

PEOPLE I REVIEWS I WHAT'S ON I LOCAL INTERESTS



The Rock is the quarterly magazine of the Costa Blanca Anglican Chaplaincy. For the people about the people whoever you are!

Message from the Editor

Welcome to issue 9 of The Rock. In this issue you will see Walter is back after his new year's holiday and two new items "Remembering" and "Bible stories". Plenty of Church humour plus the quiz which I'm told is gaining in popularity so I've made it a little tougher.

Easter now has past and we enter the time of holidays and the influx of tourists to enjoy the wonderful Costa Blanca with those of us who are lucky enough to live here all year round.

With all the war and mayhem going on in the world I often think what would Jesus say to us if he turned up tomorrow? I simply don't know but I'm sure he would give me the answers if he did. Maybe he already has told me but I'm too wrapped up in my own life I and cannot hear him.

All I know is that I have to try to act in a Christian manner to all. Give when I can, not just money but comfort and time. Such important things to people when they are in a bad way for whatever reason.

On the Costa Blanca we have many wonderful organisations that help. Some you can read about in this issue. But the greatest comfort of all is accepting Jesus into your life and praising him for the comfort and strength that he gives.

So why not join us at any of our places of worship on the Costa Blanca and experience something that will change your life forever.

Best wishes,





"Even when you are at the top there is still a long way to go!"



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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You can sponsor a page or story in The Rock for 25€. Your name will be printed on the bottom of the page. Just contact the editor on davidwarblers@gmail.com

We can help you with Christenings, Wedding Blessings and Funerals. Contact Father Paul Dean on 711061864 or frpaulddean@gmail.com



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Living Water adopt-a-child

While Lynda and I were having another session of downsizing, that is trying to get rid of old paperwork, books and clothes that no longer fit, we came across a letter from Estefany Paola Alejandra Torres Rojas.

Estefany lives with her mother, siblings and stepfather in Guatemala, a poor Central American country. Their breeze block and tin roof house has two room for the whole family. Guatemala suffered thirty years of civil war which finished in 1996. Since then it has struggled to raise the standard of living for its people.



Most of the economy is based on coffee, sugar and banana exports. In recent times the exporting of flowers to richer countries has become another enterprise to increase the standard of living.

Estefany's mother works long hours in a poinsettia nursery to help feed the family while her stepfather works as a mason. Estefany has no idea what happened to her biological father or why he left them.

Estefany's dream is to become a veterinarian.

Lynda and her late husband John sponsored Estefany through Living Water- Adopt a Child to help her attend school, have basic health care, clothes and enough to eat until she was sixteen when the society stop the funding as they are now considered to be adults.

The last sentence in her letter asked that we pray for her and her family for good health! Finishing with 'God bless you!'

For some reason that last sentence brought me close to tears and I stopped reading and said a prayer, not just for her but for everyone in countries too poor to provide what we take for granted in our own country.

Living Waters Adopt-a-Child sponsorship programme was founded in 1980 and is a global non-profit, Christ-centred ministry with offices in the US, UK, Canada and Germany.

Ed

Walter - Another Day Another Disaster

by Carole Anne Baggaley

It's midweek and the Parents have been busy with the builders. The house is in a bit of a mess at the moment. Mom has chosen a new kitchen but it won't be installed until the end of October. So does that mean they won't be able to cook? Will dad have to spend money eating out? I heard Mom say that that was a good idea.

I've been helping Mom choose tiles. I went with her to the tile shop and do you know the ones I liked the best Mom liked too. I have such good taste.

This morning my friend Henry the Great Dane came by our gate. He told me how angry his Dad had been with him about the incident with my sister Scarlet in the big tent at the county fair. When he got home he was sent onto the naughty bed and didn't get any supper.

I gave him the hot line number for the RSPCA, and told him to complain.

After lunch the parents decided a nice walk would be a good idea after all their hard work in the house. It was rather a dull grey day but perfect for walking. Dad was in charge of Scarlet and I walked very nicely with Mom. We took the path towards Chase Woods the home of that pesky fox. Dad was ahead of us and I saw him stop and let Scarlet off her lead. Oops! I thought, this could end in another one of her famous disasters.

Suddenly I saw out of the corner of my eye something moving very quickly into the woods. Scarlet saw the movement to and she took off like a bullet out of a gun. I knew straight away it was a deer. Dad ran after her shouting "Scarlet! Scarlet"! Of course she took no notice. Mom and I stood rooted to the ground and I heard Mom mutter something about "will he never learn!"

After a while Dad came back out of the woods. He looked a mess. His face was bright red, he had torn his trousers. His jacket was covered in mud and he was pulling leaves and twigs from his hair. "Couldn't catch her!" He said panting and looking shamed face in front of Mom. Then he slumped to the ground exhausted. I rallied Dad by giving him big slobbering kisses and finally he got up. We waited and waited but Scarlet didn't come back. "Great" I thought that means more food for me and I don't have to share my bed with her!

The parents decided we should return home and call the RSPCA for help. I didn't think that was a good idea.

On arriving home who do you think we found lying at the gate? Yes, it was that pesky Scarlet! She was covered in mud and looking very pleased with herself. I thought that smug look will soon disappear when Dad gives her the biggest scolding of her life.

Was I wrong? Dad hug her and told her how worried he was for his darling girl and how would give her a special treat for supper! Yuk! Well I just had to sit down in amazement. It's obvious to me that being a total rebel pays. To top it all as she walked past me she gave me one of her smug looks.

Oh well at least I got a pat from Mom and some special gravy on my food. Now I'll just settle down by the fire and have a good sleep. Night, night all!



The U in Jesus

Before U were thought of or time had begun,
God stuck U in the name of His Son.
And each time U pray, you'll see its true,
You can't spell out JesUs and not include U.
You're a pretty big part of His wonderful name,
For U, He was born; that's why He came.
And His great love for U is the reason he died.
It even takes U to spell crucified.
Isn't it thrilling and splendidly grand
He rose from the dead, with U in His plan?
The stones spilt away, the gold trumpet blew,
And this word resurrection is spelled with a U.
When JesUs left earth at His upward ascension,
He felt there was one thing He just had to mention.

"Go into the world and tell them it's true That I love them all- just like I love U."

So many great people are spelled with a U, Don't they have a right to know JesUs too?

It all depends now on what U will do, He'd like them to know, But it all starts with U.

The Costa Blanca Anglican Chaplaincy Calpe

and The Orba Warblers Golf Society

supporting the

Franciscan Hospice, Palma de Gandia.



From the Exeter Diocesan Newsletter

by The Right Revd Nick McKinnel, Bishop of Plymouth

When you are having a grumble, consider gratitude.

(Slightly shortened from the original by Ed I'm sure the Bishop will forgive me)

There's an old Australian joke that when a plane load of Brits arrives at Sydney airport and the pilot switches off the engines, the whining doesn't stop! Maybe moaning and whinging is a peculiarly English disease.

Church life give its own opportunities for a good grumble: baseball hats in church, music that's too loud, slow or modern. Young people using mobile phones during the services, clergy who... yes we won't go there.

On one level we enjoy a good grumble, but we need to remember that complaining and moaning was the besetting sin of the people of Israel during the wilderness wanderings, to the extent that the generation concerned missed out on the Promised Land. They complained about the food, the water, the hardship, the leadership, even God himself.

The New Testament church cannot have been much better. James had to write, "Do not grumble against one another, brothers and sisters, so that so that you may not be judged." (James 5:9)

And Paul had to tell the Philippians to "do all things without grumbling." (Philippians 2:14) The answer to grumbling? Gratitude. A fresh appreciation of goodness and generosity of God as we experience Him in creation and in Jesus Christ.

In the words of George Herbert:

Thou who has given so much to me Give one thing more, a grateful heart, For Christ's sake.



Church Humour

A man goes to a psychiatrist and says,
"Doctor, please help me, I think I'm a dog."

The psychiatrist replies, "Hop on the couch and we'll talk about it."

The man replies, "I can't, I'm not allowed on the couch."



IF (anon)

If you can start the day without caffeine and pep pills,
If you can be cheerful ignoring aches and pains,
If you can resist complaining and boring people with your troubles.
If you can eat the same food each day and be grateful for it,
If you can understand when loved ones are too busy to give you time,
If you can overlook when people take things out on you when

Through no fault of yours, when something goes wrong.
If you can take criticism and blame without resentment,
If you can face the world without lies and deceit.
If you can conquer tension without medical help.
If you can relax without liquor,
If you can sleep without the aid of drugs.

Then you are probably the family dog!

Friends

Friends are the fruitcake of our lives.

Some are nutty, some soaked in alcohol,
Some are firm, some are sweet.
But altogether,
They are great to have in your life.
Ano.

A man goes to a Doctor's surgery with a cucumber in his left ear, a carrot in his right ear and a banana up his nose. "What's wrong with me doctor?" the frantic man asks. "That's simple, " says the doctor. "You're not eating properly:"

Don't walk a mile in my shoes; that's boring. Spend a minute in my head; that'll really freak you out!

Sometimes someone unexpected comes into your life, makes your heart race and changes you forever; we call those people "cops".

When you ask whether I'm doing anything today and I say "nothing," it does not mean I'm free. It means that I'm doing nothing!

Why are soldiers so tired on

the first of April?

Because they have just had a

thirty one day March.

God promised to provide good, honest obedient wives in all corners of the world and then he made it Round!

ORBA WARBLERS GOLF SOCIETY

The Orba Warblers Golf Society is one of the most active societies on the Costa Blanca, visiting over 15 golf courses each year, many of them multiple times. From Alicante to Valencia, this ensures a wide variety of experiences from remote arid mountain courses, lush green fairways and valleys, through to city centre, urbanized courses. Designed by such golfing superstars as Jose Maria Olazabal, Seve Ballesteros, Jack Nicklaus and many others, they offer a terrific challenge for all levels of golfers.

The Warblers, currently about 70 of us in total, and founded in the mid 1990s have members from 3 handicap up to 36 handicap. Around an average of 25 members play each week. Our group consists of working and retired residents, as well as visiting "Swallows", all from the UK, Spain and other EU regions, and the USA.

On matchdays, which is every wednesday, we all meet up together in a merry mixture, sharing cars, travel, company and costs. However well or poorly we play, the clubhouse and friends await us at the end of the round.

Throughout the year we play individual stablefords, medals, scrambles, pairs and team competitions and compete for around 20 trophies and honours. 2025 sees us having a spring "holiday", during may, at the La Manga Golf and Holiday resort near Torrevieja.







If you are interested in playing golf, as and when you want, without joining a club which has extortionate debentures, joining and annual fees, then get in touch with us. For further information contact us via our website below, or email

https://orba-warblers.golf-club.website facebook: Orba Warblers Golf Society (Official). Julian Leckie: julianleck@aol.com



This page is sponsored by Orba Warblers

By J. Elaine Mitchell

I was prompted to write this while I was working on Albir Easter Newsletter. I was looking for inspiration in my old (very old 1957) hymn book. This beautiful hymn is not in our hymn book - Hymns Old & New. It is not in my Congregational Praise nor my Christian Hymnary. Neither is it in Ancient and Modern nor to the other extreme Mission Praise. However, I found it hand written, in my early teens, it in the back of my old Christian Hymnary. It was written by Brother William and I believe the music could possibly be in Youth Praise. So here it is:-

Can it be true, the things they say of You? You walked this earth, sharing with friends You knew All that they had, the work, the joy, the pain That we might find the way to heaven again.

And day by day, You still return this way But we recall, there was a debt to pay Out of Your love for your won-world above You left that Holy place, Your endless love to prove

Can it be true, the things they did to You? The death, the shame, and were Your friends so few Yet You returned again alive and free Can it be true, my Lord? It had to be.

I think it must have been a hymn we sung with our Church guitar group "Profile" way back in the 60's. This prompted me to look out my ancient file - well, I was singing my heart out as I reminisced. Time I didn't really have passed very quickly.

I wrote about the Organs in my Life in Issue 3 and I still love Pipe Organs Music, I have a Pipe organ selection on my electric piano and sometimes belt out some Bach. As you know, music has been part of my life, I would say, all my life. I always have music playing in the background. When I'm driving anywhere, I have three pen drives, one is Elaine's music, one is my late husband Geoff's music and the third is Bach Choral works.

My music is when I feel light hearted, driving and want to sing along with Shania Twain, Emmy Lou Harris and Mark Knopfler or Katie Melua. I play Geoff's music if I have passenger and can have it quietly. I also do enjoy sitting in silence but I also enjoy sitting down and listening to music. Because music has the ability to stir up emotions within us. When I am having a difficult time, there are certain songs I'll turn on to calm my emotions. When I am feeling low, especially since my husband passed away, spreading his love on Valentines day 2023, I sit and play the piano – usually Haydn or Bach. Certain music for certain moods. Music can calm us down, cheer us up, make us smile, make us sing. Music is tied to certain memories. Music does have the ability to spark certain areas of our brains. Singing in our Worship is important – bringing music and the scripture together. Music has a terrific power to bring out our emotions and also to tug on our hearts. Music coupled with the Word of God leads us to surrender our hearts to Him for His glory.

This page is sponsored by Bob and Joan Sheeley







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QUIZ TIME!



- What does HTTP stand for?
- 3. Who is known as the Father of Modern Physics?
- 4. Which Mountain Range is the longest (above sea level)?
- 5. What is the chemical symbol for silver?
- 6. Who painted "The Persistence of Memory?
- 7. Which state did Barack Obama serve as senator?
- 8. What is the largest island in the world?
- 9. Who was the first woman to win a Nobel Prize in 1903?
- 10. Not counting the sun, which is the hottest planet in our solar system?
- 11. Which planet has the most/strongest gravity?
- 12. How many films did Sean Connery play James Bond in?
- 13. Which company owns Bugatti, Lambrghini, Audi, Porsche and Ducati?
- 14. How many parts including bolts and screws are there in an average car?
- 15. What year was the very first Wimbledon Championship held?

Answers: Seek and you shall find!



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

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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.

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www.justgiving.com/diocese-ineurope



Here is some news: In 2026 we will have some new Euro banknotes. The European Central Bank (ECB) has announced a full redesign (why? I ask myself), well the answer is they want to make them more interesting, so they will feature birds, rivers, and waterfalls. There are two new themes, one is focusing on nature and the other on culture. We will see Marie Curie, Maria Callas and Leonardo de Vinci on some denominations. The old notes will be phased out gradually.

As you will all already know, we have a new pope. The first American Pope in history, born in Chicago. Robert Francis Prevost has been elected he will be known as Pope Leo XIV. He spent decades working as a missionary in Peru. His first words from the balcony were "Peace be with all of you!" Also the VE Day celebrations. Quite staggering as we saw interviews with veterans over 100. It was celebrated in true British fashion. Colourful and happy. For some reason, I was thinking about the Lake District. I have family there, cousins. As a child we used to go on holiday to their farm (smelly pig farm!). My sister Sue and I had great fun playing in the hay barn making very daring jumps from great heights!!! The farm was in a village called Urswick, in Ulverstone. On Sundays we went with our parents and the cousins to the "Tin Tabernacle" in the

village for the church service. Lactually

can't remember a single thing about the services - we had colouring books and crayons so maybe I wasn't even listening to anything (whoops!). Geoff and I had several wonderful holidays in the Lake District with our own girls, we walked miles with them in back carriers. Happy days. Well, many people, like us, visit Coniston, formerly the Lakeland home of John Ruskin. (1819-1900) We have explored the village church, the museum and went to Brantwood, where Ruskin lived for the latter part of his life. However, much as he loved the countryside and the Lake District, he spent much of his life in the industrial north, in the then grim towns and cities. His main objective was to encourage ordinary people to use their God-given talents - even to discover who they truly were in the first place. John Ruskin firmly believed this adage: "In every person that comes near you, look for what is good and strong, honour that; rejoice in it, and as you can imitate it." He excelled in many fields, a writer, lecturer, art historian, art critic, draughtsman and philanthropist of the Victorian era. He wrote on subjects as varied as art, architecture, political economy, education, geology, ornithology, botany, literature, history, and myth. His writing styles and literary forms were equally varied. He wrote essays, poetry and lectures, travel guides and manuals, letters and even a fairy tale. He also made detailed sketches and paintings of rocks, plants, birds, landscapes, architectural structures and ornamentation. Quite an inspiration.

Ben asked Bill how his day had been walking in the hills Bill responded "it had its ups and downs" Bill told Ben that he didn't keep the rock he found while walking in Cumbria, Ben said "I don't suppose it was sedimental"

Good morning continues on page 13

Good morning continued from page 12

I was reading an article where someone was shopping and decided to buy her husband, Mark, a colourful pot plant because he'd been under pressure at work. On the same day Mark was on his way home from work and passed a florist and thought Mary, his wife, had had an anxious time recently with an old aunt being ill so he bought her a bunch of colourful flowers. So, two loving minds but with one single thought. No wonder they happily laughed together. A few years ago Geoff and I visited the Falkland Islands. It was actually our wedding anniversary but we split up that day. Geoff wanted to explore the town Stanley and I wanted to go on a trip to see the Gentoo penguins (across mine fields in a jeep in torrential freezing rain!). Geoff was back on the ship a long while before me and I still had time to walk through the town. I visited the most southerly Anglican Cathedral in the world, the iconic Christ Church Cathedral - fronted by a whale bone arch. This historic building features a tower with a ring of five bells, 19th and 20th-century stained glass windows and a two-manual pipe organ built in Ireland. In addition, there are also locally-stitched needlepoint hassocks with scenes relating to the church and life on the Islands. I then went into the post office and in the gift shop, I treated myself to a mug with penguins on. When I joined Geoff back in the cabin, he handed me a package - a mug with penguins on different to the one I purchased - I treasure those, but what a coincidence - again, two loving minds with one single thought. Oh, the difference is I didn't buy him anything! Ben asked Bill "What do you call a hundred penguins at the North Pole?" Bill thought about it but Ben had to tell him "Very lost, because penguins live in the Southern

Hemisphere". Then Bill started laughing and said to Ben "What's black and white and goes round and round?" He had made that up and had to tell Ben, "A penguin in a revolving door". The other day Ben had been to the pictures in the lovely Little Cine Roma in Alfaz, he noticed what he thought was a penguin sitting next to him. "Are you a penguin?" he asked, surprised. "Yes," says the penguin". Ben asked him what he was doing at the pictures. "Well," replied the penguin, "I really liked the book."

Spain is working towards a Biometric future. Paying with your face or fingerprint could soon be the new normal. Banks and major retailers and farmacias are preparing to roll this out in 2026, this means no more cards or phone needed. You would have to register your fingerprint, face or iris with the bank. No internet connection needed and no PIN to remember. This will be a safer method because the Biometric data is unique.

HOPE...where would we be without hope? Samuel Johnson said that it was "the chief happiness which this world affords." Martin Luther said, "Everything that is done in the world is done by hope." There is also an old proverb that calls it "the poor man's breakfast." I was thinking about that - there is truth in that because is costs nothing and keeps our spirits high when we might be going through dark days. Long, long live hope!

Everyone might have a bad day from time to time, for whatever reason. Don't give up; pause, rest and reset. Restart but never quit. Always pick yourself up and keep going. Nothing is impossible: because the dream of yesterday is the hope of today and the reality of tomorrow.

Best regards Elaine



Spring has been filled with so many beautiful and hopeful moments; our chaplaincy Lent programme, Mothering Sunday, Palm Sunday, Holy Week and Easter.

Even in difficult times such as sickness and grief our chaplaincy congregation band together in support of one another. This is a sign of a healthy vibrant church community.

Our Sunday morning worship is centred on the Eucharist. This is who we are as a worshipping community, and all are welcome.

It has been said, "if you want to know what we believe, come and watch us at worship." In saying that, worship does not just simply happen. It takes a committed team of volunteers in each worship centre to make worship beautiful and holy.

So, to all who prepare our worship space, play and plan the music, serve at the altar, read lessons, offer the prayers of the people, provide refreshments and offer the ministry of hospitality, may I offer my sincere thanks.

The church is all the people of God and liturgy is the work of the people. As you look forward to the days of summer, may I encourage each of you to recommit to regular worship. Even if you are on vacation, worship is still an important part of life.

I know that some of our church family will be traveling over the next few weeks, some will be heading to the UK to visit family and friends and possibly escape the heat of the Spanish summer. There will be others coming to the Costa Blanca to take advantage of the Spanish sun.

Whatever your plans may be I take this opportunity to wish you safe travels. If you are visiting the Cosa Blanca, it would be a delight to welcome you to any of our worship centres.

All good wishes

Fr. Paul

Lead Chaplain, Costa Blanca.







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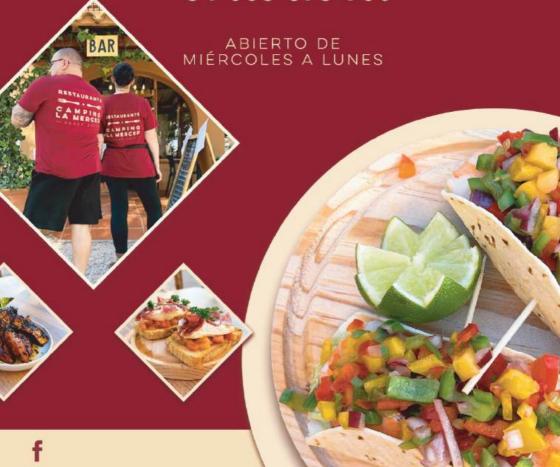


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Lazy Leg of Lamb from Diana



Ingredients

Leg or shoulder of lamb.

Table spoon of fresh thyme.

Grated zest of one lemon.

Olive oil.

Table spoon of finely chopped fresh rosemary.

4 cloves of garlic grated.

Pepper and salt.

4 cloves of garlic cut into slivers.



Preparation method

The day before cooking:

Prepare the meat:

Remove any extraneous fat from the lamb and pat meat dry.

With the tip of a sharp knife poke holes all over the lamb.

Then insert the slivers of garlic.

Mix together all the other ingredients and thoroughly rub all over the meat.

Place the lamb into a roasting tin large enough to allow it to lie flat.

Cover with cling film and refrigerate overnight.

Cooking method

To cook:

Add 2 large onions, quartered.

3 sprigs rosemary.

3 dried or 5 fresh Bay leaves.

1 lemon quartered.

500ml of chicken stock.

10 sprigs Thyme. 4 cloves of garlic.

125ml lemon juice. 375ml White wine or chicken stock.

Cook in a hot oven until tender.

Enjoy





We speak English



Wir sprechen Deutsch



Wij spreken Nederlands



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Questions and Answers on TV shows.

Brains of Britain

University Challenge BBC2

Jeremy Paxman: Q. What is another name for "Cherry Pickers and Cheesemongers"?

Contestant: A. Homosexuals.

Jeremy: No! They are regiments in the British Army who will be very upset with you.

GWR FM (Bristol)

Presenter: Q. What happened in Dallas on

November 22, 1963?

Contestant: A. I don't know I wasn't

watching then.

Richard and Judy Show

Richard: Q. On which street did Sherlock

Holmes live?

Contestant: ER...

Richard: He makes bread.

Contestant, Er...

Richard: He makes cakes.

Contestant: Kipling Street!

Phil Woods Show (BBC Radio Manchester)

Phil: Q. What is 11 squared?

Contestant: I don't know.

Phil: I'll give you a clue. It's two ones with a

two in the middle.

Contestant: Is it five?

Beacon Radio (Wolverhampton)

DJ Mark: Q. For ten points, what is the nationality of the Pope?

Ruth from Rowley Regis: A. I think I know that one... Is it Jewish?

More courtroom Funnies from Roger Davis.

Lady writing regarding non-payment of fines..... "I am a separated woman and find it difficult to make ends meet!"

Going through the traffic lights on red.....

"I was not paying attention as I was taking my driving test at the time!"

A written plea of Guilty, seemed equivocal so the court wrote back to check it out and received the following letter... "I did think I was guilty but if you say I am not then perhaps I'm not. I think I might have been which is why I want to plead guilty in case I am!"

Domestic court case.....Chairman to court clerk... "I never slept with my wife before marriage, did you Mr Clerk?"

Clerk... "I don't know sir. What was her maiden name?"

Careless driving case...... "I knocked the man over. He admitted it was his fault as he had been knocked over before!"

Another one... "I collided with a stationary bus coming in the opposite direction!"

Think about your words before speaking..... Prosecutor..."I object to him having bail your Worships. He's committed suicide twice previously!"



Bees and Ho<u>ne</u>y

Did you know?

A spoonful of honey is enough to keep a person alive for 24 hours? One of the first coins in the world had the symbol of a bee?

Honey contains live enzymes?

In contact with a metal spoon, these enzymes die?

The best way to eat honey is with a wooden spoon; if you can't find one, use a plastic spoon.

Honey contains a substance that helps the brain function better?

Honey is one of the few foods on earth that alone can sustain human life?

Bees saved people from hunger in Africa?

Propolis produced by bees is one of the most powerful natural antibiotics?

Honey has no expiration date?

The bodies of the world's greatest emperors were buried in coffins of gold and then covered in honey to prevent rotting?

The term "honeymoon" comes from the fact that grooms used to consume honey for fertility after marriage?

A bee lives less than 40 days, visits at least 1000 flowers and produces less than a teaspoon of honey, but for her it's a lifetime's work.

Thank you precious bees..!



A Bright Future?

By Andrew Dawson Age 12.

Twinkle, Twinkle, little earth, How I wonder what your worth. Chopping forests by the score, Soon we won't have any more.

Twinkle, Twinkle, planet fair, What is happening in your air? Acid rain and airborne lead, Pretty soon we'll all be dead.

Twinkle, Twinkle, on the sea, Floating oil and foul debris. Sewage floating by the shore, Killing bathers by the score.

Twinkle, Twinkle, planet blue, Animals are going too, Chemicals and pesticides, Causing deaths and suicides.

Twinkle, Twinkle, disco star, Getting noisier by the bar, Concorde roar and jumbo jet, And it's getting noisier yet!

Twinkle, Twinkle, earthly light, Glowing brightly in the night. Caesium, plutonium, Radon and uranium.

Twinkle, Twinkle, in the sky, Watch the cruising missiles fly. Fire a Laser, drop a bomb, Now all the pollutions gone!

Remembering

I was driving on the A7 the other day when suddenly I started remembering things from my very early childhood. Now I'm sure there is someone out there that will analyse that and tell me I'm going bonkers but don't worry I've always been completely nuts.

The thoughts that came into my head was of me as a small child riding on the seat fixed to the cross bar of my father's bike. And then stopping at the little sweet shop owned by one of the twins and getting a penny ice lolly. So it must have been summer time. The twins were identical men about, I quess in their thirties. They both had exactly the same type of sweet shops not two hundred yards apart on East Road Cambridge which bordered the slum area known as the Kite. An area with rows of Victorian two up and two down houses. Toilet at the bottom of the small yard and a scullery at the back. There was no hot water system or heating except a small coal fire. That was where I was





dragged up. I also remember playing in the alley's that separated the rows of houses with my friend Terry. Like me he joined the army at fifteen but he was smart and joined the Royal Electrical and Mechanical Engineers.

On Sunday at lunch time I remember going with my older sister, Susan, to the small Off Licence with a jug and getting it filled with shandy. This we took home and it was consumed with our Sunday lunch and was considered a real treat. Strangely as those thoughts faded I also remember being cold and hungry most of the time. I sure I wasn't but it did come as a shock when I joined the army and discovered that there was three cooked meals a day!

If you have any memories you would like to share then send them to the Ed by email:

davidwarblers@gmail.com

2007 Z. Hyper Text Transfer Protocol. 3. Albert Einstein. 4. The Andes
 5. Ag. 6. Salvador Dali. 7. Illinois. 8. Greenland. 9. Marie Curie. 10. Venus.
 11. Jupiter. 12. 7. 13. Volkswagen. 14. 30,000. 15. 1877.

Quiz Time Answers!



AFPO, the Association of Foreign Property Owners, has worked tirelessly over the last 30 years to help people living on the Costa Blanca with their problems with their new lives in Spain. We have a comprehensive website,

www.afpocalpe.com

which gives a daily up-date on local and National Spanish news.

Our most important work at the moment is helping translate at the Calpe Centro de Salud. We have informative meetings three times a year. Our international team of volunteers help many nationalities with translating at their consultations with their Doctors

AFPO - The Foreign **Property Owners** Association

You do not have to be a member of AFPO to receive the help of the AFPO translators, this is a service we offer to the community of Calpe.

The Translators are at the Centro de Salud in Calpe every week day, from 9am until 12.00pm.

If you would like the help of a volunteer, or indeed offer your help as a translator please call Noel Lawrence on 620 687 633 for more information

For any other enquires call Carole Saunders on 639 637 520 or write to the association through the website.

www.afpocalpe.com

The next General Meeting will at 10am for 10.30am, on Tuesday, October the 8th, at the Calpe Tennis Club.



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A Capri In Africa Pt 3

A piece of my heart will always remain in Malawi but now we have the journey through Zambia.

The drive through the foothills of the Muchinga Mountains proved eventful. We had over 500km to drive and so needed to keep up quite a good pace.

We caught up an old beat-up car, covered with stickers to the boot/ rear and followed it for some miles time. frustratingly not able to overtake. After a while the road straightened but there was a solid white line down the middle. I decided to overtake and couple of miles later this car caught us up and we were pulled over. It was an unmarked decov Police Car. The guys were in proper Police Uniforms and very smart. I was charged with dangerous driving and speeding. They were very polite and bemused that we were about 70 years old (an occurrence that happened a few times during the trip). There are very few older people in Africa as the population was decimated by Aids back in the day.



We agreed that to save a court appearance that they would charge me by the roadside to which I pleaded guilty and was fined the equivalent of 25 American dollars.

I'm quite proud of my charge sheet.





Bill the Organ

William Clough, also known as Bill the Organ, was born in Clitheroe, Lancashire on the third of November 1943. His mum insisted he learned to play the piano. From the age of seven to fourteen he practiced hard. As a teenager he rebelled and for several years from the age of fifteen spent his time playing football. Then he met Marianne and things changed. In Marianne's house was a piano and Bill could not resist tinkling the keys. In 1969 Marianne and Bill were married and a year later a son was born. They also have a daughter who was born ten years later.

Bill was now working for a company who supplied textile machines. He travelled the world assembling these machines. He was in Argentina in 1966 for the world cup (in case anyone has forgotten England won that year!) He went to Bangladesh and Iraq where he visited the site of Babylon. On returning from Iraq in 1971 he purchased his first electric organ. The list of countries in which Bill has assembled these machine is a testimony to England's past engineering



The type of textile machines Bill assembled.



Bill on the keys in La Merced Church.

greatness. They include Nigeria, Kenya, USA, Sudan, Algeria, Belgium and Germany plus some I probably forgot to write down.

By 1980 Bill had had enough of the travelling and despite not knowing anything about welding, he started a welding business with a friend who fortunately did know about welding. Also about this time Bill started playing the organ in his local Methodist Church.

In 2023 Bill sold the business and retired

but thankfully not from playing the organ. He plays at his local Methodist Church in Waddington and also the Trinity Methodist Church. Plus he is in great demands for weddings which he enjoys playing for.

Fortunately for us on the Costa Blanca, Bill is a regular visitor and kindly plays the organ for us at La Merced Church in Calpe. It's wonderful for the congregation to hear a real organ instead of a laptop DJ.

Thank you Bill, you're a star!



MOFTAG CLUB OF CALPE

celebrates another successful fundraising fayre









The MOFTAG club of Calpe had a most successful fundraising fayre on Saturday 17th May and raised the amount of €2523.

The event was held at Pub Delfin, Calpe and in addition to the many items on sale there were games for all ages to partake in. Visitors to the Fayre could purchase home made cakes, marmalades and chutneys. The Bric-a-Brac stall had some amazing bargains and another stall was full of hand knitted toys including a gorgeous Paddington Bear.

Cancer Care also had a lovely stand there and were able to offer advice and support to people.

As always, the MOFTAG fayre Raffle steals the show with an amazing variety of gift hampers, floral arrangements and vouchers for restaurants, hair and beauty treatments.

MOFTAG would like to thank everyone who came along on Saturday and supported this event. The Mayor of Calpe, Ana Sala also paid us a visit. Ana Sala is very supportive of Moftag as all the money they raise goes to local charities and underprivileged people. Some of the charities that they support are Cruz Roia. Maite Boronat Centre, Cancer Care, Guardian Angels association for single parents, the Fibromyalgia Association and children in care.

Moftag also organises social events for their members every week.

If you are interested in becoming a member please contact their President Jenny Godfrey on mobile 639 139 518.







Putting the boot in!

From Roger Davies (Roger worked in Magistrates courts for many years.)

I first found it dangerous when I was at the inquiry desk and a very pregnant young lady approached saying "I'm having a baby and I want to have someone to father the child... I was told to see you!"

Excuses:

An Irish driver who said "An invisible car came out of nowhere struck my car and vanished!"

West Indian driver who said "I never went through the traffic lights on red, sir...they was blue!"

I remember my first funny in Shrewsbury 1955. During the Court sitting a man was brought in by a Police officer, and put in the dock. The Police Officer said

"He took off his right boot and threw it through the window of Woolworths."

"Why?" Asked the Bench.





"He wants to go to Shrewsbury Prison," the officer said.

"Well it's Christmas, so we shall order you to pay for the window and be given a Conditional Discharge", the Chairman said.

And the prisoner, was dragged protesting out of the Court.

Half an hour later he was back again with the same Officer.

"What happened?" Asked the Bench.

"He took off his other boot and smashed the second window, Your Worships," came the reply.

"Send me to Shrewsbury Prison," said the accused.

"Why?" asked the Chairman.

"Because I have to be there this week.....I'm Mother Goose in the Prison Pantomime." He replied.

He was given 7 DAYS and went on his way rejoicing.

And that is true, every word! Roger. You can follow more of Roger's stories in the next edition of The Rock.

Ed





What's happening in a church near you?

www.costablanca-anglicanchaplaincy.org

CALPE LA MERCED

Sunday Services at 10.30am

We have coffee afterwards at the Café opposite.

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.

DENIA

Sunday Services at midday in the Ermita Las Rotas.

GANDIA

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

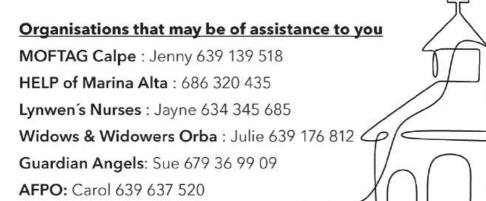
ALFAZ DEL PI and ALBIR

Sunday services at 9.30am Thursday at 11am Albir Forum Mare Nostrum (now known as The Comm)

(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



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



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



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



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



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 12.00

"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

www.costablanca-anglicanchaplaincy.org



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