

FREE
Issue 14

THE ROCK

PEOPLE | REVIEWS | WHAT'S ON | LOCAL INTERESTS



The Rock is the quarterly magazine of the Costa Blanca Anglican Chaplaincy. For the people about the people whoever you are!
www.costablanca-anglican-chaplaincy.es

Message from the Editor

Well here we are at the end of the summer (maybe) and issue 14 hot off the press.

Was that the hottest June we have experienced on the Costa Blanca? Certainly felt like it since I arrived here in 2001.

Of course Lynda and I decide to move from our house to an apartment during this hot period. Not so smart but we got tired of all the stairs in the house and being just a bit too far out of town. Selling and buying is said to be an extremely stressful time and so it proved to be. Not only that we decided to have the kitchen completely renovated and the bathrooms while we lived there!

Silly people I here you say. Yes, the smart thing would have been to go on a month's golfing holiday.

Hey, but why complain? We had a roof over our heads and a comfy bed plus a paella pan! What more did we need?

I say this especially thinking of those in countries where they have lost their homes. Constantly in danger from death coming from the sky or the barrel of a gun. Just too much death and destruction in this world led by a few powerful people who should know better. Lets all pray for an end to their reign and the violence.

Stay safe, healthy and love life and each other.

Ed.



*When life seems difficult think about the bridges some people have to cross every day!
North West Nepal.*



THE CHURCH
OF ENGLAND

Online services

Father Rodney and Father Robin continue to stream a service on Facebook each week. Due to early commitments most Sundays this service will usually be on Saturday at 7pm, but occasionally on Sunday at 10am. Simply open Facebook and search 'Rodney Middleton'. You can also open his Facebook page to check the time of the service, which will be confirmed on Saturday morning. The Service is available for viewing at any time after the live stream.

We have our very own Facebook group page, so please look for Albir, La Fustera and Gandia Anglican Church on Facebook, like it and follow it. For information to be included please mail David on **dhernandezmitchell@gmail.com**

If you have a story you would like to publish in The Rock, then please email it to me. Sports news, jokes or quiz questions are all welcome.

Or if you would like to advertise in The Rock please contact the editor. **davidwarblers@gmail.com**

"If you know of someone who is alone, give them a call and have a chat!"

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THE CHURCH
OF ENGLAND



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Remember, remember...

Anyone (of a certain age!) having grown up in the UK will almost certainly add, **'the 5th of November'**, to the title above. Because it's the beginning of a ditty many of us learnt concerning Bonfire Night. But the Church has many ways of 'remembering'. Principally - and every Sunday - we remember the words of Jesus at the Last Supper, when he took bread and wine and said to his disciples, 'Do this in remembrance of me'. And Christians have been doing just that for almost two thousand years to remember Jesus.

But in Church we also remember those we might call the great heroes and heroines of the Faith - those we call Saints. There are now thousands of saints! But I'd like to highlight a few whom we will be remembering in the coming months.

On September 8th we remember the Blessed Virgin Mary, the Mother of Jesus.

In the Book of Common Prayer this date is remembered as the Nativity (birthday) of the Blessed Virgin.



And we all like to remember birthdays!

September 21st is the Feast of St Matthew - one of the first Apostles, the writer of one of the Gospels - and a tax-collector to boot! There's hope for us all!

September 29th is the Feast of St Michael and All Angels. Michael, Archangel and fighter of the Devil. And we remember that God has appointed each of us our own 'Guardian Angel'!

October 4th is the Feast of St Francis of Assisi. St Francis, the rich young man who gave up everything to follow Jesus, and who gives his name to the religious 'Order' which he founded over 800 years ago, and which continues his mission of service to the poorest in our society.



THE CHURCH OF ENGLAND

Registered charity number 250186



We thank you for giving to the Diocese or to any chaplaincy you name with your gift.

If you need help with Christenings, wedding blessings, funerals or just a chat contact Father Paul Dean on frpauldean@gmail.com or 711 061 864.

About The Diocese in Europe (Church of England) - We are a Mission-shaped diocese - a network of Christian communities and congregations serving Anglicans and other English-speaking Christians across an enormous geographical area.

If you would like to help keep the Costa Blanca Anglican Chaplaincy alive and serving you, you can make a donation by scanning the QR code.

www.justgiving.com/diocese-ineurope

Remember remember continued from previous page ...

We are blessed in our Chaplaincy to be able to meet each week in the chapel of the Franciscan Community at Palma de Gandía; a community which continues St Francis's commitment to absolute love and service.

It is lovely that this year **St Francis's Day also coincides with our Chaplaincy Harvest Festival, when, on October 4th**, each of our congregations will be remembering in a different way – this time remembering to say, 'Thank You' to God for all his good gifts in creation.

Why not join us?

November 1st sees the Feast of All Saints – when we remember ALL the holy ones of God – the 'A-listers' and the unknown – but who have all, 'fought the good fight' of faith.

Also around this time – especially on **November 2nd, All Souls Day** – we remember our departed loved ones who now rest with the Lord.

Remembrance Sunday this year falls on Sunday November 8th.

All our churches will be having Remembrance Services at their usual times on this day, and we would love you to join us, as we remember all those who made 'the supreme sacrifice' so that we might live in peace and security.

It is ironic in a way that **November 11th – Armistice Day – is also the feast day of St Martin of Tours.** Martin had been a soldier in the Roman army before converting to Christianity. On a personal note I have a great affection for St Martin as it is the dedication of the Church where I grew up in the Christian Faith.

At the end of November – on **November 29th – we have a sort of 'New Year's Day'!** Because on **Advent Sunday – this year, November 29th** – the Church begins its new 'liturgical year'. It's also when we start the 'countdown' to Christmas – but we're not there yet!

Remember, remember...

You are warmly invited to join us in our 'remembering' at any of our Services throughout our Chaplaincy – the times of which are listed in this magazine.

With my best wishes and prayers

**Fr Rodney Middleton
(Assistant Chaplain)**



Sonrie Que Hay Café



The Sonrie Café is one of my favourite meeting places in Calpe. When friends are driving in to meet up with me I always advise them to park in the underground car park of the Plaza Central (Can't miss it has a huge sign on the roof). Then to come up to the ground floor where the café is situated opposite TED! I'll be waiting at the café with a lovely coffee.

Friendly service, good coffee and even better cakes!
What's more you can get a voucher when you pay which gives you one hour free parking.

**Try Sonrie Cafe next
time you are in Calpe.**
Ed



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?? ? QUIZ TIME!



The first five questions all relate to the year 2025.

1. Anatomy- What does the term Hallux refer to?
2. What is the name for the metal or plastic tube at the end of shoelaces?
3. What is the only planet in our solar system that rotates clockwise on its axis?
4. Which freezes fastest, hot or cold water.
5. What do you call a group of flamingos?
6. What is the distance from the earth to the sun?
7. What is the only food that cannot go bad?
8. What is August birthstone?
9. Which three zodiac signs are water signs.
10. Nearly all fossils are preserved in what type of rock?



Answers: Seek and you shall find!



Join us on Sunday 8th November
for our Service of Remembrance

"LEST WE FORGET"

All are welcome



GANDIA

Sunday Service at 12.15pm
in the Chapel of the Franciscan Hospice.

DENIA

Sunday Services at 12.00 midday
in the Ermita Las Rotas.

ALFAZ DEL PI

Sunday services at 9.30am
Thursday at 11.00am
Albir Forum Mare Nostrum
(Now known as The Comm)
Camino del Pincho 2,
03580 l'Alfás del Pi.

EL CAMPELLO

Sunday Services at 12.00 midday in the
Chapel in the grounds of Los Salesianos.

CALPE LA MERCED

Sunday Services 10.30am

We have coffee afterwards at La Merced Campsite.
If you don't wish to attend the service you are still
welcome to join us for coffee.
Check the website for details of our monthly lunches.

LA FUSTERA

Sunday Services at 12.15pm
in the Ermita de San Josep.

JAVEA

Sunday services at 9.45am
at the Emita on the
Jesus de Pobre Road 160,
Javea.

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COME
JOIN US
AT OUR



MEMORY CAFÉ

FOR PEOPLE
WITH **DEMENTIA**
AND THEIR
CARERS

WHERE
MEMORIES
ARE SHARED,
CONNECTIONS
ARE MADE



More than
just a coffee

*A warm, welcoming space for support,
friendship and connection*

A Memory Café is a welcoming space where individuals living with dementia (Alzheimer's Disease, Vascular Dementia, Dementia with Lewy Bodies or Frontotemporal Dementia), and their loved one can come together to socialise, share experiences, build meaningful connections with other people in a similar situation. The Café will provide emotional support, peer engagement and empowerment through structured activities, carer wellbeing, advice giving and of course refreshments.

AT OUR CAFÉ YOU'LL FIND:



CONNECTION

Meet others,
share experiences
and build
friendships



SUPPORT

Emotional support
for individuals and
understanding
for carers



ACTIVITIES

Enjoy meaningful
and engaging
activities in a
relaxed setting



ADVICE

Access helpful
information,
guidance and
practical support



COMMUNITY

A friendly and
welcoming
environment
for all



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People living with dementia



The patient



The carer, family
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mail
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GET IN
TOUCH
TODAY!

You are not alone. Let's do this together.

Church Humour



God's Plan for Ageing?

Most senior citizens don't get enough exercise.
In His wisdom God decreed that senior citizens
become forgetful so they would have to search
for their glasses, keys and other things thus
doing more walking.

And God looked down and saw that it was good.
Then God saw there was another need.

In His wisdom He made senior citizens lose
coordination so they would drop things requiring
them to bend, reach and stretch.

And God looked down and saw that it was good.

Then God considered the function of bladders
and decided senior citizens would have
additional calls of nature requiring more trips
to the bathroom, thus providing more exercise.

God looked down and saw that it was good.

So if you find as you age, you are getting up and
down more, remember it's God's will. It is all
in your best interest, even though you mutter
under your breath.



*Derek's a bit worried about people
turning up who haven't pre-booked!*

Impromptu on British Prime Ministers
God bless our good and gracious PM
Whose promise none relies on;
Who never said a foolish thing,
Nor ever did a wise one!

*I rehashed this from John Wilmot,
Impromptu on Charles the II. Ed*



*...I've moved with the times - I've now
got a solar-powered radio microphone...*



*They knew it was from the Harvest
Festival, but not what it was, or where...*

Garage Mechanic

I was worried that the mechanic would rip
me off because I confessed I knew nothing
about cars.....imagine my relief when he told
me I only needed indicator fluid!

Having a Nice Day

Why is it that saying "have a nice
day....Sounds friendly..... but say
"enjoy the next 24 hour's hours"
sounds Threatening

Floral Delivery

I sent a clown to deliver some
flowers to my wife.....
I thought it would be a romantic jester!

Names

J. Elaine Mitchell

Have you ever heard of the book "Potty Fartwell & Knob"?

Now you might be thinking "what sort of title is that?" Well, our daughter Sarah bought this book for a birthday gift some years ago. It is by Russell Ash, who has trawled through parish registers, censuses and the birth, marriage and death records going back 900 years. Geoff and I spent many hours doing exactly the same while we were researching our own family histories. We, of course, were searching for specific names but we did come across the strange and bizarre from time to time. This book really had us laughing out loud. There was one poor soul as recent as 1985 from Chesterfield, who had 138 Christian names! Every one of these names has been checked for authenticity and the source given. I have listed some here to amuse you.

Sue Age born in Glasgow c1849 on the 1951 Scotland census

Orange Head born in Devon c1785 Devon 1861 census

Jemima Foot Legg born in Dorchester, Dorset 1841

Silence Bottom Married Thomas Mason 26/10/1735 in Chesterfield

May Pole born in Leicester 1904

Sing Song died in Liverpool 1847

Lettice Spray Baptised, Greasley, Nottingham 23 April 1633

Iris Tew Born 1922, died in Chester 1985

Silly Things born in Stowmarket, Suffolk 1892 - 1901 census

Page Turner born in Axminster, Devon 1865

Rose Upward born in Dorset 1847 on the 1871 census

Never Wait born in Manchester 1834. Warrington 1891 census



Isa Wake born in North shields, Durham c1863 on ther 1891 census

Mel Oddy born in Halifax, Yorkshire 1886

Rhoda Boat, born in Rogate, Hampshire 18136 on the 1861 census

Driver Bus born in Somerset 1879 on the Leeds census 1901

Lewis Unexpected Smith. Born in Medway, Kent 1899

Here are some surnames who married each other. **Carr** married **Park**,

Bird married **Nest**,

Hand married **Baggs**,

Shepherd married **Pye**,

Beach married **Ball**,

Day married **Light** - these too are all genuine.

Some parents obviously thought it was good to give their poor offspring rhyming names; **Mabel Abel, Sally Alley, Lizzy Busy, Ethel Bethel, Mark Dark, Fred Dead, Beverley Cleverley, Shirley Curley, Sidney Kidney.**

Well the book is 336 pages long and I have read it cover to cover. If anyone has enjoyed the little I have written here the **book is published by Headline ISBN 978-0-7553-1655-7**

Broadcasting in Spain

by Hugh Stewart

Part 4: Sad and Serious

Broadcasting to the huge number of English residents on the Costa Blanca was an enormous privilege for Beverly and me, and, usually, lots of fun. But it wasn't all a laugh a minute and sometimes during our nine years presenting the Breakfast Show on Onda Cero Internacional (OCI), we had some very sad and serious events to cover.

For example, many readers will remember the Sunday in August 1997 that we woke up to the shattering news that Princess Diana had been killed in a car crash in Paris. At OCI we didn't have a news room to provide us with accurate information, so to start with, we played a mixture of solemn music with the headlines from the BBC. Later, it was all hands on deck seeking out reliable sources so that we could keep our listeners up to date with the latest news. One of the judgement calls related to what we broadcasted when we were not talking about the tragic accident. We couldn't talk about it all day, but equally we could not be talking about the death of a princess one minute and playing rock music the next. In the end, I think we got the balance about right.

On September 11, 2001, we had to make the same sort of decisions regarding what we now know as 911, and the days that followed. To start with, the story was so enormous that we didn't attempt to script the news ourselves. For two or three days after the Twin Towers in New York were destroyed, we cancelled all our own programmes and rebroadcasted a mix of news taken from other International Radio companies, most of whom had reporters on the scene.



Later, we invited retired local residents Tom Bodkin, an American Air Traffic Controller, and Peter Langley, a vastly experienced Air Force and then Airline pilot, to come into our studio. They were able to give the listeners first hand background information as to how such an attack on civilian targets could even be possible, and how to prevent a repeat in the future. We received dozens of phone calls from people who wanted to know the how, and the why of it all, and Tom and Peter were able to help people's understanding of what had happened.

Another world shattering event that happened during our broadcasting years was the Tsunami that struck countries in and around the Indian Ocean in 2004. The coverage on OCI kept people informed, but what Beverly and I remember most was the amazing offers of help that were made to and through us. With the outstanding assistance of director Alan Llambias, we arranged a fund raiser at The Benidorm Casino, with all the profits going to disaster relief. Local musicians and performers gave their time, businesses in the area donated valuable raffle prizes and the resulting show raised 12,000€! With the help of George Smith from Moraira and Teulada Lions Club,

Cont. on next page ...

This page is sponsored by Hugh and Beverley Stuart

Broadcasting in Spain continued

the money was transferred to the Lions in Sri Lanka and they oversaw the building of five houses for the use of some of the surviving families who had lost everything they had ever owned. We were, and still are, so proud of the OCI team, the local

artists and, above all, the local residents who donated so generously.

That seems like a good, positive point on which to end this quarters report, so, I'll just say....see you next time with more insights into **Broadcasting in English in Spain!**



By Robert Service

This year an ocean trip I took, and as I'm a Scot
And I like to get my money's worth I never missed a meal.
In spite of Neptune's nastiness I ate an awful lot,
Yet felt as fit as if we sailed upon an even keel.
But now I am home again I'm stricken with disgust;
How many pounds of fat I've gained I'd rather not divulge:
Well, anyway, I mean to take this tummy down or bust,
So here I'm suet-strafing in the Battle of the Bulge.
No more will sausage, bacon, eggs provide my breakfast fare;
On lobster I will never lunch, with mounds of mayonnaise.
At tea I'll Spartanly eschew the chocolate éclair;
Roast Duckling and peche melba shall not consummate my days.
No more nocturnal ice box raids, midnight spaghetti feeds;
On slabs of pate de foie gras I vow I won't indulge:
Let bran and cottage cheese suffice my gastronomic needs,
And lettuce be my ally in the Battle of the Bulge.
To hell with you, ignoble paunch, abhorrent in my sight!
I gaze at your rotundity, and savage is my frown.
I'll rub you and I'll scrub you and I'll drub you day and night,
But by the gods of symmetry I swear I'll get you down.
Your smooth and smug convexity, by heck! I will subdue,
And when you tucker in again with joy will I refulge;
No longer of my toes will you obstruct my downward view...
With might and main I'll fight to gain the Battle of the Bulge.

I confess I had to look up the word "refulge" it means to shine brightly, gleam or radiate. Ed

A Poem About The Benefits of Farmyard Manure

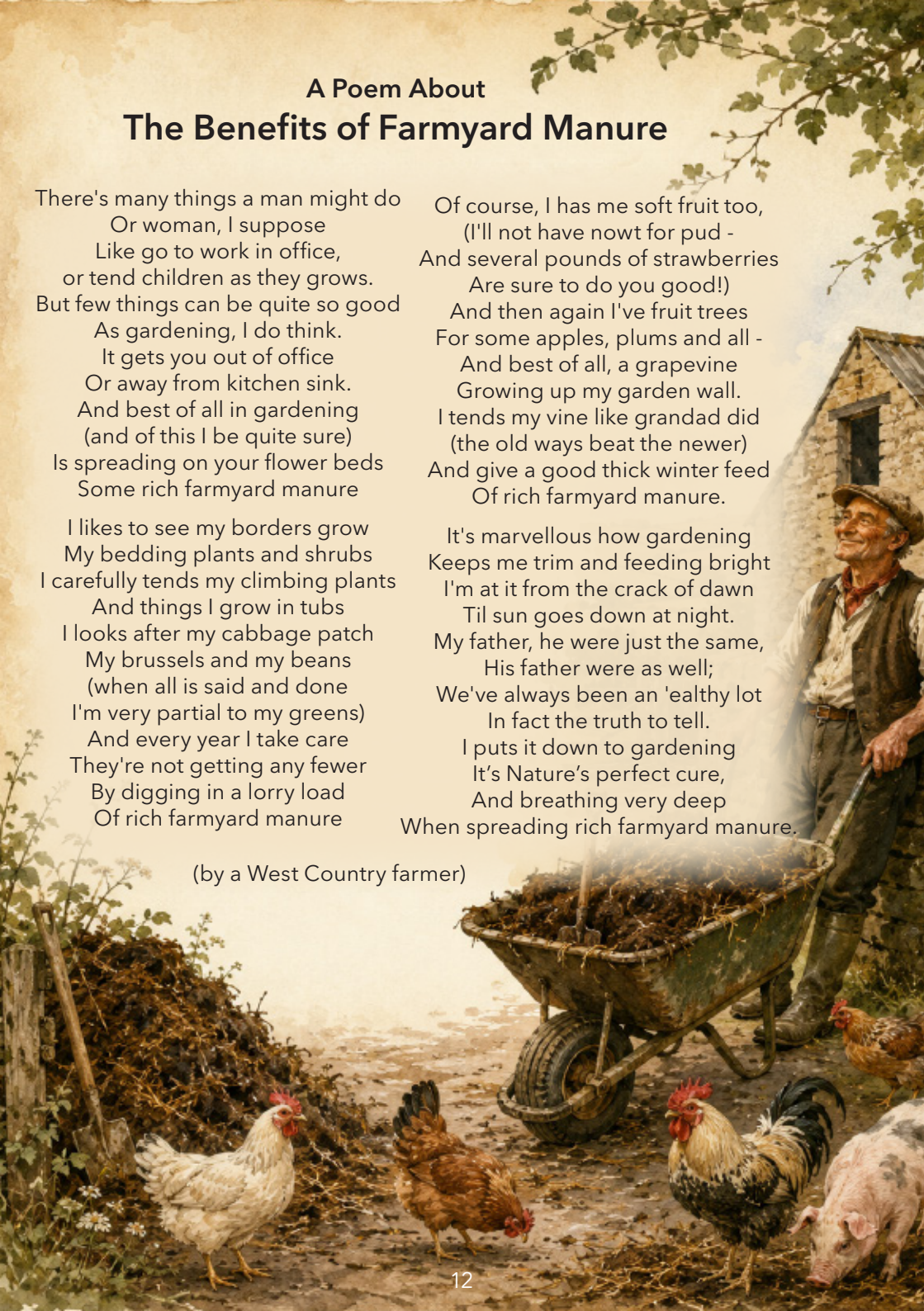
There's many things a man might do
Or woman, I suppose
Like go to work in office,
or tend children as they grows.
But few things can be quite so good
As gardening, I do think.
It gets you out of office
Or away from kitchen sink.
And best of all in gardening
(and of this I be quite sure)
Is spreading on your flower beds
Some rich farmyard manure

I likes to see my borders grow
My bedding plants and shrubs
I carefully tends my climbing plants
And things I grow in tubs
I looks after my cabbage patch
My brussels and my beans
(when all is said and done
I'm very partial to my greens)
And every year I take care
They're not getting any fewer
By digging in a lorry load
Of rich farmyard manure

Of course, I has me soft fruit too,
(I'll not have nowt for pud -
And several pounds of strawberries
Are sure to do you good!)
And then again I've fruit trees
For some apples, plums and all -
And best of all, a grapevine
Growing up my garden wall.
I tends my vine like grandad did
(the old ways beat the newer)
And give a good thick winter feed
Of rich farmyard manure.

It's marvellous how gardening
Keeps me trim and feeding bright
I'm at it from the crack of dawn
Til sun goes down at night.
My father, he were just the same,
His father were as well;
We've always been an 'ealthy lot
In fact the truth to tell.
I puts it down to gardening
It's Nature's perfect cure,
And breathing very deep
When spreading rich farmyard manure.

(by a West Country farmer)





MOFTAG CLUB OF CALPE

celebrates another successful fundraising fayre



"Rain? What rain?"

If the weather on Saturday morning was a test for the ladies of MOFTAG, they passed it with flying colours!

It was the day of their Charity Fayre, a bi-annual event organised by the members to raise funds for various charity organisations based in CALPE. Although the weather was diabolical, with torrential rain, flooded streets, and even a clap or two of thunder, nothing was going to stand in the way of these determined and generous ladies!

MOFTAG (full name Mighty Oaks from Tiny Acorns Grow) has been running these fundraisers for over forty years, one in May and another in November, they have raised tens of thousands of euros in that time.

A recent change of venue to the Plaza Centre in Calpe has worked out very well and, with the wholehearted cooperation of the Plaza's management, the Club is able to take advantage of the larger space....and best of all, it is under cover!

More than ten stalls were set up under the watchful eye of President Jenny Godfrey, who manages to remain calm under all circumstances and by 10am, they were able to welcome their first 'customers' of the day.

The stalls were split between the 'have a go, and win a prize' type to two huge tables, one selling bric a brac, the other, hand sewn household items and soft toys. As ever, the huge raffle, overseen by birthday girl Carol Withers, proved as popular as ever, and Jenny Godfrey expressed the club's grateful thanks to all the local businesses who had so generously donated valuable prizes.

One of the highlights of the morning came when Calpe Mayoress Ana Sala paid a visit



to the Fayre, offering her support, and thanking everyone for their hard work and fundraising, which directly benefits the people of the town.

On this occasion, there were too many volunteers present to be named individually, but all the ladies, supported by a handful of significant others, can be proud of the magnificent result on the day, more than 2500€ being raised to support future projects.

When the members of MOFTAG are not busy fundraising, they enjoy various forms of get togethers, including lunches, coffee mornings and social activities.

If you would like to join this caring group of ladies, give Jenny Godfrey a ring on 639 139 518, or email jennycalpe@gmail.com

She will be delighted to hear from you!

You could even volunteer to help at their next Fayre in November!"



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NIE & Residency

in THE COURTROOM

by Roger Davis.

True Stories from the man who was there!

But how asked the magistrate, did you get so drunk in so short a space of time?

'I got into bad company sir,' said the hapless defendant. '

'You see, there were four of us, I had a bottle of whisky but the other three were teetotallers?'

Mr Justice Graham was noted for his courtesy to defendants. On one occasion at the Old Bailey, he omitted one name from a list of sixteen prisoners who had been found guilty of murder. Informed of this by his Clerk of the Court, he had the convicted man recalled and said, 'I am told that I omitted your name in the list of prisoners to be sentenced. This was quite accidental, and I beg your pardon for the unfortunate error. I can only apologise, and assure you that you will be hanged with the rest.'

The furious young lady pointed out to a railway policeman a young man on the platform who, she said, had tried to accost her. 'Now then sir,' said the policeman to the young man, 'have you been making a nuisance of yourself with this young lady?' 'Oh I hope not,' he said. 'You see I've just come here to meet my flatmate's girl. He couldn't get here so he asked me to meet her - and I've never actually seen her.'

But he did say she was wildly attractive, with peaches and cream skin, divine hair, a dream figure, and eyes that....'

It's alright, officer' said the girl, 'I can see it was a natural mistake for him to make.'



When the jury re-assembled after lunch the judge noticed that there were only eleven of them.

'Where is the other juryman?' he asked.

'Oh he had to go, my Lord,' said the foreman. 'But it's all right. He's left his verdict with me!'

The prisoner in the dock had been found guilty and the judge was about to pronounce sentence.

'You, John James McClusky,' he said, 'have been found guilty of the crime of burglary. You are a professional burglar, and it is my duty....'

'I'm not a professional burglar!' retorted the prisoner.

'I've only done it once before, and I got nicked then as well.'

'I did not mean,' said the judge, 'that you had been very successful in your profession...'

'Have you anything to say before I pronounce sentence?'

'I didn't do it me, me Lord, I didn't! May God strike me dead if I did.'

There was a few seconds pause, and then the judge said: 'Prisoner at the bar, as Providence has not seen fit to interpose in your case, it remains to me to sentence you to six years imprisonment.'



Cowboy Baked Beans

from Lynda

Ingredients

- 1 tbsp olive oil
- 1 small onion chopped finely
- 1 garlic clove peeled and crushed
- 1 teaspoon of smoked paprika, hot or sweet.
(The first time you may wish to reduce this to either a half teaspoon or a quarter)
- 1 x 400g can or jar haricot beans, drained
- 350g passata
- 1 tbsp Worcester sauce
- 2 thin slices of wholegrain bread

Preparation & Cooking Method

1. Heat the oil in a non- stick pan, add the onion and gently fry for 3-4 minutes or until soft.
2. Add the garlic and paprika and cook for a few seconds more, stirring.



3. Tip the beans into a pan and add the passata and Worcester sauce. Season with sea salt and ground black pepper. Bring to a gently simmer and cook for 5 minutes, or until the sauce is thickened, stirring regularly, especially towards the end of the cooking time.

4. Just before the beans are ready, toast the bread and place on two plates. Spoon on the beans and serve.

I can vouch for how delicious these beans are! Ed

Blazing saddles eat your fill!

Quiz Time Answers!

1. Big Toe 2. An Aglet 3. Venus 4. Hot water (due to the Mpemba effect)
5. A flamboyance 6. 93 million miles or 153 million Km. 7. Honey
8. Peridot 9. Cancer, Pisces and Scorpio 10. Sedimentary

I Need my Church

I am part of the church-one of many-but I am one

I need the church for the development of my spiritual life.

I can't be what I need to be without the church.

The church may be human in its organisation, but it is divine in its purpose. That purpose is to point people to God.

Participating in the privileges of the church.

I shall also share in its responsibilities, taking it upon myself to carry my fair share of the load, not grudgingly, but joyfully

If I fail in my responsibilities, the church fails;
if I succeed, the church succeeds.

I shall not wait to be drafted for service in my church.

I shall volunteer, saying "Here am I, send me."

I shall be loyal in my attendance, generous in my gifts,
kind in my criticism, creative in my suggestions,
loving in my attitudes.

I shall give to my church my interest, enthusiasm,
devotion and most of all myself.

ANO

detailCar
TU COCHE TU IMAGEN

Limpieza detallada de vehículos

**PLAZA
CENTRAL CALPE**

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There is no God, the wicked saith,
And truly it's a blessing,
For what he might have done with us
It's better only guessing.

There is no God a youngster thinks,
Or really, if there may be,
He surely didn't mean a man
Always to be a baby.

There is no God, or if there is,
The tradesman thinks, 'twere funny
If he should take it ill in me
To make a little money.

Whether there be, the rich man says,
It matters very little,
For I and mine, thank somebody,
And not in want of victual.

Some others also to themselves
Who scarce so much as doubt it,
Think there is none, when they are well,
And do not think about it.

But country folk who live beneath
The shadow of the steeple,
The parson and the parson's wife,
And mostly married people,
Youths green and happy in first love,
So thankful for illusion,
And men caught out in what the world
Calls guilt, in first confusion,

And almost every one when age,
Disease or sorrow strike him,
Inclines to think there is a God,
Or something very like him.



A Capri In Africa Pt 8

by Bob (Spanners) Sheeley

Sadly, it would seem that the 90 mph run the Capri recently made for the Passport retrieval finished the old girl off.

I went out to the car after breakfast to bring the car around to load up and it run for a few minutes then made a horrible noise and stopped working.



Several other people have had terminal problems with their cars and so there's quite a few in the "White Ford Ranger Car Club"! A Transport Company was organised to come and collect the car and take it to Cape Town to meet up with the shipping agents to take it back home to the UK.

We got a lift to an Airport a couple of hours away to collect our hire car and then on through more stunning countryside to the Oyster Box Hotel in Durban overlooking the Indian Ocean. The Hotel location was stunning and peaceful with just the sound of the waves breaking onto the beach. We both just passed out after dinner.



This was the view from our room at the Oyster Box Hotel.

We then moved onto the Umngazi River Bungalows which are traditionally constructed Lodges where the mouth of the Umngazi River meets the Indian Ocean. Joan was a little under the weather but on our journey to Umngazi we came to a town called Queenstown. I spotted a McDonalds sign. It's amazing what some chips, a coke and a choice burger will do for an Essex girl!!

The river bungalows were stunning and in such a beautiful location. The next couple of days passed in restful bliss.



The next two or three days passed in a flash as we made our way down through South Africa to Cape Town.

Cont. on next page ...

This page is sponsored by Bob and Joan Sheeley

A Capri in Africa Pt. 8 cont. ...

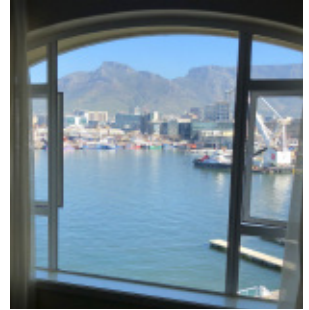


The townships were a sight to see. We would come across one and each time there was no obvious sign why the township was located where it was. Maybe adjacent water?

A mass of shanty houses jostling for space in a few acres. Some had no electricity, but some had been built under high voltage power lines. Where they were built under the power lines hundreds of dangerous and seemingly illegal connections had been made with wires dropping down to the shanties. It was so weird seeing these very basic shelters with satellite dishes on top presumably serving TVs.

We eventually reached the suburbs of Cape Town which is similar to any major city elsewhere. It was clean and tidy with good quality roads.

Our stop for the next couple of nights prior to flying home was in a beautiful hotel overlooking the harbour and water front with Table Top Mountain in the near distance.



*A view from
our room.*

I discovered afterwards that I only got three speeding tickets driving through South Africa which I thought was good going given the distances involved. Worryingly, I never once saw a speed trap. A brilliant but very tiring adventure. We had hoped to do a similar trip in South America but Covid got in the way. Maybe another time.

Celebrate Harvest Festival with us Sunday 4th October



CALPE LA MERCED

Sunday Services 10.30am

We have coffee afterwards at La Merced Camp Site 200m past the church. If you don't wish to attend the service you are still welcome to join us for coffee.

Check the website for details of our monthly lunches.

LA FUSTERA

Sunday Services at 12.15pm in the Ermita de San Josep.

JAVEA

Sunday services at 9.45am at the Emitta on the Jesus de Pobre Road 160, Javea.

GANDIA

Sunday Service at 12.15 midday in the Chapel of the Franciscan Hospice.

DENIA

Sunday Services at 12.00 midday in the Ermita Las Rotas.

ALFAZ DEL PI

Sunday services at 9.30am **Thursday at 11.00am** in the The Comm (formerly The Forum Mare Nostrum) Camino del Pincho 2, 03580 l'Alfás del Pi.

EL CAMPELLO

Sunday Services at 12.00 midday in the Chapel in the grounds of Los Salesianos.

www.costablanca-anglican-chaplaincy.org

A MOUNTAIN CALLED API

By David MB Brown

Part 3

In part 2 we had retreated from the mountain due to the constant avalanches now in part 3 we are back on the mountain.

After a few days the weather cleared and once again we set off up the mountain to establish camp one. This time there were not any avalanches to slow us down and camp one was established in one day.

From here camp two was also quickly established and the team began stock piling supplies at both camps. Cooking gas, food, ropes and all the hardware needed for a technical climb of ten thousand feet at altitude.

While Ric Broad and Lofty Arthy worked

hard putting in the route and the fixed ropes to establish camp three. Andy Simpkins and I spent our days of waking up at one in the morning brewing tea to rehydrate and then setting off in the darkness up the ropes carrying large rucksacks stuffed full of the gear that they needed to keep the lead climbers going. Setting off in the dark meant that the snow and loose rock were well and truly still frozen solid. Once the sun was up and had warmed things, loose rocks would come hurling down like artillery shells, to kill anyone in the line of fire.

The climbing from camp two was becoming increasingly more difficult. After a particularly arduous and long rock traverse and a monster two hundred and fifty foot rock tower, to overcome Ric and Lofty manage to establish camp three.



The long hard ice slide leading to the assault camp.

(Cont. on next page...)

(A Mountain called API cont...)

Then they retreated to base camp for a rest. Now it was Andy and myself turn to take the lead. Our first morning at camp three was not pleasant. Freezing mist had us struggling to understand where we were going and even which way was up. The mist was so thick we had to make snow balls and toss them to understand which way was up or down. After a struggle we followed the ropes back to the tent. The twenty days Andy and I had spent load carrying up and down the fixed ropes had given us a thirst to be in the lead. But now we were in the lead the conditions were far from pleasant.



Ed leading the tricky ice pitch.

API was guarding her virgin south face with the weather. However after a few day we had manage to find a way through the hanging ice walls and an impressively long steep ice slope to establish a camp from where an attempt could be made for the summit.

Now it was a push to get Meryon and Lofty into the assault camp. They had to ascend some nine thousand feet of fixed rope to get into the assault camp. The technical difficulties overcome so far had taken a lot of the expedition's time. Climbing to establish camp four was not easy. On the finally day of establishing it the weather turned bad. Not a good sign for the summit pair.



Tough ice climbing at 20,000 feet.

Before I tell you about that perhaps I should explain about carrying loads to each camp. I have already said that we started in the dark. With the heavy rucksack firmly on our backs we would attach Jumars to the rope and then to our harness. Jumars are a clamp that fixes onto the rope and when you put your weight onto the clamp it locks onto the rope. Using two you can slide one up the rope while you have your weight on the other one. This way you can ascend vertical rock faces and steep slopes carrying very heavy loads.



The head wall to the summit, scary!

(Cont. on the next page...)

(A Mountain called API cont...)

Sounds easy?

Well it can come with problems. Before you can slide the Jumar up you have to make sure there isn't any snow on the rope to clog up the clamp. Also when the sun melts the snow on the ropes the rope can freeze to the rock when the sun sets.

It all makes for exhausting work when the air is already thin and the lungs and heart are working overtime to get oxygenated blood to the muscles.

The camp three site was spectacular but not a place to get careless. A slip and you had a ten thousand foot flight to the valley floor.



Hard rock climbing on the first tower.



The airy traverse. climbing to camp 3



Ed forcing the route up the tough ice wall.



In part 4 "The summit is in sight but still far away."



THE LIONS INTERNATIONAL CLUB OF CALPE & BENISSA

The Calpe and Benissa Lions had yet another very successful Fashion Show at the wonderful el Toro restaurant.

A delicious lunch was followed by a display of wonderful second hand designer clothes, that were kindly donated to the shop.

Over 1,000€ was raised at the event for the Lions charity fund. June sees the end of the Lions financial year, and we are proud to say that we have donated over 25,000€ to local causes, such as the Maite Boronat Centre, Calpe, for disabled adults and the Gargasindi school for disabled children in Benissa, and also victims of the Valencian floods.

The quotas we pay as members goes in part to the Lions International Charity Foundation. We are also proud to announce that the International Foundation has donated 500,000€ to projects presented by Lions members to rebuild the area of Valencia affected by the terrible floods.

As this goes to print the Lions Foundation has donated from our emergency fund 200,000\$ to the Lions relief fund for earthquake victims in Venezuela, and our Club has sent 500€ worth of goods in a container by sea which has been organised by Benidorm Lions Club.

If you would like to know more about our Club and what we do, if you would like to join Calpe Benissa Lions, or if you would like to be a volunteer in our charity shop, which can be found on 15, Calle Pintor Sorolla in Calpe, please call Carole on 639 637 520, or email cslcalpe@gmail.com

AFPO-Association of Foreign Property Owners

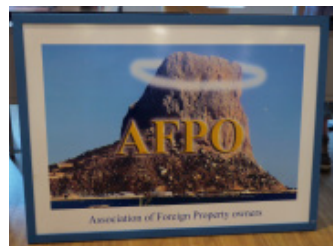
A well attended meeting was held in May in the Tennis Club. The President, Carole Saunders, gave a talk on what help is available from the local authorities, and the Valencian Government if you become too infirm to look after yourself. Help also can be obtained from the British Government.

All this information can be obtained from the **AFPO website www.afpo.com**

The photograph shows some of our interpreters from our hard working multi lingual team who are present at the Centro de Salud every week day from 9.00 to 12.00hrs, and are there to offer help when talking to your Doctor. They meet for an informal meeting on a regular basis followed by an enjoyable meeting.

If you would like to book the help of an AFPO Interpreter, you can go to their desk at the Centro de Salud, Calpe or call Noel on 620 687 633

For more information about AFPO please go to the website www.afpo.com





What's happening in a church near you?

www.costablanca-anglican-chaplaincy.es

CALPE LA MERCED

Sunday Services at 10.30am

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in the Ermita de San Josep.

JAVEA

Sunday services at 9.45am

at the Emita on the Jesus de Pobre Road 160, Javea.

DENIA

Sunday Services at midday

in the Ermita Las Rotas.

Useful Organisations

MOFTAG Calpe : Jenny 639 139 518

HELP of Marina Alta : 634 345 014

Lynwen's Nurses : Jayne 634 345 685

Widows & Widowers Orba : Julie 639 176 812

Guardian Angels: 601 53 96 07

AFPO: Carol 639 637 520

GANDIA

Sunday Service at 12:15pm

in the Chapel of the Franciscan Hospice.

ALFAZ DEL PI

Sunday services at 9.30am

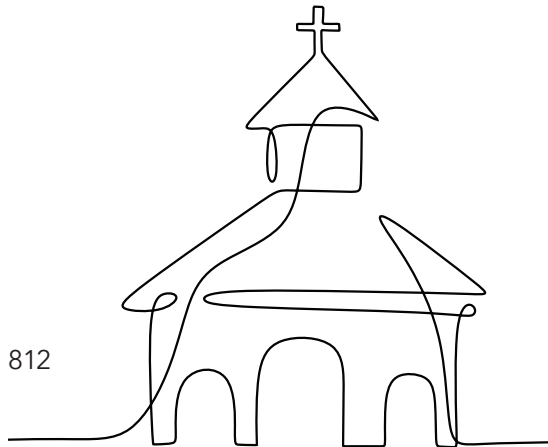
Thursday at 11am

Albir Forum Mare Nostrum
(now known as The Comm)
Camino del Pincho 2,
03580, l'Alfás del Pi.

EL CAMPELLO

Sunday Services at midday

in the Chapel in the grounds of Los Salesianos.



Welcome to our service



THE CHURCH OF ENGLAND



Alfaz del Pi and Albir
Forum del Nostrum
(Now known as The Comm)
Camino del Pincho 2,
Alfaz del Pi, 03580, Alicante
Service times: Sunday 9.30
Thursday 11.00



Jávea
Ctra. de Jesus Pobre, 160
03737 Jávea, Alicante
Service times: Sunday 9.45
(9.30 July to September 11)
Wednesday 10.30



EL Campello
Carrer Bernat Metge, 3
03560 El Campello, Alicante
Service times: Sunday 12.00



La Fustera
Avinguda Fustera, 33-39
03720 Benissa, Alicante
Service times: Sunday 12.15



Calpe
Parroquia Nuestra Señora
de la Merced
Av. Jaime I El Conqueridor /
Av. de la Merced, 2
03710 Calpe, Alicante
Service times: Sunday 10.30



Dénia
Ctra. Provincial del Barranc
del Monyo, 39
03700 Dénia, Alicante
Service times: Sunday 12.00



Gandia
The Chapel of the Franciscan
Hospice, CV 686, 671.
07600, Palma de Gandia
Service times: Sunday 12.15

"Love must be sincere. Hate what is evil; cling to what is good." Romans 12:9
"Hatred stirs up strife, but love covers all sins." Proverbs 10:12

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