



THE BRITISH SOCIETY
IN URUGUAY
FOUNDED 1918

CONTACT

MARCH 2022



St Andrew's Society
St. Andrew's Family Picnic

Medical Column
**Lives, Livelihoods and
Sabre-Rattling**

English Folklore
Robin Hood

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BSU CONTACT NEWSLETTER

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Birthdays

in March

- 03 · Thomas R. Gordon-Firing
- 04 · Dorothy Christy
- 04 · Giorgina Sexton
- 08 · Helen Turner
- 09 · Walter F. Albanell
- 10 · Ian R. Forrester
- 10 · Victoria Bridal
- 12 · José J. Obes
- 14 · Angela Dickinson
- 15 · Susan Day de Medina
- 15 · Susan A. McConnell
- 15 · Jackie Archer
- 17 · Mónica P. Harvey
- 18 · Claudia E. Pereyra
- 19 · William E. Ehlers
- 19 · Sarah E. Cowley
- 19 · Javier González
- 22 · Sylvia M. Carrara
- 22 · Gonzalo E. Collazo
- 22 · Carolyn A. Prevett
- 22 · Eduardo J. Loedel
- 23 · Trevor Durnford
- 24 · Michael J. Brown
- 25 · Elisabeth M. Gruber von Freeden
- 26 · Ronald L. Decker



- 26 · Pamela I. Prescott
- 26 · Ian Dickin
- 27 · Bryan P. Davies
- 28 · Kim E. MacLennan
- 28 · Martha I. Escondeur
- 28 · Duncan Bell
- 28 · Peter J. Gault
- 29 · Anthony J. Shaw
- 29 · Luis E. Albin
- 30 · Phyllis M. Cobham
- 30 · José M. Barrabino

New Members

- Alexandra 'Ale' Williman Curochquin
- Catalina 'Cata' Williman Curochquin
- Gonzalo Rodríguez Dotta

Adam & Eve were the first ones to ignore the Apple terms and conditions.



THIS MONTH'S COVER



This month's cover features the Victoria and Albert Museum (often abbreviated as the V&A). Located in London, it is the world's largest museum of applied arts, decorative arts, and design, housing a permanent collection of over 2.27 million objects. It was founded in 1852 and named after Queen Victoria and Prince Albert.

The V&A is located in the Royal Borough of Kensington and Chelsea, in an area known as "Albertopolis" because of its association with Prince Albert, the Albert Memorial and the major cultural institutions with which he was associated. These include the Natural History Museum, the Science Museum, the Royal Albert Hall, and Imperial College London. The museum is a non-departmental public body sponsored by the Department for Digital, Culture, Media, and Sport. As with other national British museums, entrance is free. Enjoy!

Geoffrey W Deakin
Editor

MEMBERSHIP FEES

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

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

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



2021



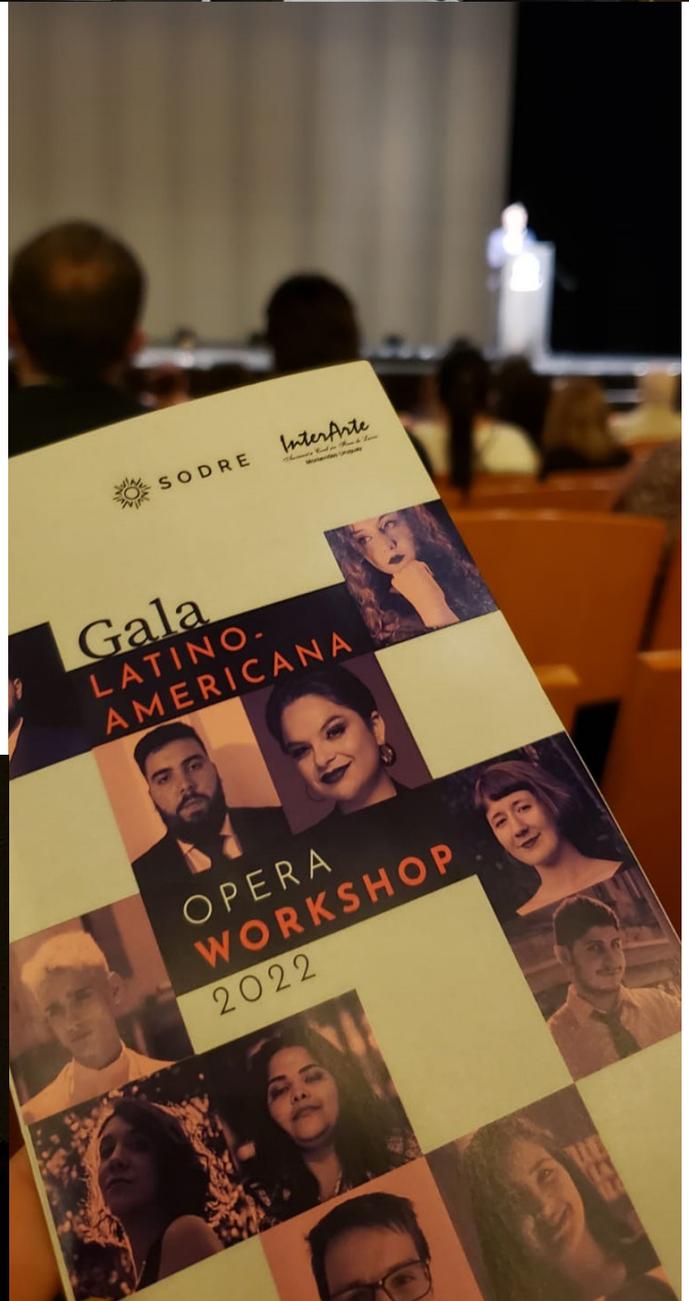
Once this is done, your membership will be updated.



Last Sunday 27th February, we attended the Royal Opera House Closing Gala at the Auditorio del Sodre. We enjoyed some great young opera singers under the direction of David Gowland, Artistic Director of the Jette Parker Program for Young Artists of the Royal Opera House. The British Society in Uruguay would like to thank the British Ambassador to Uruguay, Mrs Faye O'Connor, for the tickets she kindly gave us and that we offered to our members.

The Opera Workshop 2022 is an improvement project for young Latin American lyrical singers and accompanying pianists / "repertorists", which took place from February 14 to 27, 2022, in Montevideo.

Two pianists and 12 singers selected from more than 60 applicants from 9 Latin American countries participated in the closing gala.





Happy Birthday Kenn!!



It was Kenn's 80th birthday on the 23rd of February





Descripción del proyecto

- Colaboración entre Cenex y las autoridades de Uruguay (MIEM, UTE), con el apoyo de la Embajada Británica en Montevideo.
- El objetivo es **compartir la experiencia** de Cenex en Reino Unido y otros mercados internacionales para apoyar la implementación en Uruguay del mercado de **vehículos eléctricos y la infraestructura** de recarga asociada.
- Con ello, conseguir una **transición justa y equitativa**, y posicionar a Uruguay como líder regional en transporte eléctrico.



Ministerio
de Industria,
Energía y Minería



La energía que nos une

Collaboration in Electric Mobility

The Embassy is facilitating a series of workshops sharing British expertise in the UK transition to electric mobility. Aimed at public officers from various Uruguayan ministries and agencies involved in the second energy transition, this 4-week virtual series, is led by the Centre of Excellence for Low Carbon and Fuel Cell Technologies, Cenex, which has

worked with the British government in its own transition to sustainable mobility. In her opening words, Ambassador Faye O'Connor congratulated Uruguay for the commitments made towards Zero emissions and mitigation strategies during the past year and their COP26 participation.

New Item on Display

An overcoat belonging to Admiral Sir Charles Henry Lawrence Woodhouse KBC is now on display at the Centre for Historical, Naval and Maritime Studies at the Naval Museum in Montevideo. It was presented by Ambassador O'Connor on 13 December, on the anniversary of the Battle of the River Plate. It was very kindly donated by the Woodhouse family is of great historical value given his role as captain of HMS Ajax during the Battle of the River Plate in 1939.





Strengthening Artistic Ties

Young lyric artists from Latin America had the chance to take part in a two-week Opera Workshop provided by Royal Opera House Jette Parker Young Artists Programme (JPYAP) together with SODRE and Interarte. Ambassador Faye O'Connor had the pleasure to attend both a delightful concert by David Gowland, JPYAP Artistic Director, and

Uruguayan tenor Andres Presno, a graduate of this programme in London. She was also delighted to attend the closing gala, and to host an event at the Residence for participants, authorities and everyone involved in this cultural exchange.

TRIBUTE

Patricia Stanham Slee (Patsy) was born in Montevideo on May 3, 1935. She was the eldest of four, born to Edward Stanham and Gertrude Slee (Patricia, Peter, Kenneth, and Belita). She studied in Uruguay and Argentina, and later worked as a nurse in the British Hospital.

She married David Bolger in 1960. Due to David's job, they soon left Uruguay and lived in many countries in South America (Argentina, Chile, Perú, Ecuador) and a few months in London, until they definitively returned to Uruguay in 1981. They had two sons, Andrew, born in Chile in 1969, and Anthony (Perú, 1971).

Both David and Patsy were very active within the British Society, always there when a helping hand was needed.

David passed in 2013, and Patsy moved to a home in Carrasco until she departed on February 9.

She will always be remembered as a loving and full of kindness person.





St. Andrew's Family Picnic

Sunday, 13th March, 2022 - High Noon (12hs)

Venue: Criolla Elias Regules, Avenida Bolivia 2455
Roast Lamb, Hamburgers, Salads and Fruit for Lunch.

Games & Scottish Music and Dances

Bring your own drink, cutlery, plates glass / mug.

For TEA TIME bring something SWEET to share,
we will provide freshly brewed tea.

Please Book your place before March 8th
Tel: 099 686 068 - 098 469 926

Adults: \$ 650 – Ages 9 to 15: \$ 400 – Ages 8 and under: Free

There are tables and chairs available,
but you can bring your own garden table and chairs, or rug
if you would like to maintain social distance.

UPDATED OUTDOOR COVID RULES TO APPLY
INDOOR MASK REQUIRED!

IT WILL BE CANCELLED IF IT RAINS
WITHOUT RESERVATION: EXTRA \$ 100





Lunch Invitation

Wednesday 9th March at 12:15 PM



Journalist

Nelson Fernández Salvidio

*The Uruguay of 28th March
A look at the political economic
stage, post referendum*

Parva Domus, Punta Carretas

More Information



www.cub.com.uy



18th March · World Sleep Day

The importance of sleeping well

In order to be able to carry out our normal activities and to prevent risk factors on our health, it is essential to have good quality sleep on a regular basis.

It is clear that we would all like to get plenty of good quality sleep. But for many of us, this activity that seems natural and simple can be quite complex. Sleep disorders can result in cardiovascular problems such as heart attack or stroke which are one of the most important causes of death in Uruguay and around the world.

Most common problems

One of the most frequent problems we are consulted at the hospital is insomnia. Around 4% to 48% of people across the world suffer from sleep disorders. In 2021, together with colleagues from Hospital Maciel, we carried out a study in Uruguay on more than 1000 persons, where we found out that 15% suffered from insomnia.

Consequences of not sleeping well

Among the causes of not sleeping well we found sleep disordered breathing, including apnea. This is a condition involving repeated episodes of partial or complete blockage of the airway during sleep which interferes with the normal flow of oxygen to the body. Usually the patient is not conscious of the problem and his sleep is interrupted. This results in poor quality sleep, and the following day he may feel tired and can suffer road accidents. People who do not sleep sufficiently are irritable and cannot cope with daily life properly.

How many hours of sleep are necessary

Approximately 7 hours of sleep are recommended. There are some people who sleep less and others who sleep more, but the important thing is



how awake they are the following day.

If a person sleeps six and a half hours and the following day is feeling fine, lucid, can work properly, is not sleepy during the day and is not irritable, then he had a good night's sleep. If a person sleeps more than 7 hours but is not feeling well the following day, perhaps he has a sleep disorder or he may need more hours of sleep.

Diagnosis is crucial

Sleep is very personal and if there are disorders it is important to know why they are occurring. That is why diagnosis, as well as performing an in-depth questioning to the patient, are so important.

Since the BH is a personalised health care center, apart from the diagnosis we may decide if complementary exams, such as sleep tests, are needed. The most common tests include a polysomnography where different biological variables are registered, starting with an electroencephalogram, i.e., brain activity during sleep, followed by breathing, eye movement, cardiac activity, oximetry, different muscle registers and an electromyogram of the chin and lower limbs. With these studies we can determine if breathing interruptions occurred, their frequency, and if there were movements of the lower limbs. This information shows if the person had a good night's sleep.

Dra. Cecilia Orellana, Neurologist, specialist in sleep medicine.



For March in view of the considerable crisis in our world, I am sharing an excerpt from the opening remarks of a recent message given at Christ Church on a Sunday morning:

“Our son Josh works for a company that has been in existence for more than 150 years. But in March of 2020 they faced a huge challenge! Hundreds of University students were scheduled to spend 10 to 14 weeks across America in direct sales. All of the training was focused on literal lifetimes of developing and refining a system to help young people face their fears, overcome obstacles, and achieve personal growth and financial earnings in one of the toughest summers of their life. South Western Advantage had recently been recognized as the #1 training program for College Interns in America - beating out competitors like Yahoo, Google, and NASA.

But in March of 2020, College internships were shutting down nationwide, travel was being curtailed globally, COVID was seemingly everywhere and sending our college kids door to door for direct sales seemed impossibly absurd.

Josh was visiting with us in early March wondering what would happen. He was not only hoping to sell, but he had recruited a small team he felt responsible for as well. I was pretty sure the summer would be suspended, but Josh felt like it would go forward.

And Josh was right! They told Josh to come to work, they changed the approach, the training, the travel, and lodging arrangements.

They took their direct sales team online... and by August they had grown the business by more than 30%. The book “Redefining Possible” tells their story of breaking through belief barriers and creating a new normal! I watched it happen through the eyes, ears and experience of my son.

In chapter 2 of the book, the authors teach a simple acronym for overcoming obstacles. I want to share a very brief summary of it with you today in hopes that you can apply this simple idea to every area of your life where you want to grow.

RAFT

Recognize (*Reconocer*) an event is happening.

Accept (*Aceptar*) the event that is happening.

Focus (*Enfocar*) on what you can control.

Transform (*Transformar*) the negative aspects into positive opportunities.

We seem to be in a cycle of ever increasing crisis in our world that impact our lives at many levels. All of us have had to determine or choose our response. RAFT offers a great way to think about our response...”

Each of us has work to do that impacts those around us. We have the work people see and the hard hidden work that helps us grow towards more emotionally connected, compassionate, committed people. Thanks for the work you do to grow, participate and serve in the lives of people around you!

Coming Up

Emotionally
Healthy Spirituality

March 8



The Alpha
Course

May 4



The Marriage
Course

August 10



March 21

Community
Bible Study

August 8

Community
Bible Study



After two long years, the Anglo travel group went back to the United Kingdom to experience a new trip, organised and guided by Odile Travel.

The 35 travellers from the Anglo network across the country set off to the old continent for 4 weeks, to take part in a language learning programme that was especially designed to improve their English and be exposed to a total British language and cultural immersion.

Cambridge is the chosen city for this programme, where participants can improve their English at the prestigious Studio Cambridge College. Cambridge is one of the best places to visit in England, and it is also the perfect place for acquiring new language skills, learning about new cultures and making friends from all over the world.

Our students stayed at family houses, where the hosts provide a welcoming environment and offer an authentic window into their culture.

In addition, the group visited some of the most popular tourist attractions in England, Scotland and even France, such as London, York, Ely, Edinburgh, Oxford, Brighton or Paris. They also got the opportunity to take part in some popular activities in the area, such as visiting museums, punting, ice skating, bowling, having a classic English tea, visiting Harry Potter's magical studios or attending the vibrant musical Mamma Mia!

Undoubtedly, a unique and unforgettable experience for students of all ages.



ANGLO LIBRARY GETS TO THE NEXT ROUND IN BRITISH LIBRARY GRANT APPLICATION

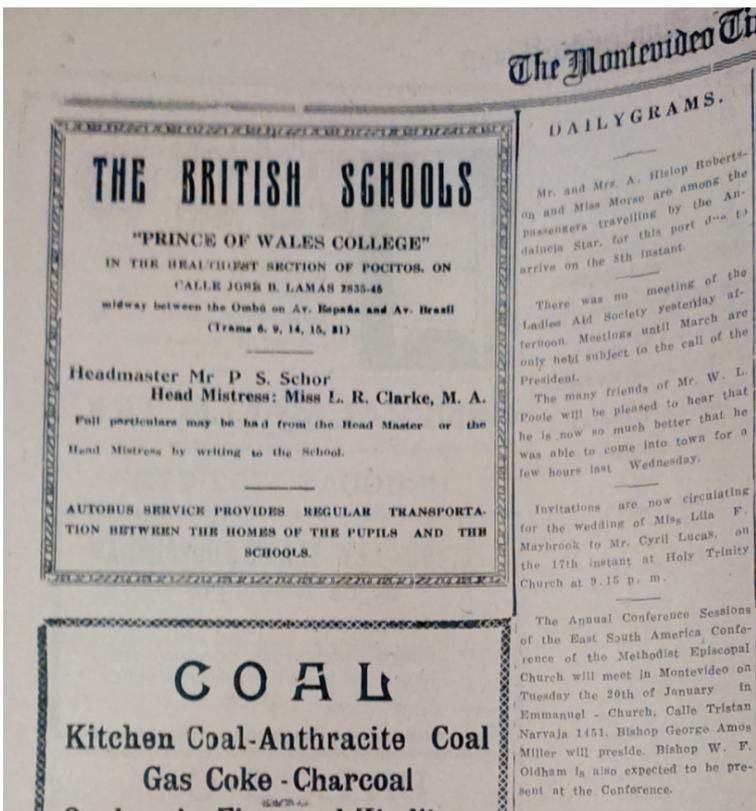
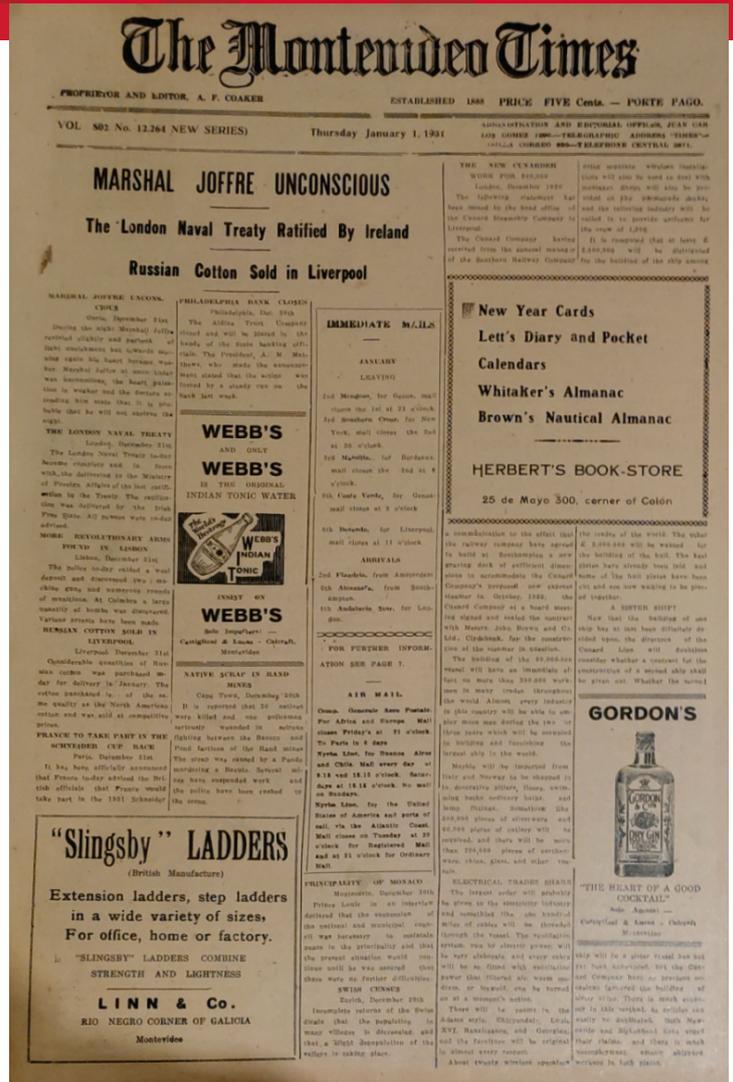


ANGLO

We have many prized possessions in our library, but amongst the ones we treasure the most is our archive of 'The Montevideo Times', which was an influential newspaper written in English, by English residents, between 1888 and 1936 in Uruguay.

For a long time, the Anglo Library has been trying to digitize this invaluable collection, but scanners in Uruguay are not big enough for its large broadsheet format.

Last year, a team led by Professor Lisa Block de Behar (FIC- UDELAR) and Rosina Scher, approached us with the idea of applying for a grant from the British Library's Endangered Archives Programme, a project that would make the digitalization possible. The Endangered Archives Programme offers approximately 30 grants each year to enable researchers to locate vulnerable archival collections, arrange their transfer wherever possible to a suitable local archival home, and deliver digital copies into the international research domain via the British Library. The Anglo decided to participate in the Project, in order to preserve and make accessible our valuable archival collection, and it is our pleasure to announce that our application has been considered by The British Library, and that we are now eagerly awaiting for the results of the second round of the grant.



This initiative is part of a major project led by professor Lisa Block de Behar, called Anáforas, developed by the University of the Republic. The project aims to preserve, digitize and disseminate local invaluable documentation, such as literature, press, letters, images and cultural publications. Anáforas is the result of a number of UDELAR professionals and students who have teamed up for outstanding work, and the Anglo is grateful for being part of this new exciting project.





ANGLO

CULTURA BRITÁNICA EN URUGUAY

INGLÉS ES TODO



TODAS LAS GARANTÍAS.
TODA LA CONFIANZA.

2022 FACE TO FACE AND ONLINE COURSES STARTING IN MARCH/APRIL.

GET MORE INFORMATION ON www.anglo.edu.uy



Lives, Livelihoods and Sabre-Rattling

The roller-coaster of human problems continues. After two years into the pandemic, squeezed into choosing between the rock and a hard place of lives vs livelihoods, we're on the brink of war in Europe and weaning ourselves out of another potential 1938 Chamberlain moment. For one thing, the West is reunited in its defence of national border integrity, free society, and liberal democracy. The internal divisions of NATO's major military powers (US, UK, and France) have receded and been replaced by unity against a common enemy: another lebensraum-hungry autocrat.

This contrasts with what happened during the COVID-19 pandemic. Even if some countries managed to keep the most of their population in line with data and science-driven restrictions imposed by their governments, to a certain extent in some and to a larger proportion in others, anti-science movements, driven by fake news and right-wing extremism, have erupted in the US, Canada, France, the Netherlands and even in New Zealand. They have opposed what will in history be described as one of the major scientific achievements of humanity: the development of effective vaccines in record (warp-speed) real-time. On an individual level, celebrities and influencers like Novak Djokovic have given the worst example of behaviour, challenging strict but science-guided restrictions, with the consequence of having been deported from Australia's Grand-Slam Tennis Open. There is a chance that he may face similar dilemmas in the remaining tournaments this year – all because of his strongly-held, unscientific views on vaccination for COVID-19. These bad examples only put others in harm's way: many anti-vaxxers feel reaffirmed by Djokovic's attitude and end up catching the virus and maybe suffering the worst clinical courses, including death, not counting those vulnerable people who may have been infected by them.

I have been surprised by the many physicians who are specialised in infectious diseases, immunology, and epidemiology, who fuel anti-vaccine sentiment. In some cases, I suspect they have reacted to feeling 'dumped' for not having been included in government advisory groups and teams, and therefore vent their frustration in a destructive manner.

The limits between anti-science and right-wing political ideology have blurred. We've seen it in the US with the 6th of January 2021 Capitol storming and recently in Canada, where in spite of having one of the highest vaccination rates in the world, the reaction by truckers against having to quarantine if not vaccinated when returning from the US, turned into a virtual occupation of Ottawa and the collapse of border crossings, to which the Prime Minister responded hard-handed invoking the Emergencies Act (analogous to our Uruguayan Medidas Prontas de Seguridad).

In the meantime, while governments are progressively retreating from lockdowns, restrictions on indoor activities and eliminating masking requirements, labelling the present state (unscientifically) as an 'endemic' stage (we may not be there yet, but we're surely close), the world has suddenly become aware that the conflict between superpowers, 60 years after the Cuban Missile Crisis and nearly 80 years after WWII, made a comeback. The immediate response has been reassuring. We cannot risk another conflagration and the free world looks united.

We seem to have learned the lesson that complacency and appeasement with autocrats is not an option to prevent war and that western unity is paramount.

In an analogous way, maybe in the next pandemic, we'll do better and make sure science has the upper hand – **and the last word.**



DICKENS INSTITUTE CELEBRATES 50th ANNIVERSARY!

It all started when in the summer of 1972 two English Teachers were looking for a place to open an institute and teach English in a different way. They heard of a place in calle Yaguaron, so off they went imagining the ideal place for their venture. The door was open and they walked in to find people working hard at their typewriters! One of them led them to the garage! Overcoming their initial disappointment, they began to see its possibilities, specially as the rent was quite low and they had three months grace! Besides there was nothing that a good coat of paint wouldn't do.



**From the
Dickens Board:**

Agustina and
Sofía
Scherschener,
Monica Harvey
and Patricia
Alvarez Harvey

Two weeks later two loud green doors with lovely orange suns announced to the astonished neighbourhood at large that Dickens Institute had been born! Inside, green, orange and yellow chairs, the provenance of which had better never be known, alternated with each other, and colorful tablets substituted desks. The teacher's desk was an old kitchen table painted loud green with a dictionary as decoration. The white walls were decorated with psychedelic art posters such as an elephant covered in flowers, a beautiful loud green parrot and other vibrant posters. Remember it was the age of the Beatles and the teachers were young!

To cut a long story short, the Dickens was a success! 84 students the first year! Doubled the number the second year and so the dear garage had to be abandoned but never will be forgotten!

Since those halcyon days 50 years ago, most of which have been very successful thanks to the many people and Institutions that have helped Dickens Institute to become what it is today.

Therefore our recognition and grateful thanks to the following: its thousands of students along the years, its Staff that has shared the Dickens dreams, ideals and beliefs through thick and thin, the Schools, the External Teachers, our noble Competitors and the British Embassy and its Ambassadors that have always been there when we needed them.

Finally, our gratitude to the British Institutions that helped us grow: Oxford Delegacy of Local Examinations, Trinity College London, Cambridge Assessment English, Cambridge Assessment International Education, that have always given the Dickens and our students a helping hand.

All in all 50 splendid years! May the coming years be of continuing growth and just as joyful and fulfilling!

Mónica Harvey (Founder)



QUEEN ELIZABETH'S PLATINUM JUBILEE



On 6th February 2022, Queen Elizabeth II celebrated her 70 years as monarch of Great Britain and the Commonwealth. It's amazing that the Her Majesty, at 95 years of age, is still working and heading such an important Institution such as the British Monarchy and earning the respect and admiration of one and all!

And yet, in 1947, on her 21st birthday, she gave a speech which was broadcast over the radio while she was in South Africa. Probably the most important message in her speech was: *"I declare before you all that my whole life whether it be long or short shall be devoted to your service"*.

Not only it was a very impressive promise for a 21 year old to make but she has also kept her word.

May Queen Elizabeth enjoy her Platinum and Jubilee year, but also continue on the throne in high spirits for many years to come!





An Anchor For Our Age

This year Queen Elizabeth II is celebrating her Platinum Jubilee. That means she has been on the British throne since I was seven, virtually all my life. As often happens with celebrities, she has become so familiar that I think I know her. I wish I did, so that I could ask her what she has seen in the last seventy years.

Elizabeth Alexandra Mary Windsor was born in Mayfair, London on April 21, 1926. She was the first child of the Duke and Duchess of York (later King George VI and Queen Elizabeth). Her father ascended the throne in 1936 when his father died and his older brother, King Edward VIII, abdicated just months after he was crowned, making Elizabeth, at ten years old, the heir presumptive. She was close to her uncle and dismayed when he chose “the woman he loved” over his duty as king. Her own sense of duty was abundantly clear at an early age. Winston Churchill, who had known her since she was born, said she had “an air of authority and reflectiveness astonishing in an infant.” On her 21st birthday, she publicly announced: “I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Her family called her Lilibet. She was educated at home with an emphasis on language, literature, and music. She was tutored in constitutional history and learned French from her governesses. The 1st Buckingham Palace Company of Girl Guides was formed so that she could socialize with girls her own age. During the second world war she trained as a driver and mechanic and was given the rank of honorary junior commander, the female equivalent of captain at the time.

Her husband also called her Lilibet. He was Philip Mountbatten, a distant cousin and prince of Greece and Denmark, who served with distinction in the Royal Navy. After their first meeting they exchanged letters for years

until their engagement was officially announced in 1947 and they were married later that year. Philip was foreign and had no money, but Lilibet loved him, and love prevailed. They shared a long life together and had four children. He was very direct, and his off-the-cuff remarks made his entourage nervous. He came to Montevideo in 1962 and, among other activities at the British Schools and the Polo Club, he was feted at a British Embassy garden party. I was one of many locals standing in a line that snaked around the garden as HRH strolled past, shaking a hand here and there, smiling and nodding. He stopped in front of the man beside me, shook hands and said: “And what do *you* do here?” The man replied: “I work for Pepsi Cola, sir.” Philip chuckled and said: “Good lord, you don’t have to *drink* the stuff, do you?” Certain character traits notwithstanding, Lilibet praised him for his role as consort, calling him “my strength and stay.”

When her father, King George VI, died in 1952 Elizabeth became queen of the United Kingdom and its empire, a daunting task for a twenty-five-year-old woman. Over the years, she has remained unflinching in her selfless devotion to duty and is widely respected for her handling of the affairs of the crown. As constitutional monarch, she has no direct control over Parliament but has influence to use as she sees fit. The same can be said of her involvement in world affairs. Pierre Trudeau, the Canadian prime minister, admitted that he was impressed by “the grace she displayed in public” and “the wisdom she showed in private.” Another Canadian prime minister, Brian Mulroney, said Elizabeth was a “behind the scenes force” in ending apartheid. The UN Secretary General, Ban Ki-moon, once introduced her as “an anchor for our age.” Prime ministers have come and gone, Britain has been at peace and at war, technology has changed the world, and Elizabeth is still queen.

The Hampshire Oaks

Hampshire is a county in the Southeast England, on the coast of the English Channel. Geography there is varied, but most of its lowland is surrounded by south-flowing rivers and marshes. It could be characterized by its countryside lifestyle where the 50 % of the county area is covered by natural National Parks.

While now Hampshire is also regarded as the modern place of fly-fishing, windsurfing, and birdwatching, Hampshire's recorded history dates from Roman Britain times for many reasons.

Probably the most well-known is the richness of its natural resources, and specially the plenty of hard woods that come from autochthonous species like the "Quercus" or Oaks trees that grow there.

Oaks are well-known as long-living trees. Some of the biggest individuals can reach a size of almost 10 meters girth. Those were the ones chosen by primitive societies from where they could get the greatest timber in width and thickness in just one piece.

The oaks of the "New Forest" at the southwest coast of Hampshire deserve their special mention here. New Forest was named and particularly delimited by the King William I in 1079 BC, to serve as woodland for the royal hunt.

In New Forest the oaks species have their own special characteristics. They have the finest shape in outlines, with trunk, stem, and branches, providing symmetrical silhouettes in curves and angles, as the case of the "Quercus petraea" known as the sessile oak.

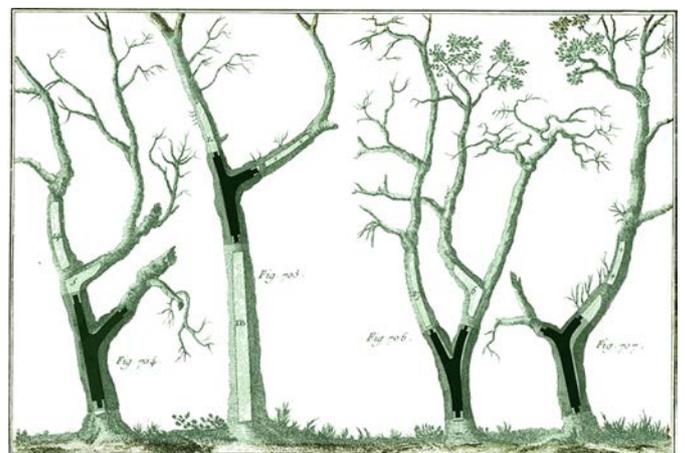
This quality, of symmetrical growth in curves and angles, was extremely useful in land buildings and naval architecture of ancient societies until the mid-nineteenth century. That's why at the beginning of the 18th century when England needed to increase its active fleet, the Duke John of Montagu constructed the "Buckler's Hard" Shipyard at New Forest.

Based on the disposal of the described type of timber for hulls from the surrounding and the fact that the gravel banks of the Beaulieu River were capable of supporting slipways for vessel construction, the best well known British war ships of that time were constructed at Buckler's Hard.

Some examples were the HMS Surprise; HMS Scorpion, HMS Euryalus, HMS Swiftsure, and of course, the HMS Agamemnon sunk in Maldonado's Bay.

The architecture of the ships requires specific shapes in the wood pieces according to the function assigned to them. Therefore, the act of selection of suitable trees by the master builder is essential.

For a better search of the shaped tree, the constructor is provided with "templates" that reproduce the necessary piece. The curved pieces are the most difficult to obtain naturally. For this reason, Royal Navy officials regularly visited the forests to find out how far they could be demanded. This turned in the elaboration of extraction and conservation "Plans" for future use. The first trees' conservation plan made in Hampshire was precisely in New Forest around 1698 and was called "Act for the Increase and Preservation of Timber in the New Forest".



A typical ship of 70 cannons from the 18th century required an equivalent of 36 hectares of forest as the amount of carved wood. What we certainly know is that 40 hectares of multi-centennial oak trees from New Forest were used in the construction of HMS Agamemnon.

Since oaks can live for about 800 years and since several of the oldest are still healthy in the New Forest, we believe many of them may be co-generational from the ones that were used to build the Agamemnon. Oak trees that germinated in New Forest in Hampshire like four centuries ago and that today still lie beneath the sea in Punta del Este, Uruguay.



The People's Princess

Years ago, when the Princess of Wales died with her boyfriend and her bodyguards in a tragic accident in Paris, it led to almost hysterical displays of grief by so many people in the UK.

She had become over the years a sort of heroine, active in several charities, concerned about land mines that maimed or killed so many, an angel of mercy devoted to those she chose to help in so many ways.

That probably explained the sudden explosion of feeling when her life was cut short so unexpectedly.

I also personally felt sorry, not only for her but for her very young children as well. But there was another side to her that led to restrain a bit my display of sorrow when she passed away.

Her marital problems with the Prince of Wales were suddenly revealed to the media, that jumped at the opportunity and made the most of such revelations.

Before and after her divorce she made a very skilled manipulation and exploitation of the media to make the Royal Family look bad and whenever possible, as royal events were announced, to make news concerning her replace them in the public attention.

It is a tragic irony that the same media exposure that led her to be so prominent in the public attention, also led to her demise, her car being chased by paparazzi in Paris.

The Prince of Wales was made to look bad due to his infidelity thus erasing to a large extent all his very commendable views on the future of the monarchy, modern

architecture, organic agriculture and so many other topics where he showed intelligence and common sense.

Things got to the extent of the Prince being considered dumb for preferring what was described as an ugly middle-aged girlfriend to his previous beautiful princess, as if beauty had anything to do with people's real feelings.

It is interesting to contrast the personal attitudes of the Duchess of Cornwall, whom I expect some day to become the Queen Consort, and her first husband, to those of the so-called people's princess.

They also had to go through difficult times but by refusing to use the media to ventilate their problems, they showed discretion and loyalty while protecting their own interests but making sure that the monarchy and the Royal Family were not harmed in any way.

They had no urge for self-promotion through media popularity being very aware that was no way to sort out things of a personal nature.

One can also think what would have happened if the Prince had been allowed early in his life to have married the woman he really loved, the now Duchess of Cornwall, discarding obsolete prejudices as to the intended bride.

Pride of place on our mantelpiece, my late wife and I had and I still have, photographs of the Princess Royal, of the Prince of Wales and of the Prince and the Duchess on the occasion of their wedding, all very worthy members of the Royal Family.

Roast Chicken With Sage And Onion Stuffing

Roast chicken with sage and onion stuffing is a highly popular British comfort food. The sage stuffing is also widely used to stuff turkeys, especially at Christmas time, and it is also used with a variety of different game birds and in rolled stuffed pork recipes.

Sage, the herb used in the stuffing, has a strong, scented, earthy flavour, slightly peppery with hints of mint and lemon. It can be used to flavour pork, chicken, and beef recipes as well as vegetables, especially squash. It also makes a perfect match for pasta when added to a tomato or cream-based sauce. One of the simplest and best pairings for sage is adding it to heated, slightly browned butter and frying for a few seconds to mellow its flavour, and then pouring over pasta dishes, fried chicken, and butternut squash.

Ingredients

Roast Chicken - Serves 4-6

- 1 chicken weighing approximately 2 kg with the two breasts and two legs separated and divided in two (eight pieces)
- 2 chorizo-style sausages (optional)
- 2 tbsp olive oil mixed with 4 finely crushed garlic cloves
- Juice of one lemon
- Thyme
- Rosemary
- Salt and freshly ground black pepper

Sage and onion stuffing:

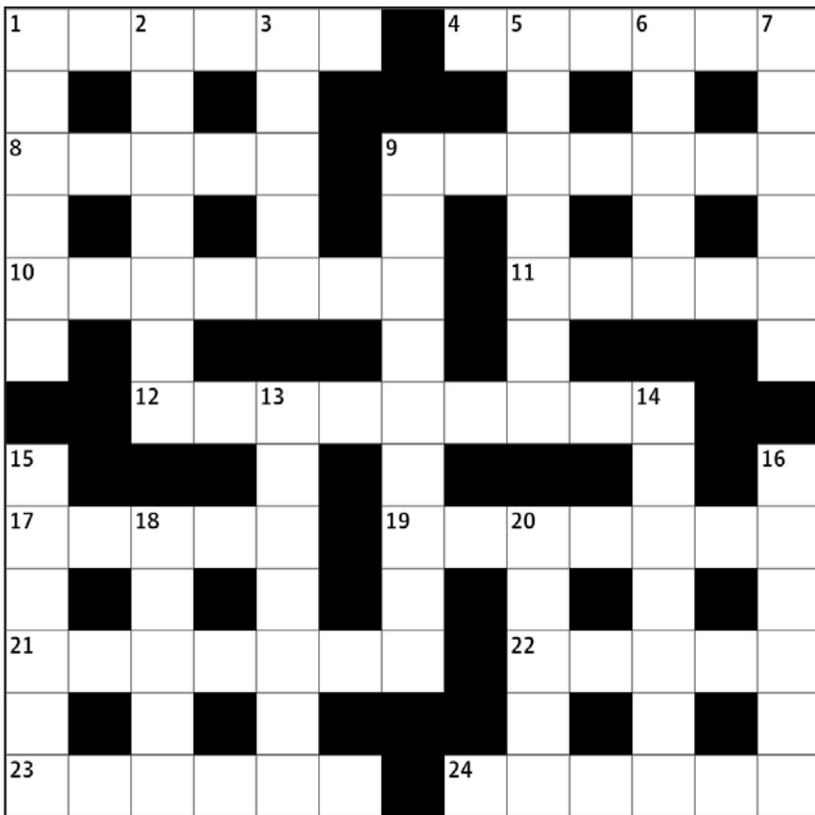
- 20 g butter
- 1 large onion, finely chopped
- 1 clove garlic finely chopped
- ½ tbsp chopped fresh or dried sage
- 180 g fresh breadcrumbs
- 1 egg, lightly beaten
- Zest of one lemon
- salt and freshly ground black pepper

The stuffing is traditionally placed within the empty cavity of the bird before tying the legs together with string to keep the filling inside. It will help to keep the meat moist and also to add flavour to the bird while taking an extra flavour itself from the juices of the meat.

For today's recipe I intend to portion the chicken before cooking, making it easier to serve. The idea is to make the stuffing into small golf-ball sized shapes and cook them on the same baking tray as the chicken, which makes it crispier than when cooking it inside the chicken cavity.

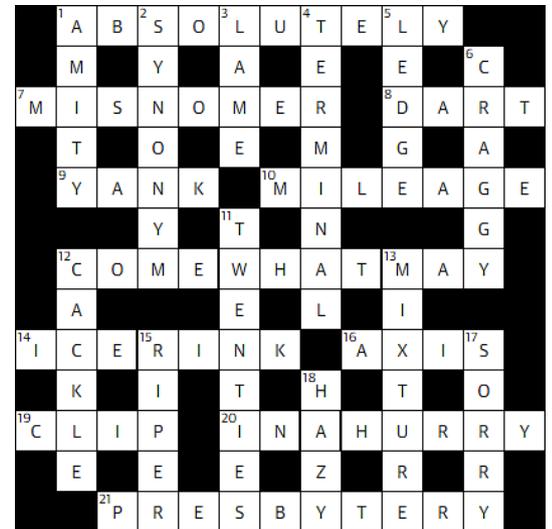
Method

- Heat the butter in a frying pan. Add the onions and cook for five to ten minutes until soft. Add garlic and sage and fry carefully for one more minute. Leave to cool. Mix the breadcrumbs and beaten egg and add to the onion mixture with the salt and pepper. Leave in the fridge until ready for use (the stuffing mixture should be moist but not soggy and easily formed into a shape when rolled in your hand. If too dry, add a drop of milk).
- Heat the oven to 200°C. Place the chicken pieces on a baking tray and roast for 30 minutes in the hot oven. Add the sausages cut in thick slices and the sage and onion stuffing rolled into walnut size ball shapes. Keep roasting for another 30 minutes or until the chicken is nicely browned and the stuffing is crispy. The juice from the chicken should run clear when pierced with the point of a sharp knife.
- Serve with roast or mashed potatoes and the vegetables of your choice.
- Sage grows widely in the Mediterranean region and also adapts well to the Uruguayan climate. If you have a plant of sage and can use fresh leaves, it will always taste better than dried leaves which may also be utilized.
- The breadcrumbs should be made from day-old bread cut into small cubes between three to four minutes. If the bread is too fresh, cut into cubes and dry out in a low oven at 140°C for around 30 minutes.



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

February solution:



Across

- 1 Subject of a portrait (6)
- 4 Acrimonious (6)
- 8 One of the Fab Four (5)
- 9 Liked by many (7)
- 10 Item given in part payment for a new one (5-2)
- 11 Old Nick (5)
- 12 Immortal (9)
- 17 Dice-shaped (5)
- 19 Spanish princess (7)
- 21 Insatiable desire for wealth (7)
- 22 Stocking material (5)
- 23 Rubbish strewn outdoors (6)
- 24 More suitable (6)

Down

- 1 Small playful being with magical powers (6)
- 2 One-handed drinking vessel (7)
- 3 Run off with one's beloved (5)
- 5 Situation where no progress is possible (7)
- 6 Available for renting (2,3)
- 7 Very keen (to go?) (6)
- 9 Conclusion of a joke (9)
- 13 Impute (7)
- 14 Vest (7)
- 15 Poor handwriting (6)
- 16 Götterdämmerung's composer (6)
- 18 Explosion (5)
- 20 Organisms studied by a mycologist (5)



LAMB CHOPS



by Jonathan Lamb
vozinglesa@gmail.com

Water Board

- Hi, what do you do?
- I'm in real estate. And you?
- I'm with the Water Board.
- Water board?
- Yes.
- OMG! Water board! So, tell me... Do they always confess?

DILBERT

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





How being the rebel of the team can make you successful

When we rebel, we find a lot of enjoyment in work, in play, and also in our interactions with others, says author Francesca Gino. Interview by Thomas Lewton.



10 OF THE BEST FILMS TO WATCH THIS MARCH

Including Robert Pattinson's first outing as The Batman, a sci-fi action movie about multiverses and the latest Pixar animation, these are this month's unmissable films.

[CLICK HERE TO SEE THE LIST OF FILMS](#)





Robin Hood

England isn't usually associated with detailed and rich folklore or mythology. Instead, we tend to think of the rich Greek, Roman and Nordic stories which feature a lot in everyday media; yet English Mythology is full of many colourful characters if you read into it.

Nestled in the centre of Nottingham, figures of Robin of Loxley feature throughout the city and our immediate surroundings, which inspired us to explore what other major English folklore figures there are out there.

Robin Hood is a legendary heroic outlaw originally depicted in English folklore and subsequently featured in literature and film. According to legend, he was a highly skilled archer and swordsman. In some versions of the legend, he is depicted as being of noble birth, and in modern retellings he is sometimes depicted as having fought in the Crusades before returning to England to find his lands taken by the Sheriff. In the oldest known versions, he is instead a member of the yeoman class. Traditionally depicted dressed in Lincoln green, he is said to have robbed from the rich and given to the poor.

Through retellings, additions, and variations, a body of familiar characters associated with Robin Hood has been created. These include his lover, Maid Marian, his band of outlaws, the Merry Men, and his chief opponent, the Sheriff of Nottingham. The Sheriff is often depicted as assisting Prince John in usurping the rightful but absent King Richard, to whom Robin Hood remains loyal. His partisanship of the common people and his hostility to the Sheriff of Nottingham are early recorded features of the legend, but his interest in the rightfulness of the king is not, and neither is his setting in the reign of Richard I. He became a popular folk figure in the Late Middle Ages.

The earliest known ballads featuring him are from the 15th century. There have been numerous variations and adaptations of the story over the subsequent years, and the story continues to be widely represented in literature, film, and television. Robin Hood is considered one of the best-known tales of English folklore. In popular culture, the term "Robin Hood" is often used to describe a heroic outlaw or rebel against tyranny.

The historicity of Robin Hood has been debated for centuries. There are numerous references to historical figures with similar names that have been proposed as possible evidence of his existence, some dating back to the late 13th century. At least eight plausible origins to the story have been mooted by historians and folklorists, including suggestions that "Robin Hood" was a stock alias used by or in reference to bandits.





St Patricks, London