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DECEMBER 2020

ISSUE 216

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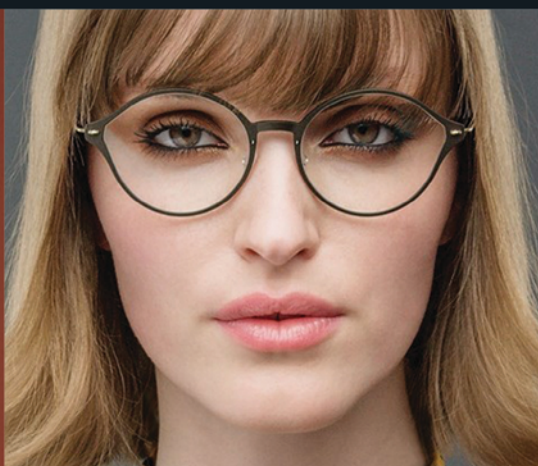
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SINCE 2002



MEET SANDRA

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Published By MP4 Design Limited Est. 2002



It's the season to be jolly, so let's enjoy our area and Stay Safe.

Sit back, relax and enjoy your latest Breeze!

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Please note all we believe all information given was correct at the time of going to press.

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Christmas Gift Guide

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Original handmade silver jewellery designed here in Beeston. "From drawing in my sketchbook, to hand making the piece at the workbench and bringing the creation to life. Custom made jewellery makes a great gift for your loved ones this Christmas". For more information visit: www.handmadebyalex.co.uk



Anne Corr makes personalised gifts and cards in her workshop in Chilwell. You can find her artwork as handmade books, prints and cards at www.etsy.com/uk/shop/modestly. Anne makes to order so she suggests you get in early! Handmade gifts make a connection that is special - "I can't wait to show you!" Anne Corr <https://about.me/annecorr>



"A nature inspired artist based in Chilwell, Anjana paints in a loose, impressionistic style and strive to capture the effect of light on subjects. "My original paintings have found new homes in the UK and internationally. I love sharing my passion for watercolour and run painting workshops". www.anjanacawdell.co.uk

www.thelittlehandcraftedcompany.co.uk

The Little Handcrafted Company is run by a local mum of two and specialises in personalised clothing and gifts for children and adults. Their latest range is aimed at dog lovers all hand personalised with the name(s) of their pooch making it a perfect Christmas gift. (Also available Dog Dad hoodies)



At Red Lion Pottery in Chilwell, Alan makes stoneware pots mainly for the home. "I use glazes made from wood ash and fire the work in a wood kiln. A selection of my work is available on my website" www.alanbirschallceramics.com

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Recognition Awards For Our Wonderful CAREGivers

keeping it

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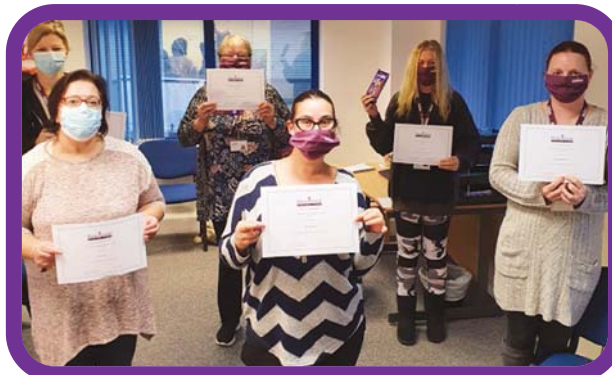
SINCE 2002

As ever, our wonderful CAREGivers have been supporting our clients during these unusual times. We have recently started presenting 'Recognition awards' and here are some of our recent recipients:



Isabel has been nominated because she regularly gets lovely comments from her clients about the care they receive from her.

Michelle has been nominated by a family member who said 'Michelle has become Dad's friend, he often speaks about her and she regularly goes the extra mile.'



The team award for having a fantastic, supportive approach to the complex needs of our clients. Pictured from back L to R: Lyn, Janet M, Ali E. Front L to R: Cat, Selina, Katy.

As we approach what will be a different Christmas this year we would like to say a big THANK YOU to all our fantastic CAREGivers who support our clients so well.

As we are unable to have a Christmas party this year we have asked Santa for a goodie bag for them. Some of Santa's helpers have been busy helping him as you can see from the photo here.



As we come to the end of an unusual year we are still looking for CAREGivers to join our team.

So if you want to make a difference to the lives of our clients, have some time available and are willing to go the extra mile then please do get in touch.

It would help if you had access to a car as we visit our clients in their homes and sometimes go shopping for them or take them to appointments.

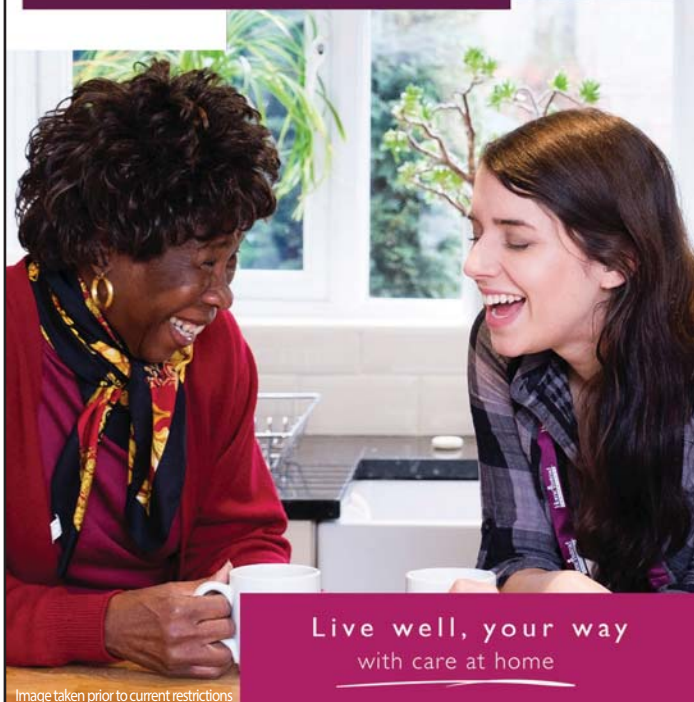
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And finally from all at Home Instead Nottingham may we wish you a Happy Christmas and a Peaceful New Year.

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The Canalside shop stocks a range of local gifts from local makers, from books to soap. "Our Canalside Hampers are ready to order now (pictured above). They also have an online shop and offer a free click and collect service for local customers which can be found at www.canalsideheritagecentre.org.uk/shop



Handmade accessories make great Christmas gifts. From Keyfobs and Coin Purses to Makeup Bags and Handbags. Take a look at this small local business:

Facebook: Stitchedupbyclaire - Handmade Oilcloth Accessories.

Or visit: www.Etsy.com/shop/stitchedupbyclaireuk



Janet Barnes - "Art inspired by nature and my surroundings.

I have originals, prints and cards for sale, and I'm happy to discuss commissions. Gift vouchers are available to redeem against art and one to one session art sessions."

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Helen-Domleo-Jewellery

For peace of mind socially distanced viewing is available. You can also contact her via **email: hdomleo@yahoo.com**

"My name is Becky Dickinson but I go by 'Specks Art' as my professional artist name. I've been an avid artist my whole life, initially working on comics and cartoons, and then moving on towards mandalas, pattern work and ceramics which has been keeping me busy for the last several years.

My pattern/mandala art, comprises of mainly ceramics, trinket boxes,

canvasses and even shoes and clothing. I find what I do therapeutic, and sometimes even add a playlist with each individual piece for the customer which gives insight to the musical influence of each unique piece of artwork".

Email: becky91902@gmail.com

Telephone: 07821 131 473



Pam Miller (Fine Artist - Painter, Printmaker & Mixed Media Artist) is an international artist (38 years' experience) with an M.A. Fine Art. Her work is mainly inspired by landscape (world travels), representational to abstract expressionist, oil, acrylic and mixed media on canvas and panel, small to large scale. **www.pammiller.co.uk**





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Facebook Karen Williams sculptor



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Oksana is an MA Textile Graduate who designs and makes "hooked" rag rugs from recycled or scrap fabric, with an emphasis on colour and pattern. For more information on these beautiful creations
Email:
oksanaholbrook23@gmail.com



During lockdown Rita was fortunate to be commissioned to paint in oil an Autumnal evening with two children going home wheeling their scooters.
 "This work allowed me to be immersed in creativity and to share each day my progress with Steve, my husband. To be asked to paint something special is a privilege I value.
My website www.ritamitchellstudio.com will show you more".

Founder and Director of Art Culture Tourism, Marysia Zipser, based Beeston, is an artist of linocut design prints. Her latest art collection comprises handcrafted A5 printed cards and A4 prints of Wollaton Hall & Deer Park, White Hare, Apple Tree, Thisbe and Pre-Raphaelite Lady. Marysia likes to reference



Nottinghamshire historic buildings, nature, wildlife and heritage subjects. Nottingham stockists are: Wollaton Hall shop, Tourist Information Centre and Artworks (Beeston). **For commission enquiries or to purchase cards/prints directly, please email marysia@artculturetourism.co.uk or contact Marysia via Facebook or Twitter.**



Christmas is coming! As it is difficult to know what Christmas will look like this year, The Commercial Inn is offering gift vouchers, perfect for Christmas stockings and ready for the new year!
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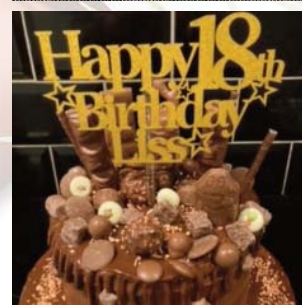
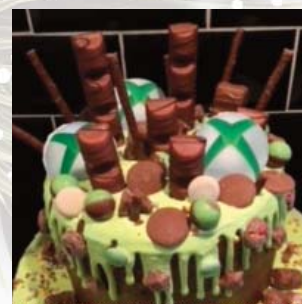


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A BIG THANK YOU to Ellie, 4, of Chilwell. Ellie sent in these drawings to Fred Hallam's. "Two super pictures in recognition of our hard work feeding Beeston during Lockdown. I especially like the attention to detail with our glasses and hair styles!" Andy and Miles Hallam Fred Hallam's, Beeston



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How Slimming World got me to a Weekly Curry Night and a 4 Stone Loss!

Since September 2018, Caroline had lost 4 stone 1.5 pounds and has dropped 3 dress sizes after her weight ballooned due to treatment for a rare auto-immune condition which also caused pulmonary fibrosis.

Caroline's condition has been stabilised and even though she has had a recent flare up and back on medication she has been at target since August 2019 and is a Diamond member for being in target for a year.



"I want to be an example to anybody who is taking medication that doing Slimming World's Food Optimisation 100% that they too can lose weight, you can still eat your favourite foods moving away from fried to oven cooked and instead of store bought jars make your own either using Slimming World recipes through the amazing books and website or recipes from the friendly group members. **One of my favourite meals is the easy chicken curry and for**

my sweet tooth the Fruity Tea Loaf which tastes exactly like the Bara Brith my mum used to make, lovely with a cup of tea in the afternoon.

When I joined Slimming World as a member, I never dreamed that I would end up helping other people to lose weight. Obesity is becoming such a huge issue across the UK especially with the Covid-19 lock downs.

Caroline has now trained as a Slimming World Consultant at the national training academy in Derbyshire and is getting ready to run a new group at Middle Street Resource Centre, Beeston on Thursday Afternoon/Evening.

"Nothing is impossible, the word itself says I'm Possible"



wreath making workshops

keeping it

local

SINCE 2002

Now more than ever, it's vital to find ways to maintain our mental wellbeing.

Enjoying the outdoors has been a saving grace in these trying months and as the evenings grow darker, it has become even more important to find ways to keep occupied. So, to brighten up your front door and help you step into the festive season, Attenborough Nature Reserve are running online Christmas Wreath Making Workshops.

"Last year our workshops were extremely successful and whilst things are a little different this year, I was determined to find a way to still spread a little environmentally aware Christmas spirit. This time around our workshops are online, so you can take part from the comfort of your home. With a step by step zoom session to guide you through the process of making your own wreath, I'll cover willow weaving your frame, attaching greenery and adding finishing touches.

In keeping with our message of conservation and sustainability, the frame of the wreath is made entirely from willow whips. This means they are entirely biodegradable (can be stuck in your compost bin!) or can be reused for years to come. Each wreath made in our workshops is one of a kind and inspired by the flora of Nottinghamshire (as all foliage provided is from the reserve and surrounding area). As we typically do a winter cut back of our greenery, it's a great way to use the foliage rather than processing it as waste.

There are various weekend sessions in the coming weeks, with a kit being delivered the day before your chosen session. Each kit will contain willow whips to make your frame, a variety of base and decorative foliage, wire, and a selection of natural decorations. All you will need are some secateurs and any additional foliage and decorations you may want to add. I always recommend exploring your garden for any gems you can find – you'd be surprised! (Plus, it contributes to Nottinghamshire Wildlife Trust's aim of getting more people engaged with nature).

Oh, and perhaps prepare a mince pie and mug of mulled wine for the workshop too! The workshop is perfect for all skill levels and no previous experience is necessary, so it's great to do either by yourself or with other members of your household.

For more details and to purchase a ticket head to <https://www.nottinghamshirewildlife.org/events> We hope to see you there!"

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Christmas at Wollaton

THE LIGHTS ARE ON!

keeping it

local

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Nottingham's Wollaton Hall & Deer Park has been transformed into an enchanted light experience to create Christmas at Wollaton Hall - a unique, socially distanced festive outdoor light installation.

The event opened on Thursday 3rd December and runs until 6th January.

The multi-sensory experience of light, fire and sound puts a contemporary twist on the classic seasonal tradition. To ensure safety for all visitors Christmas at Wollaton has pre-bookable slots staggered every 30 minutes for the event.

Visitors will experience an illuminated trail of discovery created with four magical lands, specially designed to fit into the natural landscape of the Hall and Gardens.

The lights were turned-on the at the spectacle by seven-year-old Jake Barksby from Tavistock Close in Hucknall.

Nearly 200 people were nominated for the event's "Search for a Star" competition to find someone to officially switch on the lights, from across Nottinghamshire. These included a range of COVID-19 heroes, people who have raised money for charity, NHS and front-line workers, children and adults who have gone above and beyond to help their community in a difficult year.

Jake was diagnosed with testicular cancer last year and was nominated by his mum Nicola.

The unique installation – a first for Nottingham features amazing light displays...in numbers

The trees over the entrance to the trail have 5 km of fairy lights, more than 40,000 bulbs. Which took 240 hours to install

The marvellous light tunnel is 70 m long 37,000 bulbs and took the team 300 hours work to install.

The Rainbow walk is 90 m long and features 18000 LEDs. The centre piece at the rear of the hall us a custom-made Christmas tree which I is 10m tall with 12,000 lights, and a custom-made star with a further 1000 lights.

With safety a primary concern for everyone, Christmas at Wollaton has also been granted the use of Society Of London Theatre & UK Theatre's 'See It Safely' mark. The mark certifies that the event is compliant with the latest Government and industry COVID-19 guidelines, to ensure the safety of all visitors.

Organisers Kilimanjaro are committed to delivering a really safe event for all. Measures include careful planning of the route to manage visitor flow, ensuring that social distancing can be safely maintained throughout as well as contactless payments and e-ticket access.

Christmas at Wollaton has also just been given Visit England's "We're Good to Go" COVID-19 industry standard, this demonstrates clear processes are in place and that the event adheres to Government and public health guidance.

e-Tickets are priced at *£17.50 for an adult and *£12.50 for children. Family tickets are *£59.50.

**subject to a booking fee.*

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www.christmasatwollaton.org



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spend time outdoors

keeping it

local

SINCE
2002

As the days get shorter, you may feel less motivated to go outdoors for regular exercise. Spending time outdoors can help to improve both your physical and mental health.

Our outdoors has never been so important as it is now. Those fortunate enough to have a garden have appreciated it this year more than any other. Enjoying tending to the upkeep, or simply enjoying the fruits of a trades labour that have transformed your garden in to your own oasis.

So let's see what you can do to keep you healthy this winter and how your garden can play an important roll in that goal.

If you do something that gets your heart beating faster, warms you up and leaves you feeling slightly out of breath, it will benefit your heart. We have some tips to help you make the most of the great outdoors to help keep your mind, body and heart in sound health.

- They say there is no such thing as bad weather, just bad clothing! When you go outdoors, make sure you wear suitable clothing to stay warm and dry. Feeling cold and wet is a miserable experience and it may deter you from going out regularly.

- Start each day by wrapping up warm and heading out for a stroll around the garden, neighbourhood or local park. You could take a hot drink to help you to stay warm.

- Getting out on your bike can be more challenging in the cold, dark winter months. Why not blow away the cobwebs as you discover local cycle routes on your bike. Don't forget to take your bicycle lights with you so you don't get caught out as the days get shorter.

- Look out for opportunities in your daily schedule to get up and go outdoors, even if it is just for ten minutes. Try to plan activities in your diary to make you get outdoors every day.

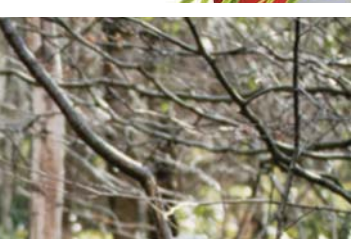
- Enjoy putting up some festive decorations this month to cheer you and your neighbours up. Decorative lights can add a sparkle to any garden and certainly bring some most welcome enjoyment to passers by!

- Or follow in the footsteps of this local reader that is brightening up the neighbourhood with this little gem of an idea!

If you venture down to Elm Avenue in Beeston you'll find a surprise.... 'A Fairy Garden' which changes with the seasons. A little fairy tells us... "It's a great source of much enjoyment for locals passing by who seem to have adopted it as their own. Offerings of various little things have often been left around the tree ranging from gifts of flowers, painted stones, sand for the fairy's summer sandpit and miniature items. Once a tiny letter to the fairy was left in a tiny bottle. The fairy replied to that of course and the reply message was received by its owner the next day. Another time a fairy door went missing, and when an appeal was posted on the fairy's facebook page asking if anyone had seen it, a couple of days later, no less than six new fairy doors appeared around the tree, two of them handmade!

<https://www.facebook.com/treefairy.beeston.7>





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punching through parkinson's

keeping it

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Janet Barnes and her two friends Caroline, Genie will be boxing for 12 hours from 9am to 9pm on Saturday 23rd January 2021 to raise awareness of Parkinson's Disease.

Through this new challenge they want to connect with other sufferers around the world in a positive way, something particularly important to Janet as she was diagnosed with Parkinson's at the age of 47 in September 2018.

Janet's inspiration for this new challenge was the online Parkinson's boxing class she's attended during the COVID-19 pandemic. Maxine and Christian Smith of Resurrection Mixed Martial Arts Academy have put two classes on a week to keep a group of Parkinson's sufferers physically and mentally fit during the lockdowns.

Janet says: "Parkinson's is a condition that's both scary and misunderstood. We want this event to celebrate what people with Parkinson's can do, rather than what they can't. Exercise plays a vital part in managing the condition, and boxing training is a great help, both physically and mentally. We hope lots of people, regardless of their physical ability will tune in to the event and throw some air punches at Parkinson's and keep our spirits high throughout the 12 hours".

The challenge requires Janet and her two friends to rotate between pad work in the boxing ring and virtual boxing joined by others online for the 12 hours just breaking for fuel and comfort stops. Janet admits it's going to be tough, but they've been working to a training program devised by Maxine to prepare them through the challenge. They hope to lead a movement where people can join in and help raise vital funds for Parkinson's by donating £15 to enter the online boxing class and enjoy the challenge.

Parkinson's is a progressive neurological condition for which there is currently no cure, and it affects around 145,000 people in the UK including 121,927 in England / 12,184 in Scotland / 7,692 in Wales / 3,716 in Northern Ireland.

Parkinson's UK estimate that there are more than 40 symptoms of the condition. As well as the most widely known symptom - tremor - these range from physical symptoms like muscle stiffness to depression, anxiety, hallucinations, memory problems and dementia, but Parkinson's affects everyone differently. The "Punching Through Parkinson's" challenge is about being positive and fighting back at the disease.

For more information about this challenge and how to get involved, please email Janet at janetmbarnes@ntlworld.com, or ring her on 07904 067160.

The JustGiving page can be found at: www.justgiving.com/fundraising/janet-barnes10



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helping the community

keeping it

local

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Broxtowe Community Projects was founded in September this year, following the team's hard work in response to the Covid-19 pandemic. Prior to this, many of the trustees were key volunteers at the Broxtowe Labour High Street Community Hub on Chilwell High Road, while others ran other local organisations and Mutual Aid Groups. They were involved in delivering and sourcing food parcels since the beginning of lockdown. With widespread food shortages and people desperate for help, these volunteers stepped in to fill the breach.

To ensure the project could be sustainable, the team set up a separate and independent charity called 'Broxtowe Community Projects' to carry on the good work and extend what could be offered.

One of the key differences in the Broxtowe Community Projects' model is the wide range of foodstuffs included, as many of our key volunteers have experience of how important those items can be to those struggling. The charity also runs a baby bank, providing nappies, baby formula and other essential to struggling young families.

Broxtowe Community Projects operates on a self-referral model, which means that people do not need to be referred from another organisation or agency or provide proof of need to receive a parcel. While the charity does ask for some information so it can work with its users to help them improve their situation, it also understands that this isn't always possible - especially during the pandemic. Many people's circumstances can change quickly and being able to get help while waiting for Universal Credit or other forms of support to come through is vital. They also work with those who find it hard to access other forms of support.

"We provide food parcels to anyone right across the whole borough of Broxtowe - if you are in an NG9 or NG16 postcode and would pay council tax to Broxtowe Borough Council, you are eligible for support. The charity provides a walk-in service on both Monday and Friday mornings, which allows people to have more choice about what goes in their parcel and what they need. They also deliver parcels to those who cannot collect. This is possible through the dedication of an incredible team of volunteer packers and drivers as well as partners in Nottinghamshire Fire Service, particularly Highfields in Beeston and the Eastwood team".

We are also keen to prevent food waste and run weekly Saturday Street Stalls. These are stocked with food that won't keep until the following week. It is offered to the public in return for a donation towards the project. Not only does this provide a source of affordable, fresh food for many families, it is also a great way for the community to come together to support the charity while fighting food waste at the same time. Many of the items on this stall would otherwise go into landfill, although the charity also works hard to ensure that as much waste as possible goes for compost or to local farms for their animals".

If you would like to support the project, they welcome both monetary donations and contributions that can go in parcels. Key items always in demand are tinned meals, tinned vegetables, pasta sauces (such as curry, chilli, tomato or sweet and sour), tinned meat and fish, cereal, sugar, biscuits and toiletries - anything that has a long shelf life and can go in their food parcels. They also welcome donations of nappies (especially the larger sizes such as 5,6 and 7), baby formula (except hypoallergenic formulas as these cannot be given out) and other baby supplies. The charity is entirely run by volunteers and relies upon donations, all of which go to support the services they provide.

This Christmas has been particularly hard, as unfortunately someone broke into their premises at the end of November. Although they didn't take much apart as there is nothing of value on the premises, the damage caused and the few items they did take will cost the charity money to replace. Luckily, the support from the local community has been fantastic and the volunteers and trustees would like to thank everyone for their incredible outpouring of support. It has restored their faith in humanity, and is an important reminder that the vast majority of people are fantastically caring and supportive. Broxtowe Community Projects would not exist without the assistance of the local community and all who come together to make it a success.

Facebook: <https://www.facebook.com/BroxtoweCommunityProjects>

Paypal: <https://www.paypal.com/paypalme/BroxtoweCP>

Fundraiser: <https://www.justgiving.com/crowdfunding/replacefoodbankstolenitems>

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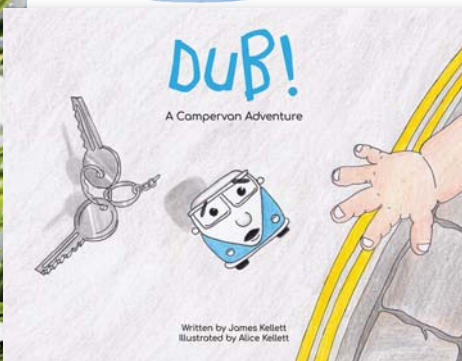
campervan adventure

From a Chilwell couple
coping with Lockdown

keeping it

local

SINCE
2002



A Chilwell business owner and his artist wife took lockdown as the perfect opportunity to finish the children's book they'd been working on for years.

While many indulged a love of baking and Netflix during lockdown, James and Alice Kellett worked harder than ever to finish the project they'd begun in 2016. Two babies and one global pandemic later and 'Dub: A Campervan Adventure' is finally ready.

James Kellett, owner of local coffee shop Canvas & Coffee, wrote the rhyming story four years ago while Alice Kellett worked on the illustrations, but the pressures of a thriving business and young family meant the project fell by the wayside. It wasn't until lockdown when James suddenly found himself with a lot more time on his hands, that the children's book originally meant to soothe the Kellett's young children - and the children of their campervan loving community - to sleep, really got the attention it deserved.

Alice shares her experience: "During the first lockdown I was heavily pregnant and we had a baby in June. The book provided a great distraction in a scary time. I was classed as vulnerable and I couldn't go out so it provided a focus for my mind instead of thinking about giving birth in the midst of a global pandemic. I've always loved Campervans - they symbolise adventure and fun. As an artist and a mother who reads children's books everyday we can see the value of them, so we wanted to create something special that our kids would enjoy."

And for James: "Sometimes when you are a parent, life can be so busy that the only books you get to read are children's books as a bedtime story. They become such an important part of the day, something you can look forward to at night and connect with your children. They're always a lot of fun, you can get into character and you can go back to the same ones over and over again. In our family campervans are sacred because Alice is an artist who specialises in painting them, we own one and we are obsessed with them. We knew it is something our kids would enjoy. From Alice's business and going to camper festivals and seeing thousands of people there to enjoy them, we knew many other families would enjoy them too" "We chose to self publish because I've always had an independent, DIY attitude. Now it's finished it feels like it has been a long time coming! Even the editing stage took longer than expected. I'm just excited for children to start reading it."

'Dub: A Campervan Adventure' is available through Alice Kellett's website <https://www.prettysplitty.com/product/dub-book>



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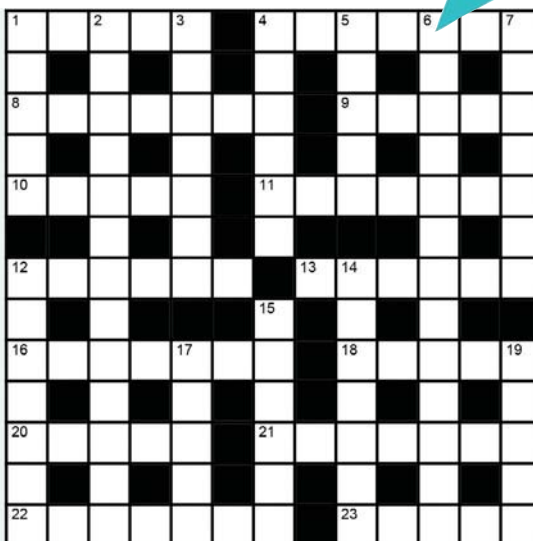
CROSSWORD

Across

- 1 Prices (5)
- 4 Alfresco meals (7)
- 8 Attributing responsibility to (7)
- 9 Cider fruit (5)
- 10 Growing older (5)
- 11 Disagree (7)
- 12 Impede (6)
- 13 Easier, less restricting (6)
- 16 Local speech (7)
- 18 Thread for cleaning between the teeth (5)
- 20 Exceed (5)
- 21 Shortness (7)
- 22 Small fish (7)
- 23 Musical pace (5)

Down

- 1 Venomous snake (5)
- 2 Person in charge of a railway stop (13)
- 3 Coarse beach gravel of small stones and pebbles (7)
- 4 Asian temple (6)
- 5 Pandemonium (5)
- 6 Style of painting associated with the late 19th century (13)
- 7 Be uncomfortably hot (7)
- 12 Grotesque (7)
- 14 Eccentric, unconventional (7)
- 15 Building for housing horses (6)
- 17 Species of bacteria which can threaten food safety (1,4)
- 19 Authoritative declaration (3-2)



M K O A E Y J H K P J V E
S I L R J D O H S D Q N T
R H N Y S W M R H T W I X
Z B E N O I J I Z O X D M
E O V F E S G K R T B H B
O W O Z R H E B R U I F S
L G C L F B A M T I U F S
O L E O P O U H I S M H O
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P C O J O E M V O G E C L
E I O A R Q A W K L W K L
N E M V N H N O S T A W U
A R U V X G R H I N E H G
S Q Q G G R E L L K X O B
R E M L O T G L R I N K A

WORDSEARCH WATERFALLS

Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.

- | | | |
|-------------|------------|----------|
| ANGEL | HAVASU | RHINE |
| BOW GLACIER | HIGH FORCE | RINKA |
| BROWNE | KRIMML | TOLMER |
| FITZROY | MINNEHAHA | WATSON |
| GULLFOSS | MOORE COVE | WISHBONE |
| HALOKU | OLO'UPENA | YOSEMITE |



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