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## Coming Events

### ► Thursday 10<sup>th</sup> October

- Trelew's "Mantras Celtas" launch, 21:00 hrs. at the Anglo Theatre (San José 1426).

### ► Wednesday 23<sup>rd</sup> October

- British Society Lecture Supper, 19:30 hrs. at the British Ambassador's Residence (Jorge Canning 2491).

### ► Friday 25<sup>th</sup> October

- Quiz Night, 20:30 hrs. at the Montevideo Player's Neil Fairless Centre (Acevedo Díaz 2324).

### ► Saturday 26<sup>th</sup> October

- St. Andrew's Society Ceilidh, 19:00 hrs. at the British Schools Pavilion.





## President's Blurb

Dear members

Spring is finally here and with it the renewed spirit for getting out and doing things with others.

Fully aware of this, your Society and its member institutions are preparing a wide variety of events for you to take part in, so read on and don't miss out!

From the Society you will see notices for our next lecture-supper (the talk being on the fascinating and intriguing Clipperton Project), for the annual croquet tournament (to be held at the Yacht Club Uruguayo given the sad demise of the Lamb Stadium) and news of our yearly trip up country will be following shortly. And from our member institutions you can look forward to quiz nights, ceilidhs and more!

I am happy to see our British Society stickers featuring the Society logo proudly displayed on a number of cars. If you still haven't got yours, contact Jessica Bell at [vp@britsoc.org.uy](mailto:vp@britsoc.org.uy).

The Society never rests in its efforts to benefit the

British Community. Your Executive Committee is now looking into bargaining with certain commercial operators in an effort to get interesting deals for all our members. We will appreciate any feedback you may want to give us on this new idea. Watch this space for more on this issue.



## Lecture Supper

The fifth lecture-supper of the 2013 cycle will be held on Wednesday 23rd October starting 19:30 hrs. at the British Ambassador's Residence (Jorge Canning 2491).

The event will feature Jon Bonfiglio, Director of the ClippertonProject(see <http://www.theclippertonproject.com>), talking to us about what this interesting project – which the International Renewable Resources Institute has called a true source of inspiration – is all about and what it is doing in Uruguay.

On this occasion we will be having a meal prepared especially for the occasion by the Ambassador's own chef, which will be served immediately following the lecture.

Tickets are set at \$300 for members and \$400 for non-members. Seating is limited, so book your place a.s.a.p. at [events@britsoc.org.uy](mailto:events@britsoc.org.uy) or by calling Susan McConnell on 099267413.

## SWCH News

September was full of Birthdays!!! Betty's birthday was on the 11<sup>th</sup>, Eileen's on the 18<sup>th</sup> and Gerry's (who is staying temporarily at the home) was on the 30<sup>th</sup>.

On September 24<sup>th</sup>, the Staff together with Doctor Villar and some members of the Committee attended a workshop on How to Improve Communication with the Elderly by Lic. Ps Silvia Grima Beggeres at the British Hospital Auditorium.

Words such as Rapport, Assertiveness, Empathy prevailed at the workshop. Words like "Longanimity and

Positive Communication" were worked on theoretically as well as put into practice in an interactive roleplay.

At the workshop the topic of Setting Limits and the attitudes to expect towards such limits were also discussed.

The Psychologist as well as the audience brainstormed topics to be discussed in the future. Many thanks to the British Hospital for this brilliant idea of caring and sharing!



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## British Embassy News

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### Visit From The Falklands

Dick Sawle, one of the eight Members of the Legislative Assembly of the Falkland Islands and Simon Fletcher, Director of Central Services, came to Montevideo between the 2<sup>nd</sup> and 6<sup>th</sup> of September to strengthen political and economic ties with Uruguay. Their busy agendas covered meetings with business people, key economic players, Members of Parliament and academics. Mr. Sawle gave a conference on economic opportunities in the Islands and was interviewed by several local media and international news agencies. As a result of the visit a delegation from the FI Chamber of Commerce will come to Uruguay this month to explore further trade ties.



### Prado

The Ambassador and other members of staff enjoyed the opportunity of visiting the Expo PRADO to continue the tradition of presenting trophies to the winners of the best British breeds.



### Farewell

The Embassy staff came together over a farewell lunch to pay a fond goodbye to Silvio Di Marco, Corporate Services Manager, who retired after 30 loyal years of service.



### Paralympics Legacy

Disabled children, teenagers and adults can now enjoy an Athletics School in Montevideo, located in Franklin D. Roosevelt School. The aim of the project, promoted by the Embassy, the School and the Athletics Confederation, is to provide the opportunity of practicing sport not only to the School's students, but all disabled people.



### Día Del Patrimonio

The Residence will open its doors for the 8th year running on Saturday 5 October from 10:00 to 16:00. To mark this year's theme of Tango there will be an exhibition on "Tango in the UK", and you might be surprised at how popular a pastime it is.



## British Society Croquet Tournament

The British Society has set the date for its annual croquet tournament for Saturday 9th November, starting at 10:00 and ending at 13:00.

This 7th edition of the tournament will be held at the Yatch Club Uruguayo's five-a-side football pitch, in the Puerto del Buceo.

Rules of engagement will be the usual: players compete in teams of 2 people in a knock-out easy version of learn-as-you-play golf croquet.

Players must be at least 13 years old. Everyone is welcome; no previous experience is necessary. No special clothing is required, though tennis shoes are recommended and ladies should avoid long skirts. Given that it will be late spring, caps or hats are a good idea too.

Don't miss your chance to wrest the famed British Society Cup from current holders Richard & Liz Cowley!



The entry fee will be \$200 for members of The British Society and \$350 for non-members. Iced tea will be included; soft drinks will cost \$15 the glass. Fallback date in case of foul weather will be Sunday 10th November.

There will be a maximum of 24 players, so book your place now at [secretary@britsoc.org.uy](mailto:secretary@britsoc.org.uy) or by calling Susan McConnell at 099267413.

## Your Stories Welcome

As you may know, Álvaro Cuenca – lecturer at the Society's most recent lecture-supper – has written several books on the British Community in Uruguay. He is currently researching Anglo-Uruguayan volunteers of the Second World War.

This definition applies to all those people connected to Uruguay who took part in the war effort before, during or after the war, notwithstanding their place of birth or where they volunteered.

Álvaro has interviewed over 40 volunteers and their descendants already, but is aware that there are still many unfilled gaps in the picture he is trying to portray. These are all people who tried to leave us a better world, and thus deserve their stories to be told among those experiences, lives and fates already narrated to Álvaro.

Therefore, we encourage any descendants of WWII volunteers with a story to tell to come forward and contact Álvaro at [acuenca66@gmail.com](mailto:acuenca66@gmail.com).

## WDA News

The WDA takes pleasure in informing you about our next event. It will be our Annual Bazaar, which will be held on December 7th at 14:00 hrs. at Lafone Hall in Holy Trinity. Although we have many beautiful things, donations of clothes and other things are always welcome.

## The Green Residence



The Green Residence s.r.l. is a creation for when late life is still meaningful, but is difficult to endure alone. It will provide a feeling of security and well-being like living at home, accompanied and cared for.

More information in next month's edition



## Holy Trinity News

Have we seen the last of the terrible weather? I for one certainly hope so. Let's hope that with the change of time this coming Sunday and longer daylight hours we will be enjoying warmer and lovelier spring days.

"The time has come", the Walrus said, "to talk of many things."

I'm certain many of you are familiar with this quote from Lewis Carroll that appeared in his book *Through the Looking Glass*.

I think it appropriate, now that I have been here for almost a full year, to use these words to gently (but firmly) challenge some people who read this Newsletter.

I have been told by several people, and in different settings, that one of the reasons why there are so few in the English speaking community who support the Anglican Church is because the Church did something at some point in the past that hurt or distanced them in some way. If this is the case, I, as the present Diocesan Bishop of the Anglican Church of Uruguay, apologize for whatever may have been done to cause the hurt.

The Anglican Church in Uruguay is, quite frankly, barely hanging on. Our numbers are very low and our finances match. Next year, we will be unable to pay any of our clergy a salary. The days of money pouring in from overseas have long gone.

You may remember that the Anglican Church is the second oldest British presence in Uruguay (after the Cemetery) and has always been a point of reference for the community. Simply put, if you want the Anglican Church to continue to be a presence in this country, then you need to show your support - both by attending church, as well as by supporting it financially.

In the last issue I included a very brief questionnaire which I asked people to fill in and return to me, IF they were interested in an Anglican Church presence in Carrasco. I put it in because I had been approached by various individuals, and in different circumstances, who said this was a need.

As of this writing, I have received only three responses to the questionnaire.

I have also written with requests from those involved in business to lend us their expertise so we can try to help ourselves and build a stable and solid financial foundation on which we can grow.

Again, as of this writing, I have had only one response to that request.

If I were in the business world I would look at these results and say they do not justify spending my energy in pursuing contact with the English speaking community.

However, my world is not about business. Rather, it's about faith, and it's about hope.

I have faith that God has a dream for the Anglican Church of Uruguay. And I have hope that God's dream will come to fruition. My faith and hope also tell me that I need to find others who share in this belief.

And finally, my faith and hope also tell me that I will be receiving the support of many of you and I look forward to working together towards our common goal.

Wishing you every blessing,  
The Rt. Rev. Dr. Michele Pollesel  
Bishop of the Anglican Church of Uruguay

## Silver River Lodge News

The Silver River Lodge #876 holds two meetings a month. One more informal, on the second Monday, and what is called a Regular Meeting on the third Monday of every month. In this case, our next two meetings will be held on the 14<sup>th</sup>, and 21<sup>st</sup> of October 2013, respectively, at the William G. Best Masonic Temple, at Calle Canelones 1429, Montevideo.

Notwithstanding, those interested in learning more about visiting or membership, please contact us on our E-mail [secretarysl876@gmail.com](mailto:secretarysl876@gmail.com) or call Martin Macadam, on 096 001995.

The Silver River Lodge #876 is an old Masonic lodge, which celebrated its 150th Anniversary in February 2012.

It is the largest English-speaking Masonic lodge in southern South America, having operated

uninterruptedly since our founding in 1862.

Freemasonry is a society of men who are taught three Principles: fraternity, charity, and truth. Though its esoteric, allegorical, and moral teachings are grounded in spirituality, Freemasonry does not discriminate in any way on the basis of religion, furthermore it is open to any man who can profess faith in a supreme being, regardless of religious denomination. It likewise does not discriminate on the basis of race, nationality, political views or social class.

Membership in Silver River Lodge is open to residents of Uruguay, regardless of ancestry, and while our Lodge has close ties to the British community in Uruguay, we also have many Uruguayan members of other ancestries, as well as members from Scotland, the United States, Canada, Austria, and other lands.



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## Anglo News

Trelew

lanza su nuevo album

# MANTRAS CELTAS

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

**Jueves 10 de octubre 21hs**

**Teatro del Anglo** San José 1426, Montevideo

Entradas anticipadas 150 pesos y 250 pesos el día del recital en Red UTS, Red Pagos, Tienda Inglesa y la boletería de la sala



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ANGLO



## Artist Of The Month

by Richard Empson  
rempson@gmail.com

### Celtic Mantras from Trelew

This month, Trelew releases its second album “Celtic Mantras”, with presentations scheduled in Montevideo, the interior and on-line.



This local Celtic fusion band has undergone significant changes since it first appeared in 2005 after Welsh vocalist Karen Ann Higgs and Uruguayan guitarist Jorge Galemire (one of Uruguay's top guitarists, featured on albums by Fernando Cabrera, Jaime Roos and Jorge Drexler, among others) met in Montevideo. Then the mixture of Karen Ann's stories of her Welsh heritage and Jorge's rioplatense guitar style led the duo to recognition both in Uruguay and abroad. Now the band has migrated to a more melodic vocals-based style, having substituted Galemire with singer and musician Mariana Padrón, whose harmonious voice complements Karen Ann's airy singing beautifully.

Karen Ann and Mariana have worked together before. Over a decade ago both were vocalists in Irish folk band Grianan. Already back then world famous Canadian piper Bob Worrall said of their singing that “when they sing together a third voice appears”. Thus, it is a happy surprise for those of us who have followed the careers of both vocalists to find them reunited in this new project. This new record also settles an outstanding debt for Karen Ann and Mariana, since it will mark their first recording together after many years of singing together.

In “Celtic Mantras” Trelew presents a number of Celtic songs infused with rhythms and sounds of the River Plate. Most are traditional pieces from around the British Isles with the band's own original arrangements. The repertoire includes songs with “mouth music”, an ancient tradition of Scotland and other Celtic lands. A number of the songs included have an ethereal quality to them reminiscent of Buddhist mantras: hence the title. Those who have listened to the recording speak of strong voices and vibrating music that elevates the heart and returns to basics.

The new CD will be sold at all band concerts and digitally at the Bandcamp website (where song samples can also be heard) as from October 10th. The entire album can be freely downloaded with the “loving partnership” concept – you can contribute whatever you want for it, which will go entirely towards the production of the band's next album, which is already brewing!

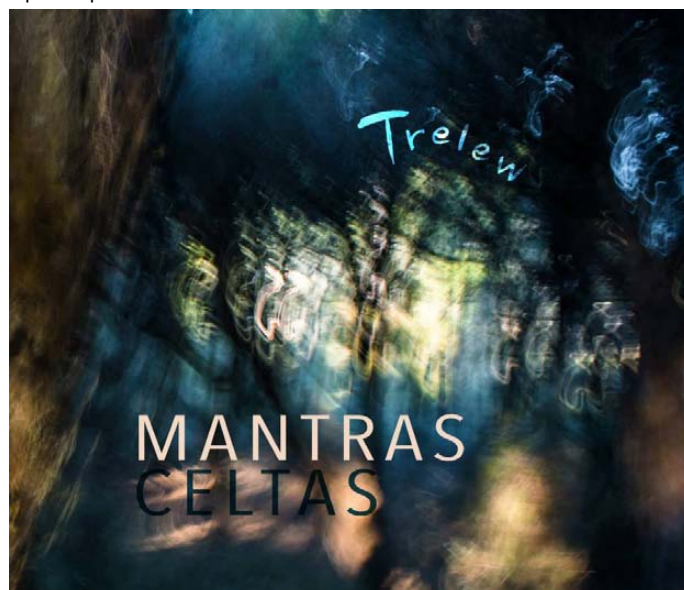
On “Celtic Mantras” Karen Ann is on vocals and percussion, Mariana is on vocals, accordion and percussion, and guest guitarist Javier Alves Bellini is on all string instruments. It must be noted that “Trelew”, the band's debut album, was nominated for the Graffiti awards in the category “best alternative album” in 2010.

The band's top launch concert dates are:

- Montevideo - Anglo Theatre on October 10<sup>th</sup>.<sup>(1)</sup>
- Colonia del Sacramento - Centro Cultural Bastión del Carmen on November 1<sup>st</sup>.<sup>(2)</sup>

For more information you can visit <http://www.facebook.com/TrelewUY> or call 099707068.

For those who don't know, Trelew is a small town in the Argentine Patagonia founded by Welsh immigrants in the 1880s where Welsh is spoken to this day. Founded by Lewis (Luis) Jones, who acted as spokesmen to deal with the Argentine government in the beginning of the 1860s, the town was named in his honour, tre meaning “town” in Welsh and Lew being an apocope for Lewis.



(1) Tickets available in advance at Red UTS for \$150 and on the day at the Anglo Theatre for \$250

(2) Tickets only available on the day at the CCBC for \$150

## Geoff the Chef's Corner

by Geoffrey Deakin  
gde@boskejo.com

Today's recipe was invented by my Mum one day when her grandchildren complained that they were tired of eating the boring meatballs with the same old tomato sauce. So here's thanks to Pancha (Mum), and I hope you'll savour this dish as much as my spouse does (she always goes for seconds).

### Curry Meatballs

#### Ingredients

- 1 kilo minced meat (the regular kind, not the extra lean one)
- 2 cups of Flour
- 10 slices of sandwich bread loaf
- 2 eggs
- 250 ml milk cream
- 500 ml regular milk
- ¼ cup of finely chopped onion, red pepper and parsley
- 2 tablespoons Butter
- 3 tablespoons Curry (powder)
- 2 tablespoons Grated cheese
- Salt
- Oregano
- And our favourite, Lea & Perrins Worcestershire sauce

#### Instructions

1. Cut off the edges (crust) from the slices of sandwich bread loaf.
2. Using your hands, mix the slices with some milk until you get a thick paste.
3. In a large bowl, combine the minced meat, eggs, bread, onion, red pepper and parsley. Add 2 tablespoons of flour. Season to taste with Curry, salt, oregano and Worcestershire sauce.
4. Form the mixture into equal sized balls and keep on a plate.
5. Prepare some thick White Sauce (Bechamel): Melt butter in a large pot over medium-high heat until foaming. Add flour and grated cheese. Cook, stirring, for 1 to 2 minutes or until bubbling. Slowly add milk, whisking constantly, until mixture is smooth. Cook, stirring with a wooden spoon, for 10 to 12 minutes or until sauce comes to the boil, thickens. Season to taste with salt and Curry. Remove from heat.
6. Coat the Meatballs with flour. Make sure not to overcoat each meatball.
7. Bring the sauce to a boil once again.
8. Drop the Meatballs (carefully) into the pot of

boiling sauce.

9. Add the milk cream and cook for 20 minutes over medium-high heat, stirring gently so as not to break the meatballs.
10. The sauce can be as thick as you like, so add or dry up the milk as required.
11. Add more Curry should your taste buds demand so...

Serve with lots of rice.

You may prepare the Curry Meatballs ahead of time. They can be refrigerated and microwave heated just before serving.

### Salad Quickie

Mix in a large bowl a bunch (500 grams) of Cherry Tomatoes, a bunch of hand cut Basil and a few chopped olives.

Season with salt, ground pepper, a lot of Olive oil and a touch of white vinegar or lemon.

Serve fresh without refrigerating!



### Tip O' The Day

Vegetables that have been lying in the refrigerator tend to look dull and lifeless. If you want to make a salad, and need your veggies to look fresh, soak them in cold water with a few drops of lime for about 15 minutes and they will look bright and delicious.

Enjoy!

## Arts & Culture

by Alice Tourn  
aytourn@gmail.com

### The White Queen

Through the years, many have learned British history thanks to the works of William Shakespeare. But although the period relating to the War of the Roses between the House of York and the House of Lancaster is perfectly narrated in Shakespeare's Minor Tetralogy (composed of the three parts of Henry VI and Richard III), a central figure of this period, Edward IV, did not merit a Shakespeare play to his name. The explanation for this is simple: as the first York to be crowned king as a result of that War of the Roses (dethroning Henry VI of Lancaster), Edward IV is already a recurring character in the Tetralogy.

Much of the popularity of this monarch is due to his many love affairs; material more suited for romantic novels such as the one written by Philippa Gregory (author of *The Other Boleyn Girl*) entitled *The White Queen*. It was only a matter of time before the passionate love story between Edward IV and Elizabeth Woodville arrived to home screens in all its glory with the help of the BBC.

When the series first premiered, reviews were aggressive with complaints about zippers and stairwells running rife. But even if the lack of stays and corsets doesn't bother you, the inconsistency of the plot might. The political maneuverings of Edward IV (played by Max Irons) and his wife Elizabeth Woodville (played by Rebecca Ferguson) are at the heart of the narrative, but as the series progresses so do the historical inaccuracies.

The first episode is fascinating, filled with romance and a headstrong king taking on a political opponent – Lord Warwick (played by James Frain), nicknamed “The Kingmaker” – in order to marry the bride of his choice. The action takes us to 1464 England, where the war between the House of York and the House of Lancaster had bled both for nine years, leaving many casualties on either side. Among them was Sir John Grey of Groby, a supporter of Lancaster and first husband of Elizabeth, who is left with two children and devoid of resources, her dead husband's lands being snatched up by the winning side. However, Elizabeth – allegedly “the most beautiful woman in England” – decides to make good use of her charms and complain to the new king in an attempt to regain what she considers to be her children's heritage. Edward IV not only agrees to her request, but falls head over heels for Elizabeth, proposing to her when he realises this is the only way she will accept his advances.

However, the drama is anything but focused. After the auspicious first episode, the show hops from year to year and moment to moment, giving the viewer only the most important interactions between the characters. Over the next episodes, it is often difficult to tell how much time has passed between scenes and determine exactly where one stands in the history of England. Though it might seem that picking out the most important moments in a monarchy's history is more exciting, it also makes the undertaking difficult to follow. The title of the series, too, is a little confusing. If this is a drama about a female monarch watching over the politics of the day, *The White Queen* doesn't show it. Elizabeth slowly transforms from a woman with bite into a by-product of circumstances.



Having said this, though *The White Queen's* scope cause some problems with the narrative the whole endeavour hasn't been a complete loss. Some scene sequences are extremely compelling. In episode 3, for instance, Edward IV is headed off to battle and the ladies in the series – Elizabeth, Margaret Beaufort (Amanda Hale) and Lady Isabel Neville (Eleanor Tomlinson) – are all shown praying to the same God for different outcomes in the battle. The scene is tightly woven, giving audiences the opportunity to see the various stakes at hand, and it's also prettily edited.

Those who care about historical inaccuracies in plot, setting, and costume may want to avoid *The White Queen*, but those who are intrigued by period dramas in general may want to go ahead and give the series a shot. By the end of it, the audience will have a much clearer picture of the history of England prior to the Princes in the Tower and Henry VIII, with some witchcraft and religious piety thrown in. The 10-episode series is currently being aired in Uruguay by cable channels HBO and Moviesty.



## Back In Time

by Tony Beckwith  
[tony@tonybeckwith.com](mailto:tony@tonybeckwith.com)

### Alpargatas

I am wearing a pair of dark blue, rope-soled alpargatas. Espadrilles, if you prefer. Shoes made of canvas and jute. They were purchased at a country store in Uruguay for very little money, especially when compared to what designer espadrilles sell for these days. And yet they are priceless because of their sentimental value; you see, I grew up wearing *alpargatas* and they always remind me of my childhood. They were about all I wore on my feet during school holidays in Montevideo in the 1950s. One of the early rituals of summer was the trip to the store to get a new pair. My mother usually took me to the *almacén* near where we lived in Pocitos, and mine were always dark blue and rope-soled, never rubber-soled.

"Aquí tiene, señora. Alpargatas para su botija."

"Gracias, Paco."

When they were new the canvas uppers were stiff and the rope soles were firm and a little prickly on the inside and smelled of burlap. The more you wore them, the softer they became and the more they moulded to the shape of your foot. They were ergonomic, eco-friendly, and allowed your feet to breathe comfortably on the hottest summer day. You could flatten the back of the canvas with your heel and make them even easier to slip on and off. Of course, if you got them wet the soles would stiffen up and feel like a couple of planks on your feet, but they could soon be made flexible again with a little bending and twisting. When they were well worn in they were the closest thing there was to going barefoot. My mother used to warn me about the scorching sand at the beach but I would say, "Not to worry, I have *alpargata* feet."

These simple, unassuming shoes have been around for a long time, some say since the Romans looked at Egyptian sandals and decided to improve on them to protect their feet from the sun and the heat. The fashion spread, and rope-soled shoes have been used for centuries all around the Mediterranean. When the Arabs came to Spain from North Africa in 711 A.D. they brought their language, culture, and architecture—and their *al-barghat*, their hemp sandals, which became *alpargatas* in Andalucía. In his book, "South from Granada" the English writer Gerald Brennan notes the traditional use of *alpargatas* among the people of southern Spain.

In northeastern Spain, the Catalans were probably introduced to the shoe by the Phoenicians and other maritime traders supplying Mediterranean ports from their galleys. The Catalans called the shoes *espadenya*, a derivation of the local name for the esparto grass that

was used to make the rope soles. This was where the French got their word 'espadrille.' They were originally made as peasant footwear and used by farm workers, olive grove tenders, fishermen, and so on. But people also kept a special pair, decorated with ribbons and other motifs, for dancing the *sardana* at fairs and festivals. When vast numbers of Spaniards migrated to the River Plate region of Latin America in the late nineteenth century they took their rope-soled shoes with them. And since much of that early immigration came from Andalucía, Uruguayans and Argentines have always called them *alpargatas*. As distinct from people like my British grandparents, who called them "alpa-garters."

One day a Basque, Juan Etchegaray and a Scot, Robert Fraser, both immigrants to Argentina, joined forces to produce canvas shoes for the country's burgeoning workforce. The Sociedad Anónima Fábrica Argentina de Alpargatas was founded in 1885, and expanded to Uruguay in 1890. The company became a household name in the entire Río de la Plata region, its shoes on almost everyone's feet and its calendar—memorably illustrated by Florencio Molino Campos—on almost everyone's kitchen wall.

By the early twentieth century, urban Uruguayans were flocking to their beaches, and finding that *alpargatas* were perfect for walking on the sand. It didn't take them long to see that they were the ideal footwear for children, especially those who could destroy a pair of shoes in a single summer, tearing around on a bicycle or racing around on a beach. Sometimes they were destroyed even sooner, and one would be marched back to the *almacén* to get another pair.

"Here you are, señora. *Alpargatas* for your kid."

"Thank you, Paco."

*Alpargatas* were so much more than just a pair of all-purpose shoes. There was a universal, democratic quality to them that was at its clearest when in the presence of gauchos or construction workers, who seldom wore anything else. And a historical and anthropological quality too, since they are a direct descendent of the footwear that mankind has used since the dawn of time. These are noble shoes that richly deserve an ode of their own:

In halcyon days when beaches beckoned  
we braved the summer heat  
Protected from the scorching sand  
by *alpargata* feet



## Medical Column

by Dr. Jorge Stanham, MBE  
jorgestanham@yahoo.com

### Psychotherapy In Healthcare

There is a stigma attached to psychiatric and psychological disorders, which explains why many patients still avoid telling others that they are either seeing a psychiatrist, are on psychoactive medication or having frequent sessions with a psychotherapist. These specialists, acronymed as MHPs (mental health professionals) or dubbed as shrinks, provide much-needed and valued specialised services to patients who need more time, effort and expertise to manage their problems. Primary care physicians (GPs, paediatricians and general internists like myself) plus gynaecologists, either aware of it or not, are providing a lot more mental health care than they can acknowledge, not simply by prescribing tranquillisers and antidepressants, but by both subtle and overt forms that make them the main shrinks in the provider spectrum. More than sixty years ago, a Hungarian psychiatrist called Michael Balint who migrated to the UK and trained GPs in group sessions to handle mental health problems, spelled out in the first chapter of his landmark book *The Doctor, his Patient and the Illness*: "The main medication prescribed by the doctor is the doctor himself."

Health care, which is based on science to a great extent, still follows the dichotomy or trichotomy separating mind, body and soul. This separation creates three separate ways of world-being for humans, each of which is diagnosed and treated by separate professionals: clinicians for the body, MHPs and counsellors for the mind and clergy and gurus for the soul. To mend this division, a whole new generation of holistic healers, CAM (complementary and alternative medicine) professionals (and quacks!) have sprung up as mushrooms, in a society tired of the lack of a unified view of how health care should be best provided, especially at the primary level. Our prevalent Newtonian-positivistic model of science (which is fortunately changing and evolving) has its roots in an unbridgeable subject-object division, where the patient's problems can be objectified by giving them names, as if they had a life of their own. For

example, to diagnose and treat pneumonia, our pattern of behaviour as clinicians, including the application of evidence-based guidelines, makes the diagnosis the noun and the patient the adjective, all in the name of the objectivity of science – to avoid the risk of being biased by the patient's reality!

Although at present we are seeing an increased emphasis on an integrated approach to health care, the basic changes must happen within the providers themselves. Overcoming the traditional subject-object dissociation requires that clinicians, especially at the primary level, acknowledge that the science behind health care is a means to an end and that this implies that patients should be challenged to be fully functioning as persons, to make the behavioural changes that are demonstrated to promote more well-being and health, to prevent disease or detect it early enough so as to make treatments more effective and to be free to decide which options are best for their specific needs. All (patients, clinicians, MHPs and soul-healers) must be aware that the ultimate concerns that forever accompany, surround and go through us, have to do with the finiteness of our lifetime (death), our freedom to choose (and the responsibility for change), that however we are counselled and healed, we are always alone when we have to decide (isolation) and finally what we decide and finally do must have a sense of purpose and meaning (overcoming meaninglessness). Health care providers, be them clinicians, MHPs, counsellors, healers and clergy, are always providing psychotherapy in the sense that they are helping (or halting) to mend the divisions in our world-being. Going back to Dr Balint's famous remark on the doctor as the most potent medication: our personal philosophy and worldview as providers is probably the most powerful tool to help or to cause harm. How we deal with our own ultimate concerns affects the way we care and practise and being aware of this is the first step in the direction of prescribing meaningful objectives and goals for our patients.

## Obituaries

We regret to inform you that William 'Tony' Harte Rayon passed away on September 18<sup>th</sup>. Our heartfelt condolences go to his parents, William Arthur and Gladys Harte, his daughter Sheyla and his brother and sisters.



## Future Events

### ▶ Saturday 9<sup>th</sup> November

- ▶ British Society Croquet Tournament, 10:00 hrs. at the Yatch Club Uruguayo's 5-a-side football pitches in the Puerto del Buceo.

### ▶ Friday 29<sup>th</sup> November

- ▶ St. Andrew's Society Dinner.

### ▶ Sunday 7<sup>th</sup> December

- ▶ WDA Bazaar, 14:00 hrs. at Lafone Hall.

## Link Of The Month

Insane coordination!

<http://www.youtube.com/watch?v=Fyl1VQAfV-M>



## The Society At A Glance

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## The Far Side

by Gary Larson



After many years of marital bliss,  
tension enters the Kent household.