtube.com/watch?v=...)

SIMON'S CAT

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



Watch the
episode
HERE

