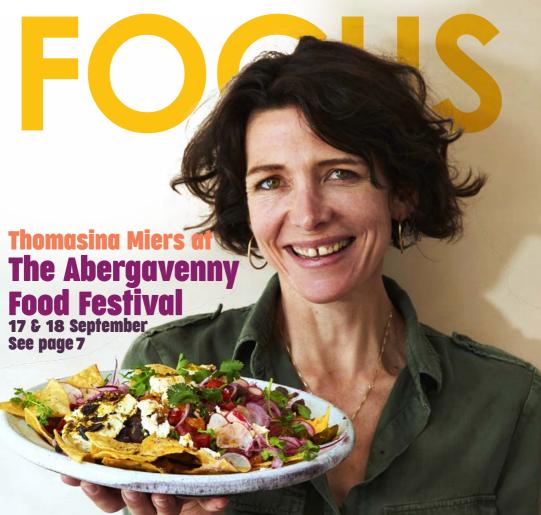
JULY 2022 ISSUE 98

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Dear Readers,



home to (hopefully) enjoy some British sunshine.

One of my Dad's favourite sayings on the Summer Solstice is "The nights are drawing in," accompanied with an ironic sucking in of air through his teeth. While it's a complete exaggeration, it does remind me that summer is fleeting and that we need to make the most of it while it's here because, before long, those nights will draw in. Then I'll start talking to you about Christmas and I'll be REALLY unpopular!

Anyway, in the tumultuous world we are currently living in, we thought it would be a happy and positive thing to remind you of everything the season has to offer, so we've put together a little feature all about ways to enjoy the summer months. I really hope you'll enjoy it and it will inspire some joyful and carefree days for you and your family to relish. After all, that's what's life is all about, isn't it?

Hanrah

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Contributions:

Abergavenny Food Festival, Dr Giles P Croft, Katherine Jordan , Suzette Pratton, P Webb

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ABERGAVENNY FOOD FESTIVAL WAR GWYL FWYD WAR FENNI

This year's star line-up is a gift for anyone buying a Stroller Ticket.*

The flat price of £12 delivers equal rewards either day.

Chef Dems, Cooking with Fire, Talks and Debates - it's all happening on public stages in market venues and outdoors.

Advance booking only. Limited numbers. No walk-up on the day

*Free tickets for children under 16 if accompanied by an adult



GUESTS INCLUDE: THOMASINA MIERS, SANTOSH SHAH, KATE HUMBLE, CYRUS TODIWALA, MATT TEBBUTT AND FELICITY CLOAKE

www.abergavennyfoodfestival.com

his year's Festival offers an amazing day out on a £12 Stroller Ticket – an unrivalled shopping experience, terrific food and produce, inspirational guests, and a great atmosphere. Under 16s get in for free (if with an adult).

Festival Stroller Experience

The markets comprise 150 exhibitors across six venues with live events in the mix. Here's a brief snapshot.

The historic **Market Hall** is the goto place for live cooking dems from the likes of Thomasina Miers, Matt Tebbutt and Santosh Shah. Here you'll also find smoked fish, Wales' oldest Caerphilly cheese, craft gin, brownies, garden seeds and much more. Be wowed by the legendary AFF hung decorations by Bettina Reeves and team.

Head out to **Upper Brewery Yard** for wine, beer, spices, all things garlic and Welsh homewares.

Down a few steps and you have the Street Food Market with hot food to go – from Venezuelan arepas and fresh fish 'n' chips to Spanish paella and Tibetan dumplings. Plus craft beers and free entertainment.

Tiverton Market is the largest market, now running into Horsingtons Yard – a hub for gifts and gourmet ingredients (like seaweed rum, ferments, edible flowers and craft hot chocolate). It's also the new home of the Cheese and Drinks area where you can sample and pair with various beverages.

The Priory Courtyard is all about Fish 'n' Fizz – bringing coast to town – like freshly shucked oysters, sustainably caught seafood, and soft-shell crab rolls. The Priory Souk is where you'll discover the best new and small-scale food producers in Wales and the UK, including doughnuts, artisan baking kits, cold brew coffee and beautiful handmade chefs' knives. Find your new favourite!

JOIN THE BRIGHTEST LIGHTS OF THE FOOD WORLD

Abergavenny Food Festival - 17 & 18 September

The Castle area is a beautiful retreat (away from the market bustle) featuring the Blorenge Bar and family-friendly areas for play and picnics. Delicious catering on offer, such as modern Indian, charcoal grilled kebab and pizza. Browse traditional iron and copper cookware, and hand-forged fire pits from Firepits UK.

Enjoy the sizzle and spark of the cooking over fire dems (line-up includes Cyrus Todiwala, Hangfire Girls and Chris Roberts) and debates and talks in the tents. Get your children signed up to CookSchool where they can enjoy making their own food.

Abergavenny Food Festival



Cooking over Fire

© Tim Woodier Photography

All tickets are being sold in advance.

Buy online at <u>www.abergavennyfoodfestival.com</u> or in person from E H Accountancy, 1 Horsingtons Yard, Abergavenny NP7 5PN, 09:30 to 14:00, Mon - Fri. No walk-up on the day. Stroller tickets will be posted out along with a free magazine/quide in early September.





30th Anniversary Celebrations of Friends of the Brecon Beacons



his year Brecon Beacons Park Society (otherwise known as Friends of the Brecon Beacons) is celebrating its 30th anniversary and will be welcoming both the public and members to join in events being organised to mark this special year for the Society.

The Brecon Beacons Park Society is an independent and voluntary association and a Charitable Incorporated Organisation which seeks to enhance, protect and conserve the Brecon Beacons National Park. It aims to be the eyes, ears and mouthpiece of both the residents and visitors who enjoy the Park. The Society

has representatives on all the major consultative bodies of the Park Authority, and being an active member of the Campaign for National Parks can influence decision making at a National as well as regional level. With over one thousand members the Society organises an extensive programme of guided walks across the Brecon Beacons Park area which are free to members and open to nonmembers for a small contribution. In addition, monthly talks are held in Crickhowell by visiting guest speakers covering a range of topics of interest to members and again, these are open to non-members for a small charge.

During September this year, to mark the 30th anniversary there will be a guided walk every day in September at a mix of levels and areas of the Park, so there should be something for everyone to enjoy. There are also some history walks planned for those non-walkers who would prefer to drive to a venue to join a short walk led by a local historian or expert. A Dark Skies event is also being arranged during September with the option of a night walk. On the 30th September there will be an afternoon celebration at

Llangynidr Village Hall offering a chance to socialise over tea, go on a walk, or find out more about some local businesses based in the National Park.

Other events may well be arranged in the weeks ahead, so if you are interested in finding out more about the Friends of the Brecon Beacons, please look at our website www. breconbeaconsparksocity.org for up-to-date details and the full programme and information on how you can reserve a place. The Society is keen to welcome new members of all ages and from all walks of life, and for a very modest annual membership fee vou will receive a copy of The Beacon magazine in the post twice a year, the chance to join our guided walks and talks free of charge and you will be helping protect and conserve the countryside, heritage and other amenities of the Brecon Beacons National Park for the benefit of everyone. So, if you love our National Park and walking in the countryside with other likeminded people why not consider ioining us or book a place on one of our guided walks or talks for an insight into what we do. We hope to see you soon!

Katherine Jordar



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it can help to talk things throug

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EVENTS

NOW – 16TH JULY OPEN ART EXHIBITION

Oriel CRiC Gallery, Beaufort St, Crickhowell See Page 29 for more info

2ND JULY

ANNUAL SHIRE & MINIATURE HORSE SHOW

Bailey Park, Abergavenny www.swshs.org.uk

9TH JULY

CRICKHOWELL VINTAGE, ANTIQUE & MAKERS MARKET

10am-4pm, Clarence Hall, Beaufort St, Crickhowell

9TH JULY

BRECON SINGERS

Vivaldi, Handel, premier of Gareth Treseder 7.30pm, Brecon Cathedral Tickets £15, Under 18 £5 from Ardent Gallery, Brecon Books, from Choir members or on the door

www.breconsingers.com

19TH JULY

Book-ish Event: AN EVENING WITH JESSIE BURTON



Join us for an evening with Jessie Burton to discuss her newest book *The House of Fortune*, a sequel to the million-copy bestseller *The Miniaturist*. Tickets £20 to include a limited edition of the book.

7.30pm, Manor Hotel, Crickhowell www.book-ish.co.uk/events

23RD JULY

LIVING WITH DEMENTIA

Fundraising Concert TOM JONES & ELVIS (Multi Award Winning Elvis Tribute Act) are taking the Clarence Hall by storm with a Fundraising Concert organised by Living with Dementia Society. All monies raised will be donated to Dementia projects and Dementia related charities. If you are looking for a great night out this concert is for you. Doors 6.30pm for 7.30pm start. Tickets £16 from livingwithdementiacrickhowell@ *gmail.com*, from Treebeards, High St, Crickhowell or call Suzan on 078786085769

29TH JULY

Outdoor Theatre at Abergavenny Castle: MUCH ADO ABOUT NOTHING



There's plenty to shout about in The Pantaloons' take on Shakespeare's timeless summer comedy of masks, music and mistaken identities! The boys are back from war and it's time for celebration, but devious Don John plans to spoil everyone's fun with his perilous plots. Will young lovers Claudio and Hero fall foul of the crafty criminal? Will bickering Benedick and Beatrice ever admit that they actually like each other? Find out in this fast-paced, physical and funny new production! Tickets www.

lickets <u>www.</u>

visitmonmouthshire.com/muchado

4TH AUGUST

Book-ish Event: AN EVENING WITH TILLY BAGSHAWE

Join us for an evening with Tilly Bagshawe to discuss her newest book: *The Secrets of Sainte Madeleine*.

Tickets £12 with wine & cheese or £20 to include a copy of the book.

7.30pm, Book-ish, 18 High St, Crickhowell

www.book-ish.co.uk/events

LOOKING AHEAD

17TH-18TH SEPTEMBER

ABERGAVENNY FOOD FESTIVAL

Get your advance tickets now! Visit <u>www.</u> <u>abergavennyfoodfestival.co.uk</u> for information. See article on Page 7



Befriending Support for Deaf people and people with hearing loss in Wales

he last two years have been a difficult time for many people, especially deaf people and people with hearing loss.

Many of us have felt isolated, and in need of a regular catch up to brighten our day.

RNID and the Centre for Sign-Sight-Sound can offer befriending support to people with hearing loss in Wales through the Live Well with Hearing Loss "Time for Me" service.

The service provides regular one on one support through volunteers over ten sessions, either in person, over the phone, over video call or through letters. Volunteers are fully trained in how to communicate with people with hearing loss, and will be matched to service users based on your needs and interests. You do not need to be a hearing aid user to take part.

A lady with hearing loss who recently benefitted from befriending support said: "I look forward to each call from the volunteer. It makes me feel at ease...I thoroughly enjoy it."

The Live Well with Hearing Loss project is funded by the Welsh Government and delivered in partnership by RNID and the Centre of Sign-Sight-Sound. The project can also support people who have been diagnosed with hearing loss in the last 18 months, offering three sessions to help you adapt after your diagnosis and access support and information. In addition, our 'At Home' service can support you to get the most out of assistive equipment that might help you such as listening devices, amplified telephones and doorbells, loop systems and alarm hells.



For more information about any of our free services, or if you would like to get involved in volunteering for the 'Time for Me' Befriending service, please contact us on: LiveWell.

Cymru@rnid.org.uk or call 0808
8080123 (South, West and Mid Wales).



SKATER PARK POP UP



he new County Councillor Cllr Matt Beecham came along to support the pop up skaters event at Crickhowell on the weekend of 4/5th June.

The event was organised by Crickhowell and District Civic society to highlight the need for a skaters park in the Crickhowell area. There was a variety of 11 different skate ramps and rails at the event, provided by Highline Adventure of Market Harborough. Attendees came on scooters, skateboards and bikes.

Young people have been asking for a skate park for many years.

This event was well attended by young people of all ages from age 3 to 41 and it is evident that many people would like one here.

Thank you to Howard Baker, Crickhowell Town Council and Bennetts Conservation for their support.

If you are able to provide help on a skate park initiative contact <u>civicnp8@gmail.com</u>.

Crickhowell and District Civic Society



Chair of Crickhowell and District Civic Society Dave Williams and our new County Councillor Matt Beecham for Crickhowell district with Cwmdu and Tretower

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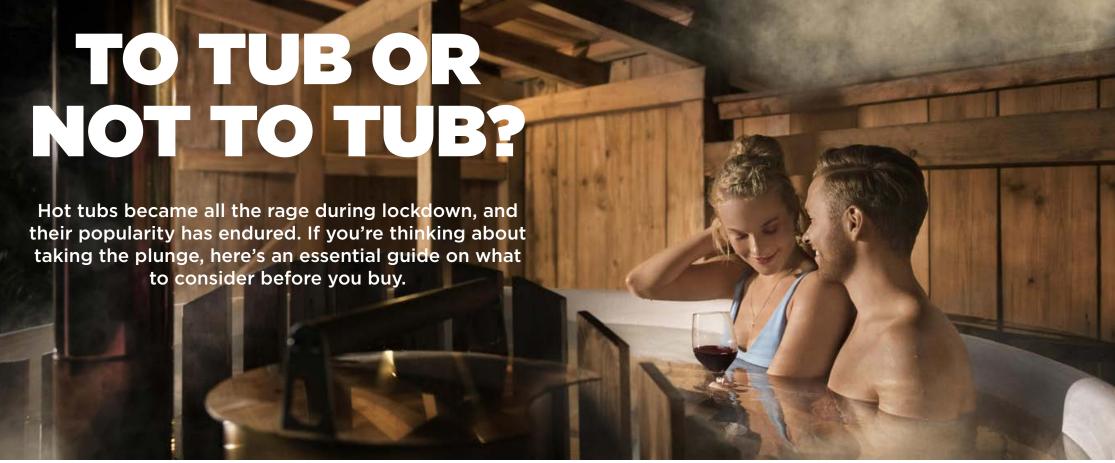
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you're thinking of buying a hot tub, one of the first things you'll need to decide on is your budget. Cheaper hot tubs are a good choice, but they're likely to be inflatable rather than being permanent and, often, inflatable tubs are not suitable for year round use. Spending more will mean you're likely to get something more durable with more features. As a general guide, inflatable tubs are priced from £300 to £1500, hard shell tubs will set you back anywhere from £3000 to £10,000, while the typical spend for a woodfired tub is anywhere from £1500 to £8,000. The price you pay will depend on size and manufacturer.

A huge consideration is not just the initial cost of the tub itself, but the ongoing cost of heating and maintenance. We all know that electricity doesn't come cheaply and as hot tubs by their very nature are, well, hot, you need to think about the cost of electricity to keep it up to temperature, as well as the cost of the water to fill it, especially if you are on metered water.

You'll also need to remember that hot tubs need looking after – you can't just set them up and leave them. You'll need to keep an eye on chemical levels to make sure the water is safe and balanced. You can do this using test strips that will check the chlorine/bromine, pH, alkalinity,

and calcium hardness. Your hot tub manufacturer will provide information on ideal chemistry ranges for your specific tub.

Think about the space you have available to you. Inflatable hot tubs can be taken down and stored, but are still very bulky, so you'll need somewhere to keep it safely so the plastic won't perish. And remember, all tubs will need setting up on a solid, level base even inflatable versions.



A Lay-Z-Spa inflatable hot tub

Once you decide that a hot tub is definitely for you, there's a mind boggling array of different brands and versions out there to choose from. Lay-Z-Spa hot tubs are a popular brand of inflatable tubs, and come in different shapes and sizes, colours and patterns, that can accommodate between 2-8 people. Prices start from £500.



Jacuzzi is a very well known brand of hard shell tubs. You can expect to pay upwards of £4,000 for these.

Skarsgard produces a small range of authentically Swedish woodfired hot tubs. They range from £3,000 to £5,000. A wood-fired tub will save you on the cost of electricity (most do not have jets), and require fewer chemicals, but you will need a good stock of wood to burn!

If in doubt, you can always think about hiring an inflatable hot tub. Lots of companies hire these out on a weekly basis and will come to your home to set it all up for you. This is a great way to find out whether or not the hot tub life is for you.

ABOVE AND BELOW: Skarsgard wood -fired hot tubs



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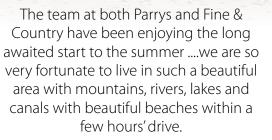








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reenspace Living was created by brothers-inlaw David and Matthew. The ethos of the company is to provide outdoor living solutions for customers to extend their inside space to the outside. An innovative range of composite timber garden rooms, aluminium verandas and composite decking and fencing has proved very popular with their customers.

The pair discovered the benefits of the composite timber garden rooms and decided to make this the construction method of choice. Composite timber garden rooms are highly insulated, zero maintenance, robust and require no internal decoration so you can use your room as soon as it has been erected. The rooms are available in a choice of four colours with authentic timber grain.

To continue with the ethos of the company Greenspace living has added stylish aluminium verandas into their range of products. These verandas allow you to extend the use of your patio or decking over the spring and summer providing that extra space to relax or entertain undercover whilst enjoying the feeling of being outside but without the risk of the weather spoiling it.

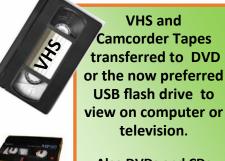
Complementing the composite timber rooms Greenspace Living also install composite decking and fencing which is maintenance free and available in several colours and finishes.

"As a small family run business Matt and I pride ourselves on finding that perfect solution for your outdoor space, our customers are at the heart of everything we do. Designing and installing their dream space to allow them to work from home, have home gym, hobby room or a veranda to spend lazy summer evenings under gives us great satisfaction." David commented.

Greenspace Living are happy to offer advice and guidance, more information can be found on Greenspace Living's website www.greenspaceliving.co.uk and can be contacted by email at wearegreenspace@gmail.com or 07854 795225.







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How to Create an Enchanting Outdoor Space

Few of us have the know-how or pockets that are deep enough to create the type of outdoor space that you might see at the Chelsea Flower Show. Don't despair, though – it's still possible to create a magical outdoor space without breaking the bank or being the next Alan Titchmarsh, ensuring that you can enjoy your alfresco area to the max during the warm summer months.



This will add cosiness to your outdoor space, especially in the evenings when the temperature drops. Firepits are a great focal points for toasting marshmallows and can be picked up relatively cheaply from lots of shops on the high street or online. Remember to always monitor open flames and make sure you have good clearance from trees, bushes and fences.



Lighting

Add string lights and solar powered lights around trees and shrubs or on walls and fences to create atmosphere. A few well placed citronella candles will not only keep away biting insects, but will add drama and enchantment to your outdoor area. These can be bought for pennies from a wide variety of retailers.

Add a kitchen appliance!

One for larger gardens and bigger budgets. The addition of a wet bar, sink and even a fridge or grill not only adds a functional perk to your garden but really moves the inside out. By incorporating just one of these elements into your outside space, you can avoid the need to traipse in and out of the house, ensuring that you can spend more time outside, and adds a touch of luxury.



Colourful Seating Area

Whatever outdoor seating arrangement you have or that you settle on, ensure that it's comfortable so that you can relax enjoyably. Add splashes of colour with brightly printed cushions and throws to give your old outdoor seating a new lease of life. Don't be restricted by formal seating styles either; why not opt for a hammock in a vibrant pattern? Don't forget tables, though. If your outdoor space is small, go for small coffee style nesting tables that can be moved around so that drinks and nibbles can be perched easily.



Install a water feature

Flowing water increases the production of seratonin – the chemical that lifts our mood – which is why installing a water feature in your garden is such a good idea. A water feature needn't be a large pond full of koi carp. These days they come in all manner of shapes and sizes from oak barrels to babbling bowls and mini waterfalls. They can be picked up relatively cheaply and will add a zen-like calming element to your outdoor space.



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recently returned from a conference, where a talk I heard unlocked in me a deeper understanding of the notion of 'fitting in' that might ease your mind, too.

The conference was exploring the insights of Sydney Banks, an ordinary man by all accounts (he hailed from Scotland; was a welder by trade) who, in the 1970's, had a spontaneous, profound awakening to the nature of the human condition. Such was the magnitude of his realisations that 50 years later, practitioners like me are helping others to have an easier experience of life by sharing this simple, powerful understanding, any way they can.

A bit like we do here, each month.

The conference speaker's inspirational story related his refusal to be 'put in a box' against the background of a lifetime's feeling like he never really fit in. Black, brought up in the projects of Birmingham Alabama, reluctant gang member, subsequently a serving military man, his background could not have been more different from mine, and yet I couldn't help but resonate with his 'outsider' story.

After a brief flash of guilt—what possible claim could a white, middle class, male make, to feeling like an outsider?!—I allowed my thoughts to play over my past anyway and

was surprised to uncover that same feeling of 'not fitting in'.

Never part of an 'in' crowd as a youth; not taking the recognised path to higher education; feeling like a misfit at medical school; and *never* like a proper surgeon, because I wasn't willing to sacrifice my outside interests, I left... drifting from one occupation to another, never feeling truly at home in any.

Back in the room I realised that even here, surrounded by my colleagues and friends who shared this same, all-encompassing understanding, I still had experienced suspicions of my 'other-ness' – I was rubbish at small talk, I didn't share the understanding correctly, I'd never be truly accepted into the community...

And then, looking around me in a mild, cold sweat, it hit me. We *all* feel like this. Without exception.

If we'd paused proceedings right there and then and asked "Who sometimes feels like they don't fit in?" every single hand in that auditorium would have gone up. Because each and every one of us—regardless of background, skin colour, education, religion, position or prosperity—has moments when we're terrorised by our own thinking.

Thought, by its very nature, temporarily creates the impression of separateness, one of the symptoms of which is to feel like we

don't fit in. Ironically, beautifully, this very fact unites us *all* in our shared humanity! At this simple level, *none* of us is an outsider. We are all exactly the same.

Fitting in

"Look for simplicity. Simplicity always holds the key you're looking for. And that key... it opens the door to wisdom." ~ Sydney Banks

This stark realisation dissolved the insecure thoughts I'd been feeling and dropped me straight back into the here and now, with the speaker, my fellow humans and feelings of oneness, community, and love; all the symptoms of a tranquil mind.

So next time you feel like you don't fit in, see that for what it is: a passing thought, that has only as much power as you are willing to give it. Why not turn your attention from it, and instead allow yourself to experience life just as it is, now, where we are all united in our shared divinity; that place we call 'home'.

Which is the very essence of Sydney Banks' insights that I had come to the conference to explore.



Dr Giles P Croft

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If you'd like to learn more about the 3 Principles understanding, as described by Sydney Banks, head over to 3pgc. org to explore a host of free materials. If you'd like to apply them to a problem you face in your life, contact me at ailesporoft.com/contact.

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Powles first learned to swim in Borneo - where her mother was born and her grandfather studied

Nina Mingya

freshwater fish.

There, the local swimming pool became her first body of water. Through her life there have been others that have meant different things, but have still been, in their own way, home: from the wild coastline of New Zealand to a pond in northwest London.

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The author of cult favourite Supper Club delivers another pitch perfect satire of contemporary life as a bored cruise ship employee with

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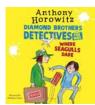


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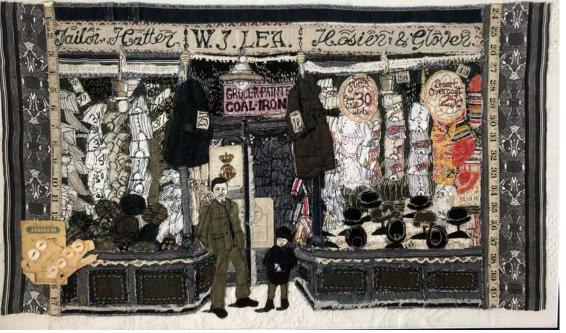
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Overall winner – Carole Bartlett with Mr Lea's shop, a textile entry

CRiC's Support for the Community

fter the challenges of the last two years of lockdown and times of limited operation CRiC has emerged strongly to support the local tourist trade, artists and the community in general.

This year has seen the return of the Walking Festival and the Open Studios weekend. Both events were well attended and showed people's appetite to get out and about again. The Centre is once again, tempting visitors with a wide range of books. maps and gifts and the Oriel CRiC Gallery exhibition programme is back in fine form showcasing a fabulous collection of paintings, prints and three dimensional work. Visitor numbers have been buoyant as people continue to see Crickhowell as a great centre for a staycation.

This year CRiC has implemented change at Board Level with David Thomas standing down as a Trustee and Chairman at the upcoming AGM in July and his place being taken by Trustee, Claire Durkin who joined CRiC's Trustee Board at last year's AGM.

Cyril Teasdale, a Trustee since CRiC's inception, Jane Moseley, Hywel Bevan and Ian Mabberley also recently stepped down from the Board.

CRiC's Board also includes Kirsty Perrett, Tanya Powell, Lee Wright,



Red Pheasant by Stuart Lloyd – winner of the Digital Prize

Bill Chase, Andy Johns and James Suter.

CRiC's AGM will be held in CRiC on Thursday 7th July at 6pm. Community Groups and Businesses in and around Crickhowell can join CRiC's membership to promote their group or business online. The online community calendar promotes events, courses and classes. To join CRiC as a member or become a Friend to CRiC, please contact Jan Morgan at

jan@visitcrickhowell.wales

The Open Art exhibition in the Oriel CRiC Gallery runs until the 16th of July.

CRiC is open Monday to Saturday 10am to 5pm, so do come in and see what is on offer and, if you would like to become a volunteer, make yourself known to a member of staff or one of the volunteers on duty.

CRiC, Beaufort Street, Crickhowell NP8 1BN

<u>www.visitcrickhowell.wales</u> <u>gallery@visitcrickhowell.wales</u>

Suzette Pratton









CLOCKWISE FROM TOP LEFT: The Skirrid From Llanelly Hill by Nick Pritchard, winner of the Tower Gallery prize. Mary Gladstone, winner of the Textile Prize. Drovers Trail by John Harris, winner of the watercolour prize. Cynghordy Viaduct at Dusk by Paul Rickard, winner of the Printmaking prize



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Open Art Exhibition
Continues until 16 July followed by
Summer Exhibition

Open: Monday to Saturday
10am - 5pm

Watercolour by Ellie Ling (Open Art)





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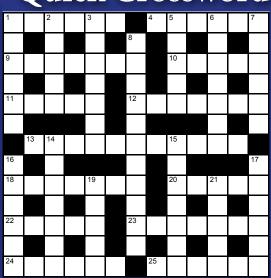
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Quick Crossword

ACROSS	DOWN
1 Automatons (6)	1 Disorganised (6)
4 Racket sport (6)	2 Insipid (5)
9 Female grandparent (7)	3 Immature frog (7)
10 Two times (5)	5 Additional (5)
11 Recorded sound (5)	6 Louder (7)
12 Defrosting (7)	7 Toboggan (6)
13 Not needed (11)	8 Alliance (11)
18 Spun by spiders (7)	14 Takes small bites (7)
20 Afterwards (5)	15 Working out (7)
22 Monarch (5)	16 Frightened (6)
23 Copy (7)	17 Buddy (6)
24 Long for (6)	19 Mistake (5)
25 Concurred (6)	21 Torment (5)



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