



THE BRITISH SOCIETY
IN URUGUAY

CONTACT

MARCH 2023



Bits and Pieces
What is Love?

Era Britons
Memorable Inaugurations

Oceanids
Wool Ties to History

Chef Phillip's Corner
Aubergine and Chickpea
Gratin

Body of Knowledge
The Curiosity Cure

www.britsoc.org.uy



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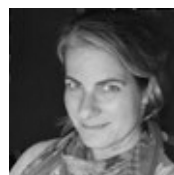
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BSU CONTACT NEWSLETTER



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+598 96 021 918

Montevideo, Uruguay



This month's cover features an illustration by the wonderfully talented Juan Pablo Rodríguez, inspired by the big event that's just around the corner: Back to School! Yes, the joyous occasion of early morning wake-up calls, heavy backpacks, and endless homework is upon us once again. As the end of summer approaches, children all over the country are gearing up to head back to the classroom. Whether they're starting a new school, moving up a grade, or simply returning to familiar halls and teachers, there's a sense of excitement in the air. And who wouldn't be excited to trade in lazy summer days for structured schedules and looming deadlines? That is, if you can manage to pry your eyes open after staying up late binge-watching Netflix all summer. So, whether you're a student, a teacher, or simply someone who fondly remembers their school days, this month's cover art is sure to bring a wry smile to your face. Because let's be honest, there's nothing quite like the joy of knowing you're not the one who has to do homework anymore. Now, let's raise a glass (of coffee) to the impending chaos and busyness of the Back to School season. We'll need it!

MEMBERSHIP FEES

Remember you can pay your 2023 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 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,

Another edition of Contact is out! Can you believe it? We're heading into autumn, although the heat still lingers (or rather clings and doesn't want to let go). As the leaves change color, we're excited to bring you the latest updates and happenings from the British Society in Uruguay and fellow sister societies.

First things first, we hope you had a fantastic summer! Now that the holidays are officially over, it's time to dust off those textbooks, sharpen those pencils and get ready for school to start. But don't worry, it's not all work and no play. Our social calendar has some fun events that you won't want to miss! Be sure to check the calendar for all the exciting activities. Don't be a stranger, come along and join us for some good times and great company.

In this edition, we're thrilled to feature some fantastic articles from our regular contributors, and a roundup of all the latest happenings in the British community in Uruguay.

As always, we welcome your feedback and contributions at editor@britsoc.org.uy, so please don't hesitate to get in touch with us. We love hearing from our readers and value your input.

Well, that's it from us for now. Enjoy your read and we hope to see you soon at one of our upcoming events!

Cheers,

Victoria Stanham Newsletter Editor

Birthdays

in March

- 4. Dorothy Christy Harper
- 4. Giorgina Sexton Vernengo
- 8. Helen Turner Magariños
- 8. Kirsten Sigrid Schandy
- 9. Walter Federico Albanell
- 10. Victoria Bridal Dutra
- 10. Ian Robert Forrester Boyd
- 11. Veronica-Ann Rossi van Domselaar
- 12. José Joaquín Obes Secco
- 14. Angela Dickinson Conran
- 15. Susan Day De Medina Stoutt
- 15. Jackie Archer Groves
- 15. Susan Aileen McConnell Waterton
- 17. Mónica Patricia Harvey Boxer
- 18. Claudia Eliana Pereyra West
- 19. William Ernest Henry Ehlers Kaser
- 19. Javier González
- 19. Sarah Elizabeth Cowley Cole
- 21. Elsa Gabriela Marsicano Altieri
- 22. Sylvia Mariana Carrara Carrasco
- 22. Eduardo Juan Loedel Soca
- 22. Gonzalo Ernesto Collazo Farias
- 22. Carolyn Alice Prevett Gomensoro
- 23. Trevor Durnford
- 24. Michael Jake Brown Hetzel
- 25. Elisabeth Mathilde Gruber von Freeden Winz



- 25. Mauricio Suárez Cal
- 26. Ian Dickin Sproat
- 26. Pamela Inés Prescott Shand
- 26. Ronald Leslie Decker Carrasco
- 27. Bryan Philip Davies Reyes
- 28. Duncan Bell Dickinson
- 28. Peter John Gault
- 28. Kim Evelyn MacLennan Skirzewski
- 28. Martha Ivonne Escondeur Barlocco
- 29. Luis Enrique Albin de María
- 29. Anthony James Shaw Verpilleux
- 30. Phyllis Margaret Cobham La Brooy
- 30. José María Barrabino Hobbins

New Members

Robert Charles Campbell Cobham
Milagros Correa-Mirapalhete Barrios

welcome

For news from across the pond visit www.abcc.org.ar



When things heat they expand.
So I'm not actually fat,
I'm hot.

2023



List your events in our calendar:

We invite all sister societies to send us dates of your upcoming events to editor@britsoc.org.uy.

MARCH

WEDNESDAY 1: CUB - Almuerzo con Carlos A. Lecueder. Marcha de los Shopping y Zonas Francas de servicios post pandemia. 12:15 hs at Parva Domus. www.cub.com.uy

SUNDAY 12: St. Andrew's Society - Family Picnic and Highland Games. 11:30 AM at Criolla Elías Regules. Booking 099 686 068 - 098 469 926

TUESDAY 14: BSU - Whisky Experience - 8:30 PM at the Kendrew Scottish Bar, Rivera 2638. RSVP to +598 94 414 761 - events@britsoc.org.uy

SATURDAY 18: BSU - Scavenger Hunt. Starting 3PM at Av. Américo Ricaldoni y Fuente Iluminada (+598) 9602 1918

WEDNESDAY 29: BSU - Easter Craft Tea. 2pm to 5pm at Christ Church - Lieja 6437.
RSVP vp@britsoc.org.uy

APRIL

THURSDAY 27: BSU - Annual General Meeting.

MAY

SATURDAY 6: King Charles III's Coronation Day.

WEDNESDAY 31: BSU - Council Meeting.

JUNE

(SATURDAY 3rd, 10th or 24th): St. Andrew's Society - Junior Caledonian Competition.

OCTOBER

SATURDAY 28: St. Andrew's Society - Senior Caledonian Ball.

NOVEMBER

THURSDAY 30: St. Andrew's Society - St. Andrew's Day.



EVERY FRIDAY FROM 8PM

SOCIAL DARTS
IN PUNTA DEL ESTE

at Ariscona, corner of Virazón and La Salina.

Contact: Jonathan Lamb uozinglesa@gmail.com

TUESDAY 14TH MARCH

AFTER OFFICE WHISKY EXPERIENCE

SPEAKER GERMÁN VILLAR



During our recent trip to San Jorge, we had the pleasure of experiencing Germán's expertise in Single Malt Whisky. After enjoying the samples he offered us, we requested he organise a formal session exclusively for us.

This "Whisky Experience" will take place on
Tuesday, March 14th at 8:30 PM at the Kendrew Scottish Bar,
located on Rivera 2638, between Simón Bolívar and Brito del Pino.
The event will consist of a tasting of four different drams,
accompanied by interesting information about whisky.

**We will be tasting 4 different drams and discovering some
interesting things about whisky.**

Tickets will be available for purchase on-site for \$1800.
As the venue has limited capacity, please RSVP to
+598 94 414 761 – events@britsoc.org.uy
to secure your spot.



SATURDAY 18TH MARCH

SCAVENGER

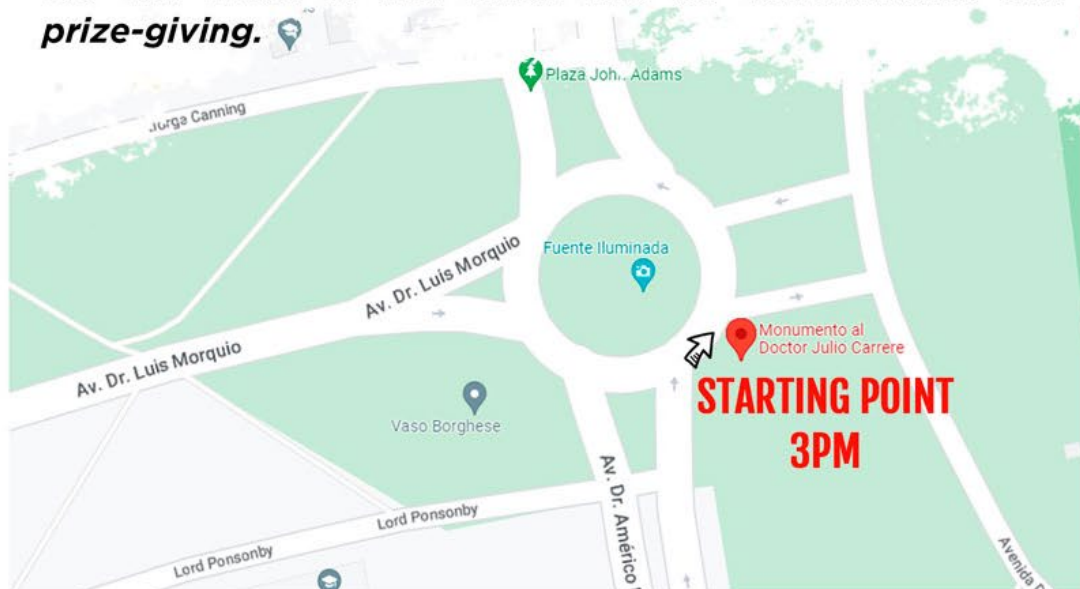
HUNT

2023
EDITION

3PM PARQUE BATLLE



- 🗺️ *Prepare to follow clues, discover things and find requested items along your way, answer cryptic questions, and perform unusual tasks to get the prize!*
- 🗺️ *Teams can be of up to 5 people; all ages are welcome.*
- 🗺️ *You can participate by car, on bikes or on foot, though walking will be required at certain points.*
- 🗺️ *We will meet at the finish line for refreshments and prize-giving.*



Got any questions?

Contact us at +598 9602 1918 or vp@britsoc.org.uy



dermaglós

\$400
MEMBERS

\$500
NON MEMBERS



COME JOIN US FOR A CUP OF TEA
WHILE MAKING EASTER CRAFTS!

Wednesday 29th March, 14:00 to 17:00
at Christ Church - Lieja 6437

We have prepared everything you need to make DIY Easter Egg Designs, lovely Easter decorations to put up, and Pom Pom Rabbits.

You will take home your creations.

While crafting, you can enjoy a cup of tea and some delicious nibbles. It will be a great opportunity to chat and have fun.

RSVP: VP@britsoc.org.uy - 099123906

Ticket: Members \$300 - Non members \$500





Happy Birthday Kenn!

Kenn celebrated his 81st birthday on February 23rd! There was a lot of tasty food prepared by the caregivers, including a delicious heart-shaped cake that Kenn, his friends, and fellow residents enjoyed.





One Year

The Embassy marked one year since the start of the Russian illegal invasion of Ukraine on 24 February, on various ways. Ambassador Faye O'Connor offered her Residence to Ukraine's Honorary Consul, Diego Guadalupe, to host an event with the Ukrainian community in Uruguay, diplomatic corps and Uruguayan authorities, which was widely covered and amplified by local media. The Embassy, together with US, Canada, Japan, the European Union and 7 European countries, issued a [joint statement](#) published in newspaper La República. We also published 24 hours of content in social media, starting with the [Ukraine anthem](#) being [played by a member of staff](#), honouring those fallen and displaced by the war, and featuring the Residence lit up in Ukraine's colours of blue and yellow.



KINDER AT THE ANGLO SCHOOL

Benefits of learning a second language at an early stage

What is the best age to start learning a second language? What are the brain benefits of learning a second language at an early age?

Research shows that knowing a second language is beneficial at any age but the younger we are, the more flexible our brain is and, therefore, the easier it is to learn a second language. Neuroplasticity is the brain's ability to change, to rewire, relearn and strengthen important connections, and when talking about language learning, it's at its peak from birth to around four years of age.

A second language always forces our brain to use areas that monolinguals usually do not use. This way the brain becomes more efficient and flexible. That is why bilingual children are usually better at planning, problem-solving, concentrating and multitasking. They're also better critical thinkers, and some research suggests that bilingualism also provides a significant creativity boost.

Toddlers are less self-conscious than older learners, and are willing to try out newly acquired skills without fear of embarrassment. Children at this age are also better at mimicking and adopting new skills than older learners.

Very young children readily learn through play-like activities. The Anglo School caters for every child's needs and offers a wide range of activities in order to develop their skills to their fullest.



What we offer at The Anglo School

- A safe and caring environment in which to learn, play and grow together.
- A high-quality team of professional who cater for the needs of every child.
- Fun and games, new friends, lots of different activities and outings.



- An immersive experience to learning a second language thus making the process a very natural one.
- A personalized learning experience so all our students' can learn at their own pace, taking into account their interests and needs.
- Through the use and management of tablets, notebooks and interactive screens, students become familiarised in the use of technology as an educational tool. Even our youngest students have the opportunity of enjoying robotics! Our





adaptive learning platforms support the development of the second language, which enables learners to acquire English in a fun and motivating way, while working at their own pace.

- A library full of age-appropriate books to develop a love for reading for pleasure as well



as a Reading Programme to develop early literacy skills.

- A focus on our school values: Respect, Responsibility, Empathy and Self-esteem which are developed through a carefully planned sequence of projects, activities, and workshops.
- As from Kinder, and in agreement with the families, we establish a weekly schedule of healthy snacks to foster healthy eating habits. We carry out cooking workshops, preparing healthy food which caters both for children's nutritional needs and likes.



- Our Multisensory Room is probably one of the favourite rooms! With an array of different objects, materials, colours, we seek to stimulate and strengthen the different sensory pathways to increase attention, concentration, logical thinking and even bonds.

References:

<https://cerebralpalsy.org.au/sstposts/StoryId1575590115573/>

<https://novakdjokovicfoundation.org/brain-benefits-of-learning-a-second-language-at-early-age/>

2023 ANGLO ENGLISH COURSES



We are excited to announce that our new English face to face classes will be starting on the 6th of March. We offer a wide range of courses for adults, children, and teenagers, from beginners to advanced levels.

Our experienced teachers are passionate about teaching English and will provide you with a supportive and engaging learning experience. We use modern teaching methods and the latest technology to make learning English enjoyable and effective.

Our face-to-face courses are delivered at our 48 centres across Uruguay and are designed to meet the needs of all students, regardless of their level of English proficiency. Whether you are a complete beginner or an advanced learner, we have a course that will challenge and inspire you.

ANGLO ONLINE COURSES

The Anglo online courses for adults and advanced students are starting on the 13th and 27th of March. These courses are created and taught by experts, their content is engaging and interactive, and meets high academic and professional standards.

Why online courses?

Learning English online at Anglo offers a wide range of advantages for students looking to improve their language skills or pass an international exam. Here are some of the most notable benefits of our 2023 online courses:

Convenience and flexibility: One of the biggest advantages of learning English online is the convenience and flexibility it offers. Students can access course materials and complete assignments from anywhere with an internet connection, making it easier to fit language learning into their busy schedules.

Personalized learning: Our online English courses provide personalized learning experiences tailored to each student's needs and skill level.

Variety of courses: Our online English courses offer a wide variety of levels and courses to choose from, including courses that focus on specific areas of language learning such as conversation skills. Students can select the courses that best fit their learning goals and interests.

Interactive and engaging content: The Anglo online English courses utilize interactive and engaging content to keep students engaged and motivated. This can make the learning process more enjoyable and help students retain information more effectively.

Overall, the Anglo online courses can provide students with a convenient, flexible, and engaging way to improve their language skills. Whether you are a beginner or an advanced learner, our online courses can help you reach your language learning goals more efficiently and effectively.

Easy payment plans: We offer 0% interest rate on our instalment plans with credit cards, so you can spread the cost of your Anglo course, and exclusive deals for students.

If you are looking to improve your English language skills, join us for an exciting journey of learning and discovery. Don't miss out on this opportunity to enhance your communication skills and broaden your horizons at the Anglo.

For more information about our courses: email centro@anglo.edu.uy or phone 2902 3773 ext. 1108/1192

You may find more Anglo services at www.anglo.edu.uy

NEW

ONLINE COURSES 2023



- ▶ **6 levels**
- ▶ **100% online**
- ▶ **From Elementary to Intermediate level**
- ▶ **Annual or intensive courses**

**NEW COURSES,
THE SAME QUALITY**



REFLECTIONS



Christ
Church
MONTEVIDEO

Today I am in New York City with a shopping list for B&H, perhaps the premier photo, audio, video store in America. Incredibly, they close at 1pm on Fridays so their workers can get home with time to prepare for and take a Sabbath. They will reopen at 10am on Sunday. Their Sabbath is an anchor that holds and guides and adds value to their life.

Recently, I was speaking about this very thing with an older friend who has seen more of the world than I. He said (and I summarize): “We are facing a collective dark night. We need anchors, a structure, a Rule of Life in our days to find our balance.”

A Rule of Life in practice is like a garden trellis that shapes and holds the growing vines. A Rule of Life guides us to prioritize time for work and rest, relationships, and reflection. My Rule of Life includes brief quiet spaces each day, and a weekly Sabbath to “stop, rest, delight and contemplate”.

These quiet spaces are necessary to orient and reorient my life in the midst of this “collective dark night”. There is a reality happening, much of it is out there, but much of it is right here around us and even in us. The pressing priority for me, for us to address should be: What is my response? and What does my response teach me about myself?

I understand from Scripture that my job when the “day of evil” or the “collective dark night” comes, is to do all I can and to stand firm. One of our anchors at Christ Church is what many call “a Year Verse”. Psalm 90:17 is our verse and collective prayer for 2023: “May the favor of the Lord our God rest upon us. Establish the work of our hands, yes, establish the work of our hands.”

Pastor John Hamilton



Christ
Church
MONTEVIDEO



LENT
Feb 26 - Apr 2

*the message of the
Beatitudes*





LUNCH INVITATION

Wednesday 1st March at 12:15 PM



*The Southern Star Award
will be awarded to
CPA Carlos Lecueder
during lunch*

Entrepreneur and Public Accountant

Carlos Alberto Lecueder

*March of Shopping Centres and Free Zones Services
in post pandemic times*

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



SAVE THE DATE



2023

ANNUAL REUNION

1 de marzo 2023 - 18:00 hs

Charla:
"Los desafíos de la educación moderna"



Embajada Británica
Montevideo



Bloomsbury
Policy
Group



CHEVENING

Celebrating
40 years
of excellence



Este 1ro de marzo no te pierdas la Gala Anual de la Asociación de Graduados de Universidades Británicas en Uruguay. Compartiremos reflexiones sobre los desafíos de la educación de la mano de expertos y expertas en la temática.

- 1ro de marzo 2023
- 18:00 a 20:00 hs
- Residencia de la Embajadora Británica en Uruguay

[Cupos limitados. Reserve su lugar ya](#)



Ticket prices:

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

So get your team of up to 5 organised and read the booking and payment instructions carefully.

You book your spot [using this link](#).

Saint Andrew's Society of Uruguay will start this year's activities with our Family Picnic and Highland Games.

You are all welcome to join us.



St. Andrew's Society Family Picnic & Highland Games

Sunday, 12th of March 11:30 am

Criolla Elias Regules - Av. Bolivia 2455

**Roast lamb, hamburgers, salads and fruit for lunch.
Scottish dances, music & games**

Bring your favourite drink, plate, cutlery, glass / mug.
For TEA TIME bring something SWEET to share,
we will provide fresh brewed tea.

Booking deadline: March 6th

099 686 068 098 469 926

Adults \$750 - Ages 9 to 15 \$ 450 - Age 8 and under FREE

Without reservation \$100 extra.

It will be cancelled if it rains!



The Trinity CertTESOL: Certificate in Teaching English to Speakers of Other Languages

The Trinity College London Certificate in Teaching English to Speakers of Other Languages (CertTESOL) is a Level 5* initial teaching qualification designed to equip new and developing practitioners with the basic knowledge and skills they need for teaching English language.

* Level 5 on Ofqual's Register of Regulated Qualifications (RQF)

Improve career prospects

The CertTESOL is suitable for aspiring teachers from any background who are attracted to the English language teaching profession. Choosing a career in TESOL offers teachers opportunities to work at home and internationally and to experience life in different cultures.



Since 1993 hundreds of teachers have received CertTESOL Teaching Qualifications and we are proud to have them working at Dickens, at bilingual schools and also running their own successful language schools, teaching face-to-face or online.

CertTESOL 2023

The 2023 course will be a blended course. Some lessons will be taught online and some others face-to-face.

We would like our trainees to be prepared to teach in all circumstances and therefore, they will deliver online and face-to-face teaching practices in real groups and feedback will help them reflect upon the different modalities.

We offer two options:

One-year course (Monday to Friday in the morning)

Two-year course (Monday, Wednesday and Friday in the evening)



Trinity's teaching qualifications are among the most widely recognised and respected in their field

Course coordinator:

Verónica Jara | veronicajara@dickens.edu.uy



**Cambridge Assessment
English**

Authorised Exam Centre

TKT

Teaching Knowledge Test

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

Core modules:

Module 1: Background to language learning and teaching

Module 2: Lesson planning and use of resources for language teaching

Module 3: Managing the teaching and learning process

Specialist modules:

TKT CLIL: Content and Language Integrated Learning

TKT YL: Young Learners

Course coordinator:

Teresa Gallete | teresagallete@dickens.edu.uy

([click here for further information about TKT](#))

**You receive a
Cambridge English
certificate for each
module you
complete.**

Language & Pronunciation

SO...

- you feel the need to brush up your English
- you would like to develop your pronunciation of English sounds further
- you would like to expand your range of vocabulary and structures to an advanced level
- you feel like attending lessons, have some time for yourself and to share with colleagues

BUT...

- you have little time available
- you cannot travel long distances

THEN...

- this is THE COURSE for you:

Language & Pronunciation Development Course For Teachers

Course information:

Camila Magariños | camila@dickens.edu.uy

([click here for further information about L&P](#))



21 de setiembre 2744
info@dickens.edu.uy
27107555



@dickensuruguay



Rose-lipt Maidens

“I had a farm in Africa.” This is the opening line of *Out of Africa*, the memoir by the Danish writer Karen Blixen.

I have seen the film a couple of times and have just finished reading the book. As usual, there are things in one that were not in the other. In the movie, the director, Sydney Pollack, tells a love story set in Kenya in the early twentieth century. It stars Meryl Streep as Baroness Blixen and Robert Redford as the English safari guide Denys Finch Hatton. In a couple of scenes, glasses are raised, and a toast is made “To rose-lipt maidens.” The response is “To lightfoot lads.” What are they talking about?

These are quotes from a poem by the English poet A.E. Housman (1859-1936) that appeared in his book *A Shropshire Lad*, published in 1896:

With rue my heart is laden
For golden friends I had,
For many a rose-lipt maiden
And many a lightfoot lad

By brooks too broad for leaping
The lightfoot lads are laid;
The rose-lipt girls are sleeping
In fields where roses fade

Housman wrote many poems in this general vein, holding a candle to youth and beauty in scenarios muted by the shadow of early death. The spare brevity of his verse somehow amplified a romantic sense of impending tragedy that resonated among young people at the time, on the eve of the First World War. In fact, many starry-eyed officers went to war with a book of Housman’s poems in their uniform jacket pocket, to read in the trenches and dream of England.

Karen Blixen, who wrote her memoir under her pen name Isak Dinesen, did indeed have a farm in Africa. Actually, a

coffee plantation, six thousand feet up in the hills about 15 miles west of Nairobi, in Kenya. She arrived in 1914 and lived there for seventeen years. After she and her husband separated and he left, she stayed on to run the farm with a native cook, houseboys, and her Somali male servant. That arrangement was no doubt considered scandalous at the time; it must have been the topic on everyone’s lips among the expat British community in town. But she was quite unconcerned. Comparing life in Kenya to life back in Denmark, she said: “Here at long last one was in a position not to give a damn for all conventions, here was a new kind of freedom which until then one had only found in dreams!”

Her account of her farm and the Kikuyu people who live and work on it is engrossing, and her descriptions of the surrounding landscape are quite lyrical. She gains the trust of the native people, forging close relationships with some of them and with the Masai across the river, who are known for their reserve. She is a good shot and shoots lions when they threaten the villagers and their herds. Her story about the arrival of Europeans—farmers, soldiers, adventurers, hunters, and so on—provides a sense of how that migration affected the native populations. A sophisticated, turn-of-the-century European culture descended on people whose lifestyle had not changed much since the Stone Age, thousands of years ago. The ensuing interactions had a profound impact on both of them.

The farmhouse is portrayed in book and film as the centre of a small group consisting of Blixen and some of her close friends, mainly two charming young aristocratic Englishmen, free spirits like her, who would arrive unannounced and keep her company for a few days. The evenings were long, languorous affairs: candle-lit dinners served on white linen tablecloths, then lounging on cushions by the fire, reading aloud, telling stories, drinking wine, listening to music. It was a time when people still committed a poet’s words to memory and recited them at the drop of a hat. The “Housman toast” most likely originated in England, became popular in fashionable circles, and then spread to British communities in Kenya and the rest of the world. Some poetry fan probably raised a glass and, quite spontaneously, said: “To rose-lipt maidens!” The response, from similarly well-read companions, was immediate: “To lightfoot lads!” And, just like that, a tradition was born.



What Is Love?

Quite a question that has kept so many people busy for so long, with most being unable to provide clear-cut answers. I am referring to a feeling that has many manifestations, and which I wish to approach in my own way, with interpretations that satisfy my thirst for knowledge through reasonable discourse, without involving imaginary spiritual or supernatural manifestations. There are several kinds of love, such as the love for animals, the love humans feel for one another, and what could be called romantic love.

As for the first one, in my case, a great love for cats, I think we develop such feelings for animals because we admire some aspects of their behaviour, such as their freedom, their obedience, and fidelity to their human owners, their speed, ability to fly, admirable attachment to their young, hunting skills, and a host of conduct traits that captivate us. This led many ancient people to associate certain animals with their gods, being free from our modern idea of being the masters of nature to dispose of animals as we please.

In the case of love and solidarity among human beings, things work differently. I think it is because we see ourselves reflected in others, as in a mirror. When they appear troubled in any way, we reflect that it could happen to us, and unless we are devoid of empathy, our first reaction is to provide comfort in their distress and share their happiness.

Only when forces outside ourselves or mental illness block this basic empathy is that hate and murderous decisions lead to horrible crimes. Recent studies have shown that many criminals have alterations in their brain that make them vulnerable to the temptation to act with violent consequences.

Not surprisingly, such a feeling of what we could call love is also exhibited by many animals of the same and even different species, perhaps because they, in their own

instinctive way, realize that what happens to others can happen to them as well.

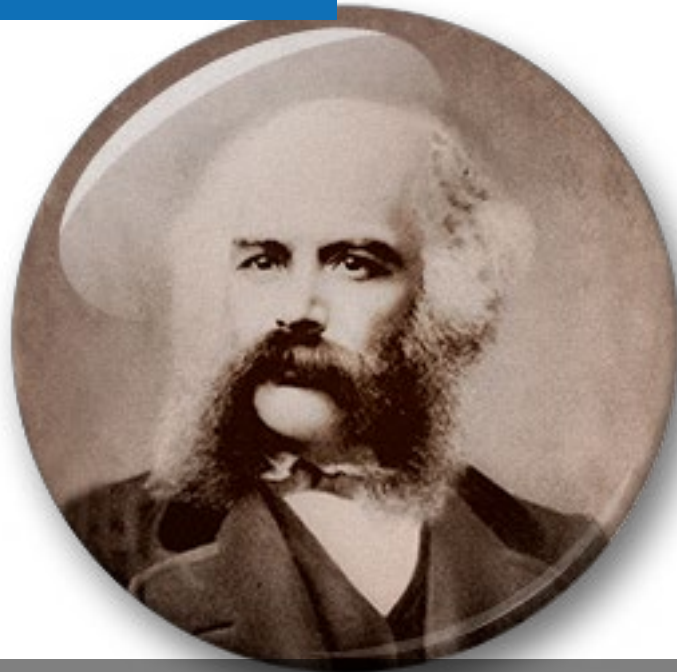
In the last case of what we call romantic love, I am sure that we could delve deeply into such feelings and explain why they occur. The reasons, often apparently unpredictable and occasionally surprising, of why some people fall for others with powerful feelings.

What I have observed is that many find it difficult to discern between infatuation, temporary and superficial attraction, a sudden mutual sexual excitement, and true love, the growing old together kind of feeling. Maybe that is partly why so many marriages and partnerships fail as people discover they were not really made for each other. There is also the case of people who grow apart but stay together, a sad case of habits and getting used to each other or economic convenience replacing true deep love.

As we analyse the nature of people's feelings in this regard, the basis for a long-standing, stable relationship can be summed up in three words: sex, communication, and complementation. If any of these is absent, in one person or in both, the relationship can be compromised.

That being said, although I think it is possible to find out why people fall for each other, I also think it is most unwise to take this too far whenever we are ourselves involved. It is like the frog being dissected in a lab; you find out exactly how everything works in its body, but at the end, the frog is dead.

There has to be some degree of mystery and magic that keeps the relationship alive and developing, without which something is gone, and the feeling disappears. This magic and mystery can be kept alive by many small gestures and surprises that remind them of that first spark that started it all.



Memorable Inaugurations

During the late 19th century, Montevideo's public services were run by joint-stock companies of British investors based in the City of London. British companies providing communication, energy, port, and financial services, among others, were the promoters of Uruguayan modernisation. Technicians and managers came from the British Isles to build and run these public works companies that provided shareholders with astounding two-digit profits. British science and technological skills were at their peak during those times, but precautions had to be taken to avoid last-minute glitches in front of the natives, who were also the clients and responsible for the profits. There was no ingenuity in Victorian business, and British superiority had to be upheld at all costs. In this article, we will look at two public services inaugurations in mid-19th century Montevideo: the Montevideo waterworks and the Montevideo-Buenos Aires submarine cable telegraphic link.

John Oldham was no beginner when he arrived in 1864 with the task of laying the overland and submarine cable that would inaugurate the first direct communication between Montevideo and Buenos Aires. Having been an assistant to Lord Kelvin back home, the stockholders in England were confident he was the right man for the job. An able engineer, he would also prove to be a skillful manager of the newly created River Plate Telegraph Company. The cable went overland from Montevideo to Colonia and then dived into the muddy River Plate bed to La Plata, before continuing overland towards the cable offices in the city of Buenos Aires. In December 1866, everything was ready, and the first telegraphic exchange was arranged between the presidents, Bartolome Mitre from Argentina and our Venancio Flores. Nothing could go wrong, so John Oldham arranged for two employees to be ready at Colonia and La Plata to take the place of the opposite president in the unfortunate case that the undersea cable would fail. In the end, the ruse was not necessary as the communication between the presidents was a success... or was it not?

Enrique Fynn was born in Montevideo in 1835, one of eight sons and daughters of John Fynn from London and the criolla Maria Bardier. He studied at the local Commercial Institute where his business entrepreneurship was born. Enrique looked for financial backing for his multiple ideas and found it among the Buenos Aires local aristocracy. Among his commercial plans, we must mention the real estate development of Colon as an independent self-sustainable city and the first Montevideo waterworks. His company ran into financial and technical troubles and was sold to British investors, with Enrique remaining as a stockholder and local agent of the new Montevideo Waterworks Company.

The big inauguration of the waterworks was set on a special date, the national festivity of 18th July 1871, at Constitution Square (now Matriz Square). There were speeches by the President and the Mayor of the city, a band played, and the big ending was the opening of the free faucet installed at the centre of the square. British residents had a perfect view of the proceedings from the balcony of the English Club, in front of the dais. Festivities started at noon, and the faucet was opened in mid-afternoon to the delight of the hundreds of spectators, who played water games for the rest of the cold winter afternoon. But there was an unnoticed glitch in the programme. The authorities and technicians were gone, and there was no one to close the faucet. By evening, Constitution Square was a quagmire, and the water continued to flow until the morning.

Life in the colonies is replete with accidents and surprises, which can sometimes turn into tragedies. However, this was not the case with these two inaugurations, which have become anecdotes over time. John Oldham became one of the prominent Britons in the River Plate at the turn of the century, and Enrique Fynn moved to Buenos Aires where he became a reputable developer. The River Plate Telegraph Company later became the Western Telegraph Company, while the Montevideo Waterworks Company was nationalised in the 1950s and is now known as OSE.



From Bats to Monkeys to Birds

In June of last year, this medical column was titled “From bats to monkeys,” which described the gradual phasing out of COVID-19 and the emergence of monkeypox (now to be named “mpox” as recommended by the WHO). Well, surprise! The world’s birds and fowl are being infected and killed by the millions by the highly pathogenic avian influenza (HPAI) A(H5N1) virus. Can you guess where it all started in waterfowl nearly 30 years ago? If you guessed “China!” - you’re right! Since then, birds have been infected through migrations across Eurasia and Africa and, since late 2021, the virus has reached North America, trickling down the Americas and being detected in Uruguay and Argentina in mid-February 2023. Until recently, the infection was virtually limited to birds and very occasionally to a few humans in close contact with diseased or dead birds and fowl.

On 15 February, the Ministry of Public Health declared a national health emergency, producing flashbacks of that fateful Friday 13 March 2020, when COVID-19 was detected in Uruguay. Don’t panic! Humans are not at risk, unless they come into close contact with diseased or dead birds and fowl, and even then, the risk should be considered very low. Another word of reassurance: well-cooked chicken and eggs do not pose a risk to anybody at all. Besides, we all know that raw or partially-cooked poultry products are a nonstarter due to salmonella infection outbreaks linked to mayonnaise made with uncooked eggs served at parties and gatherings. So there’s no need to deprive ourselves of the nuggets ordered with our hamburgers at MacD’s!

The worrying part is that the virus, over nearly three decades since it was first detected, has recently found its way to infecting marine mammals like seals who have fed on diseased seabirds in New England and mink farms in Spain. Additionally, there has been mammal-to-mammal spread through respiratory droplets in these species. The list of wild animals with documented avian influenza infections now includes bears, foxes, wildcats, leopards, raccoons, and many others. To reassure you, no humans have yet been infected from minks on farms. Since the virus’s appearance in the mid-90s, 900 human cases have been documented, with a fatality rate of 50% (seasonal influenza is usually below 5%), but the recent viral strain that has been spreading since 2021 has exceptionally infected humans. No human-to-human cases have been detected, as these would be considered “dead-end” infections, meaning that a human patient does not transmit the illness.

Fortunately, the influenza vaccine has been progressively and widely available since post-WW2, and in the event of a human avian influenza pandemic, it is expected that preparedness in the form of massive production of vaccines and application of what we have learned from COVID-19 over the last three years will be helpful. Regarding the latter, I sincerely hope that political polarisation, fake news, and anti-vaxxers will not be a burdensome part of the mix again.

Wool Ties to History

The 1860s and 70s saw a surge of British, Irish, and Scottish emigration to Argentina and Uruguay. These immigrants, mostly single or recently married farmers in their twenties, left ports like Liverpool, Glasgow, or Belfast to settle in places where productive lands were relatively easy to acquire.

In the last thirty years of the nineteenth century, four million people moved to urban spaces within Britain and rural areas overseas. This incredible migration was filled with biographies that hold stories of inspiring women like Carolina Young and her daughter Cristina, who played a significant role in Uruguayan breeding history.

Carolina sailed with her Scottish parents to the “Promised Land,” on a 34-day journey typically needed by British shipping lines to reach the destinations of Montevideo and Buenos Aires. The majority of immigrants travelled in third-class decks, while the lucky ones who had worked a small fortune, as well as doctors, officials, and priests, occupied the second and first-class cabins.

The Young family settled in Rio Negro, where Carolina met John Storm, a Norwegian engineer who graduated from Germany and came to Uruguay to work in railway construction. They got married and had five children, with Cristina Storm Young being the eldest and a visionary woman whose wool refinement legacy can still be traced.

The Port of Montevideo played a fundamental role in this migratory impulse. Clippers transshipped in Montevideo around 1851, taking the first herd of British sheep to the Falklands, and in 1854, the main shipment of British Merino breed from Glasgow arrived in Uruguay onboard the “Sultan” schooner (A. Lusich 1893).

In 1855, two brothers, Samuel and Alejandro Lafone, promoted the creation of the largest maritime cargo company in the South Atlantic, encouraging British immigration and the establishment of sheep “estancias” around. While working between the ports of Maldonado and East Falkland (Lafonia), the brothers received a charter from Queen Victoria to crossbreed the wild herds of the Falklands left there by previous Spanish settlers, with flocks of Cheviot sheep.

“The UK has a significant sheep tradition that came to the region in those times, and women played a fundamental role in the development and evolution of sheep breeding in Uruguay. The “Criollo” sheep brought by Hernandarias could be found in the countryside by that time, but the real



crossbreeding and the major improvements began with the so-called Wool Revolution and the import of British breeds such as Romney and Lincoln,” said Gabriel Capurro. “Each of the three generations in our family has had its iconic breed. My great-grandmother Cristina Storm Young was the first one in the family breeding the Romney Marsh at the beginning of the 20th century.”

To improve production here in Uruguay, as his great-grandmother dreamed and worked for, Gabriel has travelled around the UK, visiting sheep farms to learn from their knowledge and practices to keep up to date.

History reminds us of the fundamental role of women in late nineteenth-century Uruguayan wool production, where flocks were similar to the European Merino, but breeders produced high-quality “Montevideo wool type” that enhanced the reputation of the Río de la Plata region wool.





Aubergine and Chickpea Gratin

The aubergine has not always had the best of reputations due in part to many recipes which advise to slice, salt, drain, rinse and dry to remove its unpleasant bitterness. This process, however, is not normally necessary nowadays, as most of the aubergines sold have had their bitterness bred out of them.

The origin of the aubergine is generally considered to be India, where it continues to grow wild. As trade routes opened, aubergine was introduced to the Europeans by the Arabs and transported to Africa by the Persians. Spaniards then brought the crop to North America, where it was renamed “eggplant”, due to the variety which arrived on the American continent being white, smallish and egg shaped. Aubergines can have many colours, such as white, green and purple, and purple with white stripes!

Ingredients – 4 Portions

- 30 ml olive oil
- 200 g onion, finely chopped
- 200 g red pepper cut in 1-cm cubes
- 4 cloves garlic, finely chopped
- 400 g aubergine cut in 1 cm cubes
- 1 tb sp paprika
- 400 g tin of tomatoes cut in cubes
- 200 g fresh tomato cut in cubes
- 1 bunch spinach, roughly chopped
- 400 g tin of chick peas, rinsed

- 4 large eggs
- 150 g mozzarella cheese, cut into 1-cm cubes
- 150 g grated semi-hard cheese
- 1 tb sp chopped basil or parsley
- Salt and freshly ground black pepper

Method

Warm a deep-frying pan or wok on a high heat and pour in the olive oil. Add the onions and red pepper and fry for three to four minutes. Add the garlic and fry gently for one more minute. Add the aubergine cubes and a good pinch of salt and pepper and fry for around eight minutes, stirring often, until they are soft and golden brown.

Add the tinned and fresh tomato and simmer gently for two minutes. Next, add the chopped spinach and chickpeas and reheat. Check whether the mixture requires more salt and pepper before pouring into an ovenproof dish. Dig four wells into the mixture and crack the eggs inside.

Press the mozzarella cubes into the mixture, sprinkle the grated cheese over the top and place in a hot oven at 180 °C. Reheat for about ten minutes until the cheese is melted and the egg whites are set and the yolks are still runny. Sprinkle with the chopped parsley or basil.

Enjoy with crispy hot bread and a glass of your favourite white wine.

All the takings from Jonathan's second comedy collection, **Speaky Stuff**, go to Ukrainian Disaster Relief at www.dec.org.uk. You can either give him \$1000 via vozinglesa@gmail.com or donate them direct.

by Jonathan Lamb
vozinglesa@gmail.com

TO L WITH LOVE

To L with love

Said U my love

To L with love

Said U

I'm through with love

Said U my love

With me my love?

Said I my love

With me your love is through?

Sod U my love!

Said I my love

Who I my love?

Said U my love

Yes U my love!

Said I my love

Sod U sod U sod U!

You C my love

Said I my love

You C my love

Said I my love

With U my love is through

To L with love!

Said I my love

To L with love!

Said U my love

With U I am fini!

Oh why my love

Said U my love

Don't cry my love

Said I my love

Let's have a cup of T





Happy Birthday, dearest Goat!
Goodbye, dearest Dolphin...

“Goat”, also known as “Billy”, was the name given to Virginia Woolf by her sister, Vanessa Bell, who was the “Dolphin”. Virginia, the Modernist writer, was born on January 25th 1882, and Vanessa, the Modernist artist, in 1879. They would give animal aliases to all their friends, growing up with a menagerie of creatures, including a squirrel, a marmoset and a mouse called Jacobi. Virginia’s first published essay was an obituary to the family’s dog.

Virginia Woolf and her husband Leonard called each other Mandrill and Mongoose; Virginia’s friend and sometime lover Vita Sackville-West gave her the private name of Potto, a kind of lemur; and several members of the group referred to T. S. Eliot in private letters as Old Toad (who, in turn, was called Possum by his friend and poet Ezra Pound).

Virginia, very much a ‘dog person’, wrote one of the great canine novels in the English language, *Flush: A Biography*, in honour of another literary dog lover, Elizabeth Barrett Browning. While reading the love letters of Elizabeth Barrett and Robert Browning, Woolf found that “the figure of their dog made me laugh so I couldn’t resist making him a Life”. Flush, her dog, offered companionship to Barrett while she was confined to her sickbed in London, had a starring role in her correspondence, and was even eulogised in a poem, *To Flush, My Dog*. Woolf’s biography of the dog, who resembles the Woolf’s beloved dog, Pinka, is a charming book, one which undermines the genre of biography defined as the study of “Great (Men’s) Lives, which she would go on to further undermine, to a far greater extent, in her book *Orlando: A Biography*.

Vanessa (the Dolphin) was talented, passionate, and very unconventional, able to combine a serious painting career with a creative and unorthodox family life, and to make her way in a world -that of artists- even more difficult for a woman, than the world of writers. A retrospective of her work was held in 2017 at the Dulwich Picture Gallery.

“Unconventional in her approach to both art and life, Bell’s art embodies many of the progressive ideas that we still are grappling with today, expressing new ideas about gender roles, sexuality, personal freedom, pacifism, social and

class mores...”.

This description of Vanessa could equally apply to Virginia. Especially, and so relevant today, is their pacifism.

From her very first novel, published in 1915, and throughout her work, Woolf condemns war “that supreme masculine fiction” as only breeding more war. In *Jacob’s Room*, *Mrs Dalloway*, *To the Lighthouse*, *The Waves*, -- in every one of her novels—the tragedy, stupidity, and carnage of war are present. Her great essay *Three Guineas* (1938) spells it out in no uncertain terms; however, war was nevertheless declared.

In her diary for 17th December 1939, she writes with pain and irony: “...the Graf Spee is going to steam out of Montevideo today into the jaws of death. And journalists and rich people are hiring aeroplanes from which to see the sight...The eyes of the whole world (BBC) are on the game; and several people will lie dead or in agony. And we shall have it served up for us ...and the British captain has been given a KGB...” War as a spectacle...

The war, London bombings, the increasing likelihood of Hitler’s invasion, their names in the Nazi’s Black Book kill list and aware of how Nazis treated Jews and intellectuals, proved too much for Virginia. On March 23rd 1941 she wrote to her beloved Dolphin:

Dearest, I feel I can’t come back again...this horror has begun...I can hardly think clearly anymore... If I could I’d tell you what you and the children have meant to me. I think you know... I can’t (fight) any longer...

And on March 28th, to Leonard:

Dearest, I want to tell you that you have given me complete happiness. No one could have done more than you have done. Please believe that.

Leaving the note near the door, Virginia walked down to the River Ouse, where, her pockets weighted with stones, she drowned herself.

Dolphin and Mongoose were devastated.

See Hermione Lee’s excellent biography of Woolf.



The Curiosity Cure

Last month, we discussed the importance of being more aware of your body, and now you may ask, “So now what?” This is the perfect attitude to have. Many health pioneers started with a questioning mindset, seeking answers as to why their bodies still hurt despite following doctors’ recommendations.

Curiosity can be the key to learning and unlearning new postural habits, just as it was essential in developing important skills when we were little. Recent educational research confirms that curiosity is a strong predictor of learning, and that curiosity and exploration lead to discovery, allowing us to gain knowledge without solely relying on instruction. Observing how quickly babies, both human and animal, pick up new movement skills, we can learn from their natural curiosity, which is the driving force behind their desire to explore and understand the world around them, including their own movements.

Since curiosity is a great motivator for learning, it helps to immerse ourselves in learning atmospheres that stir up curiosity and exploration, rather than relying on one-size-fits-all answers to our individual problems. If you find yourself stuck in correcting your posture, it could be that you are approaching the challenge with the wrong mindset. You cannot get different answers if you keep asking the same questions. An open and curious mindset is key to finding the most effective and creative solutions. Instead

of assuming you know the answer, be open to surprising yourself by observing and understanding patterns of movement. Be advised, however, that letting go of the known requires flexibility, a willingness to take risks and embrace creative solutions, and the ability to learn from mistakes and take feedback.

So how do we start on this journey? Simple and straightforward questions such as “Is my neck tight?” or “Am I sitting on both of my sitting bones?” can be powerful tools for opening up your mind and becoming more aware of your body. We often go through our daily movements on autopilot and without much thought, which limits our options and prevents us from adapting to changing circumstances. However, by questioning our actions and intentionally creating confusion in our postural relearning process, we can open up new possibilities and find fresh solutions.

In conclusion, start asking questions and exploring new ways of moving today for a healthier tomorrow. Or, as I like to put it: don’t grow old... evolve, grow vintage.

Photo by [Joyce McCown](#) on [Unsplash](#)

Little Town Biases

“One person can make a difference, and everyone should try.” -JFK

Back in the 80s, when I was young and handsome, I used to participate in sports. Swimming and karate were my favorites, and I still remember my dear Sensei correcting everyone and pointing out that karate is a martial art, not a sport. To be honest, I was more interested in sweating than fighting. I recall moments during my practice that resembled real fights. Some people take self-defense very seriously. Although the drills of martial arts may look tedious to some, they can turn you into your own self-defense weapon without even realizing it. I wasn't interested in competitive sports. I was there because a doctor had told my parents that I was overweight and needed to exercise.

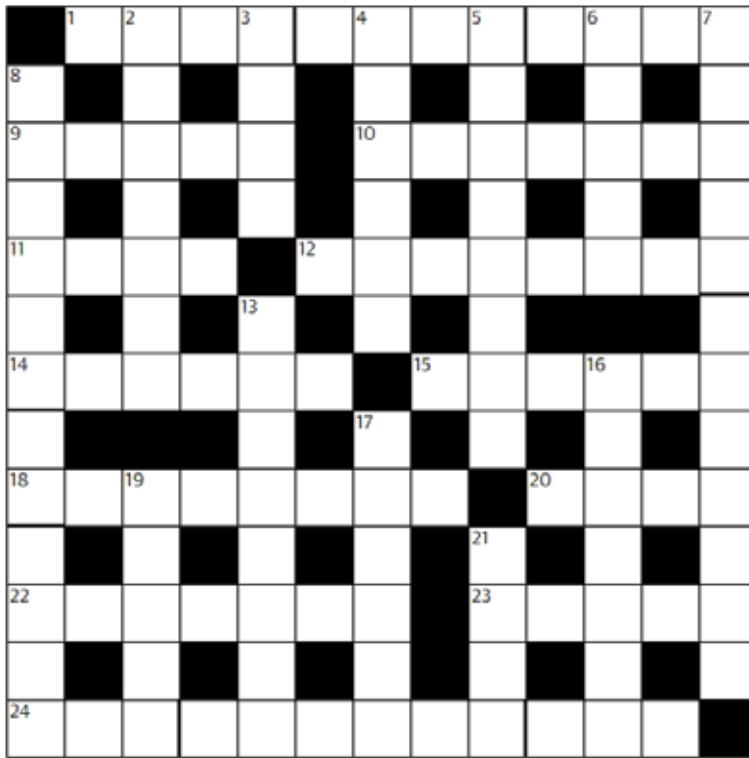
It was a complete success. I lost weight and got fit without having to score any goals or win anything. We were all young, naive, and foolish. It took me many years to realize this. Life as a teacher takes as much time as it wants to make a point, leave a trace, or offer good advice. All generations have biases, and sometimes it's difficult to come to terms with them. In the meantime, we may hurt innocent people without even noticing, blinded by our inexperience in life. This short post is about Mazzilli, a middle-aged man who surprised us one day by joining us in our karate practice. Yes! You may have guessed it by now. What is this man doing here? He's an accountant, and accountants sit on chairs, grow fat, and do not practice martial arts. If they did, our dojo would be filled with them, but it's not. Besides, he looks like my father and makes me feel awkward. I can't misbehave or do anything immature now. Why do adults want to be special? Maybe in New York, but not here in

Fray Bentos.

Mazzilli was married with children. He had spent the last thirty years sitting on a sofa, and even though exercising can dramatically alter your body shape, he was the least interested in getting ripped or becoming The Karate Kid. Yes! We were living through the 80s, and some of the kids were there just for that specific reason. If you plan to watch Cobra Kai on Netflix, make sure you watch The Karate Kid I and II first. Mazzilli was interested only in his overall health. We used to make fun of him, but he didn't pay attention to our nonsense. A few years went by, and we all quit karate for personal reasons. We then heard that he continued practicing and had become very much involved in the subject. He even planned a trip to Okinawa, where it all began, and passed his black belt exam. I had forgotten about him until recently.

I turned fifty in 2022 and have been sitting on a sofa for the past twenty years. Does this sound familiar to you? Don't laugh! If avoiding exercise and eating junk food had done anything detrimental to my health, COVID-19 was about to be the final blow. Among the many things that give us inspiration and encouragement in our lives, this little man we had made fun of so many years ago became like a beacon of hope when I started working out for the same reasons he did it. Remember, children, that life is beautiful and complex, but happiness and satisfaction are possible if we are responsible and love ourselves on our own terms.

“The true meaning of life is to plant trees under whose shade you do not expect to sit.” — Nelson Henderson



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

February solution:



Across

- 1 Get by financially (4,4,4)
- 9 Glorify (5)
- 10 Oft-repeated saying (7)
- 11 Grunt (4)
- 12 Unit of digitised information (8)
- 14 Territory over which control is exercised (6)
- 15 Party in Spain (6)
- 18 Plus or minus sign, say (8)
- 20 Smallest man on board? (4)
- 22 Acclaim (7)
- 23 Thorny plant — pipe (5)
- 24 Show contrition (3,6,3)

Down

- 2 As joy is to sorrow, say (7)
- 3 Long slimy fish (4)
- 4 Child — crab's claw (6)
- 5 Landlocked European country (8)
- 6 The other side? (5)
- 7 Etiquette when dining (5,7)
- 8 The very best (6,2,4)
- 13 Coffee-flavoured dessert (8)
- 16 Official language of Kenya and Tanzania (7)
- 17 Associate socially with one's superiors (6)
- 19 Spot on (5)
- 21 Double-reed woodwind (4)

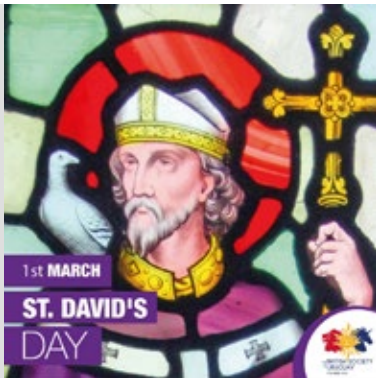




HAPPY ST. PATRICK'S DAY



MARCH DATES IN BRITISH CULTURE



March 1st: St. David's Day (patron saint of Wales)

Happy St. David's Day! From Wales' stunning landscapes to its delicious traditional dishes, we raise a glass to the land of song and poetry. Let's join together in celebration of this special day, and the culture and history it represents. Let's honour it with a traditional Welsh feast of cawl, bara brith and Welsh cakes. Cheers to the patron saint of Wales and may your day be filled with leeks and daffodils!



March 5th: National Absinthe Day

On March 5th we celebrate National Absinthe Day. On this day, we commemorate the drink of the 19th century, the 'Green Fairy' of Parisian cafes and the drink of choice for the likes of Oscar Wilde and Vincent Van Gogh. With its herbal notes, aniseed flavour and high alcohol content, this unique, mysterious and iconic beverage has been a source of inspiration and creativity for centuries.



March 7th: Coronation Day (marks the day Queen Elizabeth II was crowned in 1953)

March 7th marks the day Queen Elizabeth II was crowned in 1953. In preparation for the Coronation Day of HM King Charles III, we look back on this day with great respect and nostalgia, for it marks the beginning of the long and prosperous reign of his late mother HM Queen Elizabeth II.



March 17th: St. Patrick's Day (patron saint of Ireland)

Happy St. Patrick's Day! Today we raise our pints to the patron saint of Ireland, St. Patrick. From the rolling green hills of the Emerald Isle to the bustling pubs of Uruguay, we celebrate the spirit of the Irish. So grab a pint and join us in toasting to St. Patrick and all the luck of the Irish! May your day be filled with luck, laughter, shamrocks, leprechauns and all things green!



March 31st: National Bunsen Burner Day (celebrates the invention of the Bunsen burner by British chemist Robert Bunsen)

March 31st is National Bunsen Burner Day. On this day, we commemorate the invention of the Bunsen Burner, created by British chemist Robert Bunsen in the mid-19th century and an iconic piece of lab equipment that has been a staple of science classes for generations. To celebrate, let's take a trip down memory lane to our school days in the science lab. Who remembers the smell of the gas and the sound of the flame?

Dear Editor,

Readers with UK passports to renew may wish to bear in mind one recent experience. A passport valid until March was posted in good time, as required, by EMS Courier from the Punta Post Office to HM Passport Service on 25 November. There was an online application fee of around 130 USD, and the courier cost \$1897. According to EMS tracking, and the Correo's very efficient customer relations service, the passport was transferred to the Royal Mail on 6 December. It then went missing. In early February there was good news from HM Passport Office that the passport had arrived, but they later rescinded this, saying that actually it hadn't. As of 12 February, the old passport has been reported as lost and HMPS are due to send the new one by DHL in the next few days.

Seen from here, passport renewers might do best to check that the courier they use does not involve Royal Mail.

Yours

Jonathan Lamb



Would you like to learn and practise Scottish Country & Ceilidh dances?

Join our adults' group every Wednesday evening for fun, fitness and friendship.
Everybody is welcome to join! No previous knowledge is required to participate.

We begin in Montevideo on the 1st of March.

098 469 926

Montevideo Scottish Country Dancers



St David: Patron Saint of Wales

St David's Day on March 1st is a celebration of Welsh culture and heritage, dating back to the 12th century. The festivities include traditional song performances, followed by a serving of bara brith and teisen bach, Welsh cakes, with tea, known as a "Te Bach." Young girls dress up in national costumes, and Welsh nationals wear either a daffodil or leek, the national symbols of Wales.

St. David, known in Welsh as Dewi Sant, was reportedly born in the midst of a fierce storm on a cliff near Capel Non on the South-West Wales coast. He was the son of Sandde, Prince of Powys, and Non, daughter of a chieftain of Menevia. The ruins of a tiny ancient chapel close to a holy well mark the site of his birth, and the chapel dedicated to his mother, Non, can still be seen near St. David's Cathedral.

Legend has it that St. Patrick, the patron saint of Ireland, who was also said to have been born near St. David's, foresaw the birth of David in approximately 520 AD. As a young boy, David grew up to be a priest and was educated at the monastery of Hen Fynyw under the tutelage of St. Paulinus. David performed several miracles during his life, including restoring Paulinus' sight. It is also said that during a battle against the Saxons, David advised his soldiers to wear leeks in their hats so they could easily be distinguished from their enemies, which is why the leek is one of the emblems of Wales.

St. David became known as Aquaticus or Dewi Ddyfrwr (the water drinker) in Welsh. He was a vegetarian and ate only bread, herbs, and vegetables, drinking only water. As a self-imposed penance, he would stand up to his neck in a lake of cold water, reciting Scripture. It is also said that milestones during his life were marked by the appearance of springs of water.

David traveled throughout Wales and Britain as a missionary, and even made a pilgrimage to Jerusalem where he was

consecrated bishop. He founded 12 monasteries, including Glastonbury and one at Minevia (St. David's), which he made his bishop's seat. He was named Archbishop of Wales at the Synod of Brevi (Llandewi Brefi), Cardiganshire in 550.

Life in the monastery was very strict, with the brothers working hard, cultivating the land and pulling the plough. They pursued many crafts, with beekeeping being particularly important. The monks had to keep themselves fed, as well as provide food and lodging for travelers and look after the poor.

St. David died on March 1, 589 AD, at Minevia, allegedly over 100 years old. His remains were buried in a shrine in the 6th-century cathedral, which was ransacked in the 11th century by Viking invaders who plundered the site and murdered two Welsh bishops.

After his death, his influence spread far and wide, first through Britain and then by sea to Cornwall and Brittany. In 1120, Pope Callactus II canonized David as a Saint. Following this, he was declared Patron Saint of Wales. Such was David's influence that many pilgrimages were made to St. David's, and the Pope decreed that two pilgrimages made to St. David's equalled one to Rome, while three were worth one to Jerusalem. Fifty churches in South Wales alone bear his name.

There is much speculation about how much of St. David's story is fact, and how much is myth. However, in 1996, bones were found in St. David's Cathedral which, it is claimed, could be those of Dewi himself. Perhaps these bones can tell us more about St David: priest, bishop and patron saint of Wales.

Source: <https://www.historic-uk.com/HistoryUK/HistoryofWales/>

[St-David-Patron-Saint-of-Wales/](#)



Click to listen to our mix on Spotify.



March 8th is Women's Day. We celebrate the strength and courage of all women, past and present. We honour the women who have shaped our lives and the world.

What songs should we add to our God Save the Queens Mix? Send us your suggestions of British songs by British female artists to editor@britsoc.org.uy