



THE BRITISH SOCIETY  
IN URUGUAY



# Contact

December 2018

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100  
Happy  
Christmas  
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BSU  
Centenary Party



THE BRITISH SOCIETY  
IN URUGUAY



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## Special Centenary Articles!



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Montevideo, Uruguay

## PRESIDENT'S WORDS

Dear members,

As our Centenary Year draws to a close and our Centenary Party approaches, it is good to reflect on the year that is ending.

I am sure that I speak in the name of the entire Executive Committee when I say it has been an honour to serve during the Centenary Year.

November left us a watered-down Croquet Tournament won by the Lambs, Jonathan and his daughter María, and a very interesting lecture supper by “forgetful” Professor Alberto Márquez.

We are now all looking forward to the Centenary Party next Tuesday the 4<sup>th</sup> to which at the date of this message nearly two hundred people have already committed to go; we are sure even more will turn up by the actual date.

We are glad that the new events produced for the Centenary Year, namely the Scavenger Hunt and the Brit Rock Festival, were huge successes and will remain in our calendar for future years. We aim at producing even more events aimed at younger generations in coming months.

Our goal of updating our member database has nearly been achieved, thanks to your kind cooperation. Also, the total number of subscriptions to our Contact Newsletter has surpassed 1000 and our registered members more than 500. With a steady and constant membership growth, the Society is increasing month by month receiving new members of all ages.

We thank you all very much for your support throughout this year and all years, hoping you will continue to accompany us in the coming ones.

We wish you all a very Happy and Successful 2019!

Richard A. Empson



## UPCOMING EVENTS

### Tuesday, 4<sup>th</sup> from 18:00 to 20:30 hrs BSU Centenary Party (Members only)

British Residence  
Jorge Canning 2491  
Organised by: BSU

### Wednesday, 12<sup>th</sup> at 20:30 hrs 2018 Gala Dinner

Hotel NH Columbia  
Rbla. Gran Bretaña 473  
Organised by: CUB

### Wednesday, 5<sup>th</sup> at 12:15 hrs Lunch Invitation

Hotel NH Columbia  
Rbla. Gran Bretaña 473  
Organised by: CUB

### Friday, 14<sup>th</sup> from 19:30 to 22:30 hrs Open Night At The Museum

British Cemetery  
Av. Rivera 3868  
Organised by: British Cemetery

### From October 6<sup>th</sup> to December 9<sup>th</sup>

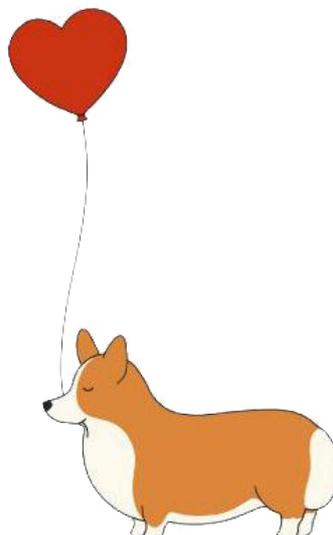
### From 8:00 to 17:30 hrs Cielo y Tierra Pasarán

British Cemetery  
Av. Rivera 3868  
Organised by: British Cemetery

## SOCIAL NEWS

### December Birthdays

1<sup>st</sup> - María Esteche  
1<sup>st</sup> - Norman Fox  
8<sup>th</sup> - Mónica Bastarrica  
5<sup>th</sup> - Stephanie Biscomb  
7<sup>th</sup> - Guillermo Symonds  
10<sup>th</sup> - Poppy Vignoles  
10<sup>th</sup> - Valerie Dee  
12<sup>th</sup> - Vivienne Gepp  
15<sup>th</sup> - Alan Gordon-Firing  
15<sup>th</sup> - María De Torres  
15<sup>th</sup> - Marta Vilar del Valle



20<sup>th</sup> - Megan Davies  
21<sup>st</sup> - Inés Beare  
22<sup>nd</sup> - María Llovet  
22<sup>nd</sup> - Ricardo Medina  
23<sup>rd</sup> - Winston Willans  
27<sup>th</sup> - Daniela Golby  
30<sup>th</sup> - Isabel Prevett  
30<sup>th</sup> - Nicholas Drever

## CROQUET TOURNAMENT

**Maria Lamb and her father Jonathan won the 12<sup>th</sup> annual British Society Golf Croquet Championships in Montevideo on Sunday 11 November.**

Intermittent rain had kept all but the most (fool)hardy from the all-weather courts at the Buceo Yacht Club, and the competition became a shortened best-of-9 all-play-all between Empson and Farolini, Camera and Farolini, Schwabe and Schwabe, and Lamb and Lamb. Ricky Medina took lots of photographs.

Tasmanians Schwabe and Schwabe came fourth, Camera and Farolini came third with one win, Empson and Farolini second with two, and Lamb and Lamb first with three. Maria scored most of the hoops, including an in-off clearance through hoop 5 from the boundary.

The rain had improved the superfast courts by slowing them down a lot, but it was still falling when everyone headed home for lunch.

Thanks to the British Society the morning had nonetheless been great fun, and everyone had showed sterling spirit in ignoring the weather.

For the record, previous holders are as follows:

- 2007 M & L Wells
- 2008 R Cowley & R Empson
- 2009 A Empson & R Empson
- 2010 T & A Plaehn
- 2011 C B & Z Pool
- 2012 P Hoyer & R Cowley
- 2013 A Empson & R Empson
- 2014 P Hoyer & L Boeing
- 2015 A Empson & R Empson
- 2016 F Bonilla & J Lamb
- 2017 I Stanton & M Wells



# LECTURE SUPPER



# BRITISH SOCIETY CHOIR

The British Society's Choir started in February with a jolly good number of singers.

Getting close to the end of the year, singers are wrapping up the new songs.

**If you are willing to join us, please contact the BSU Secretary, 099123906.**

**Newcomers, see you next year!**



# THE SIR WINSTON CHURCHILL HOME

The Sir Winston Churchill Home was founded in the mid '60s for the care of people of British origin with no family. Throughout the years the Home has received very generous donations and help from the British Hospital and other institutions as well as from people of the British community. During these 60 years many committees have given their time and effort looking after the residents and organizing different fund raising activities and it would be impossible to name them all. Our gratitude to all those involved!

In a brief paragraph we'd like to summarize the essence of the Home in Roy Hubber's words:

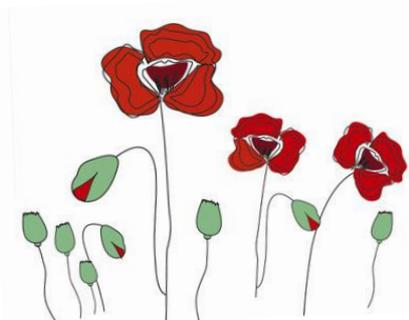
"Just the fact that the Churchill Home has been such a success is evidence in itself that the founding mothers/fathers showed good forward thinking in the days before the internet /e-mail etc. Also, by no means any less deserving of accolades are the staff and the British community as a whole who have and still support and manage the Home to this day, all of which would not have been possible without the complete support and generosity of the British Hospital itself. All an example to the next generation of the strength of our heritage, tradition and community spirit and involvement. Well done everyone."



British Community ladies at fund-raising activities.

# THE SIR WINSTON CHURCHILL HOME

...Continued



Norma and Peter went to Remembrance day at the British Cemetery.



We went on an outing to the Prado and walked around the Rosedal on a beautiful day! The roses were looking amazing.



After admiring the roses we all went to the Hotel del Prado and enjoyed a lovely tea.



Some of the residents visited the Rincón Infantil and took Halloween handicrafts they made for the children who were there. Here's Joan!

Contact us at:  
[SWCH@britsoc.org.uy](mailto:SWCH@britsoc.org.uy)

# BRITISH EMBASSY

## STRENGTHENING TRADE LINKS

Joanna Crellin, Trade Commissioner for Latin America and the Caribbean visited Montevideo 7-8 November. She met senior government officials and visited Uruguay XXI to sign a Letter of Intent to continue joint work. She announced the visit of a tech trade delegation to Uruguay in January for Punta Tech with a further second trade mission of Uruguayan companies to the UK in 2019.



## ARMISTICE DAY



The Embassy, together with the Embassies of Belgium, Canada, France, Germany, Italy and the United States, and Uruguayan authorities, marked the 100th anniversary of the WWI Armistice. During the ceremony held at Plaza Independencia Ambassadors read “For the Fallen”, from British author Robert Laurence Binyon. Students from various schools, including The British Schools, exchanged “Peace trees” in front of the statue of José Gervasio Artigas, which will be planted as an act of remembrance in each school.



## BRITISH EMBASSY ...Continued

### INTERNATIONAL LEADERS PROGRAMME



Business and political leaders from 15 countries, including Uruguay's Senator Veronica Alonso, took part in a week-long visit to the UK 19-23 November. Their programme included high-level meetings, discussions, visits and briefings with government, Parliament, media, business, education and civil society, to showcase diverse aspects of the UK.

### BRITISH EXPERTS IN MONTEVIDEO



The Embassy organised two separate visits from British experts during November. Toby Dudley from Immigration Enforcement International, part of the UK's Home Office, was guest speaker at the conference "Strengthening Detection and Investigation Capabilities of Modern Slavery" which was held at the Uruguayan Presidency Auditorium to support Ministry of Interior officials build their capacity to identify and respond to incidents.

Adam Matthews, Head of International for the Centre for Digital Built Britain (CDBB), also offered a workshop to government officials who are working towards the national introduction of Building Information Modelling (BIM) to public infrastructure. BIM is a methodology that can deliver substantive savings to infrastructure projects, and is an area in which the UK has world class expertise.

# BRITISH HOSPITAL



BRITISH HOSPITAL

## Sexuality in women after 40

Sexual medicine is aimed at improving the quality of life of women, men and couples, and involves various disciplines such as psychology, psychotherapy and sex therapy. There are various aspects and dimensions of female sexuality.

- Physiological: the level of hormones, the climacteric stage, contraceptives, etc.
- Psychological: how do you experience your sexuality as a woman and as a couple?
- Relationships: a crisis, a lack of communication or falling in love can directly affect the quality of your sex life.
- Education: oppressive or liberal.
- Sexual experience: positive or frustrating experiences in the past can affect you today.
- Sociocultural: as a woman, what can you expect in your sex life? It will be different at 30, 50 or 70.

*"We are sexual beings and we have to be able to experience our sexuality in a healthy and satisfactory way in all stages of life."*

For a man, the sexual response is more primitive: desire, arousal and orgasm. A man can react quickly to stimulation and if there is an erection, he will want to have sexual intercourse. Erectile dysfunctions can be treated with drugs; Viagra came to empower the man. Women are different and more evolved. For women, sexuality is living it, more contextual. A woman reacts according to how she feels especially towards her partner, the level of intimacy, understanding, comprehension and tenderness, according to her psychological structure.

### Menopause, myths and symptoms

The menopause occurs typically between 45 and 55 years of age, followed by the climacteric and finally the post-menopausal stage. The menopause causes physical, physiological and psychological changes that are natural and a normal part of life. Some women accept the changes that menopause brings but for others it can be traumatic.

There are several myths about menopause: it marks the end of your sex life, brings on depression, there is no safe treatment, etc., but these myths are not true. Melancholy and discouragement may appear with menopause but can be overcome with treatments in a positive way.

Other symptoms that affect the sexual function will soon appear: vaginal atrophy, vulvar atrophy and urethral atrophy which decrease the size and activity of these organs. The flora is altered, and infections can arise. Estrogen and lubrication is reduced which can cause pain, wounds and infections. Vaginal health is defined as the vagina that maintains the appropriate physiological functions at each age during a woman's life: a vagina that when penetrated does not cause pain, does not itch, is not irritated and does not leave pain and that allows a satisfactory sexual function. All this is treated medically, in vaginal health treatments, with excellent results.

### Factors that help maintain the balance of sexuality:

- Feel healthy, or at least your body doesn't bother you.
- Have a sex drive.
- Being the 2 of you and able to create quality intimacy.
- Know how to optimize your sexual cycle according to each stage.
- Good communications.
- Know what you like.

### Factors for good sexuality in later life:

- Good mental health.
- Cognitive flexibility.
- Accept changes to your body.
- Romantic couple.
- Good communication with your partner.
- Your partner's freedom.
- Fulfilling sex life when young.
- Positive attitude towards sexuality.
- Awareness of the benefits of enjoying sex.

Spontaneity should not be expected; you must build it. Love is the most important natural aphrodisiac, followed by sharing time and seduction. Sharing time is essential for the couple; you must dedicate time to eroticism. Start seducing in the morning for that night and don't forget to be amorous since sexuality is not only the genitals. Your sexuality is going to be a reflection of you as a couple. It will unite and strengthen you, but if it decays it will separate ...

.....

Workshop conducted by Dr. Santiago Cedr s, Internist, Sexologist.

# BRITISH CEMETERY

**MUSEUMS AT NIGHT 2018**  
**180 YEARS OF THE MUSEUMS IN URUGUAY**  
**14TH DECEMBER**  
 From 19,30 to 22,30 Hours.

BRITISH CEMETERY OF MONTEVIDEO  
 AV. GRAL F. RIVERA 3868 - BUCEO

**“OPEN NIGHT AT THE MUSEUM”**

Activities

- 19:30 to 20:00 Introduction of the Exhibition “CIELO Y TIERRA PASARAN” by artist Marivi Ugolino
- 20:00 to 21:30 Guided Tour around the Cemetery by Architect Eduardo Montemuiño
- 21:30 to 22:00 Musical Closure by Pipe Major German Villar and Scottish Dancers with Professor Florencia Castillo.

Logos: BC, Ministerio de Cultura, MEC, CEMENTERIO BRITANICO, THE BRITISH CEMETERY SOCIETY

En las actividades contarán con Intérpretes de Lengua de Señas de la TULLSU Español - FHUCE - UdelAR.



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.



## BRITISH CEMETERY

...Continued

# *Cielo y tierra pasarán*

INSTALLATION BY  
MARIVÍ UGOLINO



At the British Cemetery during “The Museums at Night” as from 19:30 we look forward to talking to the uruguayan Artist Marivi Ugolino about her exhibition “Cielo y Tierra pasarán” installed at the Gallery of the Administration.

The Exhibition won the prize “Fondo Concursable del MEC” and it has been at the British Cemetery since October until 14th. December.

# URUGUAYAN-BRITISH CLUB



## LUNCH INVITATION

WEDNESDAY  
5<sup>TH</sup> OF DECEMBER  
12:15 HOURS

INTERNATIONAL JOURNALIST  
ESTEBAN VALENTI

## BETWEEN POLITICS AND POST-POLITICS

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

MORE INFORMATION 



## URUGUAYAN-BRITISH CLUB

...Continued



# 2018 Gala Dinner



The British Uruguayan Club  
invites you to the 2018 Gala Dinner  
to be held at NH Columbia Hotel  
on Wednesday 12 December at 8:30 p.m.  
Rambla Gran Bretaña 473



As always, our members and friends gather  
together with our spouses to celebrate the  
end of 2018, honour outstanding personalities  
and enjoy a delightful show.



The ticket for the Gala Dinner is \$ 1900  
for one person and one accompanying person  
It can be paid in Abitab, Colectivo 94069  
on behalf of Club Uruguayo Británico.

For operational reasons, it is necessary to confirm the  
number of invitees and pay tickets in advance.

R.S.V.P.  
secretaria@cub.com.uy or call 2900 5241  
Until 7 December 2018

Dress code:  
Men: Dark suit  
Women: Cocktail dress

## CITY OF MONTEVIDEO PIPE BAND

"On behalf of the members of the City of Montevideo Pipe Band we send a word of warm congratulations to the already venerable British Society on its hundredth anniversary! May it vigorously continue to foster British culture-related activities in Uruguay."



## 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 [secretarysr1876@gmail.com](mailto:secretarysr1876@gmail.com) or call Mr. Martin Macadam at 096 001 995.



# ANGLO-URUGUAYAN CULTURAL INSTITUTE

## CELEBRATING 100 YEARS OF THE BRITISH SOCIETY IN URUGUAY



The staff of the Anglo-Uruguayan Cultural Institute would like to offer their warmest congratulations to the British Society in Uruguay on the occasion of its Centenary, and wish all the members and the Committee a very successful and enjoyable celebration.

Throughout the Anglo's 85 year history we have worked together with the Society, creating strong bonds of shared values in order to promote British culture in Uruguay, to the mutual benefit of both countries and their citizens.

Much has changed over the century since 1918, and both countries have experienced difficult as well as good times. But throughout, the values and aims of the British Society in Uruguay have remained as relevant as they were one hundred years ago.

During this time we have welcomed members of the Royal Family, MP's and British celebrities to Uruguay, celebrated the coronations of British Monarchs and the end of Second World War. We are proud to have shared our history with yours, and we are sure that in the coming years we will continue to stand united, promoting British values and culture as we have done for all these years. It is especially pleasing to see how the bonds between our institutions are reinforced by the many joint cultural projects that help to attract new generations to our activities.

Once again we extend our congratulations on the British Society's Centenary and send you our very best wishes as you celebrate this remarkable anniversary and continue into the next hundred years.



Prince Philip, Duke of Edinburgh, addresses the British Society at the Anglo. 1962.



Inauguration ceremony of the Millington-Drake Theatre in the presence of former British Ambassador to Uruguay and founder of ICAU Sir Eugen Millington-Drake. 1964.



The Anglo Prize-giving Ceremony in 1953 in which the British Society and ICAU celebrated the Coronation of Queen Elizabeth II.



"The Centenary BritRock", organised by the British Society, took place in the Anglo Theatre last October. This was the first of what is to become an annual music festival for young Uruguayan aspiring musicians.

# ANGLO-URUGUAYAN CULTURAL INSTITUTE

...Continued

## LOVE THE WORDS...

### Charles Dickens – The Man Who Invented Christmas?



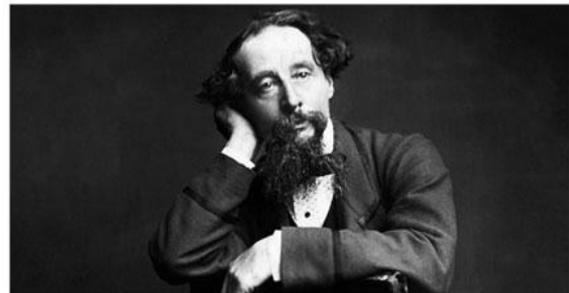
Or so went the title of the film a few years ago. A big claim, but a claim with some justification. This is the 175<sup>th</sup> anniversary of the publication of the evergreen, consistently re-invented and annually performed *A Christmas Carol*, but he wrote scores of stories, pamphlets, treatises and exhortations around the festive period. It is a shame that some of the lesser known works are neglected.

Charles Dickens was born in Portsmouth on the 7th of February, 1812. His father was imprisoned for debt and Dickens found himself working at a factory at an early age in order to survive. At 12 he was sent to school in London, and he worked as a clerk in an attorney's office. His experiences in these early years would re-emerge in *Great Expectations* and *David Copperfield*. After an often unhappy and sometimes straitened childhood, he shot to almost instant fame in his twenties with the illustrated monthly comic serial *The Pickwick Papers*, which he wrote under the pseudonym, Boz.

His next novel, *Oliver Twist*, showed a dramatic change in tone and, throughout his career, Dickens' work combined the use of the comic, the fantastic and the grotesque to entertain with concerns around social problems such as poverty, illiteracy and failures in government. Dickens always had a very business-like attitude towards the publication of his books. He founded



*Trotty and Meg Beck, The Chimes*



the magazines *Household Words* in 1850 and then *All the Year Round* in 1859, which serialized many of his novels.

In the 1850s, Dickens embarked on a series of public readings of his fiction in Britain and America that were hugely popular and very lucrative, but also damaging to the author's health. In 1858 Dickens caused a scandal by very publicly separating from his wife Catherine. Secretly, he had fallen in love with a much younger actress named Ellen Ternan with whom he maintained a clandestine affair in France.

Dickens gained world-fame as an author and social commentator, constantly returning to his formative childhood for inspiration. His 17 novels include masterpieces like *Nicholas Nickleby*, *Hard Times* and *Bleak House*, drawing heavily on his childhood and early working years. He toured the world giving readings, with tales of American ladies fainting in his wake. His talents as an actor were reportedly almost as great as his writing.

His Christmas short stories encapsulated the Victorian Christmas, of which *A Christmas Carol* is the most famous; but the greatest of his festive ghost stories is *The Chimes*....

Charles Dickens wrote *The Chimes* in Genoa, when he was travelling through Europe in 1844. He was fascinated by the clamour of the many bells he could hear from his lodgings. This was the year after his great success with *A Christmas Carol* and he was contracted to his publisher to write another story for the festive season.

Europe in the 1840s was a ferment of radical and

# ANGLO-URUGUAYAN CULTURAL INSTITUTE

...Continued

## ...LOVE THE WORDS

### Charles Dickens – The Man Who Invented Christmas?



social ideas that culminated in the year of the revolutions of 1848. In England, the early part of the century was a time of turbulent social and economic change and exceptional hardship for the poor. Dissatisfied with the way the Reform Bill had failed to give the working man a vote, in the previous decade, the Chartists were meeting and, in the eyes of the ruling classes, threatening revolution.

These events formed the background of Dickens' story that, when published, led many to accuse him of being a dangerous radical. Despite these critics, it was still a great success throughout the century. Dickens' friend and biographer Forster described his intentions in writing *The Chimes* as striking "a blow for the poor".

They had never been forgotten in any of his books, but when he came to think of his new story for Christmas time, knowing he had a guaranteed audience eagerly awaiting the new book, he resolved to make it a plea for the poor. The story tells of how a man, 'Trotty Veck', who has always believed what those with power have told him of his inadequacies. He learns to think for himself; to look forward and work for a better tomorrow rather than look back to a golden age. The speeches of the justices and magnates in the story uncannily echo the words of many of the powerful about the poorest of our own society. Dickens may have been disappointed that, in a popular story full of the humour and the life of his beloved London, the



Our regular contributors, Adrian and Sonia, are the artistic directors of Lighthouse Theatre in Mumbles, South Wales. In 2015, they toured a highly successful adaptation of Dickens' *The Chimes* all over Wales in a co-production with Pontardawe Arts Centre.



lessons of the story seem not to have been heeded. What is amazing is that the story is as powerful now as it was on the day that Dickens conceived it.

The opening sentence is brilliantly 'Dickensian' – "there are very few people who would care to sleep in a church."; and the title is taken from Shakespeare's *Henry IV, Part II* – "we have heard the chimes at midnight". If you really want to understand the true meaning of Christmas, you could do worse than treat yourself to this ghost story on Christmas Eve!

Dickens suffered a stroke on June 8th, 1870, at home in Gad's Hill, after a full day's work on his final novel, and died the next day. He was buried at Westminster Abbey on June 14th, and the last episode of the unfinished *Mystery of Edwin Drood* appeared in the September of that year.



Adrian Metcalfe



Adrian Metcalfe is co-director of Lighthouse Theatre Company in Wales and is known to several readers of this newsletter. His solo performance of Dylan Thomas' *Reminiscences of Childhood* was nominated for a Fringe First in Edinburgh and is performed all over the world.

## ANGLO-URUGUAYAN CULTURAL INSTITUTE

...Continued

## BREXIT - "KICKING THE CAN DOWN THE STREET"



In many respects the recent UK / EU “deal” was little more than an agreement to postpone any difficult issues until a later date. The UK will leave the EU in an orderly manner (avoiding a “no deal” BREXIT) at the end of March 2019. The country will, however, remain part of the Customs Union (“Single Market”) until the end of 2020. This means the UK’s goods and services will continue to have tariff-free access to the EU block but at the same time the country will have to continue to respect the corresponding EU rules, including free movement of people. Looking to the future, the agreement makes no serious attempt to define what the UK’s longer-term relationship with the EU block might look like.

The British government (to some extent of its own making) faced a difficult task. EU negotiators had made it clear that they would not accept a “hard” border between Northern Ireland and the Republic of Ireland in case it jeopardized the fragile 1998 peace agreement. As such had the UK left the Customs Union, Northern Ireland itself would have needed to remain inside, resulting in the need for some sort of customs control between the province and the rest of the UK. This would have been unacceptable to a number of politicians including the province’s Democratic Union Party, on whose support the minority Conservative government in Westminster depends. The only solution was therefore that all of the UK remained in the Customs Union for the time being.

Whilst the deal satisfies parts of the business community, it leaves many politicians unsatisfied. “Brexiters” complain that the decision to stay in the Customs Union runs directly counter to the 2016 vote to leave the EU. Some “Remainers” complain that the country is now in a worse position than before in that it has to accept EU rules but no longer an opportunity to influence them because technically Britain will have left the EU. Plus as previously noted, no serious attempt has been made to define what the post-transition EU / UK relationship might look like.

Whether the British Prime Minister, Theresa May, will be able to survive and whether the British Parliament approves the “deal” remain very open questions at the moment.

The irony is that perhaps the only “winners” in this whole process seem to have been the European Commission in Brussels. They have managed to keep unity amongst the remaining 27 members of the block and also avoided the need for any tough “trade-off” negotiations with Britain over partial Single Market access for the country versus control over immigration.



Article written by Derek Tyler  
Presenter of the BREXIT talks in September 2016  
and May 2017.

# ANGLO-URUGUAYAN CULTURAL INSTITUTE

...Continued

## 50 YEARS SINCE THE YELLOW SUBMARINE SET SAIL



It is hard to imagine that it is now exactly 50 years since the well-known Beatles animation film "Yellow Submarine" was released in cinemas in the USA - 13 November 1968. Yet the film was only made by chance!



*Heinz Edelmann (1934-2009) the multifaceted graphic designer and illustrator who created the comically hallucinogenic landscape of Pepperland as art director for the 1968 animated Beatles film "Yellow Submarine"*

The Beatles had signed a 3 film contract with the American studio United Artists. However, the band disliked the second film in the series ("Help" released in 1965) and were reluctant to make a final film. To try and solve the problem, the Beatles' manager, Britain Epstein, went to the USA and suggested a feature length version of an earlier American television cartoon series based on the Beatles. From there developed the idea of the film "Yellow Submarine".



*Brian Epstein was the man behind the greatest pop group of all time. He saw a potential that many didn't way back in 1961 and went on to make the four Liverpool lads international stars*

It was a film which involved little or no work for the members of the group. The Beatles themselves only appear once in the film during a short scene at the end. The voices of the cartoon characters in the film were those of actors. Equally the music in the film was either songs previously released by the group or recordings made in the studio but never released.



On release, the film received widespread critical acclaim. The lush creative images were seen as developing the concept of animation films. The film was also a commercial success. As to what the story-line of the film was all about, it probably does not matter! But some of you may remember film was set in a magical kingdom deep below the sea. The kingdom was being defended by Sgt. Pepper's Lonely Hearts Club Band against attacks by the music-hating Blue Meanies.



Article written by Derek Tyler

# ANGLO-URUGUAYAN CULTURAL INSTITUTE

...Continued

## Why are the current conflicts in the Middle East and World War 1 connected?



Newspapers and television often include coverage of conflict in the Middle East but few mention one of the major underlying causes - namely that many of the borders do not correspond to the strong religious and ethnic divisions in the region.

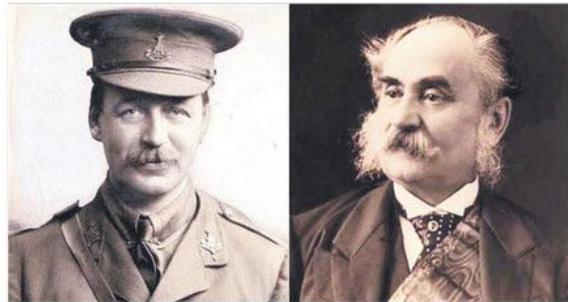
This issue was reviewed by Derek Tyler in his recent talk on TE Lawrence ("Lawrence of Arabia") which was part of two talks by the Anglo Institute to commemorate the 100th anniversary of the end of World War 1.



A 1930 portrait of Lawrence of Arabia, five years before his death in a motorbike accident. During the war Lawrence had been advised by Arab leaders to don the traditional white robes of the desert and in so doing earned kudos among the troops.

The talk described how local Arab tribes participated in a revolt against the Ottoman Turks based on the promise of an independent Arab state at the end of the War. However, that promise was based on a "lie" as the British and the French had been secretly negotiating the Sykes-Picot agreement to divide-up the region between themselves.

Derek then noted that many of the current borders in the region were established shortly after the War based on the Sykes-Picot agreement. The borders themselves were often little more than "lines on a



In 1916 the United Kingdom and France concluded a secret agreement with the assent of Tsarist Russia. This accord known as the Sykes-Picot agreement - after the negotiators, Francois Georges-Picot (the French Consul in Beirut before WWI) and Sir Mark Sykes (a diplomatic adviser and member of the British Conservative Party) - defined the partition and dismemberment of the Arab provinces of the Ottoman Empire and the future zones of control of each country.

map" which paid no respect to the deep religious and ethnic divisions in the region. This was particularly the case with the borders of Iraq and Syria - both areas of high conflict in recent years. In addition the longer-term consequences of the Balfour Declaration in 1917, which expressed British support for the establishment in Palestine of a national home for Jewish people, has been another source of regional instability.



Palestinian prisoners in the Old City of Jerusalem during the British Mandate. CreditFox Photos, via Getty Images

In conclusion, whilst the situation in the Middle East is clearly very complex, many of the current problems can be linked to decisions made during and following World War 1.







# DICKENS INSTITUTE

...Continued

## #dickens CHALLENGE

*Come and join US!*

**Ben Beaumont**

**Jamie Keddie**

**Richard Chinn**

**Joanne Ramsden**

**Alejandro De Barbieri**

**Ariel Gold**

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**14th February 2019**

# DICKENS INSTITUTE

...Continued

## TRINITY COLLEGE LONDON TESOL & TYLEC MODERATION AT DICKENS



On Thursday 15<sup>th</sup> and Friday 16<sup>th</sup>, we had the pleasure of having Tony Foster, Trinity College London's Moderator, examine 18 CertTESOL and TYLEC trainees at Dickens. He was delighted to see all the hard work and effort our trainees had put into the courses, and he congratulated them and the tutors on their dedication and commitment.

Although we need to wait for Trinity College London's final confirmation, all of them have been recommended for a pass, and we couldn't be more proud of each and everyone of them. We are thrilled to welcome a new generation of English teachers to the Uruguayan ELT community and we are also very happy for those teachers who decided to embrace continuous professional development and thus embark on the adventure completing their TYLEC (Teaching Young Learners Extension Certificate) course.



Patricia Alvarez Harvey with  
Tony Foster and Dickens Tutors.

Enrolments for 2019 courses are open. For further information, please contact the course Coordinator, Veronica Jara:  
[veronicajara@dickens.edu.uy](mailto:veronicajara@dickens.edu.uy)  
or 27107555.



## MEDICAL COLUMN

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

# QUALITY, VALUE AND EXCELLENCE

Healthcare organisations, professionals and other providers strive to provide high-quality care. To demonstrate that they do so, they can contract outside agencies that can certify compliance with ISO standards, or even upgrade to internationally recognized accreditation by the Joint Commission (USA), the Health Standards Organization (Accreditation Canada) or their UK-European equivalents. The important point in demonstrating quality, is that it can be measured, quantified and certified – or accredited. Quality in this industrial mode can be defined by 3 typical dimensions: structure, processes and outcomes.

But quality in healthcare has other 6 dimensions, which are probably more evasive to direct measurement and quantification, as defined nearly two decades ago, by what is now the National Academy of Medicine (USA). Healthcare should be:

**1. Safe:** Unsafe care is rampant. Back in the early 2000s, it was estimated that healthcare in the USA killed the equivalent of 1 fully-booked Jumbo-Jet (747) passengers per DAY – and it was probably an underestimate – all due to errors in providing care.

**2. Effective:** Not all care that is provided is proved by evidence. In fact, we are inundated by recommendations that fall short of being evidence-based. Tradition, diehard routines, beliefs and conflicts of

interest, in part due to hype-marketed yet to be proved ‘innovations’, are still a significant part of what organisations, professionals and patients do.

**3. Efficient:** Waste is all over the place. Red tape, delays, out of control costs, bureaucracy, barriers and poorly designed provision of care are still much of the norm.

**4. Timely:** Care is sometimes not easily accessible when urgently needed. More so, on a daily routine basis, much of the care is provided in-series individually, instead of in-parallel by teams and using 21st century modes of digital communication.

**5. Patient-centred:** Although organisations boast and market that they put the patient first, a closer look will show that care is provided around professional and organisational timetables rather than on patient priorities.

**6. Equitable:** It is a fact that healthcare provided to different populations and persons is also clearly different, especially when we focus on access. How to fix this is not only an organisational challenge, but needs national, worldwide and political will to correct or rebalance.

Since the report, many worldwide changes in how healthcare is provided have done a significant job of raising the bar on every one of the six dimensions,

## MEDICAL COLUMN ...Continued

by Dr Jorge C Stanham MBE  
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so to some extent we can say and believe that providing good quality care is at least in the DNA of most provider organisations. More recently, the focus has shifted from quality to value, especially due to lack or limitation of resources (material, human and financial) at the micro and macro levels. Value is defined as quality divided by cost and therefore the new buzzword is how to provide 'high-value care', in the face of national health budgets between 10 and 20% of the GNP. This will need full revamping of how healthcare is provided and paid for. A bottleneck to shift to high-value care is the present fee-for-service billing of services, be it by hospitals or by professionals. Bundled payments, direct employment or capitation of professionals and risk-sharing, are gradually taking over the unsustainable payment systems we've lived with. Those countries, organisations and professionals who'll adapt to the inevitable changes in payment will thrive. Those who do not, in spite of claiming that their cost (or price) is

justified by the quality they provide, will be displaced by the value-care movement. As populations, persons and patients shift from a passive to a more proactive mode of obtaining or shopping for their care, value will be the focus, rather than bare quality. With globalisation plus the advent of telemedicine and telehealth, organisational and national barriers will lose their meaning.

So... where does 'excellence' fit? In reality, it means 'standing out' above the crowd, but it's entirely subjective and probably little more than a marketing gimmick, although it's everywhere in concepts like 'Centres of Excellence', 'Exceeding expectations' and so forth. In essence, it's a volatile concept and easily replaced in the event of any substandard experience – and its viralisation by social media.

People want quality (all six dimensions) that's affordable, in other words: value.



Safe



Effective



Patient  
Centered



Timely



Efficient



Equitable

## BACK IN TIME

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

### MY MOTHER TONGUE

A brief account of the origins and evolution of the English language.

We all have a mother tongue. Mine is the English that my grandparents brought with them from Great Britain when they came to the River Plate region about a hundred years ago. I am certainly not alone. Statistics vary but, worldwide, those whose first language is English would seem to number between 350 and 400 million. The total is much higher if non-native speakers are included, which makes English one of the most widely spoken language on Earth. But what exactly is English? Where does it come from? How did it start? To answer these questions, we must travel back in time.

The roots of the English language can be traced to a succession of migrations and conquests that took place a long time ago in the area we now call the British Isles. The earliest known inhabitant of the region was Paleolithic Man, who roamed the northwest corner of Europe as the Ice Age receded and lived in what would eventually be Great Britain. Very little is known about those hunter-gatherers, and the bones they left behind reveal nothing about the language they spoke. Such northbound migrations presumably became more difficult when the region broke away from the continent in about 6,500 BC and formed the islands we know today.

Neolithic (New Stone Age) Man appeared in the area in about 5,000 BC. This race of people came north

from the Mediterranean, bringing with them a rudimentary form of agriculture and domesticated animals. They left no record of their language, although some think it may be related to the mysterious tongue spoken by the Basques living in the Pyrenees in northern Spain. On the other hand, they did leave monuments like Stonehenge, which are just as mysterious.



- **The Celts**

The Celts were a race of people whose influence was felt throughout Europe and as far to the east as Greece and Asia Minor during the first millennium BC. They apparently began crossing the water and settling in what we now call the British Isles in about the 7<sup>th</sup> century BC. They brought with them a version of the Indo-European language that evolved into the Celtic that is still spoken in certain areas to this day. These clans, closely related to the Gauls of northern Europe, conquered and absorbed the earlier settlers of the islands and became the established inhabitants that Rome subsequently referred to as the Britons.

## BACK IN TIME ...Continued

by Tony Beckwith  
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### • The Romans

In 55 BC Julius Caesar was conducting his Gallic Wars and invaded Britannia for the first time. The Celtic tribes, however, were in no mood to be pushed around, and forced the Romans to retreat across the Channel. But the setback was only temporary, and a subsequent invasion in AD 43 established a Roman province that lasted for nearly 400 years.

Roman influence gradually spread, forcing rebellious Celts to take refuge in the mountainous terrain of the north and west. As we still see today, it is difficult to flush stubborn insurgents out of mountain hideouts, so the Romans contented themselves with ruling the bulk of the southeastern region, building the famous Hadrian's Wall in the north, and keeping military detachments along the troublesome borders.



Thus began a new era in the nascent history of the Britons. Latin was the language of the ruling elite and in time was also spoken by the upper echelons of society. But it did not replace Celtic, which was the common language of the people as a whole and was widely used throughout the entire Roman period.

### • The Germanic Tribes

As the Roman Empire began to collapse in the early 5<sup>th</sup> century AD, it retracted its long tentacles from its distant provinces and the legions retreated from Britannia. Into the vacuum they left behind came a new force that would change the islands forever and introduce the language that would define the Britons down to the present day. Under the protective rule of the Romans, the Celts had lost some of their warlike nature, and were now vulnerable to the new threat looming in the east.

In about the year 450, Germanic tribes started arriving from what we now call Denmark and the Netherlands. Three tribes—the Jutes, the Angles, and the Saxons—came in successive waves and settled mainly in the southeastern part of the island. Like the Romans before them, these tribes forced the Celts out of their lands and towns and pushed them into the western mountains. In time, the Angles and the Saxons established kingdoms, and by the middle of the 9<sup>th</sup> century Saxon leaders were acknowledged as kings of all England.

By about the first millennium AD, the country was called Englalund, which meant “land of the Angles”. The Germanic tribes that settled there were referred to as Angelcynn (“Angle-kin” or Angles race), and the language they spoke was known as Englisc, which was derived from “Engle”, the Old English version of Angles. The English we speak today is therefore a descendant of the language brought to England by those Germanic tribes, who

## BACK IN TIME ...Continued

by Tony Beckwith  
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spoke a West German dialect of the Indo-European family of languages.

But that isn't the end of the story. Not by a long shot. Since the arrival of those Germanic tribes, the language has evolved through three main periods, dated approximately as follows: Old English (450-1150), Middle English (1150-1500), and Modern English (1500 to the present).

Ɗan ſhe Ɗiſſe Old Anzliſh Tunzian eode ſpēcan  
 Than ſhe zān to-ſpaken biſ Mibble Englyſſhe Tongue  
 Then ſhe wente to ſpake thiſ Early Mōdern Englyſh Tongue  
 Then ſhe went to ſpeak thiſ Late Modern English Tongue

### • The Christians

Christianity was first brought to the British Isles in about 200 AD during the Roman Period, but the Anglo-Saxon invasion reversed much of that process in southern and eastern England. The re-Christianization began in 597 when [Augustine](#), the first Archbishop of Canterbury, took office. Since the Church enjoyed an almost total monopoly on literacy at that time, it undertook a far broader range of functions than we might expect today. It operated as a civil service and was responsible for legal documents, education, and social services. Even the Treasury was run by the Church. As a result, there was closer contact with all things Latin which led to a renewed influx of Latin words into the language, though primarily in matters of religion, learning, the law, and public administration, so that these borrowings didn't directly affect the common man.

### • The Vikings

The Viking Age spanned the late 8<sup>th</sup> through the 11<sup>th</sup> centuries, during which time the seafaring Danes raided and invaded eastern portions of the British Isles. The latter part of this period brought widespread Viking settlement and a significant influence on the local vocabulary, and for a while England was ruled by Danish kings. The Vikings spoke Old Norse, which was related to Old English, since both were descended from the Germanic group of languages, and words were lent and borrowed between them over a number of generations.

### • The Normans

The Norman conquest of 1066 had a greater influence on the English language than any other event in its history. Originally from Scandinavia, these conquerors had settled in northern France in the 9<sup>th</sup> and 10<sup>th</sup> centuries and had become totally assimilated. By the time of the invasion, Normandy was essentially French, and the Normans were among the most civilized and sophisticated people in Europe.

When they arrived in England, they vanquished King Harold and his Anglo-Saxons at the Battle of Hastings and assumed control of the country for the next two centuries. The vast majority of the English aristocracy either died on the battlefield or was subsequently executed or exiled, and the power vacuum was filled by Normans. So, as had happened during the Roman period, the ruling elite now spoke a foreign language. Through intermarriage, and for political and other

## BACK IN TIME ...Continued

by Tony Beckwith  
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reasons of expediency, many English men and women soon began to speak French, and it wasn't long before the distinction between speakers of the two languages was social rather than ethnic.

The bulk of the population spoke the Germanic language that was steadily developing into Modern English, but the ruling classes spoke French. There was inevitably some overlap and a much closer relationship with the continent, which had a profound effect on the grammar and vocabulary of the host language. During this period, it lost many of its Old English words and was deluged with French and Latin ones that were borrowed to express new concepts in government, religion, the law, military matters, fashion, cuisine, social life, art, learning, and medicine. It is interesting to note that, of the thousands of French words that entered the language during this phase, some 75% are still in use today. As a result of these borrowings, modern English is richly endowed with synonyms. In many cases, we have three choices of words thanks to the English, French, and Latin roots of the language. For example: we can say fire, flame, or conflagration. And we can ask, question, or interrogate.

This period also saw an influx of words from the languages of the Low Countries—Flemish, Dutch, and Low German—due to the close contact that existed between the Britons and the people of Flanders, Holland, and northern Germany. But all these changes and additions must be kept in perspective. Though the evolving

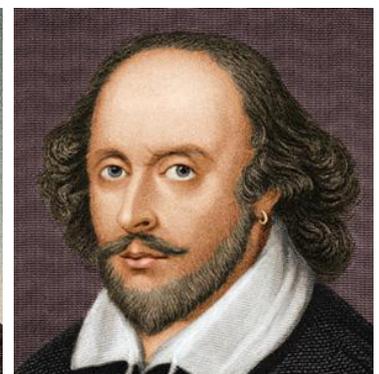
incarnations borrowed heavily from other languages and were influenced by foreign grammar to varying degrees, the ultimate version was a modern English whose essential features were inherited from the Germanic dialects of those who came to England in the fifth century.

### • The Modern Era

By the middle of the 13<sup>th</sup> century France's grip on England had weakened, and political and economic realities were forcing many of the rich and powerful—who had for several generations treated the two countries as one—to choose whether to remain in England or settle permanently in France. This led to a resurgence of English throughout the land, and by the 14<sup>th</sup> century it was once again the common language, proudly spoken by all—rich man, poor man, beggar man, thief. This in turn fueled a demand for English literature, which reached unprecedented heights in the works of some of the greatest writers in the English language: Chaucer (circa 1343-1400) and Shakespeare (1564-1616).



Geoffrey Chaucer



William Shakespeare

As political and economic ties to France unraveled and England settled into its

## BACK IN TIME ...Continued

by Tony Beckwith  
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newfound independence, the language coalesced into four dialects, one for each of the major regions of the country. In time, a need arose for a standardized version and—just as the standard form of French was based on the Parisian version, and Castilian became the dominant form of Spanish—the basis for Standard English was the dialect spoken in and around London. As the Renaissance spread across Europe, new factors came into play that directly influenced the development of a standardized form of English: the printing press, the rise of popular education, greater communication, and an early form of social conscience. In response to the changing times, English kept evolving, as any living language is constantly doing, and was hungrily absorbing words from Greek, Italian, and Spanish, as well as the perennial favorites, French and Latin.

It wasn't long before the colonial era began, and England became a major world power. As the British Navy set out

to “rule the waves” in an early version of globalization, trade flourished and commodities from distant lands were imported for consumption in the British Isles. Along with raw materials and exotic delicacies from the far corners of the Empire came new words, seasoning and enriching the language that had been evolving for a thousand years. And then one day the Mayflower set sail for America and opened the door to a whole new chapter in the evolution of the English language. But that's another story.

**Acknowledgements:** The author is indebted to Albert C. Baugh and Thomas Cable for their book, “A History of the English Language,” from which many historical facts and insights have been drawn.

Those interested in further research might consider exploring linguistic works by Bill Bryson, David Crystal, and many other writers, too numerous to mention.

## ANGLICAN CHURCH OF URUGUAY



The English-speaking congregation of Holy Trinity Cathedral invites all residents and visitors to its **English service every Sunday at 10 am** with an Anglican Eucharist celebrated according to the 1979 Prayer Book of the the Episcopal Church of the USA.

Baptized Christians of all denominations are invited to receive Holy Communion in order to be spiritually fed and united to their brothers and sisters in Christ.

# ALBION FOOTBALL CLUB



[www.sheffieldfc.com](http://www.sheffieldfc.com)

## MEET URUGUAY'S PIONEERS

South America has its first member of the Club of Pioneers, as Albion FC from Montevideo in Uruguay, joined the elite membership of national firsts around the globe.

Albion are recognised as the oldest team in Uruguay, having a recorded foundation date of 1<sup>st</sup> June 1891 (pictured above in 1898), and are one of the oldest on the continent.

Receiving the membership for Uruguay oldest football club: (l. to r.) Juan Carlos Blanco Penalva (former national player Uruguay, winner Copa Libertadores), Juan Alvarez (Albion FC Head Of Institutional Relation), Juan Carlos Luzuriaga (Uruguay football historian), Tony Gomez (winner Copa Libertadores), Leonardo Blanco (Albion FC chairman).



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## CLUB OF PIONEERS

1857	SHEFFIELD FC		ENGLAND
1864	WREXHAM AFC		WALES
1867	QUEENS PARK FC		SCOTLAND
1879	ST. GALLEN FC		SWITZERLAND
1879	KONINKLIJKE HFC		NETHERLANDS
1879	CLIFTONVILLE FC		NORTH. IRELAND
1880	ROYAL ANTWERP FC		BELGIUM
1882	SAVAGES FC		SOUTH-AFRICA
1886	HONG KONG FC		HONG KONG
1887	ACADÉMICA DE COIMBRA		PORTUGAL
1887	NORTH SHORE UTD		NEW-ZEALAND
1888	BFC GERMANIA 1888		GERMANY
1889	RC RECREATIVO DE HUELVA		SPAIN
1890	ST. GEORGE'S FC		MALTA
1891	ALBION FC SAD		URUGUAY
1893	GENOA CFC		ITALY
1894	ODDS BK		NORWAY
1894	FIRST VIENNA FC 1894		AUSTRIA
1906	CS FOLA ESCH		LUXEMBOURG

## LETTERS FROM MEMBERS

The following content is published by request of its authors, and it's their sole responsibility.

### BRITISH CEMETERY, MONTEVIDEO REFLECTIONS & QUESTIONS

We have read, reflected, listened to and shared with many folk over recent months, weeks, days, taking our time to try and discern: what's what, where things are going, where the truth really lies and more.

The British Cemetery is apparently in a difficult financial situation and the Administration and Ground Staff are not being treated in an ethical nor respectful manner.

The latter, we have seen personally, when we've visited the Cemetery and/or attended a funeral. Nevertheless, it is important to point out that at this moment in time and thanks to the Staff in general, the property is well-cared for.

How many of those who have family members buried in the Cemetery or who wish to be laid to rest there, have any notion of the above? If they do, why are they not doing something towards improving the situation?

It is easy to bury a loved one, expect to be treated well, perhaps pay for the upkeep (not all do), without ever taking an interest in the workings of the Cemetery as a whole.

Rumours are heard...

However: What is the truth? What are the options? Is anyone interested?

Or: Is it easier to continue "enjoying life"... "leaving the deceased where they are", with little thought as to the future?

Would it not be a good idea, for more people to attend the AGM, in order to become better-informed and therefore, positioned to seek ways which would allow for an improvement of the prevailing situation?

If little or nothing is done, within a short and foreseeable future, it is more-than-likely that the gates could be securely locked and in all probability, there'll be several law-suits and the Intendencia could take it over... or it may become that "barrio's, camp-site for the homeless".

Respectfully,

**Ian & Cynthia Dickin**

Montevideo, 26<sup>th</sup> November, 2018





# CROSSWORDS TIME!

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

Print this page and start playing!

The solution will be revealed in the next issue.

1		2				3		4		5		6
				7								
8								9				
10						11						
	12	13						14				
15												16
17				18				19		20		
21						22						
23									24			

## ACROSS

- Was aware of (4)
- Eddied (7)
- Lose hope (7)
- Presage (5)
- Upright (5)
- Soft roll (7)
- At once (11)
- Sluggish (7)
- Once more (5)
- Military fabric colour (5)
- Raise (7)
- Unit of electrical conductance (7)
- Action (4)

## DOWN

- Bodily organ (6)
- Result (5)
- Dyslexia (4,9)
- Middle-Easterner (5)
- Clearly reasoned (7)
- English county (6)
- Fortified building (6)
- Everyday (7)
- Journey (6)
- Men (Informal) (6)
- Certainly (6)
- Join together (5)
- Cognisant (5)

## November Crossword solution:

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

## ACROSS

- Small green vegetable (3)
- Set of twenty (5)
- Difference (8)
- Dressed (4)
- Period of warm autumn weather (6,6)
- Smithy (5)
- Nun's costume (5)
- Food shop (12)
- Operatic song (4)
- Government finance department (8)
- Surrender (5)
- Affirmative answer (3)

## DOWN

- Stipulation (7)
- Skill (3)
- Sailor (6)
- Dull-witted (6)
- Surround (9)
- Back of the neck (4)
- Person of high status (9)
- Viscera (7)
- Bovine animals (6)
- Rely (6)
- Merit (4)
- Crafty (3)

## GEOFF THE CHEF'S CORNER

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

### Chinese Chicken Curry

This Chinese chicken curry has earned a healthy badge, meaning it's low in salt, sugar and saturated fat. Plus, it's big on flavour and has a five-star rating. With chunks of tender chicken breast and frozen peas, this dish feels familiar, but the soy and spices give it a new dimension of flavour. If your family don't like spicy food, choose a mild curry powder to give you all of the taste without the heat.

Cooks in just 15 minutes preparation for a wholesome family meal.  
 Serve with fluffy boiled rice.

#### Ingredients

- 4 skinless chicken breasts, cut into chunks (or use thighs or drumsticks)
- 2 tsp cornflour
- 1 onion, diced
- 2 tbsp rapeseed oil
- 1 garlic clove, crushed
- 2 tsp curry powder
- 1 tsp turmeric
- ½ tsp ground ginger
- pinch sugar
- 400ml chicken stock
- 1 tsp soy sauce
- handful frozen peas
- 10 eggs
- rice to serve

#### Method

1. Toss the chicken pieces in the cornflour and season well. Set them aside.
2. Fry the onion in half of the oil in a wok on a low to medium heat, until it softens – about 5-6 minutes – then add the garlic and cook for a minute. Stir in the spices and sugar and cook for another minute, then add the stock and soy sauce, bring to a simmer and cook for 20 minutes. Tip everything into a blender and blitz until smooth.
3. Wipe out the pan and fry the chicken in the remaining oil until it is browned all over. Tip the sauce back into the pan and bring everything to a simmer, stir in the peas and cook for 5 minutes. Add a little water if you need to thin the sauce. Serve with rice.



## GEOFF THE CHEF'S CORNER

...Continued

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

### Chilli Avocado

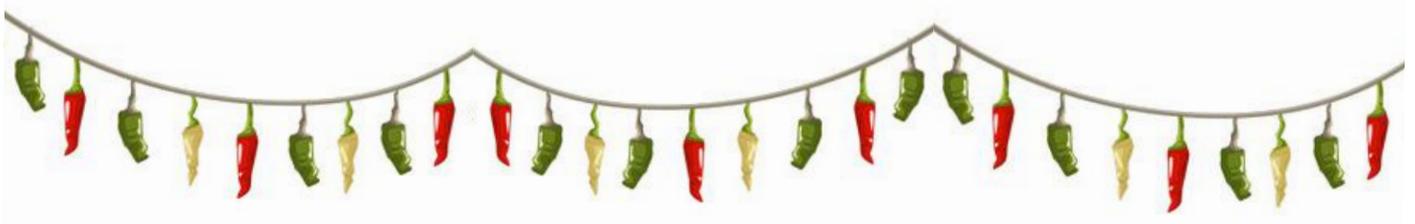
As promised... another simple avocado recipe which makes a great snack as it keeps you fuller for longer, add a touch of heat and a squeeze of lime juice for added zing

#### Ingredients

- ½ avocado
- ¼ tsp chilli flakes
- juice of ¼ lime

#### Method

Sprinkle the avocado with the chilli flakes, lime juice and a little black pepper, and eat with a spoon.



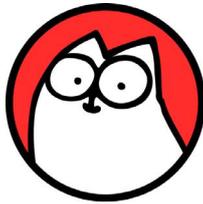
At the end of a very special year for our Society, full of flavor and not many calories, I thank all my followers and your wonderful comments with excellent feedback.

Also, I wish each faithful fan, a very wonderful and happy New Year; may 2019 be full of friends, family and blessings.

Geoffrey

# SIMON'S CAT

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



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# THE FAR SIDE

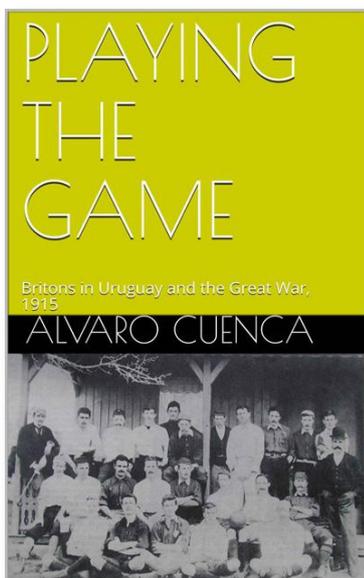
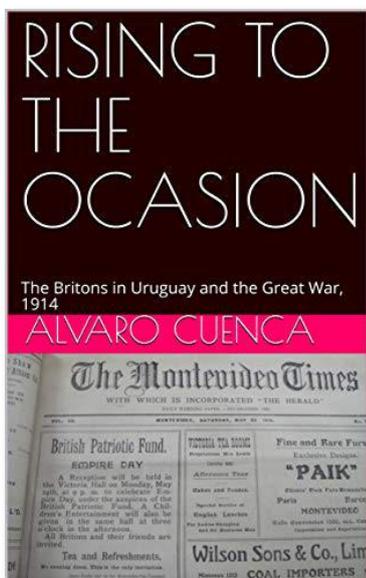
by Gary Larson  
<https://www.facebook.com/The-Far-Side-Daily-Comic-1020676467950865>



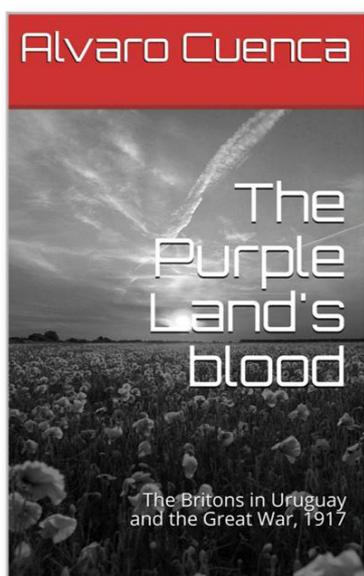
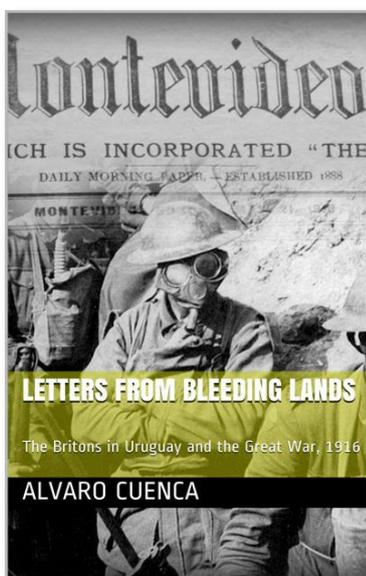
# CLASSIFIED ADS

These are the first four books on the series that will cover **the British community involvement in the Great War (1914-1918)**. The last book (1918) will be ready next March, the latest.

The books cover the first four years of the war and, not only refer to the volunteers that left from Montevideo, but the war effort of the British community that remained in Uruguay. The voice is the community's one as the letters and information are gathered from the two British newspapers of Montevideo at the time: The Montevideo Times and the Uruguay Weekly News.



The series is available in Amazon for Kindle platform (ebook).



**Contact Alvaro Cuenca here and get your series!**