

SEPTEMBER 2022

SPRING  
IS IN THE AIR



**BSU  
Lecture Supper**

**Era Britons  
Ralph's Angels**

**Meet our Columnists  
Juan José Castillos**

**Reader Contributions  
Uruguayan Piper at the  
Royal Edinburgh Military  
Tattoo**

[www.britsoc.org.uy](http://www.britsoc.org.uy)



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Edition Number 144 - Year 13 - September 2022



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+598 96 021 918

Montevideo, Uruguay



This month's cover heralds the coming spring with a bouquet of UK's national flowers: red roses, daffodils, thistles and shamrocks. For a full description of each nation's flower see our UK Culture article. Once again, a big thank you to our graphic design contributor Juan Pablo Rodríguez for this month's cover design.

## MEMBERSHIP FEES

Remember you can pay your 2022 membership fees easily from the comfort of your own home using your credit or debit card through [MercadoPago](#).

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

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

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

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

**Once this is done, your membership will be updated.**



**MercadoPago**  
**Annual Fee 2022 - \$700**

**MercadoPago Recurring**  
**Payments - \$650**





## Dear Reader,

Spring is in the air, finally.

After months of rain and cold, our community is looking forward to warm weather, blue skies and outdoor activities. These will come in October with The British Cemetery preparing for a day of tours of its beautiful grounds, and the Scottish dancing and piping groups preparing for their South American Gathering, among other activities. You can find more detailed information about all these events in this newsletter.

As for last month's events, we had a wonderful Lecture Supper with Richard Cowley; you will find pictures of many of your happy faces in this issue. Many thanks to all who attended for making it such an enjoyable and lively soirée. In our reader contributions section, we have news from Scotland where piper Patricia Izuibejeres participated in the Royal Edinburgh Military Tattoo and kindly sent us pictures and a short summary of the event and her role in it.

As for this month, we have some wonderful articles by our regular contributors, of whose creativity I am always in awe. It is not easy to churn out meaningful and interesting articles month after month, and fear of the blank page, as our resident poet Jonathan Lamb cheekily explains in his delightful poem, is a true phenomenon for every writer. If you enjoy their contributions, please take a moment to email them your appreciation, suggestions and article requests; it will invigorate them in their monthly challenge to bring you a fresh take on their topics of choice.

Finally, I want to take a moment to publicly welcome our new secretary at BSU, Solveig Schandy. She takes over from my sister Caroline, who is now free to do what she does best: make us look so graphically fabulous. Solveig joins an intense and committed team and has already shown she is more than up to the challenge. So, welcome Solveig, we are delighted to have you with us!

That is all for this month. I hope you enjoy the issue, and as usual, I look forward to hearing your thoughts and comments at [editor@britsoc.org.uy](mailto:editor@britsoc.org.uy)

Best,

Victoria Stanham, Newsletter Editor



# Birthdays

in September

1. José Luis Ollé González
4. Victoria Inés Stanham Méndez
4. Daniela María Caraballo Molina
4. Alexa María Hobbins Llovet
5. Maureen Sharon Hyland Adkins
7. Celia Monica Orizabal Martinez
8. Nicole Funch-Thomsen Mazzucchelli
8. Jo Anne Laws Rabey
9. Sean Summers
9. Daniel Andrés Pereira Pierce
9. Laura Teresa Rovira Ferroni
9. Sheila Lucas-Calcraft
13. Julio Alexander Guridi Archer
13. Nicholas Teuten Ponzoni
13. William Joseph Beare Caraballo
14. Nicolás Hobbins Llovet
15. Andrea María Varela Fernández
15. Conrad Charles O'Neill Malcolm
16. Alexandra Williman Curochquin
17. Richard A Cowley Jenkins
17. Pedro Prevett Vera



17. María Prevett Vera
17. Neil Donald Morrison
19. Andrea Davies Raggio
19. Paul Edward Beare Drever
20. Gustavo Ernesto González Alonso
21. Lucie Beare Jorge
21. Alberto Ignacio Wilson Escondeur
24. Michael Castleton Bridger
25. María María Barrabino Hobbins
26. Adrian Norton Hobbins Forrest
26. Stephanie Karen Cooper Bastarrica
29. Manuela Shaw Blanco
30. Jeanine Beare Drever
30. Hazel Marianne Dee Horne

# New Members

Omar José Clark Vidal  
Brian Louis Newenham Deane  
José Luis Ollé González

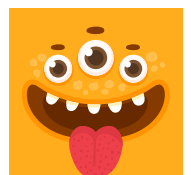


For news from across the pond visit [www.abcc.org.ar](http://www.abcc.org.ar)



Bit of wisdom...

Courage is knowing it might hurt, and doing it anyway.  
Stupidity is the same. And that's why life is hard.





# 2022



## List your events in our calendar:

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

## SEPTEMBER

**THURSDAY 1: Christ Church. "Stepping Out of the Fog: A Workshop on Finding Hope for Depression."** 19:30 - 21:00 at Christ Church, Lieja 6437. <https://www.christchurchmvd.org/eng/calendar.php>

**WEDNESDAY 7: Lunch - Luis Alberto Heber. Ministro del Interior** - 12:15 at Parva Domus Bvar Artigas 136 Esq. Parva Domus - Club Uruguayo Británico - [www.cub.com.uy](http://www.cub.com.uy)

**SATURDAY 10: Anglo Conference** - Radisson Montevideo Victoria Plaza Hotel <https://www.anglo.edu.uy/anglo-conference-2022/>

**SATURDAY 10: Pipe Bands and Scottish Dancing** in the Cemetery. 16:00 at British Cemetery. - [britcem@adinet.com.uy](mailto:britcem@adinet.com.uy)

**SUNDAY 11: Montevideo Players Winter Quiz** - 17:00 hs at the Neil Fairless Centre. Book your spot using [this link](#).

**TUESDAY 13: BSU Craft-Tea** - 14:30 At Policlínico British Hospital, 3rd floor

**THURSDAY 15: Falklands After Office** - 18:00 at the British Pavilion, Expo Prado.

**SUNDAY 18: British Cars 3<sup>rd</sup> Meeting** - 3er Encuentro de Propietarios con Vehículos Clásicos Británicos en Uruguay - Paseo, Almuerzo y Exhibición, at Restaurant El Palenque, Punta del Este.

## OCTOBER

**SATURDAY 1: Heritage Day Guided Tours** - 15:00 hs and 16:30 hs - "Uniting Shores of Life and History" at The British Cemetery

**SATURDAY 8: BSU SPRING CROQUET TOURNAMENT** - 10:00 am to 12:00 am at The Yacht Club Uruguayo. If it rains it will be played on the 15<sup>th</sup>.

**SATURDAY 22: 8th National Tea Table Contest** - Conchillas, Colonia. <https://linktr.ee/mesasdete> Roberta Fernández - 099 192 778

**THURSDAY 27 to SUNDAY 30: 9th Southamerican Pipe Band Gathering** - Montevideo. [scotishdancerugruy@gmail.com](mailto:scotishdancerugruy@gmail.com) - [www.gatheringuruguay.com](http://www.gatheringuruguay.com)

## NOVEMBER

**FRIDAY 11: Remembrance Day Service**, 10:30 at British Cemetery

**SATURDAY 26: The St. Andrew's Society Senior Caledonian Ball.**





## LECTURE SUPPER

with Richard Cowley

### A Few Battles, A Mutiny, A Hero and His Mistress.

*The Life and Demise of HMS Agamemnon.*



On Tuesday 9th August, at The British Hospital Auditorium, Richard Cowley delivered a wonderful lecture on HMS Agamemnon titled “A few Battles, a Mutiny, a Hero and his Mistress”. We all enjoyed it immensely, for not only is Richard a great lecturer, but he is also very entertaining. He told us the history of the Agamemnon and added personal anecdotes of how he came to have actual pieces of the ship in his possession. Can you believe it? His passion for the Agamemnon was felt by each and every one in the audience.

The “supper” half of this superb Lecture Supper was prepared by our wonderful cooks (Margaret and Susan McConnell, Liz and Sarah Cowley, Marcela Dutra, Sally Anne Cooper, and Madeleine Pool) and comprised a main dish of chicken vol-au-vent, side dishes of coleslaw and green salad, and apple crumble with cream for dessert. Delicious!



Brian Deane, Richard Cowley



Richard Cowley





# LECTURE SUPPER



*Colin Rogers, Sonsoles Baison, Richard Empson*



*Sarah Cowley, Richard Cowley*



*Sylvia Tossar, Marieta Sudi, Elsita Herrera*



*Jorge Arbon, Susan McConnell*



*Poppy Prevett, Laura Gonzalez*



*Joanie Urrestarazú, Marlene Flores, Joan Lucas Calcraft*





*Elenita Drever, Helen Magariños*



*Solveig Schandy, Federico Kerek, Sylvia Tossar*



*Juan Fernández, Susan Drever, Valerie Dee*



*Victor Pereira, Maureen Pierce*



*Sonya Ayling, Andrea Davies, Sonsoles Baison*



*Bertha Jackson, Carmen Regules, Brian Deane*



# LECTURE SUPPER



*Jeanine Beare, Margaret and John McConnel, Elenita Beare*



*Helen Magariños, Joaquín Salhon, Susana Bruno*



*Marcia Gómez, Edison de León*



*Dion Bridal, Marcela Dutra*



*Alberto Márquez, Andrés Calo*



*Lilian Varela, Alicia Díaz, Solange Espina*



*Jeanie Beare, Nicole Lannes*





# Falklands

## *After office*

**Would you like to meet  
the team from the  
Falkland Islands who will  
be at ExpoPrado?**

**Come and have a chat and  
find out more about the  
Islands!**

**Thursday 15<sup>th</sup> September  
Time: 6:00pm  
British Pavilion, Expo Prado**







# CRAFT-TEA

COME HAVE A HEART WARMING TEA WHILE WE CRAFT AND CHAT TOGETHER

**Tuesday 13<sup>th</sup> September, 14:30**  
**at Policlínico British Hospital 3<sup>rd</sup> floor**

Ticket: \$150

Bring your knitting, crochet, Mandalas to colour, embroidery, etc.

RSVP: [VP@britsoc.org.uy](mailto:VP@britsoc.org.uy) - 099123906

Reservations by Friday 9/9

Courtesy of

TEA  
PLEASE

BY FREDAUY





# SAVE THE THEATRE

**TEATRO VICTORIA NEEDS OUR HELP**

**YOU CAN MAKE YOUR DONATION THROUGH MERCADOPAGO**



**OR DIRECT DEPOSIT TO THE BRITISH SOCIETY IN URUGUAY BANK ACCOUNT:**

**Banque Heritage Uruguay N° 62582-03.**

**(Please e-mail your deposit slip to [treasurer@britsoc.org.uy](mailto:treasurer@britsoc.org.uy))**

# THANK YOU!



18 DE SETIEMBRE DE 2022

# BRITISH CARS

## 3rd MEETING

INVITAN



RESTAURANT "EL PALENQUE"  
PUNTA DEL ESTE - URUGUAY

INVITAN



### 3er Encuentro de Propietarios con Vehículos Clásicos Británicos en Uruguay - Paseo, Almuerzo y Exhibición -

Invitan: Classic Mini Club del Uruguay - Ford Escort Uruguay (Mk1, Mk2 y Mk3)

Clubes invitados: Club Lotus Uruguay - Montevideo Classic Car Club - Club Sport & Classic - Car Punta del Este

#### Itinerario:

09:00 hs - Concentración en Av. Merola (Pista de Atletismo)  
y Av. Morquio - Parque Batlle

10:00 hs - Salida hacia Punta del Este (Ruta Interbalnearia).

12:30 hs - Re agrupamiento en Pta. del Este, Plaza Gran  
Bretaña (de la Bandera) - Pta de la Salina

13:30 hs - Llegada al Restaurant El Palenque y Almuerzo.

15:00 hs - Fin del evento y regreso libre.

#### Menú:

Entrada: Tortilla o Croqueta

Plato Principal: Colita de Cuadril o Pollo o Pesca del Día

Acompañamiento: Ensaladas o Fritas

Postre: Ensalada de Frutas o Flan con Dulce de Leche

Bebida: Refresco o Agua Mineral

Tickets: mayores \$ 1.300, menores de 12 años \$ 600 y  
menores de 5 años gratis.

#### Importante:

Se requiere inscripción al evento y la misma se deberá  
realizar mediante el abono del ticket.

Los participantes interesados deberán informarse con los  
referentes de cada Club o Grupo.

Por razones de organización y de cupo, los interesados que  
no hayan abonado al día jueves 15 de setiembre, no podrán  
participar de la reunión con almuerzo.

¡¡Los esperamos a todos para disfrutar del 3er British Cars  
Meeting!





## Visit up north

**A**mbassador Faye O'Connor spent the week of 15-19 August visiting Artigas, Salto and Rivera, achieving the first long distance trip in the Embassy's electric official car. She had a busy programme which included meetings at the three Intendencias, Police Departments, farms, Salto Grande hydroelectric dam, Rivera's Gran Bretaña Park, Artigas gem production companies, English language institute and schools, among others. Besides having the opportunity to discuss future collaboration in a range of areas with different stakeholders, she enjoyed the experience of deepening her knowledge of Uruguay and its people.







*British Pavilion at Expo Prado 2021 edition*

## Come visit us at Expo Prado!

We invite you all to visit our renovated British Pavilion next to Ruedo from 9-18 September. British products and services will be on offer, plus a series of cultural activities and entertainment, including live music at our outdoor pub at 18:30 on weekends and Wednesday-Fridays. A Falkland

Islands agricultural delegation will attend Expo Prado and representatives from the Falkland Islands Tourism Board will be promoting the islands to tour operators, journalists and influencers and general public.



## Standing With Ukraine

**T**he Embassy reiterated UK government support for Ukraine on 24 August, Ukraine Independence Day, which also marked 6 months since Russia began its assault on Ukraine. The Ambassador attended a ceremony at Plaza Independencia together with Uruguayan

government authorities, Ukraine's Honorary Consul and diplomatic colleagues. The Embassy flew the Ukrainian flag next to the Union Jack, and the Residence was lit up in the colours of the Ukrainian flag.



SEPTEMBER 10  
RADISSON MONTEVIDEO

CONFIRMED  
SPEAKERS

ANGLO  
CONFERENCE



ANDREA CONSTANST   
 macmillan  
education

PENNY UR 

GABRIEL DÍAZ MAGGIOLI   
 Richmond

PABLO TOLEDO   
 CAMBRIDGE

MARÍA BELÉN GONZÁLEZ   
 Pearson

LIMITED PLACES







## BRITISH CEMETERY

September 10<sup>th</sup> - 4pm to 5pm

### Pipe Bands and Scottish Dancing in the Cemetery

Prior to the 9<sup>th</sup> South American Pipe Band Gathering, Uruguayan pipe bands and Scottish dancers will be performing in the gardens of The British Cemetery.

The First South American Pipe Band Gathering was held in Montevideo and so will the 9<sup>th</sup> at the end of October .

Come listen to the bands, watch the dancers and listen to a talk on Pipes and Piping given by Drum Major Richard Empson.

**We hope you can make it!**

Please confirm attendance at:  
[britcem@adinet.com.uy](mailto:britcem@adinet.com.uy)

For more information on the Gathering, visit:  
[www.gatheringuruguay.com](http://www.gatheringuruguay.com)







## BRITISH CEMETERY

Saturday, October 1<sup>st</sup>

### Heritage Day

**China Zorrilla,  
uniting shores of life and history**

**Guided tours at 3:00 and 4:30pm.**

It is with great pleasure that we invite you to our event **“Uniting shores of life and history”**, where actors and professional guides, will take you on a novel and lively journey throughout the time.

Men, women, writers, sailors, football initiators and personalities of our history, will come back to life, to tell their stories, for one day.

The presentation will be in charge of a great connoisseur of our cemetery, the Architect Eduardo Montemuiño and we'll have Scottish bagpipes by Patricia Izuibejeres to mark the end of each tour.

A photographic exhibition will be held in the Chapel and you'll be able to have a chat with its authors, Soledad Malgor and María Regules at 2:30pm.

We will also count with sign language interpreters of the FHCU - UdelaR and access ramps to the cemetery.

**We hope you can make it!**







# Lunch Invitation

Wednesday 7<sup>th</sup> September at 12:15 PM



Minister of the Interior

## Luis Alberto Heber

Parva Domus, Punta Carretas  
Bvar Artigas 136, Esq. Parva Domus

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

More Information



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



## Do Unto Others



On Thursday August 18, I attended the terrific performance and production of *The Wedding Singer* at the British Schools auditorium. In the darkness of the top row at the back, I took someone else's seat. I was very comfortable until they came along and suggested there might be some confusion. As always in Uruguay, they turned out to be friends of my friends sitting just a few seats away and the awkward moment resulted in laughter and warm greetings all around.

Social connections are so important to our well-being. In many ways, greater happiness is just a warm smile and a friendly greeting away. Insightful author David Brooks recently published a compelling opinion in the New York Times on social life. After reflecting on the work of behavioural scientist Nicolas Epley and human interaction on the NYC Subway, Brooks concluded: "My general view is that our fate will be importantly determined by how we treat each other in the smallest acts of daily life".

The way we treat see each other and treat each other matters. Perhaps especially when someone is "sitting in our chair" or in some way invading our space. I felt happy to encounter strangers (neighbours) who could present a puzzle (problem) with warmth and dignity. I felt the power of Jesus' words to "*love our neighbour like we love ourselves*". This is the Proverbial Golden Rule to treat others as we would like other to treat us.

My wife, friends and I enjoyed every detail from the student greeters at the entrance, to the QR code programs at our seats, to the excellent audio which enhanced our enjoyment. The performance was outstanding which speaks to the talent, training, coaching, resources, and implementation at so many levels. Congratulations to so many who worked relentlessly hard to achieve such levels of excellence!



Beyond the performance, I appreciated the enormous effort involved across the years to provide an appropriate atmosphere with adequate resources that would bring the community together to participate as sponsors for the development of our young people and give voice to their potential, their capacities, and their dreams.

So, this month when you find someone is in your physical, emotional, or proverbial space, remember to speak with a smile, finish with a fist bump (or a handshake or hug), and let your love for yourself overflow into love and respect for others.

John







# Alzheimer and other forms of dementia

**Alzheimer is a type of dementia that causes memory, thinking and behavioural problems, affecting also the family and the patient's carers.**

## Cognitive impairment

It is a process that reduces certain cognitive functions such as language, memory, thought, reasoning, the speed to do certain things, etc. It has different causes: the effect of toxic substances, fatigue or tiredness. In general, it involves suffering or dysfunction of certain brain networks. It can be progressive, stable or reversed with certain techniques. When the impairment affects the activities of the person's daily living, moving around, i.e. when the person loses his/her independence, we can say that the person has dementia. This will also depend on the context in which he/she lives and his/her age.

## Types of dementia

- The most common in Uruguay is **Alzheimer**.
- **Vascular dementia** also has a high incidence and is completely preventable if acted upon at a young age on the vascular risk factors that trigger it.
- **Frontotemporal dementia**, which has less incidence, is a form of dementia that used to be confused with a psychiatric disorder since the deterioration process starts in the frontal lobe which is the basis of conduct, behaviour and emotions.

## What happens with young people

The most common cause of cognitive impairment and dementia in Uruguayans aged 15 to 40 is traumatic brain injury which is caused, in 90% of cases, by traffic accidents. It is a highly predictable impairment.

## How to prevent dementia

When we talk about prevention we do not refer exclusively to older adults. For people aged 30, 40 and 50 it means changing to a healthy lifestyle. This means doing sports, eating a Mediterranean diet with lots of fruits, vegetables and fish and limiting the consumption of meat, sugar and drugs such as tobacco and alcohol. A balanced diet, physical exercise and controlling vascular risk factors are key to preventing dementia. Studies also show that social connections are crucial as they act as an emotional support and stimulate us to be active.

## Alzheimer: diagnosis

These pathologies are identified clinically, not with machines or equipment. An interview with the patient, carers, family members or general practitioner is what helps doctors diagnose the disease. Neuropsychology includes some tests that provide more information. In the case of Alzheimer, as patients are unaware of their own mental health condition (called anosognosia), it is crucial to receive information from the carer or family member.

When patients go to the medical appointment on their own, the doctor does not have a vision of what is really happening. In general, patients do not realise or do not admit that they are not being able to manage by themselves or that they forget their everyday tasks. That is why it is essential to have the opinion of a third party.

## Support for family members

Family members and carers of a patient with Alzheimer have a great physical and emotional overload. We can help by providing information and preparing the family circle, thus anticipating and preventing future problems. It is crucial that they are aware of psychological and behavioural symptoms that will appear in the future and which are the most difficult to cope with: irritability, restlessness, depression, anxiety or erratic wandering.

## Causes of Alzheimer

Genes, of course, are very important, but later on in life certain conditions must occur, certain molecules have to interact with existing conditions in the brain, i.e. toxic substances, vascular risk factors, high blood pressure and other factors. The first 4 or 5 years of life are also important, as well as the amount of cognitive reserve available, his/her education, quality of life and for example number of languages spoken. All these are factors that have an impact on the development of the disease.

## We do not inherit Alzheimer

As mentioned above, Alzheimer is a genetic disease but we do not inherit it. For the inherited gene to express itself and develop it must interact with social, cultural and other factors that form part of epigenetics. Recent studies relate dementia with epigenetics. They confirm that the promotion of a healthy life style inhibits or changes the person's genetic expression.

*Article written from a podcast from Humana.  
Interview to neurologist Dr. Sergio Dansilio and psychologist Ana Charamelo.*



# HOSPITAL GUILD



The British Hospital Guild organised their second TEA of the year on Tuesday 16<sup>th</sup> August on the 3<sup>rd</sup> floor at The British Hospitals.

The event was a great success with over 35 people in attendance. The ladies were delighted with the opening speech by The British Hospital's Chairman, Chris Golby, who gave an update on the future SWCH construction as well as news of future additions to other sectors.

We enjoyed a lovely gathering with a delicious spread and would like to thank Victoria Cooper, Susan Day, Linda Brady, Maureen Hyland, Vivien Morton and Carolyn Cooper for their delicious additions. Liz Cowley also sent a tea cake.

A plus to end a beautiful gathering was that everybody walked away with a door prize.

Do not miss the next tea which will hopefully be before the end of the year!!!



*Silvia Sherwood, Virginia Campbell, Bertha Jackson*



*Lilo Wells, Helen Turner*



*Linda Brady, Sonya Ayling*





*Sonya Ayling, Maureen Hyland*



*Elizabeth Reyes (SWCH), Andrea Davies, Mayra Solano (SWCH)*



*Caroline Cooper, Christopher Golbi*



*Silvia Sherwood, Bertha Jackson, Vivien Morton, Linda Brady, Carol Smith, Susan Day*



# THE MONTEVIDEO PLAYERS SOCIETY



Hello everyone!

New activities are coming this second half of the year! To start with, the WINTER QUIZ is coming soon, on Sunday 11/09 - 17:00 hs at the Neil Fairless Centre.

Tickets include finger food for every team and are priced as follows:

- Non-members: \$ 400.
- Members: \$ 300.

If you haven't, there's still time to get your team of up to 5 organized and read the booking and payment instructions

carefully. If you don't have a team, you can still enroll and we can create a new team for you!

1. You book your spot using [this link](#).
2. We confirm availability via email and (closer to the event) include a payment link through Mercado Pago.
3. You pay within 48 hours of receipt of our email, and we validate your reservation.
4. You show up on September 11th and have fun!

Don't miss it!





# DICKENS

## MID SUMMER DREAM | GOLDEN EDITION

On Saturday 30<sup>th</sup> July, and after two long years during which F2F events were not an option, we held our annual ELT conference: Mid Summer Dream. And this was a very special event for us not only because of that but also because 2022 marks the Dickens' 50<sup>th</sup> anniversary, which is why this MSD was our Golden Edition. Definitely something to celebrate!



Over 220 teachers from different parts of the country attended and we were thrilled to see them again in person after so many virtual meetings. We had three very enriching plenaries delivered by Dickens' coordinators (Veronica Jara, Karen Capel and Teresa Gallete) and the icing on the cake was a very thought-provoking session with Laura Lewin entitled: *"Las sillas no son para sentarse, son para pensar"*.





It was an event full of emotions as well. Representatives from Cambridge Assessment English, Trinity College London and different publishers joined in our celebration. And for that we are forever grateful.



Dickens Board: Patricia Alvarez Harvey, Agustina Scherschener, Monica Harvey, Sofia Scherschener and Manuel Rodriguez

We also shared a very touching video summarising these very fruitful 50 years and celebrating the Dickens' founder Monica Harvey and her pioneering work. Without her and her vision, none of us would be here today.

We cannot wait to see everyone again in our next edition in 2023!





## TAKE A RISK

On the Dickens Mid Summer Dream Golden Edition, the first part was in English as it was meant for English teachers, but the second part was in Spanish, as many of the schools we work for are not bilingual. The Authorities of these schools that were coming to this part did not speak English, at least not fluently; therefore the video of the 50<sup>th</sup> Anniversary was in Spanish. As I was the main protagonist, I arrived punctually at 3.15pm.



I couldn't believe it! The theatre was absolutely full! And then, the hugs and kisses of so many people, some I had not seen for years! So much love, so many memories! Paty pulled me away to my seat in the first row. The lights dimmed and there I was on the screen, an old lady remembering the beginning of the best years of my life relating the story of the Dickens.

If you don't mind watching the video in Spanish, you will learn quite a lot about Dickens and some of the people who work there. There are some pictures as well, that Fernando Wilkins, the Dickens designer, has somehow turned into a picture of me!

I hope you enjoy it! ► [click here to watch the video](#)

## AMBASSADOR FAYE O'CONNOR VISITED ASSOCIATED CENTRE IN SALTO

In August, St. Michael's, who are supported by Dickens, had the honour of receiving the British Ambassador, Faye O'Connor, during her whistle-stop tour of the north of Uruguay. It is no exaggeration to say that everyone at St. Michael's, students and teachers alike, were delighted with the Ambassador's visit and charmed by her open and friendly manner. Hopefully, she enjoyed the visit as much as we did and will return to Salto soon.

Congratulations to Irene Perez Jones, Philip Hanham and all St. Michael's team.







## Yellow anacondas, energy, supply chains and Artemis

I had never heard about yellow anacondas, but an article which appeared in *El País* in mid-August caught my attention. This reptile, the yellow anaconda, closely related to its larger name-snake of the Amazon region, was rarely seen this far south in the continent, but its appearances have increased. For the time-being it probably won't be an immediate concern, as it dozes in temperatures below 25 degrees and will, for now, not multiply locally. Theories on why it was stranded this far south of its habitat range from hitch-hiking boats as a stowaway in search for food, to progressive adaptation to higher latitudes due to global warming. Plus, it's not alone: pumas and some macaque species, formerly believed extinct, have also been identified in our country. Fires in the Paraná islands and Entre Ríos may have displaced animal populations, as have severe droughts and flooding. Besides, heat waves and fires are rampant in North America, Europe and Asia and people are roasting in hell, with extreme temperatures above 40 degrees killing many.

At the same time, many of the world's largest rivers are drying up in many continents: the Colorado in USA, the Yangtze in China, the Rhine in Germany, the Po in Italy, the Loire in France, the Danube in central Europe and the Paraná in our Mercosur region – a phenomenon which has alternated with flash flooding to a degree seldom seen before. The sea of Galilee, where Jesus reportedly performed many of his miracles, is also drying up and Israel is refilling it with desalinated Mediterranean water, a process which requires energy from natural gas, which adds to carbon in the atmosphere – a shot in the foot. The effect of these extreme weather events on supply chains, compounded to that of the pandemic, cannot be overstated.

The Russia-Ukraine war has and will continue to affect humanity in many ways: massive displacement of populations, which may harbour communicable infectious

diseases, interruption to natural gas supply by Russia to Europe leading to reliance on coal, the most polluting fuel, reduction in the amount of grain produced and exported (especially wheat and corn) leading to global food insecurity, and most recently, battle-fiddling with Europe's largest nuclear plant in Zaporizhia, risking a catastrophe.

We haven't yet recovered from COVID-19 and are trying to find out what will happen with monkeypox. However, these are not the only infectious agents that are brewing. Polioviruses have been detected in sewage water in London, probably related to persons not fully immunised, be it from pandemic interruptions in vaccine schedules or to migrants from countries with less access to vaccines. The destruction of animal habitats is bringing animals into closer interaction with humans, which will inevitably lead to more zoonoses (diseases contracted by humans from animals).

The stage is set for a time of uncertainty with respect to every health issue that can affect mankind: new and resurgent infections, nuclear fallout due to war or to a plant accident, famine and vicious cycles of extreme weather. In the background, the free and prosperous world painstakingly constructed after the two Wars of the twentieth century is again suffering from autocrats, populists and lebensraum-hungry leaders.

COVID-19 showed the best and the worst of humans confronting the pandemic. Its aftermath, for the time-being, does not look good for global health. In the meantime, NASA is testing its Artemis mega-rocket, which will take us to the Moon again, fifty years later. Leaving Earth to survive elsewhere as a species is seeming more like an option than a working hypothesis.





## Fray Bentos

**F**ray Bentos became a household name during the twentieth century, widely known as the most famous brand of corned beef in the world. But what do those words mean? To tell that story, we must first look back to the early days of the Spanish conquest of the Americas, some five centuries ago, when cattle from Andalucía were first brought to the New World. Many years later, in the early 1600s, a large herd was released on a swathe of rolling grasslands east of the Río Uruguay that, in those days, was known as the Banda Oriental. Those cows and bulls multiplied and, in the course of time, laid the groundwork for Uruguay's signature cattle economy.

At about the same time, Jesuit missionaries began to arrive in the area, bringing their religion and establishing missions among the native peoples. One of those priests founded a settlement along the eastern banks of the Río Uruguay in what is now called Rincón de Haedo. He was a man of faith and boundless determination, but Indian raids and advancing age took their toll and one day he retreated from human society and spent his later years living in a cave. His name was Fray Bentos, or Friar Bentos in English, and the settlement and a nearby stream were eventually named after him.

As time passed and shipping traffic on the river increased, local landowners realized that the place named for the reclusive friar overlooked an excellent natural deep-water harbour. Export opportunities of various kinds attracted immigrants and the population steadily grew. The town of Villa Independencia was founded in 1859. In 1900 the name of the town, which by then was a city, was officially changed to Fray Bentos, the name it still bears to this day.

The town's fortunes were vastly improved in the early 1860s, when the Liebig's Extract of Meat Company built a factory there to manufacture their meat extract. With a ready supply of the best beef in the world and an easy export route down the Río Uruguay to the Atlantic Ocean, conditions were perfectly aligned with the company's goals, which were nudging Uruguay towards an industrialized future. Rapid technical advances ensued, bringing electricity to the factory in 1883, a full three years before it arrived in Montevideo, the capital city. In 1873 the factory started



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producing tinned corned beef, which was exported to Britain under the name *Fray Bentos*, and a legend was born. Corned beef is made from inexpensive cuts that are cured in a process involving large grains of rock salt ("corns") and brine. The cuts are then cooked slowly to produce a tender, tasty product.

The Boer War (1899-1902) boosted sales of corned beef to the British Army in South Africa and provided a hint of things to come. The iconic tins were a staple for U.K. troops during the First World War, and *Fray Bentos* became synonymous with quality. The British Vestey Group bought Liebig's and the brand name in 1924, whereupon the factory became the Anglo Meatpacking Company, commonly known as the Anglo.

World War II drove production of *Fray Bentos* corned beef into overdrive. At its peak, the factory employed over five thousand workers. For a brief, heady time, sales of corned beef made the Uruguayan peso more valuable than the American dollar. But after the war the famous brand was no longer in such high demand; sales dwindled, and the factory closed in 1979. It became a UNESCO World Heritage site in 2015 and is now a popular tourist destination.

Many of us still have fond memories of the product and the brand. At Boy Scout camps in the wilds of Uruguay in the 1950s, there was nothing I enjoyed more than a large helping of corned beef hash. H.R.H. Prince Charles, on a visit in 1999, told reporters, "I remember eating corned beef until it came out of my ears." Who would have thought that the name of an obscure missionary who lived so far away and long ago would become so deeply embedded in British culture?



## A British Commodore Overseas

**M**ary Montagu Scott was born in Hampshire over the western shores of the Beaulieu River. Since childhood her entire life has been connected to sailing boats. Her homeland is in one of the UK's most lively maritime culture environments.

Beaulieu Village is sited 6 miles upriver, being part of the environment of the Solent passage and the British Channel, where the Atlantic Ocean separates Southern England from northern France. This particular place was extensively used by waterborne craft in the ancient times, which used to connect England with continental Europe. Several archaeological harbors and landing places can be found along the river where Buckler's Hard is one of the most notable ones.

Mary is a brave sailor. The most awarded Olympic sailor in the UK history, Sir Ben Ainslie, once said about her: "Sailing here with Mary just reminded me of what a wonderful sport sailing is and how lucky we are to be able to get out on the water in such beautiful surroundings as the Beaulieu River".

Mary wants to sail across the Magellan strait and the "Western route" around South America on a classic old style vessel. And let no one underestimate her, because identical feat has already been done completing the "Eastern route". The British explorer travelled thousands of nautical miles in to the South China Sea of the Western Pacific Ocean in a classic style vessel commonly called crabber ships. At that point of the globe and near Thailand the monsoon weather forces sailors to drop ropes and sails abruptly, only to bring them up completely soaked. So that every sailor on this classic style navigation needs to secure course by raising and lowering "the crab claw sail", which will weigh at least twice of her/or his weight.

Although repeating that feat at the south western connection is going to be more difficult. Mary knows very well the rigid authority of the Austral Ocean. Magellan's passage includes strong winds, many fjords, dead ends and a foggy weather. But, as Shackleton said: "Men -and women in this case- are not made of easy victories, but great from attempts that forge the character to venture and overcome even greater challenges".

Being an experienced explorer with a great vocation, Mary has many photographs of remarkable maritime scenes all over the world. In April 2022, she stopped in front of the centenary pines of Gorriti's Island and took one particular shot that invites to dream. It is a frame of Maldonado's bay where the blue and ochre colors stand out by the sun reflection in the sea. A very personal picture that becomes an important piece of her new museographic exhibition "HMS Agamemnon - Navigating the Legend", which will be inaugurated at Buckler's Hard on August, 31st. this year.

**Why was that photograph chosen as a summary of her first voyage to Uruguay?**

**Why capturing that moment?**

This is what Mary Montagu Scott answered to these questions: "It was the perfect combination. A complete instant of beauty. An enigma revealed in Maldonado's bay, where modernity can be observed from a natural place frozen in time. Conscious of so much history, and just a few meters away from a very special ship that once sailed from my homeland never to return. It was almost impossible not to see it as a perfect place, romantic and a charming".

Mary Montagu Scott is the Commodore of the Buckler's Hard Yacht Harbour.





## 8th National Tea Table Contest

**W**ithin the framework of the 135th anniversary of the foundation of Conchillas, **on Saturday, October 22nd, a new edition of the National Tea Table Contest “*This is the way we have tea in Conchillas*”,** will be held. Already in its 8th edition, the event seeks to highlight local culture and identity, and to rescue the ancient traditions of the British who arrived in the area at the end of the 19th century.

Participants present tables decorated with table linen and English crockery from different eras, and display three complete tea services, including scones, jams and English pastries. All pastries must be homemade in the “five o’clock tea” tradition. The jury, conformed by Mónica Devoto (well-known Tea Sommelier and Blender), Prof. Gladys Meyer (Director of the Institute of Hotel Management and Gastronomy of Colonia), and Magister Luciana Andión (Diploma in Ceremonial, Protocol and Tea etiquette) judge each display and also certify the age of at least one of the crockery pieces.

This year’s program includes musical performances, a showcase of the area’s tourism enterprises, and an open-air market with regional products for sale in the public square. Contest rules and registration form are available at the following link: <https://linktr.ee/mesasdete>







## Paiva Institute

**A**t Paiva Institute we work with the Shorthorn breed, and we would like to share with you the different tasks that make up our daily lives as young people from the countryside. Today we will tell you about some of the things we do in the carpentry workshop.

In the Carpentry Training Area, we learn to use different hand tools and electrical machines, mostly for fixing the wooden things that broke during the year. In our 1st to 3rd year of studies we learn to use basic tools for sanding, filing, and chiseling. From 4th year onwards we learn to use more complex and dangerous tools, requiring greater safety precautions and demanding greater responsibility from the “elder” students. A student from the Basic Cycle often works with one of the “elder” students, and in helping can observe how the different tools are used and thus become familiar with them.

We are learning the carpentry trade, a very useful skill for life, so we value the instruction greatly. Currently, we are making much needed chairs for our dining room, using recycled wood from the farmyard’s cattle chute, working with the jack plane, painting, and using the ironwork prepared by the students in the blacksmithing workshop. Together we care for and improve our home.







## Beware Of Experts

I have always thought to be wise, although sometimes I do not act accordingly; I consult at least two opinions, medical or other, before deciding anything. And the reason for this is that very reputable experts can also be wrong and if we follow them blindly, we can come to harm and delude others or ourselves.

For instance, psychology is a science that despite its long trajectory I consider to be at a very fragile level, the many contradictory theories and approaches being able to both help people but also inflict damage. I remember a lady who had just got divorced and whose therapist, without enquiring too deeply into her values and personality, encouraged her to start new intimate relationships as a way to have a fresh start in life, but which instead resulted in great damage to her self-esteem and confidence. She had to undergo years of therapy later on, under somebody else, before she could get back to normal.

Another case involved one of my students, back when I used to teach English as a second language. He was a middle-aged psychiatrist, a professor at the State university, seeking to improve his performance at international congresses. I noticed that he frequently made spelling mistakes or misread the text in the book we used to improve his pronunciation. When this became too frequent, I had to tell him that I was afraid he was perhaps dyslexic and dysgraphic. He was very surprised and admitted that he might have a bit of a difficulty there, but was somewhat in denial. I advised him to check his spellings more carefully and to read much more slowly and we had some improvement. I, not being an expert, had diagnosed his shortcoming. But I was also rather shocked that he, of all people, was unaware of the problem.

Then, years ago, at a specialized congress in Poznan, Poland, I attended a lecture by a very distinguished American

archaeologist from a university in Texas whose fieldwork and publications had made him famous all over the world. He was telling us about a discovery he had just made of a series of stones in the desert, to him evidence of a bovine cult since the stones were roughly in the shape of cows and were buried in the sand. After he spoke, and since nobody else said anything, perhaps awed by his prestige, I ventured to raise my hand and declared that, despite all my goodwill and respect for his expertise, I could not see any cows in those stones. His reaction was quite indignant: What were they then, if not cows?

Fortunately, a geologist colleague came to my rescue and asked if the stones might be the result of erosion of a larger block that had been broken, with the pieces falling nearby being buried over time in the drifting sand. The expert had to concede that that could also be the case. Then, some French colleagues in the back asked if any remains of human activity were also buried nearby, to testify as to any sort of cult. He had to admit that nothing of the kind had been found. A sort of crestfallen famous expert then stopped mentioning anything else about cow-shaped stones. However, and very recently, this idea was resurrected in a specialized forum, to which I had to quickly respond to point out the imaginative and unwarranted conclusions some people come up with.

Perhaps when some people are famous or have a long trajectory of expertise, they become too self-confident and indulge in assertions they would never have made before acquiring that special status, a status that in their eyes seems to place them beyond any sort of criticism, and others seem equally unable to diagnose themselves.



## Ralph's Angels

The foray into the South Atlantic of the German battleship *Graf Spee* opened the eyes of the British Admiralty to the vulnerability of the South American commerce and the necessity of planning carefully the Atlantic routes of the merchant ships and convoys that were loaded with essential goods for the war effort. Ships would depart from Buenos Aires and Montevideo and rendezvous at Brazilian ports (Santos and/or Rio) where they would either cross the Atlantic towards Africa and the Bay of Biscay; or go on to North American ports where they would be part of bigger convoys crossing the dangerous North Atlantic route. In a very British way, with much improvisation and a stiff upper lip, the British Legation in Montevideo recruited a group of people, who though lacking experience and professional studies had instead drive and ingenuity. This is the story of the Naval Intelligence Group of Montevideo.

Commander Johnston was the Naval Attaché of the British Legation, and the closest to an experienced operator on naval intelligence matters. Probably due to his lack of time and his obligation to travel frequently to Buenos Aires he recruited a local Englishman, veteran of the Great War, but whose best credentials for the job were being unemployed and eagerly wanting to be part of the war effort. Thus Ralph Cobham came into this story. He would be in charge of planning routes and all the logistics of loading and unloading of merchant ships in the River Plate and Brazilian ports. He also was in charge of recruiting personnel to do such demanding and tedious work. Shorthand and typing skills were necessary so Ralph looked for the best secretarial institute in Montevideo. The Crandon Institute was chosen, also with close ties to the British community, as this essential and ultra-secret work needed to be in friendly and trustworthy hands. Thus the Naval Intelligence Group was founded, consisting of Ralph Cobham and a group of teenage girls that together had the fate of millions of tons of cargo in their hands, essential to the survival of England.

The Crandon girls were: Kathleen Rowan, who in her twenties was the eldest of the group and in charge of the daily routines, Althea Robinson, Peggy Wardle and Joan Lucas-Calcraft. The two extra girls were the daughter of

Commander Johnston and the fifteen year-old Heather Cobham, Ralph's daughter. If we think the job was inconsequential, let's see what Heather had to say about it: *"We coded and decoded secret messages of the Admiralty"*. The group worked on the last floor of the old stock exchange (actual Banco República headquarters building), the same place where Millington Drake's task force had followed the *Graf Spee* episode.

Although the girls were barely suitable for the job, they worked with great professionalism and got their unexpected reward. In December of 1941 the United States enters the war and, as is their style, won't leave anything at random, and everything will be in their hands and under their jurisdiction. The Naval Intelligence at Montevideo are doing a great job, but now American ships and logistics are involved and things must fall under their supervision. Americans don't want British amateurism and originality; they demand efficiency and pay for it with dollars. The answer is not dismantling something that is working well but rather taking over it. But to do that it must be in a place closer and with better lines of communication to the new bosses. Rio de Janeiro is chosen and the six girls are invited to the adventure of their life-time. Management is not included and Ralph is not invited, meaning Heather, a minor, will stay behind, but the other six will spend the rest of the war in Rio de Janeiro.

Kathleen will leave for England after the war. Althea will marry a Royal Navy officer she met in Rio, while her sister Lucille Robinson-Best will celebrate her 100th birthday in Montevideo. Commander Johnston will leave Uruguay after the war picking his daughter up from Rio on the way; only Joan Lucas-Calcraft and Margaret Wardle will return. Peggy to marry Edward Stanham, great grand-uncle of our proactive editor.

Joan the last of Ralph's Angels lives in the Winston Churchill Home, and is probably reliving her tennis matches in the glamorous Rio de Janeiro clubs.





## Abdulrazak Gurnah (1948)

The winner of the 2021 Nobel Prize for Literature, novelist Abdulrazak Gurnah was born in 1948 on one of the islands of Zanzibar off the coast of East Africa. Fleeing persecution, he arrived in the U.K. in the 1960s. He has published 10 novels as well as several short stories. Anders Olsson, chair of the Nobel committee, said that the Gurnah's novels – from his debut *Memory of Departure*, about a failed uprising, to his most recent, *Afterlives* – “recoil from stereotypical descriptions and open our gaze to a culturally diversified East Africa unfamiliar to many in other parts of the world”, presenting “an uncompromising and compassionate penetration of the effects of colonialism and the fate of the refugee in the gulf between cultures and continents”. In another passage of the speech, Olsson continues: “In Gurnah's literary universe, everything is shifting – memories, names, identities. This is probably because his project cannot reach completion in any definitive sense. An unending exploration driven by intellectual passion is present in all his books, and equally prominent now, in *Afterlives*, as when he began writing as a 21-year-old refugee”.

The first black African writer to win the prize since Wole Soyinka in 1986, Gurnah's latest novels are *Desertion* (2005), *The Last Gift* (2011), *Gravel Heart* (2017), and *Afterlives* (2020).

All Gurnah's novels interrogate the ways in which writing can embody shocking memories, where the personal level always encounters the larger traumas of past and present history, such as colonialism, the two World Wars, the Bosnian War, often presented through multiple narrative threads. In the words of the narrator of *Desertion*, “It is about how one story contains many and how they belong not to us but are part of the random currents of our time, and about how stories capture us and entangle us for all time”.

Gurnah creates fictional characters who are constantly negotiating past and present in the construction of new identities to fit their new environments. Their narratives are all premised on the shattering impact that migration to a new geographical and social context has for the character's identities. To Gurnah, who, like his characters, experienced displacement from his native Zanzibar and migration to

Britain, identity is a matter of constant change. Besides forging new identities for themselves, Gurnah's main characters unsettle the identities of the European people they encounter in the environments to where they migrate.

In *Desertion*, the encounter between English Orientalist Martin Pearce and Hassanali, a shopkeeper from a small coastal town in Kenya mainly made up of Muslim Indians at the turn of the nineteenth century, provokes the contamination of colonizers and colonized in the backdrop of the vanishing British Empire. The narrator, whom we discover to be Rashid only after reading over half the novel, argues that “there is, as you can see, an I in this story, but it is not a story about me. It is one about all of us”. In general, Gurnah's characters look back upon their pasts with mixed feelings of bitterness and guilt for what they have left behind.

*Desertion* begins in 1899 and reaches forward through three generations, three historical moments in East Africa and Britain, exploring the impact of desertion on love relationships and political relationships, and, as in many of Gurnah's novels, charting the unique, East African, complexity of its geographical location, history, and links with the Asian world.

*Afterlives* (2020) tells the story of Ilyas, who was stolen from his parents by German colonial troops as a boy and returns to his village after years fighting in a war against his own people. “A compelling novel, one that gathers close all those who were meant to be forgotten, and refuses their erasure”, noted *The Guardian*.

Gurnah stated in an interview that he wants to celebrate the tremendous production by writers from Africa in recent times, hailing Soyinka and Ngũgĩ wa Thiong'o “who have sustained an excellent output for decades”, and recognising the importance of South African Damon Galgut, last year's Booker Prize winner for *The Promise*. The book he rereads, by another Nobel-prize winner, South African JM Coetzee's *Waiting for the Barbarians*, “because of the precision of its language and the clarity with which it portrays human cruelty”.



by Phillip Berzins  
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## Aubergine Rolls With Semi-Dried Tomatoes And Tofu, With Fennel Salad

**N**ow that Spring is once again in the air and we approach the time of year when Uruguay has a wonderful array of fresh vegetables, I have been inspired to create a simple recipe utilising ingredients which are readily available.

The idea is to stuff the eggplant with semi-dried tomatoes and tofu.\*

Semi-dried tomatoes differ from sun-dried tomatoes in that they are not completely dried out and they are softer and moister, but with the same intense flavour of the sun-dried tomatoes.

To make semi-dried tomatoes, heat the oven to 120°C, slice the tomatoes about 1 cm thick and sprinkle with salt and pepper, olive oil and fresh thyme or oregano. If using cherry tomatoes, cut in half and place cut side up on a baking sheet. Place in preheated oven and cook for between 1 ½ and 2 ½ hours, turning over if necessary. If they are not to be used immediately, store in jars with olive oil, garlic cloves and a sprig of rosemary. They will keep for up to ten days in the fridge. Alternatively, freeze the tomato slices individually before stacking up and placing in airtight containers in the freezer for up to six months.

When stored in olive oil, reserve the oil to pour over salads or pasta dishes or use to make a special flavoured pesto. Semi-dried tomatoes are excellent used in different salad recipes, with burgers, pasta dishes, dips, pizzas, etc.

### Ingredients – 4 Portions

- 2 medium-sized aubergines
- 4 tb sp olive oil
- Chopped basil or sage
- Salt and freshly ground pepper
- 250 g semi-dried tomatoes
- 130 g fresh tofu cut in 1 cm cubes (alternative: ricotta cheese)
- Fresh chopped mint
- 80 g cashew nuts
- Olive oil
- Salt and pepper

### Method

Slice the aubergine lengthwise in ½ cm slices and brush one side with the olive oil and sprinkle with salt and pepper, basil or sage and fry for 3 minutes, and when nicely browned paint top side with oil and flip over. Cook for 3 minutes more.

Finely chop or blitz the semi-dried tomatoes to make a paste and add the cubed tofu and mint leaves, cashew nuts and a dash of olive oil, salt and freshly ground pepper. Roll up the slices with the filling inside.

Remove the steaks from the sauce, discard the thyme and bay leaf, leaving the sage leaves and liquidise until the sauce is smooth and homogeneous. To make the sauce more decadent, add a good knob of cold butter while liquidising and keep mixing until it is fully incorporated into the sauce. Return the steaks to the sauce and reheat without boiling to prevent it from separating again. Serve with the green part of the spring onions sprinkled over the top, and mashed potatoes.

You could try the same recipe with a piece of beef flank steak (vacío in Spanish) using exactly the same ingredients and techniques as for today's recipe. The cooking time will have to be increased to between 2 and 2,5 hours.

The photograph included is actually of a piece of beef flank steak cooked in this way and served with leeks and sliced potatoes which were added to the sauce 45 minutes before the meat was fully cooked.

Whichever recipe you choose to make, enjoy it with a glass of dry white wine or a light red wine.

### FENNEL SALAD – Ingredientes – 4 Portions

- 2 fennel bulbs
- ½ red onion, finely sliced
- 3 tb sp olive oil
- 1 tb sp lemon juice
- Salt and pepper
- 2 oranges, peeled and cut in segments
- 12 black olives without stones, cut in half
- 1 tea sp chopped parsley

Cut fennel in quarters and cut away core. Slice as thinly as possible widthwise. Add sliced red onion. Season with olive oil, lemon juice, salt and freshly ground pepper. Mix well and sprinkle with the orange segments, olives and chopped parsley.

Serve two rolls of aubergine for each portion with the fennel salad to accompany. Perfect for a lunch dish or a light dinner or as appetizer served as a smaller portion.

*\* Tofu is made by coagulating soy milk and pressing the curds into blocks. It is a common source of plant-based protein in vegetarian diets. It is stocked in most large supermarkets alongside dairy products.*



## Little Wordies On The Page

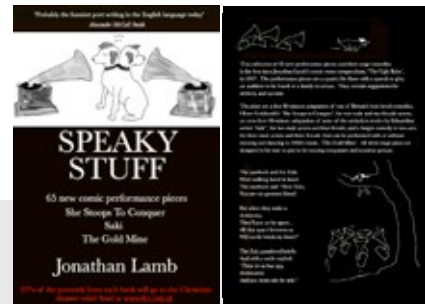
Little wordies on the page  
Dance along behind my pen  
Bees and seas and peas and teas  
To the end then back again

Little wordies in the inkwell  
Waiting to come out and dance  
So I suck my pen and thinkwell  
Wordies only get one chance

Cross them out and they get crosser  
Thinking they'll be thrown away  
'Put that bottle down, you dosser!'  
All the little wordies say

So I set aside the scrumpy  
And the whisky and the gin  
Then the wordies don't get grumpy  
Happy not to hit the bin

Writers writing write it rightly  
And you will escape their rage  
They will treat you quite politely  
Little wordies on the page



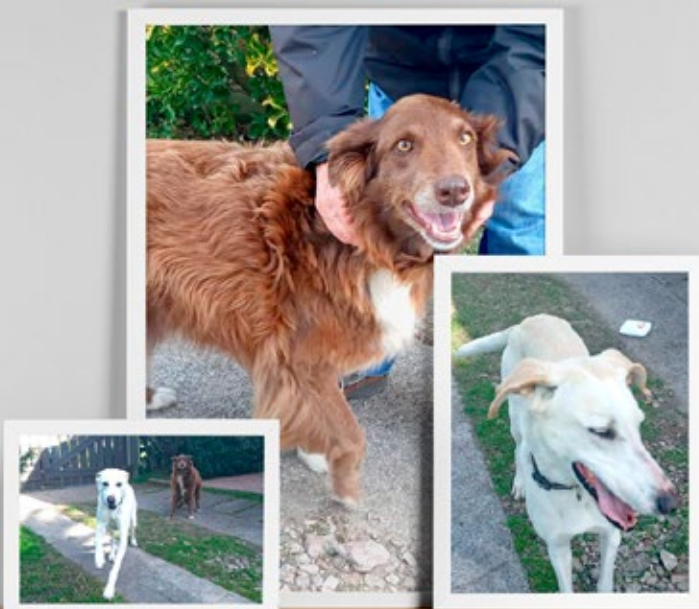
From Jonathan Lamb's new book of performance material, *Speaky Stuff*, published in June 2022 with a quarter of the cover price (\$1000 or a twenty-pound note) going to the Ukrainian disaster relief fund at [www.dec.org.uk](http://www.dec.org.uk). To order copies, write to [vozinglesa@gmail.com](mailto:vozinglesa@gmail.com).

## Looking for adoption

Pamela Johnston de Laing passed away in early August in La Paloma. Her passing has left two very nice and friendly dogs in great need of a home. They are both adult, 9 year old, neutered female dogs.

If anyone is willing to adopt one or both dogs, please contact Geraldine Pool at 099 451 590.

Your help is very much appreciated.





## 9TH SOUTH AMERICAN PIPE BAND GATHERING

27- 30 OCTOBER

ORGANIZED BY:



SCOTTISH  
DANCE  
URUGUAY

*Scottish Dance Uruguay will proudly host in October this year the "9th South American Pipe Band Gathering" (G9). It is the most important event of this discipline on the continent. It consists of a 4-day experience in which more than 200 pipers, drummers and dancers gather to celebrate Scottish culture.*

In 2004, the first Gathering in South America was held in Uruguay, and since then, it has been happening every two years in several countries of the region. Uruguay will be the host of this huge event for the second time. Both being equally special. One, for being the first ever South American Pipe Band Gathering in 2004; and the G9, for finally being able to meet again after these challenging past two years.

Several events will take place in this unique experience, like an opening parade in Alfredo Arocena Avenue; solo pipe, drums and dance competitions; group band competitions, all of these open to general public; and workshops for musicians and dancers.

The overall purpose of the Gathering is to continue the British legacy, promoting Scottish art in a cultural festival. All those who are involved with Scottish music and dance on the continent prepare for more than a year to put on their best show.

**Scottish Dance Uruguay wants to invite everyone to enjoy the G9 and is looking for sponsorships and donations of any kind to make this great event possible.**

You can contact them via email at [scottishdanceuruguay@gmail.com](mailto:scottishdanceuruguay@gmail.com)

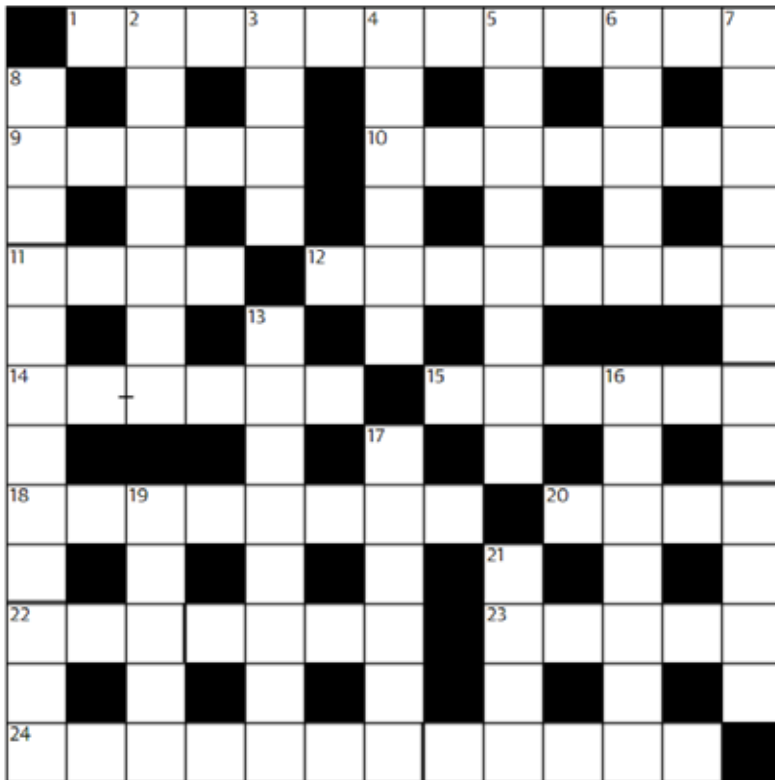


Thank you very much and hope to see you in October!



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





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

August solution:



## Across

- 1 One puts patients out (12)
- 9 Of course (slang) (5)
- 10 Valiant (anag) — European (7)
- 11 Deride (4)
- 12 Disturb (8)
- 14 One who fails to turn up as booked (2-4)
- 15 Plaster for walls made from Portland cement, sand and lime (6)
- 18 Put up with (8)
- 20 Fossil fuel (4)
- 22 Lunar phase (3,4)
- 23 Arid region of southern Israel (5)
- 24 Things that one owns (7,5)

## Down

- 2 Spots (7)
- 3 Reflected TV, radio or radar beam (4)
- 4 Special aptitude (6)
- 5 Supplication (8)
- 6 Dolt (5)
- 7 Fairground amusement — level on fount (anag) (6,2,4)
- 8 Very soon (3,6,3)
- 13 Quadruple (8)
- 16 Blocked (7)
- 17 Tight-fisted (6)
- 19 Let down (5)
- 21 Word processing command Ctrl + Z (4)



Garfield by Jim Davis - <https://www.gocomics.com/>



### Why US English is a history lesson for the British

Long before Jamestown or the Pilgrim Fathers landed at Massachusetts in 1620, the US English style of spelling words such as 'honor', 'color', and 'center' were alive and well in British English. Etymologist and broadcaster Susie Dent opens an 'aluminum' can of worms and teaches Brits a thing or two about their shared linguistic heritage.

**BBC**  
**REEL**



## ARTICLE OF THE MONTH



### How our brains cope with speaking more than one language

Speaking a second or even a third language can bring obvious advantages, but occasionally the words, grammar and even accents can get mixed up. This can reveal surprising things about how our brains work.

**CLICK HERE TO  
READ THE ARTICLE**



**BBC**





## UK National Flowers

All parts of United Kingdom have their own national flowers, usually chosen for historical or cultural reasons. England, Scotland, Wales, and Northern Ireland are represented by the Tudor rose, the thistle, the leek and daffodil, and the shamrock respectively.

### ENGLAND: THE TUDOR ROSE

The national flower of England is the rose, but not just any rose. The Tudor rose was adopted by Henry VII as England's emblem of peace at the end of the War of the Roses, the civil wars between the royal house of Lancaster, who wore a red rose, and the royal house of York, who wore white. The Tudor rose, which combined both, came to symbolise peace between the houses. A red rose is used by sports teams like the England Rugby Union team, while the stylised image of the tudor rose is seen on the dress uniforms of the guards at the Tower of London and in the royal coat of arms.

### SCOTLAND: THE THISTLE

Common throughout the highlands, islands and lowlands of Scotland, the prickly purple thistle has been Scotland's national emblem for centuries, but it's not clear how it came to attain this status. One legend has it that a sleeping party of Scottish warriors were spared ambush by a Norse army (it is often forgotten, that for hundreds of years much of Scotland was part of the Kingdom of Norway) when a Norse soldier trod on the prickly flower, rousing the Scots with his pained cry. The emblem can be found on the Scottish rugby team, and it's also an important heraldic symbol. Founded by James III in 1687, the Most Ancient and Most Noble Order of the Thistle is awarded to those who have made an outstanding contribution to the life of Scotland.

### WALES: THE LEEK and THE DAFFODIL

Proudly sported every St. David's Day on 1st March and at every international rugby match, the leek is now widely recognised as the national symbol of Wales. But why is it

that patriotic Welshmen and women across the world attach this strong smelling member of the onion family to their clothing? The true origins are now perhaps lost in myth and legend; however the history can certainly be traced back at least seven hundred years. According to one legend the leek was associated with St. David the Patron Saint of Wales who died in 589 AD. This particular legend tells how St. David ordered his soldiers to wear the leek on their helmets in a battle against the hated pagan Saxon invaders of Britain. The battle itself is also said to have taken place in a field full of leeks. And so today each year on St. David's Day the leek is worn in the cap badges of every soldier in every Welsh regiment. Outside the army however, many other Welsh folk have substituted the daffodil for the leek. There is much debate about how the daffodil came to be named the national flower of Wales – but the clue could be in the title. The Welsh name for daffodil Cenninen Pedr translates literally as 'Saint Peter's Leek', which may have led to the confusion. It may also be because it blooms in early spring, coinciding with St David's Day on March 1, when the flower is traditionally worn.

### NORTHERN IRELAND: THE SHAMROCK

Not to be confused with the lucky charms of the four-leaf clover, the three-leaf shamrock is a registered trademark of the Republic of Ireland, and is also unofficially regarded as the national symbol of Northern Ireland. Its distinctive three-leaf foliage is said to have been used by St. Patrick, the patron saint of Ireland, as a metaphor for the Holy Trinity of the Father, the Son and the Holy Spirit all existing as separate elements of the same entity. His followers adopted the custom of wearing the shamrock on his feast day, and shamrock green remains the essential colour for today's festivities and celebrations. Although by no means a showy flower, clover is increasingly a popular addition to wildflower meadow bouquets and arrangements.

# Uruguayan Piper at the Royal Edinburgh Military Tattoo



Patricia Izuibejeres is one of the few (if not the only) female piper in Uruguay, and this year she participated in the Royal Edinburgh Military Tattoo (REMT) as part of the ‘in house’ civilian pipes and drums band.

The REMT is the British military contribution to the Edinburgh International Festival, a celebration of music, theatre, opera and dance performed across the city throughout the month of August. It is a charity event that brings together military and civilian bands from all over the world. Performances are held at the Edinburgh Castle Esplanade every night in August (except Sundays) with a double bill on Saturdays. For participating musicians like Patricia, it is an opportunity to play in an incredible show before an audience of ten thousand people, as well as an amazing multicultural experience.

This is Patricia’s third time participating in the REMT. In 2015 she auditioned and was among the first South American pipers selected to be part of the ‘in house’ civilian pipes and drums element of the band at the REMT. In 2016 she auditioned and was accepted once again, and then was set to participate in the 2020 show before the pandemic put the Tattoo on a forced 2-year hiatus. In 2022 Patricia was among the pipers invited (no audition necessary) to participate in this year’s show titled “Voices”.



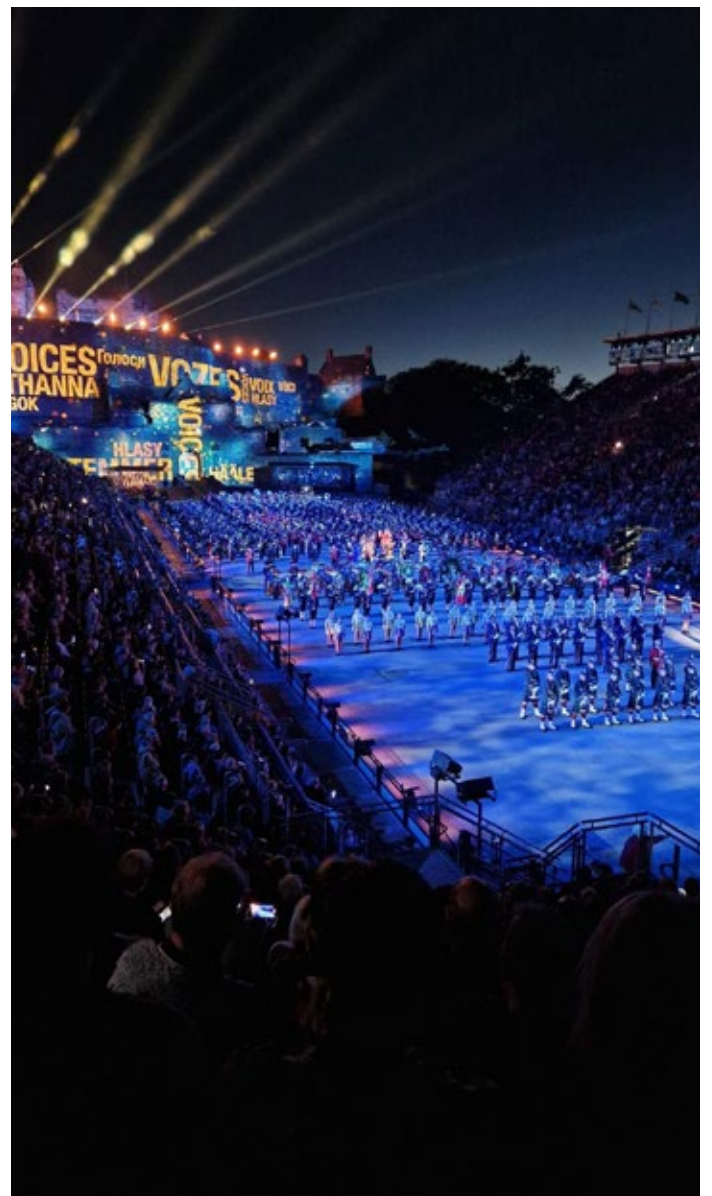


## What is the Edinburgh Tattoo? A little history...

A “tattoo” is an evening drum or bugle signal recalling soldiers to their quarters.

In 1949, as part of The Edinburgh International Festival of Music and Drama ‘*Something About a Soldier*’ was performed at the Ross Bandstand in Edinburgh’s Princes Street Gardens. The same year, ‘*The King’s Men*’ was produced on the Edinburgh Castle Esplanade for a standing audience of 2,500. Following these two productions, the Lord Provost of Edinburgh extended an invite to the General Officer Commanding the Army in Scotland asking him to present a military ‘show’ to be called the Edinburgh Tattoo. Informally, it was agreed that this would take place annually during the Edinburgh International Festival. In 1950 the first Edinburgh Tattoo (now The Royal Edinburgh Military Tattoo) took place. The production included eight items and attracted an audience of 100,000 over its 20 performances. 2020 marked the Platinum Anniversary of The Royal Edinburgh Military Tattoo as it celebrated 70 years, but, for the first time in its 7-decade history, the Tattoo had to cancel as a result of the COVID pandemic. Following continued uncertainty caused by the ongoing COVID pandemic, the 2021 Tattoo Show was also cancelled. The 2022 Tattoo Show marked the return to live performances.

<https://www.edintattoo.co.uk/>



# Meet our columnists

**Juan José Castillos**



## **Column: Bits and Pieces**

### **Topic: Life experiences and current affairs**

*How long have you been a writer for Contact?*

I have been contributing to Contact for about a year and a half.

*What inspires your monthly column?*

The BSU Newsletter is getting better all the time and I thought I may perhaps be able to contribute a little to make it more interesting. I like to share opinions and events in my life that may be of interest to others. I'm very opinionated and I dare think that others may share some of my opinions or alternatively, provide some food for thought.

*Which is your favourite article to date?*

The People's Princess (March 2022 issue), I was longing to provide another look at a very popular media icon that I consider does not deserve such devotion.

*Tell us a little about yourself.*

I'm a professional Egyptologist with a university education, I do research on a very special topic: the origins of institutional

inequality in Egypt with which I've had some measure of academic success. I like good cinema, of which there is so little nowadays, I'm passionate on freedom, better living conditions for all humans, hoping that someday we will all live under a world government without wars and territorial aggressions and expansions.

I was born in Uruguay but lived many years in Canada, I'm a Canadian as well, I loved the cold weather and the snow there which I miss a lot, also living in a well-organized country with very little corruption, but Uruguay pulled me back in order to have access to affordable housing, a slower pace from hectic Canada, and the roots that always give more meaning to your presence in a certain place. English is the language I function best in, I don't like Latin languages much, and I love the United Kingdom, particularly England, which I visited many times and where I'd love to live... if I could ever afford it!

What I value most in people, contrary to what others may think, is intelligence and efficiency. My late wife had them both and is part of why, perhaps, I fell in love with her.

*Do you have a favourite quote?*

"What you know will never hurt you, what will hurt you is what you don't know".

*What projects are you currently involved in?*

Participating in international academic events in my field.

*Where can we see more of you and your work?*

<https://www.oocities.org/juanjosecastillos/>

[https://www.academia.edu/36721114/45\\_YEARS\\_OF\\_EGYPTOLOGICAL\\_RESEARCH\\_IN\\_URUGUAY\\_-\\_45\\_A%C3%91OS\\_DE\\_EGIPTOLOG%C3%8DA\\_PROFESIONAL\\_EN\\_URUGUAY\\_-\\_UPDATED\\_JUNE\\_2018\\_240\\_citations](https://www.academia.edu/36721114/45_YEARS_OF_EGYPTOLOGICAL_RESEARCH_IN_URUGUAY_-_45_A%C3%91OS_DE_EGIPTOLOG%C3%8DA_PROFESIONAL_EN_URUGUAY_-_UPDATED_JUNE_2018_240_citations)

<https://www.youtube.com/watch?v=hU4cyvnBcJo>





## Happy Hobbit Day all you hairy-footed halflings!

Hobbit Day is a name used for **September 22** in reference to it being the birthday of the hobbits Bilbo and Frodo Baggins, two fictional characters in J. R. R. Tolkien's popular set of books *The Hobbit* and *The Lord of the Rings*. According to the fictional setting, Bilbo was born in the year of 2890 and Frodo in the year of 2968 in the Third Age (1290 and 1368 respectively in Shire- Reckoning.)

The American Tolkien Society first proclaimed Hobbit Day and Tolkien Week in 1978, and defines them as: "Tolkien Week is observed as the calendar week containing September 22, which is always observed as Hobbit", but acknowledges that Hobbit Day pre-dates their designation.

Some Tolkien fans celebrate by emulating the hobbits'; parties. Other simply go barefoot in honour of the hobbits, who don't wear shoes. And if you are a hardcore fan you can always go visit the Hobbiton set itself!

<https://www.hobbitontours.com/en/experiences/hobbitday/>

Picture: <https://bonafidebookworm.com/how-to-celebrate-hobbit-day/>

