



THE BRITISH SOCIETY  
IN URUGUAY  
FOUNDED 1918

# CONTACT

FEBRUARY 2022

British Embassy  
**Scottish Cooking**  
Christ Church  
**Phillipians**  
Bits and Pieces  
**Unexpected Results**

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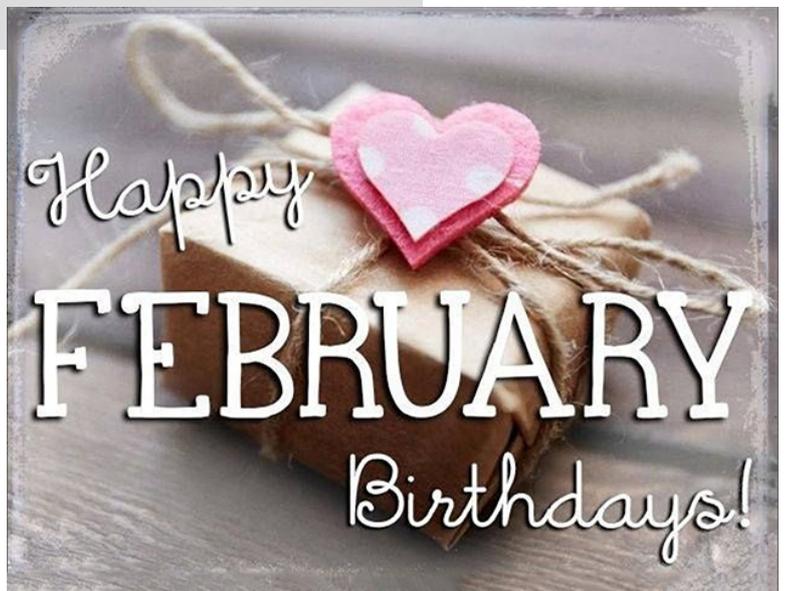
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# Birthdays

in February

- 02 · Luisa J. Nunes
- 02 · Sebastián Sosa
- 04 · Cristina A. Rowan
- 04 · Carolyn Cooper
- 05 · Thomas Hobbins
- 05 · Tomás Romay
- 06 · Brenda A. Rathbone
- 07 · Federico A. Heller
- 08 · Diego L. Payssé
- 08 · María M. Linn
- 10 · Robert J. Wells
- 13 · Florencia Castro
- 13 · John R. Hamilton
- 13 · Keoni E. Guridi
- 14 · Carlos M. Hedengren
- 14 · María P. González
- 15 · Camilo Pintos
- 16 · Alan J. Henderson
- 17 · Horacio Castro
- 17 · Nicholas J. Prevett
- 18 · María C. Ferrés
- 19 · Michael Hobbins
- 20 · Jennifer M. Sprigings
- 20 · Rodrigo A. Tito
- 20 · Maria A. Mendoza
- 21 · Kathleen E. Stoutt
- 22 · Roy A. Gordon-Firing
- 23 · Carmen E. Hill
- 24 · Joan G. La Brooy
- 24 · Felipe Ciganda
- 27 · Susan Drever
- 28 · John A. Grierson
- 28 · Lieselotte Ensink



# New Members

- Elsa 'Elsie' Gabriela Marsicano Altieri
- Gustavo 'Chueco' Ernesto González Alonso
- Jennifer Mc Conney Gepp
- Sharon Elaine Kitchen Semmartin

## THIS MONTH'S COVER



This month's cover features the Natural History Museum; the British natural science museum that has national and international responsibilities for taxonomic and associated research based on its outstanding collection of specimens and its extensive libraries. It is located near the Victoria and Albert Museum and the Science Museum in South Kensington, London.

The museum was formerly an integral part of the British Museum, which originated in 1753 when the government acquired the collections of Sir Hans Sloane.

The natural history collections were moved to the current premises, which opened to the public in 1881. Designed especially for the purpose by Alfred Waterhouse, the building is an outstanding example of Victorian Romanesque architecture.

Enjoy!

Geoffrey W Deakin  
Editor

## MEMBERSHIP FEES

Remember you can get up to date with your membership fees easily from the comfort of your own home using any local debit card and most credit cards through the [RedTickets](#) platform.

And if you forgot to pay last year's fee (or any previous unpaid dues), you can simply pay two or more at the same RedTickets link or by visiting our [Website](#).

Else you can make a bank transfer (or direct deposit) to the **British Society** account at **Banque Heritage** Uruguay number 62582-03, or pay our Treasurer (in copy) directly. If done by bank transfer/deposit, please send our Treasurer a copy of the transfer/deposit slip.



2021



Once this is done, your membership will be updated.



## Count the Candles...

A happy birthday to dear Joan who celebrated her 99th birthday on January 16!  
Due to Covid protocols we were unable to have a big celebration, but Martín and Natalie were able to come.



## Vivienne Nina Miles de Sienra

Sadly, Vivi passed away on January 20 in her sleep. Vivi had been living at the Home for around 10 years and had celebrated her 100th birthday last July 20!

She was a very witty person and talked fondly about her youth in Progreso and the lifelong friendship she had with Joan.

Her knitting skills were fantastic, and she used to knit a baby cardigan a day for the Fundación Canguro of the Hospital Pereira Rossell.

She will be greatly missed by her fellow residents, the caring staff who looked after her so well all these years and the Committee.



## Scottish Cooking at The Residence



Scottish chef Barry Bryson visited Uruguay in 2019 and is back for a second time to deliver various events at the Residence showcasing British food traditions and innovation while caring for the environment. Barry cooked a traditional Burns Night supper and featured in a [video by YouTuber Sir Malcolm](#), together with Ambassador Faye O'Connor OBE, where he demonstrated how to prepare cock-a-leekie, haggis, neeps and tatties and cranachan dessert.

Also, together with chef and educator Diego Ruete, he delivered a "soil- to -table" workshop with children, raising awareness of the importance of healthy cooking with local produce, seasonal fruit, and vegetables. You can read about the activity [here](#), and more about him [here](#). Barry will also be cooking for various events this week and featuring in other media outlets.

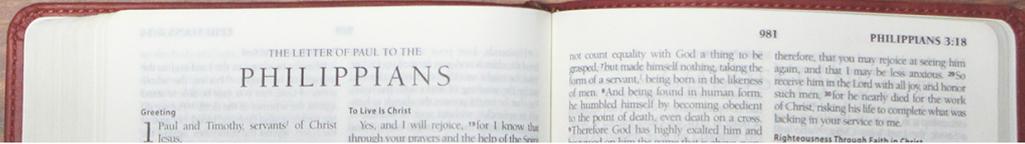
## Officer From the Navy to Study In UK



Ambassador Faye O'Connor OBE hosted a farewell at the British Residence for Alférez de Navío (CG) Lorena González. She is an Officer from the Uruguayan Navy, who has obtained a scholarship on the Geospatial Marine Analysis and Cartography Course from the IHO-Nippon Foundation GEOMAC Project, at the United Kingdom Hydrographic

Office. Also in attendance was Capitán de Corbeta (CG) Marcelo Olivera, Deputy Chief of the Uruguayan Navy's Oceanography, Hydrography and Meteorology Service (SOHMA), where MS González currently works. We wish her well on her training.

# Philippians: MORE THAN HAPPINESS



**P**aul, the renowned first century Christian Apostle wrote that he had learned the secret of being content in every situation. In his brief letter which we call “Philippians”, written about 62 AD from prison where he awaited trial before Caesar’s Court, he offered inspired prayers, prose and proverbs (wise counsel). *“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.”* (Philippians 4:11-13)

His circumstances did not define his outlook on life, his emotional stability, or his capacity to care for others. Most importantly he had discovered a profound sense of peace and an acceptance of himself and his limitations.

Theologians debate the meaning of texts, philosophers debate the significance of theology, historians debate the validity of dates, yet Paul’s words continue to encourage and equip people on a journey toward self-discovery, contentment, and peace in this universe, which is at all times majestic, yet mysterious; captivating, yet cruel; resilient, yet fragile; infinite, yet slipping away.

I believe Paul was inviting us to believe that contentment, true peace, is within our possibilities. We know all about the mystery, cruelty, and fragility of our circumstances wherever we find ourselves. But Paul is writing from prison with his days numbered but continuing to inspire and engage all who will listen. He does not mean that he “can do all things”, as in get out of jail or change his circumstances. He means “I can be content in the midst of all circumstances because I have faith in One outside myself. He is Jesus, the Christ.”

Paul’s message invites and challenges me today to consider my own reactions and responses to the news, the weather, the virus, my family, myself...

From Christ Church, I invite you to read through Philippians (10 minutes) in February. See which part(s) of those time-tested texts speaks to you. I welcome any comments or questions at my email: [jhamilton@christchurchmvd.org](mailto:jhamilton@christchurchmvd.org).

Here’s hoping you find great hope in 2022!

Warmest regards,

Pastor John Hamilton

Romans 15:13

## Do you remember?



# SUMMER COURSES

## FEBRUARY 2022

### ENROL NOW!



**T**he ANGLO Summer Courses Programme for adults provides an opportunity to improve your level of English over an intensive (4.5 hours per week) 4-week training. Divided in 4 levels, our summer programme enables you to improve your skills whilst enjoying the academic study environment typical of all ANGLO courses.

#### Some of the courses strengths and takeaways:

**Expert teaching:** the students benefit from being taught by experienced English teachers.

**Develop your confidence:** enhance your English language skills in small class sizes.

**Flexible learning approach:** enables us to support your individual study goals and adapt to your interests and specific needs.

**Academic approach:** our lessons are interactive and promote learning through topical themes that result from an initial exhaustive in-depth needs analysis process.

**Emphasis on Communication:** our summer courses pivot around the development of the two main skills essential for effective communication (listening and speaking) by means of strengthening your grammar foundations and expanding and activating your passive lexical system.

**Focus on Pronunciation:** raising awareness at all levels about the intricacies of the English phonological system is also a key component of our Summer Courses programme.

**Extensive feedback:** we understand feedback as the essential component to every learning process. Our experienced teachers identify areas in need of improvement and, through detailed specific and personalized feedback, ease the transition from where each student currently is as far as his command of the language goes and where they aspire to be.

**Hands-on practice:** individual, in pairs and collective oral practice is part and parcel of our classroom dynamics.

**Face-to-Face or Synchronic On-line:** students can opt between these two formats, the traditional classroom face-to-face dynamics and the remote synchronic on-line class.

For more than 15 years the ANGLO Summer Courses Programme has made a difference for hundreds of students, enhancing their confidence and bettering their command of the English language. We hope you join us this February 2022, we would be honoured to accompany you in the pursuit of both your academic and personal goals.

**For further information please contact:**

**[inco@anglo.edu.uy](mailto:inco@anglo.edu.uy)**

**2902 3773 ext. 1147**



## Freefall

**A**t some point during the first weeks of the pandemic, I recalled what US Secretary of State Donald Rumsfeld said in the aftermath of 9/11: "... and there are the unknown-unknowns". This simple phrase, which tried to describe the uncertainties that were facing the world at that time, has never been so true for the full length of the pandemic and what is still in store for us. As an example, on 17 January, Associated Press posted that Israel, already applying 4th mRNA vaccine doses (the same as Chile is doing) is showing limited results in the over-60 population who are targeted. We had already taken for granted, that with Israel's experience of a year ago, that vaccines work. Later on, we learned that we needed two doses and the most recent dogma was that a fully vaccinated person meant that they had received a 3rd dose, called a 'booster'. We also became aware that after about 6 months, immunity wanes gradually, especially in the older population, which was the reason behind what Israel is doing, applying 4th doses. As the press article reads, the results have been to a certain extent, disappointing. We had thought we had learned how to corner the virus, until a new 'unknown-unknown' crossed our path.

Western countries: Europe, UK, North and South America have been led to have faith that Omicron, the present variant of concern, causes milder illness, limited to the upper airways and that it is acting pretty much like a vaccine, protecting against the prior Delta variant. However, the fact that those vaccinated x 3 ('boosted') fare better, with lesser hospital admissions and needing less intensive care therapy and are dying a lot less, is no guarantee that whatever may come after Omicron is going to be as benign. With the news from Israel that a 4th dose offers less than what was expected, in those especially vulnerable, there are still many unknown-unknowns ahead.

The summer resorts on our Atlantic seaboard have witnessed unleashed mass gatherings of young people, mostly unmasked, as if they were reclaiming their freedom and a refund of last year's summer which was taken away from them. The numbers of new cases have exponentially increased in all departments, but Maldonado and Rocha show the highest indices of contagion and spread, overwhelming their health systems designed for a lesser population.

The last weeks have been characterised by frequent changes in recommendations by health authorities of countries north and south of the hemisphere and on both sides of the Atlantic. Many of these guidelines are based less on science than on the dire need to rationalise resources, especially testing. Some are confusing and even contradictory.

We are in freefall, not by accident, but voluntarily. There is virtually zero margin politically for restrictions: nobody would comply, and this has, to a great extent, been the reason why our government will stick to the side-lines and not decree unenforceable lockdowns – unless the worst happens.

In space travel, the moment of re-entry, the return to Earth, is critical: the capsule or shuttle has to go through the atmosphere at a critical angle. You can miss the mark by going deeper and burning or you may aim too shallow and bounce away into interplanetary space. This required planning and training. A few minutes of radio silence added to the uncertainty.

This stage of the pandemic is an unplanned re-entry. There will be no radio silence: we'll live through it in real time. Nobody's bracing for impact. We're just wishful thinking ourselves out of the pandemic.



## Ten Pound Poms

By the late 1960s I'd been in Madrid for three years and was ready for a change. My roommate, Juanín, felt the same way so we decided we'd move somewhere else, maybe drive a Jeep to South Africa then take a ship to Australia. We discussed it with a friend at the Australian Embassy, and he had a much better idea. He explained that the Australian government's Assisted Migration Programme—part of its “Populate or Perish” policy—flew people from London to Sydney all the time, for the paltry sum of ten pounds sterling in administrative fees. Since most of those migrants were from the UK, and Australians call the Brits “Pommies,” the fee inspired the nickname “Ten Pound Poms.” Applicants committed to staying for two years or refunding the cost of the airfare if they left sooner. It was the cheapest ride anywhere, much too good to resist. So we did some paperwork at the Embassy in Madrid then went to London to board a flight that took us halfway around the world.

We landed down under as “assisted migrants” and, as such, were taken to a sort of clearing house, a large Quonset hut with dozens of cots arranged in rows, military style. We were told we could stay there for a week at no charge, and they would help us find work. Posters advertising blue collar jobs of all kinds festooned the walls, making me feel distinctly out of place. When asked to specify my trade I said I was an advertising account executive and was given a sceptical look. The hut was way off the beaten track, in a remote area beyond the city limits on the south side of town. We had no car. There was nothing to do and nothing to see in any direction, just open land. The place was clean and well organized, and the system was efficiently run. But, to me, after three years of hedonistic urban living in Madrid, it felt like a prison camp. Partly because I hadn't

slept for well over twenty-four hours, I found it all deeply depressing. I wasn't sure quite what I'd expected, but it certainly wasn't anything like this.

I was just starting to think about refunding the fare and flying back to Spain when the manager informed us that a Miss Miranda had called to say she was sorry to have missed us at the airport and would soon be arriving to collect us. Miranda? I looked at Juanín and he said he'd met her while she was traveling in Europe a few months earlier. They'd exchanged a couple of postcards and, in his last one, he said he'd be arriving in Sydney soon and mentioned the date. He never imagined she'd come to meet him.

Miranda arrived in a turquoise Mustang convertible with the top down, her blonde hair billowing in the breeze. A lovely, vivacious young woman, she swept into the forecourt and ran to meet us with open arms. There were squeals, giggles, hugs, huge sighs of relief, and then we were off. Through downtown Sydney and over the harbour bridge to Neutral Bay, where we stayed at her place on Kurraba Road until we found our feet. When one takes a leap into the unknown—as we had just done with (it must be said) very little real planning or forethought—precisely *where* one lands can set the tone for the rest of one's stay. I was immensely fortunate because that charming neighbourhood, not to mention the social scene at Miranda's house, were my introduction to Sydney.

In time I found a place to live and a job as an account executive at an advertising agency where I could have stayed forever. There was much to commend my life in Oz, but I was restless at that age and five years later I was off again on another adventure. I never went back but have very fond memories of my days as a Ten Pound Pom.



## DURAZNO'S DRAGON

**S**an Jorge is a typical town of deep Uruguay. Boarding National Route 100 that leads nowhere, it is a few blocks long and at its deepest, some two or three blocks wide, to each side of the route. Unpaved streets that can take you to the general store, the chapel and the departmental offices that attend all public matters of the town's 500 inhabitants, and the surrounding region. The main street is called Orfilio Rodriguez, as could be expected of a Uruguayan rural town. But appearances in San Jorge can be deceiving, and we can start at the chapel with its 150-year-old fresco of Saint George slaying the dragon; and if we take the trouble of looking for the whole name of the street, it turns to be Orfilio Rodriguez Wilkins; and finally, if we drive some more and reach the farm that gave the town its name and we realise it's not San Jorge but Saint George's. This corner of northeast Durazno was during the early and mid XIX century a British enclave, of which we can still find traces in that region.

The story of this "other" British corner in early Uruguay can start in 1809 with the arrival of the Scot Thomas Fair to Buenos Aires. Fair has great success and quickly buys land near Buenos Aires. Before Uruguayan independence times he will buy huge extensions of land in Durazno from a criollo, Manuel Perez, and in 1842 he will extend his farm buying from the neighbouring Scot, Charles Mackinnon, the first Briton in the region. Charles was son of Alexander Mackinnon, born in Naples, but who migrated to Uruguay when his marriage failed. By mid XIX century Thomas Fair had an important portion of land, probably more than 80,000 hectares, as writes the historian Oscar Padrón: *"The most important farm [in Durazno] is San Jorge, established in 1824 by Thomas Fair, father of today's proprietors. It had an extension of 36 square 'leguas'. In that land roam more than 50,000 cattle and he had a herd of 100,000 sheep"*.

That immense portion of land was administered by two of Thomas Fair eight sons, George, and Frederick. Another one, Thomas Jr, died drowned at Carpinteria river when infant, and was the second Scot buried at San Jorge's cemetery in 1853, the first being Peter Shanklin. It's not surprising that the Fair brothers, who commuted between Durazno, Buenos Aires, and Scotland, looked for help in the Scottish community in Argentina, and probably also brought some acquaintances from the Home Isles. During the second half of the XIX century many Britons came, some with families, to work in the Fair lands and established themselves in and around San Jorge. Some of them eventually returned to Argentina or Scotland, but we can still find surnames connected with this colony today, Lockwood and Wilkins being the most prominent.

Let's now follow the footsteps of another of the San Jorge Britons, the also Scot, Charles Edward Hall. Hall was a late comer on the enclave, when the Fair brothers had left for good, and their lands had been fragmented and sold or worked by British employees left behind. Hall was notable in one aspect, and in that sense, we can say he was far sighted as he was interested in the native trees of the country and he made extensive observations and studies between 1885 and 1890, which he published in the *Botanical Society of Edinburgh* bulletin in 1891. The article starts: *In 1885 I began measuring the girth of twenty-eight trees every month, at San Jorge, in the Republic of Uruguay*. Among the trees he studied were some local varieties as Paraísos and Eucaliptus and thus became the first expert in our trees, in a region that has now forestry as its main economic business.

The dragon is still at the back of San Jorge's chapel, remainder of other times and other worshippers. Orfilio Rodriguez Wilkins Street stays as the intersection of the past and present but leads to a future of dragons hiding among the trees.

## 19th Century Famous Oceanographic Expeditions around Uruguay

OCEANIDS

**N**ext February will mark the 146th anniversary of the arrival of the first oceanographic expedition at the port of Montevideo, aboard the HMS Challenger. Her route included thousands of nautical miles and four years of expedition.

OCEANIDS NGO, always concerned about environmental studies, remembers those first expeditions that, after their voyage through Uruguayan waters, have left scientific knowledge and indispensable material to reach a balanced vision of the blue economy in order to rebuild our maritime perspective.

The arrival of the HMS Beagle in 1833 with Charles Darwin as a fundamental piece of the crew should be remarked. One afternoon in April 1833, the Beagle dropped her anchors just a hundred metres away from the place where the famous HMS Agamemnon was submerged, a place that had been described earlier by Captain Ross Donnelly as the safest anchorage of Maldonado's Bay.

The Beagle remained swinging at anchor at this spot for several weeks while Darwin, using this time for studying, discovered five fish species unknown to science by then. Three of them are fundamental for present-day environmental monitoring, as they live in very specific conditions in the inter-dune ecotone, where saline waters and fresh waterways get mixed.

Later, while heading north into the estuary, in front of Colonia district, Darwin identified climatic fluctuations known as "El Niño- La Niña" Cycle. While sailing along the San Pedro ravines, he noticed signals of a period of extreme drought. He wrote in his famous diary: "The period between 1827 and 1832 is called the "gran seco". During that time so little rain fell that no plants

grew, not even thistles; the streams dried up, and the whole country took on the appearance of a dusty road".

The next major event was the arrival of HMS Challenger in 1876, a British expedition led by George Nares, considered as the world's first great oceanographic campaign.

By 1870, the Royal Society of London obtained the Challenger, an outstanding Royal Navy vessel, which was modified and equipped with separate laboratories for the study of natural history and cabins to house the scientists, as well as an experimental platform for dredging and trawling.

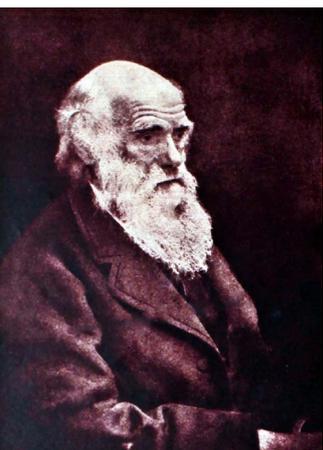
At the end of her itinerary, around January 1876, HMS Challenger arrived in the Falkland Islands, stopping over at Port Stanley and then proceeding to Montevideo and Isla de Lobos in Maldonado. This expedition station was named "Station 320-Fathom 600".

Among the various meteorological, atmospheric and bathymetric data from the Montevideo station, the discovery of very unique native marine animals was important. The innovative trawl was lowered in front of the Río de la Plata's mouth obtaining an extraordinary variety of animals including over one hundred new species.

We should mention here the discovery of a type of "stony corals" not expected in these latitudes, which were catalogued in the order of Cephalodiscus.

Both Darwin's discoveries of shallow water mesohaline species that can be called "the pollinating bees of the Uruguayan sea" and the delicately calcareous structures of the cephalodiscus discovered by the HMS Challenger, are absolutely valid and of great importance nowadays.

These discoveries which are from 150 years ago are still used as indicators of the acidification of seas, and the evidence of marine transgression that destroys the runoff bars, both affecting biodiversity and ultimately, human sustainability.





## Unexpected Results

**M**ore than 50 years ago, in 1967, when I was still a student in Uruguay, I joined an academic institution, a famous Society in London, UK, with a very distinguished trajectory and many significant publications. From time to time I bought many of its important books at a time when digital versions were a distant dream and those of us who wanted to do serious research, especially from countries very far away from large adequate university libraries, had to buy with great difficulty their expensive publications.

I'll always remember the Society's Secretary at the time, Mary Crawford, always eager to help and oblige, who sent me hundreds of pounds worth of publications before I made any payment but that made me stretch my modest personal finances to honour her trust with the least possible delay. I was very proud of this membership and when this Society found out after my return from Canada about my work with some local colleagues to spread such knowledge in Uruguay, they were always very sympathetic to our efforts.

Suddenly in 1992, without any request from us, they decided to make a large donation of their books to our Institute, about 5,000 US dollars worth of publications, for which I received a notice from the local Post Office that there were several large boxes full of books waiting for us at the Carrasco international airport. This happened on a Saturday and being bureaucracy one of the problems that turned any procedure involving the government into a nightmare of paperwork and delays, I dreaded the steps to get hold of these books. But one of our students happened to be a captain in the local Air Force, so as soon as he got to know, he volunteered to bring us the boxes. This avoided any delays and the next day, a Sunday, the boxes were sitting at our premises.

Then I started thinking. Why not get in touch with the British Embassy and propose to have a ceremony in which the books would be presented to us as a gift of the British people to Uruguay, using the embassy's many media

resources to make this ceremony more public and thus give us free publicity for our academic work. That Sunday I called the embassy and left a message indicating what we had in mind and hoping that if they were interested, an embassy official would get in touch with us during the week.

To our great surprise, the British Ambassador himself, Donald Lamont, (who would later become Governor of the Falklands) called us on that same Sunday and accepted our offer, arranging for a personal meeting at the embassy the next day. Everything was set up for a ceremony at the stately Ambassador's Residence a few days later with the presence of the members of our Board of Directors, of the Egyptian and British Ambassadors and journalists invited to a special press conference.

All went well and everybody was satisfied that the donation had been given the prominence it deserved. What had not been predicted was that in the Monday meeting I was going to meet the British Ambassador as well as the Press and Public Affairs Officer, a very nice and efficient lady of British ancestry, who was responsible for all the arrangements and with whom I promptly fell in love.

After a couple of months during which I found out that she was fortunately single, I won her heart and in 2019, shortly before she passed away, we celebrated our 27th wedding anniversary, a very happy life together that was abruptly interrupted by a tragic illness. An unforeseen chain of events that nobody could have predicted had not only provided us with plenty of valuable publications we couldn't possibly have bought but had also provided me with a wife.

She was so convinced that our coming together could not have been a mere coincidence, and that her deceased parents somehow had some influence on this, that we exchanged rings in front of their old grave in the British Cemetery, a very solemn occasion we remembered every year. Nobody could have anticipated the chain of events that a simple book donation would entail.



## Leek And Fish Crumble

### Ingredients

Serves 4

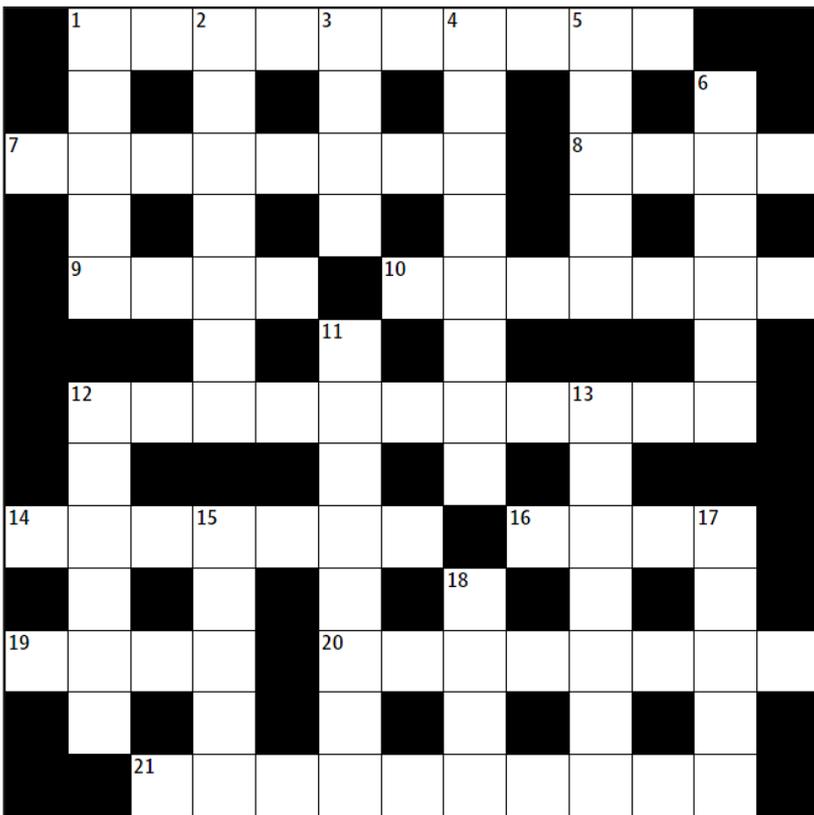
- 20 g butter
- 3 medium-sized leeks cut in half lengthwise and sliced
- 2 cloves of garlic, finely chopped
- 1 teaspoon paprika
- 20 g flour
- 350 ml whole milk
- Grated zest of one lemon
- Salt and pepper to taste
- 500 g fish of your choice, preferably firm textured, cut into cubes
- 60 g wholemeal flour
- 50 g homemade breadcrumb or panko
- 25 g sesame seeds
- 1 teaspoon thyme leaves
- Freshly ground pepper
- 25 g cold butter
- 75 g grated semi-hard cheese
- 1 teaspoon mustard

This crumble pie is the perfect fish pie alternative – and just as delicious.

I've used fresh fish in this fish crumble pie. Healthy and delicious, this fish crumble is the perfect way to finish an evening.

### Method

- Heat the butter in a saucepan and add the leeks and fry for ten minutes taking care not to burn. Add the garlic and paprika and fry carefully for ten seconds. Add flour and mix in well. Add the lemon zest and the salt and pepper. Cook for a couple of minutes while continually stirring. Add about 1/3 of the milk and stir over the heat until the mixture is thick and homogeneous.
- Add half of the remaining milk and continue stirring over the heat until the sauce is again homogeneous and slightly more liquid.
- Add the remaining milk and stir overheat until simmering and allow to cook for five minutes over low heat stirring occasionally.
- Allow to cool and add the raw cubed fish and, if you choose, add fresh herbs such as parsley, dill, chives, or coriander leaves.
- Pour the mixture into an ovenproof dish and prepare the crumble.
- Mix together the whole meal flour, breadcrumbs, sesame seeds, thyme and pepper in a bowl and rub in the cold cubes of butter with your fingertips until the mixture resembles crumbs. Add the grated cheese and mustard mixing in well.
- Sprinkle the crumble over the leek and fish mixture and bake in a preheated oven at 180°C for between 20 and 25 minutes until the fish is cooked and the crumble mixture nicely browned and crispy.
- Serve with a fresh green salad and a cool glass of white wine.
  
- Can change fish for cubed ham, cooked chicken or blue cheese and walnuts
- Could add a layer of cubed, boiled potatoes or mashed potatoes on top of the leek mixture before adding the crumble for the final layer.
- Once prepared and before finishing in the preheated oven, it can be covered and chilled in the fridge for 24 hours. Alternatively, it may be frozen for up to two months and thawed overnight in the fridge before reheating.



Print this page and start playing!  
Solution in our next Contact issue.

January solution:

	1	F	2	O	3	T	B	4	A	5	L	6	L	7	U	8	B	
8	C		U						M		A						O	
9	R	E	T	R	O			10	A	N	T	E	N	N	A			
									Z		H							
11	C	R	A	B			12	S	O	L	E	N	O	I	D			
								13	P		N							
14	E	N	T	A	I	L			15	B	E	A	16	C	O	N		
									17	U		D		A			G	
18	M	A	19	G	A	Z	I	N	E		20	T	R	A	P			
												21	B	T			A	
22	T	A	V	E	R	N	S						23	A	M	I	S	S
24	H	E	R	E	A	N	D	T	H	E	R	E						

## Across

- 1 Without question (10)
- 7 The wrong word for it (8)
- 8 Tapered tuck in dressmaking (4)
- 9 Tug (4)
- 10 How far one's driven (7)
- 12 Regardless (4,4,3)
- 14 Something to be skated around (3,4)
- 16 Something to revolve around (4)
- 19 Cut out (4)
- 20 Rushed (2,1,5)
- 21 Roman Catholic priest's house (10)

## Down

- 1 Friendliness (5)
- 2 Another word for it (7)
- 3 Feeble (4)
- 4 End of the line? (8)
- 5 Projecting ridge (on a mountain or underwater) (5)
- 6 Rugged (6)
- 11 Decade — in tweets (anag) (8)
- 12 Harsh laugh (6)
- 13 Jumble (7)
- 15 More mature (5)
- 17 I apologise (5)
- 18 Nebulous (4)



## Getting The Message

My partner sent me a message.  
'That's it – we're finished', it read.  
'All is over between us,  
Your snoring was heinous,  
You were a disaster in bed!'

I took a dim view of this message  
And tried to find words to express  
My displeasure; but then  
The phone pinged again.  
'Sorry,' it said, 'Please ignore –  
wrong address.'



## DILBERT

by Scott Adams  
<https://dilbert.com/>



# Aha! That's how you get genius ideas

## A simple way to force your brain to be more creative

Most people think 'eureka' moments strike from out of the blue, but there are ways we can all inspire creative ideas, says professor Jonathan Schooler.

BBC  
REEL



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From a psychological thriller starring Harry Styles and Florence Pugh, to Robert Pattinson as The Batman, and sequels to Avatar and Knives Out, critics of the BBC pick the best releases slated for 2022.

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*St Valentine, London*