

New Sections!
Anglo Institute
British Hospital
Crosswords
Simon's Cat
And more...

Buying ferry tickets

Medical Column

A green afternoon

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BSU CONTACT Newsletter
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Montevideo, Uruguay

PRESIDENT'S WORDS

Dear members,

May was a busy month. It began with "Cold science", a fascinating after-office talk by Captain William Whatley and Marine Biologist Sarah Reed on the activities of British Antarctic Survey, which brought in a number of new faces. We then had the joint visit to Peñarol with the Anglo-Uruguayan Cultural Institute, where those attending were shown a different facet of 19th century British presence in Uruguay. "Brexit: Article 50 and beyond", a lecture-supper by Derek Tyler, examined the possible consequences of the most important event in British history of the last 50 years, and then treated those present to another delicious meal prepared by our community cooks.

The British Society Council's annual meeting on 24 May was attended by 12 of the Council's 20 member institutions, who - together with the Society's Executive Committee – reviewed the institutions' actions and activities of 2016 and looked to the year ahead. The meeting was interesting and fruitful, and highlighted the excellent teamwork of British institutions in Uruguay.



June brings you The Big Lunch. We look forward to seeing you and your family there and to sharing the now-classic annual communal meal.

Please take a minute to read the paragraph on volunteer work for native English speakers on page 20. The programme aims at helping Uruguayan students - ~ particularly in the interior of the country - to improve their English pronunciation. I am sure many of you could add your little grain of sand to this initiative.

Richard A. Empson



UPCOMING EVENTS

Thursday, 1 June at 19.00 hrs 300 years celebration:

"La invención de la Masonería"

Museo de la Casa de Gobierno, Plaza Independencia 776 Organised by: Gran Logia de la Masonería del Uruguay and Silver River Lodge

Saturday, 3 June at 13.30 hrs Junior Caledonian Competition

The British Schools' Gymnasium, Máximo Tajes 6421 Organised by: St. Andrew's Society

Sunday 18 June at 12.30 hrs Big Lunch

The British Schools' Pavilion, Máximo Tajes 6421 Organised by: BSU

Future Events:

Friday, 21 July Ceilihd

Anglo Centro
Organised by: St. Andrew's Society

Saturday, 19 August Junior Caledonian Competition

Rivera city

Organised by: St. Andrew's Society

Saturday, 14 October Caledonian Ball

Punta Carretas Golf Club Organised by: St. Andrew's Society

SOCIAL NEWS

This Month's Birthday:

- 10 Prince Philip of Great Britain, Duke of Edinburgh.
- 12 Philip Davies
- 21 Prince William of Great Britain, Duke of Cambridge.

New Members:

Alexander Beare
Daniel Blanthorn
Dianne Budd
Agustina Bueno
Horacio Castro
James Coubrough
Veronica Funch-Thomsen
Geraldine Pool



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

BIG LUNCH



JOIN THE UK'S ANNUAL GET TOGETHER FOR NEIGHBOURS

EVERYONE WELCOME

OUR BIG LUNCH DETAILS



WHEN: Sunday 18 June, 12:30 hrs.



WHERE: The British Schools' Pavilion

THE SIR WINSTON CHURCHILL HOME

A MONTH OF CELEBRATIONS!

We are celebrating the election of our new Chairman Carolyn Cooper.



Elaine and Peter had Birthdays!

Thank you Pilar Arocena and Victoria Pscherhof for the donation of two VHS players! We are installing them and updating wifi and connections.

Thank you also to Lilo Wells who is updating the list of volunteers who visit at tea-time.

Helen and David George (nephew) visited Peter from Australia and we harvested our first vegetables from the balcony garden – beets and lettuce.



Contact us at: SWCH@britsoc.org.uy

SIMON'S CAT

by Simon Tofield https://simonscat.com







BRITISH EMBASSY

CONDOLENCES

After the terrible terrorist attack in Manchester on 22 May, which claimed 22 lives and injured dozens more, the Embassy received many messages of support and condolences from Uruguayan friends and partners. President Tabaré Vázquez wrote to Prime Minister Theresa May to pass on the condolences of the people of Uruguay. We are very grateful to everyone who passed on their best wishes after this tragic incident.



WHAT THE DOUBLE TAXATION AGREEMENT MEANS

The Embassy organised a conference on 9 May to explain the opportunities and benefits of the Double Taxation Agreement signed last year. About 100 members of the business community, interested in developing or strengthening commercial ties with the UK, attended the event at the World Trade Center auditorium. The agreement is designed to promote the international flow of investments and trade by reducing the tax burden. You can find more information in our website.

SPECIAL VISITS

Two <u>British Antarctic Survey</u> (BAS) ships, RRS Ernest Shackleton and RRS James Clark Ross, docked at Montevideo port in May on their way north having completed their work in Antarctica during the austral summer. The UK and Uruguay are both parties to the Antarctic Treaty and we continue to explore opportunities for further joint Antarctic activities.

The Embassy hosted two events on board, one for Uruguayan authorities, including the Director of the Uruguayan Antarctic Institute Rear Admiral Daniel Núñez and the newly elected Executive Secretary of the Antarctic Treaty Secretariat Mr Albert Lluberas. The second event was a forum for Uruguayan and UK scientists to present an overview of their projects and identify possible areas for future joint cooperation. RRS Ernest Shackleton Captain, William Whatley and Sarah Reed, one of the wintering scientists from Rothera research station, also gave a superb presentation about BAS at the Anglo for the British Society. In 2019, William will become Captain of the new BAS ship the Sir David Attenborough, one of the most advanced polar research vessels in the world.









ANGLO-URUGUAYAN CULTURAL INSTITUTE

TOUR TO PEÑAROL

We arrived in Peñarol on a typically British type of day - cloudy with a bit of light rain. We went into the building which used to be home of the former Chief of Stores of the Central Uruguay Railway (CUR). The building has now been beautifully restored by Municipio G / IMM and forms part of the Centro Barrio Peñarol.



Christine Ferrand welcomed everybody to the event and thanked the Alcalde of Municipio G, Sr. Gastón Silva and his staff for their help in organizing the visit. Derek Tyler then provided an informative and entertaining talk about the development of Peñarol following the decision by CUR to establish a large workshop facility in the area. Derek described the main buildings in the "factory town" of Peñarol, including the workshop facility itself; the houses for employees; the Crafts Center (where CURCC / Peñarol Football Club was founded in 1891) and finally not forgetting "La Primavera" - the local pub!

Afterwards there was a short break for coffee before we started on a tour of many of the places which Derek had mentioned in his talk. The tour was conducted by Sra. Josefa Damiano of Municipio G. Highlights of the tour included a wonderfully restored room in the former home of the Chief Mechanical Engineer; the former Peñarol railway station, now a museum, with many interesting historical artefacts, and finally the opportunity to visit one of the 44 houses built in the 1890 's for railway employees - still lived in today.







The trip to Peñarol provided a great opportunity to really experience history and was enjoyed by all. After the visit and an indication of the good relationship which has developed, Municipio G contacted the Anglo Institute about ways in which we could help with their aim of having the historical center of Peñarol declared a World Heritage Site. The Anglo Institute, in conjunction with the British Society and also the Embassy, would clearly be delighted to help in any way possible.





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

ANGLO-URUGUAYAN CULTURAL INSTITUTE

...Continued

Educational plays for schools and institutes

The Anglo Theatre and The Company Educational Drama proudly present two well-known educational plays for students: 'Pocahontas' (for very Young Lower Primary learners) and 'Tutankhamun' (for Young Upper Primary learners).



POCAHONTAS

Pocahontas and her father, Chief Powathan, live happily on a beautiful island in America. They honour Mother Nature and consider every living creature as family. But one day, John Smith, an English sailor sent by the king to conquer new lands, arrives at the island. When Pocahontas and John first meet, their differences are easily percieved. John wants to build a city like London and Pocahontas wants to keep the island as it is. In spite of their differences, they fall in love.

How will this story end?

Follow the characters in this romantic tale and find out what will happen on this unexplored island.

TUTANKHAMUN

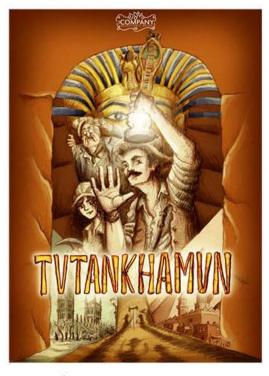
It is the year 1922 in Egypt. Howard Carter is an English archaeologist leads an expedition to find the tomb of Pharaoh Tutankhamun (King Tut), buried 3000 years ago. According to his research, the tomb could be in any part of the Valley of the Kings. Lord Carnarvon is a millionaire who has been funding the

expedition for years, and agrees to do it for one more season, but on one condition: his daughter Evelyn, must take part in it. At last, Howard and Evelyn start the expedition, but when archaeologist Davis, Carter's enemy, and his assistant Ronnie find out that Carter is in charge, they decide to follow them in order to steal all the treasures. It seems to be the perfect plan for Davis, but a curse may fall on those who disturb the peace of the Pharaoh: 'anyone who dares open the tomb will suffer the wrath of the mummy'.

Enjoy this mysterious adventure while learning about one of the major discoveries of all times.

The Company Educational Drama was founded in 2009 to bring learners of English closer to dramatic art and the exciting characters and stories: that British and American writers have contributed to our world. Since then, we have presented between three and four plays a year for Primary and Secondary learners of English from Schools and Language Institutes throughout Uruguay reaching an astonishing 15000 young learners from about 100 schools each year.



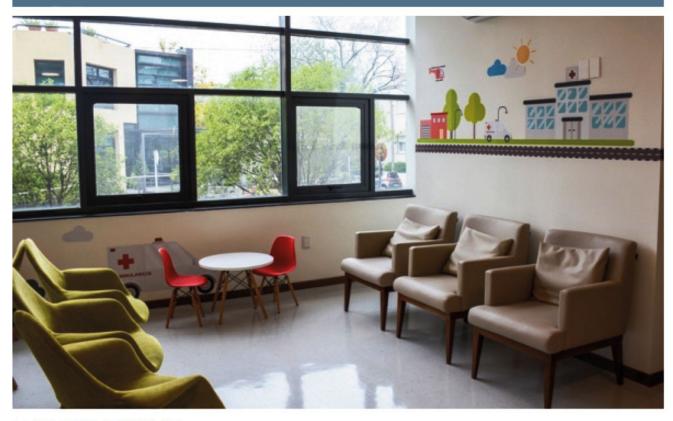






BRITISH HOSPITAL





WE CONTINUE IMPROVING OUR SERVICES

Emergency service / Pediatrics

Just off the Calle Bauzá entrance hall and next to the recently-established Adults Emergency annex, the Hospital has set up an area specifically designed for out-patient care for children with less-complex/urgent medical needs.

This new area allows for younger patients and their families to be attended in a more comfortable environment. The child-friendly seating area and consulting rooms have been arranged so as to minimize waiting times and to provide support and company to children and their families while they wait for the resolution of their medical consultation and clinical studies.

Flu Shot Campaign

The influenza vaccine campaign continues, with priority being given to our members at the Hospital´s vaccination center at Calle Morales 2564, next to the central Polyclinic.

The flu vaccine administered is VAXIGRIP trivalent (H1N1 and two seasonal strains) from the Sanofi Pasteur Laboratory. It is provided free of charge and a doctor´s prescription is not needed.

The vaccination center's schedule is Mondays through Fridays from 8:00AM to 7:00PM.

On Saturdays flu shots are available in Sector CD on the 2nd floor of the central Polyclinic from 8:00AM to 12:30PM.

If you have questions or doubts please contact the Hospital´s vaccination center at Calle Morales 2564 or on 24871020 extension 2999.

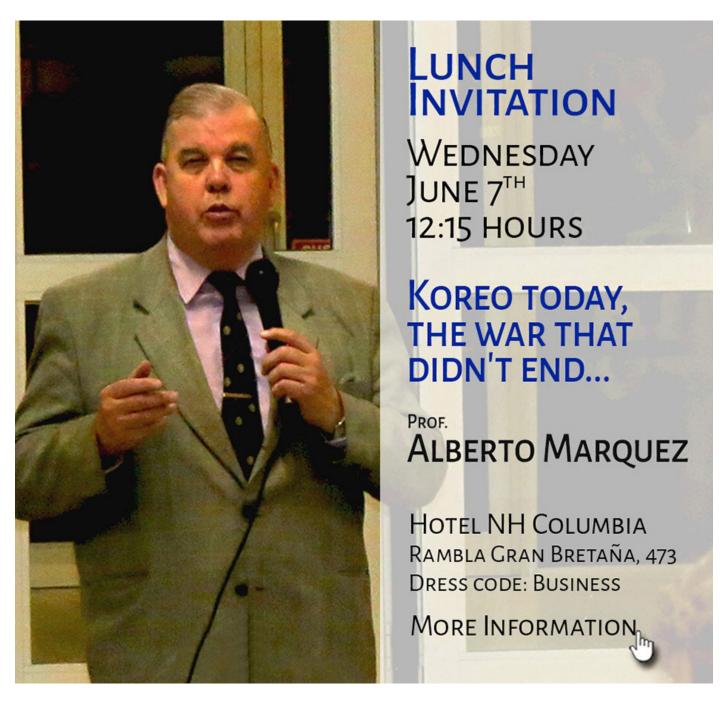
To celebrate its 160 years, the British Hospital is organizing a display of Hospital-related historical objects, photographs, documents, etc.

We invite members of the Community to donate or lend to the Hospital items relevant to the long history of the Hospital.

Items will be gladly received until June 10th by the Secretary Office of the British Hospital, Av. Italia 2420; telephone: 2487 1020 extension 2375.

For further information: 24871020 - www.hospitalbritanico.org.uy - Follow us on Facebook

URUGUAYAN-BRITISH CLUB



www.britsoc.org.uy



BACK IN TIME

by Tony Beckwith tony@tonybeckwith.com

BLOOMERS

My alma mater, the British Schools, was founded in 1908. Established at the request of the British Community in Uruguay, it was inspired by and modelled on public schools in Great Britain. It was and is a secular, coeducational institution created to provide secondary education—in and English and Spanish—to the children of the British and foreign communities and select Uruquayan families. Like our peers in the UK, we wore uniforms: green pleated tunics for girls, grey flannel suits for boys. During the decade I was there, in the 1950s, the boys took this tradition in their stride. The girls, for the most part, had few complaints about the tunic, but had a great deal to say about what they were required to wear under it. For, in those days, the Schools insisted that girls wear bloomers. What exactly are bloomers? Let's start with a little history.

In the mid-eighteen hundreds women rebelling against the began starched petticoats and whale-bone corsets they had been wearing, rejecting them as inconvenient and harmful to their health. A new fashion emerged at about that time, which was a combination of Turkish pantaloons and knee-length skirts that provided unrestricted movement and an unprecedented sense of freedom. This loose-fitting style was seen as a rebuff to the despotism of Parisian fashion, and became associated with the rise of feminism and demands for women's rights. In 1851 the "Turkish dress" was introduced to Amelia Bloomer (1818–1894), an American women's rights and temperance advocate, at her home in New York. Bloomer was the owner and editor of The Lily, the first American newspaper published by and for women. She wrote an article with a description of the dress and instructions on how to make it. When other newspapers picked up the story they dubbed it the "Bloomer dress," and the name stuck.

Though a "bloomer craze" swept the United States in the summer of 1851 and the fashion was all the rage in cities around the world, it soon fell out of favour and was gradually abandoned. But towards the end of the century bloomers made a comeback as part of an attempt to improve women's health through exercise. The style was remembered as the "cleanest, neatest, most comfortable and most sensible garment," and an updated version, without the skirt, became a popular choice for women during the bicycle craze of the 1890s. These "athletic bloomers" (also called knickerbockers) were baggy britches,

fastened to the leg just below the knee, and were a big hit with women who did some sort of exercise at the turn of the century. Bloomers were shortened the late 1920s, and gradually morphed into modesty that garment mainly



worn by school girls under their tunics. Which brings us back to the British Schools.

informal recently conducted some research amongst the women of generation who were at school with me. After coming across a newspaper article about = the history of bloomers, I was interested to find out if my contemporaries remembered wearing them, and if so what they recalled about the experience. I learned that they certainly did remember wearing bloomers, and the memories were still fresh in their minds sixty-odd years later. What was it about

BACK IN TIME

...Continued

by Tony Beckwith tony@tonybeckwith.com

this garment that had left such a permanent mark on so many young girls?

For one thing, they were obligatory, which rankled some, though not all. For another. they were voluminous, which horrified almost everyone. At an age when girls were blossoming into young women most, if not all, were self-conscious about their figures, and those large, baggy bloomers were considered unattractive, unladylike, and unbecoming. To be fair, however, these negative opinions mainly simmered up with the onset of puberty. Prior to that, it was understood that the dreaded bloomers were worn strictly for modesty purposes and, as such, made sense for younger girls inclined to cartwheeling or hand standing. They also provided a sense of security when sitting cross-legged to play payana [jacks], preventing little peeping Toms at the gateway to the boys' playground from catching sight of the more feminine garments worn underneath. Unsurprisingly, believe that bloomers were designed solely to cool the ardour of young boys. There was certainly nothing fetching or flattering about them.

What, then, were those bloomers actually like? It depends who you ask. Most agree that they were made of green cotton flannel, with a small pocket that some thought was useless but others used to carry a little hanky. Though occasionally knitted by mothers, they were usually bought, along with other school uniform items, at Tienda Inglesa or London Paris, the main department stores in Montevideo at the time. Some say they were soft and comfortable; others remember the exact opposite. They had elastic strung around the waist and legs, which would sometimes "go" in one leg or the other, making

the fabric hang down until it was mended, additional embarrassment causing distress. Some thought they were unbearably hot; others gratefully remember pulling them down to their knees to keep them warm on cold winter days, especially when riding a bicycle or when the wind flicked up their skirt, like Marilyn Monroe's in The Seven Year Itch. Some remember being picked on by older girls who lifted up their tunic in the playground and loudly announced that "someone was not wearing bloomers." Others, especially those who had grown up elsewhere, flatly refused to wear them. Those girls got into all kinds of trouble, but had them on the following day, a sign of the Schools' steadfast commitment to its principles—one of which, incidentally, was "to form character and teach its pupils to live wisely and well after they go out into the world."

We have surely all discovered, sometimes to our amazement, that our childhood memories don't always match what others remember, and that is true in this case too. The women of my generation have vivid, often conflicting, memories of their bloomer experience, and I am grateful to them for sharing those recuerdos—fond or otherwise—for this story. This poem is dedicated to them:

Bloomers!

"Some girls from the famed British Schools, when accused of ignoring the rules, said: "They're nothing but rumours, we always wear bloomers!

Do you think we're complete bloody fools?"



MEDICAL COLUMN

by Dr Jorge C Stanham MBE <u>iorgestanham@yahoo.com</u>

A GREEN AFTERNOON

"A writing studio should have a good view of the cemetery in order to sharpen one's thinking." Michel de Montaigne (French Renaissance philosopher)

Tuesday the 2nd of May marked the fourth anniversary of the death of my father. Every time I visit the British Cemetery for a funeral, I spend a few minutes next to his tomb, reflecting on our life together as father and son and on times to come. This day was special. The sky was clear, the mid-afternoon sun was shining and the air was slightly warm. It was also special in another way: for the first time, his bodily remains were next to my mother's, who had died nearly eight months before. They lay together, in the same position they had in their bedroom: Dad on the left and Mum on the right. The grass that topped the tomb had levelled off and was well-cut and of the Bermuda variety that Father had always grown and nurtured in their Carrasco garden. Behind their tomb is a simple one with the remains of my great-grandfather, my paternal grandparents and one of my uncles. It traces the origin of my family who migrated to Uruguay back to Norfolk, England, in the 19th century. These visits to the cemetery are sobering but inspiring, maybe in a way related to Montaigne's dictum in the heading or to Arthur Schopenhauer's saying, that our existence is but an infinitesimal moment between two eternities. Although the moments I spend may be to an extent saddening on the surface, they bring me back to what to do during the time I have left before I'm covered by the same green lawn. In a certain way, I leave the cemetery feeling more alive than when I entered.

After nearly half an hour sitting next to the tomb, my sister Pauline arrived. We spent about a quarter of an hour during that sacred moment reflecting on our parents, our siblings, spouses, children and ourselves.

When we were leaving, the sun's rays created long and beautiful shadows as we approached her car she offered me a ride to Carrasco, where I had to visit an elderly patient at a home, to update a medication list. Our parents had

never been at a home; Dad was living with Mum with the assistance of housemaids and a night watchman, when he died rather suddenly one morning. Mum moved to an apartment in central Carrasco, where she was cared for by rotating assistants 24/7, up to the day she died. She was adamant about not wanting to be moved into an elderly people's home, so we complied with her wishes, even if supervising, organising and taking care of her everyday needs was taxing for all of us siblings.

My sister dropped me off at the home and I was greeted by the owners and personnel. All those present seemed happy: residents, assistants, cooks (it was teatime!) and I was given a hug and kiss by all. I had my private moment with my patient in one of the rooms and later was taken on a tour of the premises. It certainly was a different home to the many, even good ones, I already knew. Each flower bed in the garden had organic plants, which were consumed by the residents and staff; pets were in the garden, including a small cat basking in the remaining late afternoon autumnal sunshine. I was invited to tea, but had to decline because of my pressing agenda, but I clearly noted that typical setting reminding me of my paternal grandparent's teatable with our extended family gathering on a Sunday afternoon, back in the 60's. Everything seemed almost natural and perfect. It felt more like a community than a standard home. Before I left, I jokingly told the owners: "I want to be twenty years older so I can be living here!" and stepped through the automatic gate on the front entrance where the letters in green spots, spelling 'TGR', The Green Residence, were on the marble doorstep.

It was my first time there, but it certainly was a beautiful closing moment for the anniversary of may Dad's passing away, complete with the green lawn he loved and the green environment where my patient was staying.



UPON MY WORD

by Richard Cowley racowley@gmail.com

2. The haves and have-nots.

"She's very jealous of her sister's long, blonde hair."

No, she's not. She's envious of it. Jealous and envious are often treated as synonyms, but there's a difference: you are jealous of something you have, and envious of something someone else possesses. So, if that blousy blonde next door buys herself a new BMW, you may well feel envious. If she then takes your husband for a ride in it, you will probably feel jealous.

Actually, psychologists say envy is a two-person situation whereas jealousy is a three-person situation. Envy is a reaction to lacking something. Jealousy is a reaction to the threat of losing something (usually someone) to somebody else. Does that help? No, I thought not. That's psychology for you.

3. Me, myself and I (part one).

"Please save a table for Adrienne and I".

Real cringe-making stuff, this. It's the result of hyper-correction i.e. correcting something that is not wrong. When we said "Henry and me are going out to play", Mum would jump in and say "No, dear, it's Henry and I". As a result, we've come to believe that you can never say "Henry and me" whereas, in fact, there are situations where you must. After prepositions, for example: for, before, after, under, instead of and so on – there are about 80 of them in English. So:

"Please save a table for Adrienne and me"

""I think your parents should sit in front of you and me"

"The Consul will speak after the President and me."

"My Aunt Doris gave Cynthia and me a very nice present." i.e. Doris gave the present to Cynthia and me, so the same rule applies. Not "...gave Cynthia and I...", for crying out loud. And certainly not ",,,gave Cynthia and myself..." We'll go into that particular bugbear Im next month's instalment of this diatribe.

Madame de Pompadour said "Après nous le deluge." If she had spoken in English, she might have said "After Louis and me, it's going to pour."

Not convinced? Would you say "Please save a table for I"? So why would you say "Save a table for Adrienne and I"?



GURU'GUAY

by Karen Higgs www.quruquay.com

GURU'GUAY

BUYING FERRY TICKETS TO BUENOS AIRES WITHOUT LOSING YOUR MIND AND YOUR PESOS

Every year Guru'Guay tests the Buquebus, Seacat and Colonia Express sites. They've been notoriously user-unfriendly, but prices have been pretty predictable. Now big changes are afoot.

The arrival of smart pricing

Since our last testing Buquebus has started using smart pricing. So when there's high demand tickets automatically become more expensive. I was shocked to find that prices were FOUR times higher for a Thursday trip at the start of Turismo compared to the days on either side. Yes, around 120 USD instead of 36 USD per person.

Is there a way around smart pricing? The good news is yes. After checking the Buquebus site a few times, you'll notice the price quoted starts to rise. This is because your cookies have been tracked and smart pricing activated. The "incognito window" is a way to surf the internet without having your cookies tracked. Use it to beat smart pricing.

If your browser is Google Chrome, click on the top right options to find it or hit Ctrl+Shift+N.

Buquebus economy fares – a species in danger of extinction

On the Buquebus site we noticed that the cheapest fares were already sold out well in advance -except in the case of the direct ferry. To get an economy ticket, book at least two weeks in advance.

Cheaper fares on Uruguayan versions of the sites

We found that in general prices were lower on the Uruguayan sites of all three companies. Previously this was because only people with Uruguayan documents

could buy from the Uruguay sites. However that's no longer the case. Shopping around we found tickets to Buenos Aires from Montevideo were generally 10-16 USD cheaper and 18 USD cheaper from Colonia.

We did find one exception: the Buquebus ferry-bus prices did not follow the rule. So check both Buquebus sites.

Finally! A decent English language ferry website

Most of you probably read Spanish as well as you read English, but the good news for visiting friends and relatives is that Buquebus has significantly improved their Argentina website so it now works (well) in English (and German and Portuguese, though we have not checked how well those languages work).

The Buquebus Uruguayan site is in Spanish only. Remember how we said that usually the Uruguay sites are cheaper? Sneaky, hey?



Photo credit: W & J courtesy of Flickr

Patience, patience and a good glass of red

The ferry websites are certainly getting better (finally). However using them is still not the seamless process it should be.

GURU'GUAY ...Continued

by Karen Higgs www.quruquay.com

We don't suggest calling customer service unless you have the patience of a saint. Rather use email. We got responses within hours. Twitter and Facebook also get quick responses.

Recent purchases on Buquebus stayed in "pending payments" in our credit card system for several days but we received confirmation immediately. Colonia Express rejected our UK credit cards AFTER we had gone through the entire

payment process. Fortunately we got quick responses after emailing customer support – but we did end up having to use our local Uruguayan card to complete the purchase.

So, that's it. Buy your ticket one night when you have nothing else to do but drink a good glass of tannat and hit the play button on the Ultimate Tangos playlist on Spotify.

Karen A Higgs is the creator of Guru'Guay, the English-language website about Uruguay that has passion & soul.

You can see our ferry ticket price analysis at www.guruguay.com

300 YEARS CELEBRATION





La Gran Logia de la Masonería del Uruguay

y la Silver River Lodge N° 876 en el registro de la Gran Logia Unida de Inglaterra, en el marco de la celebración de los 300 años de la fundación de la Gran Logia de Inglaterra, invitan a la conferencia del Dr. Devrig Molles,

director científico del Archivo Histórico de la Gran Logia de Argentina, titulada

"La invención de la Masonería"

Jueves 1 de junio de 2017 Hora 19 Museo de la Casa de Gobierno Edificio "José Artigas" - Plaza Independencia 776

Al finalizar la misma se inaugurará una muestra alusiva al acontecimiento histórico que se celebra.





GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin gwdeakin@gmail.com





Winter Healthy Yummy

Winter Fruit Compote

Serves 4 Prep, 5 mins. Cook 5 mins.

Ingredients:

- . 500g pack mixed dried fruit
- . 200ml fresh orange juice
- . half cinnamon stick
- . 6 cloves
- . 6 black peppercorns
- . 0% fat yogurt or low-fat cream cheese

Method:

Tip the dried fruit, orange juice and whole spices into a microwaveable bowl.

Microwave on High for 4-5 mins, stirring halfway through until the juices become sticky and the fruits are plump.

Leave the compote to stand for a minute and serve in bowls with spoonful's of yogurt or cream cheese.

Tip o' the month:

Homemade vinaigrettes have fewer ingredients and taste better than bottled ones. No need to whisk them: Just put all the ingredients in a sealed container and shake. You can mix olive oil, vinegar (any kind), salt, pepper, sugar (or honey), mustard, oregano, coriander and any seasoning for salads that you like. Store in the refrigerator but keep it at room temperature a while before serving.

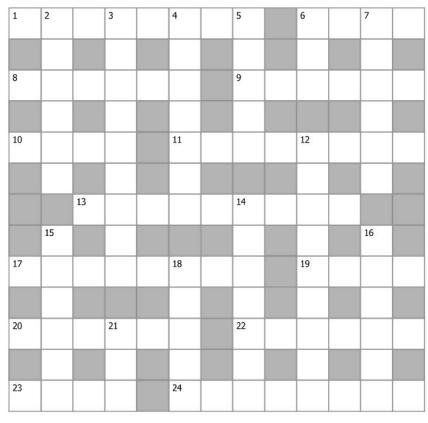


CROSSWORDS TIME!

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

Print this page and start playing!

The solution will be revealed in the next issue.



ACROSS

- 1. Turkish city (8)
- 6. Fortune (4)
- 8. Round yeast roll (6)
- 9. Barrel maker (6)
- 10. Old form of you (4)
- 11. Tommy (Brand) (8)
- 13. Concentrated (9)
- 17. Someone who répeats (8)
- 19. Part of speech (4)
- 20. Second-in-command (6)
- 22. Animal feed container (6)
- 23. Abominable snowman (4)
- 24. See note (5,3)

DOWN

- 2. Tried to find (6)
- 3. Wealth (9)
- 4. Wailing female spirit (7)
- 5. Regional (5)
- 6. Zodiac sign (3)
- 7. Intelligent (6)
- 12. Detailed list of goods (9)
- 14. Layer (7)
- 15. Harsh (6)
- 16. Martial art (4,2)
- 18. Secret rendezvous (5)
- 21. Submachine gun (3)

May Crossword solution:

¹ P	Α	² Y		³ P	E	⁴R	С	5H		⁶ A	С	⁷ E
U		Α		L		0		Α		I		Α
⁸ N	0	С	L	Α	I	М	S	В	0	N	U	S
С		Н		U		Α		I		Т		Е
⁹ H	Α	Т	Е	D		19 N	Α	Т	U	R	Α	L
				I		N				Е		
	¹¹ P	¹² A	S	Т	Е	U	R	¹³ I	S	Е	D	
		U				М		М				
¹⁴ T	Α	D	Р	15 O	L	Е		¹⁶ A	S	17 K	Е	¹⁸ W
R		I		٧		R		G		N		Н
¹⁹ A	Т	Т	Н	Е	S	Α	М	Е	Т	I	М	Е
I		0		R		L		R		F		Α
²⁰ T	0	R		²¹ T	Α	S	Т	Υ		²² E	Α	Т

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)



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VOLUNTEER WORK

VOLUNTEER WORK FOR NATIVE ENGLISH SPEAKERS

As you may know, English is now a required subject in Uruguayan public schools. However, this does not mean they have proficient teachers everywhere in the country. And even those who know their subject, may be rather lacking in pronunciation. So we have had the idea to match up native English speakers with Uruguayan school teachers and/or students to simply have a chat as a way to improve their English.

This is entirely a volunteer effort. Those who would like to join in would not need to leave their homes to help make a big difference in improving someone's English in Tacuarembó or in Artigas, for example. It does not need to be a big commitment either: just about 30 to 60 minutes once a week or twice a month. You can either pick a topic which you are interested in (music, flying, flowers, animals... anything) or we can provide a short news article which you can use to discuss with your student.

This programme is not yet in existence, but we are looking for interested people and ideas to set it up in the right way. If you are a native English speaker (i.e. speak without a noticeable accent – be it British, American or of another English-speaking country), and would like to participate in this initiative, please write to: janetrozman@gmail.com. Even if you don't want to participate in the programme, but have a good idea of how to improve it, we would love to hear from you.

ANDY CAPP

by Reg Smythe





