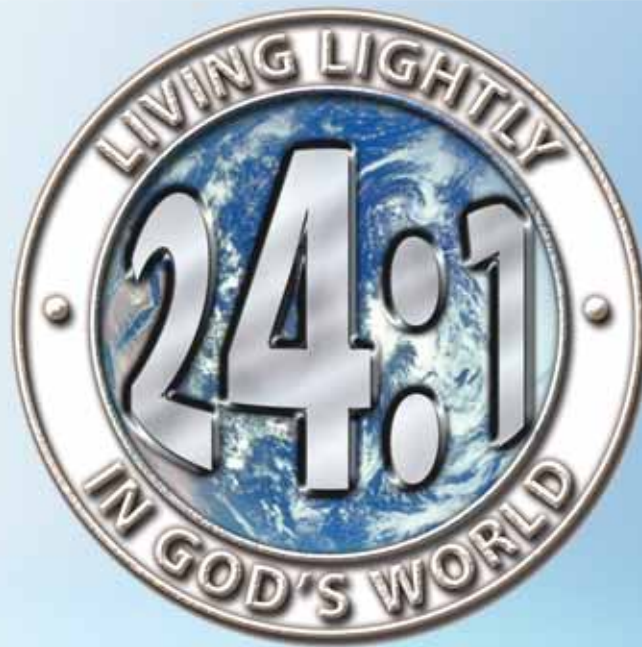




# A ROCHA

Caring for God's World Together

Issue 21 - Summer 2006



at **stewardship** we're accountants, legal advisors, property managers, insurance agents, money managers, giving agents, trainers and church consultants. **we're also...**

**stewardship**<sup>®</sup>

...youth leaders, elders, treasurers, home group leaders and trustees. We understand not just what you need, but why you need it.

Working with thousands of churches and Christian charities across the UK, we can help you with our affordable, specialist, professional services and advice.

[www.stewardship.org.uk](http://www.stewardship.org.uk)



Stewardship is a registered charity no. 234714

## Love your neighbour?

When I'm cold I just turn the heating up a notch. I like it nice and tropical storms have hit our village four times in the last three years, most of the houses are gone out to visit Susan, I can leave the lights on as I won't be long term drought has meant the crops have failed again, water is what we desperately need to pop to the shops, it's just up the road but I'll drive anyway – it'll only take two minutes later the floods hit.

Climate change is a reality. Your lifestyle can have a major impact on the world's poorest people.

Order a **FREE** copy of Tearfund's booklet *For tomorrow too* and find out how you can make simple lifestyle changes that demonstrate God's concern for people made vulnerable by climate change.

Go to [www.tearfund.org/ftt](http://www.tearfund.org/ftt) or call 0845 355 8355

113229  
Registered Charity No: 265464



CHRISTIAN ACTION WITH THE WORLD'S POOR

**Are you concerned about God's world?**

You are not alone! For over 20 years A Rocha has studied and cared for God's world. We currently work on diverse conservation projects in over 16 countries around the world.

**A Rocha can ...**

- Share with you what the Bible says about tending and keeping God's world
- Point you to reliable environmental information
- Connect you with like-minded people
- ... and help you to make a change for good:
- to your own lifestyle,
- by supporting practical environmental projects here and abroad,
- in tackling the causes and effects of climate change.

A Rocha was started in 1983 in Portugal and means 'the Rock' in Portuguese. A Rocha currently works in Brazil, Bulgaria, Canada, Czech Republic, Finland, France, Ghana, India, Kenya, Lebanon, Netherlands, Peru, Portugal, South Africa, UK & USA – contact details are found at [www.arocha.org](http://www.arocha.org) or through the UK office.

In the UK, A Rocha works to encourage care of creation across the UK, has the flagship Living Waterways project in west London, and supports a growing number of practical local initiatives.

**Across the world our projects share five core commitments:**

- **Christian:** *Underlying all we do is our biblical faith in the living God, who made the world, loves it and entrusts it to the care of human society*
- **Conservation:** *We carry out research for the conservation and restoration of the natural world and run environmental education programmes for people of all ages*
- **Community:** *Through our commitment to God, each other and the wider creation, we aim to develop good relationships both within the A Rocha family and in our local communities*
- **Cross-cultural:** *We draw on the insights and skills of people from diverse cultures, both locally and around the world*
- **Cooperation:** *We work in partnership with a wide variety of organisations and individuals who share our concerns for a sustainable world*

**A Rocha UK Council of Reference**

- Professor Graham Ashworth CBE, DL
- Rev Steve Chalke MBE
- Rev Dr Rob Frost
- Ram Gidoomal CBE
- Dr Andy Gosler
- Sir John Houghton FRS
- The Rt Rev Dr James Jones
- Professor Sir Ghilleain Prance FRS
- Dr Elaine Storkey

**Monthly News by e-mail:**

If you would like a monthly e-mail with up-to-date news from A Rocha around the world, please send an e-mail to [international@arocha.org](mailto:international@arocha.org) asking to be added to the list. This can be used for information and prayer.

**To learn more about how you can support the work of A Rocha...**

A Rocha UK, 13 Avenue Road, Southall UB1 3BL  
 Tel.: 020 8574 5935 e-mail : [uk@arocha.org](mailto:uk@arocha.org)  
 website : [www.arocha.org](http://www.arocha.org) or [www.arocha.org.uk](http://www.arocha.org.uk)  
 Registered charity No: 1089276

**The first word**

By Dave Bookless,  
 National Director, A Rocha UK



**Many people say Climate Change is the biggest threat our world faces today. I beg to differ!**

Don't get me wrong – A Rocha is committed to tackling Climate Change, through research, through compensating for polluting travel ([www.climatestewards.org.uk](http://www.climatestewards.org.uk)), and, recently, by signing up to the Stop Climate Chaos coalition.

However, Climate Change is simply the most obvious symptom of a more pervasive sickness. As humans we need to re-think our relationship with the earth and its creatures at a profound level. We need to stop seeing the world as simply 'resources' for consumption. Ultimately we need to recover a sense of moral awe and wonder, to realise that it's not our world but that 'the earth is the Lord's and all that is in it' (Psalm 24.1).

In this issue we launch **24.1**, our new lifestyle commitment, based around Psalm 24.1 and God's ownership of all the earth. Recently, politicians have at last started talking about the moral duty of reducing our harmful impact on the environment. It's a duty to the world's poor, to species under threat, but ultimately it's our worship of God to live as if he really is Lord. The **24.1** commitment is a 'work in progress', and we want your responses and ideas to shape the way it develops.

Finally, a huge thank-you to all who responded to the short questionnaire in the last magazine. This has provided very helpful data, as we fine-tune the new 'A Rocha Friends' system. Thank you too for the many positive letters, e-mails and comments on the design and content of the new magazine. Please keep telling us what you think, suggesting ideas, and passing the magazine on to your friends!

**CONTENTS**

**Features:**

p.4 **Living Lightly in God's World**  
 – introducing A Rocha's new **24:1** lifestyle commitment.



4



6

p.6 **Minet in Pictures**  
 – as featured on 'Songs of Praise', the story of transformation

p.12 **Lark Ascending**  
 – a very special species

**News & stories from A Rocha around the world**

- p.9 Norman in Dronfield,
- p.11 Janice in Brussels,
- p.13 Colin in Lebanon,
- p.15 Rachel in Portugal



11

**Resources**

- p.16 A Rocha Kids,
- p.17 Lifestyle, p.18 Bible Study,
- p.19 News Round-up,
- p.20 What's On?



13

# 24:1

## Living Lightly



**F**or several years, we have been discussing a voluntary 'A Rocha lifestyle commitment', and now here it is! Here are several reasons why we encourage you to sign up to 24:1

- *In a survey during 2005, 74% of A Rocha's supporters expressed a desire to sign up to a voluntary commitment to change their lifestyles to help conserve the earth's resources. Well, here it is!*
- *Our Western culture is wedded to an unsustainable, and deeply unbiblical, addiction to materialism. As the destructive impact of our lifestyles becomes more apparent, we need to live counter-culturally, to live more simply, in response to the Biblical message.*
- *A Rocha's keenest supporters struggle with how to "be A Rocha" when they live many miles away from A Rocha projects. Signing up to 24:1 helps you live out A Rocha's values wherever you are.*
- *Now we've replaced 'membership' with the concept of 'A Rocha Friends', 24:1 gives an opportunity for those who identify closely with A Rocha and its values to 'belong' in a deeper sense.*

We've deliberately **not** been too detailed in the 24:1 Commitment, for two reasons :

- we don't want to create a new kind of 'Eco-Pharisee'! This is not about feeling you're better than others in your street, or church, or in A Rocha who haven't signed up to 24:1. It is about choosing to begin a journey of discovery in allowing God to change your lifestyle.
- we recognise that everybody's situation is very different. For one person, starting to recycle paper may be a big step forward. For another, it may be time to give up your car, or to give up eating meat. The important thing is that your lifestyle is moving in a more sustainable direction. It is about orientation,

# 1

## Lightly in God's World

What is 24:1 all about?

In a nutshell, there are three elements :

- The 24:1 COMMITMENT – *believing* 'The earth is the Lord's and everything in it' Psalm 24:1
- The 24:1 CHALLENGE – *behaving* – Living lightly in God's world
- The 24:1 COMMUNITY – *belonging* – Caring for God's world together

not about achievement; it is about the journey, not about having arrived.

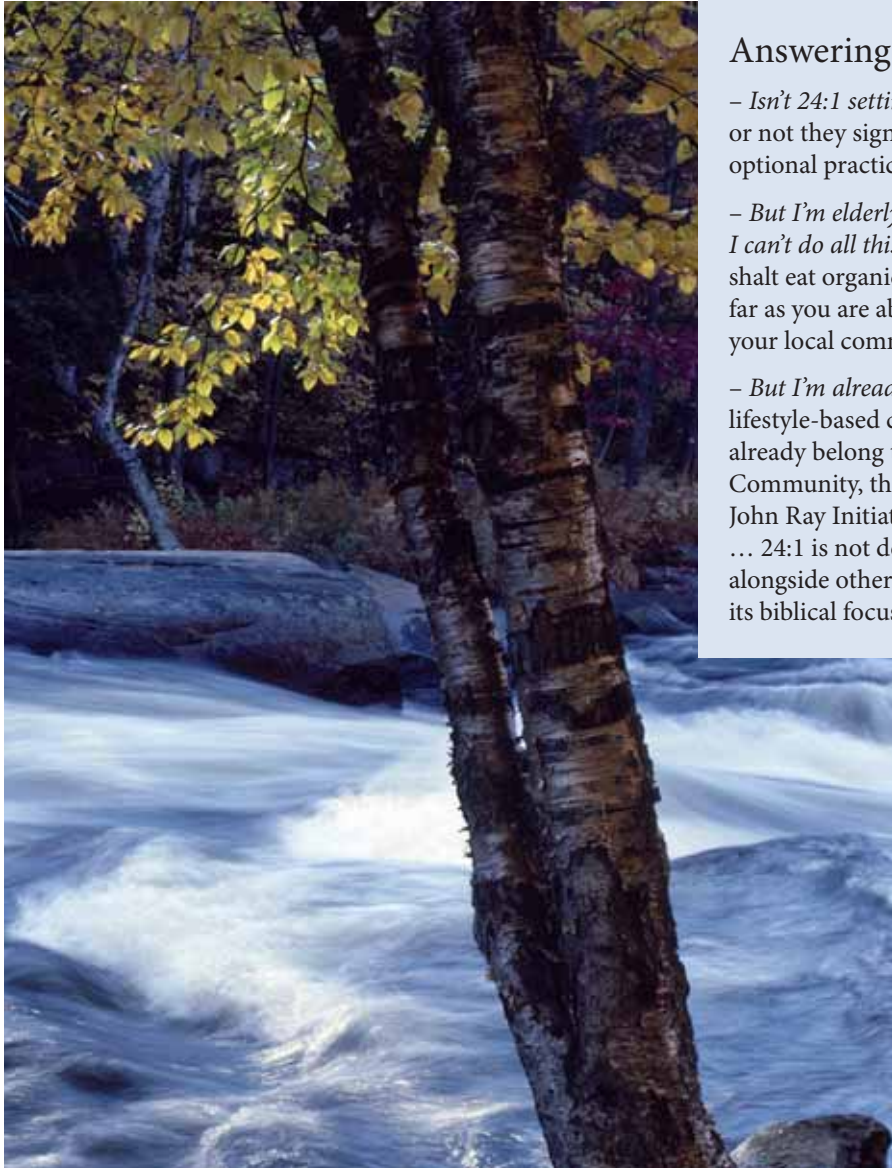
So, a bit more detail about the three elements of 24:1. This is what you'll be signing up to:

**The 24:1 COMMITMENT – Believing "The earth is the Lord's and everything in it" Psalm 24:1**

- I believe that this is God's world, not ours.
- I believe that human beings have been entrusted with the responsible use and care of God's world.
- I am committed to following the Bible's teaching about God's world, even when it is counter-cultural.
- I am committed to supporting A Rocha in prayer, volunteering and finance as I am able.

**The 24:1 CHALLENGE – Behaving differently – Living lightly in God's world**

- I accept the challenge to behave differently in my values, my choices, and my lifestyle decisions.
- I want to live more lightly, reducing the negative



### Answering a few questions ...

– *Isn't 24:1 setting up a 'two-tier system'?* No, all our Friends, whether or not they sign up to 24:1, will get the same mailings. It is simply an optional practical commitment for those who want it.

– *But I'm elderly ... I have a huge mortgage ... I have a tiny income ... I can't do all this!* 24:1 is not a long list of commandments ("Thou shalt eat organic!!!" ...). It is an open commitment, for you to take as far as you are able. The decisions you take are between God, you, and your local communities.

– *But I'm already a member of ...* There are many good Christian lifestyle-based commitments and communities already. You may already belong to Greenbelt's 'Living Generously', the Northumbria Community, the third order Franciscans, Christian Ecology Link, John Ray Initiative, Lee Abbey, the Community of Aidan & Hilda ... 24:1 is not designed to be exclusive! You can happily sign up to it alongside other commitments you may have. What makes it unique is its biblical focus on practical environmental responsibility.

neighbour wherever he or she may live, to my local community, to the worshipping community of God's people, and to the place where God has planted me.

– I choose to belong to the 24:1 community of A Rocha supporters, and, where possible, to be part of a *24:1 Community Group*, exploring together in prayer and practical response in caring for God's world.



impact of my lifestyle on the poor, on wildlife and on the earth itself.

– I want to live with lightness, not heaviness, celebrating this wonderful, fragile, created world, rejoicing in its bounty, observing the Sabbath – God's 24:1 day of rest for all creation.

– I accept the challenge to make one new practical step every three months in behaving differently. *(We will send you a list of suggested practical steps, or you may think of your own.)*

#### **The 24:1 COMMUNITY – Belonging together in God's created community**

– I recognise that I am not independent, but that God has made me to belong in community.

– I recognise that, at different levels, I belong to the created community of all God's creatures, to my



#### **WHAT DO I DO NEXT?**

Fill in the enclosed response form and return it to A Rocha UK. We'll send you resources, and a copy of your commitment to keep as a bookmark, along with a list of practical ideas and responses that you might like to take forward. This will also be on a special page on the website, which we will gradually add to. As you take steps to change your lifestyle, please tell us and send us pictures to [24.1@arocha.org](mailto:24.1@arocha.org). We will seek to share these, through the website, and future articles in the magazine.



The site of the car boot sale



By Debbie Wright & Dave Bookless

# The Minet Country Park

## Celebrating the past, present and future

In the late 1990s the Minet site, between Southall and Hayes, was a scrubby neglected piece of land. A massive car boot sale scarred the site, leaving enormous amounts of litter. Burned-out cars, fly tipping, and the ubiquitous shopping trolleys, all made for a desolate and hostile environment. Besides the weekly bargain hunters and sly dumpers, motorbike scramblers churned up fields and meadows into vast pools of mud. The only redeeming features were a good cycle track, and the surprising amount of surviving wildlife - the impossible blue flash of a kingfisher, clouds of summer butterflies, frogs and newts in the various



PHOTO: NORMAN CROWSON

damp areas. This gave hope to Dave and Anne Bookless, as they began planning towards A Rocha Living Waterways – A Rocha’s first UK project - but little did they dream of all the ups and downs that lay ahead.

**1999-2001:** The infant A Rocha UK became established, cutting its teeth in surveying Minet’s wildlife, organising working parties to clear rubbish, and campaigning to enhance and protect the site – working with London Borough of Hillingdon as site owners, local MP John McDonnell and many others. Progress wasn’t straightforward, with opposition from developers, and apathy amongst local people who believed nothing would ever happen.

Local people helped with the clear up



A sideways look

## A contemporary fairy tale

Once upon a time there lived a little boy, who, with his family, had to leave his home and move to a far-away land.

The boy was happy in the new land. It wasn’t long before he was doing what boys do – exploring and making his own adventures. And he found something special, not far from his front door. The boy in him took him to

a wilderness that was so close to home (and his mum’s cooking) where he could spend many, many hours. His parents warned him not to go there, but he did. He built camps, dams and bridges, played ‘war’ in the long grass and watched his dog sprinting and leaping over the stream. He loved it all so much that ‘be home by five o’ clock’ was only possible by turning the minute hand back as the dreaded hour approached. He



PHOTOS: DEBBIE WRIGHT & DAVE BOOKLESS

## FACT BOX : MINET WILDLIFE

Bird species found on Minet :

- 1998 60 species
- 1999 80 species
- 2003 101 species
- 2005 113 species including breeding Grasshopper Warbler and wintering Dartford Warbler

23 Butterfly species including Purple Hairstreak, Marbled White, Clouded Yellow, Essex Skipper



12 Dragonfly species including Broad-bodied Chaser and Black-tailed Skimmer

17 Mammal species (as well as recent evidence of Badgers)

Bee Orchid – first found in 2003, now in good numbers in several parts of the site



Colin Conroy butterfly catching

**2002-2003:** A Rocha's Colin Conroy conducted an Ecological Impact Assessment, and A Rocha were appointed as ecological consultants to Hillingdon Council. By now the construction of the park was in full swing, with heavy machinery moving tons of rubbish, and importing thousands of tons of clean rubble and top-soil to create new bunds and hills. In the middle of the site, the rubbish-choked pond and the central drainage channel were cleared, widened and landscaped. ▶



found treasure there too...the red-splashed Great-spotted Woodpecker, a 'bouncing' Grey Wagtail, a stealth-hunter Sparrowhawk, and poet-inspiring Skylarks.

The years rolled by, and the little boy was less of a boy, but not quite a man. The rulers of the land had decided that what the land needed was a road across the wilderness. The boy-man was not happy about this. He found 200 other people who said they agreed with him, and told the rulers what he thought. The rulers were polite. They said they listened. The road was built, scarring the wilderness, yet not destroying it completely.

But the King of all Lands had more authority than those rulers. He also had a better plan for the wilderness.

More years rolled by. The boy was a man now, working for the King. The King decided the time was right for His wilderness plans to come into being, and sent some of his followers with special instructions to serve and preserve the land.

... Which brings us pretty well up to date. It's a true story, by the way. I was that boy. I lived in Hayes, on the edge of what is now Minet Country Park,

A sideways look



**June 2003:** A Rocha celebrated the opening of the Minet Country Park with a wonderful day shared by local people and A Rocha friends from around the country.

**2003-2006:** Hillingdon Council employed A Rocha to assist in running the park, with all the team involved in opening and closing the car park and patrolling. In 2005 Sarah Leedham was appointed as the first Minet Country Park Warden. Sarah: "I have been waiting for years for a job like this, being out in the open air, working with local people, and encouraging community involvement."



Minet Country Park Warden – Sarah Leedham

The park is used regularly by the Education Officers who have now taken literally thousands of local school children on trips. A Rocha runs a programme of events throughout the year including Art in the Park, nature walks, holiday play schemes and the Minet Community Festival. The Lodge is open daily, staffed by Sarah and other team members, and more and more local people are using the park for recreation.



Education Officer Claire Smith with some local school children

## FACT BOX : HUMAN STORIES

- On one A Rocha-organised working party, a local business lent a JCB to help clear rubbish. The driver admitted he had previously been guilty of fly-tipping on the site, but now felt he was making amends.
- The organiser of the car-boot sale, rather than complaining at A Rocha's plans to remove his livelihood, organised several collections for A Rocha from the customers at the final car boot sales.
- A child from Guru Nanak Primary School, next to Minet: "I live in Southall too and there is a lot of traffic 24 hours 7 days a week. I really did hear that Skylark sing; it was nice; it put a smile on me."

**The future :** The A Rocha Living Waterways project is committed to the Minet site long term – as the recent appointment of Sian Hawkins as Director of the project shows. Although there are many uncertainties about the detail of A Rocha's involvement, we believe God has called us to use Minet as a focus for transforming local people's attitudes to the environment.



Back in 2000, Revd. Dr. John Stott spoke of A Rocha's proposals for Minet: "As a long standing Londoner, I am thrilled that our great metropolis will have this project at its heart. In particular, we who claim to follow Christ have an inescapable responsibility, because of our doctrine of creation, to get involved in the conservation movement." The transformation of Minet is not the end of the story. It is our hope and prayer that it becomes a springboard, as Christians around the UK catch the vision of working with their local communities to transform local areas to God's glory.

"I think the most exciting moment for me so far was back in August 2003 when we held a holiday play scheme on the Minet Country Park. And at the end of the week we invited the families to come and have a picnic, and seeing the stream of 80 people walking through the site, people from all backgrounds enjoying the park, it was an amazing moment."

Anne Bookless

## A sideways look

and spent much of my childhood there. I connected with that land and cared about it. It was part of what inspired me to go into conservation, to work for the RSPB and now to work with A Rocha. I had no idea then that God cared about it too.

Long live the King!

**David Chandler**



Cliff College near Sheffield is part of the Methodist church and has been training people for evangelism for 123 years. A student from Cliff College had a problem. This particular project was part of October 2005's 'Carnival Mission', but did it really qualify as mission?



ALL PHOTOS: NORMAN CROWSON

## Is this really mission?

A Rocha takes root in Dronfield



Norman Crowson

Norman Crowson likes birds. He takes great photos of them and is a stalwart of the local RSPB Members' Group. He's a keen A Rocha member too. Four years ago, the new minister at Dronfield Baptist Church encouraged him to set up an A Rocha group as part of their outreach. Things were going well and the group had even been running events for the South Yorkshire Fellowship of Baptist Churches. The A Rocha message was spreading. But there was more to come.

2005 had been declared a year of mission in Dronfield, with 'Carnival Mission' in October as one of the highlights. Norman's encouraging minister had a great idea, a vision perhaps. Dronfield Baptist Church is set in the middle of town, just a few hundred metres from the Lea Brook Valley, a wild urban area, parts of which have been neglected and mistreated. 'Perfect for adoption' declares the minister. 'No, too ambitious,' thinks Norman. The Lea Brook Valley Project had been conceived.

May 2005's 'conservation weekend' saw another significant step forward. The 'cooperation' philosophy of A Rocha came to the fore as interested believers met with RSPB members, Friends of the Earth, the local natural history and photographic societies, the North-East Derbyshire Badger Group and Chesterfield Council. The result? A committee from the churches to oversee the project, with enthusiastic support from the local authority. A 'churches together' project involving 17 churches.

Fast forward to October. One week to lift off. Norman is pulling his hair out. There won't be enough help. Plans to spread fifteen tons of road scrapings on that woodland path (to stop the crocuses being trampled) will have to be shelved. But that pesky minister encourages Norman to stick with it.

The week arrives, and so does the team from Cliff College, complete with gardeners, and the man who



The A Rocha stand at Carnival Mission

still wasn't sure that this was mission. Litter picking sounds like a delicate business. This was far from delicate! A scooter, building rubble, traffic cones and scaffolding poles were removed. Pillars on the bridge were painted. A colourful wildlife mural was created, obliterating some 18-certificate graffiti. With help from the Council, and a hydraulic lift, 16 bird boxes and 7 bat boxes were hung high, some attracting rapid attention from would-be occupants. Sixty willows were planted. Preservative was slapped on the steps and bridges. 35 bags of rubbish and 15 barrow loads of mud were removed from the

culverts. And, of course, 15 tons of road scraping found a new home on that woodland path. As the litter pickers went through the site, they stopped and prayed wherever work had taken place.

The list of accomplished tasks is impressive, but what's been achieved is more profound than that. Local churches are working together. They are recognised as the project's 'owners' and have an excellent working relationship with the local council's 'Properties Working Party'. The Church is being seen in a new way – this isn't what people expect the Church to do. Along the way, contacts have been made and conversations held. The church has made contact with the world. Bystanders have been impressed, challenged and moved, as Christians demonstrate God's love for all that he has created, for people, for the earth and for everything in it. Local people are positive. They stop and thank people for the part they played in a transformation.

---

The 'co-operation' philosophy of A Rocha came to the fore as interested believers met with RSPB members, Friends of the Earth, the local natural history and photographic societies, the North-East Derbyshire Badger Group and Chesterfield Council.

---

The Church is being seen in a new way – this isn't what people expect the Church to do



Norman and other team members praying along the path

What happens next? Two things probably. A 150 metre long wildflower meadow (with the seeds donated by a man of God who just happens to run the local garden centre). And a wardening scheme, with volunteers patrolling the site every day of the week. Norman is now on tour. Local churches can't get enough of him speaking about A Rocha.

What about that student from Cliff College, the one with the problem? He's seen the impact of the project and he's convinced.

It all goes to show what can be achieved with vision, hard work and divine support. The site has benefited and so have local people. The wildlife has done quite well out of it too. Maybe it is mission after all.

Debbie Wright talks to Janice Weatherley, European Union Policy Officer

# Introducing A Rocha People : Our Woman in Brussels

“Most conservationists recognise that a lot of conservation work is trying to change people’s attitudes and behaviour towards their environment, and part of this is working with different faith communities.”

Janice, can you describe briefly what you do for A Rocha International?

For the last 2½ years I’ve been working in Brussels, in the office of the World Conservation Union (IUCN). IUCN has a huge membership of conservation organisations, including A Rocha, and governments. My job is a partnership between A Rocha International and IUCN, working specifically on EU nature conservation policies.

What sort of projects and campaigns do you get involved with?

I help co-ordinate the input of nature organisations, including A Rocha, that are influencing EU conservation policies. These include the designation of protected areas, ensuring funding for biodiversity, and coming up with ways of monitoring the health of wildlife in the EU. At the same time I also represent A Rocha International which means visiting groups who are thinking of starting up A Rocha projects, for instance Hungary and Serbia.

What are your challenges?

Actually I find the job hugely challenging, particularly as the things I do are so varied. Working in IUCN, like any international organisation is fast-paced and quite pressurised. Nature conservation is a low priority politically, and it can be very difficult to convince people to take environmental issues into account. Trying to make any difference to the decision-making process is a huge task, as EU policies are so complicated, but it’s important as they have such big impacts. So, trying to identify what to concentrate on, what to respond to and how, is an ongoing challenge.

You have a lovely story, which perhaps highlights how unenlightened some politicians are.....

As part of some lobbying, I had to present a huge pot of European plants to the President of the European Parliament. They were meant to be looked after by the MEPs to represent the Parliament’s responsibility to look after European nature. Unfortunately, after a short time we found out that the plants had all died and been replaced with shiny non-native plants. Maybe this represents how much work we still need to do!

Brussels is obviously your home for the moment, as well as your workplace.....

Brussels is a great place to live. You constantly meet people from all over the globe, whilst having continuous



Janice Weatherley

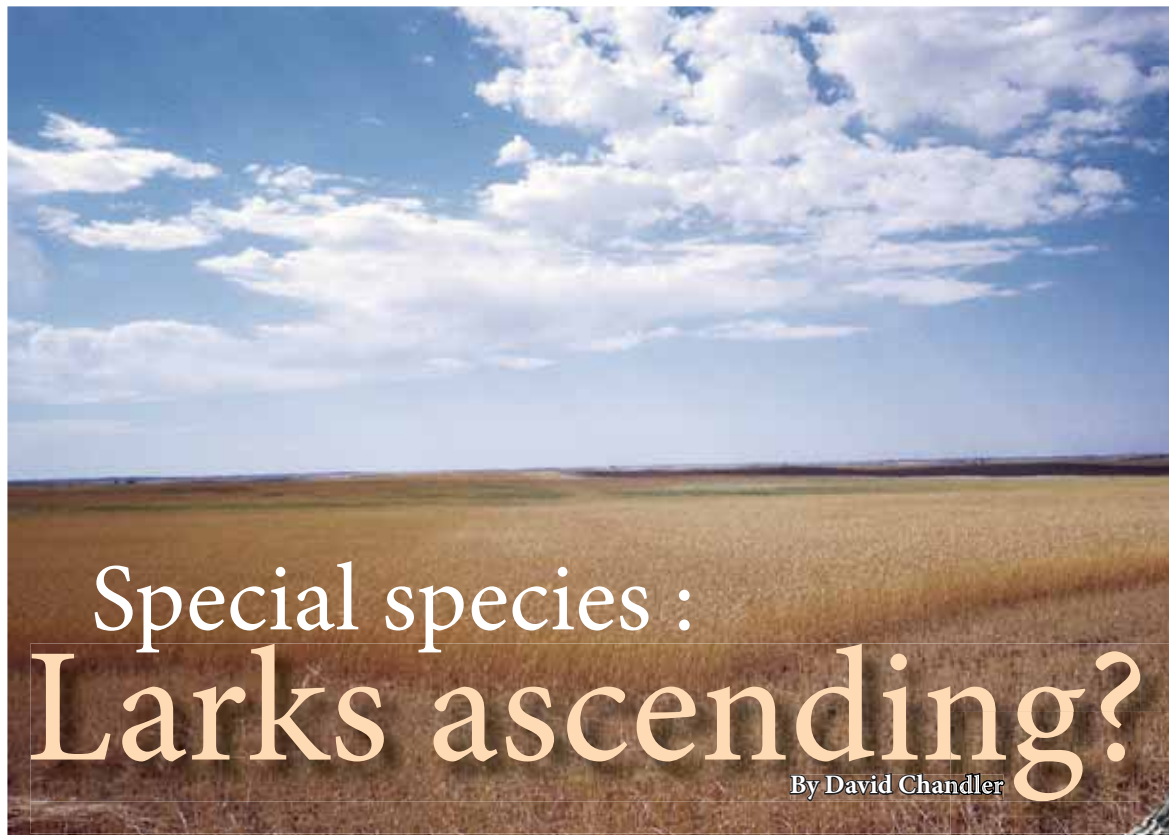
access to great chocolate!! On the other hand, many people work very hard and travel a lot, so it can be a challenge to maintain a stable and ‘normal’ home life. I go to an English speaking international church where I’ve made some very good friends who are a great support. Although I love many aspects about life in Brussels, the biggest drawback is the weather – we only had 12 hours of sunlight in the whole of February this year!!!

What do you find people think about A Rocha as a Christian environmental organisation?

I’ve received a really wide range of responses, from instant interest, to surprise, to thinking it’s very odd, or just complete indifference. However, most conservationists recognise that a lot of conservation work has to be with people, and trying to change people’s attitudes and behaviour towards their environment. So, many of them can see that working with different faith communities, including Christians, is an important part of achieving this. But it usually takes a long time for most people to really understand how A Rocha works and what our aims mean in practice.

What do you enjoy about your work?

Going to EU meetings can be surprisingly interesting, as they’re often in a wide range of languages which are being simultaneously interpreted. It can be exciting to watch discussions on policies that potentially have global impacts. Having the opportunity to be involved in that, even in the very smallest way, is quite daunting but also a real privilege.



# Special species : Larks ascending?

By David Chandler

4,000 years ago, the UK was covered in trees, and had few, if any Skylarks. As the forest was cleared to make way for our first farms, space was created for this lark of steppe grasslands to move in. Time passed and the Skylark flourished. Less than 200 years ago, William Yarrell, a bookseller and ornithologist described the Skylark as '...so abundant as a species...its various qualities so well understood...as to require little more than a general reference'. This is a bird that had clearly done well for itself.

The Skylark is not much to look at. Its best visual feature is probably its crest, especially when a bird raises its crown feathers to show it off. Skylarks feed and breed on the ground, but it's when they get up to sing that we really notice them. The bird climbs upward, always climbing into the wind. At the peak of its ascent, the bird hovers and sings, though some will start singing on the way up. They may be hovering at such a height that they look like a low-level gnat, but you can still hear that glorious, loud, melodic and seemingly unstoppable song. It doesn't



PHOTO: MARK SHIPPERLEE - LIGHTCHASER

sing forever though, and after a few minutes the virtuoso drops down to the ground. Skylarks that are really out to impress have kept their song-flight going for around twenty minutes.

This bird is well known for inspiring musicians and poets. This is Shelley's 'blithe spirit', pouring out its full heart 'in profuse strains of unpremeditated art.' It was inspiration to Mrs Beeton too. Just how many people savoured nine stuffed Skylarks with beef, bacon and shallots, I wonder? In Victorian times Skylarks were very numerous and consumed in great quantities. In the 1890s, sacks of Skylarks totalling 20,000 – 40,000 birds were arriving at London's Leadenhall market on a daily basis. A pie containing 300 birds was prepared for the opening of the Forth railway bridge.



Somehow, the Skylark population survived this culinary onslaught, but the last few decades have done it no favours, with the breeding population declining by over 50%. Ironically, the very activity that allowed Skylarks into the UK is behind this demise. Modern, intensive farming methods mean less breeding places for Skylarks, and less food to get them through the winter. There are still lots of Skylarks in the UK, but their rapid decline has found them on the UK's red list of species of high conservation concern.

The Skylark connects us to the countryside and to childhood memories. It's a bird of the Minet site too, one that was there in my childhood, and remains in healthy numbers. A Rocha's work at Minet can make a contribution to the Skylark's future. Let there be more larks ascending.

---

In Victorian times Skylarks were very numerous and consumed in great quantities

---

## A Rocha Lebanon



Colin Conroy

# A Day in the life of Scientific Officer Colin Conroy

**Beep-beep-beep, beep-beep-beep goes my alarm clock! Yawn, what time is it? Five o'clock on another beautiful spring morning in Lebanon.**

What will it be today? Constant effort bird ringing in the Aammiq reedbed, botanical surveys in the grassland, some small mammal trapping maybe, or will we pay a visit to the northern desert for the Important Bird Areas programme? No, today is a perfect day for doing the weekly bird transect in the marsh, so it's on with the

In the afternoon it'll be back to the office to catch up with my emails – we've got a group of herpetologists arriving next week to help with the search for rare amphibians and there are still a few details to pin down. Rich (Richard Prior) is doing the fixed-point water-bird count this evening, so it's my turn to get the class-room set up for tomorrow's school group, and then I'll be ready for a well-earned rest ...and perhaps a game of Boggle with the rest of the team in the evening – or will we go back out to look for the Scops Owl which has been calling in the trees on the edge of the village for the last few nights?



ALL LEBANON PHOTOS: DAVE BOOKLESS

wellies, into the 4 wheel-drive (with a little prayer that it'll start – luckily I left it pointing downhill the night before) and off to A Rocha Lebanon's main study site at the Aammiq Wetland in the Bekaa Valley. The conditions are fine and calm and the birds are in full voice – should be plenty of recently arrived warblers (8 species breed in or near the reedbeds), and probably a few shrikes or a Wryneck on migration. The winter visitors have all gone by now, but perhaps I'll be really lucky and catch a glimpse of the elusive Swamp Cat (*Felis chaus*) before it disappears into the reeds. I haven't done this week's Corncrake / Great Snipe Survey yet, so afterwards I'll stay down here and walk round on the usual route, looking for these two "at-risk" bird species which pass through here each year on their way north.

This is a typical day in the life of a scientific officer at A Rocha Lebanon, and it can get quite hectic sometimes, especially during the Spring and Autumn migration seasons. As well as the ongoing monitoring work at the Aammiq Marsh (Lebanon's largest and most important natural wetland site, where we've been working since 1996), there are visits to be made to many other sites throughout the country as part of our Important Bird Areas (IBA) Programme. We are doing this in partnership with SPNL (the Society for the Protection of Nature in Lebanon, BirdLife International's Lebanese Partner). Over three years we are hoping to survey more than 40 potential IBAs, at all seasons of the year. This will give us a much better picture of the occurrence of birds in Lebanon and help us focus conservation efforts over coming years. ▶

# Volunteering in Lebanon

Every year we welcome volunteers, on their own or as part of organised groups, who come and help us with our work, especially during our busy periods in Spring and Autumn. Visits can be as short as 1-2 weeks, helping with specific projects, and as long as 6-12 months. Volunteers help with a range of things including:



- Aammiq Marsh – Birds (ringing, counting), flowers, mammals (inc bats), frogs
- Important Bio-diversity Areas – surveying these national sites



- Frogs – national survey
- Other small projects at Tannourine, Balaa, Tyre
- Education and speaking, especially to schools
- Potential projects – special bird-ringing projects (Birds of Prey, Ducks)

Here are two accounts from recent UK-based volunteers who have visited Lebanon. If you are interested in volunteering with A Rocha Lebanon, apply by filling in the form on the A Rocha website: <http://en.arochoa.org/you/index4.html>

## From Carl Roach Volunteer :

Last year, myself and three others from the Runnymede & Maple Cross Ringing Group made our first ringing trip out to the Lebanon. Ringing sessions each morning and late afternoon / evening kept us busy, and warm hospitality kept us fit for action.

The range of species had us enthralled with tape lures particularly useful for a wagtail reedbed roost and passing Shrikes, Penduline Tits and Great Reed Warblers. Hard work setting nets up in the mountains rewarded with Syrian Serins and Rock Buntings. I'd recommend anyone looking for another perspective on passerine migration to take an opportunity to go ringing out in the Bekaa valley.

## From Alan Preece Volunteer :

I had a fantastic time with A Rocha Lebanon. I was able to help out on some ground-breaking amphibian research, and while doing so explored a wonderful landscape and culture. I very much hope that I can have another opportunity to revisit the team and again help out with their very valuable work.



Carl Roach (second left) bird ringing with other visitors



Looking for rare frogs in the Aammiq Marsh

## Letter from Portugal

# There's No Such Thing as a Free Lunch!

By Rachel Simonson

Rachel with some of the local Portuguese teachers



PHOTOS: WILL SIMONSON

In 2001 we moved to the Algarve to work with A Rocha, both in Portugal and beyond. Will was appointed Scientific Director and I worked part-time at Cruzinha, also giving time to settling our two children into a brand new life. I spend a lot of time with visitors to the Centre and on Thursday in particular am very busy with holidaymakers and others who come to our Open Day. My role is also to build on and increase many years of contact with the local community.

These days Ben (8) and Rosie (6) are at least as Portuguese as they are English! That didn't stop them being as apprehensive as any other youngsters when they heard we were inviting their teachers for Sunday lunch last month. This event for local schoolteachers whom we know, both through our children, and our Environmental Education programme had long been an idea of mine and I carefully invited all we wanted to come. In view of the ever-growing threats to the Alvor Estuary, we'd decided to increase our public relations on every front, particularly locally, pro-actively informing our local community of the superlative value of Quinta da Rocha, the jewel on their doorstep.

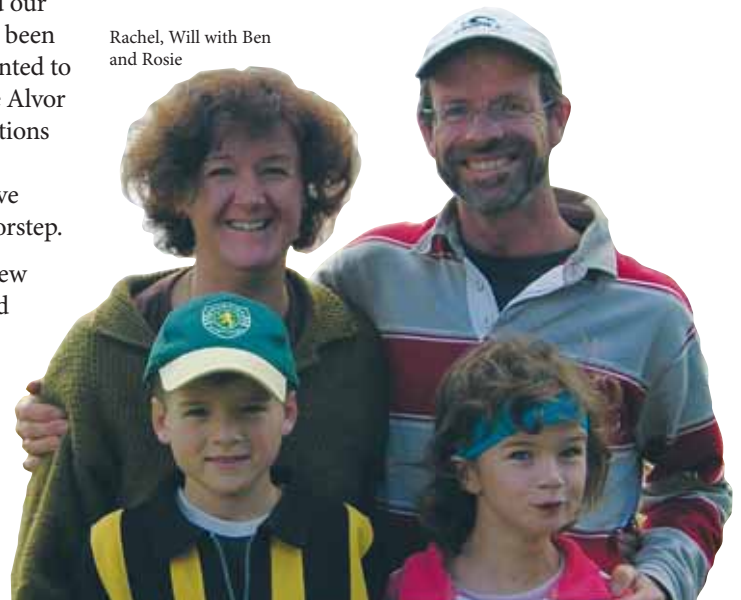
On the menu was Feijoada Brasileira a hearty stew served with fresh orange slices, tomato salad and fried cabbage. Vast quantities were prepared because the acceptance rate had been so good. In the past we have experienced last-minute reticence to accept our invitations, so Paula and Marcial Felgueiras, the wardens, warned me not to be disappointed if only a few came. We were all delighted when seventeen people (two on their bikes) not only turned up, but appeared to have a great time eating the colourful feast, chatting in the garden and really enjoying Marcial's short presentation about the estuary and our work. There was also plenty of opportunity to talk.

The children loved it too, together with Beatriz (10) and Zé (8) Felgueiras. They were proud to help with the hosting – and each had already done all their homework – no questions asked!!

Living on the main street, the children attending primary school and participating in other activities has really helped us feel more settled, but in this part of the world it takes a long time to build up deep and lasting trust. Yes, there is genuine respect and warmth but twenty three years down the line, the work of A Rocha is still misunderstood in some quarters.

Alfredo Abreu said recently that God must really love the people of this town – they have been spared the horrors of environmental degradation which so many of their neighbours on this coastline have not. As well as our work, we care very much about this place we now call home. There is no doubt A Rocha's commitment to local communities – people, time and place - makes such a lot of sense. Our prayer is that Quinta da Rocha will be saved for these people and their descendants to enjoy and that they will come to know just how much God loves them. It is a privilege indeed to play a tiny part.

Rachel, Will with Ben and Rosie



**LATE UPDATE :** The Quinta da Rocha – study site for A Rocha Portugal – has recently changed ownership and is suffering habitat destruction and the threat of major unsuitable developments. At this time A Rocha Portugal, including the Simonson family, need particular support and prayer. See [www.arocha.org](http://www.arocha.org) for more details.

“God must really love the people of this town – they have been spared the horrors of environmental degradation which so many of their neighbours on the Algarve have not”.

Alfredo Abreu  
(Trustee of A Rocha International)

Welcome to AR-Kids (ARK, get it?)

# AR-KIDS

This page is especially for our younger readers. We hope you like it.

## Fierce and weird in the garden!

Did you know that some seriously strange animals live in gardens? And a few ferocious killers. If you have a garden, there are probably some in yours. So where are they?

Finding them isn't difficult and they won't hurt you. To find them, just turn over logs, bricks, rocks or rubble and see what's living there. There are all sorts of animals you might find. We've told you a bit about some of them here. Some logs and rocks can be heavy. Make sure a grown-up knows what you're doing and ask them for some help if you need it. When you've finished looking, put the logs and rocks back where you found them – it's someone's home after all!

You don't have to touch any of the animals, but if you do, be careful not to squash them. Don't handle them for too long and put them back where you found them.

### Lots of bristles – earthworms

The front end is the pointed end. Big worms can have 250 segments. Each segment has four bristles to help the worm move. Put a worm on a piece of paper and you'll hear the bristles scraping! Worms are hermaphrodite – every one is male and female.



### No legs but one foot – slugs and snails

Most slugs and snails have two pairs of tentacles. The long tentacles have eyes on the end, the short ones help them smell. If they lose a tentacle they'll grow another one!

### Eight-legged killers – spiders

Some spiders use webs to catch their prey; others stalk them like lions. When they've caught it they use poison to paralyse or kill it. They rip it up a bit and then use a special juice to turn it into a nutritious soup. Then they slurp it up!

### A lobster in the garden? – woodlice



Woodlice are related to crabs and lobsters. Some woodlice can roll into a ball – they



are called pill bugs because people used to take them as medicine.

### How many legs? – centipedes and millipedes

Millipedes are slow moving 'vegetarians' with two pairs of legs on every segment. They don't have a thousand legs – in Britain very few have more than 200. Some millipedes live for 11 years.

Centipedes are fast moving predators with one pair of legs on each segment and large poison claws. They always have an odd number of pairs of legs. They move fast for a minibeast but their highest speed is only about two miles an hour!

### Give a beast a home

If there's no minibeast habitat in your garden why not create some? Some amazing animals will soon move in!



## Keeping Clean without Poisoning the Earth

# How Green is YOUR valley?

by Jenny Hawkins

**Y**ou spray chemicals, stick your head in the oven, wipe away the tears and choke on the fumes. Are you trying to kill yourself? No, it's the weekly clean!! Many household cleaning products are highly toxic – we are damaging ourselves and God's good creation.

For example, a study in New Scientist found that frequent aerosol use left mothers with 25% more headaches, and 19 percent more depression; infants had 30% more ear infections and 22% higher incidence of diarrhoea.

[www.grist.org/advice/possessions/2003/03/18/possessions-cleaning](http://www.grist.org/advice/possessions/2003/03/18/possessions-cleaning)



Jenny Hawkins cleaning her house

The experience of toxic algae on a family holiday showed me the need to limit the chemicals we flush away: phosphates cause choked waterways and can be found in dishwasher detergents. Other detergents contain alkyphenol ethoxylates – non-biodegradable suspected hormone disruptors that threaten wildlife. ([www.grist.org](http://www.grist.org)).

So I was encouraged that a recent study found 'greener' cleaners had better cleaning ability than their chemical based counterparts. Yet the commercial versions were rated tops because they were more time efficient!

(Good Housekeeping Magazine July 2005). Time is of the essence but at what cost?

There are alternatives, which will simplify your life and save you money!! Here are my favourites:

1. Distilled White Vinegar helps kill bacteria, mould and viruses. Decant into a recycled spray bottle (and re-label!), and add a few drops of scented oil if you don't want to smell like a chippy! Great for spraying on bathroom tiles and cleaning the loo when little boys aim with their eyes closed!

Add an olive-oil spout and pour onto a cloth to clean kitchen worktops, cupboard doors or to de-scale kettles. A small dish heated in the microwave or oven removes old cooking smells and makes cleaning easier. For more ideas see [www.vinegarbook.co.uk](http://www.vinegarbook.co.uk)

2. Bicarbonate of Soda has many uses, from de-odourising the fridge, cleaning flasks, making a scouring powder, and mixed with some of that vinegar makes a potent drain clearer. See [www.bakingsodabook.co.uk](http://www.bakingsodabook.co.uk)

3. Soda Crystals (or Borax) are a good alternative to bleach, which is highly caustic, can burn skin and eyes, and can be fatal if swallowed. From your drain it can create organochlorines – suspected carcinogens and reproductive, neurological, and immune-system toxins.



A paste of Soda Crystals applied with an old toothbrush is great for cleaning up grubby bathroom tiles. For bulk buy and other uses: [www.dripack.co.uk](http://www.dripack.co.uk)

4. Microfibre cloths – just add water. How easy! Great for damp dusting or removing greasy marks. When cleaning mirrors and windows I tend to use one damp cloth and then a dry one to polish up for a good shine.

5. When you do need dedicated products, I'm very impressed with Ecover, particularly dishwasher tablets & loo cleaner [www.ecover.com](http://www.ecover.com). However, remember you don't need a cupboard full of products; just one or two good ones will do the trick.

6. And air fresheners? I suggest you open the window! Or use some of that vinegar in an oil burner, with a little water and optional scented oil.

So if you're converted, what do you do next?

- To find out what else is available, visit [www.greenshop.co.uk](http://www.greenshop.co.uk), [www.naturalcollection.com](http://www.naturalcollection.com) or [www.greenbrands.co.uk](http://www.greenbrands.co.uk)
- Read "No Waste Like Home" by Penny Poyzer ISBN 0753510278 (£12.99 or less)
- For more behind the labels [www.ecolabels.org](http://www.ecolabels.org)

Believe it or not, I've even found pleasure in shining up my house and knowing that it has not been harming the part of God's Valley that I live in. Maybe you will too!



By Rev Dave Bookless

# Whose Earth is it anyway?

(A bible study on Psalm 24.1)

In this magazine, we launch A Rocha's new '24:1' commitment. This study is intended to help a small group explore Psalm 24.1 together, possibly leading to a new 24:1 Community Group being formed. Be warned, this verse could change your life!

## OPENING ACTIVITY:

Give each person a blank piece of (recycled!) paper, and ask them to draw their favourite possessions and their favourite places (no prizes for artistic merit!). On another piece, ask them to draw the things they would most like to have.

## BIBLE PASSAGES:

Get different people each to read out one of the following passages:

- Genesis 1.24-2.3
- Psalm 24.1-2
- Psalm 50.10-12
- Leviticus 25.23
- Colossians 1.16-17
- 1 Timothy 4.4 & 6.17

Give everybody a sheet with the passages printed out, or have key phrases written on large pieces of paper stuck around the room, or project them if you have equipment. Then reveal the following statistics :

- 1/3 of the Earth's natural wealth (wildlife, forests, rivers, seas) has been destroyed since 1972.<sup>1</sup>
- The average UK resident's resource consumption requires 5.3 hectares of the earth's surface. Globally there is only enough biologically productive land for 1.8 hectares per person.<sup>2</sup>
- 24% of the earth's land surface is now cultivated by humans.<sup>3</sup>
- Since 1980, about 35% of mangroves have been lost, 20% of the world's coral reefs have been destroyed and another 20% badly degraded.<sup>4</sup>

Now discuss these questions. The verses in italics give some answers, but let discussion flow!



- On what basis does everything belong to God? *Psalm 24.2, 50.10-12; also Job 38-39*
- What was the final climax of God's creation? *Genesis 2.2-3 or 1.26-28?*
- In what sense, and on what basis are we humans given God's creation? *Gen. 1.29-30, Leviticus 25.23, 1 Timothy 6.17*
- What is the difference between an owner and a tenant? (*Leviticus 25.23*) Was Margaret Thatcher right when she talked of us having, not a freehold, but a 'full repairing lease on this earth'?<sup>5</sup>
- What is the purpose of creation? Why, or for whom, was everything made? *Colossians 1.16-17*
- Jesus told many stories about Stewards – those who look after their master's property for him. How do these apply to our stewardship of God's creation?

## TO THINK ABOUT

When I watch TV adverts, or go shopping for clothes, music, electronic goods ... do I pause to ask myself :

- **Whose money I am spending?** After all, when God says the 'cattle on a thousands hills are mine' it was in an era when wealth was measured in livestock rather than bank accounts. It would be as if God said 'The cash / cheques / cards in a thousand pockets are mine'. As the Anglican Communion Service puts it, 'All things come from you, and of your own do we give you'. How should ... and practically how can this understanding affect our lifestyle choices?

- **What natural resources, and what human labour went into producing this?** If we believe that all things were made 'by and for' Jesus, then we should only use natural resources in ways that bring him glory – not carelessly or wastefully, not unsustainably (i.e. irreplaceably), and not in ways that exploit the poor or vulnerable. Read Colossians 1.16-17 again.

## TAKING IT FORWARDS

If we really believe that 'the earth is the Lord's and all that is in it', then our lifestyles need to reflect this. A few suggestions:

- Sign up to A Rocha's 24:1. Meet regularly to discuss practical ways of making a difference locally.
- Study "L is for lifestyle"<sup>6</sup> as a group, taking a chapter each time.
- Complete the 'Ecological Footprint' quiz at [www.myfootprint.org](http://www.myfootprint.org)
- Sign up to Eco-congregation, and conduct an environmental audit [www.ecocongregation.org](http://www.ecocongregation.org)

<sup>1</sup> World Wide Fund for Nature – Living Planet Index 2004

<sup>2</sup> [www.myfootprint.org](http://www.myfootprint.org)

<sup>3</sup> Millennium Ecosystem Assessment [www.millenniumassessment.org](http://www.millenniumassessment.org)

<sup>4</sup> *ibid.*

<sup>5</sup> "No generation has a freehold on this earth. All we have is a life tenancy – with a full repairing lease." Margaret Thatcher, 14<sup>th</sup> October 1988 at Conservative Party Conference ([www.margaretthatcher.org](http://www.margaretthatcher.org)).

<sup>6</sup> by Ruth Valerio, pub. IVP 2004, £5.99

# ENVIRONMENT SUNDAY PACK



*A multi-media resource pack containing worship materials, sermons, music, visuals, video, group resources and follow-up materials.*

DVD  
CD-ROM  
PC & Mac

CD-Rom containing all this, plus ... a bonus DVD containing four films:

- Introducing A Rocha around the World – featuring Peter Harris, and film from Kenya, Lebanon, Portugal, France and the UK
- Why should Christians care for the earth? – featuring John Stott, Alister McGrath, James Jones, Vinoth Ramachandra, Ghilean Prance, Simon Stuart and others
- A New Creation – Living Waterways in the Urban Desert – the story of the Minet Country Park
- A Biblical View of the World – Talk by Dave Bookless at St. James' Gerrards-Cross

**Only £10 including postage from the A Rocha office. The pack is suitable for use at any time of year, and contains a wealth of material!**

## HELLO, GOODBYE and WHERE ARE YOU?

STOP PRESS !!! An unexpected gap in the magazine gives us an opportunity for hot-off-the-press news:

Hello! A Rocha UK welcomes Steve Hughes (seated far right) as Chief Executive Officer. After many years experience in Human Resources in the oil industry, and a recent theology course, Steve starts fully in the autumn, to help oversee A Rocha UK's next phase of development.

Goodbye and a huge thank-you to Richard Smillie (seated 2<sup>nd</sup> from right), who joined us three years ago to help-out as a short-term volunteer ... and ended up as Managing Director! Richard has officially 'retired' but remains deeply involved.

Where are you? We still have key vacancies in the UK team for Centre Managers – mature Christians, called to community, ideally with extra gifts in any of DIY, volunteer supervision, education or finance. There are also a limited number of Gap Year or Intern opportunities in Southall from September.



Some of the A Rocha UK team in April 2006

## The Lord's is the Earth

Lee Abbey

**Estate Working Party 12<sup>th</sup> – 16<sup>th</sup> June 2006**

Get stuck in on our gorgeous estate for just: £118 full board  
Work in the mornings and rest each afternoon!

PLUS A FEW SPACES ON OUR

**Harvest Weekend**

with Dave Bookless from A Rocha

29<sup>th</sup> September – 1<sup>st</sup> October 2006

£102 full board

teaching  
worship  
workshops  
community  
space

0800 389 1189

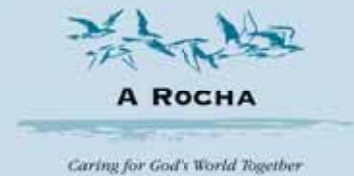
[www.LeeAbbey.org.uk](http://www.LeeAbbey.org.uk)

Lynton, North Devon, EX35 6JJ



# It's all about you!

– A Rocha events



There are more details listed on the website. Please inform us if you are planning a local A Rocha event.

**10th June HOPE FOR THE PLANET**  
– day conference at Wells, organised by Somerset Churches, with Dave Bookless as main speaker. Contact Robin Dixon: sctog@blueyonder.co.uk 01225 872903

**17th June NATIONAL SUPPORTERS DAY** – Minsmere, Suffolk – Join us for a day of information and wonderful wildlife at one of England's top reserves. For last minute booking, phone or e-mail the office.

**14th – 16th July Enjoying Birds as God's Creation** weekend, at Seahouses, Northumbria, visiting the Farne islands. Cost £195 including full board and guided trips. Organised by A Rocha supporter Mark Winter: 01670 783451 or mark@birdwatchnorthumbria.co.uk

**22nd – 5th August NEW WINE CONFERENCES** (Shepton Mallet and Newark) We will have stands at New Wine A & B, and Dave & Anne Bookless will be speaking at all the conferences. Join us if you can!

**17th – 20th August BRITISH BIRD-WATCHING FAIR** – A Rocha will be running a stand, and a service on the Sunday morning at 9.45am – why not come along?

**25th – 28th August GREENBELT FESTIVAL** at Cheltenham Racecourse. A Rocha will be running a stand – contact us if you can help!

**8th – 10th September Enjoying Birds as God's Creation** weekend, on Holy Island, Northumbria. Details as for July.

**23rd September NATIONAL ALL-AGE SUPPORTERS DAY** at Minet Country Park, Hayes – This day is especially aimed at families with lots of activities for children aged 3-11. Please book on the enclosed form.

**29th Sept – 1st October LEE ABBEY Harvest weekend** – Dave Bookless speaking. Book through Lee Abbey at www.leeabbey.org.uk or 0800 389 1189

**7th October SCOTTISH A ROCHA DAY – Montrose Basin, Fife** – with Dave Bookless. If you live north of the border, why not round up some friends and come along? The day will include presentations, news and a wildlife walk. Please book using the enclosed form.

**27th – 29th October Enjoying Birds as God's Creation** weekend, on Holy Island, Northumbria. Details as for July.



**18th-19th November NORTH WEST BIRD FAIR**  
– A Rocha stand, and Sunday-morning service.

## A ROCHA LOCAL Open Days at Monks Eleigh Wet Meadows, Suffolk

Contact: Keith & Maureen Morris on 01449 741644 or keith@arisaig.net

All days are 10am–4pm

**Wildlife Walk & Nature Study :**  
Sat 20th May, Weds 28th June,  
Sat 22nd July, Weds 30th August

**Quiet Day :** Thurs 15th June,  
Weds 12th July, Weds 9th Aug,  
Sat 9th Sept

## A Rocha Living Waterways Events in Hayes & Southall

These are open to all A Rocha supporters. A small charge may apply for some events.

For details please check [www.arocha.org.uk](http://www.arocha.org.uk) and to book call 020 8574 5935 or e-mail [uk@arocha.org](mailto:uk@arocha.org)

- **ART IN THE PARK** – Fortnightly on 2nd & 4th Saturdays at Minet Country Park
- **GREEN TEAM** – Practical conservation parties – first Saturday each month; also hay-making in August – contact [sarah.leadham@arocha.org](mailto:sarah.leadham@arocha.org) to book
- **CHILDREN'S PLAYSCHEMES for 5-11s** – 1st-5th & 15th-19th August, with family fun day on 19th
- **MINET EVENTS** – Minet Community Festival – 17th June, Minet Picnic & Wildlife Wander – 9th July, Bird & Wildlife Walk – 14th October. More details are on the website.

## I WANT TO HELP CARE FOR GOD'S CREATION

IF YOU WOULD LIKE TO BECOME A 'FRIEND' OF A ROCHA, please fill in the form at [www.arocha.org.uk](http://www.arocha.org.uk) and click on 'Get involved', or e-mail [uk@arocha.org](mailto:uk@arocha.org), call us on 020 8574 5935 or write to A Rocha UK, Freepost (SCE 13093), Southall UB1 3BR.