



THE BRITISH SOCIETY
IN URUGUAY

Contact

May 2017



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Many Events!
Upon My Word
Crosswords
Simon's Cat
And more...

Princess Charlotte
2nd Birthday

Anglo Institute

Visit to the Historical
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President: Richard Empson
president@britsoc.org.uy
099 658 497



Vice President: Gabriel Rizzo
vp@britsoc.org.uy
094 264 614



Secretary: Andrea Davies
secretary@britsoc.org.uy
099 123 906



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

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



PRESIDENT'S WORDS

Dear members,

On Wednesday 26 May we had a very animated AGM (in spite of low numbers due to the nasty weather), which concluded with a toast to Her Majesty the Queen led by Ambassador Ian Duddy and delicious nibbles brought along by attendees. For those who were unable to make it, the highlights are the following:

- Of the eight goals for this two-year period set out by the Executive Committee, in the first year one has already been attained (the number of followers on Facebook was increased by more than 50%), 3 are well on the way to being accomplished (Society Funds have all increased, and both Society membership and the number of subscribers to the newsletter are up by over 10%), and the other 4 are works in progress.

- Modernisation of the Society is ongoing: the website, Facebook page, members' database and this publication are all being improved and made more user-friendly.

- Our charities are doing well and the Funds that sustain them are healthy.

- New activities are in the pipeline.

- A motion to support the British-Uruguayan Society of the UK - which is closing down due to lack of new members - was passed, and the Executive Committee will look into the possibility of registering our Society as a charitable institution in the UK.

- Gabriel Rizzo and Andrea Davies have joined the Executive Committee in substitution of Jeanine Beare and Susan McConnell; we welcome them both and thank their predecessors for their hard work during their time in office.

This month your Society brings you an after-office talk by scientists from the British Antarctic Survey on the ground-breaking science carried out in the world's coldest region, a lecture-supper by Derek Tyler with an update on Brexit and its possible consequences, and the British Society Council meeting at the end of the month. Look for more on these events in this issue of Contact.

The Society is also in the process of organising an event for the younger members of the Community, for which we ask that you all let us know the names of any family members between the ages of 18 and 30, in order to add them to our guest list.

I hope to see you at our events and ever more involved with your Society!

Richard Empson



UPCOMING EVENTS

From Monday 8 May at 21.00 hrs **Shakespeare's Trail**

Ciudad Vieja's streets and museums

Organised by: British Council

Wednesday, 10 May at 18.30 hrs **Cold Science:**

The British Antarctic Survey

Sala William Shakespeare, San José 1426

Organised by: BSU and The Anglo Institute

Saturday, 13 May at 14.00 hrs Visit **to the Historical** **Barrio of Peñarol**

Centro de Barrio Peñarol,

Aparicio Saravia 4683 esq. Av. Sayago

Organised by: BSU and The Anglo Institute

Wednesday, 17 May at 19.30 hrs **Brexit: Article 50 and beyond**

The Anglo School Carrasco,

María Saldún de Rodríguez 2195

Organised by: BSU and The Anglo Institute

Saturday 20 May at 18.00 hrs **The Shamrock Cup**

The Shannon Irish Pub

Organised by: Riverside Pipe Band

Fridays & Saturdays of May at 21.00 hrs **Macbeth**

Teatro del Anglo, San José 1426

Organised by: The Anglo Institute

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 Birthday:

02 Princess Charlotte of Cambridge

Happy Mother's Day! **14th May**



Katherine Duchess of Cambridge &
Princess Charlotte



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



LECTURE SUPPER

ARTICLE 50 AND BEYOND

The British Society in Uruguay and the Anglo-Uruguayan Cultural Institute invite you to **"Brexit: Article 50 and beyond"**, an lecture by Derek Tyler on the most important event in British history of the last 50 years. **Wednesday 17th May at 19:30 hrs at The Anglo School Carrasco** (María Saldún de Rodríguez 2195). Come and enjoy an interesting talk in a friendly atmosphere on a current-affairs topic very close to Britons' hearts followed by a delicious home-cooked supper especially prepared by volunteers from the British community who always surprise us with their delicious recipes.



Don't miss out! Book your place now with secretary@britsoc.org.uy or by calling 099123906.

Pricing: \$300 for members of the Society and \$400 for non-members.

At the end of March the British Government activated Article 50, which starts the formal process to leave the European Union. The following 2 years are likely to see some difficult negotiations, during which Britain seeks to redefine its relationship with the remaining 27 members of the EU block. This lecture is a follow-up to The British Society's after-office talk *"Brexit: the causes and implications"* from last September, though it is not necessary to have been to the first to understand the second. Firstly, the talk will review the events of the last 10 months since the Brexit vote took place, in particular the decision by the British Government to formally leave the EU and the recent announcement of a General Election in June 2017. Secondly, the talk will look forward to the negotiations themselves: the importance that having full access to the EU's single market has for Britain in the future, what are likely to be the main discussion points (including the likely costs of the 'divorce'), the status of EU nationals currently living in Britain, and the seemingly irreconcilable aims of the British Government of having access to the single market but at the same time control immigration flows. Finally the presentation will look at how Brexit negotiations will be impacted by the British General Election in June as well as the "ripple effect" of Brexit on elections in other EU countries in 2017.

Derek Tyler was born in Britain but has been based in Uruguay since 2005. After studying economics at university, he worked for PricewaterhouseCoopers in London, Chicago and New York. Subsequently Derek became finance director for the London operations of Swiss bank, UBS, where he was involved in issues relating to the use of the 'single passport' to carry out business throughout the EU. On leaving UBS in 1998, Derek became a freelance executive and worked in a wide variety of countries (including South America) in the areas of finance and project management. These days Derek's activities are mainly in the voluntary sector, including talks to students and teachers on cultural and business topics at the Anglo-Uruguayan Cultural Institute in Montevideo.



AFTER OFFICE

On Wednesday 10th May at 18:30 at the Sala William Shakespeare (San José 1426) the British Society in Uruguay and the Anglo-Uruguayan Cultural Institute invite you to **"Cold science: the British Antarctic Survey"**, an after-office talk by Captain William Whatley Marine Biologist Sarah Reed on what the British Antarctic Survey (BAS) does in the world's coldest region.



The talk will be given by William Whatley, Captain of the RRS Ernest Shackleton, and Sarah Reed, one of the wintering scientists from the Rothera research station. Captain Whatley is an experienced mariner who has been with the BAS for over eight years, having started as Third Officer and risen to Captain of the vessel during that time. Sarah Reed holds a BSc in Marine Biology with Oceanography from Plymouth University and has been with the BAS since September 2015, having lived and worked at Rothera research station for 18 months. The polar science delivered by the BAS is cutting-edge world-leading. The talk will cover how BAS achieves its aims currently and how it will do so in the future. Pictures and examples of science projects will give you insight into the fantastic work the BAS carries out, from sampling off icebergs whilst diving to pushing through pack ice trying to get to research stations!

Don't miss out!

Book your place now with secretary@britsoc.org.uy or calling 099123906.

**Pricing: \$100 for members of the Society and staff & students of the Anglo;
\$200 for others.**





THE SIR WINSTON CHURCHILL HOME



Alvaro Cuenca visited our Home and donated a copy of his book *"Deber y Aventura: Voluntarios Anglo-Uruguayos en la Segunda Guerra Mundial"*.

The staff have loved reading it with our residents.

If you have a book to lend or would volunteer to read, we'd love to hear from you.

Thank you!



Enjoying the lovely April weather we have taken to the road on Panoramic tours of the City, including a delicious tea at the Cottage Hotel.

Can anyone please donate a VHS Player as we have shelves of wonderful videos to enjoy! Thank you!





ANGLO-URUGUAYAN CULTURAL INSTITUTE

VISIT TO THE HISTORICAL BARRIO OF PEÑAROL



Montevideo's streets are filled with history including sights and facts to delight and fascinate visitors. Discover the historical neighborhood of Peñarol, developed in the late 19th Century following the decision by the British-owned Central Uruguay Railway (CUR) to establish a factory in the area. Many of the old historical buildings remain, with a number of them having been recently renovated by Municipio G / IMM. The visit has two parts to it.

Firstly, there will be a talk in the former house of the Head of Stores of CUR - now part of the "Centro Barrio Peñarol". The talk will start by looking at how the Industrial Revolution in Britain spread to Uruguay, in particular the investment by British companies in the emerging rail network in Uruguay. It will then cover the move by CUR to Peñarol and the development of a "factory town" similar to that of Conchillas. We will also learn how the Barrio Peñarol nearly changed its name to "Nueva Manchester" and something about the early days of the football club of Peñarol. The talk will be given in English by Derek Tyler - presenter of the successful BREXIT talk in 2016.

Secondly, there will be the opportunity to take a short-tour of the historical part of Peñarol, including the old station, now preserved with all its original features and turned into a museum.

Saturday 13th May, 2017 at 2 pm
Centro de Barrio Peñarol
Aparicio Saravia 4683 esq. Avda. Sayago

Admission is free but places are limited.
Please confirm attendance by Thursday, 11th May,
to anglocultural@anglo.edu.uy.



San José 1426. Montevideo, Uruguay
 Phone: (+598) 2902 37735
anglocultural@anglo.edu.uy
www.anglo.edu.uy



ANGLO-URUGUAYAN CULTURAL INSTITUTE ...Continued

THE COMPANY
EDUCATIONAL DRAMA

ANGLO

Macbeth

MAY · Fridays and Saturdays · 9 PM.
TEATRO DEL ANGLO (San José 1426)
www.anglo.edu.uy

BRITISH EMBASSY

QUEEN'S BIRTHDAY PARTY

The Embassy celebrated the 91st anniversary of Her Majesty Queen Elizabeth II on 25 April. Government authorities and key contacts got a chance to taste the diversity of the UK as we celebrated its history, diversity and culture.

Guests were treated to British food and drink, music and culture through videos that showed the beauty and characteristics of the four nations. Actors from "Teapot Plays in English" wearing typical clothes or personifying characters from England, Northern Ireland, Scotland and Wales, interacted with guests reciting poems and stories. See more photos and video in our Facebook, Twitter and Instagram.



FIRST CLASS MUSIC

The Royal Marines Band Service travelled out from the UK to be present at our event. They also offered a concert at Anglo Institute for the delight of students and members of the Uruguayan Armed Forces Military Band. The brass sextet, part of one of the world's most versatile military bands, surprised everyone when they played "La Cumparsita", besides some Beatles' songs and other rock and pop British music.

SHAKESPEARE'S TRAIL

British Council invites you to follow "Shakespeare's Trail" from 8 May, walking through Ciudad Vieja's streets and museums to find 12 William Shakespeare's portraits. You just need to find the map of activities at any of the venues detailed below, answer the questions in the map using information you will find in each portrait and get exclusive content downloading the app Aurasma (available both in Android and iOS) to win some good prizes.

Find the map in: Museo de las Migraciones, Teatro Solís, Auditorio Nacional del Sodre, Museo Numismático, Museo Histórico Cabildo, Museo de Arte Precolombino e Indígena, Museo Nacional de Artes Visuales, Museo Histórico Nacional, Casa de Fructuoso Rivera, Museo Romántico Casa de Antonio Montero, Casa del Gral. Juan Antonio Lavalleja, Café Brasileiro, Librería Más Puro Verso and Urban Heritage.



Embajada Británica
Montevideo

BRITISH COUNCIL

EL CAMINO DE SHAKESPEARE

BUSCA LOS RETRATOS, COMPLETA LAS PREGUNTAS Y LLÉVATE UN PREMIO

1 DESCARGA LA APLICACIÓN AURASMA

2 ENFOCA LA IMAGEN DE SHAKESPEARE

3 EXPERIMENTA LA REALIDAD AUMENTADA

VISITA LOS 12 LUGARES Y COMPLETA EL MAPA DEL CAMINO DE SHAKESPEARE

www.britishcouncil.uy
BritishCouncilUruguay
@uyBritish

www.shakespearelives.org
#ShakespeareLives

BRITISH HOSPITAL



THE 160th. YEAR OF THE BRITISH HOSPITAL



The British Hospital is one of the oldest institutions in the country and its origins date back to the mid-1800s. Founded as the "Hospital Extranjero" its first site was a house with 13 beds on calle Cerrito in the Ciudad Vieja. Although there is no record of the inauguration date, it is known that the first patient, called George Mesch, was admitted on August 8, 1857.

In 1862 the name changed to the British Hospital and in 1866 it moved to a new location as the number of patients greatly exceeded its original capacity. To satisfy demand, a new hospital was built on Patagones street- known today as Juan Lindolfo Cuestas - at the end of calle Sarandí. That is how a little hospital with 13 beds began a process of growth and modernization which continues to this day, a result of the vision, entrepreneurial ability and perseverance of the British community which had a considerable impact on the country's life.

Throughout these 160 years there was no lack of difficulties, economic

crises and wars that marked the country and the world. Great was the commitment, ingenuity and dedication of the Hospital's authorities and staff to overcome them and move forward.

1913 marked a further turning point in the history of the British Hospital with the inauguration of a new building in the Tres Cruces area, its current location. The design of the building was quite advanced for its time, with a modern, purpose-built structure, making it renown architecturally as well as for its health services.

The original building at Tres Cruces had 24 rooms with 66 beds for the

hospitalization and care of patients. It also contained general wards which were named after some of the leading doctors and managers.

A distinguishing trait of the British Hospital in these 160 years has been its focus on human resources which is considered its main asset. The Hospital permanently trains and updates its staff, in order to establish, maintain and deepen a policy of excellence in the provision of health services. This tradition has allowed leading doctors in their respective specialties to head – in the past and present - the various services of the Hospital, and its nursing staff to set trends and give the institution a unique and highly-respected identity.

The "spirit" of the British Hospital, which has been a distinguishing characteristic throughout its 160 year history, results from the integration of professional and technical excellence with the basic premise of respect for patient dignity.

In the words of the President of the Board of Directors of the British Hospital, Paul Beare: "The British Hospital is a non-profit institution that pursues a policy of continuous investment in equipment and technology, building development, training of human resources, knowledge creation and links with other institutions, in our field and as well as outside it, in order to add value to its proposal of excellence".



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



BACK IN TIME

by Tony Beckwith
tony@tonybeckwith.com

PIXIE'S FAREWELL

There are sounds that strike fear into the hearts of young and old. Sounds like the screeching of tires that tell us a vehicle has had to come to a sudden stop, but do not tell us if it managed to do so in time to avert a tragedy. I first heard that sound on a night that, for a number of reasons, I have never forgotten.

It was in 1950, when I was five years old. At that time we were living in a ground floor apartment at 445 calle Guipuzcoa in the Punta Carretas neighbourhood of Montevideo. It was a cosy place, just a few blocks from the city's main prison, which probably meant that the rent was within the family budget. The notorious Punta Carretas penitentiary, modelled on the Fresnes prison in France, was built in 1915 and housed many guests of the Uruguayan government until it was decommissioned and converted to a trendy shopping centre that opened in 1994.

One evening my mother was giving me my daily bath, a routine she performed with her usual efficient good humour. Suddenly, as she was rinsing my hair, we heard a screeching of tires out on the street. I rubbed the water out of my eyes and looked at her. "What was that?" I asked, the mood completely broken. She looked as startled as I felt, and just then my father poked his head around the door. "Just going outside to take a look," he said, and something unseen passed between my parents that I could sense but couldn't understand. "Is Pixie all right?" I called, but he had already disappeared. Pixie was our dog, a sweet little mutt who was mostly Chihuahua. She was black and white, with pointed ears and a tiny tail that wagged whenever she was excited, which was all the time. She was our first pet, and my brother and I adored her. Christopher,

already bathed and in his pyjamas, poked his head around the bathroom door and asked, "What was that? Is Pixie all right?"

My mother got me out of the bath and dried me off, then herded us both back to our bedroom. We were anxious—scared stiff, actually, because Pixie would usually be all over us at that point in the evening—and Mum had her hands full trying to get us settled onto the lower bed of the bunks we shared. She made us lean back against the pillows and proceeded to read to us, which was also part of our bedtime routine. The previous evening she had begun to read from Edward Lear's "Nonsense Songs," and now she launched into perhaps his most famous poem:

*The Owl and the Pussycat went to sea
 in a beautiful pea-green boat.
 They took some honey, and plenty of
 money, wrapped up in a five pound note.*



From Edward Lear's book, *Nonsense Songs, Stories, Botany and Alphabets*, 1871.

The light-hearted whimsy of the poem managed to distract us, and my mother was just starting to read the second verse when my father came into the room. We looked at him, clamouring to know what had happened out there in the street. He struggled to appear composed as he sat



BACK IN TIME ...Continued

down next to Mum, and then looked at the book in her lap. He picked it up and squinted at Lear's illustration at the top of the page. Then he smiled and turned to my brother and me and said, "I have a message for you from Pixie!"

He told us that Pixie had received word from a family member who was in need of her company. So he had taken her to La Estacada beach, a couple of blocks away. Beyond the beach there was a rocky part of the coast, strewn with flotsam and jetsam of all kinds, a favourite place for our beach-combing walks on weekends. There he found half a walnut shell,

hollowed out and worn smooth by the tides—a perfectly seaworthy hull. Nearby was a straight twig and a good-sized leaf, which he fashioned into a mast and a sail. Then he and Pixie went to the water's edge, where a ribbon of moonlight made a glittering path all the way to the horizon. He settled Pixie into the homemade boat, gave it a gentle push, then watched as she sailed away. "She sent you her love," he told us, "and said she'll send a friend of hers to keep you company until she gets back." A few days later the friend arrived: Buster, an easy-going dachshund who lived with us for many years.

RIVERSIDE PIPE BAND

Event! Do not miss The Shamrock Cup.

This is a piping competition taking place in a pub in the Ciudad Vieja on the 20th May, at 6pm.

This year is the seventh edition, and there are pipers coming to play from Argentina, Brazil, Chile and of course Uruguay.

Come and support our locals, while having a pint (or a cup of tea). Probably the largest concentration of kilted noisy men you are likely to see in Uruguay this year!

**When: Saturday the 20th of May. Starting at 6 pm.
Where: The Shannon Irish Pub.**

Entrance is free, though buying a piper a pint is always welcome!



GURU'GUAY

by Karen Higgs
www.guruguay.com

THE URU-GURU



The Uru-Guru

Karen A Higgs grew up in the South Wales Valleys. At 22 she found herself stranded in Mexico City airport with just a pocket Spanish-English dictionary for company.

She sang 60s covers in a psychedelic rock band in Costa Rica. And impressed her teenage English language students by riding a 500 cc motorbike around town in Buenos Aires.

Having moved back to the UK briefly and then on to Washington DC, she moved into web design in the mid 90s. In 2000 she landed in Uruguay to direct communications for an international non-profit. Seventeen years later she's still in Parque Rodó with no plans to leave.



Karen A Higgs. Photo credit: Carlos Contrera.

"At the beginning of this week Uruguay was just a place on the map to us, but having done a bit of research and bought your book we are dying to go," wrote Christine, a website reader from the UK.

The Guru'Guay

The non-profit took Karen back and forward to South Africa several times a year for over a decade. South Africa has wonderful bed and breakfasts and seeing nothing comparative being offered in Montevideo, Karen and her husband set up Casa Sarandi, a tiny art-deco guesthouse in the Old City.

What guests loved right from the start was the insider knowledge that Karen shared. As a musician with two albums to her name and a Graffiti nomination, her daily tips on live music made guests' holidays really unforgettable.

Pleas from guests to share this insider information more widely –and the paltry offerings found in the big name commercial guides (Lonely Planeta lumps Uruguay in as a chapter of their Argentina book)-- inspired Karen to start writing the Guru'Guay blog in 2014.

Guru'Guay quickly became an in-demand resource for travellers planning their trip to Uruguay as well as expats living in Uruguay and neighbouring Argentina. To give you an idea, in January this year, more than 25,000 people from all over the world but mainly the USA, visited almost 60,000 pages, a huge number for a Uruguayan website.

Putting Uruguay on the map

Karen's aim is to get visitors to come to Uruguay as their primary holiday destination, not just as a side-trip from Buenos Aires.

The Guru guides

Last year, Karen published the 140-page Guru'Guay Guide to Montevideo.

It's not like other travel guides that need to be ploughed through. As one Amazon reviewer put it, "it's not in your typical Lonely Planet [...] with endless dry lists of things to do/see/eat. This has soul and passion."

One of its more unusual sections is on Uruguayan society and culture. It includes historical and political background in the form of questions that visitors often have when they come to Montevideo, and film and music albums recommendations to watch/listen to before you arrive. One chapter, on expressions that you'll only hear in Uruguay (think, "salado!"), recently went viral when someone took a photo of the page and posted it on Facebook.

The book can be bought in paperback from Amazon and in selected locations in Uruguay. Reports reached the author this summer from a reader browsing her copy on the bus to Punta only to see two other tourists doing the same!

Karen is currently writing the Guru'Guay Guide to Uruguay Beaches, Estancias and Wine Country out October 1.

And now she's the BritSoc Newsletter's newest columnist. Read her here and online at

www.guruguay.com.



MEDICAL COLUMN

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

SAFETY, QUALITY AND EXCELLENCE

Health care is also a business and those who provide it are subject to the pressures to compete with other organisations within the same field. Sometimes, the need to stand out and differentiate themselves from the other players, puts marketing of their products at the forefront, so as to gain that extra share inside a very competitive arena, which to some extent is a zero-sum game: when one wins, another loses. Therefore, these organisations cannot bury their head in the sand and must be ever-aware that they cannot lose grip on their population base and must create faithful customers, if not fans, for their services and ideally, expand their number of potential customers, who eventually will become patients.

The downside of this marketing turf and competition for a customer base is that health care consumers are different from other parts of the economy. In the first place, nobody wants to be a patient: we don't want to be sick; we don't want to have an operation; we don't want to be given chemotherapy and so on. Health care is characterised by potential consumers who are not shopping and searching e-Bay, Amazon or other sites to buy a product. However, we all know we can become sick and sometimes very seriously ill and that we'll eventually need to *consume* a product we haven't chosen in the same way as we bought our last car, LED TV set or leisure travel destination. In most cases, the place where and the time when we'll be provided the care we need (and not because we want it) is determined beforehand by the medical coverage we chose or were bracketed in: the state, insurance companies, prepaid schemes and out-of-pocket private care. How we or someone decided which was to be the setting, is to a certain extent determined on how well marketed the system we chose was presented to potential customers, especially when the freedom to choose is greater. If all services are provided by the state or social security, then the options are limited by location and the available resources. When there are more options, those with greater buying power will try to pick their best option, depending on how well they can predict where the best care is available.

Everyone wants safe and good quality care, to the extent that this is many times kept out of the equation and assumed to be a given. However, most marketing schemes, point to commitments to excellence, especially those qualities most easily visible, like modern, clean buildings, hotel-like accommodations for inpatients and state-of-the-art diagnostic and treatment equipment. A list of reputed doctors, especially if they also belong to the teaching staff of a local medical school, also helps to attract potential customers. The downside of this is that neither buildings, amenities, technology, nurses, medical staff and other professionals on their own guarantee good care. Around the world, hospitals have been recognised as dangerous places. The most notorious uncovering of the fact was back in 1999 by the publication by the Institute of Medicine ***To Err Is Human***, when up to 98,000 patients were presumed killed in hospitals in the USA, ***every year*** - and some say this may even be an underestimate.

Since that publication and other investigations that have taken place, especially in first world countries, the emphasis on excellence, however it is presented, is meaningless unless it is grounded in patient safety and good quality care, which for a long time have resided within the blind spot of industry marketing efforts. Fortunately, both in developed and emerging economies, the emphasis has shifted to assure that all health care organisations and providers demonstrate that they are committed to safety and quality and certified according to widely adopted and evidence-based standards by recognised accrediting organisations.

Over the last few years, around forty doctors, nurses, technicians and administrative personnel have completed a Diploma in Patient Safety and Care Quality. This is an important asset, probably not as visible as the hospital's beautiful structures, modern equipment and excellent staff, but absolutely central to assure the best outcomes of the patients who trust us for their care.

The old adages: ***safety first*** and ***first, do no harm***, are alive as ever, to keep patients... alive!



UPON MY WORD

by Richard Cowley
racowley@gmail.com

I'm a stickler for good language. I think I'm known for it, and I don't really mind that. When I get another letter from an estate agent explaining "We are writing to yourself about..", or when the BBC reports once more "The ship sunk off the Scilly Isles", or "He was very jealous of the minister's achievements", the red mist begins to descend. I think that if language is used carefully and accurately, it helps to promote the clear expression of thoughts and ideas. I know that, when confronted by common errors, some people will say "Well, it's just usage, everybody says that nowadays." But I'd answer that if your common usage means that you don't get your message across, or it loses clarity, or it makes others think you are stupid or ignorant, you may want to consider changing it. And just in case some of you are interested in at least knowing the right way to use some aspects of language, I've put together a few pointers. And I look forward to receiving the cries of outrage from other sticklers out there who have their own ideas, or the smug rumblings of those who already knew. (Anyone want to take issue with the comma after "clarity" above?)

1. Singularly extraordinary

Can you see anything wrong with this?

"A group of very experienced climbers have reached the summit of Mount Pinatuba."

Oh, really! You're not serious, are you? It's a group, **one** group. The fact that it has several constituent parts doesn't stop it being a single thing. So the verb is singular.

"A group of very experienced climbers has reached the summit of Mount Pinatuba."

Other examples: A committee, a team, a crowd – they're all singular, never mind how many things or people are in them.

"A crowd of a hundred thousand over-excited fans has gathered to see the Stones"

"The committee has decided to expel the vicar from the club"

"The team, which has only won one of its last eleven games, returns to Manchester tonight."

"A number of people has written in to complain." I know, I know, this one sounds a bit weird, but strictly, it's right. "A number" is singular. "Several people have written in to complain" is fine.

Last gasp: on the BBC this morning "There are a number of obstacles to overcome." Now we all know that's wrong, don't we?



GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin
gwdeakin@gmail.com



A “Happy” Weight Loss Plan: The Dopamine Diet

Billed as the weight loss regime that boosts mood too, this diet is all about increasing levels of the “happy hormone” dopamine in the brain at the same time as shedding pounds. Certain celebrities such as TV chef Tom Kerridge have boosted this diet’s popularity in recent years. There are several different versions of the diet, but all are based around foods that are thought to boost dopamine the “happy molecule”. These can include:

- Dairy foods such as milk, cheese and yogurt
- Unprocessed meats such as beef, chicken and turkey
- Omega-3 rich fish such as salmon, sea bass or any pointy-headed fish
- Eggs
- Fruit and vegetables, in particular bananas
- Nuts such as almonds and walnuts
- Dark chocolate

Most versions of the diet recommend avoiding alcohol, caffeine and processed sugar, while some also recommend cutting out or severely restricting starchy carbohydrates.

What is dopamine and how does food affect it?

Dopamine is a neurotransmitter - a chemical that is responsible for transmitting signals between nerve cells in the brain. Dopamine directly affects the reward and pleasure centres in the brain, which in turn affects mood. Its activation occurs for a number of reasons, including the sudden availability of food.

Currently, we do know that all eating increases dopamine, especially the intake of high fat and sugar foods, both of which can lead to an increase in appetite, overeating and weight gain in the long term.

So how can you boost your dopamine without resorting to high fat and sugar foods?

Protein foods are made from the building blocks of amino acids (including tyrosine), which are essential to the production of dopamine. Upping protein intake may also boost dopamine production without increasing appetite. A recent study looked at this theory and concluded that eating a high protein breakfast including eggs, lean meats and dairy was best at reducing mid-morning cravings whilst increasing dopamine levels.



GEOFF THE CHEF'S CORNER

...Continued

by Geoffrey W Deakin
gwdeakin@gmail.com

Today's "happy" top tips...

- Eat regular meals. This will prevent a sudden swing in hormones and help to regulate your appetite. It also reduces the chance of overeating in the evening.
- Try eating more lean protein at breakfast such as eggs, smoked salmon, or a high-protein yogurt with added nuts, seeds or fruit.
- Some versions of this diet ask you to completely restrict starchy carbohydrates, which I wouldn't recommend. Carbohydrates are important components of the diet, so ensure you include some (not much) at every meal. Aim for carbohydrates such as rye bread or porridge. Both will encourage blood glucose levels to remain steady, which will have a positive effect on appetite.
- Choose healthy fats found in olive, sesame or rapeseed oils in addition to avocado, walnuts, linseeds and oily fish such as sardines, fresh tuna and trout.
- Include lean protein foods at lunch and dinner by eating chicken, lentils, beans, dry peas, chickpeas, fish, or lean beef.
- Increase activities such as yoga or walking, as we know this can also increase dopamine levels.
- Keep things simple and look at the quality of foods you eat, reduce processed salty foods, keep sugary treats to a minimum and make sure you're eating your five-a-day.

Next month's issue will include some "happy diet" recipes. See you then and happy munching!

Source: www.bbcgoodfood.com

ANDY CAPP

by Reg Smythe



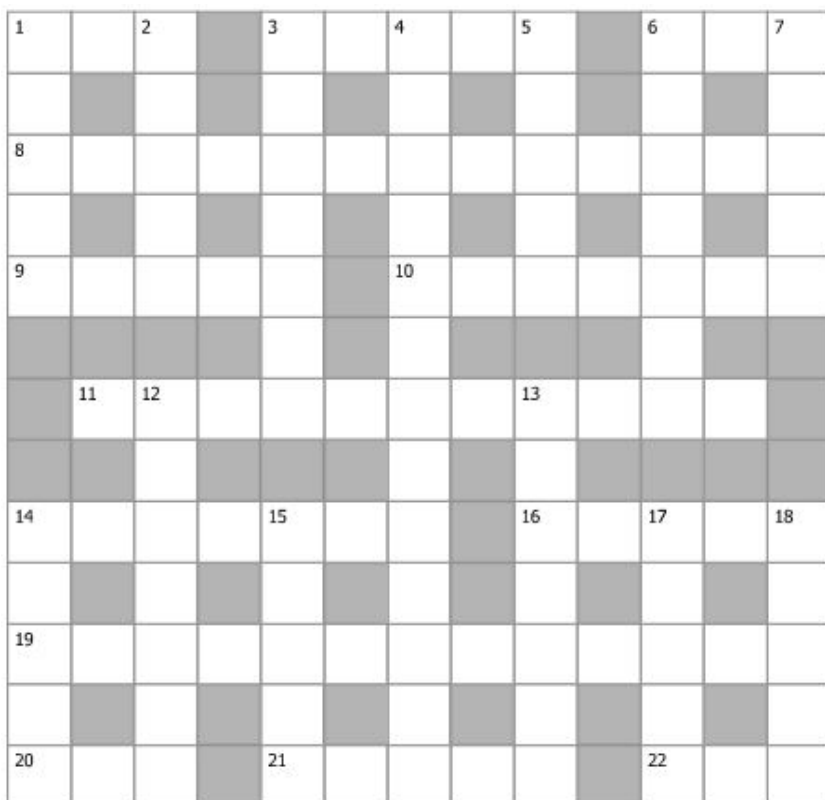


CROSSWORDS TIME!

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

Print this page and start playing!

The solution will be revealed in the next issue.



ACROSS

1. Wages (3)
3. Roost (5)
6. Expert (3)
8. Insurance policy feature (2,6,5)
9. Despised (5)
10. Innate (7)
11. Heated to destroy bacteria (11)
14. Frog larva (7)
16. Awry (5)
19. Simultaneously (2,3,4,4)
20. Rocky hill (3)
21. Full of flavour (5)
22. Consume (3)

DOWN

1. Fruity drink (5)
2. Sailing boat (5)
3. Expression of approval (7)
4. I, II, III, etc (5,8)
5. Nun's costume (5)
6. Grand National course (7)
7. Upright tripod (5)
12. Inspector of accounts (7)
13. Figurative writing (7)
14. Characteristic feature (5)
15. Not secret (5)
17. Cutlery item (5)
18. Cereal (5)

April Crossword solution:

	1	H	O	2	M	E	3	R		4	F	A	5	I	R	6	S	
		E			A			U			L			M			E	
7	C	A	L	L	I	N			8	A	P	P	E	A		L		
		V			A			U			T			E			B	
9	Y	E	T	I			10	P	E	C	U	L	I	A		R		
					S					A						S		
		11	A	C	E	O	12	F	S	P	A	13	D	E	S			
			I					I					I					
14	P	R	E	15	C	I	N	C	16	T		17	G	U	18	S	T	
		R			A			I		O			R			A		
19	M	A	L	B	E	C			20	U	S	E	D	U		P		
		I			I			K			G		S			C		
		21	D	A	N	D	Y			22	H	U	S	K	Y			

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. Fussy (7)
13. Go off the point (7)
15. Room on a ship (5)
16. Durable (5)
18. Pert (5)



LINK OF THE MONTH

THE DUKE AND DUCHESS OF CAMBRIDGE AND PRINCE HARRY IN CONVERSATION ON METAL HEALTH

For all of us who are constantly reading about members of the Royal Family visiting schools, hospitals, hospices and all kinds of charities where their presence and support are needed, the following video will come as no surprise.

What is surprising is that the younger members, the Duke and Duchess of Cambridge and Prince Harry, have come up with their own contribution, Heads Together, to help people in mental distress. This project is based on Prince William's and especially Prince Harry's own anguish at the loss of their mother, Princess Diana at an early age.



[Watch the video here!](#)

I hope you enjoy listening to the younger Members of the Royal family talking about mental health and sharing Heads Together with them.

Monica Harvey and the Dickens Team



SIMON'S CAT

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



Watch the
episode
HERE

