



THE BRITISH SOCIETY  
IN URUGUAY

# Contact

February 2018

Happy  
Valentine's  
Day!

**In this issue:**

Medical Column  
Anglo Institute  
Andy Capp  
Upon My Word  
Back In Time  
Simon's Cat  
Crosswords  
and more...

**BSU**

**The British Choir  
Come & Join us!**

[www.britsoc.org.uy](http://www.britsoc.org.uy)

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**President:**  
**Richard A. Empson**  
[president@britsoc.org.uy](mailto:president@britsoc.org.uy)  
099 658 497



**Vice President:**  
**Gabriel Rizzo**  
[vp@britsoc.org.uy](mailto:vp@britsoc.org.uy)  
094 264 614



**Secretary:**  
**Andrea Davies**  
[secretary@britsoc.org.uy](mailto:secretary@britsoc.org.uy)  
099 123 906



**Treasurer:**  
**Ivan Zimler**  
[treasurer@britsoc.org.uy](mailto:treasurer@britsoc.org.uy)  
091 211 003



**Newsletter Editor:**  
**Joanna N Hambrook**  
[editor@britsoc.org.uy](mailto:editor@britsoc.org.uy)  
099 744 479



**Webmaster:**  
**Geoffrey Deakin**  
[webmaster@britsoc.org.uy](mailto:webmaster@britsoc.org.uy)  
098 586 168



**Chair of the Sir Winston Churchill  
Home and Benevolent Funds:**  
**Carolyn Cooper**  
[swch@britsoc.org.uy](mailto:swch@britsoc.org.uy)  
099260953

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**BSU CONTACT Newsletter**  
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Montevideo, Uruguay





## PRESIDENT'S WORDS

Dear members,

We hope you are making the most of the warm weather and enjoying the summer.

The Executive Committee would like to remind you that members can send us nominations for honorary membership, which will be evaluated by the Executive Committee and then presented at the Annual General Meeting. Nominations can be submitted to any member of the Executive Committee using the honorary membership form which can be found on The British Society website, on page 4 of this newsletter or can be requested from our Editor. The idea behind honorary membership nominations is to reward the effort of those who have dedicated time and effort for the benefit and the bettering of the British community. Thus, nominating someone to this honour is a recognition of that person's actions in favour of the community.

As you know, this year is the Society's centenary year and we will be organising different events throughout the year highlighting this fact. The first of these will be a centenary Scavenger Hunt to be held in March. Those of you who took part in The Montevideo Players' annual car rally last century will recognise the format; those who did not are in for a surprise! We hope to make this an annual event, so this will be the trial run. I look forward to seeing many of you then. ☺

Richard A. Empson





## UPCOMING EVENTS



## SOCIAL NEWS

### February's Birthdays:

2<sup>nd</sup> - Joanna N Hambrook  
4<sup>th</sup> - Carolyn Cooper  
5<sup>th</sup> - Thomas Hobbins  
9<sup>th</sup> - William Hays  
11<sup>th</sup> - Eddie Hambrook  
13<sup>th</sup> - John Hamilton  
13<sup>th</sup> - Keoni Guridi  
14<sup>th</sup> - María Pía González  
16<sup>th</sup> - Alan Henderson  
17<sup>th</sup> - Nicholas Prevett  
19<sup>th</sup> - Michael Hobbins  
20<sup>th</sup> - Rodrigo Tito  
22<sup>nd</sup> - Roy Gordon-Firing  
24<sup>th</sup> - Joan La Brooy  
28<sup>th</sup> - John Grierson





## HONORARY MEMBERSHIP

### SELECTION PROCEDURES AND CRITERIA

#### Nomination

The British Society Executive Committee will invite nominations annually.

The closing date for nominations will be announced by the Executive Committee via the Newsletter.

Nominations may be submitted to any member of the Executive Committee via a specific form provided by The British Society.

Active Members of the Society may propose individuals for Honorary Membership, providing all possible information and arguments to support their proposal.

Proposers must not tell the individual nominated that his/her name has been put forward, in order to avoid embarrassment if the nominee is not accepted.

Each nomination must include:

Name and contact information (e-mail and telephone numbers) of the Nominee;

As much specific and detailed information on the Nominee as possible;

Name and contact information (e-mail and telephone numbers) of the Proposer.

Nominations will be analyzed and evaluated by the Executive Committee and a decision reached prior to each Annual General Meeting.

No more than 3 Honorary Memberships can be awarded each year.

#### Criteria

Those nominated for Honorary Membership will meet the following criteria:

Will be Active Members of the Society.

Will have made an outstanding contribution to the British community life over a significant period of time.

**MEMBERSHIP FORM  
ON THE NEXT PAGE →**







# HONORARY MEMBERSHIP

...Continued

## THE BRITISH SOCIETY IN URUGUAY Honorary Member Nomination

### INFORMATION OF THE NOMINEE

Name: .....

Address: .....

.....

E-mail address: .....

Telephone: .....

Please include as much specific information on the nominee as possible regarding why you consider he/she should be considered for Honorary Membership (i.e. involvement in the British community, things he/she has accomplished, how he/she has helped the community, over what period of time, etc.). Nominees must have acted unofficially, or informally, to support the community; not just held office in one or more institutions.

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### INFORMATION OF THE PROPOSER

Name: .....

Address: .....

.....

E-mail address: .....

Telephone: .....

**Proposer must not tell the individual nominated that his/her name has been put forward. This is to avoid embarrassment if the nominee is not accepted.**

Form may be returned to any Committee member.





## THE SIR WINSTON CHURCHILL HOME

We had 2 birthdays in the last month! Norma celebrated her 79<sup>th</sup> birthday on December 30<sup>th</sup> at the Home with a lovely tea party with the residents and friends.



It was Joan's 95<sup>th</sup> birthday on the 16<sup>th</sup> of January!!! Family and friends joined the residents at the Home to celebrate with her.



On Reyes, Joan and Peter took some presents that all the Residents had made with Gabriela to the children's policlinico. The kids were delighted!





# THE SIR WINSTON CHURCHILL HOME

...Continued

Getting ready for Valentines!!!



*Tell your loved ones you love them! Print the card and share with love.*







## BRITISH EMBASSY

### CONSUL-TÁ



A number of consular representatives from foreign embassies in Uruguay met at the British Residence to learn about: the Criminal Code reform, vulnerable foreign minors, foreign minors held in custody as well as the current prison system and new public-private partnership (PPP) Punta de Rieles prison. The presentations were given by leader in their field Fiscal Dr. Jorge Díaz, Psic. Fernando Rodriguez, Ms. Rosario Burghi and Dr. Gabriela Fulco.

### FAREWELL FOR COMMANDER IN CHIEF OF THE URUGUAYAN NAVY

The Ambassador hosted a lunch for senior naval officers including the outgoing head of the Navy, Admiral Leonardo Alonso and the new Uruguayan Defence Attaché who departed for his new posting to London at the end of January, Captain Gustavo Luciani. The lunch was also to congratulate Captain Frederick Fontanot who completed his MSc in Defence & Security at the University of Cranfield. As a result of consistently excellent results, in addition to receiving the MSc, Captain Fontanot was awarded both the Tom Maley Prize for the best student and the Course Director's Prize for the best Dissertation. Many congratulations!





## BRITISH EMBASSY

...Continued

### AMBASSADOR LIVE TWITTER Q&A



Ambassador Ian Duddy held a live Q&A from the Embassy account, where he answered a number of questions submitted by many of our followers. Topics were quite varied, from sustainable energy to his favourite Netflix series. Follow us in [@ukinuruguay](https://twitter.com/ukinuruguay) and stay tuned to send in your questions next time!

### EMBASSY LINKEDIN

The Embassy is now on LinkedIn! We have just launched our new social media profile focused on business, trade opportunities between UK and Uruguay and to advertise internships and job vacancies. Find us under [UKinUruguay – Embajada Británica en Montevideo](https://www.linkedin.com/company/ukinuruguay).

The screenshot shows the LinkedIn profile for 'UKinUruguay - Embajada Británica en Montevideo'. The header includes the Royal Coat of Arms and the text 'Relaciones gubernamentales • Montevideo, Montevideo'. It shows 5 contacts working there and a 'Ver empleos' button. The 'Sobre nosotros' section describes the embassy's role in maintaining relations between the UK and Uruguay, supporting international trade, and providing services to British nationals. A recent update from 'GOV.UK' is also visible, titled 'UKEF apoya comercio con Uruguay'.

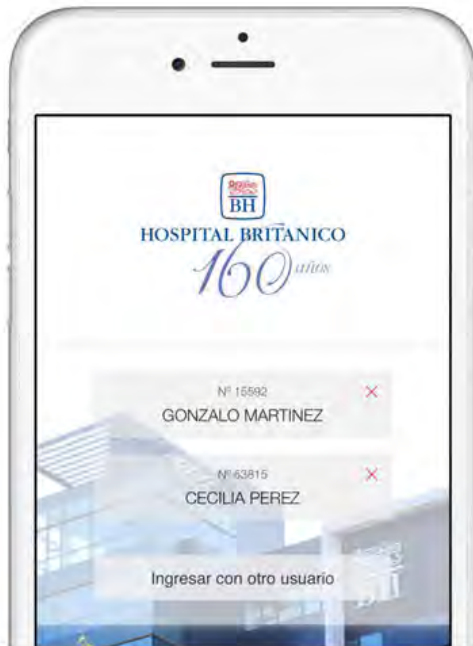


Embajada Británica  
Montevideo





# BRITISH HOSPITAL



## MOBILE APPLICATION HBAPP

For the convenience of our members, we've launched the new HBAPP mobile app which gives you quick access to exclusive information to self-manage your appointments and more. The app lets you perform different tasks without having to physically wait in line at the hospital reception desks.

The app allows each user to view the database of medical specialists and timetables, book and cancel appointments and see past ones, access laboratory results, find available parking spaces, check-in at the doctor's consulting room. All these features will help you self-manage your appointments.



### Multilogin

Allows access of multiple users of the same family. This feature unifies self-management for the entire family.



### Parking space location

Allows you to see in real time the available parking spaces at the Málaga, Bauzá or Carrasco Clinic car parks.



### Check-in

Allows you to check-in for your appointment at the doctor's consulting room without having to physically go to the reception desk at any of the BH doctor consulting rooms.



### Medication

Allows you to track your chronic and specific prescribed medication and reminds you when it is about to run out.



### Available 24 hours

Allows you to view information and perform different tasks according to your needs 24 hours a day, 365 days a year.



### Access check

Checks access to the device of those who are authorised and by blocking those who are not.



### Exclusive information

Allows you to view account statements, laboratory test results and their final reports.



### Services

Provides information about all the services available to members, telephone directory, how to prepare for medical exams and tests and timetables among others.



Tel: 24871020 ext. 2740 - [www.hospitalbritanico.org.uy](http://www.hospitalbritanico.org.uy) - Follow us on [Facebook](https://www.facebook.com/BritSocUy)



## ANGLO-URUGUAYAN CULTURAL INSTITUTE

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## 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 [secretarysrl876@gmail.com](mailto:secretarysrl876@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.



### Flowers from our Nursey for sale:



**Flor de Azúcar**  
*Begonia semperflorens*



**Boca de sapo**  
*Antirrhinum majus*



**Diffenbachia**  
*Diffenbachia Amoena*

**Arvejilla**  
Sweet Pea

**Bojo plant**  
*Acorus calamus*

**Celosía**  
Cockscomb



**Alegria**  
*Impatient balsamina*

**Clavel del Poeta**  
Sweet William

**Espada de San Jorge**  
Viper's bowstring hemp

**Gazania**  
Asteraceae



## ST. ANDREW'S SOCIETY OF URUGUAY

### BURNS EVE

Our Burns Eve, which we celebrated on the 20<sup>th</sup> January at Hosteria Bella Vista, was a great success. We had just over 70 adults who went specifically for the event plus 20 odd children and teenagers. When the Band started warming up, another 40 or 50 appeared out of the night.

After the Montevideo Pipe Band piped the haggis in and George Stewart read The Ode and "dealt with Haggis", a couple of poems by Robert Burns were read. The band played and the dancers danced for our delight.

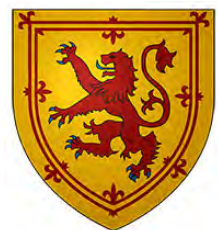
The Ceilidh started at around 10 pm and we had Patricia Arroyo's expertise to organise the Scottish country dances for everyone and even got the reticent boys to join in.

During the event food and beverages were available for purchase at the Hostería and at our raffle some were fortunate enough to win some bottles of fine wine and tickets to the cinema.

All in all, we all had a great time.

We hope you join us on our next year's Burns Night Ceilidh which will be held again at the Hostería Bella Vista on Saturday, January 26<sup>th</sup> 2019!

If you wish to check for details and upcoming events you can find us on Facebook. [Facebook.com/StAndrewsSocietyOfUruguay](https://www.facebook.com/StAndrewsSocietyOfUruguay)







## MANUEL ONE

by Richard Cowley  
[racowley@gmail.com](mailto:racowley@gmail.com)

Manuel has recently moved to Montevideo and has written to his English teacher at the White Cliffs of Dover Institute in his native town of Cañada del Piojo Chico.

*Esteemed professor,*

*It makes various weeks from that I despided myself to you – what emotion! – and directed myself to the cross in full centre of Cañada del Piojo Chico to await the excellent bus of COT. I sat myself on the bank stuck to the Ferretery Alcides. I remained in the sombre, clearly, because the sun it hits strong at this height of the year. By supposing, the old Alcides did not make himself present after that what is of public notoriety but of which, perhaps, you are not interred, when he suffered the disgrace of a sinister on mounting the ping of the peon Eustaquio and of there it passed him the less expected: he lost the sribes and fell himself of head to the soil. There comes the medic of the population but lamentably, by the evening, he left off existing.*

*I awaited the transport interdepartmental and in short time it doubles the corner. I made signals to the conductor but he did not make case to me and followed of long, because it was a bus direct what do not detain themselves in the parade of our population. Within a little, there appears the bus half-direct (or milker, as we say between ourselves) and I went up to board.*

*I was more nervous than dog on pitch of balls on my first voyage of ómnibus beyond our population because the bus it was of not believing. It was more big than the saloon of festivals of the Centre Social and Deportive of Cañada del Piojo Chico. But marvel of marvels, there approximated to me the neighbour Encarnación and she sat herself to the side mine. It results that she dominates the English as me and we put ourselves to converse in that idiom. They went me the nerves and I felt myself very alleviated. It passed flying the voyage as far as Montevideo.*

*I lament it much but it went itself to me the time. In my approximate letter I will count you all what succeeded in the big capital Uruguayan – Montevideo! During so much, I comment you that I extrain much your excellent class of traduction, receive a big embrace and please give my salutes to the remains of the class.*

*Affectively,*

*Manuel*



## MEDICAL COLUMN

by Dr Jorge C. Stanham MBE  
[jorgestanham@yahoo.com](mailto:jorgestanham@yahoo.com)

### TELEMEDICINE

In 1876, a Scottish-born Alexander Graham Bell invented the telephone. The possibility to communicate by voice over long distances in synchronous mode was opened, paving the way to our present-day hyperconnectivity via the internet, where not only voice, but real-time images, documents, data and information can be transferred and exchanged instantaneously. Sooner or later, this was to have its impact on health care.

When I was a medical student and a young doctor, non-face-to-face communication with patients was only possible via landline telephones. It was only in the mid-90s that I could use an analogue bulky cellphone and e-mail via dial-up to an internet provider with a personal computer, for all purposes – including patient communication. Voicemail and texting also was possible, substituting asynchronous connectivity in place of playing phone-tag. For many reasons that I have delved into in prior posts, healthcare usually lags behind other businesses and activities in adoption. But the time for telemedicine is already ripe and its use will multiply exponentially in the next five years.

In a recent article published in the Boston-based New England Journal of Medicine and widely spread (viralised?) by other online publications, the authors wrote: *“What if health care were designed so that in-person visits were the second, third, or even last option for meeting*

*routine patient needs, rather than first?”* The question is already being answered: a major health provider in the USA already counts: *“52 percent of the more than 100 million patient encounters each year are now ‘virtual visits’.”* The reality of telemedicine, telehealth, m-health, e-health (all pretty much synonyms) is upon us.

On one side, the technology highways exist and provider companies (including in Uruguay) have already stepped in. It's just a matter of time until they gather momentum. Besides, the new workforce of Millenials (Generation Y: born 1980-1999) and Centennials (Generation Z: born since 2000) are technology-savvy and expect to take care of their health needs in ways that will revolutionise how medicine is practiced and paid for. They are clearly open to non-face-to-face-care, avoiding loss of time and need for going to a clinician's office. On the physician side, an article published in mid-January in NEJM Catalyst by a semi-retired internist and emergency specialist in his early 70s titled *‘Why Give It Up? My Late Career Fellowship’* took a full-year Fellowship in TeleHealth at Thomas Jefferson University, so as to keep active in part-time mode from home.

Direct face-to-face in-person visits will always have a place and are irreplaceable for certain conditions and medical specialties. However, caring for an ageing population with multiple chronic conditions





## MEDICAL COLUMN

...Continued

by Dr Jorge C. Stanham MBE  
[jorgestanham@yahoo.com](mailto:jorgestanham@yahoo.com)

is beautifully served by services provided virtually, minimising loss of time and the need for displacement. Telehealth will be a multiplier of our capability of providing the appropriate and timely care. Those

organisations who'll be early-adopters (ever heard of the 'outliers' in the Rogers curve? – just Google it) will have a clear market advantage over their competitors.

## BRITISH CHOIR?!

We are recruiting members to form a choir!

Many of our members are eagerly asking for one.

We have have sung together in different opportunities, at the Big Lunch, at the SWCH, on the bus to Conchillas, singing Carols at the British Hospital, etc.

Sign in and let us find a Choir Master!!!

Contact us at [secretary@britsoc.org.uy](mailto:secretary@britsoc.org.uy) and let's sing!





## BACK IN TIME

by Tony Beckwith  
[tony@tonybeckwith.com](mailto:tony@tonybeckwith.com)

### THE BRICK PALACE

Most of us, when entrusted with a little power, will immediately find ways to abuse it. I know this from personal experience. In my final year at the British Schools I was made a Prefect and sat in on what we called Prefect's Court, a forum for providing guidance and enforcing discipline among male students. On one occasion I got a little carried away with my own sense of self-importance and said some rather harsh things to an unfortunate boy who had been hauled up for some misdemeanour or other. I took full advantage of my position of power and forgot all about the guidance I was supposed to be providing. Instead of being helpful and kind I gave full rein to my inner autocrat. Why? It's a question I've been asking myself ever since, as I observe examples of this behaviour in so many walks of life.

Nowhere was this singularly unendearing human trait more evident in Montevideo in the 1950s than at the Palacio Municipal. This was where one came to do business with the city; to get a driver's license, register a vehicle, apply for a building permit, and so on. It was an imposing piece of architecture, as one would expect from a building that called itself a Palace. It was, and still is on the main downtown thoroughfare, the Avenida 18 de Julio. Construction workers broke ground in 1935 and were soon laying the foundations for the structure designed by the Uruguayan architect Mauricio Cravotto (1893–1962). The Palacio opened for business in 1941, but along the way had deviated slightly from Cravotto's plan. The upper section was to have soared to an ambitious height of 114 meters, but funds ran a little short, for one reason or another, and some cost-saving measures left it topped out at 78 meters. It was thus

the second-highest building in town at the time, quite a bit shorter than the Palacio Salvo, which was just down the road overlooking the Plaza Independencia. It had long been a source of great pride for Uruguayans that the iconic Palacio Salvo, at 95 meters tall (100 meters when you counted the radio antenna on top) had for many years been the tallest building in Latin America.

In another cost-saving measure, the exterior plaster was not applied to the Palacio Municipal as originally planned, leaving the red bricks exposed and prompting the populace to refer to it - more or less affectionately - as the *Palacio del Ladrillo*, the Brick Palace. It was nonetheless City Hall, the administrative headquarters of the municipality of the capital of Uruguay, and thus a place of great civic importance. Fittingly, there was a huge esplanade in front of the building that was perfect for giving political speeches and rallying marchers for demonstrations. It was here, in tribute to the Italian roots of the municipal tradition, that the architect installed a life-size copy of Michelangelo's statue of *David*, a salute to the nation that contributed so much to the countries of the Río de la Plata.

The men and women who staffed the desks and windows in the Palacio's vast, drafty halls were state employees, of course, and their salaries were therefore paid out of our taxes. Yet despite being, in a very literal sense, our employees they treated us, the citizens, with a dismissive air of contemptuous disdain that I thought rivalled my treatment of that unfortunate boy in Prefect's Court. It also taught me something about being on the receiving end of an abuse of power. Their attitude was bewildering, and led me to ponder





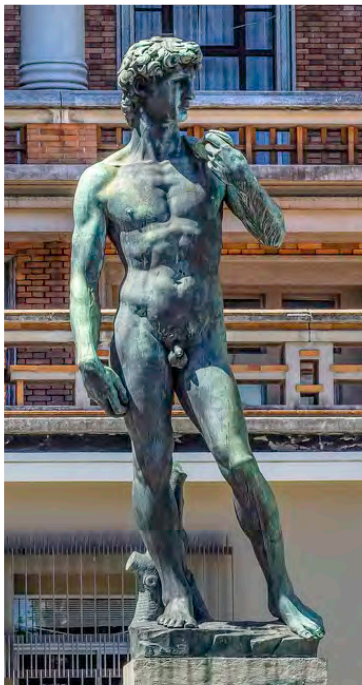
## BACK IN TIME

...Continued

by Tony Beckwith  
[tony@tonybeckwith.com](mailto:tony@tonybeckwith.com)

the unfathomable depths of human nature as I stood in line to purchase a new registration sticker for my Vespa.

"No joven, first of all you need a tax stamp. This is not the window for tax stamps. You get tax stamps on the third floor. But that window isn't open on Thursdays, so you'll just have to come back tomorrow. *Next!*" Somehow, the way she says it makes it sound as though it's all my fault. And there is a certain gloating undertone I don't appreciate, a thinly veiled delight in being the bearer of bad news that is not helpful at all. But what can you do? When I arrive at the tax stamp window bright and early the following day I discover that it is actually closed on Fridays, so I'll have to come back next week. When I confront the lady at the

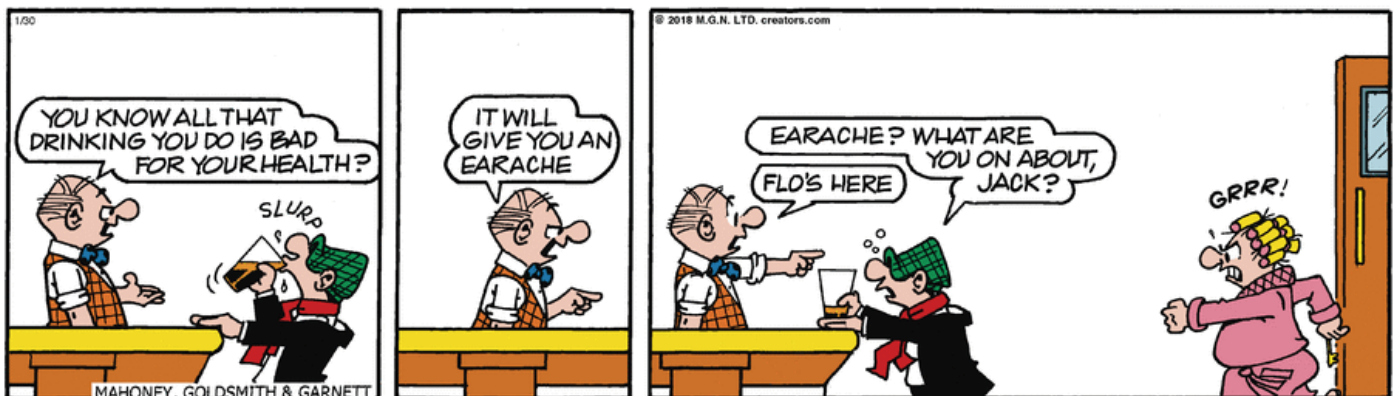


first window who provided me with flawed information she gets testy and tells me in no uncertain terms that she has other people to attend to and who do I think I am anyway, holding up the line like this? *Next!* Where does she get off, talking to me like that? *Me*, her employer!

By the 1950s, Uruguay was no longer the prosperous, enviable country that had been regarded just a few years earlier as the "Switzerland of South America," but the term was still in use in a rueful, nostalgic sort of way. As I stood in line at the tax stamp window the following week I wondered how Swiss state employees treated their customers, and was soon fantasizing about a utopian Municipal Palace where I was pampered as though I was personally responsible for providing salaries for all state employees. Then my rose-tinted bubble burst and I tumbled back down to earth as I heard the man at the window saying, "...but your insurance has just expired. There's nothing I can do. Why didn't you come last week? Now you'll have to pay a fine! Insurance renewals are on the fourth floor, but that window doesn't open till Tuesday. *Next!*"

## ANDY CAPP

by Reg Smythe





## GURU'GUAY

by Karen Higgs  
[guru@guruguay.com](mailto:guru@guruguay.com)

### SUMMER LISTENING: NEW URUGUAYAN MUSIC

Looking for some great music to listen to on the beach in Rocha? Martin Palacio Gamboa and Guru'Guay come together to recommend summer listening by contemporary Uruguayan artists.

#### Diego Janssen

The Guru recommends *El Hijo de*, which critics have called one of the most original candombe-influenced albums to come out of Uruguay perhaps since the legendary Eduardo Mateo. This is a remarkable debut album from Janssen - guitarist, composer and producer of recent albums by Buenos Muchachos, Uruguay's most popular dark rock band.

<https://diegojanssen.bandcamp.com/releases>

#### Molina y Los Cosmicos

Martin discovered them about four years ago listening to Radio Parque from La Paloma, one of the best community radios in the interior. Natives of Aguas Dulces, this group of multi-instrumentalists mixes subgenres of rock widely unexplored in Uruguay (Americana, indie folk, tex-mex, etc) with simple lyrics that use occasional punchy, visual metaphors to great effect. With a darker sound than their previous work ("Disenchantment"), their album "The Border Folk" is a homage to that most Uruguayan of Macondos, El Chuy.

<https://molinayloscosmicos.bandcamp.com/>

#### Señor Faraón

Ismael Varela plays a bristlingly acoustic mestizo blues pulling on Uruguayan folk and popular music. This hybrid, the richness of his melodies and lyrics that flirt on the edge of the surreal, makes him unique. Listen to "Piel de culebra" (Snake Skin) in the dead of night, leaning out of the window of your beach rancho during an electric storm.

<https://srfaraon.bandcamp.com/album/piel-de-culebra>

#### Los Extranjeros

There are no shortage of milongas, chacareras, cielos and zambas in this duo by Marco Tortarolo Rocha and Ignacio Irigaray but the lyrics are ironic and Los Extranjeros may be one of the most striking challenges to the folklore genre that has been seen on both side of the River Plate.

<https://losextranjeros-uy.bandcamp.com/album/amorir>

#### Diego Rebella

This composer classifies his music as melodramatic folk, a label that his album "La vida en los árboles" (Life in the Trees) illustrates well. Ranging from the melancholic to the parodic, his lyrics (and his melodies) have a air of early Cat Stevens. And while his voice might be an acquired taste, it's worth listening to the whole album for a few surprises. Several of the songs have excellent string arrangements by Julieta Garrido, José Pedro Ottonello and Juan Chilindrón, well known in the Uruguayan chamber music scene.

<https://diegorebella.bandcamp.com/album/la-vida-en-los-rboles>

Support Uruguayan artists. All albums available to listen to and purchase on Bandcamp

Martin Palacio Gamboa is a writer, musician and translator who has lived most of his life in the interior, Buenos Aires and Brazil. Guru'Guay is a website on Uruguay in English run by Welsh singer-songwriter Karen A Higgs.







## GEOFF THE CHEF'S CORNER

by Geoffrey W Deakin  
[gwdeakin@gmail.com](mailto:gwdeakin@gmail.com)



### Khachapuri (Georgian Cheese Bread)

Since most of you must be on vacation, here's something quite different from our regular recipes. Might seem a tad complicated but, trust me, it's worth the try.

Khachapuri is a Georgian bread stuffed with melting cheese from the region of the Republic of Georgia, a country situated in Eurasia at the crossroads of Eastern Europe and West Asia between Russia and Turkey. Khachapuri is considered one of Georgia's national comfort-food dishes. When Georgia was a Soviet republic, many Georgian dishes were appropriated by Russia and mistakenly have come to be known as Russian. That's why you will find this Georgian dish at pubs and restaurants and even in the home on Russian spreads.

This baked bread is stuffed with cheese and a runny egg in the centre of it all. The egg is plopped in at the end of the baking process so it's slightly cooked but still runny. Once it's removed from the oven, take a fork and mix the egg with the hot cheese. This way it cooks a little more but doesn't turn into a scramble. This stuff is seriously so amazing, it's no wonder Georgians prefer it over pizza. Make sure to serve this at your next brunch, or even as a side for dinner.... because you know there's no such thing as too many carbs.

#### Ingredients

##### For the dough:

1 tsp salt  
 1 tsp yeast  
 1 tbsp sugar  
 3½ cup flour  
 1 cup water  
 ½ cup milk  
 1 tbsp oil

##### For the filling:

1½ cup Farmers cheese (Ricotta)  
 1½ cup Shredded mozzarella  
 1½ cup Feta cheese  
 4 eggs + 1 for egg wash  
 Butter (optional)



## GEOFF THE CHEF'S CORNER

...Continued

by Geoffrey W Deakin  
[gwdeakin@gmail.com](mailto:gwdeakin@gmail.com)

### Instructions

- In the bowl of a stand mixer combine the salt, yeast, sugar, and flour.
- Heat water and milk to about 50°C. Then pour it into the bowl of dry ingredients.
- Begin kneading the dough with the hook attachment until it's close to being smooth and elastic.
- Add the oil into the dough and knead for another minute.
- Drizzle a little bit of olive oil onto the bottom and sides of a deep bowl. Place the dough inside the bowl and cover with plastic wrap. Set the bowl in a warm place until the dough doubles in size, about 1 hour.
- Remove the plastic wrap and press into the dough a few times with your hands. Cover with plastic wrap once more and let it sit in a warm place for another 30 minutes.
- Meanwhile, combine the farmers cheese, feta, and mozzarella in a bowl.
- Remove the dough from the bowl and place it onto a floured surface. Then cut it into 4 equal pieces.
- Spread each piece of the dough into a circle about 20 centimetres in diameter. Then roll 2 opposite sides of the circle towards the centre so it ends up have a boat like shape. Then pinch the corners together.
- Transfer the khachapuri onto a baking sheet lined with greased parchment paper.
- Stuff each khachapuri with the cheese mixture. Beat 1 egg with a teaspoon of water, then brush the dough with egg wash.
- Bake in a preheated 250°C degrees oven for about 15 minutes or until the crust becomes golden brown.
- Make a well in the centre of each khachapuri with the back of a spoon (about 3 inches in diameter) and drop 1 egg into each well. Then stick a few small pieces of butter into the cheese.
- Return the khachapuri back into the oven and bake for another 5-6 minutes. Cooking time may vary depending on your oven. The egg white should be white but still runny. It will cook further as it sits in the hot cheese. When serving, mix the cheese and egg with a fork and serve immediately.



### Tip o' the day!

Instead of placing a chicken on a roasting rack, cut thick slices of onion, put them in an oiled pan, then place the chicken on top. The onion will absorb the chicken juices. After roasting, let the chicken rest while you make a sauce with the onions by adding a little stock or water to the pan and cooking it for about 3 minutes on high heat.



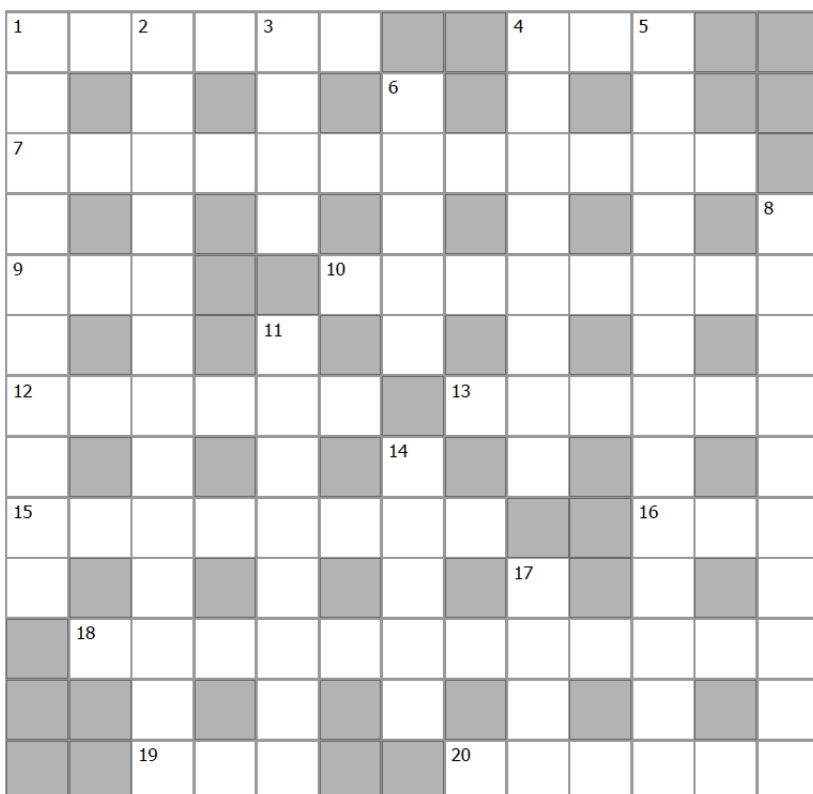


# CROSSWORDS TIME!

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

Print this page and start playing!

The solution will be revealed in the next issue.



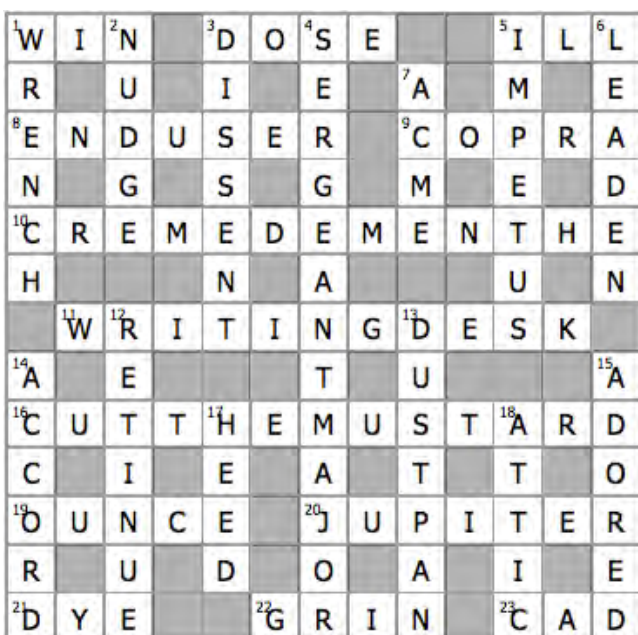
## ACROSS

1. Forced (6)
4. Uncooked (3)
7. Hair removal process (12)
9. Unwell (3)
10. Target centre (5,3)
12. Hot spring (6)
13. Exhausts (supplies) (4,2)
15. Conspicuous wealth (8)
16. Male offspring (3)
18. Atmospheric layer (12)
19. Female deer (3)
20. Group of six (6)

## DOWN

1. Voyeur (7,3)
2. Perfectly matched (7,6)
3. Consumes (4)
4. Supporter of monarchy (8)
5. Very pale (5,2,1,5)
6. Counterfeit (5)
8. Dejected (10)
11. Traitor (8)
14. Exclusive story (5)
17. Fencing sword (4)

## January Crossword solution:



## ACROSS

1. Victory (3)
3. Specific measure of a drug (4)
5. Unwell (3)
8. Ultimate consumer (3,4)
9. Dried coconut kernel (5)
10. Green liqueur (5,2,6)
11. Escritoire (7,4)
16. Come up to expectations (Slang) (3,3,7)
19. Unit of weight (5)
20. Planet (7)
21. Colorant (3)
22. Smile broadly (4)
23. Bounder (3)

## DOWN

1. Type of spanner (6)
2. Gentle push (5)
3. Difference of opinion (7)
4. Noncommissioned officer (8,5)
5. Incentive (7)
6. Heavy and inert (6)
7. Peak (4)
12. Entourage (7)
13. Cleaning receptacle (7)
14. Agreement (6)
15. Loved intensely (6)
17. Pay attention to (4)
18. Garret (5)



## LINK O' THE MONTH



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## SIMON'S CAT

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



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episode  
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