



THE BRITISH SOCIETY  
IN URUGUAY

# CONTACT

JUNE 2024

**British Society  
Croquet Tournament**

**Anglo Institute  
20<sup>th</sup> Anglo Congress**

**Back in Time  
Casablanca**

**British Embassy  
New HMA to Uruguay  
Announced**

**Christ Church  
Working for Maturity**

DEAKIN

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## BSU CONTACT NEWSLETTER

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Montevideo, Uruguay

Dear Members:

May has just gone by, a beautiful month packed with activity for our dear Society. We had a very successful After Office at Betalba House, where the renowned historian Fernando Lopez D'Alessandro captivated both Betalba and BSU members. He shared intriguing viewpoints on current affairs and conflicts, making it a truly remarkable evening.

Our Autumn croquet tournament was another highlight of the past month. Both experienced and novice croquet players of all ages shared a chilly Sunday morning at the Anglo Carrasco. Delicious treats, warm drinks, and wonderful prizes for the winners crowned the event. Congratulations to Flavia Faedo and Sebastián Haro for winning first place, and to Andrea Davies and Diego Prevee for securing second prize! Thank you to all our sponsors for the amazing prizes.

International Tea Day was celebrated on May 21st. I hope everyone enjoyed a nice, warm cup of tea in their preferred way on that day. A few members were invited to a special Tea Day celebration at Betalba House, where they savoured delicious blends by Tea Please and enjoyed an interesting talk about tea by Alba Blustein.

The Council Meeting was held on May 23rd at Christ Church. Several sister societies attended, allowing us to share our successes, future goals, and strengthen our bonds. As always, our community cooks baked some delightful goods for the occasion.

In Uruguay, May 26th was National Book Day. It was a perfect day to curl up in your favourite spot and enjoy a good read. I enjoyed rereading "The Pillars of the Earth" by Ken Follett and some Harry Potter with my family.



Last but definitely not least, we had a joint event with Montevideo Players, Karaoke Night, on May 29th. This was a fun and relaxed evening, and we had the pleasure of HRH Ambassador to Uruguay, Ms Faye O'Connor, sharing the evening with us. We should surely repeat this fun activity shortly!

Several members have contacted me with ideas for the future —thank you, everyone, for sharing! Let's keep in touch. Some members asked me about the bottle tops, and a few even gave me some. A heartfelt thank you to all of you!

June, though not as busy, will have several interesting activities, including a Lecture Supper by Jeanine Beare on 16th June and an After Office with Carlos Luzuriaga as the speaker at Betalba House.

As the days become shorter and temperatures drop, the Winter Solstice is approaching, bringing forth a new season. We are now halfway through 2024. It's a good time to reflect on everything that has happened this year and look forward to what's to come.

Warm regards,

Ximena Williamson

*With this in mind, I bid you farewell with an Emily Brontë poem, "Spellbound".*

The night is darkening round me,  
The wild winds coldly blow;  
But a tyrant spell has bound me  
And I cannot, cannot go.  
The giant trees are bending  
Their bare boughs weighed with snow.  
And the storm is fast descending,  
And yet I cannot go.  
Clouds beyond clouds above me,  
Wastes beyond wastes below;  
But nothing drear can move me;  
I will not, cannot go.





## Realism in Artwork

This month's cover depicts a watercolor painting of the House of Parliament in London, viewed from across the Thames River. The painting features a prominent Big Ben tower, with its iconic clock face, set against a blueish colored sky. The serene river reflects the grandeur of the historic structure, adding to the tranquil and picturesque scene.

But believe it or not, which is something easy to do nowadays, the image was created using online Artificial Intelligence (AI). All I had to do was find the right software, write the correct instructions (prompt), and like magic... the image was generated! I had to tweak and make a few adjustments to the instructions until the image was acceptable to my need.

Since the possibility that someone else might use the exact same words for the instructions is very small, I am quite confident that the image is unique and there is none like it any other place in the world or online.

The back cover of this issue is also another example of an image created by Artificial Intelligence.

In conclusion, images created by AI can be very realistic, so not everything we see out there can be taken at face value.



## MEMBERSHIP FEES

Remember you can pay your 2024 membership fees easily from the comfort of your own home using your credit or debit card through [MercadoPago](#).

We have also implemented recurring payments so you no longer have to remember to pay your fees. You do not need to have a MercadoPago user, by clicking [HERE](#) you can choose to enter your details as "Invitado", you are 3 clicks away of never having to remember to pay again! This recurring payment is very easy to cancel if you wish to do so in the future.

You may also pay by transfer or a direct deposit to the account of The British Society in Uruguay at Banque Heritage (account number 62582-03). Please email your transfer/deposit slip to our Treasurer.

If you forgot to pay any previous annual fees please email our Treasurer at [treasurer@britsoc.org.uy](mailto:treasurer@britsoc.org.uy) to learn about ways to pay past dues.

If you wish to become a member first fill in [this form](#).

**Your membership will be updated once this is done.**



**MercadoPago  
Annual Fee - \$700**



**MercadoPago Recurring  
Payments - \$650**





# Birthdays

in June

- 1 Ignacio López
- 3 Juana Isern
- 5 Daniel Atilio Bonelli
- 5 Agustina Lebrato
- 9 Catalina Williman
- 10 Marcio Umpierrez
- 12 Matias Martin Campbell
- 16 Maria Valentina Correa
- 18 Maryel Aylén Maciel
- 20 Agustina Scherschener
- 23 Alexandra Cooper
- 24 María Fernanda Reda  
Niza Marlene Flores  
Mariné Carolina de León
- 25 Catherine Mary Bodeant  
Carolyn Anne Symonds
- 29 Tomás Isern



## New Members

- Jorge “George” Carlos Vaz Ferreira Wilson
- Kathryn Patricia Wood
- Louis Fabricio Mchinderburg Crosi
- Maria Valentina “Valen” Correa Bove
- Sebastián “Sebas” Haro Domenech
- Soledad “Sole” Manzi



## Bilingual Wanted

Academic looking for pre-University or University student totally bilingual in English and Spanish who wishes to acquire international secretarial experience to prepare a scientific congress early December 2024, for six months working 20 hours a week based in Montevideo. Please contact: [simini@fing.edu.uy](mailto:simini@fing.edu.uy)



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# June 2024



## 5 Wednesday

British Uruguayan Club  
**Luncheon with Andrés Ojeda**  
Parva Domus, Punta Carretas

## 6 Thursday

The Montevideo Players  
**An evening of readings featuring our HMA**  
Neil Fairless Centre, Acevedo Díaz 2324

## 13 Thursday

British Society in Uruguay  
**Lecture Supper**  
“Embracing Native Wildflowers” by Jeanine Beare  
British Hospital 7:00 PM

## 20 Thursday

British Society in Uruguay  
**After Office**  
“British Origins in Uruguayan Football”  
A fascinating exploration of how Uruguayan football has been shaped by British influences throughout its history. From tactics to football culture, this talk promises to offer a unique perspective on the relationship between the two countries in the world of sport.  
By writer and researcher Juan Carlos Luzuriaga.

# July 2024

## 14 Sunday

The Anglican Church  
**Farewell Service to Bishop Daniel**  
Anglican Cathedral, Holy Trinity  
Farewell service for Bishop Genovessi and to welcome the Rev. Hernán Dei Castelli as Vicar General for Uruguay and the Diocese.  
After the service, everyone is invited to join for a toast.

**List your events in our calendar:**  
We invite all sister societies to send us dates of your upcoming events to [editor@britsoc.org.uy](mailto:editor@britsoc.org.uy).



## 2024 COUNCIL MEETING



**Sonya celebrated her 86th birthday on Monday 27<sup>th</sup> of May!**

**Happy birthday dear Sonya!!**





# AFTER OFFICE AT BETALBA HOUSE





# CROQUET TOURNAMENT





# All Abroad!



British citizens living abroad – you can now vote in UK Parliament elections, even if you've lived away for over 15 years.

If you are a British citizen you can now register to vote in UK Parliamentary elections, no matter how long ago you left. This right to vote includes the upcoming UK Parliament general election on 4 July.

You can register online at [www.gov.uk/register-to-vote](https://www.gov.uk/register-to-vote). It's also now possible to apply online to vote by post or proxy. Deadline is 11.59pm on Tuesday 18 June. More info in the [Electoral Commission website](#).



## New HMA to Uruguay announced

The Foreign, Commonwealth and Development Office announced that Mal Green has been appointed His Majesty's Ambassador to Uruguay in succession to Faye O'Connor OBE. Ambassador Green has previously worked in the region as Deputy Chief of Mission in Argentina and Chile and will assume his appointment in Uruguay during August 2024. You can find his professional biography [here](#)

## Another year achieving carbon neutrality!

[The Residence and the Embassy have been certified as carbon neutral for the fourth consecutive year](#) by One Carbon World. As part of her last trip to the interior, Ambassador Faye O'Connor visited a forest establishment in Tacuarembó on 16 May, to learn more about carbon neutrality and green emissions.



## HMA at a Royal Garden Party

[Ambassador Faye O'Connor had the pleasure to attend a Garden Party at Buckingham Palace on 8 May](#). The event was hosted by Their Majesties King Charles III and Queen Camilla and attended by other Royal Family members.



Follow us online: [www.gov.uk/fcdo](https://www.gov.uk/fcdo)





THE BRITISH SCHOOLS  
*Founded 1908*

# Flashdance

THE MUSICAL

GET READY  
TO DANCE TO THE  
**80S CLASSICS**

WHAT A FEELING, MANIAC, GLORIA,  
I LOVE ROCK 'N' ROLL, AND MORE!

COMING  
SOON



## Celebrating achievement: Awards Ceremony at The Anglo School

Our Awards Ceremony has long been a cherished event for our community, marking the culmination of our Primary and Secondary students' dedication and hard work in their English studies.

This year the ceremonies took place on the 17th and 18th of April at Teatro del Anglo. These events celebrated the achievements of our students in their Cambridge English, Cambridge International, and Anglo exams. Over 300 students received their certificates and a gift in recognition of their efforts, reflecting a steady increase in the number of learners who choose to certify their English proficiency. Receiving the certificates and gifts from their teachers, who play a key role in motivating, inspiring and leading students to set high goals and strive for excellence, added relevance and emotion to this memorable moment. We are extremely proud of our students' and teachers' joint effort and commitment!



From Primary Form 2 to Secondary Form 4, our students undertook a range of both international and national exams. Along their English learning journey, they sat for Cambridge English YLE (Young Learners Exam) at the Starters, Movers, and Flyers levels; Key for Schools; Preliminary for Schools; First for Schools; and Advanced. In Secondary Forms 2 to 4, they also took the Anglo S6, First, and Advanced exams. Additionally,



all our Primary Form 6 and most Secondary Form 4 students certified their bilingual education with the Cambridge International Checkpoint and IGCSE exams.

We are proud to highlight the excellent results achieved by all our students, especially the top grades earned by our IGCSE candidates in subjects such as English as a Second Language, Global Perspectives, Literature in English, and Business Studies.

The ceremonies were further enriched by artistic performances from our talented students and parents. Primary students delighted the audience with ribbon dances and a choir formed by parents made its first public performance by singing renowned songs both in English and Spanish. These performances added a festive and celebratory atmosphere to the events.

While these ceremonies celebrate the hard work and achievements of our learners over the past year, they also aim to encourage and support them in their ongoing journey to become lifelong learners and global citizens of the 21st century.

A heartfelt thank you to all the teachers who guided our students on this learning journey and congratulations to all our students for their remarkable achievements!



## Celebrating success at the Anglo: the impact of Cambridge exam achievements on students' education.



ANGLO

From March through May, we have had the pleasure to participate in Cambridge Certificate ceremonies at many schools and institutes all over the country. We have been to Artigas, Salto, Minas, Melo, Tacuarembó, San Carlos and Montevideo just to name a few of the cities we have visited.

It has been a pleasure to spend time with students, families and teachers celebrating their achievements. These events have not only marked the culmination of hard work and dedication but also signified the beginning of new learning journeys filled with motivation.



Celebrating success is crucial for several reasons. Firstly, it acknowledges the efforts and perseverance of students. Behind every success story lies countless hours of study, determination, and overcoming challenges. Recognizing these efforts reinforces the value of hard work.

Moreover, celebrations are extremely motivating instances. When students see their achievements being celebrated, it ignites a sense of pride and accomplishment, encouraging them to aim higher and pursue further academic endeavors. This positive reinforcement creates a cycle of continuous improvement and fosters a culture of excellence within educational institutions. At the Anglo we insist on the importance of taking the time to celebrate and reinforce the value of education.

The significance of passing Cambridge Exams extends beyond the local level. These exams carry international recognition, opening doors to opportunities globally. Whether pursuing higher education or entering the workforce, the prestige associated with Cambridge qualifications will enhance students' prospects and gives them a competitive edge in a globalized world.

Furthermore, the experience of sitting these exams cultivates a growth mindset among students. Facing challenges head-on, navigating through complex problems, and adapting to different testing formats all contribute to the development of resilience and perseverance. This mindset shift, from viewing obstacles as setbacks to seeing them as opportunities for growth, is invaluable not only in academics but also in life. At the ceremonies, students and parents are made aware of the significance of these exams and given the time to reflect on the impact of their achievements.

Beyond the immediate success, passing Cambridge Exams sets students on a transformative learning journey. It equips them with essential skills such as critical thinking, problem-solving, and effective communication, which are indispensable in today's dynamic world. Moreover, the rigorous preparation for these exams instills discipline and time management skills, laying a strong foundation for future endeavors.



In essence, celebrating the achievements of students who have passed Cambridge Exams is more than just a celebration for the Anglo; it is an opportunity to educate and enlighten students about the impact of these exams, reinforcing the enduring value of education.



20<sup>th</sup> ANGLO CONGRESS



ANGLO  
CONGRESS  
*20 years*



ANGLO



# BOOK THE DATE

**SAT 17, AUGUST  
RADISSON MONTEVIDEO**



# The Endocrine System: Role and Common Disorders

**The human body's endocrine system, composed of various glands and the hormones they produce, regulates many vital functions. The absence of any of these glands can be life threatening. Consulting an endocrinologist is essential if you have a known endocrine disorder. However, the primary care physician plays a crucial role in identifying isolated symptoms and assessing the need to refer to a specialist.**

Among the most common disorders are type 1, type 2 and gestational diabetes, as well as issues with the thyroid gland, pituitary gland, parathyroid glands, adrenal glands, ovaries, testes, and osteoporosis.

## **Thyroid Disorders: Prevalence and Symptoms**

Consultations for thyroid nodules are common; between 60% and 70% are detectable by ultrasound.

Mild hypothyroidism affects up to 10% of the population, while hyperthyroidism is less common, affecting 2%. Both conditions are often autoimmune: hypothyroidism is frequently due to Hashimoto's thyroiditis, and hyperthyroidism is commonly caused by Graves' disease.

People with a family history of thyroid diseases or other autoimmune diseases (such as celiac disease, lupus, rheumatoid arthritis, or vitiligo) are at a higher risk of developing thyroid disorders.

Hypothyroidism presents nonspecific symptoms like fatigue, cold intolerance, decreased heart rate and potential complications such as pericardial effusion. In contrast, hyperthyroidism can cause weight loss, increased heart rate and heat intolerance. The diagnosis of both conditions is primarily made through blood tests.

## **Treatments for Hypothyroidism and Hyperthyroidism**

Hypothyroidism treatment can be temporary in certain situations, such as pregnancy-induced hypothyroidism. However, in cases like Hashimoto's thyroiditis or following surgery or radioactive iodine treatment, the treatment is typically lifelong with levothyroxine. Hyperthyroidism has a broader range of treatment options, including medication, radioactive iodine therapy and, in some cases, surgery.

## **Impact on Quality of Life**

Due to their symptoms, hypothyroidism and hyperthyroidism can affect quality of life. However, once treatment is initiated and hormone levels are stabilised, the patient's quality of life generally improves significantly, although some may experience residual symptoms.

## **Metabolism and physical activity**

Metabolism includes the chemical reactions in cells that transform substances and generate energy, known as anabolism and catabolism. Consultations about metabolic issues often focus on basal metabolism, the rate at which calories are burnt at rest. Alterations in basal metabolism are rare but can be optimised by increasing muscle mass and with physical activity. Most cases of obesity are not due to endocrine disorders but rather to an imbalance between calorie intake and the amount of calories burnt.

## **Metabolic syndrome**

It is a set of characteristics that increase the risk of diabetes and cardiovascular diseases. It is diagnosed by the presence of three or more of the following features: large waist circumference, hypertension, high blood glucose, low HDL cholesterol or high triglycerides. There isn't a specific test for insulin resistance syndrome; diagnosis is based on these factors. It is crucial to regularly assess blood glucose and lipid profile, especially in people at risk of thyroid diseases. International guidelines recommend that women start TSH testing at age 50 or earlier if they have risk factors.

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*Article written from a podcast from Humana by Dra. Cristina Alonso Rego.*



## Working for Maturity

**Y**esterday I participated in a really fun interview. I mean to say that it was fun for me! I was the person being interviewed and I only have a vague idea of how it even came about.

A random person called and left a message for me. I replied by text and quickly found myself agreeing to meet via Zoom for a class project. The assignment was to locate a person of faith and ask a series of questions about religious experience.

I took the interview with no time to reflect on just exactly what they might ask. I actually thought they just wanted a quote or a statement of some sort. I thought I would be online for about fifteen minutes. I was wrong.

It turned out to be a small group of students. They had a thoughtfully prepared interview with a series of excellent questions. Each person asked me one or two questions with a follow-up. We spoke for an hour.

I was fascinated by their interest and enjoyed their obvious delight in hearing unexpected anecdotes and observations from my life in answer to their questions. They wondered if I could share any formative religious experiences and if I had ever doubted the validity of my faith. They asked me to identify two primary ways that I have dealt with doubts. They asked how my faith influences my life, shapes the way I see the world and impacts my interaction with people.

I have lived and worked as a pastor in some very diverse places. A Bible class in Bellavista in 1997-99 requires a different set of social skills, personal awareness and mental acuity than a group of north Bogotá teens or a multicultural congregation in eastern Montevideo.

I told them I am not the same person I was ten years ago. I have to evolve and mature. Babies automatically grow into adults biologically.

But we are not just physical beings. We are social, intellectual, emotional and spiritual as well. To move from one stage to the next in any area requires intentionality. I am working every day to be an authentic, integrated emotionally and spiritually mature person in keeping with my biological age.

The last thing I expressed in the interview was my gratitude for their desire to study psychology and develop their knowledge and skills to help others mature in every way possible. And I never asked, but I guess they must be studying William James.

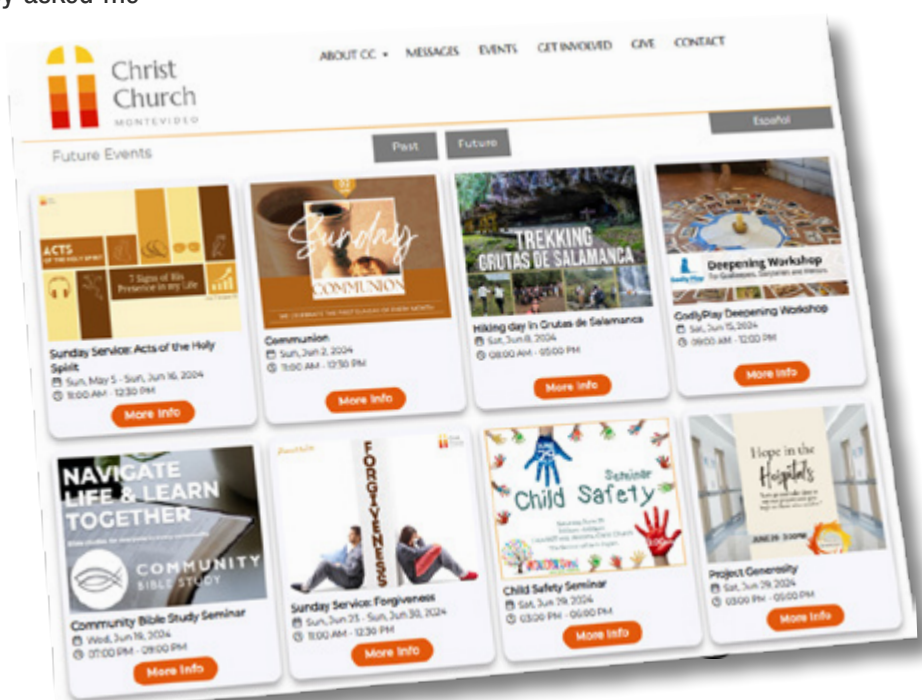
Stay warm and visit our evolving, maturing website to learn about activities you might enjoy.

John Hamilton

Pastor, Christ Church



[www.christchurchmvd.org](http://www.christchurchmvd.org)





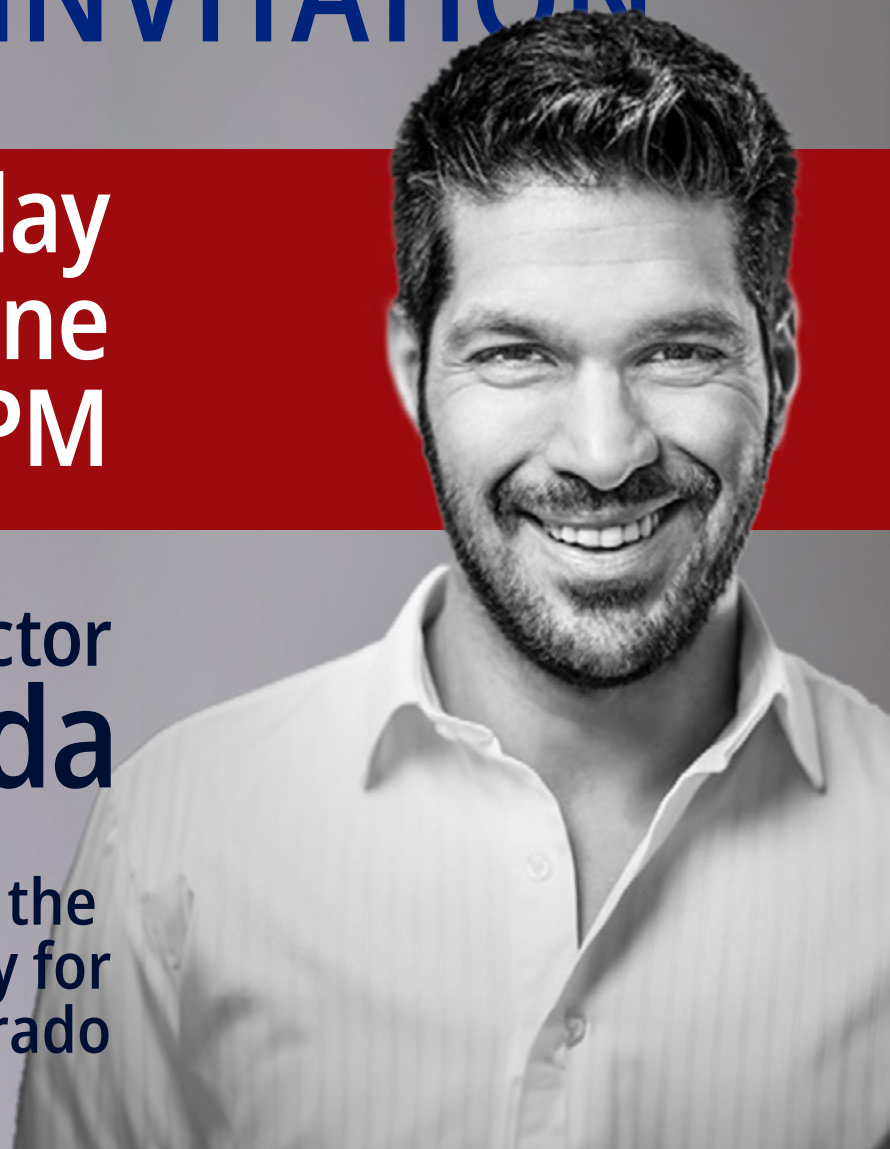


# LUNCH INVITATION

Wednesday  
5<sup>th</sup> of June  
at 12:15 PM

Doctor  
**Andrés Ojeda**

Precandidate for the  
Presidency of Uruguay for  
the Partido Colorado



**Parva Domus, Punta Carretas**

Bvar Artigas 136, Esq. Parva Domus

Those in need of a special menu (celiac, diabetic, vegetarian, etc.)  
please notify the Club Secretary in advance to attend to your requirement.

**More Information**

[www.cub.com.uy](http://www.cub.com.uy)







## THE MONTEVIDEO PLAYERS SOCIETY

### Panthers of '69

#### About the play

This play is a translated and adapted version of "Entre mujeres", later called "Brujas", a play by Santiago Moncada, that premiered in 1988.

Five former close friends from Catholic boarding school get together 30 years after graduation. They are five women "staring 50 in the face", who have done well socially. Three are married, and the two single ones have achieved remarkable success as a writer and a high class escort respectively.

The reunion takes place in Helen's luxurious apartment, and what seems to be a champagne dinner turns into an inquiry about life and the meaning of happiness, faithfulness, and betrayal.

#### Last shows:

**Fri, 14 / 06 / 24 Sat, 15 / 06 / 24 Sun, 16 / 06 / 24**

All shows are at 9 PM except Sundays (7 PM). Doors open 30 minutes before the start of the performance. Please factor in time for parking. There is NO admittance after the show starts.

#### Venue

The play takes place at our home, the Neil Fairless Centre. Also, if you indicate so in the booking form, you can meet at least part of the cast & crew after the performance (subject to cast availability).

## An evening of readings featuring the UK Ambassador

#### About the event

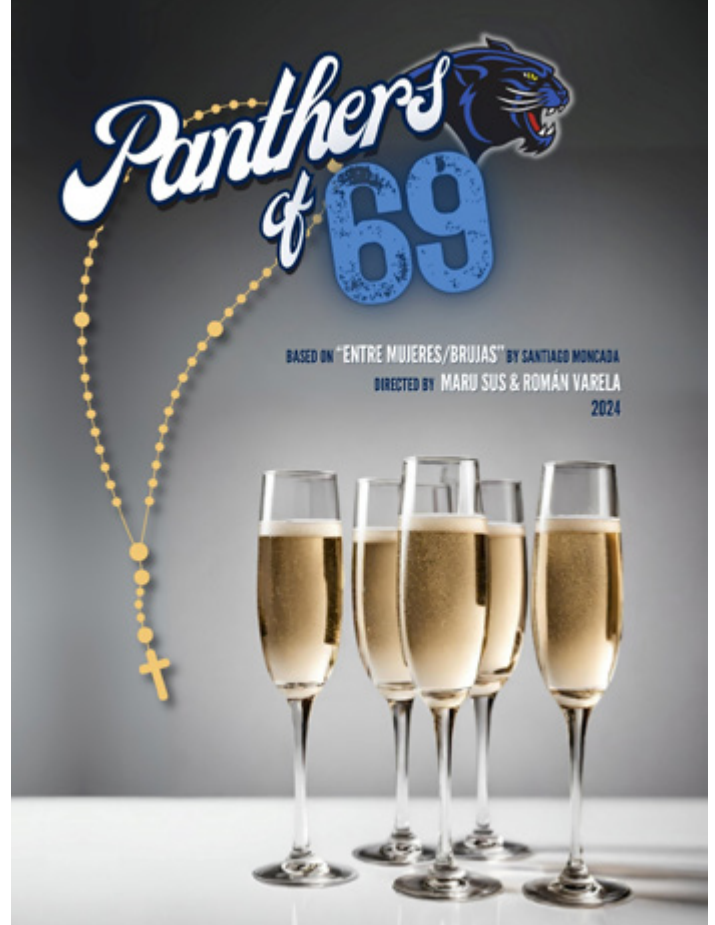
The Montevideo Players Society is organizing an evening of short theatrical readings, with the performances of both Montevideo Players and HM's Ambassador, Faye O'Connor, a RADA graduate.

**When** Thursday, June 6th, 2024

**Time** 7 PM

**Pricing** Members - FREE, Non-members - \$ 250

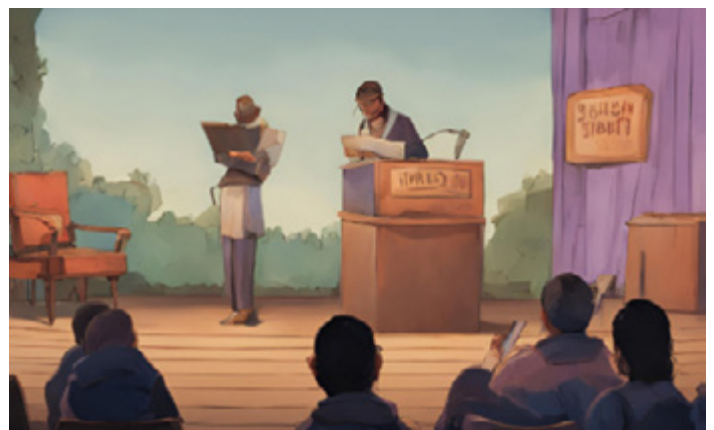
**Venue** The activity takes place at our home, the Neil Fairless Centre. Here, if you so wish, you can live the experience of speaking English all the way as if you were visiting a pub in London.



## BOOK YOUR PLAY

#### Our booking system works as follows:

- we check availability (this is done by a human, so turnaround time is variable) and confirm your booking or offer alternative dates.
- as part of confirmation you receive a Mercado Pago payment link via email.
- you pay up to 48 hours before the show and receive payment confirmation.
- you show up on the day of the show and pick up the tickets at the front of the house.



## GET YOUR TICKETS

**At the pub you can order Davok craft beer, wine, spirits or soft drinks, and have pasties and pizza.**



## DICKENS & CAMBRIDGE ENGLISH AWARDS CEREMONY 2024



Platinum  
Authorised Exam Centre



On 29<sup>th</sup> of May, we celebrated the outstanding results of top students in the 2023 Cambridge English exams. In association with Cambridge, Dickens organised an awards ceremony for more than 80 students from all over the country and from different levels, who attended accompanied by their families. In addition, we recognized their Preparation Centres' work, also responsible for this success.





City of Montevideo Pipe Band opened the ceremony and the speeches were given by our General Director, Sofia Scherschener, and our Academic Director, Andrea Cabrera:

*"At Dickens, we are really proud of the students and their teachers' accomplishment, and we are enjoying this celebration immensely because we feel part of their journey to success. Thank you for sharing your journey with us."*



[CLICK HERE to see all the winners](#)



Platinum  
Authorised Exam Centre







## Casablanca

by Tony Beckwith  
tony@tonybeckwith.com

I have lost track of how many times I've seen *Casablanca*. But I saw it again the other night and was entranced all over again. It is one of those timeless films that has aged well and still moves and inspires me just as powerfully as it did the first time I saw it.

*Casablanca* was released in the United States in January 1943. The Second World War was raging in Europe at the time and the film, which was part of the U.S. propaganda effort, captured some of the drama of that epic struggle. The Germans took Paris in 1940, forcing the exodus of anyone trying to avoid being rounded up by the occupying forces. Many headed south, taking a circuitous route across the Mediterranean to Casablanca, a port city in Morocco on the Atlantic coast of North Africa. From there, they hoped to make their way to Lisbon, in neutral Portugal, and, with luck, to the United States.

Rick Blaine, an American with a checkered past who managed to get out of Paris in time, owns a nightclub and gambling den in Casablanca. *Rick's Café Américain* is a popular place catering to an eclectic clientele that includes the local Vichy French, Nazi officers, and desperate refugees who are trying to buy, bribe, or barter their way to freedom. Rick is, of course, played by Humphrey Bogart in one of the defining roles of his career. He is a bitter, cynical man who makes no secret of the fact that he "sticks his neck out for no one." But one day his past catches up with him, in the shape of Ilsa Lund, his former lover, played by the luminous Ingrid Bergman. Rick believes she betrayed him back in Paris. She certainly broke his heart, and her arrival prompts him to utter one of the movie's famous lines: "Of all the gin joints in all the towns in all the world, she walks into mine." This is the love story at the heart of the film, and, like any good love story, it has a few twists and turns. When Rick hears Ilsa's version of what happened in Paris, his bitterness dissolves and he offers to help her and her husband, a renowned resistance leader who is wanted by the Nazis. A classic love triangle, but one whose ultimate denouement is far from clear.

So, why is *Casablanca* such an enduring favourite? It has a strong plot, fine acting, credible dialogue, and is set in an exotic environment at a pivotal time in our history.

The love story is compelling and believable. The direction is old school. There is no gratuitous sex or violence, no brawling or falling downstairs, no special effects, no expletives, no yelling. The protagonists act like civilized people in ways that remind me of the world I was born into. They wear elegant clothes or uniforms; Bogart looks terrific in a white dinner jacket and Bergman's period hats add style to her natural beauty. Characters speak in full sentences, making conversation and communicating clearly and coherently. There are a few corny parts, but they somehow add to the authenticity of the production. It's a good story, with veteran actors playing supporting roles that expand the main narrative. The undercurrents of tension and danger, and occasional humor, mingle with themes of integrity and high-minded conviction, and the surprise ending superbly reinforces the film's message of honor and decency. It went on to win three Oscars, for Best Picture, Best Director, and Best Adapted Screenplay. The Library of Congress chose to preserve it in the National Film Registry as being "culturally, historically, or aesthetically significant." It has achieved iconic status and is consistently ranked as one of the greatest films in history.

Works of art usually encourage reflection and introspection and this one is no exception. When I watch *Casablanca*, I am moved to wonder what I might have done if I had had to contend with the ethical and existential challenges that Rick Blaine faced. Would I look out for myself, or would I choose a higher road and look out for my fellow man or woman? This exercise is good for our moral and spiritual growth and is one reason *Casablanca* remains a classic to this day.







## Alice Munro (1931-2024)

by Lindsey Cordery  
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When Alice Munro won the Nobel Prize for Literature in 2013, she was already very frail—and, also, her husband had recently died. Her daughter travelled from Vancouver to Stockholm to receive the prize in her place. At the ceremony, a filmed interview by the Swedish journalist Stefan Åsberg, “Alice Munro: In Her Own Words”, was shown instead of the traditional Nobel lecture. The Nobel committee justified their decision to award Munro the prize as “the master of the contemporary short story whose writings capture what it means to feel simply a human being”. Munro died aged 92 on May 14<sup>th</sup>, and both the Nobel committee’s words and the interview have been widely cited.

Alice Laidlaw was born in Wingham, a small town in Ontario in 1931. The family was poor, descended from Irish and Scottish Protestant immigrants. Alice won a two-year scholarship to the university of Ontario, where she met and married James Mason in 1951, moving with him to Vancouver, started a family, and eventually opened a bookshop still doing business today. The couple divorced in 1972, and Munro returned to Ontario, where she married Gerald Fremlin.

A writer all her life, Munro is remembered for recreating her little bit of territory and its society in Ontario, although Vancouver figures in many stories too. Beyond geographical coincidences with the two places she lived in, all of Munro’s work – over 100 stories collected in 13 books- relate to her own life, and the lives of characters she based on herself and people she knew. She delves deeply into expectations for women marked by a patriarchal society, into their need to escape them. Young women, girls, elderly women, their men, facing difficulties, pain, deaths, are portrayed compassionately and -this isn’t a contradiction- a lot of humour, and irony. Her gaze, focussed on the complexities of life, have led to comparisons with Chekhov -in fact, she’s been labelled the “Canadian Chekhov”- and Katherine Mansfield has been invoked too in descriptions of her stories. As well as the Nobel Prize, she was awarded the most prestigious Canadian and international prizes for her work of over 60 years.

Munro belongs to a generation of writers who sought to break with UK and US literary establishments, leading to the formation of the “Canadian Studies” area.

Writers like Margaret Lawrence, Carol Shields, Jane Urquhart, men writers such as Malcolm Lowry and Michael Ondaatje, were part of this scene too. The most prominent of these writers is Margaret Atwood, who last week dedicated a tribute to her colleague and friend. Atwood also wrote a chapter in *The Cambridge Companion to Alice Munro*, titled “Lives of Girls and Women. A Portrait of the Artist as a Young Girl”, -the nod to James Joyce being, of course, intentional.

American critic and novelist Mona Simpson long championed Munro as a candidate for the Nobel Prize. She’s stated that Munro’s exploration of women’s sexuality, a taboo subject even today, did for women what Philip Roth had for men (see his Portnoy’s Complaint for a start). And when reviewing, and introducing the work of Elena Ferrante to US readers, Simpson invokes Munro stating: “Elena Ferrante is the Neapolitan Alice Munro”.

Another of Munro’s sensitive readers is Pedro Almodóvar. Already in *La piel que habito* (2011), the camera lingers on the cover of *Escapada*, the Spanish title of Munro’s *Runaway*. And his highly successful film *Julieta* (2016) was based on three stories in *Runaway*. As in all of Munro’s work, in Almodóvar too, time is fluid, moving backwards and forwards in memories, excuses, remorse, all expressed in beautiful munrovia images.

However, one critic who certainly does not like Munro is Christian Lorentzen who wrote a long and generally unforgiving piece in the London Review of Books in 2013. This led to other reviews saying things like “Give yourself permission to dislike Alice Munro”, or “It’s Ok to hate Alice Munro”. Though it’s probably better not to read 13 books in a row which might cause indigestion, as one reader put it.

I recently reread the collection *The Love of a Good Woman* (1998) and found it as compelling as I did 20 years ago. The title is a nod to Proverbs 31: “A good woman is hard to find, and worth far more than diamonds”. “Good” (or “Virtuous” in the King James version) women, are here ironically redefined, and goodness itself especially. The title story in particular, takes “goodness” to an extreme: Enid is so good, so virtuous (though tormented by shameful sexual dreams) that she will allow a man to kill her when she confronts him with her “truth” – thus *she* will be doing the right thing - and making *him* a murderer.

Alice Munro’s stories are well-worth reading.





## Nasty Jokes

by Juan José Castillos  
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**W**hen you are young you do sometimes things that, rather innocent and harmless at the time, you may regret for the rest of your life. We were then a group of friends inclined to do jokes, elaborate and nasty, at the expense of others. The consequences of such jokes could have been very serious, if the recipient of the performance had a stroke or other damaging effect, but that never occurred to us.

We had a rather strange code of honour, when it was we who suffered from other people's jokes, we never complained, we took all in our stride and complimented the culprits, but at the same time, planned to reciprocate in kind.

One of us was sick in bed at the time, recovering from a bout of hepatitis, and he told us that his nephew, a 15-year-old peasant kid from up country, was so naive and innocent, that he was almost begging for some sort of joke.

Right then we concocted a plan. Another member of the group, a tall, dark fellow, looking much older than his age, would pretend to be a young cop. He would invite the kid to go at night to the Buceo beach where some people were trying to smuggle goods into the country, it would be quite safe to watch the event from a respectable distance. My sick friend encouraged his nephew to go, since it would be a reasonably safe adventure, being in the company of a cop, and with other lawmen supposedly ready to pounce on the smugglers. The kid found it all very exciting and immediately agreed. Quite a story to tell his friends back home when he returned.

My part in the scheme was I was going to be one of the smugglers, disguised with a beret, wearing a pair of thick round glasses and a raincoat, a very realistic looking toy gun in my pocket. That evening, as I got into the sand at the beach, I noticed it was a dark night, the sand dunes hiding any presence and all very silent and foreboding, then I saw the pair walking towards me.

As they approached, the supposed cop started running away, leaving the poor kid alone and frozen to the ground. I came closer, drew my gun and pointed it at him saying with a hoarse and threatening voice: You bastard cops, trying to catch me smuggling. The other cop ran away, but you'll pay for this.

He fell to his knees on the sand, and begged: please, sir, don't kill me, I'm just a child, I have nothing to do with it, please... I looked at him for a few seconds and then said: OK, run away, before I put some holes into you. The kid stood up and ran away so fast on the sand, which is very difficult in normal circumstances, that he was almost flying.

Later on, we were all together at our friend's bedroom, laughing and celebrating the magnificent joke, when the kid burst into the room, ran to his uncle's bed and started to slap him hysterically. You almost got me killed, he said, how could you do that to me. We all tried to calm him down, succeeding after a while.

The result was that our friend's aunt didn't speak to him for months, the kid would wake up at night having nightmares and screaming: Don't kill me, sir, please... And that was the extent of the consequences, that could have been much more serious. It was then that I realized that my natural acting skills were quite good, but that they deserved better and less harmful use.





## Near Death Experiences

by Juan José Castillos  
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Occasionally in life we must face circumstances that due to bad decisions or due to accidents of one or another kind, our life is endangered. Also, our decisions then decide whether we live or die.

My earliest recollection of such cases took place when I was just 14 years old. I decided to jaywalk across the street in 18 de Julio Avenue near the university and I noticed a bus coming towards me a great speed from my left, and looking right, another bus also coming very fast at me.

It had to be an instantaneous decision, moving forward or backward, any of the buses would run over me, I decided to stand still as erect as possible. Both buses passed within inches of me, but I was safe. It was one of those moments of self-awareness in which you realize that in critical situations, your mind becomes like a computer, you estimate, and you act at once, no hysterics or hesitation, it was good to discover I had that attitude whenever things became life threatening.

The next episode happened in Canada when I suddenly became ill with diarrhoea. A permanent condition that lasted several days until I lost weight to such an extent that I was almost just skin and bones. A doctor was prescribing me for what he thought was a nervous condition, until I was so weak, I could hardly stand. I decided it was time for a second opinion. I rushed to the hospital in a taxi and right after an X-ray, they put me in intensive care.

I knew nurses or doctors don't tell you anything, so I had to use practical psychology. I asked the nurse, what do the doctors say, shall I recover? The nurse looked at me, horror in her face, and said, I don't know, ask the doctor, and hurried away.

Then I realized I was doomed. Far from what people say, that there are no atheists in the trenches or hospitals, I

didn't raise my arms to heaven asking for a reprieve from somebody up there, I calmly accepted my fate, reflected that my family was well provided for with some savings at the bank, I had already published things on my subject, so I was ready for anything, although I was also ready to fight for my life.

Fortunately, the doctors at last came up with a miracle pill that started to stop my diarrhoea, and very slowly, I pulled through and became healthy again. They never found out what I had, in spite of all the tests, but that was not so important to me. If I had continued to believe the first doctor who prescribed for my nerves, I wouldn't be here today.

The next time was when I recently had a stroke and had to have a double bypass heart operation. Most people get very frightened because the risk of dying is very real, but in my case, I was ready for anything. In order to probably relieve me from my fears, they sent me a psychologist before the operation, the first words I uttered to her were once she revealed her field of specialization were 'psychology is a science in its diapers, full of conflicting theories, the only real science is psychiatry'. She looked at me puzzled and without finding how to reply.

At the operation theatre, while they were putting me to sleep, just before that, I attempted a joke, 'how about if in the middle of the operation, I wake up and find you with my heart in your hands?'. I laughed, but for some reason, I got no laughs from the surgical team. No sense of humour there.

Well, I lived through all those events and others as well, and if you are observant, you can learn a lot about yourself in such cases. Mainly, that when facing trouble of any kind, fear will lead you nowhere and you may as well do what you can and just hope for the best.



## The Tao on Netflix The Three-Body Problem

by Juan Pablo Milessi  
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Physics and Taoist philosophy may seem unrelated at first glance, but there are intriguing connections between the two. Taoism emphasizes the interconnectedness of all things and the idea of harmony with the natural world, which resonates with certain principles in physics.

For example, in quantum mechanics, the concept of entanglement suggests that particles can become interconnected in such a way that the state of one particle instantly affects the state of another, regardless of the distance between them. This notion of interconnectedness echoes the Taoist idea of the inseparable relationship between all phenomena.

Furthermore, the principle of complementarity in physics, as articulated by Niels Bohr, suggests that certain properties of particles, like their position and momentum, cannot be simultaneously known with precision. This notion reflects the Taoist idea of yin and yang, which represent complementary forces that are interconnected and in constant flux.

Additionally, chaos theory in physics explores the behavior of dynamic systems that are highly sensitive to initial conditions, leading to unpredictable outcomes. This concept aligns with the Taoist notion of the “three-body problem”, highlighting the inherent complexity and unpredictability of the universe.

Overall, while physics and Taoist philosophy may approach the world from different perspectives, there are intriguing parallels between certain principles in both fields that offer insights into the nature of reality and our place within it.

“The Three-Body Problem” is a fascinating science fiction novel that intertwines with Taoist philosophy in various ways. The concept of balance, harmony, and the interconnectedness of all things, central to Taoism, is reflected in the novel’s exploration of the universe and the interactions between different civilizations.

This novel explores complex themes such as the nature of civilization, technology, and humanity’s place in the universe. It intertwines with Taoist philosophy by examining concepts like equilibrium, harmony, and the cyclical nature of existence. The characters in the novel grapple with moral dilemmas and ethical questions, echoing the Taoist emphasis on living in accordance with natural principles. Overall, the novel provides a thought-provoking exploration of these themes within the context of a captivating science fiction narrative.

In “The Three-Body Problem,” Liu Cixin delves into the concept of the “three-body problem” from physics, which refers to predicting the motion of three celestial bodies interacting through gravitational forces. This serves as a metaphor for the unpredictable and chaotic nature of the universe.

Taoist philosophy emphasizes the interconnectedness of all things and the idea of Wu Wei, or “action through inaction,” which suggests that harmony can be achieved by aligning with the natural flow of events. The novel explores these ideas through its portrayal of humanity’s encounters with an alien civilization and the ethical dilemmas that arise.

Moreover, the novel reflects on the consequences of technological advancement and the potential for both progress and destruction. This mirrors Taoist teachings on the balance between advancement and restraint, as well as the idea of embracing simplicity and humility in the face of complexity.

“The Three-Body Problem” offers a rich tapestry of scientific concepts, philosophical ideas, and compelling storytelling that invites readers to contemplate the mysteries of the universe and humanity’s place within it.

In Taoism, the concept of harmony extends beyond the physical world into the realms of the mind and spirit. Unlike physics, which explores the complexities of celestial

# CORNERED BEEF SANDWICH

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mechanics with the three-body problem, Taoism focuses on a different trio: the mind, the spirit, and the physical body. In this ancient philosophy, achieving harmony among these three bodies is essential for a peaceful and fulfilling life.

While physics tries to understand the chaotic relationships among celestial bodies in motion, Taoism offers a unique perspective on the dynamics between the mind, spirit, and physical body. Each component perceives the universe from its own vantage point, often leading to discord and disharmony. Just as celestial bodies can exert gravitational influences on one another, the mind, spirit, and physical body in Taoism can impact each other in profound ways.

The mind, characterized by its thoughts, beliefs, and perceptions, often operates independently of the spirit and physical body. Similarly, the spirit, representing one's essence or inner self, may have its own distinct desires and aspirations. Meanwhile, the physical body, subject to biological needs and external stimuli, follows its own set of rhythms and impulses.

In Taoist philosophy, the key to achieving harmony lies in finding common ground among these three bodies. Just as physicists seek stable solutions to the three-body problem, Taoists seek equilibrium among the mind, spirit, and physical

body. This equilibrium is not about erasing differences or suppressing individuality but rather about recognizing the interconnectedness of all aspects of being.

Through practices such as meditation, mindfulness, and qi gong, Taoists strive to align the mind, spirit, and physical body with the natural flow of the Tao, or the Way. By cultivating awareness and attunement to the present moment, individuals can transcend the discordant tendencies of the mind and achieve inner peace.

Moreover, Taoist teachings emphasize the importance of balance and moderation in all aspects of life. By nurturing the mind with wisdom, the spirit with compassion, and the physical body with care, individuals can foster a state of holistic well-being. This holistic approach to health and harmony encompasses not only the individual but also the interconnected web of relationships within the larger universe.

While physics explores the complexities of celestial mechanics, Taoism offers a profound insight into the dynamics of human existence. By recognizing and reconciling the interplay between the mind, spirit, and physical body, individuals can cultivate a life of peace, fulfillment, and harmony in alignment with the Tao.

# LAMB CHOPS

by Jonathan Lamb  
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## House Lights Up

**Stage lights down**  
**House lights up**  
**Interval**  
**So, house leaves seat**

**No smoking**  
**Says the sign inside**  
**So, house lights up**  
**Outside in street**



All the takings from Jonathan's second comedy collection, *Speaky Stuff*, go to Ukrainian Disaster Relief at [www.dec.org.uk](http://www.dec.org.uk). You can either give him \$1000 via [vozinglesa@gmail.com](mailto:vozinglesa@gmail.com) or donate them direct and he'll send you a book, with gift dedication if required.

For copies of Jonathan's two books, 'The Ugly Baby' and 'Speaky Stuff', write to [vozinglesa@gmail.com](mailto:vozinglesa@gmail.com)





## And then there were none: the two eras of an incredible shrinking band

by Richard Empson  
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**P**eter Gabriel, Anthony Banks, Michael Rutherford, Anthony Phillips and Christopher Stewart met at Charterhouse School, a public school in Surrey. Gabriel and Banks joined the school in 1963, Rutherford in 1964, Phillips and Stewart in 1965. Being musically minded, they soon became members of the school's two bands: Gabriel, Banks and Stewart in one and Rutherford and Phillips in the other. In 1967, the five began playing simple keyboard-driven melodies together as a single band, with Gabriel on vocals, Banks on keyboards, Rutherford on bass, Phillips on guitar and Stewart on drums... all of them aged between 15 and 17!

They were noticed by producer Jonathan King (a Charterhouse alumnus), who managed to get them a one-year recording contract with Decca Records. This made things more serious, which caused Stewart to leave the group to focus on his studies. He was replaced by fellow Charterhouse pupil John Silver. With this line-up the band recorded their first album (during their school summer break), *From Genesis to Revelation* (1968), taking "Genesis" as the band name at King's suggestion. The album was a total commercial flop, causing the five to disband and go their separate ways for a year.

They regrouped in 1969, but a few unsuccessful demos later Silver decided to quit. He was replaced by drummer John Mayhew. Led by Pete Gabriel, Genesis began to include theatrical elements of fantasy and escapism to their shows. They recorded their second album, *Trespass* (1970), which had longer and more complex songs, blending folk and progressive rock with various time signature changes. It marked a detour into the art rock scene, the lyrical content matching the theatrical approach of their shows. It sold better than their first album, but was not a commercial success, being described by Rolling Stone magazine as "spotty, poorly defined, and at times innately boring".

Before the end of 1970, ill health and developing stage fright caused Phillips to leave Genesis, and Mayhew's nagging lack of confidence led the others to fire him soon after. This double setback led to the band's greatest line-up. The search for a

new guitarist and drummer was initially unsuccessful, until drummer Phil Collins showed up. Tony Banks commented in an interview: "Phil could make it swing, but he could also tell good jokes and make us laugh. And he could sing, which was an advantage because Mike and I were not good at back-up vocals". Not long after, through an advert on Melody Maker magazine from a guitarist wanting to join a band of "receptive musicians, determined to drive beyond existing stagnant music forms" the band met Steve Hackett.

With Collins and Hackett on board, the band's sound evolved once again. The result was *Nursery Cryme* (1971), their third album and the first to sell well (it reached N°39 in the UK charts). Their next two albums, *Foxtrot* (1972) and *Selling England by the Pound* (1973), which reached N°12 and N°3 in the UK charts respectively, established Genesis as a prog rock powerhouse. So far, so good...

Gabriel's relationship with the rest of the band became increasingly strained as they recorded their sixth album, *The Lamb Lies Down on Broadway* (1974), a double concept album built around the story (imposed by Gabriel) of a Puerto Rican youth living in New York City who embarks on a spiritual quest to establish his identity while meeting several bizarre characters on the way. The accompanying stage show involved elaborate costumes worn by Gabriel, which made music critics focus their reviews on his theatrics and take the band's musical performance as secondary. This led Gabriel to consider starting a solo career, and during the band's tour of the US he told the others he would be leaving Genesis. Banks later recalled in an interview: "Pete was getting too big for the group. He was being portrayed as if he was 'the man' and it really wasn't like that. So when he left it was actually a bit of a relief".

Gabriel's departure was a major setback for Genesis. They began to search for a replacement vocalist with Collins teaching selected applicants the band's new songs before their auditions. Having failed to find a suitable singer, Collins went into the studio and recorded the new songs himself. His performance was very well received by the others, *Continues on the next page...*

# Musical Box

Continued from previous page...

who decided on the spot that he should be their new lead vocalist, whilst remaining the band's drummer. This setup has remained unique in the rock world; while other bands' drummers have come out from behind their drum sets (e.g. Nirvana's Dave Grohl), they have not remained drummers thereafter. Genesis' next albums, *A Trick of the Tail* and *Wind & Wuthering* (both released in 1976), reached N°3 and N°7 in the UK charts respectively, showing that the band's popularity remained unaffected by the change.

In 1977, Hackett decided to quit the band to pursue a solo career. Against all odds, the remaining three decided to continue as a trio, Rutherford taking over as guitarist as well. It was at this time that Genesis began to shift its music from prog rock to a more pop rock sound. This transformation was first evident on the band's next album *...And then there were Three* (1978), on songs such as "Follow You, Follow Me", which became the album's biggest hit. Its success introduced the band to a new audience, including a larger female interest, and led Genesis to accentuate the musical shift. Although long-term fans accused the band of 'selling out' to commercial music, their next album, *Duke* (1980), was positively received by music critics, who praised it for bridging the band's prog rock-oriented past with their new, pop rock-oriented present. The album was the band's first to reach N°1 in the UK charts and to be certified Platinum (i.e. sold over one million units).

Henceforth, Genesis made a conscious effort to keep melodies as simple as possible, solidifying its change of direction. Their next 4 albums, *Abacab* (1981), *Genesis* (1983), *Invisible Touch* (1986) and *We Can't Dance* (1991), all went to N°1 in the UK charts and were certified Multi-platinum. With *Invisible Touch* Genesis also became the first band to have five singles from one album reach the top five on the US Billboard Hot 100.

During the 80s, the band's three musicians also pursued solo musical careers in parallel, Collins being the most successful in this endeavour. Rutherford also formed the band Mike + the Mechanics, known for hit singles such as "Silent Running" and "The Living Years". For over a decade, this did not interfere with their Genesis activity, but as they evolved in different directions, they grew slowly apart, and come 1996 Collins decided to leave the band.

Banks and Rutherford decided to continue Genesis and settled on Scottish singer Ray Wilson as Collins' replacement. The band's next (and last) album, *Calling All Stations* (1997) reached N°2 in the UK charts and was successful in Europe, but failed to get traction in the US. In 2000, Banks and Rutherford announced that Genesis would be dissolved. The band has not been truly active since, though Collins, Banks and Rutherford did reunite briefly for two short tours (in 2007 and 2021). Relations between all former band members are good (in 2002 Genesis briefly performed at Gabriel's wedding!) – something unusual in the rock world – and all refer to each other as friends.

Genesis have sold between 100 and 150 million albums worldwide. They have 11 Gold, 1 Platinum and 4 Multi-Platinum albums in the UK, and 7 Gold, 2 Platinum, and 4 Multi-Platinum albums in the US. They were inducted into the Rock and Roll Hall of Fame in 2010. Yet to this day their fans remain divided regarding the band's two 'eras': defenders of the prog rock era think the band sold out and became too commercial under Collins, while those of the pop rock era argue that the Gabriel years were boring and hard to stomach.







## Back to the Future XIV

by Carl Sloth Knudsen  
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**T**ransmitting a picture of my life, we have to go many years back -when 16 years old-, abruptly finished attending British School after a: not approved 2<sup>nd</sup> term exam in February 1957.

Doctor Perreira (surgeon), suffered from epilepsies and was not allowed to operate anymore, and instead became a school teacher with natural science as subject. He was at the exam table that day. Unfortunately, after the exam it so happened that we took the same bus, and he told me: "Do not worry about your future Sloth, you will do fine", and by the way, commented that I was the only person in the classroom who did not want to be present when a frog was to be killed and dissected, as part of that day's teaching.

That was the last time I saw him. His words were correct, and I can still see him in my mind. A great professor, never to be forgotten. (By the way my wife experienced same situation in Denmark with a frog and reacted same way). What happened immediately thereafter was that I had to inform my father and mother about the situation. I told them that I was in the wrong place, wrong time, and could not follow up, as my mind was somewhere else. In a way they took it rather calmly, and said: "Go and stay in our house in Atlántida, while we think what can be done". I did so during the rest of the summer, and in between went to Montevideo, looking for a job, starting as a cadet. In other words, impossible, hadn't completed the Uruguayan 4 years high school schedule. Something extraordinary would have to happen. Indeed, it did.

One Friday afternoon my good old friend Julio Cesar Loureiro (10 years older than me) phoned and said that he would be arriving in Atlántida with his newly bought Jaguar car to fetch his motorboat, and then drive to Punta del Este to stay over the weekend, if we could manage to have some money with us. He suggested to meet at the Casino Atlántida and try our luck. I arrived first at the casino.

I had only 20 pesos, which at the time was the maximum you could play at a number. Instead of spreading the one-peso chips all over the roulette table, I played the 20 pesos on number 13. The wheel started to move and the ball spun. When it stopped, the result astonished me. With the profit, I covered no. 13 with the maximum bet allowed, and to my surprise, as well as the casino croupiers, the number repeated. I collected the chips, and on my way to the cashier, met Julio Cesar. Here 1000 pesos for you and 1000 pesos for me, but before leaving let's have a pizza and a coke and tell our families we are off.

We arrived in Punta del Este around hrs. 24.00, checked in at the Hotel España, left the trailer with the boat in front of the hotel and off to casino San Rafael. Losing money in the roulette, I tried my luck, taking a seat at the Bakara Table. Having my turn with the sabot as bank, I pulled eleven consecutive "wins", and each time I handed the chips to my friend, who was standing behind me. The table was surrounded by a huge amount of people surprised by what was going on, and crying loudly. WOW...

I told the casinos groupie that I passed on the sabot. Nobody wanted it so casino took over. I played against it, and won. The people standing around the table were clapping, and I had difficulty getting through the throng. I shook hands with many of them towards the cashier cabin. The amount, equivalent to US\$ 1.900,00. From there we went to the dancing saloon, enjoyed the overseas orchestra playing Xavier Cugat, had a glass of champagne, and left for the hotel before going fishing early in the morning. No fish to be caught, we returned to Atlántida. Year 2023 and living in Punta together with my wife Anne who had heard this story many times, observed with great sorrow the destruction of this emblematic building. Reconstruction is still underway. I grieve.



## The Victorian Houses

by Alvaro Cuenca  
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The 19<sup>th</sup> Century urban landscape changed dramatically driven by the Industrial Revolution. England turned from an agrarian country where the town was the typical economic unit into an urban monster that devoured people from the countryside to work into the new mills at the fringes of the expanding cities. New buildings were needed to support this growing urban population and the Victorian Terrace was the developers' solution to this demographic unforeseen problem. The new suburban Victorian city grew with block upon block of this type of cheap housing, where houses shared up to three walls with their adjacent neighbours. Interesting as Victorian landscaping is, this is not the subject of this short essay. By Victorian Houses we mean the typical subdivision of the Victorian Public school, and its repercussion in the English education in Uruguay.

The 'House' system is associated to the English Public schools, where the pupils were accommodated in different boarding houses, each one named after a personality or event linked to the history of the school or country. These boarding houses grew during Victorian times into a system of pastoral care that was supposed to induce a sense of belonging and loyalty to pupils of the same house. In schools where full boarding pupils lived for semesters or years far away from their families, the House system gave them containment and acted as surrogate family, with the older House students standing as parental role models. The House system and school sport were essential assets during Britain's imperial expansion, inducing loyalty, leadership and hierarchical obedience.

Some examples of the House system at work in Victorian education, taken from 19<sup>th</sup> Century authors.

*The House is merely a piece of the school and the school is merely a piece of the Empire* (Edmond Warre, Headmaster of Eton 1884-1905, *The Games Ethic and Imperialism*).

*But why do you wear white trousers in November? said Tom. He had been struck by this peculiarity in the costume of almost all the School-house boys. Why, bless us, don't you know? No; I forgot. Why, to-day's the School-house match. Our house plays the whole of the School at football. And we all wear white trousers, to show 'em we don't care for hacks...*

*Now each house has its own uniform of cap and jersey, of some lively colour; but at the time we are speaking of plush caps have not yet come in, or uniforms of any sort, except the School-house white trousers, which are abominably cold to-day. Let us get to work, bare-headed, and girded with our plain leather straps. But we mean business, gentlemen. (Thomas Hughes, Tom Brown's Schooldays).*

The House as architect and supporter of the Britain's hierarchical, political and social structure is at the background of Warre's assertion; while allegiance, obedience and loyalty through the House uniform symbolism are clear on Thomas Hughes novelised biography of his life at Rugby School.

Education for their children was an essential part of the cultural walls built by the Britons in Uruguay. It was not a surprise when the bases for a new school specified in 1906, demanded that it should be as "the best schools of the British Isles". In this sense it was expected that the House system would be incorporated. Thus the British Schools, founded in 1907 would eventually have three Houses each for the boys and girls schools. The Boys' being Jones (blue), Cuff (green) and Blount (red); the names of the first three Headmasters of the school, Horace Jones, Arthur Cuff and Canon Blount.

The Stella Maris College, the other emblematic British school, founded by the Irish Christian Brothers congregation in 1955, also adhered to the House system. Theirs being Iona (orange), Newman (blue), Pryor (red) and Sion (green). The catholic symbolism of the congregation being at the core of their House system names.

The House system has obviously other objectives and aims in our 21<sup>st</sup> Century. Schools visions and missions strive for other values on their pupils, though loyalty to the House and school are still amongst them. Still Henry Newbolt's words reverberate from Victorian times:

An hour to play, and the last man in.  
And it's not for the sake of a ribboned coat.  
Or the selfish hope of a season's fame,  
But his captain's hand on his shoulder smote  
Play up! Play up! And play the game!





## The First English Classical Architect

by Carmen Alvarez  
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**F**amous in his own time, Inigo Jones was a painter, designer and a legendary architect, father of the English Palladian style and who brought a taste of the Italian Renaissance to some of the most notable buildings in England starting a revolution in design.

He was born in 1573 in Smithfield, London. Although of humble origins, he managed to travel across the whole continent between 1596 and 1605 and learned advanced architectural skills. In Italy is where he learnt professional studies of Palladio's architecture.

He was celebrated as a designer of entertainments for the courts of James I and Charles I but his posthumous reputation is based on his architectural work.

His career grew so much that by 1630 he was the most desired architect by the circle of prominent people of those times.

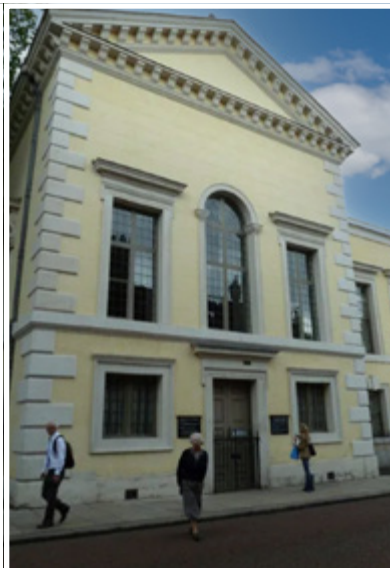
The project that gained him immense recognition was the Queen's house at Greenwich. In 1616 Queen Anne of Denmark, the wife of James I, commissioned Jones to create a garden retreat for her. Located on the site of a

former gatehouse in the grounds of Greenwich Palace (or Platentia), Jones created a residence that highlighted the splendour of Anne's court: the ideal setting for her cultural activities. Over the next few years, Jones added a terrace and a set of stairs to the north side of the house, but this time for Henrietta Maria, wife of King Charles I.

Until today, with its classical design, gleaming white exterior and exquisite interiors it's easy to see why this building has influenced centuries of British architecture. Fortunately it still survives.

Some of Jones' projects include Banqueting House at Whitehall (1619), the Queen's Chapel at Saint James's Palace for Henrietta Maria of France (1623), Fort Amsterdam (1625), the Cockpit Theatre Palace of Whitehall (1629), Somerset House Chapel (1630), Wiltshire (1636), Palace of Whitehall (1637), Temple Bar in London (1638).

Although many of Jones' buildings didn't survive, he influenced and inspired a large number of architects in the years to come and many structures, including bridges and roads have been named after him. He died at the age of 78 in Somerset House, London.





## Booze: Benefit vs Burden & Boon vs Bust

by Dr Jorge C Stanham OBE  
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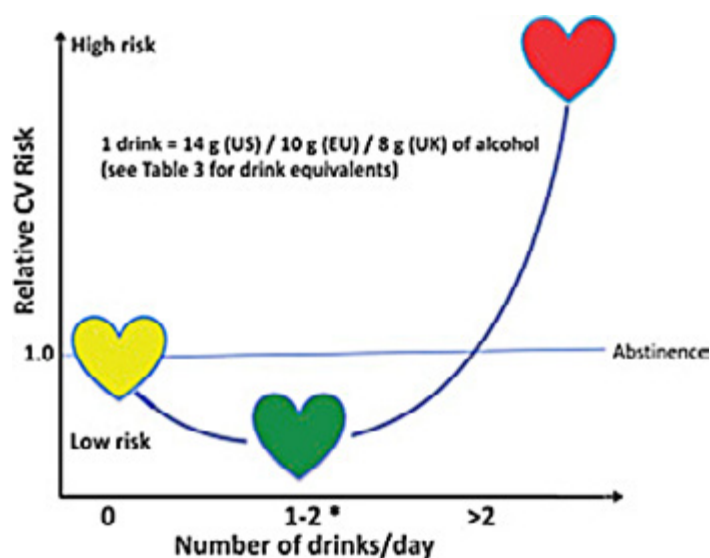
A recent article in El País de Madrid, republished by El País de Uruguay, was titled: ‘La paradoja de los abstemios: son más sedentarios, tienen peor salud y mueren antes’. At face value, the headline was viralised by many who self-defined as ‘moderate’ drinkers as a justification with their friendly relationship with the booze. However, the article’s rather misleading title was at odds with its content, which told a different story altogether. If I were looking for a conspiratory theory, I’d think that the title was tweaked to be in line with what the alcohol industry is telling us for many years: that not drinking at all has no benefit above drinking a small to moderate amount, but not more. It’s like driving in congested traffic: if you drive slower, you’ll get shoved over to the side; if you speed above the steady flow of the other vehicles, you’ll crash against something or someone in your reckless path.

The keyword in the title is ‘paradoja’: true ‘abstemios’ or teetotallers are not a uniform bunch. About one quarter of the population denies any alcohol intake over the past year, but many of those in this group do not drink at all for special reasons: they are either prior alcoholics who abstain as part of their treatment, or they do not drink any alcohol due to concomitant medical conditions or because it’s contraindicated by the regular medications they take. Besides, many teetotallers appear to be overweight or sedentary.

Until recently, the justification of the ‘healthy’ intake of small amounts of beverages, was pictured as a ‘J-curve’ (see figure), plotting cardiovascular risk on the y-axis and increasing amounts of alcohol intake on the x-axis. There is a ‘nadir’ (lowest) point in the curve, where 1-2 ‘drinks’ daily appear to be the ‘healthiest’ daily intake: lower amounts appear to be of no clear benefit and higher amounts put you at risk.

It’s important to define what is meant by ‘1 drink’, as the number of grams of alcohol in a serving. As shown in the graph, if you’re in the UK, it’s 8 g, in the EU 10 g and in the US 14 g. (Ukraine’s bid to enter the EU will certainly affect their risk if their standard is still similar to Russia’s – maybe the greatest booze-guzzling nation!) The only uniform measure across nations is the ‘unit’, defined as 10 mL (cc) of alcohol, which is equivalent to 8 g (alcohol has a specific gravity of 0.8). I therefore prefer to use units instead of drinks, especially as 1 unit is roughly what a person can metabolise in 1 hour and this is pretty constant for all populations.

Over the last few years, there appears to be some evidence that shows that the supposed benefits of alcohol at a low daily intake are probably not so: there may be no safe limit beyond not drinking. However, the effect of drinking below the 1-2 unit (1-2 UK drinks) is minimal and this is a better baseline for comparison than non-drinkers/teetotallers. I would even suggest that an upward sloping, mirror-image L-shaped curve, may be truer to reality than the J-curve dogma that we’ve been taught to believe.



It’s important to acknowledge that these curves are an attempt to simplify what is a complex reality, plus the fact that knowing how much someone is drinking at present and how they’ve been indulging in booze in the past, relies on memory, which can be biased, filtered by guilt or negated, or even reliant on the information by family members or other third parties – and this affects our non-dependent variable on the x-axis, which is therefore a suboptimal proxy.

Therefore, to preach the J-curve, in line with what the alcohol industry likes, is going to be outmoded. It’s best to switch our beliefs to the flashier present view that there is no ‘real safe limit’, but we know that the basis for this knowledge is still imperfect and not the final word.

Most civilisations over the millennia have had alcohol as part of their culture, nutrition and health. The Romans added wine to water to make it safer to drink. The Old and New Testaments describe vineyards as a marker of wealth and the drinking of wine as central to festive events, like Jesus’ first miracle during the wedding at Cana (John 2:1-11) and the institution of the Eucharist in the Last Supper.





## Cumberland Pie

**W**hile I am spending a couple of months in the UK visiting family I have had many opportunities to feast on a wide selection of pies, especially in the pubs, hence my inspiration for this month's recipe.

Pies can be defined by their crusts. Basically it is a dish consisting of a filling of meat or fruit encased in pastry with or without a lid. Pie purists, however, will say that if a pie does not have a lid, it is a flan or a tart, depending on the content being savoury or sweet.

The ancient Egyptians and Greeks are thought to have invented what we know as a pie today, with meat in an open pastry shell. However, it was the Romans who first created a pie that included a top as well as a bottom, and they are responsible for the introduction of pies to the United Kingdom.

During the medieval period pies became popular in the UK with the upper classes when they were usually made with lamb, beef, duck and other wild birds, usually including dates and currants and spiced with pepper. The pastry was not necessarily eaten, but used as a covering to prevent the meat from drying out during the cooking process.

However, there are always exceptions to the rule especially where time-honoured recipes are involved. If you are from the UK, meat or fish served with a topping of mashed potatoes or sliced potatoes will be classified as a cottage pie or shepherd's pie, depending on whether it was made with beef or lamb. Cumberland pie is made with cubes of beef and vegetables in a sauce covered with sliced potatoes and cooked in the oven.

### INGREDIENTS for 4 portions:

- 2 tbsp vegetable oil
- 750 g braising steak cut in 1 ½ cm cubes
- 1 medium sized chopped onion
- 1 celery stick thinly sliced
- 1 large carrot cut in 4 lengthwise and chopped
- 2 cloves garlic, finely chopped
- 3 bay leaves
- 1 sprig thyme
- 1 sprig rosemary
- 1 tbsp flour
- 1 tin chopped tomatoes
- 1 beef stock cube
- 500 ml water
- Salt and pepper
- 600 g medium-sized potatoes cut into 5mm slices
- 50 g melted butter
- 50 g grated semi hard cheese of your choice

### Method:

Heat a saucepan until very hot; add oil and fry the beef cubes until nicely browned. Remove from the pan, add a little bit more oil and fry the onions, carrots and celery for three or four minutes before adding the garlic and fry while stirring for another minute. Add the beef and any juices back to the pan, plus the bay leaves, thyme and rosemary. Stir well to mix over heat and add the flour and cook for three more minutes. Add the tinned tomatoes and sufficient water to cover the ingredients and bring to the boil and season with salt and pepper.

Pass the contents of the saucepan into an ovenproof dish and distribute the raw potato slices over the top. Sprinkle with salt and pepper and brush the melted butter over the potatoes. Cover with tinfoil and place in a hot oven at 240°C for 15 minutes before turning down the temperature to 180°C and cooking for a further two hours. Remove the tinfoil and sprinkle with the grated cheese before returning to the oven for a further 30-45 minutes until the potatoes are nicely browned.

Serve with crusty bread, a mixed green salad and a beer of your choice.

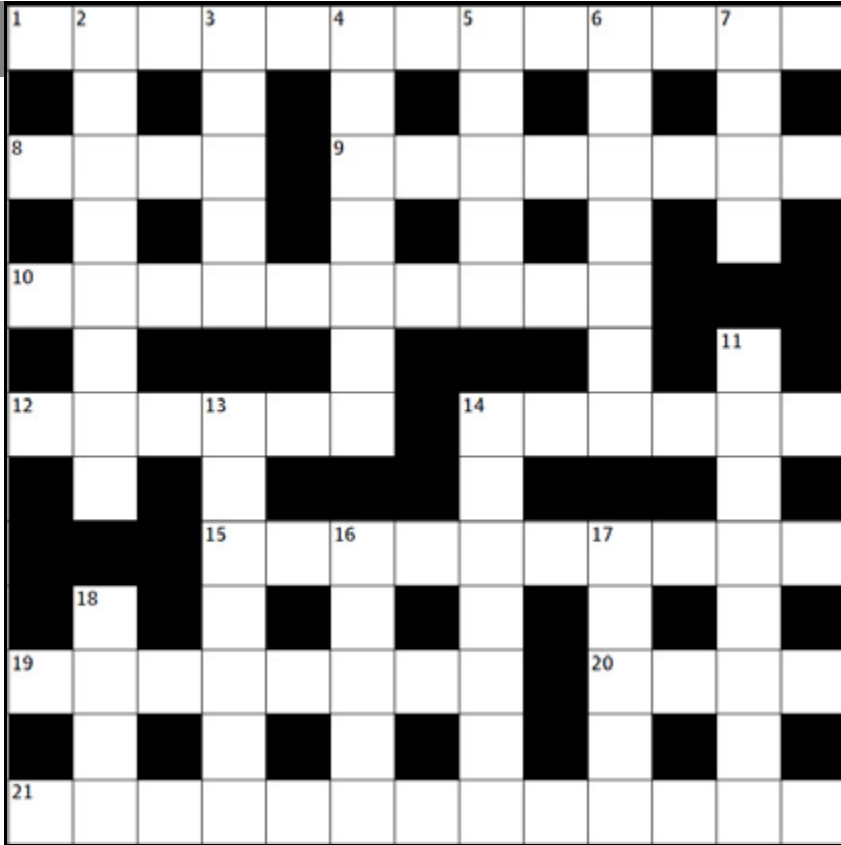


# HAPPY EARTH



**REDUCE, REUSE, RECYCLE**





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

May solution:



## Across

- 1 Tale of woe (4-4,5)
- 8 Ditch – derisive or amused expression (2-2)
- 9 Dormant (8)
- 10 It put an end to Louis XVI (10)
- 12 The \_\_\_ Cometh, O’Neill play (6)
- 14 Anise-flavoured drink (6)
- 15 Eccentric or dozy person – escaped cat (anag.) (5,5)
- 19 Perform an aquatic sport (5-3)
- 20 Prank (4)
- 21 Insect which practises sexual cannibalism (7,6)

## Down

- 2 Mexican resort (8)
- 3 Speak slowly (5)
- 4 Mythical beast – highly profitable new business (7)
- 5 Military uniform material (5)
- 6 Walks unsteadily – stretto (anag) (7)
- 7 Wild party (4)
- 11 Cultured folk (8)
- 13 Baffling phenomenon (7)
- 14 Insurance payment (7)
- 16 Incendiarism (5)
- 17 Deathly pale (5)
- 18 Hippy musical (4)



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