

THE BRITISH SOCIETY
IN URUGUAY

Contact

September 2017

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



PRESIDENT'S WORDS

Dear members,

Many of you will have already been contacted by one of the members of your Society's Executive Committee – either by phone or by e-mail – requesting your contact details. This is only because we are updating our database and are missing some of the information required of all members. I would greatly appreciate it if you would supply the requested information.

If you are wondering why we need your ID number, the answer is quite simple: since we never supplied members with membership numbers, henceforth we plan to use your ID number as your membership number. And since we are planning seek benefits for members at stores and restaurants, an updated membership list with membership numbers is a necessity. But fear not! **We will never share your contact details with anyone** (especially not businesses who may want to harass you with unwanted offers and such), and you can **rest assured that we keep our database secure and highly protected** against hackers and other unwanted intruders; our very capable webmaster makes sure of that!

May I add that supplying the required information does not imply any financial commitment whatsoever on your part. If you have not been coming to our events in recent years and/or have not paid your membership fees (which are ridiculously low, by the way), you are most probably down as an "inactive" member, and will remain as such until you feel like turning up.

And if you are not already a member of our Society, what are you waiting for? You already receive our newsletter, so I suggest you check out our website (<http://www.britsoc.org.uy>) and Facebook page (<https://www.facebook.com/BritSocUy>) to see what we are all about.

Lastly, I would like to remind you that **membership is free for all those under 18**. If there are any children in your immediate family that you would like to register as junior members, this is your opportunity to do so at no cost (and registering them will make it cheaper for you if you ever want to bring them along to any of our events, since junior members usually come for free).

Thank you in advance for your help in this endeavour, which I am sure will benefit both you and your Society.

Richard A. Empson





COMING EVENTS

From 1st to 15th of September at 21 hrs **Death and the Maiden**

MPS, Acevedo Díaz 2326

Organised by: The Montevideo Players Society

Thursday 7th September at 18:30 hrs **After-office Talk**

"Robotics - closer than ever"

Anglo Centro, Sala William Shakespeare

San José 1426

Organised by: The British Society

Monday, 28th September at 19:15 hrs

Talk: Montevideo Rowing Club

Anglo Centro, Sala William Shakespeare,

San José 1426

Organised by: Anglo-Uruguayan Cultural Institute

Saturday, 14th October

Caledonian Ball

Punta Carretas Golf Club

Organised by: St. Andrew's Society

SOCIAL NEWS

SEPTEMBER'S BIRTHDAYS:

Alexa Hobbins 04/09

Daniela Caraballo 04/09

Maureen Hyland 05/09

Nicole Funch-Thomsen 08/09

JoAnne Laws 08/09

Sheila Lucas-Calcraft 09/09

Nicholas Teuten 13/09

Julio Guridi Jr. 13-09

William Beare 13/09

Nicholas Hobbins 14/09

Andrea Varela 15/09

Richard Cowley 17/09

María Prevett 17/09

Pedro Prevett 17/09

Neil Morrison 17/09

Beatriz Mailhos 18/09

Paul Beare 19/09

Andrea Davies 19/09

Lucie Beare 21/09

Alberto Wilson 21/09

Mark Phillips 22/09

Michael Castleton 24/09

Stephanie Cooper 26/09

Adrian Hobbins 26/09

Manuela Shaw 29/09

Jeanine Beare 30/09

Hazel Dee 30/09

Ema Zimler 30/09



NEW MEMBERS:

Patricia Alvarez

Maria Teresa Esteche

JoAnne Laws

Philip Lennan

Jonathan Miles

Florencia Potter

Elisa Whitty

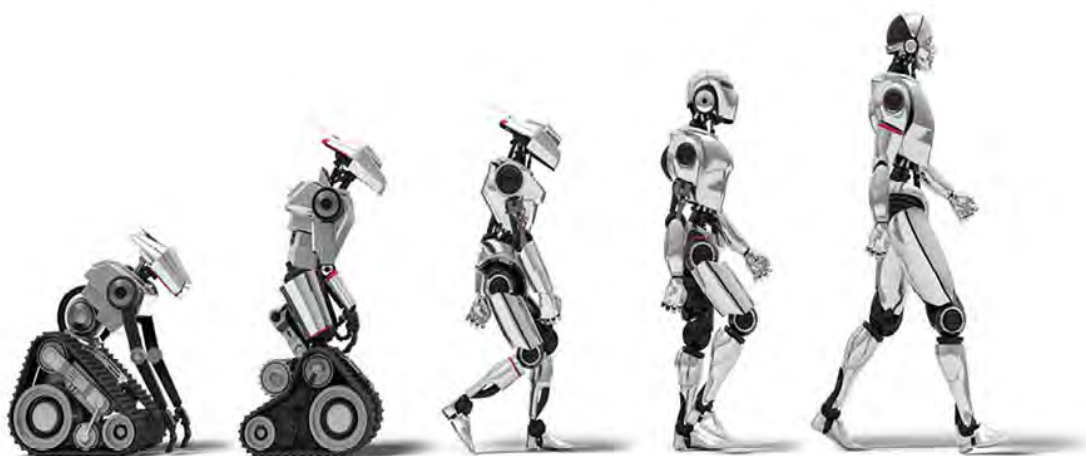
Welcome
to our
Society!



AFTER-OFFICE TALK



On Thursday 7th September at 18:30 at the Anglo-Uruguayan Cultural Institute's Sala William Shakespeare (San José 1426) the British Society in Uruguay invites you to **"Robotics: close than ever"**, an after-office talk by Pedro Sales on the development of robotics in Uruguay.



Robotics deals with the design, construction, operation, and use of robots, as well as computer systems for their control, sensory feedback, and information processing. These technologies are used to develop machines that can substitute for humans in a wide range of areas. Pedro Sales is an expert in the field and one of its top proponents in Uruguay.

The topic is as fascinating as it is unusual; don't miss this chance to find out what is happening in Uruguay in this regard!

Book your place now with secretary@britsoc.org.uy or calling 099 123 906.

Pricing:

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



THIS MONTH'S COVER



Canterbury Cathedral, Kent, England

SILVER RIVER LODGE

All our meetings are held on the 3rd Monday of every month, from March through November, at the William G. Best Masonic Temple, located at 1429 Canelones Street, Montevideo.

For further information please contact us at secretarysrl995.876@gmail.com or call Mr. Martin Macadam at 096 001 995.



BRITISH CEMETERY



Membership is open to everyone and it is free.
You don't need to be British to join.

All those interested in our events are welcome.





EMBASSY NEWS

200 YEARS OF SHARED HISTORY



On 9 August we proudly celebrated, together with the British-Uruguayan Chamber of Commerce, the 200th anniversary of the first Free Trade Agreement signed by the Oriental Province, which was signed with the United Kingdom. In his speech, Ambassador Ian Duddy said that the signing of the treaty in 1817 by General José Gervasio Artigas and Lieutenant Edward Frankland marked the start of a strong relationship that continues to grow. Foreign Minister Ricardo Nin Novoa, the President of the Chamber of Commerce Ignacio Del, and Richard Cowley talked about the historical ties between the countries and the opportunities that lie ahead. In addition Ignacio de Paula from Ebizmarts, a Uruguayan company currently exporting to the UK, talked about his experiences of modern day trade between the two countries.



Embajada Británica
Montevideo

TOUR AROUND URUGUAY



The Ambassador visited several departments over the last few weeks, including Maldonado, Colonia, (with a stop in Conchillas) Durazno, Tacuarembó and Rivera. Besides meeting with departmental governors and other authorities, Ian also had the chance to get to know businessmen and local residents. He attended classes at some of the Anglo Institutes and visited bilingual and public schools where children learn English through the British Council's - Plan Ceibal remote teaching program. He also attended the Scottish Country Dancing event in Rivera, hosted by the St Andrews Society.



EMBASSY NEWS (CONTINUED)

EXPATS NETWORKING



The Ambassador and Neil hosted a UK expats networking event at the Residence, where they had the chance to meet British nationals living, working and studying in Uruguay.

It was a great opportunity to see some new faces at the Residence and to hear the experiences of UK nationals living in Uruguay.

HELPING TO AVOID FRAUD



The Ambassador delivered equipment donated by the Embassy to detect fraudulent passports, visas and certificates to the Dirección Nacional de Migraciones, in a ceremony with Interior minister Eduardo Bonomi. This technology will be used at all entry points to the country.

BRITISH HOSPITAL



LIVING WITH STRESS IS A FACT OF LIFE

What is stress?

The mind's response to internal and external stimuli, as it tries to adapt.

When it arises, can it have negative implications?

Being a normal response of our mind, it can, to a greater or lesser extent, affect our psychophysical health. According to Dr Roberto Superchi: different life experiences generate "emotional files" that condition our responses. These files arise involuntarily when they are evoked by present situations, or by our own thoughts.

How is it manifested?

The response manifests itself through hormonal, nerve and mood discharges. A prolonged situation of stress inevitably produces an excess in the different psychophysical functions of the individual that leads to exhaustion and a predisposition to illness.

What can we do about it?

Avoid our attention being trapped by repetitively focusing on one's symptoms of distress and the possible causes and consequences of these symptoms. Changing this functioning can be achieved through the practice of exercises that by

repetition can modify neural connections (neuroplasticity). Neuroscience research has developed exercises that accomplish this task. One of these programs was developed at the University of Massachusetts Medical Centre by Kabat-Zinn in the year 1979 and has been named Mindfulness-Based Stress Reduction.

The good news:

Dr Roberto Superchi has developed a specific course based on this stress reduction theory in the British Hospital. The regular practice of meditation exercises can reduce the suffering caused by prolonged stress, it can also improve our attention and memory capacity. The results are proportional to the amount of exercises one does, as shown in the research.

It's not that we shouldn't "get angry" but more about reducing the damage caused to us by being trapped by these thoughts.

The courses are for members only and free of charge.

Article made with contributions from the team of specialists in Health Education led by Dr Roberto Superchi, Head of Cardiology at the British Hospital.

Sign up in Cardiology. Ext. 4344

Book your place on: 24871020 ext. 4344 - www.hospitalbritanico.org.uy - Follow us on [Facebook](https://www.facebook.com/BritSocUy)



ANGLO-URUGUAYAN CULTURAL INSTITUTE



The 13th Anglo Congress



One more edition of The Anglo Congress that was second to none. Awesome, inspiring, surprising and motivational are some of the comments we could hear from a very varied audience of new and experienced ELT professionals. We had the pleasure of the company of the brand new British Ambassador Ian Duddy together with Andrew Cooper and Daniel Supervielle from the Anglo Board of Directors in the opening.

The congress opened and closed with astounding plenaries by Gabriel Díaz and Silvana Richardson. Both are widely renowned international speakers who shook the audience with very thought-provoking concepts and ideas that come from their vast experience in the world of ELT.

On Sunday morning the opening plenary turned out to be of a different kind: Facundo Ponce de León, Philosophy PhD and Social communicator, gave a most inspiring talk on authority and power to a mesmerised audience. Plenty of questions followed his presentation, to which Facundo answered wittingly.

The cadre of presenters was from the UK (Kieran Donaghy, Simon Smith, Susan Hillyard, Graeme Harrison, Graham Stanley), Argentina (Martín Villarreal, Luciana Fernández, Tatiana Iaconianni and Fernanda Panzitta), Brazil (Guilherme Pacheco) and Uruguay (Roberto Balaguer, Gabriel Lanzaro, Fernando Cid, Pablo Deambrosis, Daniela González, Cecilia Cabrera, Silvia Rovegno, Maria José Galleno, Geraldine Pool, Laura Perdomo and Fernando Capó).

We are very pleased for having hosted once again the biggest ELT event in the country. We look forward to a fantastic 14th Anglo Congress in 2018!

ANGLO-URUGUAYAN CULTURAL INSTITUTE ...Continued

MONTEVIDEO ROWING CLUB

A short history of the Club and its personalities



Whilst many people know that the Club is one of the oldest sporting institutions in Uruguay, far fewer will be aware of how many "landmark" records in Uruguayan sports history that it holds. Even less well-known will be the fact the Club's founder was born into a "brewing" family in Suffolk England before moving to South America where he had both a successful business and sporting career. In this talk we explore the interconnected histories of both - the Club itself and that of its founder.

Beyond the normal sources of information, the talk will make use of several historical editions of the Club's magazine - including one from 1881 - as well direct contact with the descendants of the family of the founder. With respect to the Club, we will start with its founding in 1874 and some of its early sporting achievements, such as the initial regattas and the first ever "inter-clubs" football game in Uruguay between "Rowing" and Montevideo Cricket Club. Moving into the 20th century, the talk will look at the noteworthy participation by members of the Club in the Olympic Games. However, we will not forget that in its "hey-day" the Club was also an important social institution, one with which Eugene Millington Drake had a strong connection. Later the talk will look at the iconic headquarters building which the Club used for many years and also briefly at its main "rival" institution, Club Nacional de Regatas.

Turning to the founder of the Club, we will look at the life of Frank Hepburn Chevallier Boutell, born in Aspell, Suffolk England in 1851, who moved to Uruguay and founded "Rowing" with his brother, Arthur. The talk will look at the life of Frank Hepburn in Uruguay. Subsequently we will look at his later life after he left Uruguay and had a successful business and sporting career in Buenos Aires, including being President of the Argentine Football Association.

So whether you are a "sports fan" or not, you should find this a fascinating insight into the history one of the oldest sporting clubs in Uruguay and also the wide-ranging life of its founder.

The talk will be given in English by Derek Tyler - presenter of the successful talks on "Peñarol" and BREXIT-
on **Thursday 28th September at 7:15 pm.**
Sala William Shakespeare, Anglo Centro. San José 1426.



Attendance is free but places are limited. To reserve your seats email anglocultural@anglo.edu.uy



www.anglo.edu.uy



BRITISH-URUGUAYAN CLUB



LUNCH INVITATION

WEDNESDAY
6TH SEPTEMBER
12:15 HOURS

URUGUAYAN FOREIGN POLICY

RODOLFO NIN NOVOA

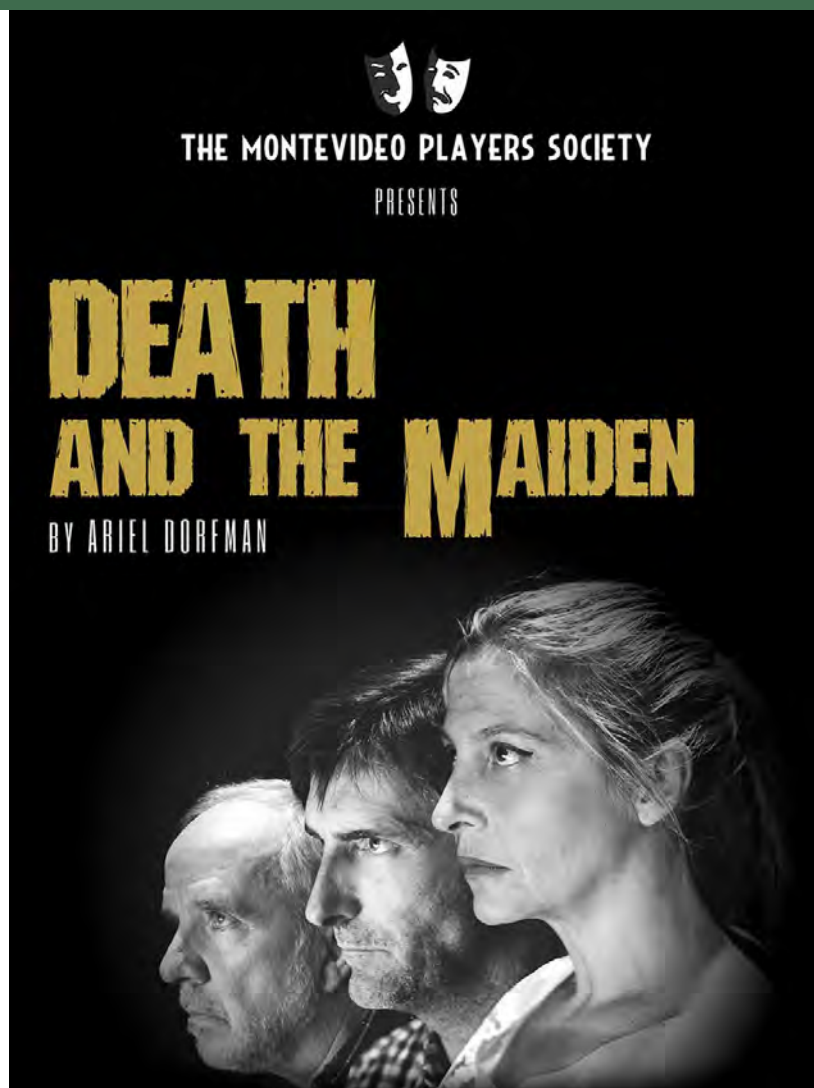
HOTEL NH COLUMBIA
RAMBLA GRAN BRETAÑA, 473
DRESS CODE: BUSINESS

MORE INFORMATION





THE MONTEVIDEO PLAYERS SOCIETY



SHOWS IN SEPTEMBER

ALL SHOWS 9:00 PM

FRI 1ST THU 7TH THU 14TH
 SAT 2ND FRI 8TH FRI 15TH
 WED 6TH

Bookings exclusively through: montevideoplayers@gmail.com

TICKETS:

Adults - \$ 300.-
 Students & OAP's - \$ 150.-
 Members - FREE!

Our bookings/payment system works as follows:

- 1) Book with us by mail indicating which show you want.
- 2) We confirm the seats and hold them for 48 Hrs.
- 3) You go to any RED PAGOS branch within the 48 Hrs. and pay the ticket/s under a name into

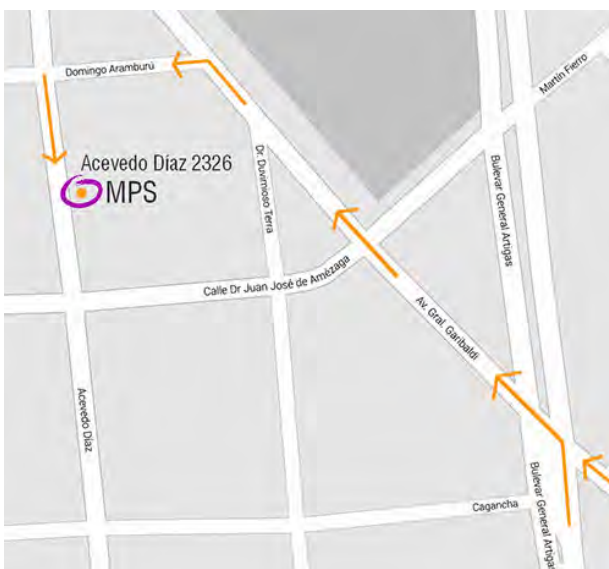
COLECTIVO REDPAGOS 44275

- 4) We confirm your booking.
- 5) Pick up tickets at the Box Office before the show.

BOOK NOW!

The Pub will be open as of 8:30 PM, during the interval and after the show serving real English draught beers.

Yours
 The Committee





ST. ANDREW'S SOCIETY OF URUGUAY

CALEDONIAN BALL 14TH OF OCTOBER 2017

Practices for the Ball started on Saturday 29th of July from 15 to 17:30 hrs at Golf Club Gymnasium in Punta Carretas (Bvr. Artigas 379) and will continue every Saturday at the same time and venue up to the 7th of October.

You are all welcome to come!

This year, the first practice will be free, but from the second on, each practice will cost \$100, which will be deducted from the total price of the Caledonian tickets.



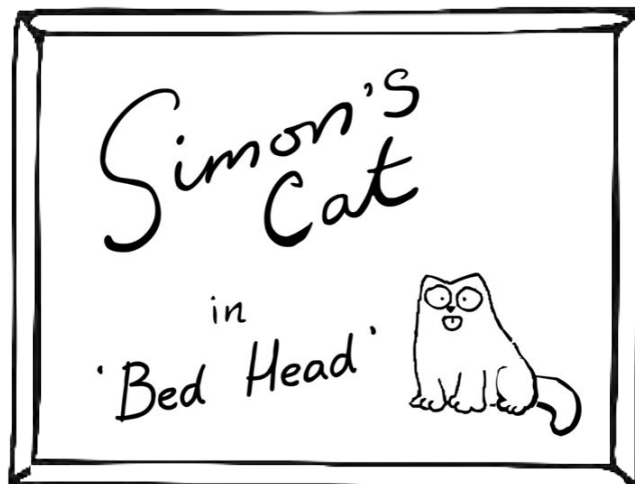
Please contact us for further information at contact.st.andrews.uruguay@gmail.com

SIMON'S CAT

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



Watch the
episode
HERE





UPON MY WORD

by Richard Cowley
racowley@gmail.com

6. SORTS, KINDS AND THE LIKE

“I find these sorts of situations very unsettling” Yes, well I find this use of language pretty upsetting, too. It will take a bit of explaining, so you may want to sit down for this. Or lie down. Or is it lay down?

Let's start with horses. Elsie's favourite horse is small and grey with a black mane. “I like these kinds of horses”, she says, and in so doing deserves to be drummed out of the Pony Club with her own martingale. But she's only committing one of the most common errors on the good old BBC.



What Elsie means is “I like all those horses that look like this one.” Or put it another way, “I like the group of horses that look like this one. I don't like any of the others”. So she likes one group of horses that look like her favourite horse. That means she likes one group of horses that all that look like one horse. Let's swap the word “group” for “type, kind, sort” which, in this case, are synonyms of “group”. She likes one kind that looks like one horse. She likes one sort of horse. She likes one type of horse. One horse, one group, one sort, one kind. So, once she has recovered her composure, she will say “I like this kind of horse.” And she gets a carrot and her ears scratched.

However. If she persists in saying “I like these kinds of horses”, that is a fish of a completely different kettle. Now she means

“I like several horses, all different. And I like the several groups, kinds, sorts of horse that resemble the several different horses that I like.” Several different horses, several different groups. “I like these kinds of horses”, she says airily, waving her hand towards several horses, one brown, one grey, one carthorse,,, well, you get the picture. Read it all again slowly. A stiff g and t may help.

Last gasp on the BBC this morning. “There needs to be some serious re-examination of our defences against those kind of attack.” Jeremy Corbyn, BBC 21/05/2017. Now there's someone in need of help. But you knew that already, didn't you?



MEDICAL COLUMN

by Dr Jorge C Stanham MBE
jorgestanham@yahoo.com

A RAINY WINTER AFTERNOON BY THE FIREPLACE

It's a cloudy and rainy Saturday, at mid-afternoon and in mid-August, in the middle of deep winter at my resting place close to the beach in La Pedrera, where I find peace, solace and inspiration to write my next medical column for the Contact newsletter.

As I near my fourth decade as a physician, I am progressively aware that the years past outnumber those ahead of me. However, these thoughts do not bring sadness, regret, or **saudades** of better times or fear of ageing and eventually, retirement from clinical practice. Over the last decade, I have learned to enjoy life outside medical practice (like I'm doing now as pictured in the photograph) and this has made me more aware of the treasures that life and its deep meaning have for me and my patients. As I posted last month, I had to be a hospital patient twice in less than a year, for fortunately curable conditions. During both my

illnesses, I longed for recovery so as to be able to enjoy not only going back to work at a pace in sync with my life stage, but to be able to return to my resort house, with my fireplace, my books, my garden, the birds, my bike and Alice.

In a few weeks, it'll be a year since Mum died and I have become the senior sibling of our family. Work, rest and family have acquired new meanings. My two acute illnesses have made me aware of my vulnerability. Having been a patient and wading across the river of uncertainty is eye-opening and has made me understand the plights and fears of my patients when we interact to make their ailments, suffering and health better.

"Jorge, at our life stage we're more useful due to our wisdom than our endurance," were the words that nearly a decade ago a Regional Medical Officer of an Embassy which I advised told me.



He was exactly my age. I took his words for granted, but it was only recently, especially after my father passed away four years ago, that I got the message in full and having been a patient more than once, was what made me understand what he meant.



DICKENS NEWS

Carolina Dominguez, Director of the Prince William Institute of Fray Bentos, invited Patricia Alvarez Harvey and Manuel Rodriguez, General Director and Manager respectively of the Dickens Institute, to the International Examinations Awards Ceremony which was held on the 28th of July of this year. The Ceremony was attended by teachers, students and parents, and was a great success. The students, were very proud of their Trinity, KET, PET and First Certificate Cambridge Certificates, and so were their parents.





DICKENS NEWS CONTINUED...

The Prince William Institute presented Patricia with a lovely wooden emblem to commemorate Dickens 45th year Anniversary.



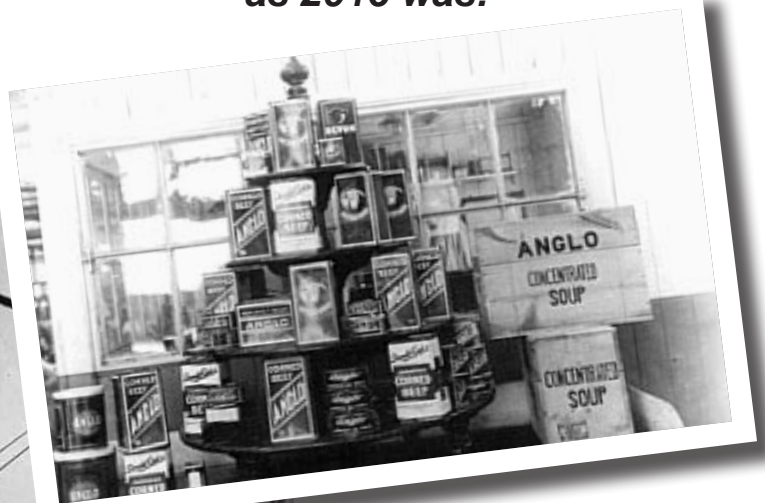
Patricia and Carolina were then interviewed, as regards the importance of International Examinations, by the local TV Channel.



Fray Bentos has a particularly rich heritage and strong bonds with the U.K. During the Second World War meat was processed in the ANGLO Meat Packing Plant and exported to Britain. People still remember the ANGLO corned beef and bully beef which helped provide a better diet in those difficult times. Fray Bentos Industrial Landscape now figures in the World Heritage List.

We are very proud of those bonds which still link the U.K. with Fray Bentos through the Trinity and Cambridge English International Examinations.

***Congratulations
Prince William Institute
for all your achievements
and may 2017 be as fruitful for
your External and International
Examinations results
as 2016 was!***





BACK IN TIME

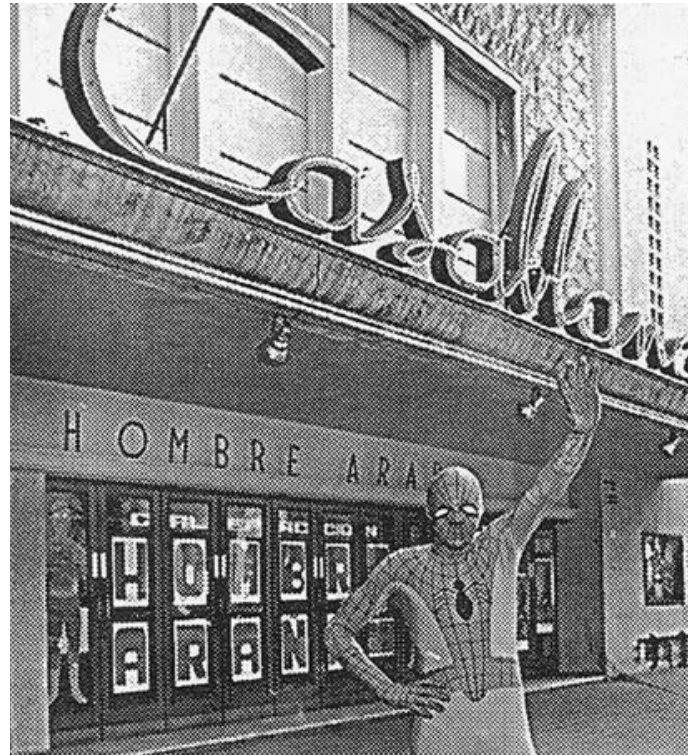
by Tony Beckwith
tony@tonybeckwith.com

THE CASABLANCA

It wasn't just the convenience, although -at the corner of 21 de Septiembre and Ellauri- it was very convenient. Right in the heart of the Punta Carretas neighbourhood. And it wasn't necessarily the films they showed because, in the larger scheme of things, the films were of secondary importance. No, it was the fellowship, the camaraderie, the sheer fun of spending the whole afternoon at the movies with your friends. That's what the Casablanca was about.

There was another theatre just up the road, the Biarritz, and others in other neighbourhoods but, in my opinion, none matched the Casablanca because that's where most of my friends spent their Saturday or Sunday afternoons in autumn and winter. It had a fairly spacious lobby with staircases leading up to the balcony. Straight ahead, through the large swing doors where you had to show your ticket, and around the far edge of a black curtain, were the orchestra seats on the ground floor of the auditorium. The walls were cream-coloured with dark wood trim, and the seats were upholstered in what looked like dark leather. It was dimly lit, but bright enough to be able to recognize your friends when one of them waved to let you know where they were.

I always assumed that we all, in our different ways, saw the Casablanca as a haven, a place to step away from whatever challenges we were facing in our teenage lives. Surely, once in a while, we all had situations of one kind or another, at home or at school, from which we'd like to take a break. When I was settled in my seat



at the Casablanca and the lights were off and the MGM lion started roaring, all my cares and woes disappeared. Sitting in the dark, eyes glued to the screen, I could forget, for example, that I was the shortest person in my co-ed class at school, a situation that caused me a great deal of anguish during my early teens. The Casablanca could sweep me away on a sort of magic carpet ride, for a whole afternoon. First we'd see a newsreel, shot in black & white, with a jarring soundtrack, lots of trumpets. Then perhaps a cartoon from the dawn of animation, followed by a brief travelogue about Norwegian fjords in the springtime. Then we'd launch into the first of four full-length feature films that would keep us entertained from about one in the afternoon until about eight o'clock or so. There were very short intermissions between the films, just time enough to run out and buy some snacks. Not every cinema had a concession stand



BACK IN TIME ...Continued

by Tony Beckwith
tony@tonybeckwith.com

in those days, in the late 1950s, so we relied on the vendors who stood on the pavement by their carts and barrows all afternoon dispensing delicacies like warm *garrapiñada* -crunchy, caramelized sugar-coated nuts that smelled delicious and tasted even better.

Sometimes we sat in groups, sometimes couples paired off and sat by themselves, exploring the novelty of a budding romance. In my clearest memory of that experience I am leaning back in my seat, stretching my arms up into the air for no apparent reason and then, oh so casually letting them fall along the top of the seatbacks on either side. I now technically had my arm around the girl sitting next to me, but it took an eternity to summon up the nerve to let my arm slide down from the back of the seat and come into contact with her shoulders. By that time my arm was so cramped I could barely feel it, and certainly couldn't use it for whatever I had had in mind. Meanwhile I wondered, what was she thinking? It was all so mysterious. And the afternoon rolled on.

During those marathon sessions we watched westerns, love stories, horror stories, war and POW movies, murder mysteries, monster movies, comedies, and many other genres. They were all windows into other lives, other ways of being, and as such were part of our cultural education, an exposure to the wider world that we would all engage with soon enough. I could usually relate to certain characters in any film I was watching, and could easily see myself sitting at a table in a sidewalk café in Prague, wearing a fedora and smoking enigmatically as I waited for

someone to approach and identify himself as another spy. Or *herself* -big surprise!- and suddenly there was romance in the air as well as intrigue. Sometimes, for just a split second, I couldn't (or wouldn't) remember if I was an actor in a movie or just a smitten kid with a paralyzed arm awkwardly draped around the shoulders of the girl he liked.

There was always the potential for a bit of craziness at the Casablanca on those weekend afternoons because some people were there solely to create a brouhaha of some kind. On one occasion, during a rare moment of total silence as a murderer crept up on his victim, someone rolled an empty Coke bottle down the stairs between the seats in the upper balcony-*thumpity! thump! thump!* As people started screaming, someone else released a parrot they had somehow smuggled into the theatre. The poor thing flew around in circles, squawking and scattering feathers and other surprises on members of the audience, while casting surreal shadows on the screen. Chaos ensued -the noise was deafening!- as ushers rushed around, shining torches in people's faces, trying to restore order. That sort of gleeful anarchy was very exciting to a middle-class boy whose life was bound by rules and conventions (or so it seemed), and who couldn't wait to see what lay outside the sheltered cocoon of his childhood. It had a magnetic attraction that made me feel I belonged to a movement of some kind, something far bigger and wilder than I was. That sense of belonging was also very much what the Casablanca was all about.



GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin
gwdeakin@gmail.com



Coconut Carrot Slices

If you're looking for a treat for afternoon tea, or something to make for a cake sale, try this crunchy-topped traybake.

Ingredients

250g pack unsalted butter
 300g light brown sugar
 1 tsp vanilla extract
 3 large eggs
 200g self-rising flour
 50g desiccated coconut
 200g grated carrot
 1 Tbs ground cinnamon
 1 Tbs ground nutmeg

For the topping

85g desiccated coconut
 25g light brown sugar
 25g butter, melted

PREPARATION

1. Butter and line a traybake or small roasting tin, about 20 x 30cm.
2. Heat oven to 180C/160C.
3. Gently melt the butter in a large saucepan, cool for 5 mins.
4. Add the sugar, vanilla and eggs, then beat until smooth with a wooden spoon.
5. Stir in the flour, coconut and ¼ tsp salt.
6. Stir the carrot, cinnamon and nutmeg into the mix.

COOKING

1. Bake for 30 mins.
2. Meanwhile, evenly mix 85g more coconut with 25g light brown sugar and 25g melted butter.
3. Smooth this over the cake, then bake for 10 mins more until golden and a skewer inserted comes out clean.
4. Cool, then cut into squares .

TIP O' THE DAY!

What Is Self-Rising Flour?

Self-rising flour is a combination of all-purpose flour, baking powder, and salt. Chances are high that you already have those staples in your pantry already too. The blend is typically comprised of 1 cup of all-purpose flour plus 1 1/2 teaspoons baking powder and 1/4 teaspoon fine salt.

The History of Self-Rising Flour

Self-rising flour was created in the mid-1800s by an English baker, Henry Jones, who hoped to sell it to the British navy so that they could make fresher baked goods available to sailors. He patented his invention in the United States in 1849, giving rise (pun intended) to modern dry mixes like Bisquik, Jiffy, and later boxed cake mix.

When to Use Self-Rising Flour

Self-rising flour was created for baking quick breads, biscuits, and pancakes. You'll occasionally see it called for in cake and cupcake recipes. Self-rising flour should not be used in yeast breads, nor should it be used in place of plain all-purpose flour.

Storing Self-Rising Flour

Self-rising flour has a slightly shorter shelf-life than regular flour because being exposed to the flour, salt, and air, the baking powder begins to lose its effectiveness. Mix up self-rising flour in smaller batches and store it in an airtight container in a cool, dark place. Always label the jar with the date it was made or purchased, and plan to use it within a year.

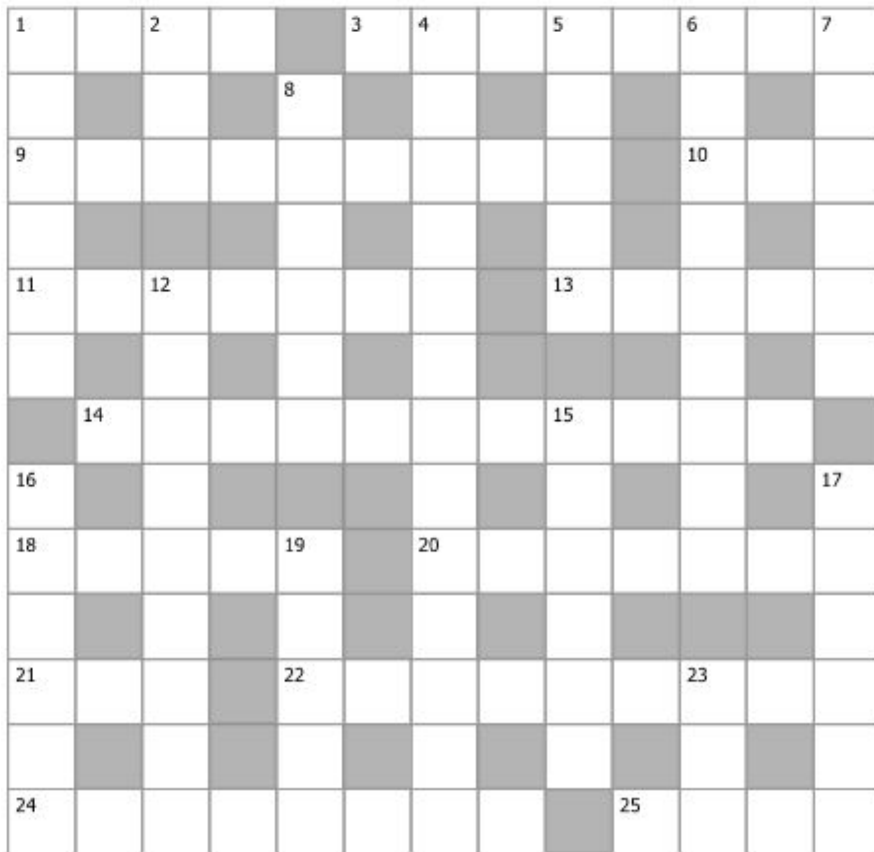


CROSSWORDS TIME!

from Independent
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Print this page and start playing!

The solution will be revealed in the next issue.



ACROSS

- 1 Select (4)
- 3 Female underwear (8)
- 9 Lawn-watering device (9)
- 10 Organ of hearing (3)
- 11 Paper-folding art (7)
- 13 White-faced (5)
- 14 Medium dry sherry (11)
- 18 Communion table (5)
- 20 Permitted (7)
- 21 Weep (3)
- 22 Rodent (6,3)
- 24 Rapid and transient (8)
- 25 Too (4)

DOWN

- 1 Clergyman (6)
- 2 Motor vehicle (3)
- 4 Cancelling out (13)
- 5 Around (5)
- 6 Coloured cosmetic (3,6)
- 7 Run fast (6)
- 8 To no avail (2,4)
- 12 Unalterable (9)
- 15 Perennial plants (6)
- 16 Compact group of mountains (6)
- 17 Slow musical movement (6)
- 19 Correct (5)
- 23 Friend (Informal) (3)

August Crossword solution:



ACROSS

- 1. Unit of computer memory (4)
- 3. Exhales audibly (5)
- 8. List (7)
- 9. Citrus fruit (5)
- 10. Part of a web site (4,4)
- 11. Cot (4)
- 12. Ping-Pong (5,6)
- 16. Gemstone (4)
- 17. Pretentious (8)
- 20. Stringed instrument (5)
- 21. Illness (7)
- 22. Cubed (5)
- 23. Celestial body (4)

DOWN

- 1. Potato disease (6)
- 2. Unit of heat (5)
- 3. Prestidigitation (7,2,4)
- 4. Precious metal (4)
- 5. Japanese warrior caste (7)
- 6. Drive away (6)
- 7. Rebuff (4)
- 13. Human-shaped robot (7)
- 14. Sewing implement (6)
- 15. Chief journalist (6)
- 16. Lively dance style (4)
- 18. Larceny (5)
- 19. Soft mineral (4)



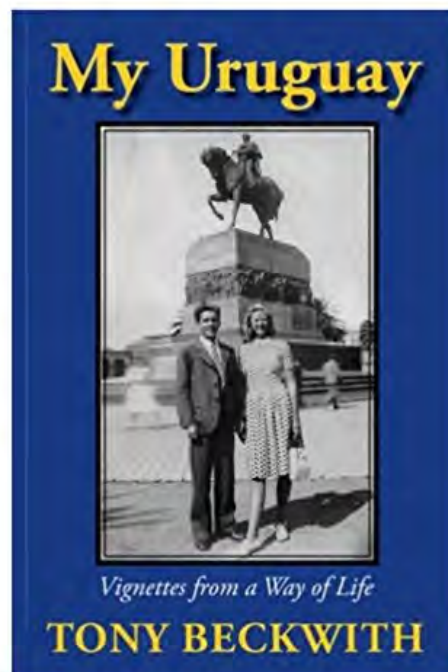
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"My Uruguay" is now available on Amazon.

This is a collection of 50 short-short stories (some of which have appeared in this newsletter), plus some rare, unpublished photographs. I hope you will enjoy these "Vignettes from a Way of Life," a memoir of my early years in Uruguay. Kindle version coming very soon.

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Contact: tony@tonybeckwith.com



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ANDY CAPP

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