

SEPTEMBER 2022 ISSUE 100

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Dear Readers,



As we draw to the close of summer and the beginning of a new school year for some, September feels like a little bit of an ending as well as a new beginning. The next few months look set to be really tough for so many of us and we really hope to bring a little happiness and a spark of joy to you in our magazines each month so that you can enjoy something uplifting arriving through your letterbox other than scary household bills.

This month's Focus has the distinct aroma of food about it and anyone who knows me also knows that I am a bit of a foodie, so I always love the chance to create a magazine with articles on the subject! We are so proud to be a sponsor of this year's Brecon Beacons Food Festival which takes place on 1st October, so there's plenty of time for you to get it in your diary and plan your visit. Read all about it on Page 18. It's sure to be a brilliant event with a fantastic mix of food and drink exhibitors as well as entertainment!

You'll also find some topical advice from Natural Weigh about how we can eat more sustainably and the top food-related book picks from our friends at Book-ish.

Enjoy this month's read!



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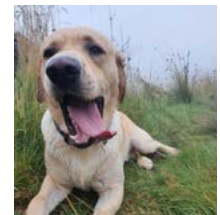
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The Future of our Town Centres



HAVE YOUR SAY

BRECON: <https://forms.office.com/r/WdqyA2Saq6>

CRICKHOWELL: <https://forms.office.com/r/Xy9ujw4yBh>

This consultation closes
at midnight on Sunday 2
October 2022.

Powys County Council are looking at ways to improve the public spaces within Brecon and Crickhowell town centres and are keen to hear the thoughts, experiences and concerns of local people, businesses and visitors on how they use the town centres and how they could be improved.

In Brecon the focus is on improving pedestrian priority and experience, improving connections and biodiversity and creating a safe, accessible public areas that enhances the unique qualities of the town along the length of the High Street; including the Struet, High Street Superior, High Street Inferior and the Bulwark.

In Crickhowell, the focus is on improving pedestrian priority and experience, considering drainage issues, and enhancing identity along the length of the High Street.

These projects originated from the installation of the temporary Covid interventions for social distancing in 2020 which created additional spill out space for pedestrians and reduced the number of parking spaces.

The temporary measures highlighted how our town centres can evolve and make use of space differently. The pandemic gave rise to an element of café culture being experienced within our towns and an enthusiasm for embracing our outside areas, which is something that many thought they would like to see retained into the future.

Following an initial informal engagement exercise with the local communities back in June 2021, we have considered peoples view and taken the opportunity to look at how and if the temporary interventions may

An artist's impression of how Bulwark Square might look

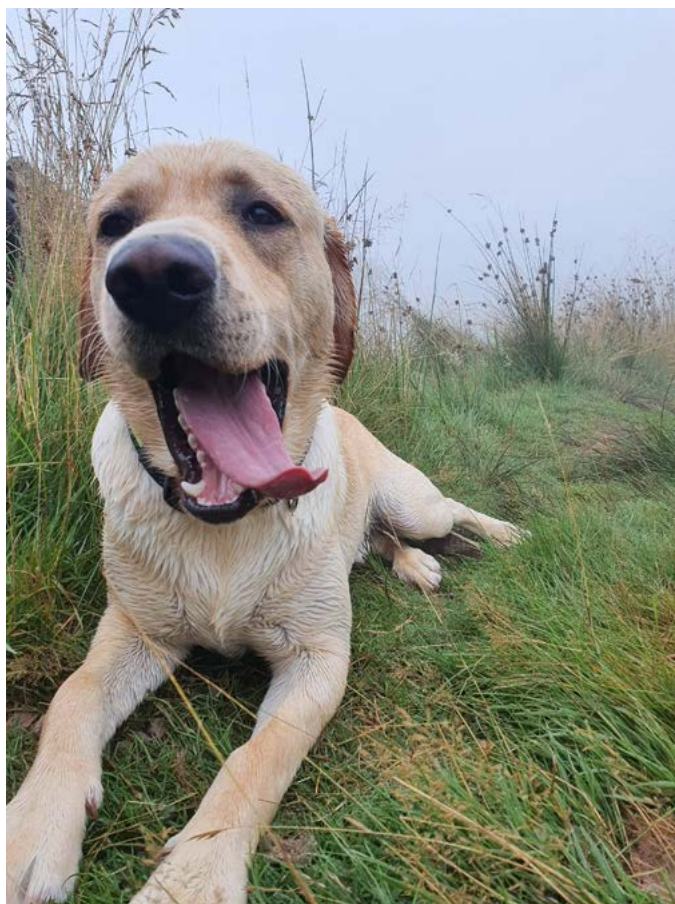
become permanent and what other opportunities and benefits could be achieved at the same time.

It is important to balance the views of all users of the town centres; visitors, residents and businesses. These place specific consultations will provide valuable feedback which will be used to shape how the town centres look, work, and feel in the future.

Powys County Council would really appreciate 5 minutes of your time to give them your thoughts and feedback on the video presentation. You can do this through the feedback questionnaire online or by emailing transformingtowns@powys.gov.uk

Powys County Council

New member for Brecon Mountain Rescue Team



A new member of Brecon Mountain Rescue Team is joining the pack – and he's on four legs instead of two.

The latest volunteer to be undergoing training is just two years old... and furry. But his ability to quickly traverse large areas of rugged terrain in the vital search for missing people will be second to none.

His name is Chewbacca and he is being trained by handler and fellow mountain rescue volunteer, Steve Covington, from Brecon.

Steve, 44, is a former professional rugby player and now an on-call retained firefighter who joined Brecon Mountain Rescue Team in 2012 after retiring from rugby and missing the team environment.

He explains: "I saw an advert for a recruitment drive for the local mountain rescue team and jumped at the chance.

"On my assessment walk to join the team, I met an inspiring mountain rescue team dog

handler, and I knew then that I wanted to train a search dog."

Steve is one of 60 dedicated volunteers who provide an emergency rescue service 24-hours a day, 365 days-a-year – saving the lives of those most in need, throughout mid Wales.

But to fulfil his ambition of being a search and rescue dog handler, Steve had to undertake further training with the South Wales Search and Rescue Dog Association (SARDA) - a charity which specialises in searching for lost, injured or missing people in hostile terrain and extreme weather conditions.

Once qualified, Steve trained his first dog, a black Labrador named Indy, who is now retired and enjoying life after a successful career which included successfully finding and rescuing a lost person in 2016

Steve recalls the incident: "A missing runner had gone off route during an event," he said. "We were tasked to a possible area which was covered with thick heather and gorse. It was a hot sticky evening and Indy and I worked the area along a poorly maintained path.

"Suddenly Indy got a scent and shot off down the hill, found the runner and then ran back up the hill to me, indicating that he had found someone and then led me to the missing runner.

"I followed Indy to the runner who was lying up against a stone wall, exhausted but very happy to see us. The light was fading and she had injured her ankle but we got her off the mountain safely.

"It was a fantastic feeling to have found her before her situation had turned bad. Indy was a real hero that night and I was so

proud of him! The team gave him a round of applause when got back to base. Finding someone and saving their life is a big deal for any dog handler."

Chewbacca is now mid-way through his training and Steve hopes he will be ready to undergo his formal assessment within 12 months, before becoming an official member of Brecon Mountain Rescue Team

Steve explains: "There are three stages of assessments before a dog can be considered a 'qualified' search and rescue dog. It is a thorough process which includes everything from proving he won't chase sheep, to indication tests, behaviour tests and more.

"This is followed by a series of tests where he will search bigger and bigger areas, looking for people in different locations and situations, such as sitting, lying down, in trees, in water, walking... and so on.

"It a long process and hard work, as it should be – people's lives depend on the provision of a high-quality service. But it's incredibly rewarding, to see a dog work and enjoying every moment of it is the best feeling.

"If all our hard work helps us to find just one vulnerable missing person, then it's all worth it."

Now Steve is joining Brecon Mountain Rescue Team's appeal to raise vital funds to build a much-needed new headquarters.

He said: "For more than 50 years, our dedicated volunteers have saved lives throughout mid Wales, not only on the mountains, but also in towns, rivers and lakes across the region, and we have never been busier.



Chewie and handler Steve

"We provide specialist search, medical, and rescue services, and work closely with the police, ambulance and fire services when they receive a call for help, but are unable to find, reach or rescue those in need.

"Yet we receive no government or external funding and operate on an entirely voluntary basis. The growing demand for our help means we are now in urgent need of a bigger, better base."

"Now we are hoping our community will show us their support and help us reach our fundraising target, so that we can build a base that will benefit the whole region well into the future."

To find out more about how you can support Brecon Mountain Rescue Team, please visit www.breconmrt.co.uk

Lucy King

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Nevill Hall League of Friends needs you!



We are pleased to tell you that the League is once again enjoying serving visitors, and staff at Nevill Hall, having settled into a new rhythm post Covid.

Since you last visited the "Best Coffee Shop in Abergavenny", having moved into the 21st century we now take card payments, more convenient and a huge step forward for the League. Our very competitive range of snacks and sandwiches is adventurous, there is something for everyone, and the coffee range is second to none!!!!

We continue to support the hospital with donations of much needed equipment, such as "Emergency Toiletries" I am sure that it comes as no surprise to you that when rushed in via the assessment unit or admitted via A & E many patients come in with little or no preparation, so something to freshen up is highly welcome.

We are sad to report, but fully understand, that post covid some of our volunteers have decided to retire, we seek new members. If you have a couple of hours to spare on a regular monthly basis you will be most welcome as a member helping the League in its work, meeting new friends and building a new select social circle.

Contact us via Barbara on: 01873 737752 Or leagueofnevillehallfriends@gmail.com We look forward to hearing from you.

David Spencer Publicity Officer August 2022

We donated £60k to Nevill Hall in 2021

Email: leagueofnevillehallfriends@gmail.com

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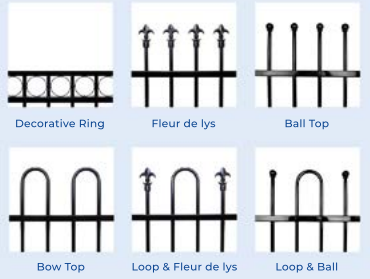
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Crickhowell Friends of the Earth presents an innovative documentary film about climate change.

What will life be like for us and for our children and grandchildren in the not- too-distant future, in the year 2040? Heatwaves? Droughts? Floods? Forest fires? Irreversible, runaway climate change?

The director of 2040, Damon Gameau, asked himself that very question, motivated by his concerns for his daughter, Velvet, who will be 21 in the year 2040.

Unlike other films that focus on a catastrophic future for humanity and all life on Earth, Damon Gameau's film presents an unusually optimistic alternative, an antidote to doom and gloom images that fill us with a sense of helplessness.

He focuses on some of the best examples of practical actions and pioneering innovations that are being developed worldwide today and fast forwards to 2040 to see how they might help us to avert potential disaster. He doesn't pretend it will be easy and it is clear we must take action without

delay but if we rapidly learn to use the planet's resources more wisely we can make a difference.

This is an inspirational, upbeat film that blends traditional documentary with dramatised sequences and clever visual effects to create a vision of how these solutions could regenerate the Earth for future generations.

The 90 minute film (PG 12+) is being screened FREE at the Abergavenny Community Centre on Sunday October 2nd at 3pm. For further details and booking information please check www.friendsoftheearthabandcrick.wales

EVENTS

3RD SEPTEMBER CRICKHOWELL FLOWER SHOW AND OPEN GARDENS



Many glorious gardens will be open to visitors offering inspiration and a huge array of beautiful plants and flowers. Plus, the exhibits in the Flower Show (Clarence Hall) will be demonstrating the best of local skills as well as a super Plant Sale. For more information: crickhowellgardensociety.com

7TH SEPTEMBER Book-ish Event: AN EVENING WITH CLARE MACKINTOSH



Join us for an evening with Clare Mackintosh to discuss her newest book *Hostage*. 7.30pm, Manor Hotel, Brecon Rd, Crickhowell. Tickets: Event Access £8 | Event Access with book £15 from www.book-ish.co.uk/events/

7TH SEPTEMBER SEEING WALES FROM TABLE MOUNTAIN – ILLUSTRATED TALK

Talk given by Paul Daniels From India to Wales. From Cardiff to Crickhowell. From city to countryside. Paul first moved to the area in 1982 for short stint. He

then came back in 2006 for another couple of years. But then in 2018 moved here for good. Paul is a newbie really to all things country and you'll find him trying to establish roots in Crickhowell. 7.30pm – 9pm, The Bear Crickhowell Tickets available for members and non-members of Brecon Beacons Park Society. Please visit www.breconbeaconsparksociety.org for more info.

17TH & 18TH SEPTEMBER ABERGAVENTNY FOOD FESTIVAL



An inspirational weekend of fabulous food, chef demonstrations, talks and debates. Visit www.abergavennyfoodfestival.com for tickets and details

23RD-25TH SEPTEMBER BRECON BEACONS DARK SKY FESTIVAL 2022

A fabulous weekend of activities and events to celebrate our dark skies. www.breconbeacons.org/whats-on/dark-sky-festival-2022 for full event listings

28TH SEPTEMBER Book-ish Event: AN AFTERNOON / EVENING WITH RUTH JONES



Two events to enjoy at either 12.30-3pm or 7.30-9pm. Enjoy Ruth Jones in conversation with Jude Rogers discussing her new book: *Love*

Untold. Afternoon event: Manor Hotel, Crickhowell. **Evening Event:** St Edmunds Church, Crickhowell Visit www.book-ish.co.uk/events for tickets and info

1ST OCTOBER BRECON BEACONS FOOD FESTIVAL



The Brecon Beacons Food Festival is now in its 25th year, the venue is the Brecon Market Hall. The event is a key premier Welsh Food Festival in Wales. This year promises a fantastic selection of local food and drink – some of the very best to be found in the Brecon Beacons National Park. FREE to attend; Festival goers can look forward to sampling a range of produce from bread to beers and cheese to Welsh cakes with most items travelling less miles than the visitors themselves. www.breconbeaconsfoodfestival.co.uk for more info

2ND OCTOBER Abergavenny & Crickhowell Friends of the Earth Film Screening: 2040

Damon Gameau's upbeat documentary about the impact of climate change focuses on inspiring innovations that might just help us avert disaster. See page opposite. 3pm, Abergavenny Community Centre, Park St, Abergavenny. For more information and to book your free place visit www.friendsoftheearthabandcrick.wales



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It

is a truth, universally

accepted that each member of the Parrys Fine and Country team is passionate about property, looking after our clients, and the area in which we live. A lot of that comes down to the fact that all of the team lives either in or around the Abergavenny and Crickhowell area, with some of us having been born here.

When you stop for a moment to really think about where we live from an objective point of view, you'll see how blessed we are: the undeniably beautiful Brecon Beacons National Park, the rolling Monmouthshire countryside, the rugged mountains that provide a back drop to historic Abergavenny and picturesque Crickhowell. The Monmouthshire and Brecon Canal winds its way through our area and the River Usk meanders across the countryside. We have independent shops and businesses, places to eat where we can enjoy a coffee or glass of wine... I could go on. I haven't even mentioned the array of activities we have at our fingertips: gyms, yoga classes, arts and craft galleries,

studios and the many more small businesses that each offers their own unique and personal service.

Aren't we lucky?

Often, however, what stands in our way of fully appreciating what is all around us is that thing called Life.

Life, by its very nature, is busy. We spend it juggling the demands of school, work, children, pets and family. I find, in running my own business, that often it can go beyond busy and enter the realms of hectic. There's the daily, relentless tide of emails bringing waves of messages, early mornings spent gathering and proofing property particulars, catching up on the latest legislation, busy telephones talking to buyers, sellers, landlords and tenants, clients and potential clients popping into the office, viewings, valuations and so much more that defines the busy day of an estate agent.

Currently, the demand for property to buy and sell is outstripping supply, with high levels of prospective buyers and tenants wanting to view a property the moment that it is launched to market. This creates a buzz, but it can be exhausting to manage and it throws up situations that are difficult to confront – successful elated

buyers on the one hand and disappointed potential buyers who missed out on the other.

That buzz and everything that goes with being an estate agent is what I live for and what I thrive on, but sometimes that buzz does need quieting. Let's face it, we all need those moments of pause in which we stop, inhale, notice life happening around us and appreciate that we're alive.

My escape from 'real life' goes back to what I was talking about at the beginning of this article: spending time outdoors and taking a moment to fully appreciate where I live. My own escapes involve walking my dogs, swimming in a lake or river, or simply sitting and enjoying a view. I also enjoy going to the gym and yoga, the latter something I never thought I would grow to love, as I enjoy the physical activity and the stillness: a combination of resetting the body and mind.

My colleagues Gemma Povey and Vivienne Reece are both 'Crickhowell girls', having lived in or around Crickhowell all of their lives. I asked both of them what they loved about the town :-

Vivienne, who recently enjoyed a weekend at the annual Green Man Festival says:

“

Crickhowell is a beautiful, picturesque town with a lovely community spirit, wonderful independent shops, cafes, restaurants, and is surrounded by stunning countryside. Cefn Coed locally known as Bluebell woods is one of my favourite places to visit during the spring, it's a sea of colour and fragrance and somewhere to just switch off and enjoy nature at its best.

The Monmouthshire and Brecon Canal is a place of outstanding natural beauty, you can walk for miles or, in my case, paddleboard for hours and just simply enjoy the peaceful surroundings.”



Gemma says, “I have lived in Crickhowell all my life and would not want to live anywhere else, because of its excellent reputation, warm and friendly community and good schools.”



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Gemma on 01873 858990 or if you are looking to rent or let a property please contact

Vivienne on 01873 859237 or visit our websites :

www.parrys.com or www.fineandcountry.com

FINE & COUNTRY

One of the oldest food festivals in Wales, the Brecon Beacons Food Festival opens its doors for the 25th year on Saturday 1st October. The event promises visitors a fantastic mix of food and drink exhibitors and entertainment.

Brecon Beacons Food Festival



Festival goers are expected to sample a range of local produce, including bread, cheese, cakes, artisan beers, meats, preserves and more with most items travelling less miles than the visitors themselves.

Food Festival organiser, Andrew Powell said, "I'm delighted to be bringing the food festival back to Brecon this year after a few years of uncertainty due to the pandemic. Small artisan food and drink producers need our support more than ever and I'm confident the thousands of event visitors will love what they have to offer.

"Exhibitor spaces are already full, and we are busy planning lots of other exciting components for the day booked, including 4 local choirs who will be performing throughout the day. We've also confirmed sponsorship support from Beacons Foods, A2Z Food Safety and Focus Magazine. There is no doubt that this year's Brecon Beacons Food Festival will be better than ever!"

"This food festival is the highlight of any food lovers' calendar for many years and is not to be missed. Its timing with the harvest season is perfect and the food and drink on offer

is at its best. Brecon Beacons Food Festival is the perfect day out for everyone – from those who are passionate about their food to those who are happy to taste."

For more information about this year's event please visit www.breconbeaconsfoodfestival.co.uk.

Joe Aldworth



Brecon Beacons Food Festival 2022

Saturday 1st October
9.30am - 4.30pm



- Brecon Market Hall - FREE Entry
- Over 50 food & drink producers
- Great entertainment throughout day
- Fun for all!

For more information visit:
www.breconbeaconsfoodfestival.co.uk



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How to eat sustainably

5 changes you can make today

Trying to be sustainable and eco-friendly can seem like a challenge and, worst of all, sometimes it can feel like it doesn't make a difference. But I'm here to tell you that it DOES make a difference and it doesn't have to be difficult. Here are my top five easy changes you can make to eat more sustainably and help you on that sustainability journey.



1. Get a local, organic veg box

This one ticks nearly all the boxes of sustainable eating. The veggies are grown locally, so there are very few food miles involved in getting it to your door. These boxes are typically grown organically (although they don't always have the certification) which means it is better for the birds and bees. AND the boxes are filled with seasonal food. This means eating what grows now, now. It can take a bit of getting used to. Okay a lot of getting used to. And it sometimes feels like you never want to see a courgette again...but we find that just as you get to this point, the season changes and you get something new. We have discovered lots of tasty new meals in our efforts to eat whatever comes in the veg box and we love it.

2. Reduce food waste

Did you know that if food waste was a country it would be the third biggest emitter of greenhouse gases globally? Pretty shocking stuff. So if you've already ticked off tip number one and got yourself a veg box then I highly recommend souping any leftover veggies the day before you receive your next box. Otherwise they end up getting buried and forgotten about. I also find that checking my cupboards before heading to the shops and writing a list are great ways to make sure I buy what I need. If you do end up having any waste food then a compost bin is a great way to make good use of those scraps.

The RHS has some great tips on how to compost. www.rhs.org.uk/soil-composts-mulches/composting

3. Reduce your beef intake

Nobody really wants to hear this but greenhouse gas emissions from the digestive systems of cows are major emitters of greenhouse gases. To be clear, we're not saying 'Don't eat meat'. What we are saying is why not try reducing your meat intake? Or perhaps just replace the beef with another type of meat? And if you do fancy the occasional beef meal, that's fine. Just try to keep them to a minimum.

If you are looking for vegetarian meal ideas, check out some of our recipes online.

www.naturalweigh.co.uk/category/recipes/

4. Shop locally

Locally bought food isn't always the most sustainable but it does reduce your carbon footprint of travelling further. Also, in our experience, small local shops are far more likely to have locally produced food in store than the large supermarkets. If you've got a farm shop or farmers market nearby, these are great places to find stuff too.

5. Shop plastic free

Sustainability isn't all about the carbon footprint of your food. Packaging also plays a role, and, unsurprisingly, we are big advocates for buying your food without any packaging. In many cases, this packaging is completely unnecessary and just forces you to buy in quantities you may not want (I'm thinking of apples here). As well as being unnecessary, it is also difficult to recycle. The best option is to shop packaging free whenever you can. Here at Natural Weigh you can bring your reusable containers to fill up with a whole range of tasty goodies without generating any waste.

If you do purchase items in packaging, make sure to check what happens when you put it in the recycling bin. While most supermarkets now collect stretchy plastic, research has found that this isn't always recycled and can end up as mountains of waste in foreign countries. At Natural Weigh, we collect stretchy plastic which is picked up once a week by Capital Valley Plastics and made into building materials, usually damp proof courses.

I hope you have found these useful. If you ever want to chat about sustainability, feel free to pop in to our shop.

Chloe Masefield
Natural Weigh, 54 High Street, Crickhowell, NP8 1BH.

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Fish & Tomato Curry

Fish curry may sound like an undertaking, but it can be fast because the fish itself cooks through in a matter of minutes. All you need to do is create a flavoursome, spicy sauce first, which is easy, as this dish demonstrates.



Ingredients

Serves 3–4

2 tablespoons rapeseed or sunflower oil
1 large onion, sliced
2 teaspoons freshly grated ginger
3 garlic cloves, grated
1-tablespoon medium curry powder, or paste
1 cinnamon stick (optional)
300ml tomato passata
100ml coconut milk
½ teaspoon sugar
500g white fish fillets, such as pollack, coley or sustainably caught haddock, skinned
Juice of ½ large lime
Sea salt and freshly ground black pepper

TO FINISH

Coriander leaves
A few black onion (kalonji) seeds (optional)

Method

Heat the oil in a large saucepan over a medium-low heat. Add the onion to the pan and cook, stirring regularly, for 8–10 minutes until soft.

Now add the ginger, garlic, curry powder or paste and cinnamon stick, if using, and fry for a minute or two. Add the passata and coconut milk, the sugar, a pinch of salt and some pepper. Stir well and simmer, stirring from time to time, for about 10 minutes until rich and well blended.

Meanwhile, check the fish for pin bones, prising out any you find with tweezers, then cut into large pieces, about 4cm square. Add these to the sauce, bring back to a very gentle simmer and cook for 4–6 minutes until the fish is just cooked through, stirring very carefully a couple of times (you don't want to break up the fish if you can help it). Remember it will continue to cook after you have taken it off the heat.

Stir in the lime juice, taste and add more salt or pepper if needed. Serve straight away with rice. Finish with a scattering of fresh coriander, and black onion seeds if you like.



From Hugh Fearnley-Whittingstall's book, 'River Cottage Light & Easy'

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~ Roger C. Mills, from the book
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As you prepare your meal, cultivate mindfulness by noticing your intentions in preparing the meal. Form an image of the meal you will be preparing. Make an effort to move more slowly than you normally do. As you chop, stir and prepare, focus on one thing at a time. Bring your attention wholly to the task in front of you and notice if you are hearing, tasting, smelling or seeing.

Moment of Calm

Let's talk about the 'R' word. Tell me, what springs to mind, when you hear the word 'resilience'? Does it fill you with a sense of assurance; a certainty that whatever life throws at you, you'll survive and thrive; or maybe it gets your hackles up as a tool of blame and shame, used against employees, struggling in under-resourced conditions?

I've seen all these responses, and more, from different individuals and teams I've worked with, which begs the question, how can one simple word provoke such varied response? What does *that* tell you about how we experience the world?

All words are simply metaphors—human created imagery that points to a deeper truth—so what's the word 'resilience' pointing to? Looking at its origins, it comes from the Latin *salire* (to jump) and *re-* (back), so what do we suppose we're jumping out of, and back into, when we're feeling resilient?

Here's where it's helpful to have spotted that literally *all* we ever get to experience as human beings is the Now, and it's only the mind and its obsession with future and past, analysis and judgement; its endless stories of how things *should* be,

that can ever give the *impression* of us experiencing anything else. When we're not distracted by that mind chatter we find ourselves fully present to each and every situation we face; re-connected to an intuitive, inner resourcefulness; perfectly equipped to deal with life's challenges, big and small.

So what if resilience isn't something that can be diminished, built, or trained, but is simply our unchanging, inbuilt capacity to fall out of our insecure, obstructive thinking and back into the rich resourcefulness of present moment consciousness?

.....

My 8 year old daughter was recently playing with the idea of time travel, noting with dismay that finding herself in the distant past she'd be "gutted that there was no television" ... I agreed, but suggested she'd get over that fact pretty quickly. Her innate capacity for resilience means she'd 'jump back' from the disappointment – in other words, she'd naturally stop thinking about it after very long, and as a result, her attention would return to the awareness of all life had to offer her, in the here and now.

.....

We all face challenging circumstances—life would be pretty boring if we didn't—but our capacity for resilience is in no way at risk from any of them. Like a football held underwater, psychological buoyancy is built in, and it's made visible by letting go.

So next time your head's full of feeling like you can't cope, just remember there are no tools, techniques or special arrangements required for you to wake up to the fact (time and time again) that to be human is to be distracted by the mind's endless, meaningless, self-referential demands.

When you do, you'll realise you never were separated from wisdom, intuition and the next step towards a solution that's just right for you.



Dr Giles P Croft
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If you'd like to learn more about our essential resilient nature, a short conversation on the topic, between two doctors, can be found on my YouTube channel at <https://gilescroft.link/resilience>.

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BOOKS, CONVERSATION & MORE

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This month, the talented all-knowing Booksellers at Book-ish provide us with their top foodie-related book recommendations.



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Recipes to Excite
Ixta Belfrage
£26

In her first solo cookbook, the food writer and co-author of Ottolenghi Flavour serves up a range of sumptuous, innovative recipes inspired by Italy, Brazil, Mexico and beyond, ranging from chicken with pineapple and 'nduja to prawn lasagne with habanero oil.

Summer Kitchens :
Recipes and Reminiscences
from Every Corner of Ukraine
Olia Hercules
£26



A revelatory journey into the world of traditional Ukrainian summer kitchens, filled with evocative

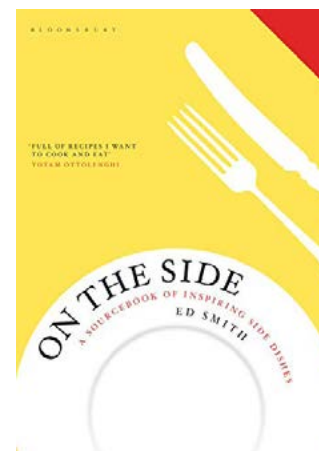
photography and gorgeous traditional recipes from borsch to poppy-seed babka.

The Year of Miracles :
Recipes About Love + Grief +
Growing Things
Ella Risbridger
£22



A truly heartwarming mix of memoir and food writing, the author of the bestselling *Midnight Chicken* charts a year through the lens of her kitchen, weaving touching reflections on loss and love together with must-try recipes.

**On the Side : A sourcebook
of inspiring side dishes**
Ed Smith
£22



On too many occasions, side dishes are relegated to an overboiled afterthought, or dismissed with a throwaway 'eat with potatoes' or 'serve with seasonal greens' line. This revolutionary cookbook provides 140 inspiring recipes that move the humble side dish to centre stage.

**Omelette : Food,
Love, Chaos and Other
Conversations**
Jessie Ware
£9.99



Omelettes both literal and metaphorical are explored with love, wry wit and lashings of charm in this delicious combination of food writing and memoir from the popular singer-songwriter and podcaster.

Small Fires :
An Epic in the Kitchen
Rebecca May Johnson
£14.99



Playfully dissolving the boundaries between abstract intellect and bodily pleasure, domesticity and politics, Johnson awakens us to the richness of cooking as a means of experiencing the self and the world - and to the revolutionary potential of the small fires burning in every kitchen.

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Conference Facilities at CRiC

As thoughts turn to accepting new challenges at the start of the academic year in the autumn, CRiC is pleased to announce that the centre has benefitted from a grant for digital equipment.

Centre manager Jan Morgan said, "We have taken the opportunity to improve the technology available to users of the conference room by obtaining funding from Arwain's Community Venue Fund for a smart TV and video conferencing facilities. The enhanced features of the space will facilitate effective hybrid meetings, courses and classes for groups, societies, organisations and individuals. The large screen

can also be used to live stream or show films and videos to audiences using the room. We are delighted to be able to enhance our offering to support many who have had to adapt to new ways of working and make increased use of digital technology as a way of engaging with participants."

Alongside the popular photocopying and other services accessed from CRiC, the centre supports many Welsh and local producers and continues to give a great 'taste of Wales' whether for a foodie gift, a green man for the garden or a unique mug featuring Crickhowell. The growing selection of maps, guides and local interest books has proved immensely popular.

The Oriel CRiC Gallery's summer



Art at CRiC ▲

exhibition continues until mid-September and will be followed by the autumn exhibition which will be sure to inspire the artistic endeavours of many and tempt others to take home something uniquely beautiful for their home.

To inquire about using CRiC's conference room and any of the facilities please contact Jan Morgan jan@visitcrickhowell.wales

Crickhowell Resource & Information Centre, Beaufort Street, Crickhowell, NP8 1BN tel 01873 811970

www.visitcrickhowell.wales

gALLERY@visitcrickhowell.wales

Suzette Pratton



CLOCKWISE FROM LEFT: *Threshing, Moving, Splashing* (detail) Rhian Symes, *Drovers Way ii* (close) John Harris, *Pentre Ifan 1960* Paul Rickard



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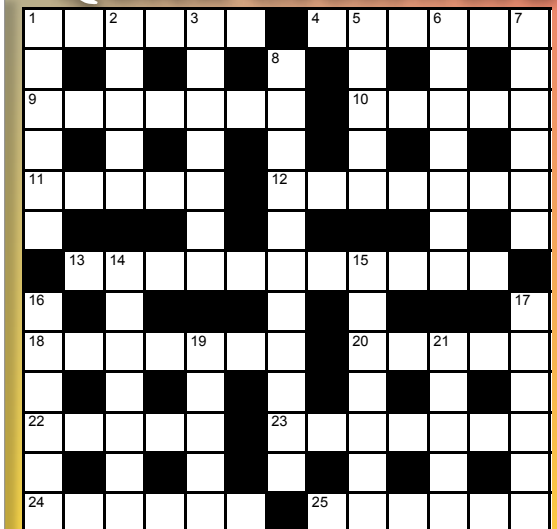
Quick Crossword

ACROSS

- 1 Demand (6)
- 4 Smaller (6)
- 9 Hair cleanser (7)
- 10 Spin (5)
- 11 Freight (5)
- 12 Advantage (7)
- 13 Always (11)
- 18 Tolerant (7)
- 20 Arrive at (5)
- 22 Expel (5)
- 23 Apparent (7)
- 24 Dismal (6)
- 25 Floats (6)

DOWN

- 1 Bug (6)
- 2 Step (5)
- 3 Prop up (7)
- 5 Consumed (5)
- 6 Accomplished (7)
- 7 Tell (6)
- 8 Mixture (11)
- 14 Exterior (7)
- 15 Appearance (7)
- 16 Scatter (6)
- 17 Phantoms (6)
- 19 Insert (5)
- 21 Bypass (5)



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