



The British Embassy and The British Cemetery Remembrance Day

**The British Society
Day Trip to Conchillas**

**St Andrew's Society
Day Cèilidh**

**Christ Church in Montevideo
Our New Cross**

**Back in Time
Penny For The Guy**



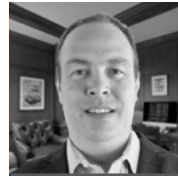
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BSU CONTACT NEWSLETTER



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Montevideo, Uruguay

Dear members!

October was a marvellous month, and November is sweeping in with an abundance of activities for our community!

Our annual Big Lunch at The British School's Pavilion was a smashing success! We extend our heartfelt thanks to The British Schools for graciously hosting us at their beautiful venue. Despite some unpredictable weather, spirits were high, and the turnout was fantastic. Special mention goes to the residents of Winston Churchill Home, who decorated their table exquisitely with all manner of handicrafts – including charming crochet dolls! Their creativity earned them a well-deserved prize.



Our youngest members were all smiles as they leapt, hopped, and balanced their way through three-legged races, sack races, and the classic egg-and-spoon relay. Meanwhile, tweens and teens joined the fun with croquet and board games, while everyone – young and old – revelled in the tug-of-war. It was a day of joy and laughter, bringing out the best in our spirited community.

Adding to the excitement, we had the pleasure of welcoming HM Ambassador Mal Green, who joined in the games with his family, sharing in the fun and festivities. And, of course, the food was delicious! With a delightful array of dishes – including gluten-free options – there was truly something for everyone.

Looking ahead, we're thrilled for November's line-up. On November 3rd, we'll be at the Feria de las Comunidades in Parque Batlle, so do pop by if you're in the area! On November 9th, the 10th annual Concurso de Mesas de Té will take place in Conchillas – a truly delightful event you won't want to miss.

Then, on Thursday, the 21st, Richard Cowley will be hosting an after-office talk at Betalba House titled "How to Steal an Empire: The British in South America." It promises to be a fascinating evening exploring our shared history.

Wishing you all a wonderful month ahead – and before I sign off, a little teaser for this month's anagram...

Bookworms, this one's especially for you!

Kind regards

Ximena Williamson

Clue for November's Anagram



Remembrance Day

Remembrance Day, observed on November 11th, honors the sacrifices of armed forces members who died in the line of duty. It marks the end of World War I in 1918. People wear poppies and hold moments of silence to remember the fallen. It's a day of reflection and gratitude for those who served and continue to serve in the military.

The poppy became a symbol of remembrance due to its association with the battlefields of World War I. The flowers were among the first to bloom in the devastated landscapes of Flanders, Belgium.

Inspired by this, Canadian physician Lieutenant Colonel John McCrae wrote the famous poem "In Flanders Fields," which highlighted the poppies growing among soldiers' graves. The imagery resonated deeply, and the poppy was adopted as a symbol of remembrance and hope..

**In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**



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 special prices for more than one year memberships (see links on the right).

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.

Because of logistical reasons, we are no longer offering recurring memberships.

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

Your membership will be updated once this is done.



**1 Year Membership
\$700**

**2 Year Membership
\$1,300 (\$650 x Year)**

**3 Year Membership
\$1,800 (\$600 x Year)**

Birthdays

in November

- 1 Erik J. Wells E.
- 5 Christian Chris Farnes V.
- 6 Josefina Jose Pascal
- 8 Jorge C. Georg[i]e Stanham P.
- 10 Jorge A. Capurro H.
- 11 Elena Drever A.
Verónica Stighetti D.
- 12 Megan A. Berry
- 13 Josefina Jose Grezzi R.
- 18 Víctor F. Ganón G.
- 18 Roberto J. Robbie Linn C.
Belen Belu Yanes B.
Fernando Bonilla D.
- 21 Juliana Sosa R.
Ivan Zimler M.
Marcela . Robaina B.
Alfredo Alfred Schiaffino L.
- 22 John M. Beare C.
- 23 Ian R. Duddy
- 24 Nadine Willans T.
- 25 Juan S. Salvo D.

Dear Members,

If your birthday does not appear in this section, it is because we do not have it registered in our Member database.

Should you wish for your birthday to be private, not published on our Website or here in our Newsletter, you can chose this option in your Member's Profile.

Please use the [Member Login](#) to register or update your birthday or any other pertinent information.

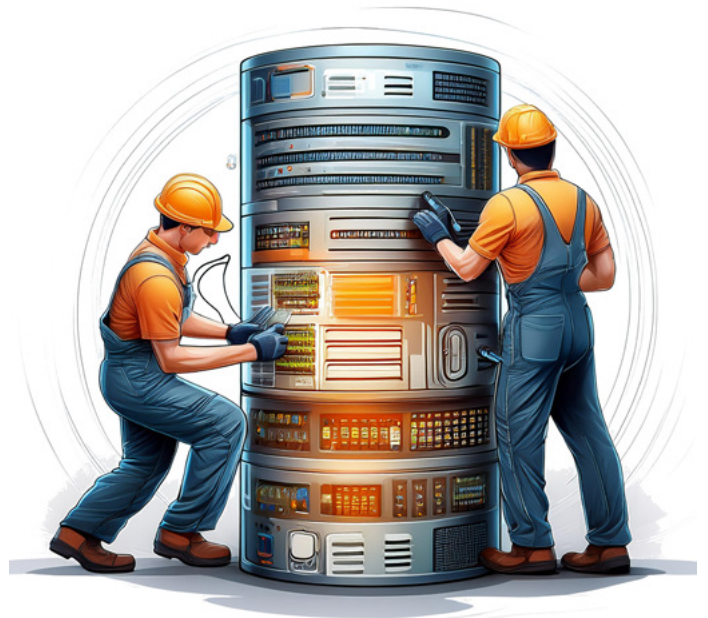
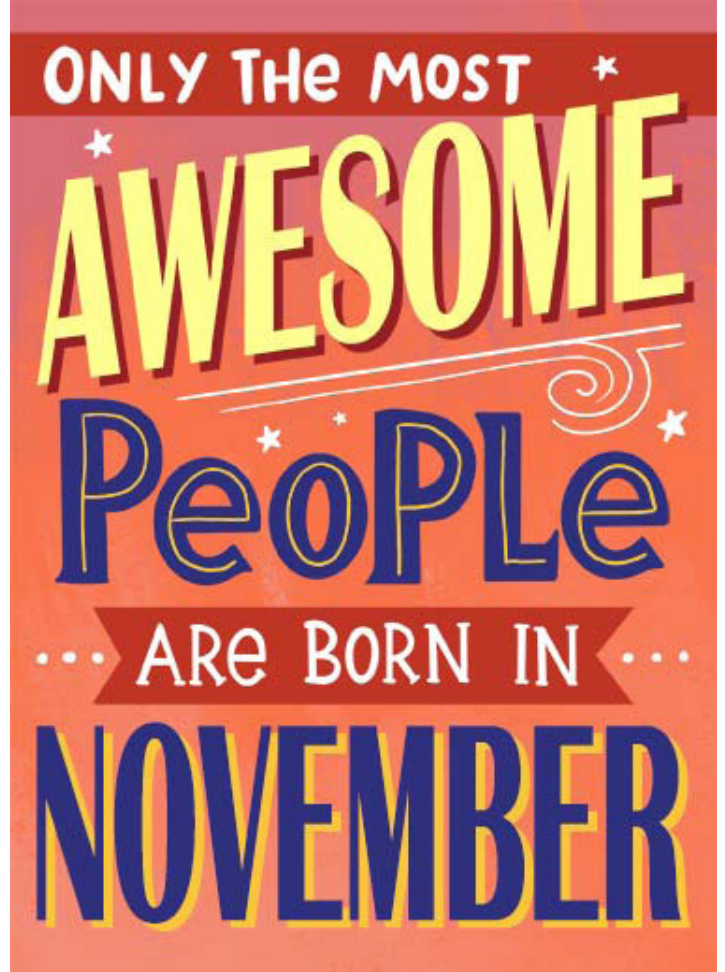
If you have any problems logging in or updating your information, please get in touch with me via WhatsApp at **099 422 999** or at editor@britsoc.org.uy.

Thank you!

Geoffrey W Deakin
Editor

New Member

Fatima "Flash" Castiglione Maldonado



The views expressed in this newsletter are solely those of the author(s) and do not necessarily reflect the views of The British Society in Uruguay or any individual associated with the creation or distribution of this newsletter. The editorial team assumes no responsibility for any inaccuracies, errors or omissions in the content of this newsletter.

November

9 Saturday

British Society in Uruguay
National Tea Table Competition
Community Organization Conchillas

9 Saturday

British Cemetery Montevideo
Join the Community
Av. Gral. Rivera 3868

10 Sunday

Anglican Church
St. Mark's Episcopal Church Adult Choir
Reconquista 522

11 Monday

British Cemetery Montevideo
Remembrance Day
Av. Gral. Rivera 3868

13 Wednesday

British Uruguayan Club
Lecture Lunch
Parva Domu

24 Saturday

Christ Church Montevideo
Baptisms
Christ Church, Lieja 6437

30 Saturday

St Andrew's Society of Uruguay
Day Cèilidh
Hotel Miramar

December

3 Tuesday

Christ Church Montevideo
Annual General Meeting
Christ Church, Lieja 6437

UPCOMING

EVENTS



SAINT MARK'S
EPISCOPAL CHURCH

Interfaith Choir and Friends

St. Mark's Episcopal Church & Temple Sinai's Adult Choir
Berkeley & Oakland, California, EE.UU
Director: George Anton Emblom
Cantor: Ilene Keys

Tour 2024 Montevideo & Argentina.

Sunday, November 10, 10:00 a.m.
Anglican Cathedral of the Holy Trinity
Reconquista 522, Montevideo, Uruguay

Sunday, November 17, 10:30 a.m.
Anglican Cathedral of Argentina, San Juan Bautista.
25 de Mayo 276, CABA, Argentina

IMPORTANT ANNOUNCEMENT

Dear Members,

Please note that being subscribed to our mailing list does not grant you membership status. To verify your membership status, [click here](#).

The Society's Board is currently updating the Members' database and filtering out those with incorrect or incomplete information. To ensure that dues and event payments go smoothly, we need your information to be complete.

One crucial piece of data is your birthdate. Without this, you might miss out on special benefits the Society will offer in the coming days.

Unfortunately, if your information is inadequate, the Board might be required to remove you from the Member database.

We would like to extend our gratitude to those who have already updated their personal information, and we thank in advance those who will complete their information soon.

You may verify and bring up to date your information here:

[Member Login](#)

Best regards,

Executive Committee



[MEMBER LOGIN](#)



NOVEMBER ANAGRAM RIDDLE

Remember, please send your answer to editor@britsoc.org.uy

Answers sent via WhatsApp tend to be lost in time...
or somewhere...

I wander in clouds, both lonely and free,
Beside a lake, beneath a tree.
I find beauty in the simplest scene,
Who am I, this bard serene?

HOWARD TRIMS WILLOW



October's Anagram Solution:
KELPIE

Society's Anagrammatists:
Valerie Dee
Flavia Faedo



THE BRITISH SOCIETY
IN URUGUAY
FOUNDED 1918

Saturday 9th November

**DAY TRIP TO
CONCHILLAS**

to visit the 10th edition of the
CONCURSO DE MESAS DE TE

**Would you like
to join us?**

Please contact:

events@britsoc.org.uy

**to reserve
your seat on the bus**

TENTATIVE ITINERARY

Departure: 09:15 hs

Estimated time of arrival Conchillas: 12:30 hs

Free time to have a picnic lunch (please take your lunch with you as we cannot guarantee there will be anywhere to buy lunch there)

13:30 hs aprox – visit to Puerto Inglés and the Cemetery

15:00 hs – Inauguration of photographic exhibition and official opening of the contest

15:30 hs – Various shows (outdoors)

16:50 hs – Closing of the public voting for best Tea Table

17:00 hs – Closing act

17:30 hs – Prize Giving

18:00 hs – Tasting of Cakes and Scones

18:30 hs – Departure

21:30 hs – Estimated Time of Arrival Montevideo

PRELIMINARY COST

\$ 1.600



We celebrated Christopher's 91st birthday on October 10 with a delicious lunch. Happy birthday Christopher!!



We had a lovely time at the Big Lunch, where we met our Ambassador



Big Lunch 2024





During the month of October, for the second consecutive year, an official round of the “Uruguayan Squash Championship” was held on the squash courts of “The Old Boys & Old Girls Club”. Just like last year, and in an action that fills us with pride, the “British Society” once again supported us in the organization and development of the event.

Juan Manuel Gutiérrez
President
The Old Boys & Old Girls Club



Satanic scenes of mass depravity tonight as wicked witch Karin Silbert rode off on her broomstick with both the record de la noche (104 - unnatural!) and the pirate’s hat for overall victory. Second was Alejandra from Colonia and Patricia from Canada. Hubble, bubble, toil and trouble, we cannot let these Halloween harridans keep beating us!

See you next Friday for another stir at the cauldron.
Cheers, Jonathan



Feria de Las Colectividades
BSU Member Flavia Faedo, Mayor Matilde Antia, our Former President Andrea Davies and our Events Coordinator Susan McConnell,



Open Banking Workshop

HMA Mal Green, together with Uruguay's Central Bank Vice President Martín Inthamoussu, opened an Open Banking workshop run by British company Ozone API. From 2017,

the UK has been an Open Banking pioneer, and the Embassy has been supporting the Central Bank in its work towards an open finance scheme in Uruguay.



Ceibal's Drama festival

The Ambassador was delighted to attend the annual theatre festival organised by Ceibal in English, which took place in San José. Students from rural schools performed 'Mulan' and 'Hercules' at Teatro Macció. These activities showcase

the great impact of Ceibal's/British Council's remote English language programme, teaching English lessons to over 75,000 Uruguayan children per year, for over 12 years.

Do you want to know more about our Ambassador?

Then, we invite you to read Ambassador Green's **press interview** with Galería Magazine, in which he talked about his diplomacy background, his work in the region, the importance of his family in his life, and quite a few interesting anecdotes that we won't spoil for you now!



Malcolm Green, British ambassador:
"Being a diplomat is like being an actor"



Falkland Islands Uruguay Education links

Falkland Islands' Education Director, Sarah Stannard, **visited Uruguay last week** to strengthen educational links between the Islands and the country, learn about the Uruguayan educational system and reform, and explore possible exchanges and work placements.

Her programme of activities included meetings with Ceibal, visits to public schools, technical institutions, Udelar, The British Schools and a talk at Anglo Institute.



British Embassy
Montevideo

Follow us online: www.gov.uk/fcdo

BRITISH EMBASSY



REMEMBRANCE DAY

You are cordially invited to attend the
Remembrance Day commemoration at
the British Cemetery, Montevideo

Monday 11 November 2024

10:45 - 11:15 AM

Av. General Rivera 3368



British Embassy
Montevideo



BRITISH
CEMETERY



November 9th at 11:30 am

Past and Present Join the Community

Love in Times of War



We invite you to celebrate another Join the Community gathering with heartfelt stories about love that endured through the challenges of war. These stories, shared by the descendants of the Hyland-Adkins, Jones-Craddock, Breeze-Jones, Lake-Eade, Ellis-Eade, and Fairless-Hill families, come from those laid to rest in our cemetery.

Through their experiences, we are reminded that even in the darkest times, love remains a powerful force, leaving a legacy that lasts forever.

Following the tour, we'll gather in our garden for delightful nibbles and refreshing drinks. Don't worry about seating – we've got you covered. Plus, the event is on the house! We're counting on you! Your presence will make the event even more special!

Celebrating Student Research: Highlights from ConCiencia18

On October 23rd, we proudly hosted ConCiencia18, the 18th annual exhibition of projects carried out by our Secondary School students, Town branch.



Accompanied by parents, friends, and Primary students, we experienced a day full of discovery and achievement, where students showcased the results of their year-long investigation.



Guided by their E.D.I. (Espacio de Investigación) teacher, Prof. Carla Pereira, and their tutors, the students presented their projects with impressive professionalism. The stands, spanning the entire 4th floor of our Secondary school, were a testament to their hard work and passion for learning.

Our students' dedication to their research topics and the depth of their presentations filled us with immense pride, as we witnessed their academic and personal growth firsthand.



The event was beautifully complemented by two musical performances. The opening act featured 7th and 8th-grade students, directed by Professor Ana Laura Sellanes and accompanied by Nicolás Ramírez on guitar. The closing performance was led by 9th-grade students alongside Luciano Alvez, bringing the day to a memorable finish.



Congratulations to everyone who contributed to making this exhibition a success—a true celebration of teamwork and enthusiasm for investigation.

A Heartfelt Thank You for a Successful National Heritage Day



We would like to extend our deepest thanks to the dedicated staff and volunteers whose enthusiasm and hard work made our National Heritage Day exhibition a success. We are also grateful to the many visitors who came to explore the rich history of our Institution.



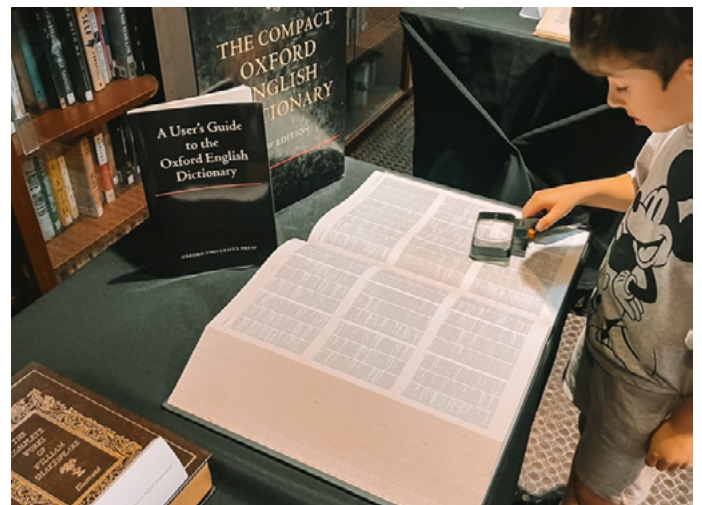
The exhibition displayed various aspects of the Anglo's remarkable legacy, including exclusive images and documents from the life of Sir Eugene Millington-Drake, offering a glimpse into his vision and dedication.



One of the highlights was the Ruckers double-manual harpsichord, assembled by John Raymond Kit and imported from Leeds, England. This beautifully crafted instrument, acquired in 1984 to celebrate the Anglo's 50th anniversary, continues to be a symbol of the institution's cultural dedication.



A classic Mini Morris car was on display, charming visitors with its nostalgic appeal and historical significance.



The Anglo Library's rare book collection attracted much attention, offering visitors the opportunity to appreciate some of the most valuable literary treasures in our archives.

This year's event was particularly special as we celebrated 90 years of our legacy, highlighting our pivotal role in shaping generations of students and contributing to the history of English Language teaching in Uruguay.

Thank you once again for being part of this celebration and for helping us honour the past, present, and future of the Instituto Cultural Anglo-Uruguayo.

A Successful Evening Exploring The Falkland Islands



We are delighted to share the success of the recent event held at Anglo Centro on Wednesday, October 23rd, where a captivated audience gathered to hear two unique perspectives on the Falkland Islands.

the potential for oil production. He also touched on the islands' connections with Uruguay and the impact of climate change on their future.



Sarah Stannard, Director of Education for the Falkland Islands, delivered a compelling talk on the educational landscape of the islands, covering everything from early years learning to adult education and training. Her insights into the challenges and innovations in Falklands' education system were of great interest to many in attendance.

The event generated lively discussions and was met with great enthusiasm from the audience, with both talks sparking curiosity and dialogue.

We are especially grateful to the British Embassy for considering the Anglo as the venue for such an important event, which took place within the context of our 90th Anniversary celebrations.



Lewis Clifton, Director of Byron Marine and Weddell Settlement, offered a fascinating reflection on the economic development of the Falklands, emphasizing the importance of the region's maritime industry and

We extend our heartfelt thanks to Sarah Stannard and Lewis Clifton for sharing their expertise, as well as to everyone who participated in making this event a resounding success.

TEACHER TRAINING COURSES AT THE ANGLO

ANGLO DIPLOMA IN TEFL

(2-year course)

ANGLO CERTIFICATE IN TEFL

(1-year course)

**HAVE YOU CONSIDERED A CAREER IN ENGLISH LANGUAGE TEACHING?
WOULD YOU LIKE TO KNOW MORE ABOUT THE ANGLO DIPLOMA IN TEFL
OR ANGLO CERTIFICATE IN TEFL?**

Listen and talk to Anglo Diploma in TEFL (TTC) & Anglo Certificate in TEFL (ACT) trainees and tutors.

We'll tell you about the requirements for the course, what it is like, what the work prospects for Anglo teacher trainees are and we'll answer all your questions!

TTC: Monday 9th December - 6:00 pm

ACT: Monday 9th December - 7:30 pm

Online talks via Zoom

With the international validation of NILE
(Norwich Institute for Language Education, UK)

Ketogenic Therapy: An effective approach for drug-resistant epilepsy

The British Hospital has established a Ketogenic Therapy Centre specialised in treating drug-resistant epilepsy cases for patients who are not suitable candidates for surgery. This therapeutic alternative results in a marked improvement in a high percentage of patients, both children and adults.

The Centre has a team comprising the Head of the Neurology Department, Prof. Dr. Alejandro Scaramelli; Dra. Andrea Avellanal, a Neurologist specialised in Ketogenic Therapy; Lic. Natalia Vique, a dietitian specialising in the Ketogenic Diet; and the Head of the Neuropaediatrics Department, Prof. Dr. Gabriel González.

Ketogenic Therapy is an approach based on a specialised diet, characterised by a high lipid content and a low carbohydrate intake, which leads to the production of ketone bodies.

“It is not merely a diet; it is a metabolic therapy that substitutes the brain’s typical fuel with an alternative: ketone bodies. These bodies induce a state known as ketosis, which patients must consistently maintain to achieve better seizure control. The treatment is rigorous, involves a series of precautions, and must be carried out by a multidisciplinary team specialised in this area,” explained Dr. Scaramelli.

“It is an established, universally accepted treatment that is increasingly used in developed countries due to its high effectiveness,” he noted.

Its primary use is for refractory or drug-resistant epilepsy cases. Currently, researchers are also investigating its potential use for certain types of brain tumours, as well as various neurodegenerative and autoimmune diseases.

With Ketogenic Therapy, 50% to 70% of patients with drug-resistant epilepsy experience a significant

reduction in seizure frequency, and 20% to 30% of these patients remain seizure-free, the specialist noted.

The treatment consists of two phases: the initiation phase and the maintenance phase. The initiation phase lasts three months, during which the patient's response to and tolerance of the diet are assessed. If the patient responds well and tolerates the diet, they transition to the maintenance phase, which lasts approximately two years.

Before starting the therapy, the team evaluates patients to determine their suitability for the treatment, rule out any contraindications, and provide them with detailed information about the proposed approach.

“Patients must strictly adhere to the diet for optimal effectiveness, making sure to meet the required proportions of nutrients and caloric intake based on their individual needs,” explained Dr. Scaramelli.

Team members conduct close monitoring and follow-up, both in person and through email and WhatsApp, to detect and prevent complications, ensure optimal ketosis (measured by ketone levels in urine), and identify various potential causes of any imbalances.

The Head of the Neurology Department of the British Hospital emphasised the importance of having a specialised team available for patients and highlighted the effectiveness and benefits of Ketogenic Therapy.

“In many cases, doctors may even discontinue antiepileptic medications or reduce their doses, thereby decreasing associated side effects. In addition to better seizure control, patients often show improvements in other areas such as sleep, behaviour, attention and memory,” he noted.



Our New Cross

Happy Birthday Christ Church! According to the floor tile in the entry hall, on 31st October, the Chapel reached 46 years of an established presence on the corner of Lieja and Arocena!

In 2023, we celebrated 45 years and invited the community. At that party, we presented several initiatives that we hoped to achieve in 2024. I am pleased to announce that we accomplished each of those announced priorities through the dedicated and creative teamwork of many volunteers who were excellent stewards of the available energy, resources and gifts.

Recently we finally installed a cross on the corner. A cross can evoke diverse emotions. Throughout ancient history, crosses communicated punishment and torture, control and dominion, even suffering and martyrdom. The Crucifixion of Jesus and the rise of the Christian faith in the aftermath of the unprecedented reports and evidence of his resurrection, elevated the "Cross of Christ" to cult status as a symbol; an icon of hope and restoration.

Throughout the world, the Christian Cross continues to be a beacon of Hope to many, but others see a superstitious talisman promoted by hypocritical shysters and institutionalized sleights of hand that grasps at control and imposes its presence. I understood the possibility (probability) of miscommunication when I prioritized the placement of a Cross. But I believe that thinking people, like yourself who is reading this article, will look to the local context, our community, to discern who and what we represent.

Is Christ Church worthy of a Cross that establishes our corner and community as a place and people of hope, help and healing? Our desire is that the Christ Church Cross in the garden is an icon that invites the larger community to know that in our chaotic and confusing world, there is hope, that there are individuals and families who join together as communities of faith to pursue integrity, inner peace, hope and spirituality in a commitment to something that we believe is much greater than ourselves.

Our work is ongoing! We want the outside to match the inside and the inside to match the outside. I want a beautiful garden, but not until the community life is equally inviting and hospitable. I want to invite everyone to events and activities that will add value to their lives, but first we need to develop a culture that integrates hospitality with integrity, teaching with humility, and hope with reasonable doubts.

May our Cross be a reminder that we believe that Jesus is alive, that how we live matters and that who we are becoming matters most of all.

John Hamilton



www.christchurchmvd.org





LUNCH INVITATION

Wednesday
13th of November
at 12:15 PM

**Rafael
Porzeczanski**

Sociologist

'Heading for the runoff'

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.club.com.uy



THE MONTEVIDEO PLAYERS SOCIETY

PRESENTS

J.B. PRIESTLEY'S
CLASSIC THRILLER

AN INSPECTOR CALLS

DIRECTED BY JOSEPH D'AQUINO

J.B. Priestley's *An Inspector Calls* was first performed in Russia, in 1945. Coming out of WWII, this was a huge risk for Priestley as his writings were already perceived as leftist by London's standards.

Set in 1912, the story unfolds in the Birling family home as they celebrate the engagement of their daughter, Sheila. The seemingly joyful occasion takes a dark turn when Inspector Goole arrives to investigate the suicide of a young working-class woman named Eva Smith. As the Inspector questions each family member, deep-rooted secrets and moral shortcomings are revealed, challenging the characters' perceptions of responsibility and societal and familial duty.

An Inspector Calls has had numerous adaptations, including stage revivals and television productions.

Its enduring popularity is a testament to its thought-provoking exploration of morality and societal responsibility. Reflecting on these topics in a year of global elections takes on even more importance when so many countries seem to be leaning into near 50/50 splits of extremism. Let's do our best to learn from history rather than repeat the sins of the past.

Still available:

Saturday, 09/11/2024 - 8:30 PM - 90 % booked

Sunday, 10/11/2024 - 7:00 PM - 90 % booked

Saturday, 16/11/2024 - 8:30 PM - 75 % booked

Sunday, 17/11/2024 - 7:00 PM - 70 % booked

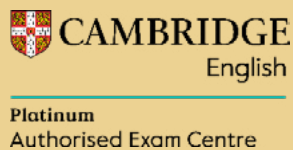
Resource pack:

If you are a teacher, please indicate as much in the form in order to receive our resource pack as soon as it is available.

To book please click on [this link](#).

Neil Fairless Centre, Acevedo Díaz 2324, Montevideo

All shows 8.30 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.



TKT

Teaching Knowledge Test

On 25th October, a new cohort of committed English teachers received their Cambridge TKT Modules and TKT Young Learners certificates at an awards ceremony held at the Dickens Institute. These passionate professionals celebrated their achievements with family members and their course tutors, who encouraged them to continue their journey of professional development towards excellence in teaching.

TKT is a series of modular teaching qualifications which test your knowledge in specific areas of English language teaching. It will help you to build your confidence, and is a cost-effective way to get an internationally recognised qualification. Whether you are a new teacher or have years of experience, TKT is ideal for people who need to prove their teaching knowledge with a globally recognised certificate.



CERTTESOL

Certificate in Teaching English to Speakers of Other Languages

The CertTeSOL equips trainees with the skills and knowledge needed to start their career as English teachers in Uruguay and around the world.

Candidates learn about the theory and practice of English teaching and get an insight into the challenges they will face in the role.

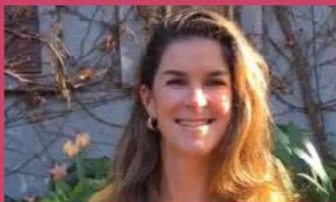
WATCH THESE TESTIMONIAL VIDEOS



ABOUT CERTTESOL



WHY RECOMMEND CERTTESOL



TESTIMONIAL FROM AUSTRALIA



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www.dickens.edu.uy



Penny For The Guy

by Tony Beckwith
tony@tonybeckwith.com

My mother loved living in Montevideo. But she missed her parents and her old life in Buenos Aires, so she took my brother and me to visit them a couple of times a year. The highlight of those visits, for me, was spending time with my grandfather, who was a most interesting man.

When the weather was good, he took us for walks around the neighbourhood. Sometimes to Coghlan railway station where we stood on the platform and watched the trains clattering back and forth. On one particular visit, in early November, we walked to a nearby street with lots of shops and restaurants and cafés. “Here we are,” he said as he opened the door of a place called La Martona. It was a milk bar with the largest selection of ice cream flavours I had ever seen. I ordered one scoop of strawberry and one of pistachio. We took our cones to a table by the window and sat licking them and smiling and trying to catch the trickles that ran down over our hands. When we had finished, Grandpa asked, “Do you know what today is?” We had no idea. “It’s Guy Fawkes Day,” he said.

He went on to tell us the famous story about the Gunpowder Plot of 1605, when a group of conspirators planned to assassinate King James I by blowing up the Houses of Parliament. They leased a space right beneath the House of Lords where they stored about three dozen barrels of gunpowder. One of the men, Guy Fawkes, was assigned to stand guard over the barrels and wait until the 5th of November, when the king would be in attendance, at which point he was to light the fuse. But word of the plot was leaked, and Fawkes was discovered. He and his partners were arrested and executed.

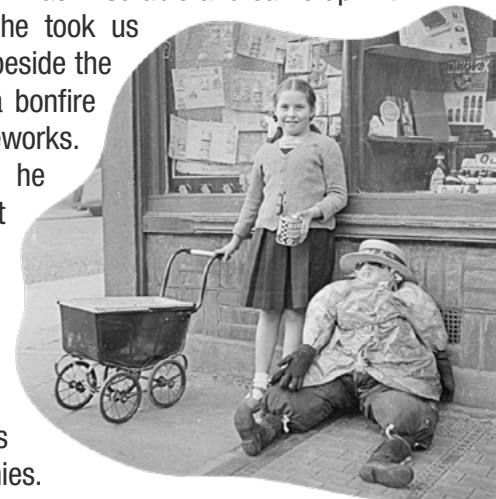
The king survived the assassination attempt, and Londoners celebrated by lighting bonfires that evening. This became a tradition that eventually included fireworks and the practice of burning Guy Fawkes in effigy. Children made a “Guy” out of old clothes stuffed with rags and newspapers.

They paraded it out on the street and asked passersby to donate a penny for the Guy. The pennies were used to buy

fireworks to light up the sky on Bonfire Night (and possibly some chocolate). But the custom has largely died out, for several reasons. In modern times, safety concerns prevent children from using fireworks as they once did, and parents no longer feel comfortable with the idea of their kids begging on the street. Grandpa ended the story by quoting the rhyme people used to recite: “Remember remember the 5th of November, gunpowder treason and plot. I see no reason why gunpowder treason should ever be forgot.”

I was about ten at the time, and had been brought up as an English boy, despite the fact that we lived thousands of miles and an ocean away from England. I had never even been there at that point but had heard a lot about it from my grandmothers. They described it as a sort of paradise where everyone was polite, everything was clean, and the buses all ran on time. I had read Enid Blyton’s books about the adventures of intrepid young English boys, and longed to be like them. The idea of being on the street calling out “Penny for the Guy” thrilled me to the core. It was just the sort of thing I would love to do. Why did we have to live so far from where those kids were having all the fun? I had by now forgotten all about my delicious ice cream. I just wanted to be transported to England, where I would spend my days doing what English children did, and life would be perfect.

Grandpa could see that I was miserable and came up with a plan. That evening he took us down to an open field beside the railway line and built a bonfire and let us play with fireworks. “Just like in England,” he said. It wasn’t really, but it was great fun, and Grandpa was so cool, and I was sure I’d get to England one day. And by the time I went to sleep that night I was over my fit of the gloomies.





by Dr Jorge C Stanham OBE
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Anti-Sunscreen Influencers

ChatGPT defines an ‘influencer’ as: someone who has the ability to affect the opinions, behaviour, or purchasing decisions of others due to their authority, knowledge, position, or relationship with their audience. Influencers build large followings on social media platforms like Instagram, YouTube, TikTok and X/Twitter, where they share content and engage with their audience. They can influence trends, promote products or brands, and shape cultural or social discussions. According to their number of followers, the influ-jargon is Nano-influencers = up to 10K, Micro-influencers = up to 100K; Macro-influencers = up to 1M; Mega-influencers = more than 1M.

The viral spread of YouTube videos on social media that downplay the use of sunscreen is causing concern among dermatologists worldwide. This movement, amplified and made dangerous by influencers and public figures with large followings, promotes the idea that using sunscreen is more harmful than beneficial. The primary argument of pro-sun advocates is that sunscreens contain harsh chemicals that are absorbed by the skin.

Sunscreens are essential for preventing melanoma, a type of skin cancer that claims lives daily across the globe. It’s important to be clear: nobody dies from using sunscreen every day.

The fact is that sunlight may improve our mood, reduce stress and play a role in the synthesis of vitamin D, which is needed for healthy skin and overall health, but... within certain limits. Unprotected sun exposure remains one of the main causes of skin cancer, and people should not be misled into thinking that avoiding sunscreen will improve their vitamin D intake.

Sunscreens are divided into two main categories: (a) chemical, which absorb ultraviolet light and (b) physical, which act as a shield reflecting the light. Hybrid products, which combine both types, provide highly effective broad-spectrum coverage. Low SPF (sun protection factor) is not recommended: SPF 50 is considered standard, as it offers 95% protection against UV rays compared to 93% from SPF 30. This seemingly small difference can accumulate over time and significantly impact skin health. Seeking shade and using physical barriers such as hats and sunglasses are additional measures that can help protect the skin. Besides, skincare measures such as proper hydration, a healthy diet, should be followed.

Melanocytes, cells located in the epidermis, are responsible for protecting the body from UV radiation by producing melanin, a pigment that absorbs and disperses sunlight. However, this protective ability is not unlimited. Genetic factors and prolonged sun exposure can cause damage to the DNA of melanocytes, eventually triggering melanoma, which clinically appears as a mole or pigmented lesion with specific characteristics. Melanoma is a growing concern due to its aggressiveness and potential for metastasis (spread to other tissues and organs). It is certainly the most serious of skin cancers.

What are the main concerns that are magnified by influencers?

Chemical Absorption: Some chemical sunscreens contain ingredients like oxybenzone, avobenzone, octocrylene, and homosalate, which can be absorbed into the skin and have been detected in the bloodstream. Although endocrine effects have been suggested in animals, the evidence in humans is non-conclusive.

Allergy: Some people may be sensitive or allergic to certain ingredients in chemical sunscreens, such as fragrances, preservatives, or UV filters like oxybenzone.

Nanoparticles in Mineral Sunscreens: Mineral sunscreens that use nanoparticles of zinc oxide or titanium dioxide raise concerns about whether these tiny particles can penetrate the skin and cause harm. Investigations have not demonstrated that they penetrate deeply enough to enter the bloodstream, and the US Food and Drug Administration considers them safe to use as recommended.

Inhalation of sprays: Aerosolized forms, may be inhaled and could be harmful, in large amounts.

Environmental Impact: Certain chemical sunscreen ingredients like oxybenzone and octinoxate have been linked to coral reef damage and water pollution. This led to bans on some sunscreens in places like Hawaii and Palau.

The pandemic years and the post-pandemic aftermath have seen the growth, expansion and penetration of false or half-truths and conspiratory theories, to a great extent fuelled by influencers. The best antidote is to promote and support ‘good’ influencers, working alongside proven science.

The old ways of communication are useless in the new environment.

Said The Penguin

A hexalogy in 6 issues

N° 5

There were ushers in the cinema
Where I went with the penguin
So, I put him under my overcoat.
After a while he got bored, and
Pecked through it with two or three cuts.

There were ladies next to me.
I heard one of them say,
'Look, he's got his thing out!'
The other one said, *'So what?*
You've seen one before, haven't you?'
And her friend said, *'Yes,*
But his is eating my peanuts!'



Signed and dedicated gift copies of Jonathan's two books, 'The Ugly Baby' and 'Speaky Stuff', can be ordered by mailing vozinglesa@gmail.com. Actors from Fawlty Towers, Downton Abbey and the Harry Potter films can be heard performing extracts at www.jclamb.com

TIDBITS & TRIVIA

The giant 350-year-old model of St Paul's Cathedral

High up in the top of London's St Paul's Cathedral sits a little-known object that demands attention - Sir Christopher Wren's highly intricate 1:25 scale model of one of his original Cathedral designs.

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George Orwell (Eric Blair) 1903-1950

by Lindsey Cordery
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George Orwell was born Eric Blair in India in 1903 into a 'lower-upper-middle class' family. His father was a civil servant, and as a little boy, his mother moved with him and his sister to live in England, for his schooling. In 1921 he joined the Indian Imperial Police in Burma until 1928. Many of his experiences there are collected in a novel, *Burmese Day*, and articles and essays. In "[Shooting an Elephant](#)" he wrote that his time in the police force had shown him the "dirty work of Empire at close quarters", the experience making him a lifelong opposer of imperialism. Throughout his life, he sought to experience the situations he wanted to write about, firsthand. So he explored the lives of poor hop-pickers by becoming one of them before writing *A Clergyman's Daughter*; or his sociological findings about the lives and living conditions among the poor in Lancashire and Yorkshire towards the end of the 30s in *The Road to Wigan Pier*; and, perhaps more famously, living as a tramp in London and dish-washer in Paris, recorded in *Down and Out in Paris and London*, the book first published under his pen name, turning the old Etonian and former colonial policeman Eric Blair into the radical journalist George Orwell. In 1936, as a member of the Independent Labour Party, Orwell and his wife Eileen O' Shaunessy went to Spain where he joined the POUM to fight for the Spanish Republic. While Eileen worked in the ILP's office in Barcelona, Orwell fought on the Aragon front, where he was near-fatally wounded. It was in Spain that he came to the shocking conclusion that Stalinism was no better than fascism, his experiences and reflections collected in his wonderful memoir, *Homage to Catalonia*.

As well as books, Orwell wrote an extraordinary output of journalism, ranging from ambitious essays on political thought and national identity to groundbreaking cultural criticism. On Orwell's statue outside the BBC (he worked there for some time) appears this quotation: 'If liberty means anything at all, it means the right to tell people what they do not want to hear'.

In one of his most well-known essays, "Why I Write", Orwell states: "Every line of serious work that I have written

since 1936 has been written, directly or indirectly, *against* totalitarianism and *for* democratic socialism, as I understand it. The question is which side one takes and what approach one follows."

And in "Politics and the English Language" he wrote about the importance of precise and clear language, arguing that vague writing (and thinking) can become a powerful tool of political manipulation (see 1984's Newspeak).

Of course, his most famous works today are *Animal Farm* and *Nineteen Eighty-Four*, both stemming from his post-Spain desire to understand and explain the nature of totalitarianism, and to discredit Stalin's corruption of the left. Both works have at times been oversimplified, thus failing to acknowledge Orwell's commitment to socialism and his criticism of Western governments. *Animal Farm* was intended as a warning about the corruption of revolution rather than revolution itself and *1984* was written to warn Westerners about the potential for totalitarianism in their own countries, while also addressing totalitarian regimes of his day. *1984* (published in 1949, written when he was dying), will surely make us reflect on the state of the world today, with widespread, ongoing conflicts, wars and destruction.

Orwell's dystopia describes the state of Oceania, and "Newspeak" where any form of thought differing from the governing party's was classified as 'thoughtcrime', and the English language is systematically reduced: No antonyms – 'bad' becomes 'ungood', 'warm' becomes 'uncold'...etc; no synonyms – words like 'great', 'excellent', 'lovely' all disappear and are described by 'good', to the point that the adjective "[Orwellian](#)" connotes an attitude and a policy of control by propaganda, surveillance, misinformation, denial of truth and manipulation of the past. The "[Thought Police](#)" are those who suppress all dissenting opinion. "[Prolefeed](#)" is homogenised, manufactured superficial literature, film and music used to control and indoctrinate the populace through docility. And "[Big Brother](#)" is watching all of us.

Both *Animal Farm* and *1984* are available on film - the 1984 *Nineteen Eighty-four* version with Richard Burton is excellent.



A Bit Excessive

by Juan José Castillos
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We lose at times our faith in the human race due to things we hear or witness, that betray reactions and attitudes by people we have known for a very long time and then find them to be terribly disappointing. And it is not isolated cases that reflect individual choices and beliefs but rather widespread notions, that in most cases remain hidden to avoid condemnation.

I've always loved England and all it represents, nicely encapsulated in my late wife of 27 years, born in Uruguay from British parents, but that was brought up the old way, representing the many virtues of a people that gave so much to the world over the centuries. Even after so many years together, she was still civilizing me with her manners and general behaviour.

But being also open to other people's accomplishments, mainly Europeans with different but distinct traits of behaviour and admirable attitudes worthy of emulation, we Uruguayans or Canadians, me being both by birth and adoption, can benefit from such examples.

As part of this notion, open to others' accomplishments, I have always admired Germany and Austria, but mainly the former, due to their widely notorious work ethics, discipline, talent for organization, careful with their finances and pride in their positive national achievements, which has placed them in an economic leadership position in Europe.

A middle-aged fellow scholar from Germany, whom I met about forty years ago, and who I know quite well, is a full professor at a German university, who took the trouble to even travel to Uruguay at his own expense once and gave several lectures on our subject, also helped me set up practical details (slide and later, power point projections) for some of my lectures at specialized congresses, he has become over the years a good friend, whose opinions I have always valued highly, within our field and beyond.

His beliefs on politics have always been centred around the major political parties in his country, avoiding any extreme positions and staying within reasonable boundaries as befits a moderate person, incapable of any excess.

However, when I told him about one of my experiences in Denmark, a country that suffered greatly during the Second World War by the German occupation, where I was confused as a German and treated with profound dislike by some Danish old ladies, he told me that he himself, as a

German, had also been treated that way in Holland and other European countries and resented such treatment.

Then he uttered the damning words that motivate this article: 'It's true that we were a bit excessive during the war, but their behaviour is unjustified'. A bit excessive indeed, if by that he meant the many millions of murdered Jews, Gypsies, and so many others, during his country's aggressive wars of conquest,

And that the nazis were not the only guilty ones but rather most of the German people themselves, was proved by the eavesdropping of conversations by German high rank military prisoners of war in which they, the regular army, confessed to have been guilty of wholesale murders during the war. This evidence was not presented during the trials after the war because the British wanted to keep all this secret for future use under similar circumstances.

I have never heard a German or Austrian friend of the many I've had, declare, not in public 'pour la galerie', but privately and sincerely, that what their parents and grandparents did during the war were terrible, inhuman and unforgivable crimes, they tend to blame others like the nazis for such deeds. The same nazi war criminals that later on, had their sentences commuted and then occupied important positions in the German federal government.

Whenever you deny well known facts in order to feel good about yourself, you set the stage for similar future crimes if conditions become similar, a very dangerous attitude that goes against all hope for our belief in the goodness of human nature.

A Jewish woman who survived the war in Berlin hiding in cellars and fed by occasional friends (extremely few and facing great danger), revealed that when Russian prisoners of war, forced to hard labour that were brutalized at a nearby factory by their captors, whose desperate screams she could hear, all the German neighbours in the vicinity did was close their windows to avoid hearing them.

Somehow, much as I still respect my German colleague's accomplishments and general demeanour, I have been incapable to respond to him with the same friendliness I used to have before that famous comment of his, that shook me into a realization of a widespread feeling among his people, even today, when so much is known about that war.

Tutankhamun

by Juan José Castillos
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The year 2022 marked the 100th anniversary of the discovery of the famous tomb of the Egyptian King Tutankhamun. Events commemorating this anniversary took place in many countries.

The curious thing is that we are dealing here with an insignificant king, who died very young, without having done anything important besides taking part in the return to the ancient religion, after a brief period of religious revolution in Egypt, which occurred some 33 centuries ago. Of this king it could be said that the most significant events of his brief life were that he died and was buried.

And that is precisely what is remarkable, since very few of the pharaohs' tombs were found intact or almost intact. In his case, due to fortuitous circumstances, almost all of the treasures buried with him were recovered, and that was his passage to everlasting fame.

To this we must add that since Howard Carter was not an Indiana Jones-type archaeologist, after the discovery aroused worldwide interest in the press at the time, the objects from the tomb came out of it after careful conservation work, according to the criteria of the time, and the impatience of the journalists gathered in front of the tomb, anxious to justify their presence there, led them to invent stories of curses that aroused greater popular interest than that of the discovery itself.

This king therefore lived in a very troubled period of ancient Egyptian history, very poorly known because of the silence imposed afterwards on everything related to that heresy, so everything that has to do with this period is a source of useful knowledge.

Forty-five years ago many of the treasures from the tomb toured Europe and North America where the public, who could not travel to Egypt, were able to appreciate these impressive objects in museums. At that time I lived in Toronto, Canada, and the exhibition was surrounded by such a consumer explosion with Tut omelettes sold in restaurants, all kinds of allusive T-shirts, newspapers promoting their publications with the king and a copy of them under his arm, people dressed as Egyptians trying to invite the public to museums, which I must confess led me to avoid attending that exhibition.

My disgust at the excesses that all this brought about led me to film some of these absurd demonstrations on Super 8, and then the president of the Société Française d'Égyptologie praised this short documentary and asked my permission to show it at Boulogne-sur-Mer, on the occasion of a celebration of the Egyptologist Auguste Mariette. My opening remarks in this film were: 'In a consumer society, culture is seen as just another marketable item'.

It is revealing that the French liked these opening remarks, while a fellow Canadian scholar asked me: don't all societies consume things? To him excess was probably normal.

I had already seen everything in Egypt and there was no point in being part of this extraordinary consumer mania. However, I was recruited to lecture on the subject at a school that wanted to prepare the students for the visit and also at a massively attended event, after a sumptuous dinner, in which I had to lecture at a five-star hotel, with a similar purpose, this time for people of a certain high social level.

In an Egypt of growing nationalist outcry, the tomb treasures had to remain in the country, unlike many previous discoveries, where finds were shared with the discoverers and exported to museums in distant lands.

It is interesting to learn through the memoirs of a director of the Metropolitan Museum in New York that Carter offered to sell the museum objects from the tomb, which were later returned to Egypt, meaning that everything had not been as transparent as many think.

What did deserve a more valid celebration in 2022 was the bicentenary of Champollion's deciphering of ancient Egyptian hieroglyphic texts, which not only inaugurated the modern science of Egyptology, but also put to rest a number of earlier sterile and mistaken speculations about ancient Egypt, revealing what the Egyptians themselves had to tell us about their past.

Those are the true treasures of knowledge, much more valid than the ostentatious grave goods of an insignificant Egyptian king. But I regret that many of my colleagues jumped on the bandwagon of that celebration, wildly exaggerating with their book sales and lectures about this pharaoh, thus deceiving people about his true importance.



From Ireland to Uruguay

by Juan Pablo Milessi
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Lidia Luisa Cafferky, born on June 20, 1878, in Clifden, County Galway, Ireland, was the daughter of Patrick Cafferky and Honor McHale. Little is known about her early life in Ireland, but the trajectory she followed later in life is one of remarkable cultural exchanges, travel, and teaching across continents. Her journey offers a glimpse into the lives of British expatriates in South America during the early 20th century and the often overlooked role of educators in these communities.

In 1929, at the age of 42, Lydia embarked on a new adventure. She boarded the S.S. Rodney Star, a ship of the Blue Star Line, departing from London, England. The ship's intended destination was Buenos Aires, Argentina, a major port for European migrants. According to the ship's records, Lidia was a teacher, traveling on to Uruguay after landing in Buenos Aires. By this time, she had lived a rich life but was still full of energy and dedication to her calling: education.

Lidia eventually made her way to Fray Bentos, a town in Uruguay known for its famous Anglo meat-packing factory, which was central to the town's economy. The factory, operated by British owners, attracted many British families to the area, creating a small expatriate community. Lidia, with her background in teaching, found her role here—teaching the children of the British residents.

While not revolutionary, Lidia's work was essential. She provided basic education in English, focusing on literacy and arithmetic, ensuring that the children of the expatriates had a firm grasp of their native language despite living in a predominantly Spanish-speaking country. Maureen Macfarlane, one of the local residents, recalls seeing Ms. Cafferky passing by her house and accompanying her to the English school in the Anglo neighborhood. For many, the school was a place of stability and familiarity in a foreign land, where children learned the basics of education in their mother tongue.

Though the school was modest and the curriculum straightforward, Lidia's work undoubtedly helped maintain a sense of cultural continuity for the British expatriate children. It wasn't a grand institution but a vital service for the community. Her dedication to teaching in Fray Bentos allowed these children to grow up with the education they needed to navigate a bilingual life.

Ms. Cafferky spent her remaining years in Uruguay, eventually moving to Montevideo, the country's capital. She passed away on December 11, 1946, at the age of 68. She was laid to rest in the British Cemetery, a resting place for many British expatriates who had made Uruguay their home.

Though her life may not have been filled with the fame or recognition some educators receive, Lidia Luisa Cafferky's quiet dedication to teaching in a small expatriate community left a lasting impact on the lives of those she educated. She bridged cultural divides and helped maintain a sense of identity for the British families living abroad. Her story, like many of the unsung teachers of history, reminds us of the quiet, consistent work that helps shape future generations, even far from home.





Population & Prosperity Steerage or First Class?

by Alvaro Cuenca
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There is a lovely and well known saying in Spanish (untranslatable into English) that reflects concerning the population of our country: **Los mejicanos descenden de los Aztecas, los peruanos descenden de los Incas, los uruguayos descenden de los barcos.** Leaving aside the double meaning of the verb “Descender”, the assertion is true, as we are all of European descent. The only thing that differentiates us is the date of our ancestors’ arrival. Uruguay is a country of immigrants with an endemic low birth rate. It is not strange that since the late XIX Century the cultural elite of the country would try to promote immigration as the quickest way to develop the full potential of the new Republic. Let us see what Melville Hora, himself an English immigrant in Montevideo, had to say on this issue in 1888, from the pages of his newspaper *The Express*.

Hora, true to his engineering education, is obsessed by numbers and he finds unexplainable the difference of immigrants to Argentina, Brazil and Uruguay during the previous six months. According to his information, gathered from the *Buenos Aires Standard*, some ten thousand immigrants have arrived monthly to Rio de Janeiro and Buenos Aires, but only an average of 900 to Montevideo: *“Less than one tenth of those received by Brazil and Argentina...two months ago a steamer bearing some three thousand immigrants touched Montevideo but only 4% of them landed at Montevideo, and this occurrence is not an exceptional one”*.

For Hora, immigration is a Crusade that must be promoted for the well-being of the new Republics. With clear and illustrated thinking he adds: *“Again and again, we have urged, even with damnable iteration, that there is no part of South America more in want of immigrants than this Republic, and at the same time, no part better capable of development or offering greater natural advantages”*.

Hora then addresses the question of who is to blame for this situation and how to mend it:

“Whatever the causes, past or present, of the defective flow of immigration to Uruguay, there are none, we are very sure, that could not be speedily removed by judicious legislation, if the authorities would be awake from their present lethargy, throw aside all selfish and unpatriotic policies, and devote themselves with whole souls and single minds to the most patriotic and glorious of tasks, the development of their country”.

In the concluding statement of the article, Hora presents to his readers, the British community in Montevideo, his ideas on immigration and development: *“This republic labours under no greater disadvantages than have Argentina and Brazil, and there is not only no reason now why she should not develop as quickly as they, but plenty of reason why she should do so even more quickly. Yet the sad facts remain that she is not already far behind in the race for population – which is also the race to prosperity – but that opportunities are fast slipping away, never to return, and that unless a strong and immediate effort is made, it will soon be too late altogether and she will have to resign herself to sink into and obscure back seat for which nature never destined her”*.

But not all immigration is useful and welcome for our Republic and Hora cannot hide his Victorian heritage of superiority and British pride: *“We are bound to declare that we consider there is already far too much of the Spanish element in this Republic, and that we think it would be every way better for the future welfare of the country if Spanish influence were lessened instead of increased and greater effort were made to form and entirely independent national character and set of customs... we have always thought it a matter of regret that when this country threw off the political yoke of Spain, it did not free herself from the burden of other Spanish influences...[immigration] fostering those Spanish customs here to the prejudice of the formation of an independent and original national character, we will regard as a messenger of evil and not of good, and we shall do our best to secure for it as unfavourable a reception as possible”*.

THE BEATLES



The Eternal Allure of JPGR - Part I

I have been writing music articles for this newsletter for over a year, and more than once people have asked me why I have not written about The Beatles. The truth is I have been avoiding it because of the huge task it implies. The Beatles were undoubtedly the biggest band of their era and, arguably, ever.

After the release of “Now and Then”, billed as The Beatles last song, I found myself wondering anew why The Beatles’ magic never disappears. They were the perfect merging of musical excellence and commercial success, and their musical legacy remains undiluted. They broke up, never reunited, and, as a band, never put out any mediocre or bad albums. Yet it is hard to pin down. Is it that they were not together for long – a brilliant burst of music, celebrity and growth in the 1960s and broken up forever by 1970? Is it the songs themselves, seared in our memories and life experiences? Is it the sadness of having lost half of them too soon – Lennon in 1980 at 40 and Harrison in 2001 at 58?

The Beatles are like a snapshot of a particular period that never fades. And, thanks to McCartney’s savvy handling, The Beatles brand has been incredibly well protected. Of course, they aren’t alone in the longevity of their music’s appeal, but somehow, they are untouchable, on a higher plane.

A week or so ago, I happened to hear “A Hard Day’s Night”, a song I wouldn’t include in my Beatles Top 20. Listening, I found myself awestruck by that opening chord, by the spiny Lennon vocal on the verses, by the creamy McCartney vocal on the bridge, by Ringo’s addition of a muted cowbell, by the filigree of George Harrison’s 12-string Rickenbacker guitar. Almost six decades after its release, “A Hard Day’s Night” sounds more exuberant, joyful and perfect than ever. So I guess it’s time for me to pay my respects and take on the Fab Four. Here goes...

The Beatles were an English four-piece rock band, formed in Liverpool in 1960. The members of the band were John Lennon, Paul McCartney, George Harrison and Ringo Starr, with John and George playing guitars, Paul on bass and Ringo on drums. But in the beginning things were different.

In 1956, John Lennon, aged 16, and a few of his friends from Quarry Bank High School in Liverpool formed in a skiffle band they called the Quarrymen. 15-year-old Paul McCartney met Lennon shortly after, and joined the band as a rhythm guitarist in 1957, aged 16. Some months later, McCartney invited his friend George Harrison to watch the band play. Harrison, wanting to join too, auditioned for Lennon and impressed him with his playing, but Lennon initially thought Harrison – just turned 15 – was too young. However, after several months of persistence, Harrison auditioned again and was enlisted as the band’s lead guitarist.

By early 1959, all Lennon’s friends from school had left the band. The three guitarists, John, Paul and George, started playing rock and roll under the name Johnny and the Moondogs, whenever they could find a drummer to join them. Stuart Sutcliffe, an art college friend of Lennon’s, joined them as bass guitarist a few months later, and suggested the band change its name to the Beetles, as a tribute to Buddy Holly’s band the Crickets. Lennon agreed, spelling it ‘Beatals’, but the name soon morphed to the Silver Beatals, then the Silver Beatles and then shortened to simply The Beatles.

In August 1960, the band’s unofficial manager, Allan Williams, booked a residency for the band in Hamburg, but without a full-time drummer, they were forced to audition for a new band member. Pete Best was hired as the band’s first official drummer, and with this line-up they left for Hamburg for a 3½-month residency, playing in several different locations, but mainly in the red-light district.

Musical Box

In early 1961, Sutcliffe decided to leave the band, and to avoid hiring another new member, McCartney switched to bassist. They were signed into another contract in Hamburg until mid-1962, after which they returned to Liverpool. There they became increasingly popular with the Merseybeat movement. During one of their performances at The Cavern Club, they met Brian Epstein – a local record-store owner and music columnist, who after courting them for a couple of months became their official manager. In April 1962, the band was met with horrific news: Sutcliffe had died suddenly from a brain haemorrhage.

A couple of months later, Epstein negotiated a deal with George Martin, the owner of EMI's Parlophone label. Their first recording session with Martin took place at EMI's Abbey Road Studios. Martin immediately complained about Best's drumming ability, and suggested a session drummer in his place. The band, who were already considering dismissing Best, hired Richard Starkey – a.k.a. Ringo Starr – in August 1962. During their third session with Martin, The Beatles recorded "Please, Please Me", "Love Me Do" and "P.S. I Love You". Martin suggested re-recording the first at a faster tempo, accurately predicting, "You've just made your first number one".

In February 1963, The Beatles recorded ten songs during a single studio session for their debut album, *Please, Please Me*. It was the first of eleven consecutive albums the band released in the United Kingdom to reach number one. The album's 3rd single, "From Me to You", began an almost unbroken string of 17 British number-one singles, including all but one of the eighteen they released over the next six years. And their 4th single, "She Loves You", achieved the fastest sales of any record in the UK up to that time, selling $\frac{3}{4}$ of a million copies in under 4 weeks. It became their first single to sell a million copies, and remained the biggest-selling record in the UK until 1978.

Their success brought increased media exposure, to which The Beatles responded with an irreverent and comical attitude that defied the expectations of pop musicians at the time, inspiring even more interest. As their popularity spread, a frenzied adulation of the group took hold. When they performed live and toured the UK, the band was greeted by increasing hordes of screaming fans, a phenomenon the press dubbed Beatlemania. Whilst supporting American acts Tommy Roe, Chris Montez and Roy Orbison, the Beatles overshadowed the main artists and assumed top billing 'by audience demand', something no British act had previously accomplished while touring with artists from the US. As Beatlemania intensified in the UK, police were forced to resort to using high-pressure water hoses to control the crowds. *Please, Please Me* remained at the top of the charts for 30 weeks, only to be displaced with its follow up, *With the Beatles*. When writing the sleeve notes for that album, the band's press officer, Tony Barrow, used the superlative "the fabulous foursome", which the media widely adopted as "the Fab Four".

(continued...)

In 1964, The Beatles departed from Heathrow with an estimated 4,000 fans waving and screaming as the aircraft took off. Upon landing at New York, an uproarious crowd estimated at 3,000 greeted them. They gave their first live US television performance two days later on The Ed Sullivan Show, watched by approximately 73 million viewers (about 35% of the US population), the largest audience that had ever been recorded for an American television programme. At their first US concert, Beatlemania erupted at the Washington Coliseum. This first visit to the US took place when the nation was still mourning the assassination of President John F. Kennedy the previous November. Commentators often suggest that for many, particularly the young, The Beatles' performances reignited the sense of excitement and possibility that had faded in the wake of the assassination, and helped pave the way for the revolutionary social changes to come later in the decade. Their hairstyle, unusually long for the era and mocked by many adults, became an emblem of rebellion to the burgeoning youth culture. During the week of 4 April 1964, The Beatles held 12 positions on the Billboard Hot 100 singles chart, including the top 5, a feat that has never been matched to this day.

Interest in The Beatles also generated unprecedented interest in British music, and groups such as the Rolling Stones, the Kinks and the Animals made successful US debuts within the next three years in what was termed the 'British Invasion'.

In 1964, The Beatles released two more albums, *A Hard Day's Night* (soundtrack for the Beatles film of the same name, a musical comedy where they played themselves) and *Beatles for Sale*, both of which evidenced the growing conflict between the commercial pressures of their global success and their creative ambitions. Beatlemania was beginning to take its toll.

(to be continued...)





Back to the Future XIX

by Carl Sloth Knudsen
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One day, early in the morning, at the beginning of the year 1960, I received a letter from the Danish Military Enrolment Department, calling me to present myself at their garrison in the island of Bornholm, placed where the Russian underwater gas pipe was built years later. At the start of the military invasion of Ukraine by the Russian Army, same pipeline was sabotaged by means of strong and severe underwater explosions. At the time, I said to myself: one and a half year living in an island like Robinson Crusoe and under military command; that's not for me. So, against all odds, I wrote a letter to King Frederik IX of Denmark and asked him please help me to be enrolled in the Kings Royal Guard, where my father had been a soldier during the first world war from 1914 to 1918.

A few days later I received a letter from the Défense Minister telling me that they had received recommendation letter from the King and that they would look into the situation and let me know possibilities as soon as possible. Next day I received a telephone call from them, informing that my petition was granted and that I had to present myself the 2nd of May 1960 at Alleroed Railway Station at 10 am. So, I did, and the train arrived on time with me, and many others with same destination. We were divided in groups, and immediately "commands were imposed". We walked towards the garrison in small groups, high tempo, and after approx. 5 kilometres we arrived at "Sandholms Kasserne", which was the Royal Guards Garrison. There we received our uniforms, bayonet and M1 Garand rifle (used during the Korean War), and from there, walked further 2 km towards the next garrison where we went through a 3-month hard training, both physically and mentally.

During this time, we were not allowed to leave the premises. The training ended with a 2 days 30 km walking march (called REX TOUR), each carrying approx. 30 kg of war material on our backs. Thereafter we all received the Kings Royal Guard Distinction, to be born on the shoulder of our uniforms, and in this respect, I am very thankful for all medals granted to me during my service. But this is only the beginning of my obligated "military career". As time unfolded, I realized that

it had a meaning for me to go through this particular part of my life in the best way possible. Accidents were just around the corner every moment.

The magnitude could be a disaster. Precaution was my best friend, followed me everywhere, and whatever I did. After learning extra military skills, self-defence and having already a driving license, I was given a military one. This took place while I was serving as guard for the King at the Royal Palace Amalienborg, Copenhagen.

By the way, one day, on guard, at the palace, there was a group of Mexican tourists walking in front of me, when suddenly one elderly lady came and stood beside me and asked in Spanish to one of the men in the group, to take a picture of us, to which he answered: make him smile. I could not miss the opportunity and answered in Spanish: You do not need to do so; I can smile by myself. Taken by surprise, she asked me if I spoke Spanish. Oh yes., we all speak Spanish in the Royal Army. She stumbled back to the group speaking to them and pointing with her fingers towards me. I said to myself: OH. my God, I hope nobody from inside the palace has noticed that something was not right, as we were not allowed to talk or smile while on duty.

We were under constant prismatic surveillance during our service. After ending my duty, I expected some days in jail, but to my surprise nothing happened. If I had the opportunity to go through same experience I would repeat it again.

Soldiers in the Royal Guard were classified by their height in three different groups. We were all taller than average people. I was at the time 1.84 mts. tall.

Many things occurred to me, during my time in the army which I will come back to later.





Victoria Sponge, Queen of Cakes

by Carmen Alvarez
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A Victoria sponge cake is a British dessert that consists of jam and cream sandwiched between two delicate cake layers. The dish gets its name from Queen Victoria, who is said to have made a habit of enjoying the cake with her afternoon tea.

Since we are so near our annual visit to Conchillas for the Tea Table Contest, we thought it would be appropriate to dive into the history of this traditional British dessert that can be considered part of its cooking heritage. In the last contests we have tasted delicious cakes made by the ladies there and they had nothing to envy to the British versions.

In around 1840, Anna Russell, the seventh Duchess of Bedford found a dreary feeling set in at around 5pm after the effects of a large breakfast and light lunch had died off, with hours to go until the evening meal. To fight off the feeling, she ordered a tray of tea, bread and cakes to be delivered to her room at that time and friends were invited to join her. The idea caught on. Before long, Queen Victoria was organising afternoon tea too.

Food historian Alysa Levene's history of cake (2016) confirms that her particular favourite was the elegantly simple sponge that we have come to associate with her and now bears her name. And it's perhaps fitting that this cake was named in her honour because, in a way, it is symbolic of her reign. The delicate sponge must have been truly a luxury fit for a Queen because its light, fluffy texture was achieved through a newly developed ingredient, baking powder. It was invented by food manufacturer Alfred Bird in 1843, six years after he also created instant custard powder. Intended as a yeast replacement, it helps cakes rise in the oven. It was used in a sponge cake with buttercream and raspberry filling that became an afternoon tea favourite of Queen Victoria herself.

In short, Victoria sponge is the ultimate vanilla cake, and a classic British teatime treat. It's a celebration of summer with the strawberry jam in the middle but you can swap that out for something else if you don't have it at hand.

The key to a successful Victoria sponge cake is a light and airy sponge. We recommend serving it alongside other afternoon tea recipes for a perfectly traditional occasion. It's a classic for festive street parties and surely a must in the next Conchillas gathering!





Chicken In Orange Sauce

by Phillip Berzins
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Ingredients – 4 portions

- 750 g chicken breast
- Salt and pepper
- 2 tbsp olive oil
- 2 cloves garlic finely diced
- ½ tbsp grated ginger
- 1 ½ tbsp brown sugar
- 4 tbsp vinegar of your choice
- 200 ml orange juice
- Zest of 2 oranges
- 1 tbsp lemon juice
- 3 tbsp soy sauce
- 1 tbsp corn flour
- 1 tsp mustard
- Chili sauce
- 1 spring onion
- 1 tbsp sesame seeds

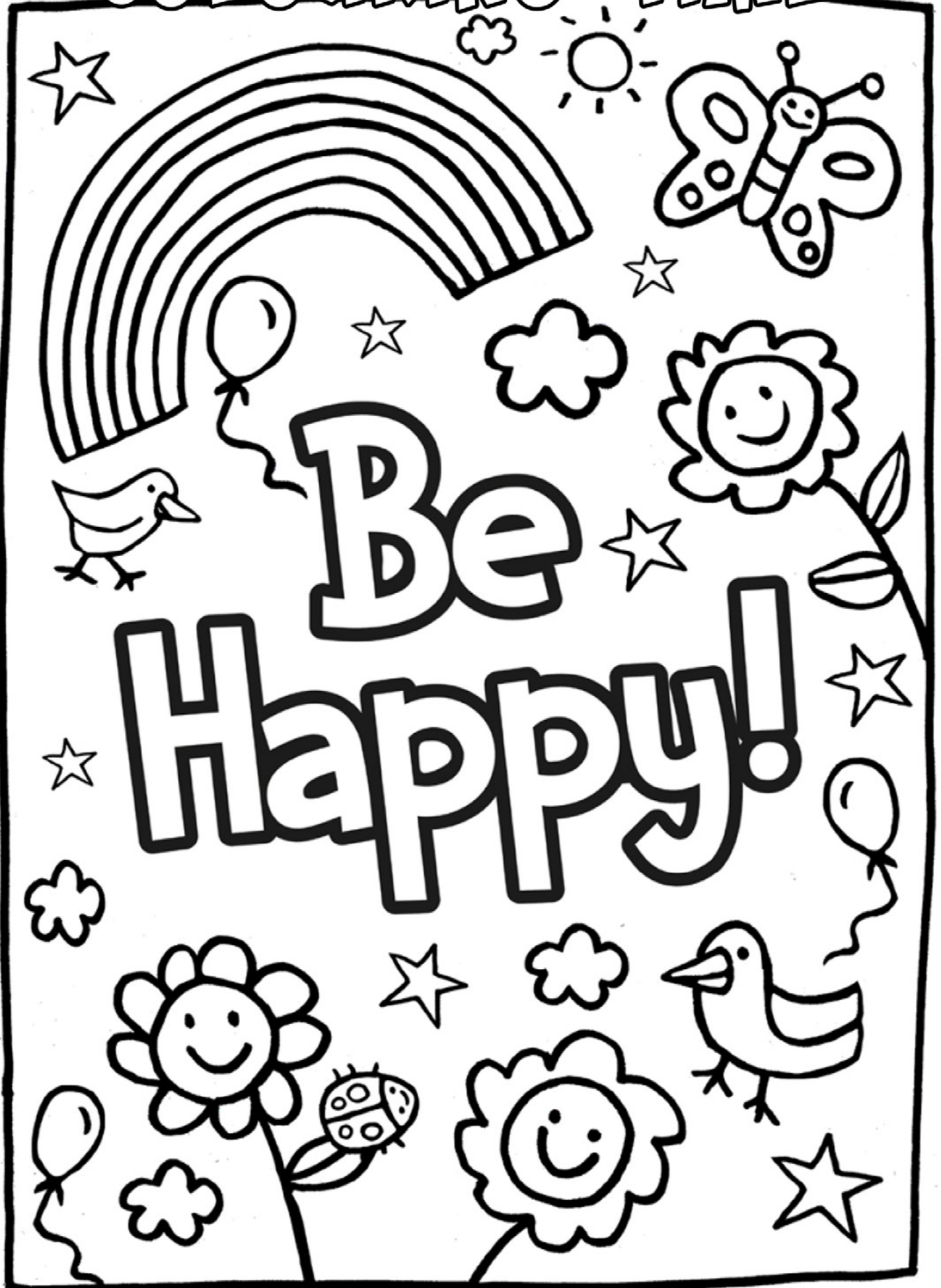
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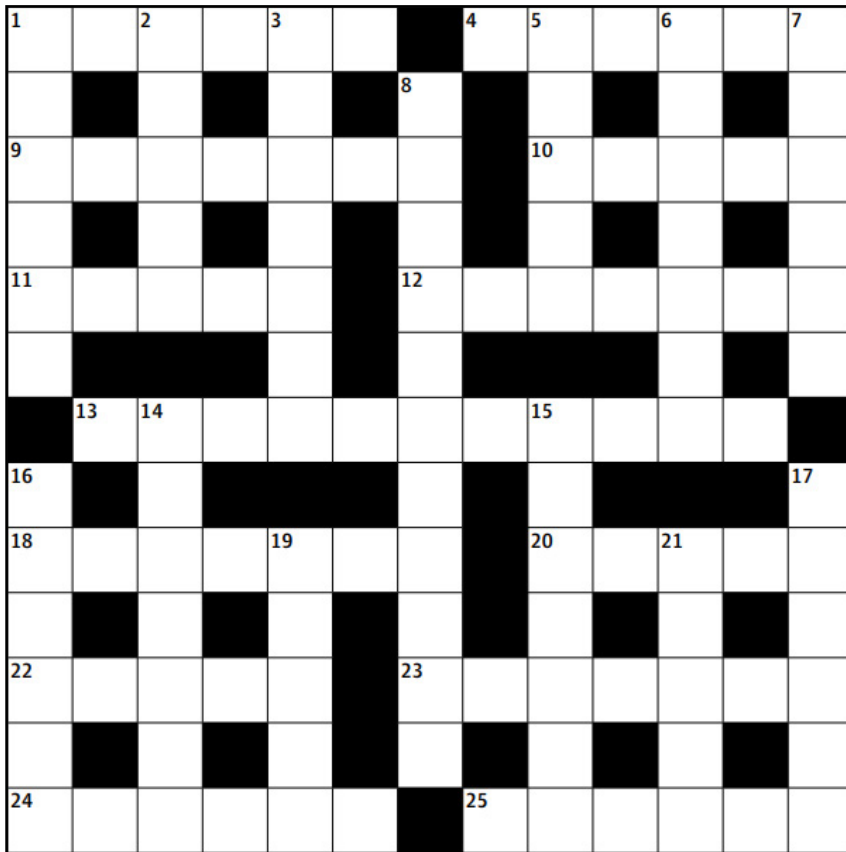
- Cut the chicken breasts into cubes and season with the salt and freshly ground pepper. Heat a saucepan and add the olive oil and fry the chicken in batches until nicely browned but still slightly undercooked in the centre. Remove and reserve.
- In the same pan add a splash of oil and quickly fry the garlic and ginger while stirring taking care not to burn, otherwise the sauce will become bitter. Add the sugar and vinegar and stir to dissolve. Add the orange and lemon juice, zest and soy sauce and simmer for 5 minutes. Mix the corn flour with a small amount of cold water and stir into the boiling sauce until it comes to the boil. Add the mustard and whisk in. Add chili sauce if desired. Simmer for a couple more minutes, adding more corn flour if you wish to obtain a slightly thicker sauce.
- Add the chicken to the sauce and simmer for a couple of minutes or until the chicken cubes are cooked.

Serve with rice and sprinkle spring onion and sesame seeds over the top.

If you have an orange liquor you can add a good dash to the finished sauce to help attain a more pronounced orange taste.

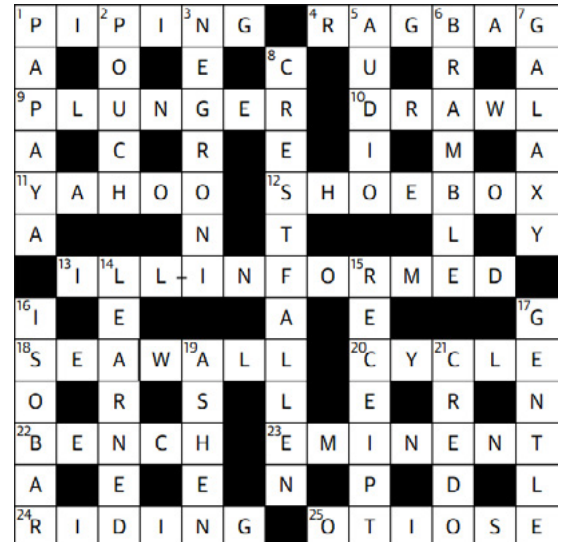
COLOURING TIME





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

October solution:



Across

- 1 Pardon (6)
- 4 Self-service meal (6)
- 9 Ground spice (7)
- 10 Collectable item (5)
- 11 The symbol ^ (5)
- 12 Facial hair? (7)
- 13 A low level (6,5)
- 18 Narrates (7)
- 20 Lively (5)
- 22 Yoghurt-based Indian side dish (5)
- 23 Range of hearing (7)
- 24 Paste made from sesame seeds

Down

- 1 Suppose (6)
- 2 Lark (5)
- 3 Asian dog breed (4-3)
- 5 Sam, Tom or Vanya? (5)
- 6 Hodgepodge (7)
- 7 Silverware (6)
- 8 Seller of buttons etc. (11)
- 14 Navigator – US state capital (7)
- 15 Chap who made a miraculous comeback? (7)
- 16 Timber decay (3-3)
- 17 Shrub – ‘Moaning’ Hogwarts character (6)
- 19 Aim – educate (5)
- 21 Respectful address used in colonial India (5)



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