

Staying calm,
when everything
seems impossible



PHONE 07 3851 7800 24 HRS 7 DAYS

www.alexgowfunerals.com.au

Email: info@alexgowfunerals.com.au

BRISBANE

56 Breakfast Creek Road,
Newstead Q 4006

DECEPTION BAY

Tallowood Drive,
Deception Bay Q 4508

REDLANDS

4/17 Middle Street (Cnr Waterloo St),
Cleveland Q 4163

BROWNS PLAINS

2/11 Grand Plaza Drive,
Browns Plains Q 4188

... still family-owned

YOURS
FREE



The Alex Gow Super Puzzle Book

CROSSWORDS, WORDSEARCH
CODE CRACKER, SUDOKU & TRIVIA

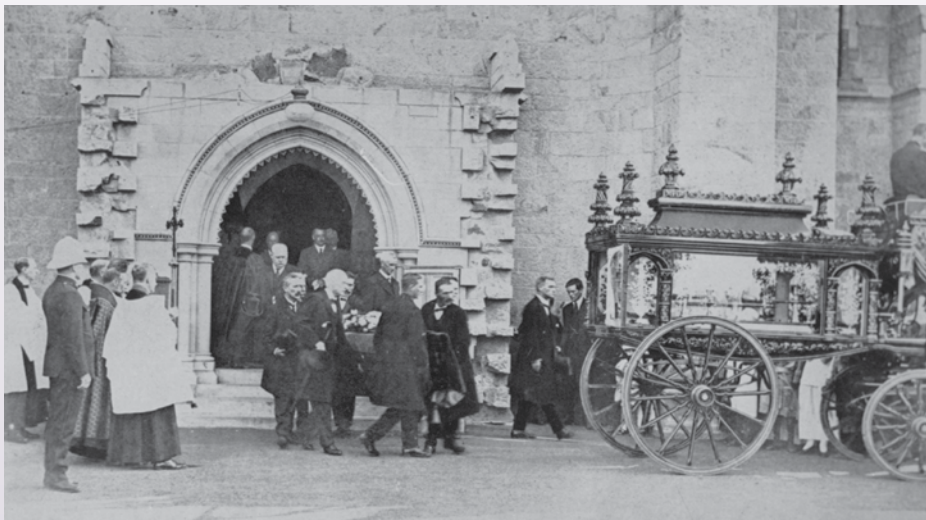
A Brisbane Family Owned Company



April to June 2021

WE'VE BEEN HELPING QUEENSLAND FAMILIES SINCE 1840

Whilst the history of our business dates back to 1840 as the first ever funeral business in Queensland, it was not until 1909 when Alexander Gow acquired the remaining shares from his partner Walter S. Barrett, that the Alex Gow brand would become Queensland's first and oldest funeral business.



Four generations of the Gow family have worked in the business and today Alexander's grandson Alistair and his children continue the tradition of family ownership and the high standards set by their predecessors. We believe that by being family-owned we are able to give a more personal service and be more flexible to the individual needs of our clients.

We live for our business and everything we do reflects our on-going commitment to providing affordable, quality services to our community. With four locations across SE Queensland Alex Gow Funerals is close by to assist you and your family 24hrs a day.

It doesn't matter if your need is immediate or you're just thinking ahead, the wonderful staff at Alex Gow will be there to guide you through all the options. Call us anytime at all on 07 3851 7800.

We hope you enjoy our free puzzle book. It's a great opportunity to test your skill and knowledge and keep mentally active. It's also a lot of fun.

Alex Gow puzzle books are supplied free as part of our ongoing commitment to community service. The book is broken up into monthly sections and answers for each month will be published on our website.

PLAYING SUDOKU

To solve a Sudoku puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 blocks

Remember no number can occur more than once in any row, column or 3x3 block.

PLAYING CROSSWORDS

Crosswords are one of the greatest word association puzzles of all time. Our 15x15 crosswords are easy to do in one session or complete over time. Using the clues provided fill in the answers moving left to right and top to bottom. Work with a friend if you want as sometimes two heads are better than one when solving a crossword puzzle. The more puzzles you do, the more familiar you'll be with standard puzzle clues and answers.

PLAYING WORDSEARCH

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

PLAYING CODE CRACKER

Each number represents a different letter of the alphabet. Work out which number stands for which letter to complete the crossword. We've given you two letters to start. All words are from a dictionary and no proper nouns are used. All letters of the alphabet are not always used. When you have cracked the code fill in the answer in the boxes at the bottom.

PLAYING TRIVIA

Trivia is a great way to test your memory for general knowledge and history. Simply write your answers beside the questions and check to see how many you got right. Great to do with friends or on your own.

COLOURING FOR ADULTS

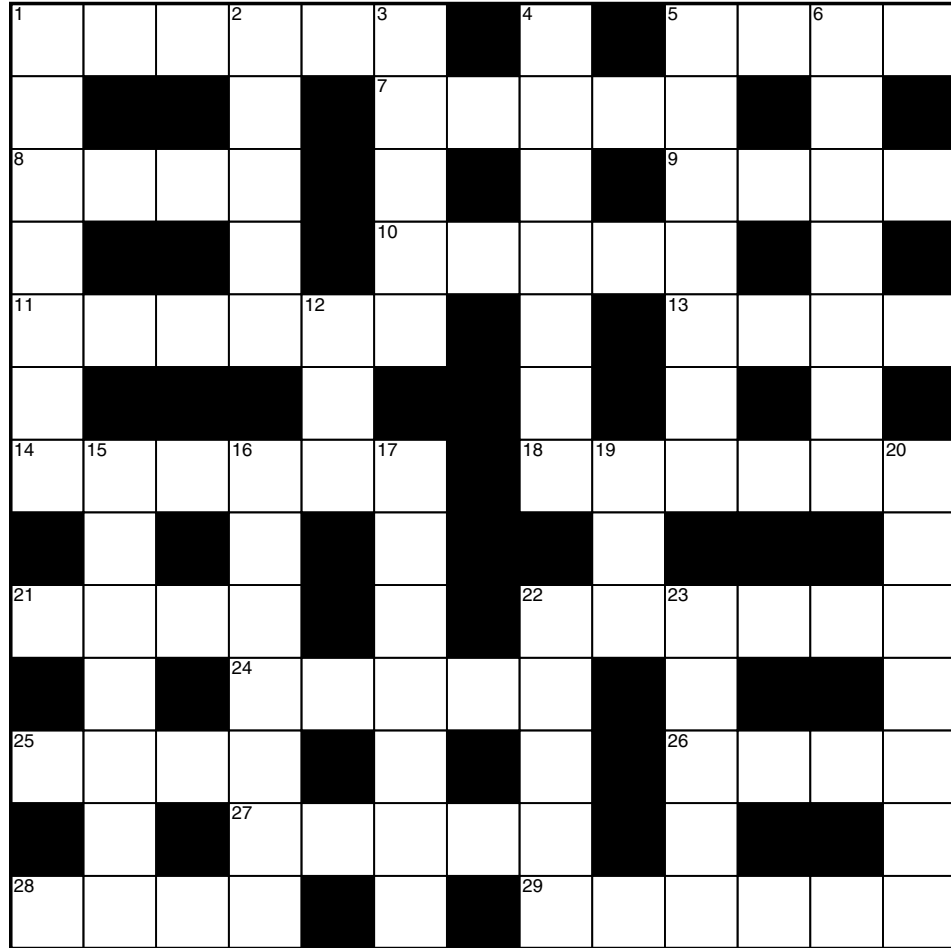
Like painting and craft, coloring offers a great source for focus and creativity. It has been shown to have stress-reducing benefits and helps with anxiety in people of all ages. It is a great fun social activity it also produces a similar calming effect on the brain to meditation.

WIN A COLES \$100 GIFT CARD

When you visit the puzzle answers page on our website you can enter to go into our monthly draw to win a Coles \$100 gift card.

PLUS, you'll find bonus questions there giving you another opportunity to win!

Full details on page 16



ACROSS

1. Cereal grass
5. Baby goats
7. Banish from own country
8. Lengthy
9. Raps lightly
10. Fast jet effect, ... boom
11. Commencement
13. Listen to
14. Crockery item
18. Barked shrilly

21. Come to a halt
22. Benumb
24. Lessen in severity
25. Smear
26. Fitness clubs
27. Leap forward
28. Tarry
29. Uncommon event

DOWN

1. Roars
2. Company symbols
3. Bread-raising agent
4. Indicate
5. Red sauce
6. Corrupt morally
12. Make last, ... out
15. Lure
16. Proficiently
17. Remnants
19. Beer
20. Line of Chinese emperors
22. Put off
23. Bad temper



- BARBER
BARRISTER
BELLHOP
BIOLOGIST
BOAT BUILDER
BOOKBINDER
BOOKSELLER
BOTANIST
BRAIN SURGEON
BRICKLAYER
BROADCASTER
BUS DRIVER
BUSINESSMAN
BUSKER

Fun With Trivia 651 - 653

651. What is allspice alternatively known as?

652. Who invented scissors?

653. Which country was the Caesar salad invented in?

						7	8	
5	8			6				9
		7	8		1	2	6	
	2	6		7		4		1
			4	8	6			
9		4		3		8	5	
	9	8	3		5	6		
2				1			7	4
	4	5						

Fun With Trivia 654 - 657

654. On which ship did Charles Darwin make his famous expedition, which led to his theory of evolution?
655. In which film did father and son actors Will and Jaden Smith first appear together?
656. In which city is Jim Morrison from The Doors buried?
657. Which actress keeps her Oscar in her bathroom so guests can hold it and make speeches in the mirror shame-free?

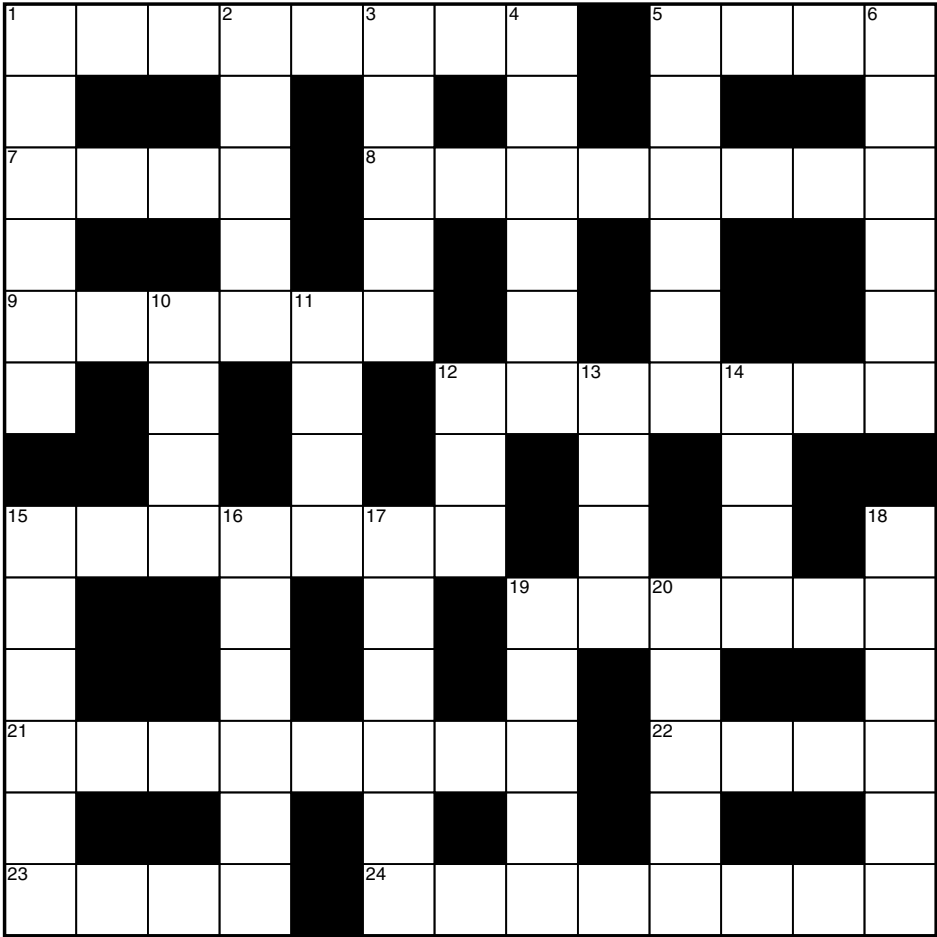
CLUES

1	2	3	4	5	6	7	8	9	10			
4	12	3	10	14	8		16	20	7	16	10	24
12		19		18	7	10	9	11		9		22
3	20	3	14	9	18		3	7	11	2	3	18
14		6		21				18		13		9
9	1	9	11	16	8		7	6	21	22	22	8
19			7		3	11	2		7			16
	16	3	6		18		13		13	9	3	
24	3	19		7	19	9	3	8		11	7	13
	15	22	20		13		21		23	3	2	
18			22		7	11	9		9			2
9	1	13	22	11	16		19	22	18	3	16	9
13		21		7				5		21		11
24	22	3	11	19	8		9	3	16	7	18	6
9		17		6	22	18	9	11		15		9
20	9	3	5	9	19		21	23	11	7	10	8
19	22	2	3	7	18							

ANSWER:

19	22	2	3	7	18							
----	----	---	---	---	----	--	--	--	--	--	--	--

ABCDEFGHIJKLMNOPQRSTUVWXYZ



- ACROSS**

 - 1. Computer-based catalogue
 - 5. Kidney fat
 - 7. Region
 - 8. More petite
 - 9. Sewing tool
 - 12. Ship's boarding ramp
 - 15. Bungled
 - 19. Heavenly spirits
 - 21. Impairs
 - 22. Mature
- DOWN**

 - 1. Groups of 12
 - 2. In the lead
 - 3. Muddle
 - 4. Mystery
 - 5. Locating
 - 6. Large table-bird
 - 10. Way out
 - 11. Luxuriant
 - 12. Deity
 - 13. Illuminating gas
- 14. Walk through water
 - 15. Began to flower
 - 16. Make
 - 17. Opening for laces
 - 18. Valuable qualities
 - 19. Fire crime
 - 20. Eat greedily

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

- BASSINET
- BATH
- BOTTLE
- BUNNY RUG
- CAPSULE
- CAR SEAT
- CRADLE
- CRAWL
- CRIB
- CRY
- HIGH CHAIR
- JUMPSUIT
- LULLABY
- NAPPY
- PACIFIER
- PHOTO
- PLAYPEN
- POWDER
- PRAM
- STROLLER
- TOYS

Fun With Trivia 658 - 660

658. In medieval England, what was used as currency, specifically for rental agreements?

.....
659. What is the most common letter in the English alphabet?

.....
660. Chimpanzees and gorillas have human-like fingerprints and so do what other non-human animal?

.....

2								
	7	4	3	9				1
	1	9			7	6		3
		2		3	5	8		6
1	5			6			3	4
3		8	9	7		2		
6		3	7			4	9	
4				8	3	1	6	
								8

Fun With Trivia 661 - 664

661. A tick bite can make you allergic to what food?

.....

662. What planets literally rain diamonds?

.....

663. Saudi Arabia imports camels from what country?

.....

664. What is the Twitter bird's official name?

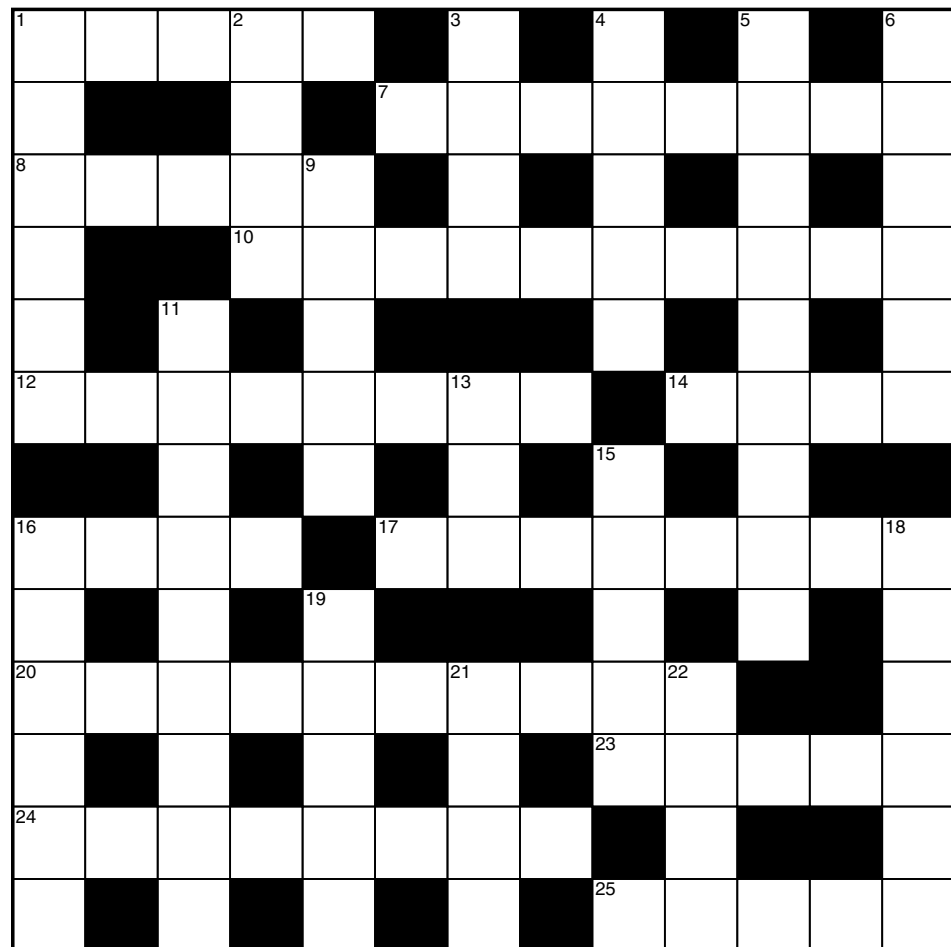
.....

CLUES										1	2	3	4	5	6	7	8	9	10	
																F				
18	15	10	8		18		18		4	11	15	19								11
	23		23	13	23	20	3	15	23		5									12
15	3	13	9		3		6		4	23	3	8								13
	9		2	7	6	13	3	4	23		9									14
1	3	5	22		12		5		7	3	2	13								15
	17		23	1	12	15	2	18	15		7									16
11	23	13	13	23	8		18	14	12	7	1	23								17
23				7				2				5								18
3	15	15	3	2	7		18	23	18	3	4	23								19
	5		22	23	3	18	15	13	11		23									20
8	3	15	3		10		5		18	21	3	7								21
	14		7	23	1	13	23	9	15		7									22
21	23	13	8		19		3		23	8	8	11								23
	16		12	14	15	2	4	10	4		23									24
6	23	5	7		11		18		18	2	5	23								25
																				26

ANSWER:

8	5	12	21	18	11														
---	---	----	----	----	----	--	--	--	--	--	--	--	--	--	--	--	--	--	--

ABCDEFGHIJKLMNOPQRSTUVWXYZ



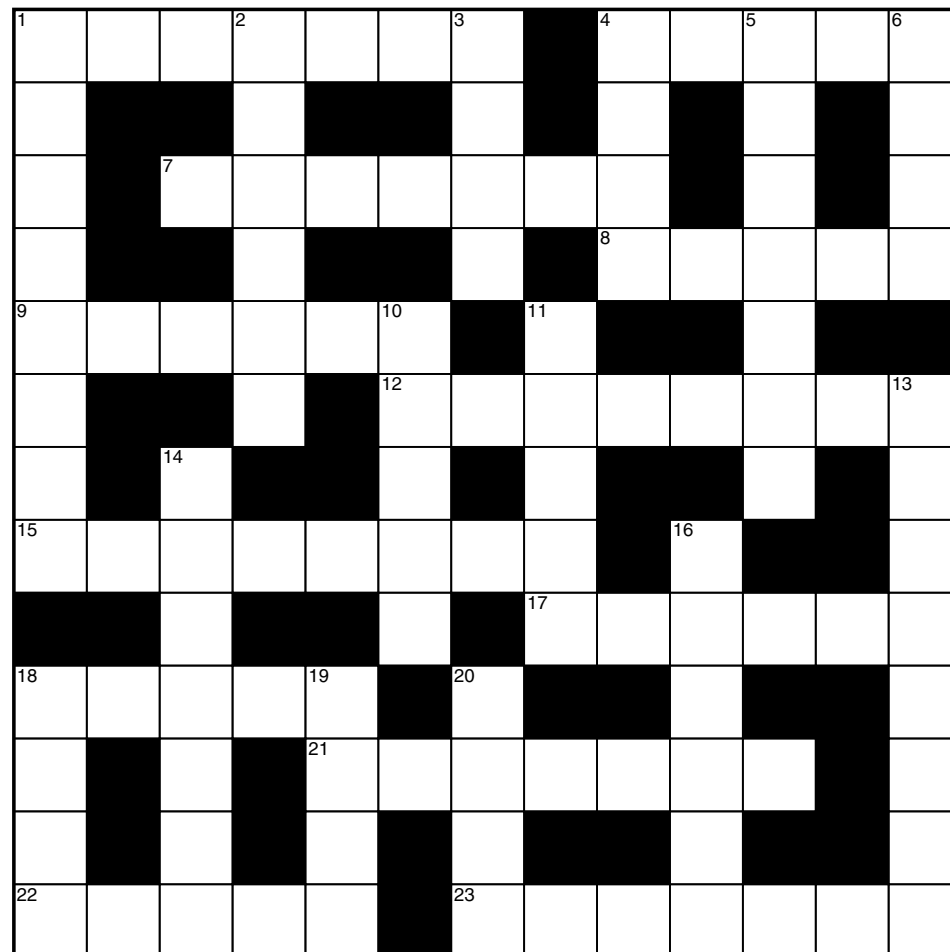
ACROSS

1. Pushed for
7. Book attachment
8. Concealed pits
10. Juveniles
12. Tidiness
14. Egyptian cobras
16. Tapering fruit
17. Legally killed
20. Police batons
23. Flee with lover

DOWN

1. Put on end
2. Catch sight of
3. Whirled
4. Flex (muscles)
5. Hardship
6. Has being
9. Noise
11. Launches suddenly
13. Half a dozen
15. Stage setting

16. Elixir
18. Protect
19. Confidence tricks
21. Listening organs
22. Lose your footing



ACROSS

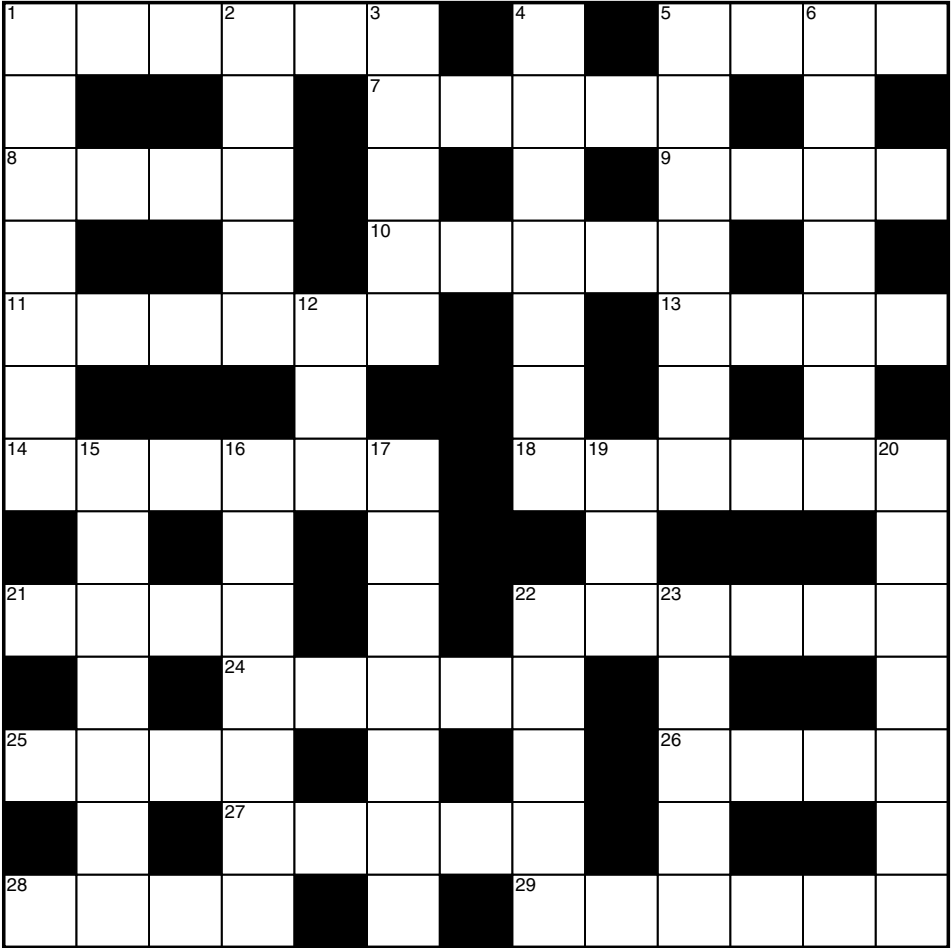
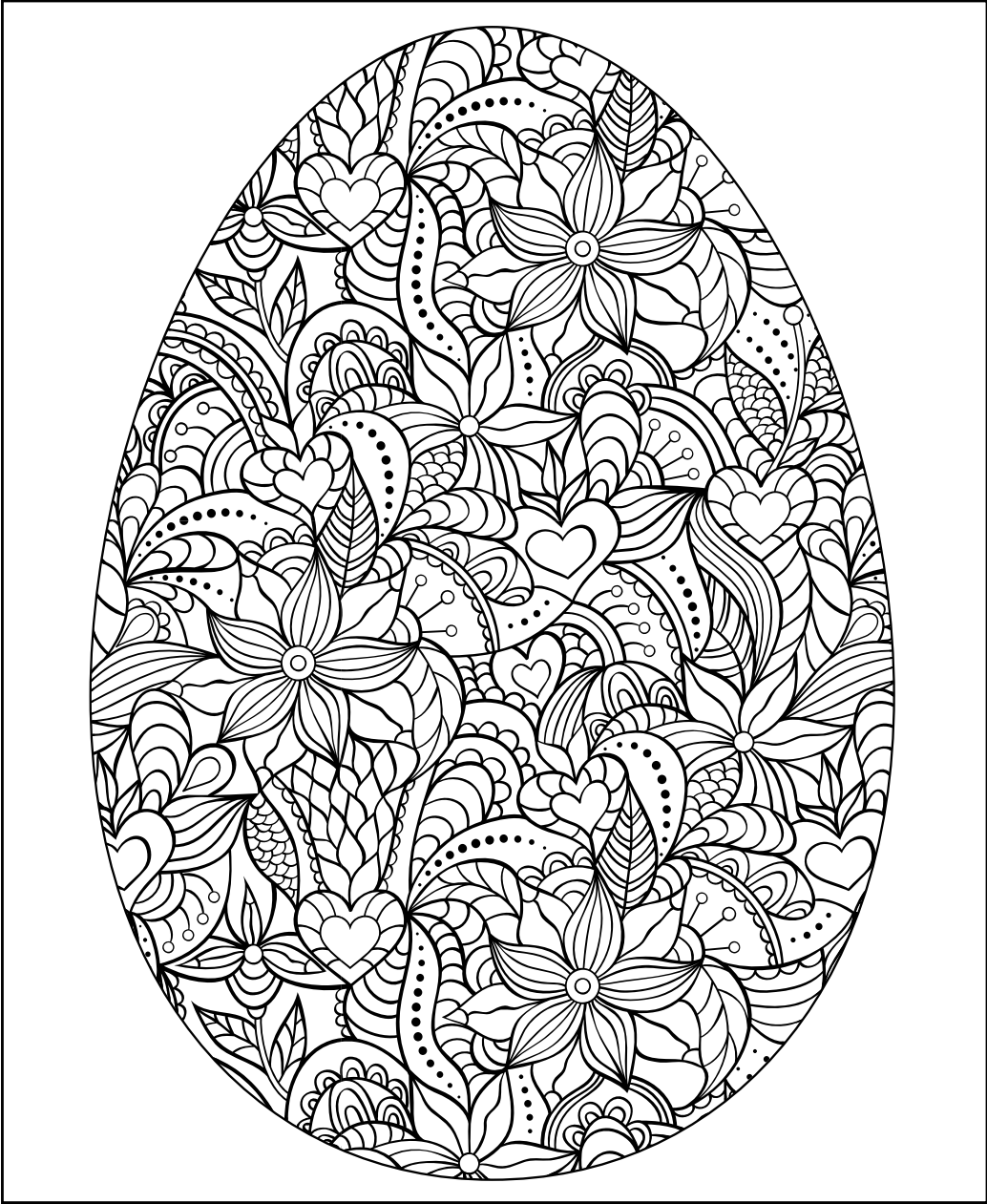
1. Amusing oneself
4. Group of sheep
7. Mythical woman/fish
8. Oil-bearing rock
9. Restrict access to, ... off
12. Inert
15. Grabbed
17. Climbed
18. Really
21. Citrus fruits

22. Sweetener
23. Cheat

DOWN

1. Pouch-beaked sea birds
2. Crop harvests
3. Equipment
4. Short-lived trends
5. Natural (of food)
6. Flying frame
10. Nocturnal hours
11. Printed greetings
13. Facts as proof

14. Estimating worth
16. Cave chamber
18. Browns in sun
19. Belonging to you
20. Drinks with tongue



ACROSS

- 1. Legendary tales
- 5. Focal points
- 7. Drive zigzag course
- 8. Rework
- 9. Research rooms
- 10. Preen
- 11. Human trunks
- 13. Tiny landmass
- 14. Screamed
- 18. Eighth month
- 21. Pieces
- 22. Unfasten (door)
- 24. Snail track
- 25. Ribbon
- 26. Sea phase, high ...
- 27. Sister's girl
- 28. ... & that
- 29. Washes out

DOWN

- 1. To begin with
- 2. Hovers threateningly
- 3. Trades
- 4. SW African republic
- 5. Assisting
- 6. Speaks incoherently
- 12. Be indebted to
- 15. Inscription on tomb
- 16. Pays attention
- 17. Visionary
- 19. Large jar
- 20. Rags
- 22. Open wound
- 23. Conductor's rod

WIN a \$100 Coles Voucher

APRIL

Find all the answers and solutions to our puzzles at www.alexgowfunerals.com.au and each month you can go in the draw to win a Coles Voucher valued at \$100



It's so simple!

Once you have finished your April puzzles, simply log onto the website and click the **PUZZLE Answers & Solutions button**. Once you're on the puzzles page just click on **April Answers & Solutions icon**. Just by logging in you'll go into the draw to win a \$100 Coles shopping voucher and get access to all the puzzle answers for that month.

You'll also find 2 online bonus questions. Answer them correctly and you will receive an extra entry in the \$100 Coles voucher draw. It's all so easy. HINT: the answers to the bonus questions can be found on our website.

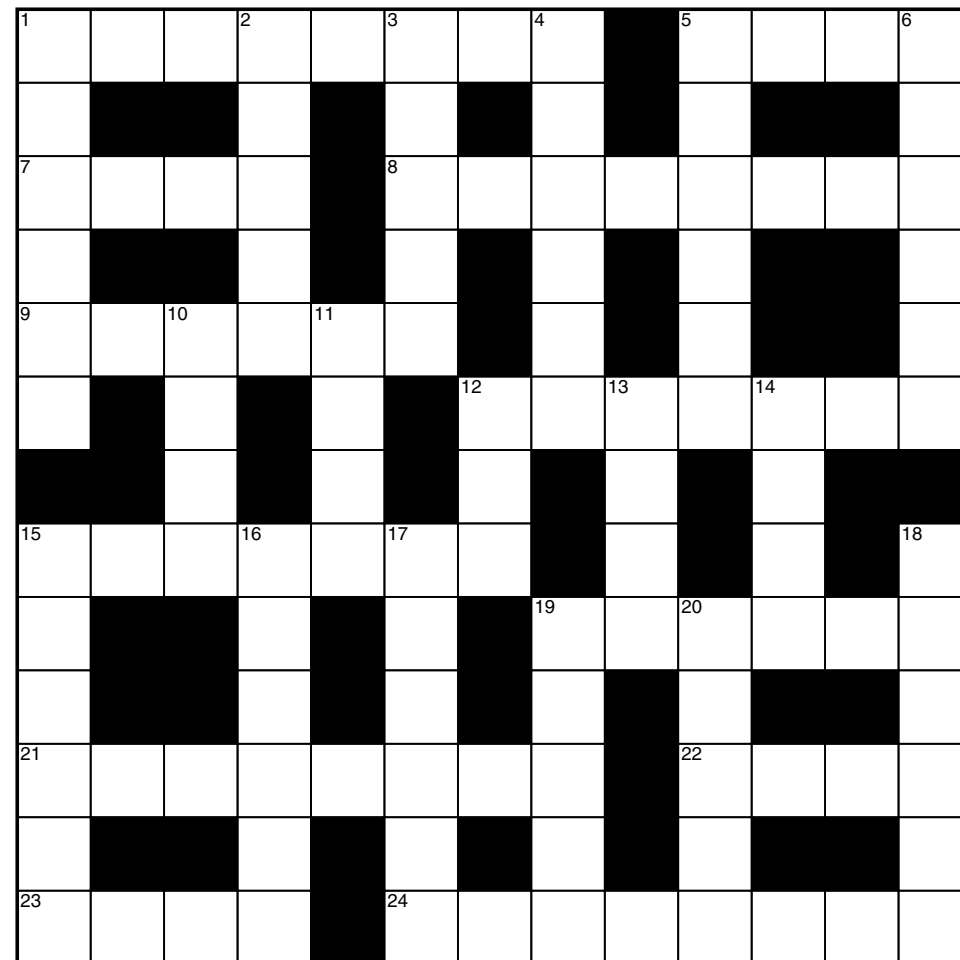
The same applies to May and June puzzle answers. Just click on the icon and all the answers will be there for you. Answers & Solutions will all be published on the 1st of each month and added to the website.

- April Answers & Solutions – published on 1st April 2021
- May Answers & Solutions – published on 1st May 2021
- June Answers & Solutions – published on 1st June 2021

Coles voucher winners will be drawn on the 7th day of month immediately following entry. Winners will be notified via email or phone based on nominated preference. Winners are drawn randomly by Alex Gow staff and all decisions are final. No correspondence will be entered into. Winners agree to have their photo and image published to verify their win.

Do you need an extra Puzzle Book for a friend or relative?
They can be downloaded or printed from the Puzzle Page on the website www.alexgowfunerals.com.au

Crossword No: 293



ACROSS

1. Army officers
5. Regretted
7. Musical piece for two
8. Protest posters
9. Racial
12. Cheap ornament
15. Skirt frill
19. Bare
21. Game fowl
22. Hobble
23. Nucleus of egg
24. Stone fruit

DOWN

1. Handy implement
2. Singer, ... John
3. Meat jelly
4. Ice dancer
5. Explanation
6. Oasis location
10. Ring of light
11. Religious image
12. Knot
13. Smooth out (shirt creases)
14. Slay
15. Not rigid
16. Unload (suitcase)
17. Drumming insect
18. Takes in (child)
19. Speak
20. Stomach pain



Pre-arranged Funerals

It makes good sense to pre-plan your funeral

Ease the burden on your family

If your wishes are known when you die, they won't be faced with making difficult decisions at a trying time. But when planning with the Alex Gow Executor Funeral Plan there is also provision where you can leave permission for your family to change your wishes, should the need arise. This doesn't mean they have complete freedom to change everything, but it does show that you trust those you have left behind to carry out your wishes and at the same time fulfil their personal needs as they face your passing.

Assume financial responsibility

Planning ahead enables you to make financial arrangements to cover your funeral costs. Even if you are leaving behind sufficient money, will your survivors be able to access it? Life insurance and superannuation payouts are quite often not available when it comes time to pay for funeral expenses. And unfortunately, with Funeral insurance there is no guarantee it will be used to pay for your funeral.

Help your family to have the benefit of a meaningful funeral

A funeral is an important event for a grieving family. Psychologically, it enables the family to begin the healing process. Families benefit emotionally and socially by honouring the lives of their loved ones with a fitting ceremony and by giving them a proper send off.

Why Choose An Alex Gow Pre-arranged Funeral

We're local, just like you

- Alex Gow Funerals is a Brisbane family owned business with almost 180 years of experience looking after local families.
- Alex Gow Funerals recommends you place your investment in a Sureplan Funeral Bond. Sureplan Friendly Society is a Queensland company owned by its members since 1935 and therefore all members benefit from lower premiums and higher returns as all dividends are paid to the members, none are paid to third party shareholders.

We offer real options

- The unique flexibility of the Alex Gow Executor Funeral Plan gives you a wide choice of options so you can tailor your plan to suit your own individual requirements.
- You can invest up to \$13,250 in a funeral bond for each person and this is not subject to the Governments Income and Assets Tests. So, your pension entitlements are protected.

We're flexible to ensure you get what YOU want

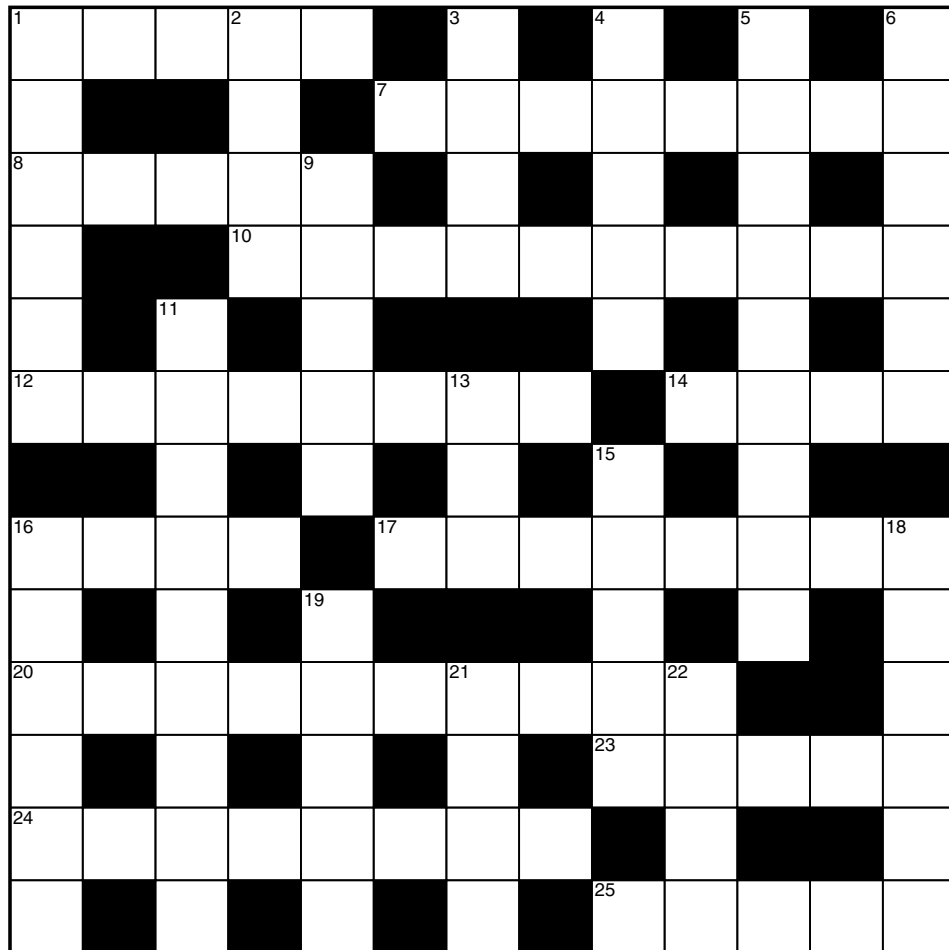
- No lock in contracts
- Once you have completed your Executor Funeral Plan you can change your details at any time.
- There are no financial penalties imposed should you move interstate or to an area where Alex Gow Funerals cannot carry out your Executor Plan funeral.

If you are looking to plan or pre-plan a funeral service, please call us on 3851 7800 to make an appointment to meet one of our staff in the comfort of your own home or, if you prefer, at one of our four conveniently located offices.



Pre-arranged Funerals

NEWSTEAD | BROWNS PLAINS | REDLANDS | DECEPTION BAY

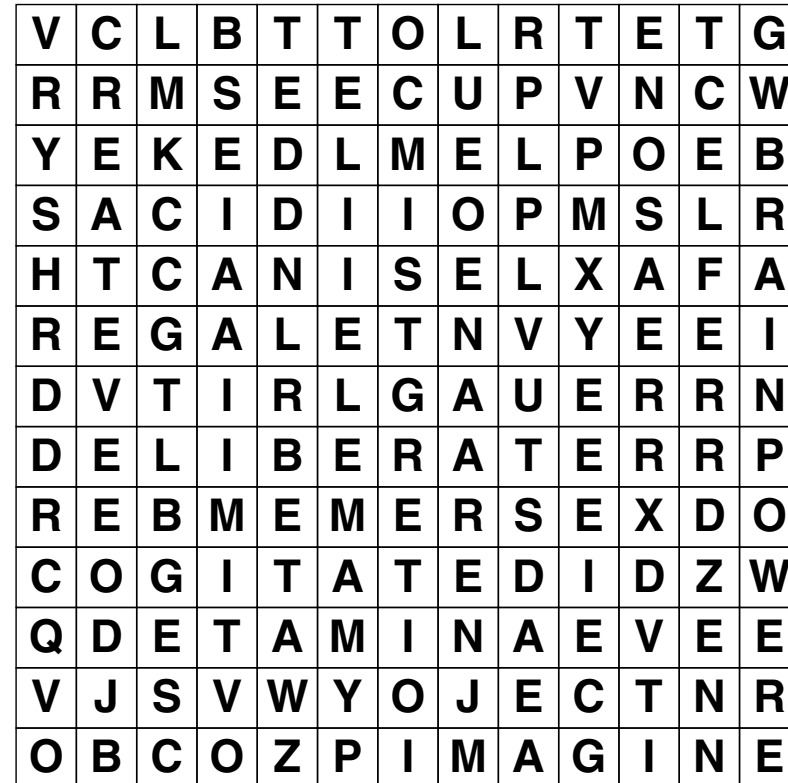


ACROSS

- 1. Locomotive power
- 7. Concurring
- 8. Shopping splurge
- 10. Huge juicy fruit
- 12. Nuclear plants
- 14. Possesses
- 16. Genuine
- 17. Surgical inserts
- 20. Stealing (child)
- 23. Painter's tripod
- 24. Silliness
- 25. White-faced

DOWN

- 1. Sibling
- 2. Again
- 3. Leer
- 4. Sports sides
- 5. Filling (of sails)
- 6. Representatives
- 9. Third planet
- 11. Plundering
- 13. Edge
- 15. With no one
- 16. Scraping (leaves)
- 18. Taken by thief
- 19. Yawns
- 21. Small bunch of flowers
- 22. Spaces (between)



- ANIMATED
- BELIEVE
- BRAINPOWER
- COGITATE
- CREATE
- DECIDE
- DEEM
- DELIBERATE
- ENVISAGE
- EXPECT
- IMAGINE
- MEDITATE
- PONDER
- REASON
- RECALL
- REFLECT
- REMEMBER
- RESOLVE
- RUMINATE

Fun With Trivia 665 - 667

665. What is a community of ants called?

666. Who was said to "float like a butterfly and sting like a bee"?

667. Where did Heineken beer originate?

					7		6	
			6			7		3
	7			1	3	8		9
6			3		5		2	8
5	8						7	4
1	2		9		4			6
9		5	2	3			8	
7		4			1			
	3		7					

Fun With Trivia 668 - 671

668. "Cirque du Soleil" started in what country?
-
669. What are the two fruit juices in a cosmopolitan?
-
670. What object is said to bring bad luck if it is broken?
-
671. Which country did bagels originate from?
-

CLUES

1

K

2

3

4

5

6

7

8

9

10

17	5	3	1	17		17		20	7	3	1	17	11
15		5		11	8	5	17	10		5		18	12
18	5	21	7	8		7		4	8	9	8	16	13
4			14	10	7	16	11	10	4			7	14
4	8	3	1		3	8	8		10	20	10	17	15
8		8		13	10	4	19	10		18		2	16
20	7	14	21	12		17		21	18	21	21	12	17
			5	4	14		15	7	15				18
4	8	20	10	4		3		16	10	6	6	17	19
10		7		11	18	4	15	17		10		10	20
13	5	19	17		4	8	10		20	18	14	21	21
18			10	17	3	18	15	10	10			18	22
7	14	17	10	16		1		18	21	13	7	16	23
14		6		18	9	10	16	17		8		10	24
17	11	12	6	12		21		10	13	9	10	21	25
													26

ANSWER:

21

20

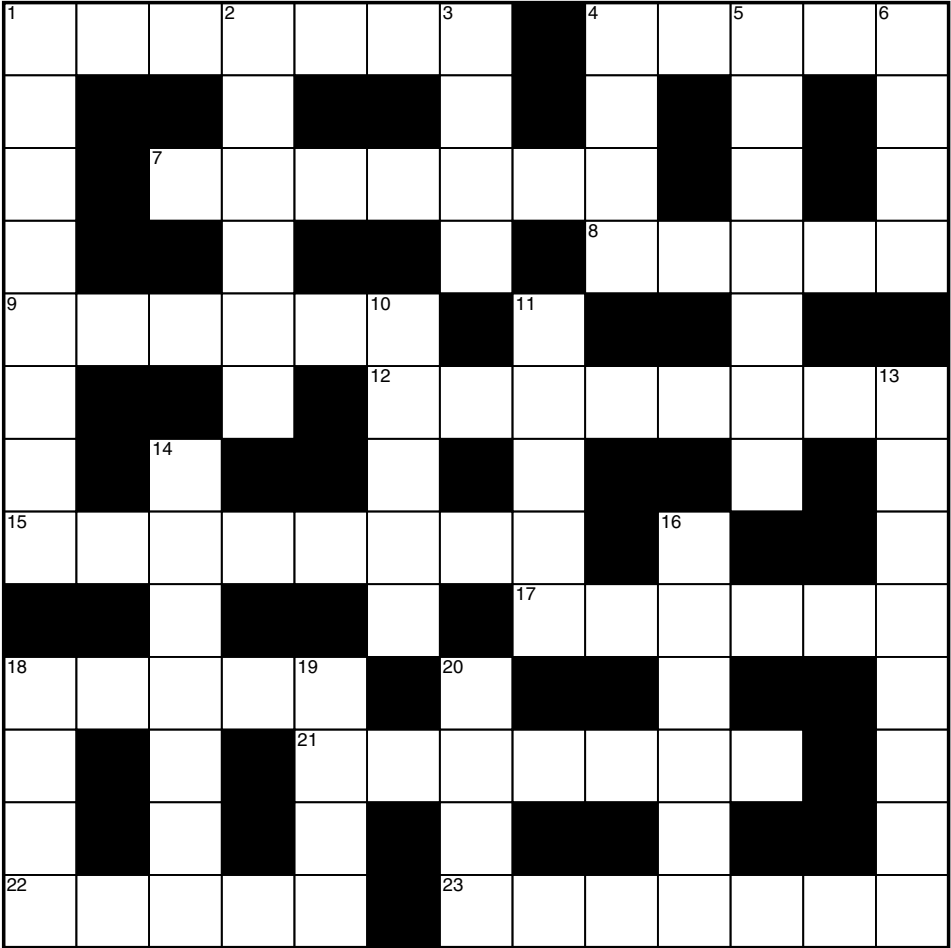
18

4

2

17

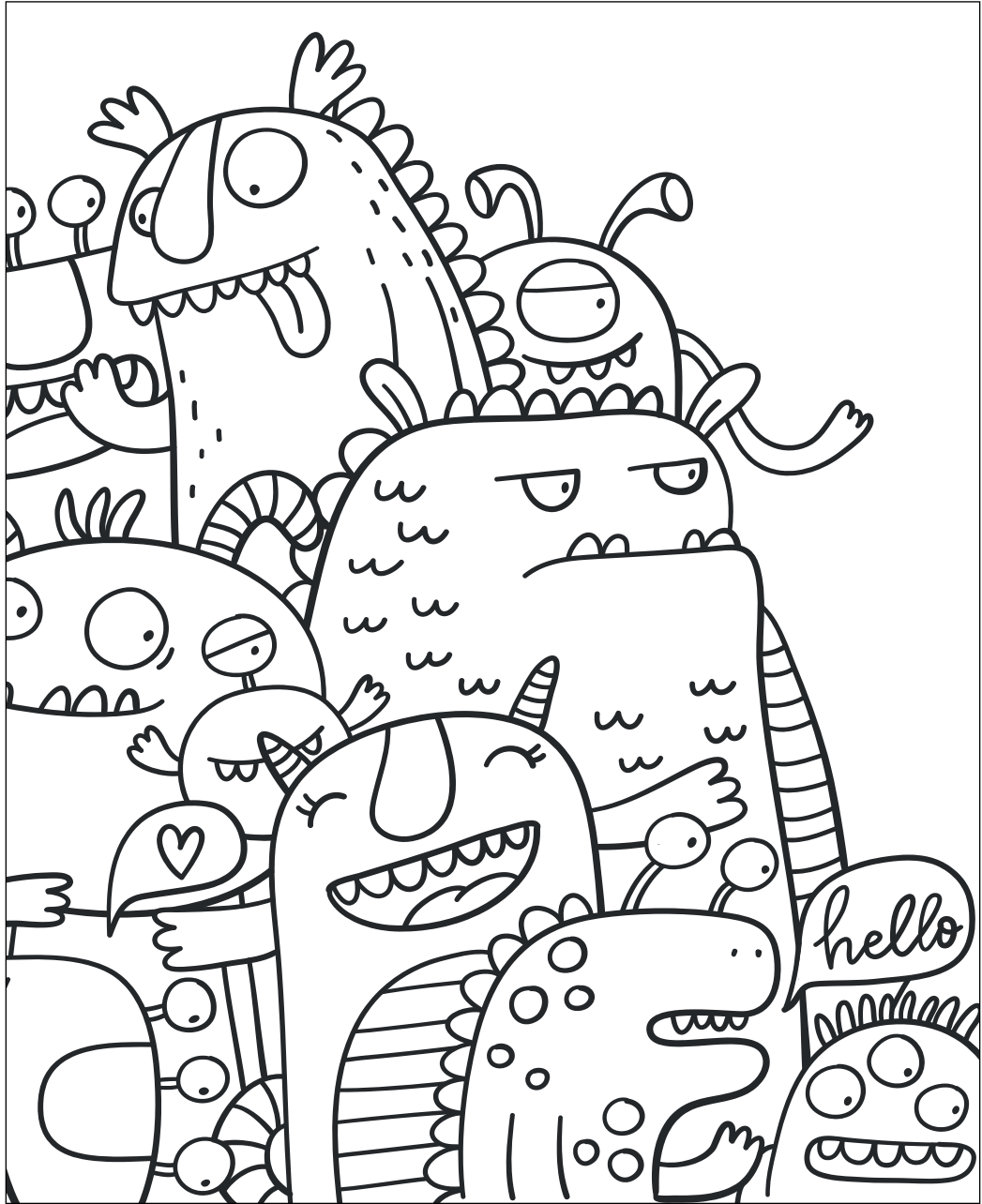
ABCDEFGHIJKLMNOPQRSTUVWXYZ

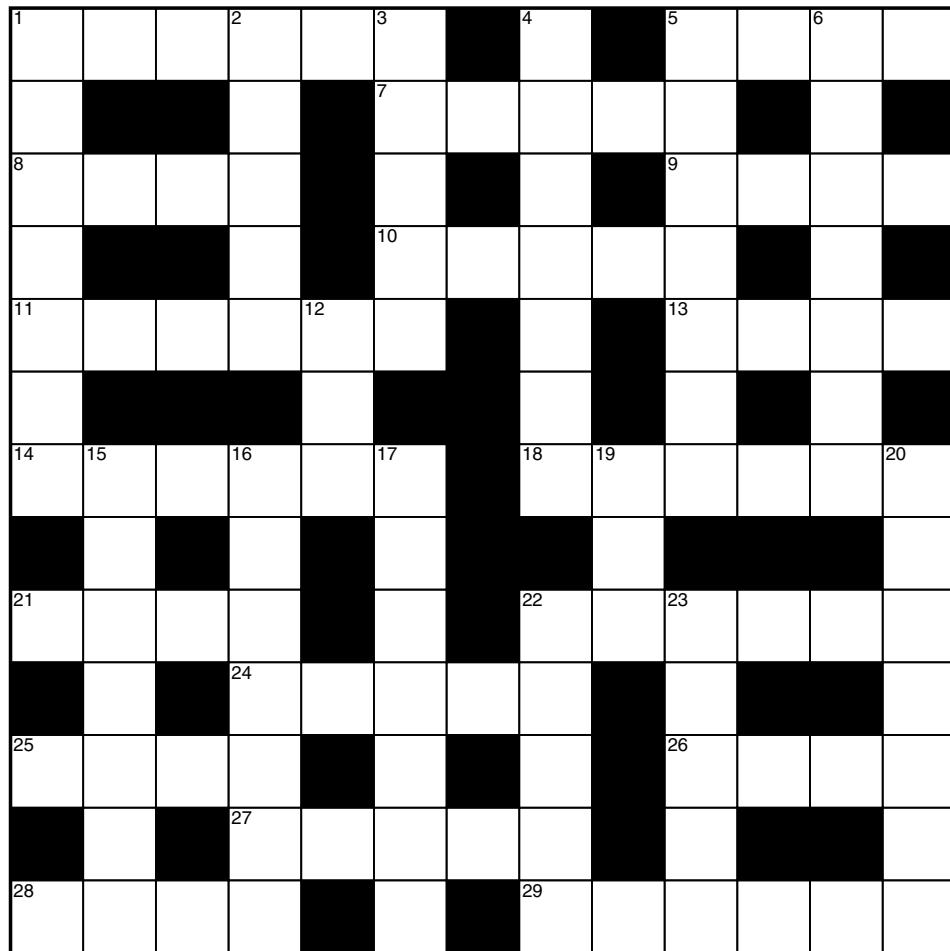


- ACROSS**

 - 1. Boat carnival
 - 4. French pancake
 - 7. Entail
 - 8. Candle strings
 - 9. Wine vessel
 - 12. Reconstructs
 - 15. Rush headlong (of herd)
 - 17. Golden hue
 - 18. Bookcase part
 - 21. Unknowing
- DOWN**

 - 1. Extremists
 - 2. Yearly
 - 3. Troubles
 - 4. Ship's company
 - 5. Rigidly
 - 6. Henhouse produce
 - 10. Miscalculated
 - 11. Monastery
 - 13. Depositing roe (of fish)
 - 14. Diluted, ... down
- 22. Gnat-like fly
 - 23. Removing completely
 - 16. Stares angrily
 - 18. Molten metal impurities
 - 19. Seethe
 - 20. Gain consciousness





ACROSS

1. Metallic element
5. Pen tips
7. Aunt & ...
8. Business note
9. Skin irritation
10. Rested on knees
11. Soup servers
13. Hind leg joint
14. Scoundrel
18. Delivered tennis ball
21. Skim swiftly
22. Rambled
24. Hang loosely
25. Half
26. At one time
27. Concluded
28. Functions
29. Inadequate

DOWN

1. Niftier
2. Small hill
3. Hides
4. Shields
5. Not one nor the other
6. Pedal vehicle
12. Chapter in history
15. Arrow marksmen
16. Golfers' aides
17. Iguanas or monitors
19. Self-image
20. Feeble with age
22. Scans
23. Smell



- BLIZZARD
- CLOUDS
- DUST STORM
- FLASH
- HURRICANE
- LIGHTNING
- PRESSURE
- SEVERE
- SHOWER
- SPEED
- STORMY
- SURGE
- THUNDER
- TORNADO
- TUMULT
- TWISTER
- TYPHOON
- UMBRELLA
- WAVES

Fun With Trivia 672 - 674

672. What is the name for the group of men who elect a Pope?

673. An Apgar score is given to what?

674. The Candlestick, Lead Pipe, Knife, Revolver, Rope, and what else are the six weapons in a standard game of Cluedo?

				3	9			
		7						1
	6				8	7	4	5
2	9				3	1		7
6			8	1	2			3
3		1	9				2	6
4	5	6	3				1	
1						3		
			2	4				

Fun With Trivia 675 - 678

675. What do you call filo pastry stuffed with chopped nuts and honey, or syrup?

676. What is the Jewish New Year called?

677. What book starts with the line "Call me Ishmael."?

678. What is the first element on the Periodic Table?

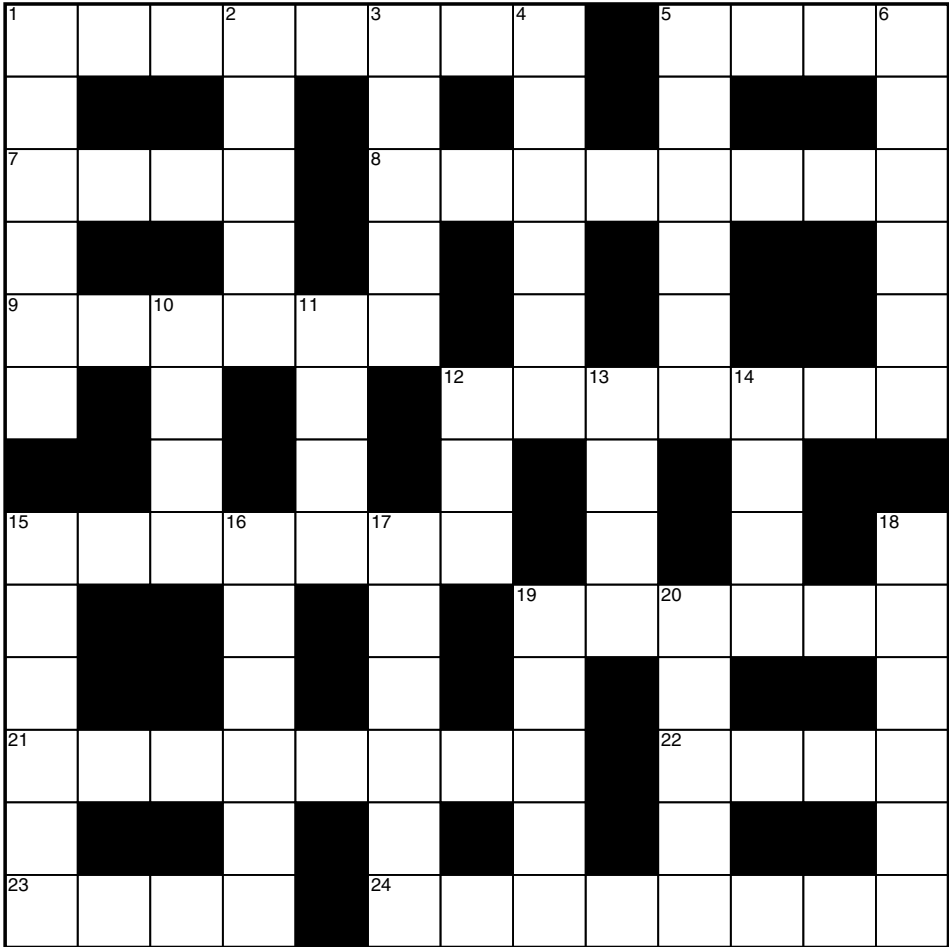
1				2		3		4		5		6	
						7							
8										9			
						10							
11						12				13			
14	15			16		17			18	19			20
21									22		23		
25											26		
28									29				

ACROSS

- 1. South American parrots
- 5. Spoilt child
- 7. Greater (variety)
- 8. Wound blemish
- 9. Sight organs
- 10. Type of electrode
- 11. Noisier
- 13. Enthusiastic devotion
- 14. Job payment
- 18. Made home in tree
- 21. Tofu bean
- 22. Masked
- 24. Fruit mash
- 25. Wagon
- 26. Hindu robe
- 27. Construct
- 28. Lacking warmth
- 29. Observing

DOWN

- 1. Biceps and triceps
- 2. Bitter-smelling
- 3. Take oath
- 4. Postpone (court case)
- 5. Gentle winds
- 6. Normal
- 12. Misjudge
- 15. Salad pear
- 16. Modified
- 17. Deeply desired
- 19. Poet's word for before
- 20. Avoiding
- 22. Flues
- 23. Subject up for discussion



ACROSS

- 1. Risked
- 5. Rectangular courtyard
- 7. Wind-borne toy
- 8. Surprised, taken ...
- 9. Bakes in oven
- 12. Methods
- 15. Acted in response
- 19. Cushioned
- 21. Announced
- 22. Tofu bean
- 23. Hindu meditation
- 24. Delights in

DOWN

- 1. Ramblers
- 2. Aids in crime
- 3. Oil containers
- 4. Drearily
- 5. Pleasingly odd
- 6. Races
- 10. Soprano's solo
- 11. Diplomacy
- 12. Downcast
- 13. Long narrative
- 14. Viewed
- 15. Hastily
- 16. Droning insect
- 17. Travel cheat, fare ...
- 18. Standards of perfection
- 19. Foot lever
- 20. Wipes down (furniture)

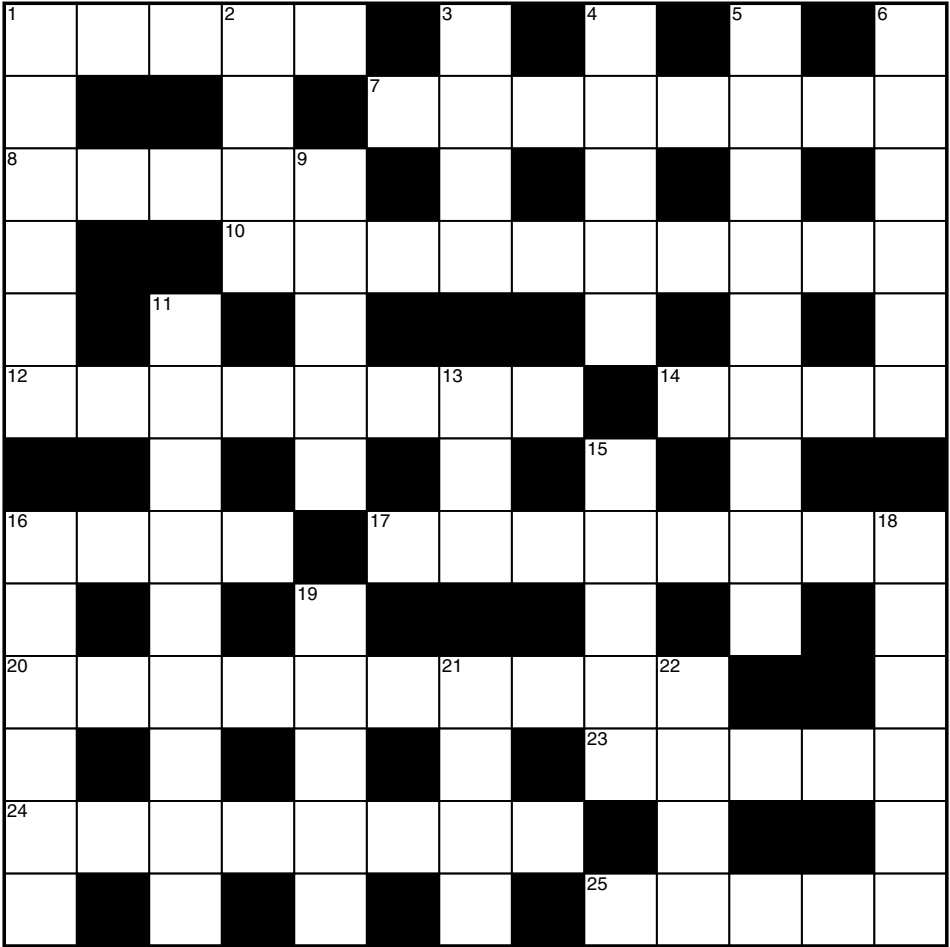
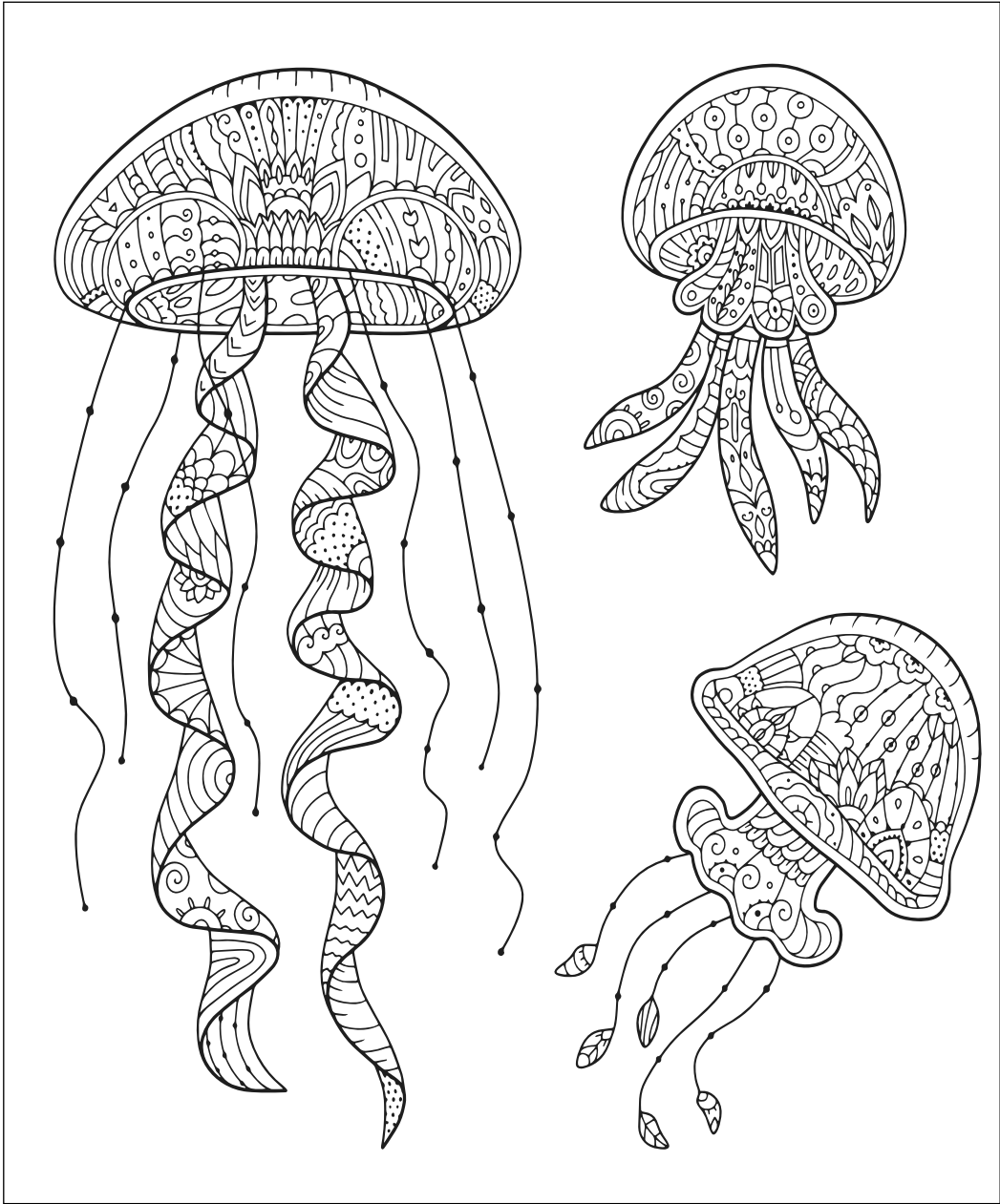
CLUES

1	2	3	4	5	6	7	8	9	10			
C												
16	10	13	13	3	7		1	2	4	18	3	7
4		4		8		1		3		7		10
7	5	14	4	7		5		5	2	9	12	19
7		1		14	10	19	7	18		13		9
4	17	3	14	5	18		9	7	5	2	9	1
20	4	6	3		3	5	14		17	3	12	18
	14		18	5	6	6	3	18	7		19	
18	7	4	17	18		6		5	19	19	4	21
	3		9	18	4	2	5	7	3		16	
16	14	10	7		17	3	19		18	3	2	13
5	18	17	3	1	7		7	3	18	7	3	14
19		11		5	18	7	3	14		1		4
5	20	3	19	6		4		3	7	15	9	1
19		3		12		19		1		3		11
5	17	17	2	3	18		18	7	4	14	20	18

ANSWER:

3	6	9	7	4	14							
---	---	---	---	---	----	--	--	--	--	--	--	--

ABCDEFGHIJKLMNOPQRSTUVWXYZ



ACROSS

- 1. Arbiter
- 7. Native American weapon
- 8. Muscle cramp
- 10. Put into other words
- 12. Twelve-month-old horse
- 14. High cards
- 16. Spoilt child
- 20. At first
- 23. Relieved
- 24. Originates (from)
- 25. Confuse

DOWN

- 1. Rightly
- 2. Inhale audibly
- 3. Long upholstered seat
- 4. Wash
- 5. Procession
- 6. Slalom competitors
- 9. Handles roughly
- 11. Over-zealous
- 13. Maiden name indicator
- 15. Predatory bird
- 16. Kicked
- 18. Sprinkle with flour
- 19. All-important
- 21. Once again
- 22. Paved enclosure

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

BIRTHDAY
BREAD
CINNAMON
CREAM
CUPCAKE
CUSTARD
DOUGHNUT
ECLAIR
FRENCH
FRESH
FROSTED
FRUITCAKE
ICED
ORDER
PASTRIES
PIE
RAISIN
TEA BUN
TWIST
WHITE

Fun With Trivia 679 - 681

679. What object did Ben Franklin attach to the end of a kite string to prove that lightning is electricity?

680. What does a Scoville unit measure?

681. What is an ice hockey puck made from?

						7		
	1				5		4	
9		8		7			1	
		6		2				7
	7	5				3	8	
8				3		4		
	2			1		9		8
	8		7				5	
		4						

Fun With Trivia 682 - 685

682. What 3-word phrase is written on Martin Luther King's gravestone?

683. What is Japanese sake made from?

684. Which fashion designer was shot dead in the summer of 1997?

685. As what type of beans are chickpeas also known as?

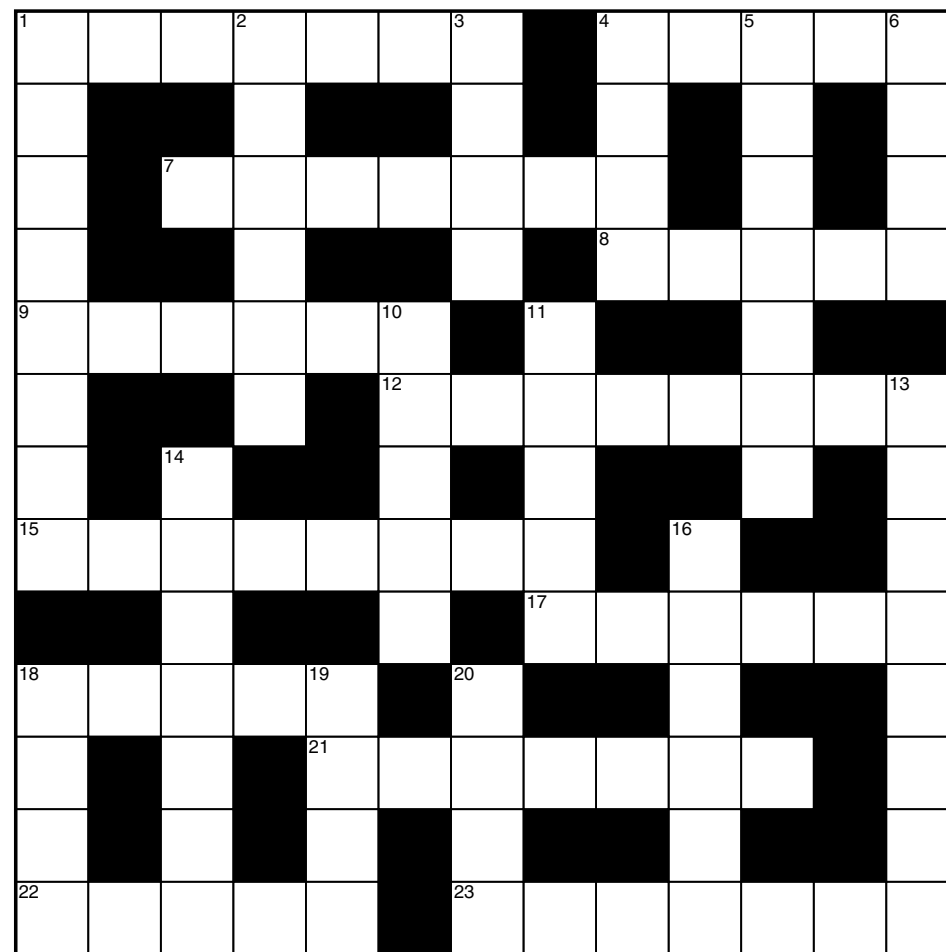
CLUES

1	2	3	4	5	6	7	8	9	10	11
17	4	6	6	18	21	14	16	5	2	15
4	6	19	14	6	6	18	19	4	12	D
6	16	18	10	18	14	6	9	18	13	
18	14	16	5	7	14	2	10	6	18	11
6	20	19	7	20	21	7	7	7	15	
21	18	16	2	6	7	21	6	18	14	2
18	4	15	7	5	21	19	15	17		
2	18	14	2	19	4	4	6	14	22	8
20	5	12	7	6	3	18	12	19		
21	5	6	19	7	9	14	6	1	6	4
13	6	16	16	18	22	2	2	21		
17	6	7	20	6	4	6	7	1	5	22
4	5	12	14	18	10	4	19	5	23	
18	19	14	6	7	6	6	4	11	24	
7	3	6	12	19	2	18	2	6	12	6
6	7	20	18	16	6	6	6	6	6	6
25										
26										

ANSWER:

6	7	20	18	16	6							
---	---	----	----	----	---	--	--	--	--	--	--	--

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



ACROSS

- 1. Prophetic
- 4. Forgery
- 7. Direct order
- 8. Greatly please
- 9. Pure white animal
- 12. Obtain degree
- 15. Most junior
- 17. Go by (of time)
- 18. Hauntingly frightening
- 21. Citrus fruits
- 22. Fencing swords
- 23. Disarmed (bomb)

DOWN

- 1. Ceremoniously
- 2. Strikingly unusual
- 3. Heavy metal
- 4. Grow dim
- 5. Yearbook of forecasts
- 6. Nap
- 10. Leers at
- 11. Try out (food)
- 13. Highly respected
- 14. Widespread anger
- 16. Rich cream cake
- 18. If not, or ...
- 19. Geological eras
- 20. Hairless

A meal delivered to the door

Sometimes the pressures of life bought about by ill-health, a disability or depression impact on our motivation, desire or ability to cook. Often, it's the last thing we can or want to do.

Our sense of independence can be challenged by admitting we might need a little help. Meals providers are often told, "I wish I'd got meals sooner".

A common problem facing people adapting to changed circumstances is poor nutrition and or weight loss. These often lead to more complications. A few decent meals a

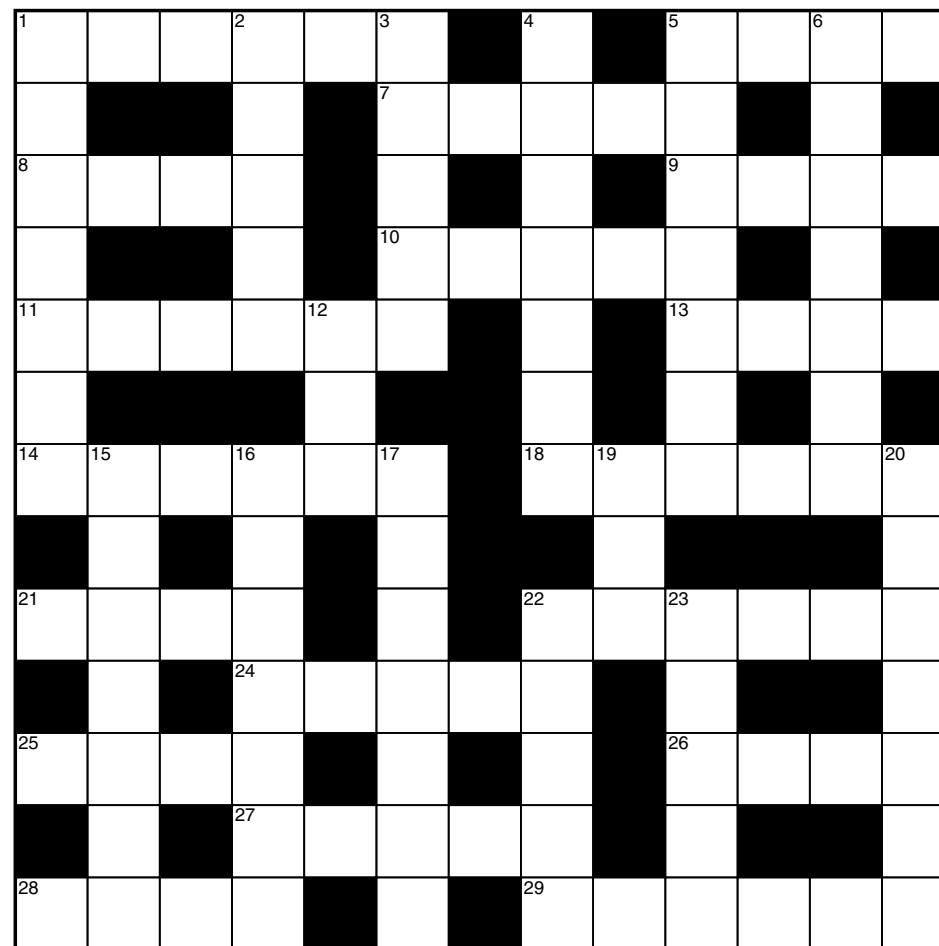


week make a huge difference. The easiest way to find out about services is to ring your local Meals on Wheels service. Numbers listed below, they will be more than happy to explain how their particular service operates, and to get you started.

ACACIA RIDGE	3275 1860	INALA	3372 5276
BEENLEIGH	3287 1477	LOGAN CENTRAL	3808 2312
BRIEBIE ISLAND	3408 1721	LOGAN WEST	3800 5263
BULIMBA	3399 8900	MITCHELTON	3354 3919
BURPENGARY	3888 3754	MT GRAVATT	3343 6026
CABOOLTURE	5495 2996	NUNDAH	3266 4500
CAPALABA	3390 3450	PINE RIVERS &	
CARINA	3398 7438	DISTRICT	3285 2532
CENTENARY	3279 1974	REDCLIFFE	3284 3861
CLEVELAND	3286 2626	SANDGATE	3269 2073
CROSBY PARK	3256 0788	STAFFORD	3356 2382
DECEPTION BAY	3203 2800	WYNNUM &	
GEEBUNG	3263 6634	MANLY DISTRICTS	3396 9479
HOLLAND PARK	3397 9150	YERONGA	3848 9607

Additional information on Meals On Wheels Queensland can be found at www.qmow.org

Crossword No: 301

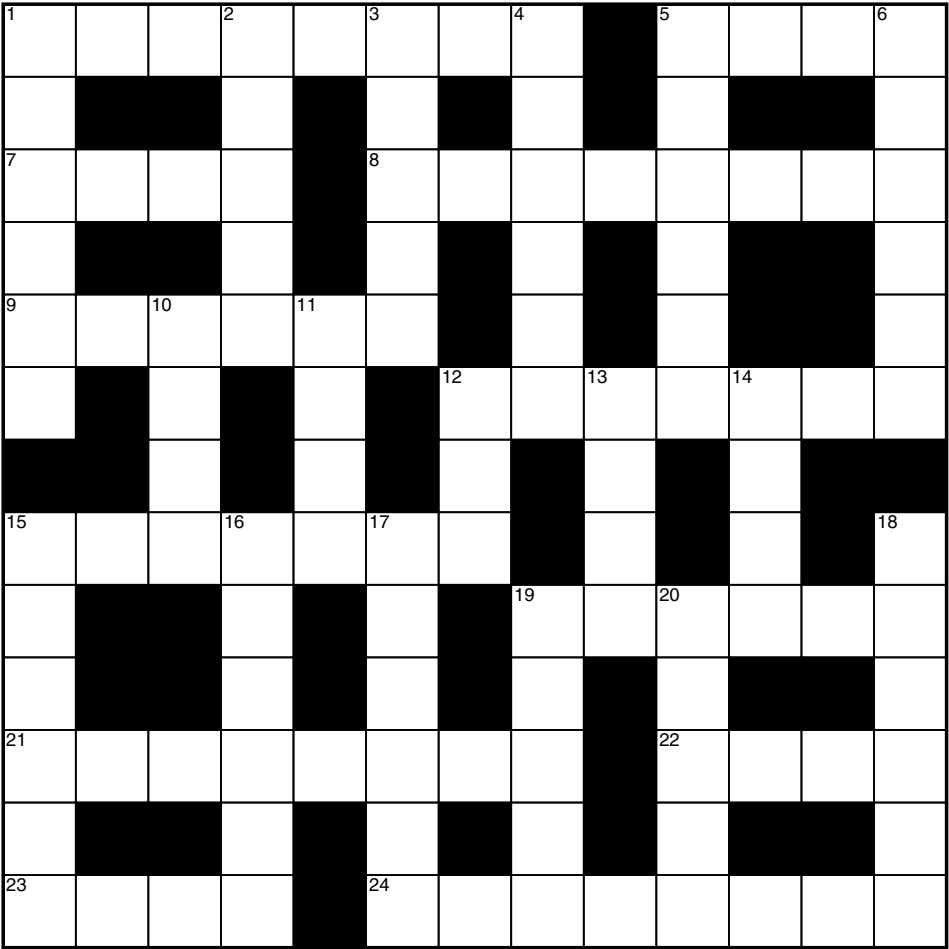


ACROSS

1. Swell
5. Whip mark
7. Eradicate
8. Doorpost
9. A great way off
10. Flans
11. Sings Swiss alpine-style
13. Large pitcher
14. Injure
18. Readjusts
21. Break sharply
22. Resistant to infection
24. Australian gems
25. Very short skirt
26. Shade of green
27. Prod with elbow
28. Body fluid lump
29. Shoulder gestures

DOWN

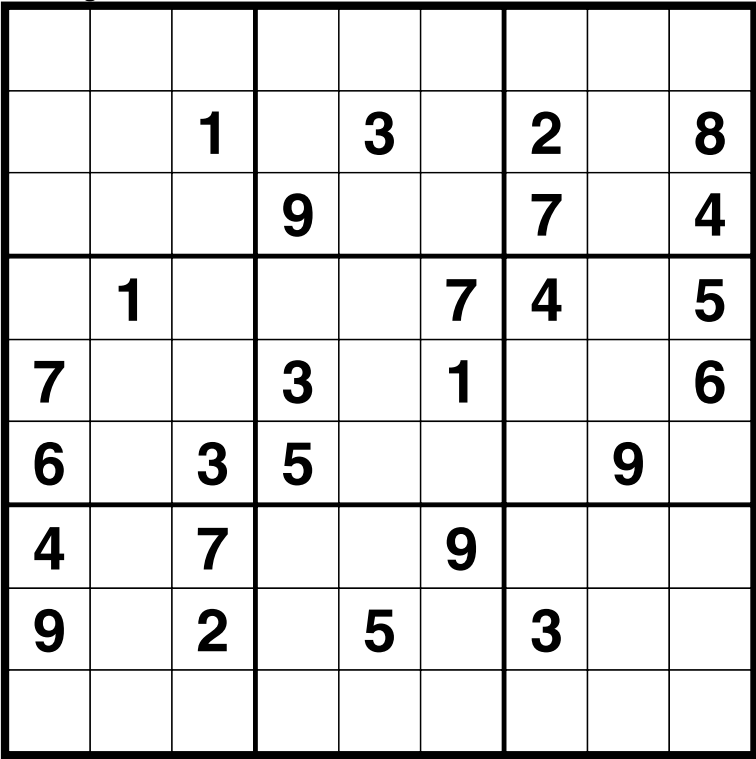
1. Delighted in
2. Leisurely walk
3. Financial obligations
4. Obstacle
5. Stoat-like animals
6. Thinnest
12. Dawdle
15. Yearly stipend
16. Assign
17. Messages to run
19. Spreading tree
20. Impales
22. Tiny landmasses
23. Army rank



- ACROSS**

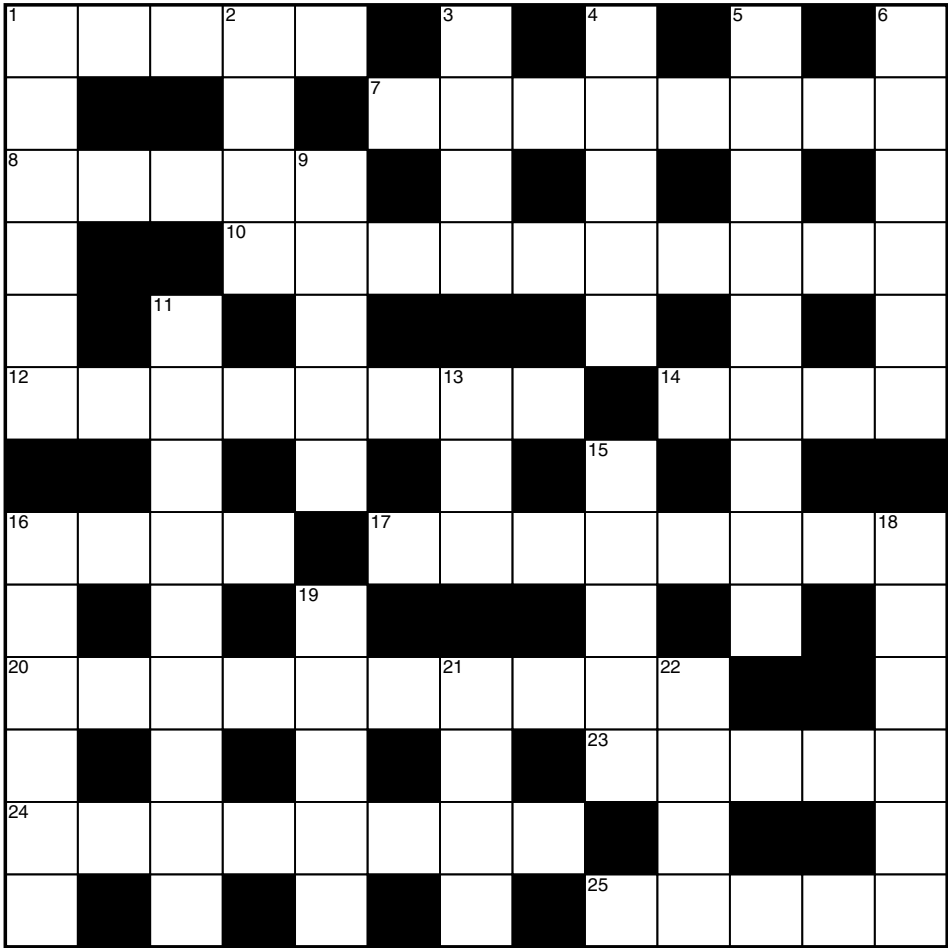
 - 1. Compassionately
 - 5. Arm bone
 - 7. Golly!
 - 8. Establishing
 - 9. Slacken
 - 12. Mounts
 - 15. Refined style
 - 19. Dismissed
 - 21. Feverish state
 - 22. Strong desire
- DOWN**

 - 23. Pig fat
 - 24. Pencil lead
 - 1. Argue over price
 - 2. Hurts
 - 3. Pixie-like
 - 4. Adolescents
 - 5. Untied
 - 6. Infuriates
 - 10. Begin shooting, ... fire
 - 11. Lambs' mothers
 - 12. Historical era
 - 13. Prolonged unconsciousness
 - 14. Shaving cut
 - 15. Medieval
 - 16. Swirled
 - 17. Keeping for future use
 - 18. Cling (to)
 - 19. Pacific Island group
 - 20. Chest-clearing reaction



Fun With Trivia 686 - 688

686. Galileo was the citizen of which country?
687. Which country is the largest producer of vanilla?
688. What is the only fruit that has its seeds on the outside?

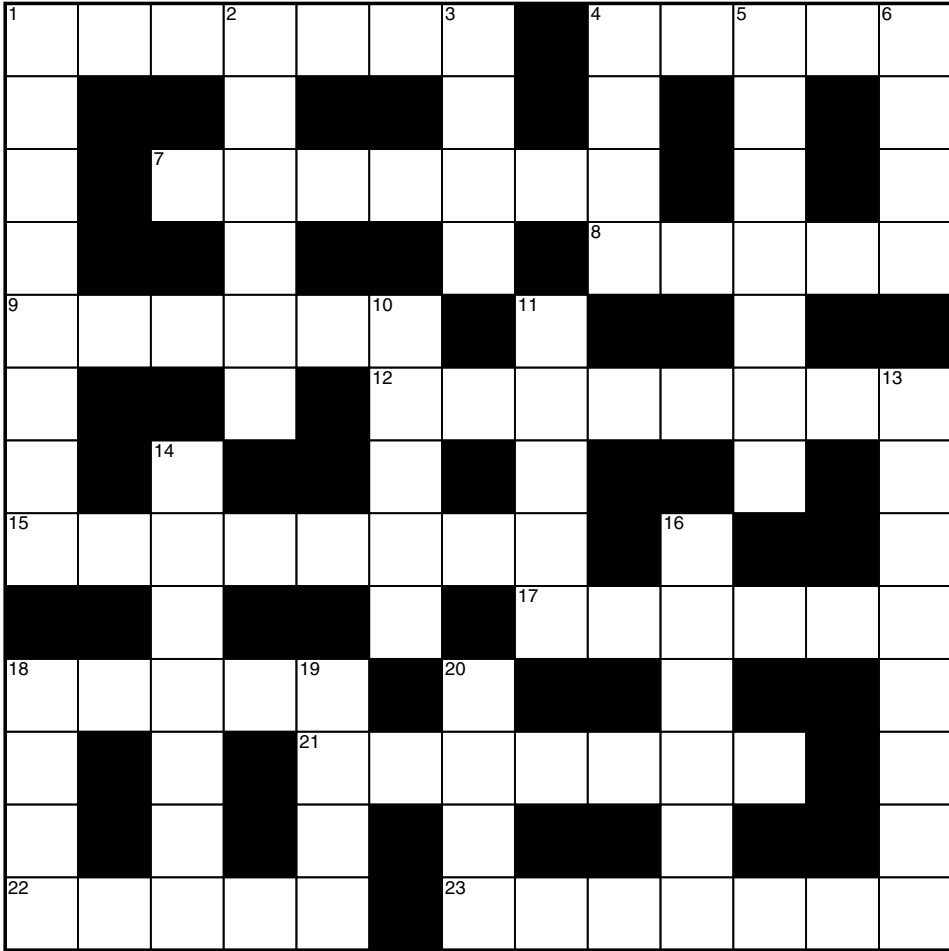


ACROSS

- 1. Strikes (toe)
- 7. Billed
- 8. Green side dish
- 10. Financial helper
- 12. Revive (interest)
- 14. Feat
- 16. Rub lightly
- 17. Detergents
- 20. Full-length
- 23. Graded
- 24. Ghastly
- 25. Used needle & thread

DOWN

- 1. Sibling
- 2. Talk indiscreetly
- 3. Leg joint
- 4. Roman robes
- 5. Strewn
- 6. Loved
- 9. Postpone
- 11. Battle aircraft
- 13. Snake-like fish
- 15. Bread maker
- 16. Injuries
- 18. Squalid
- 19. Group of lions
- 21. Medication
- 22. Palm fruit



ACROSS

- 1. Unpredictable
- 4. Stayed on one's feet
- 7. Draw (attention)
- 8. Knowledge tests
- 9. Lady's bow
- 12. Public speeches
- 15. Cattle charge
- 17. Taken by thief
- 18. Hair parasite
- 21. Companion
- 22. Enthusiasm
- 23. Mexican naps

DOWN

- 1. Improves (soil)
- 2. Shrewd
- 3. Blacken
- 4. Location
- 5. Eight-sided figure
- 6. Mob crime bosses
- 10. Oxen harnesses
- 11. Stories
- 13. Glittering objects
- 14. Instruction books
- 16. Crowds
- 18. Respiratory organ
- 19. Resound
- 20. Flightless birds

Puzzles Can Help Your Brain

Scientific studies have proven that working with puzzles and other logic games helps improve reasoning, memory and logic. They promote a form of synergy between the left and right brain, termed by psychologists as a “full brain approach”. This can result in better memory, deeper learning and better recall. Puzzles appeal to our creative and logical minds, offering a full brain work out, especially for retirees who don't have a daily work commitment.

Alex Gow recognises this and hopes that by offering this Puzzle Book with up to three-month's worth of fun brain exercises, we can actually help you improve your brain vibrancy as you get older. One of the biggest fears for us all as we get older is losing our mental sharpness, possibly developing dementia, Alzheimer's or other mental illnesses – but by giving our brain a moderate workout on a frequent basis we can help hold off the onset of some of these issues.

Puzzles and games also instigate social interaction and communication. Doing puzzles together is a pleasurable experience for all participants helping to maintain social and communicative skills. Science has also shown that when a puzzle is finally completed there is a feeling of satisfaction and dopamine is released in the brain, as a kind of reward system for our efforts.

Please enjoy your FREE Alex Gow Puzzle Book. Remember all the answers and solutions can be found on our web site www.alexgowfunerals.com.au They are published at the beginning of each month along with a couple of bonus Questions that will give you an extra entry in the monthly draw for the \$100 Coles voucher.

Note: All data collected on the Alex Gow Puzzle Book answers web page remains private and will not be shared with any other party.

Can we help with your funeral planning?

In order to help you gain a better understanding of all the funeral options and considerations in the privacy of your home, you can now download our Helpful Guide to Funeral Planning from our website

www.alexgowfunerals.com.au

The guide provides you with quality information to help you choose a service that is meaningful and appropriate to you.

For more information or to arrange a free consultation, simply call our friendly staff on 3851 7800.



Aged Care in your home or ours?

At Carinity, we value every person as an individual with different needs and goals, so receiving the best care for you is our priority.

That could be supporting you to remain living independently at home, or receiving round-the-clock personalised care in one of our residential aged care communities.

Carinity is here to help, whatever your needs.

To find out more call **1300 109 109**
Visit **carinity.org.au**

An outreach of Queensland Baptists



We come to you when you need us most

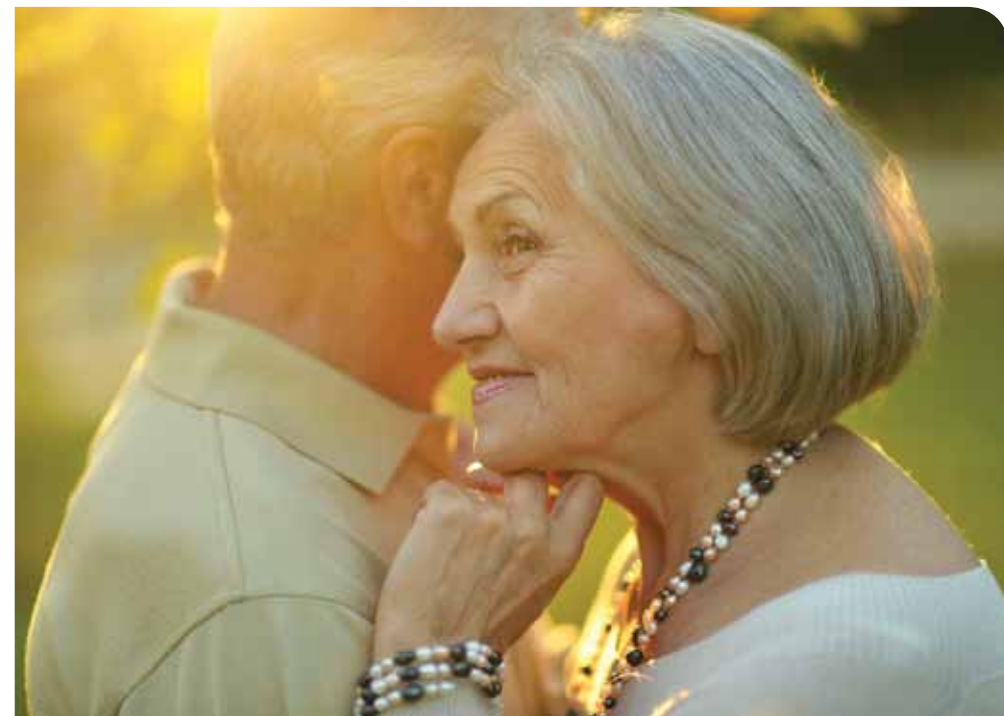
Arranging a funeral can be quite emotional and sometimes it's easier if done in the comfort of your own home with family around to assist. That is why Alex Gow have offered this service for over 100 years.

With branches at **Newstead, Deception Bay, Redlands and Browns Plains** we can be there quickly to help guide you through this difficult time.

Just call 3851 7800
24 Hours/7 Days



Creating memories since 1840



Had your pension reduced?

Then talk to us!

Sureplan Gold funeral bond is a secure and reliable funeral investment plan and a contribution of up to \$13,000 may be exempt from the Income & Assets Test.

Trust the enhanced security of a friendly society, with its unique benefit fund structure.

To find out more contact
Alex Gow Funerals
Telephone (07) 3851 7800
www.alexgowfunerals.com.au

