

YOURS
FREE



The Alex Gow Super Puzzle Book

CROSSWORDS, WORDSEARCH
CODE CRACKER, SUDOKU & TRIVIA

A Brisbane Family Owned Company

ALEX  GOW
FUNERALS

July to September 2022

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 director.



Five generations of the Gow family have worked in the business and today Alexander's grandson Alistair, along with his children and grandchildren 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

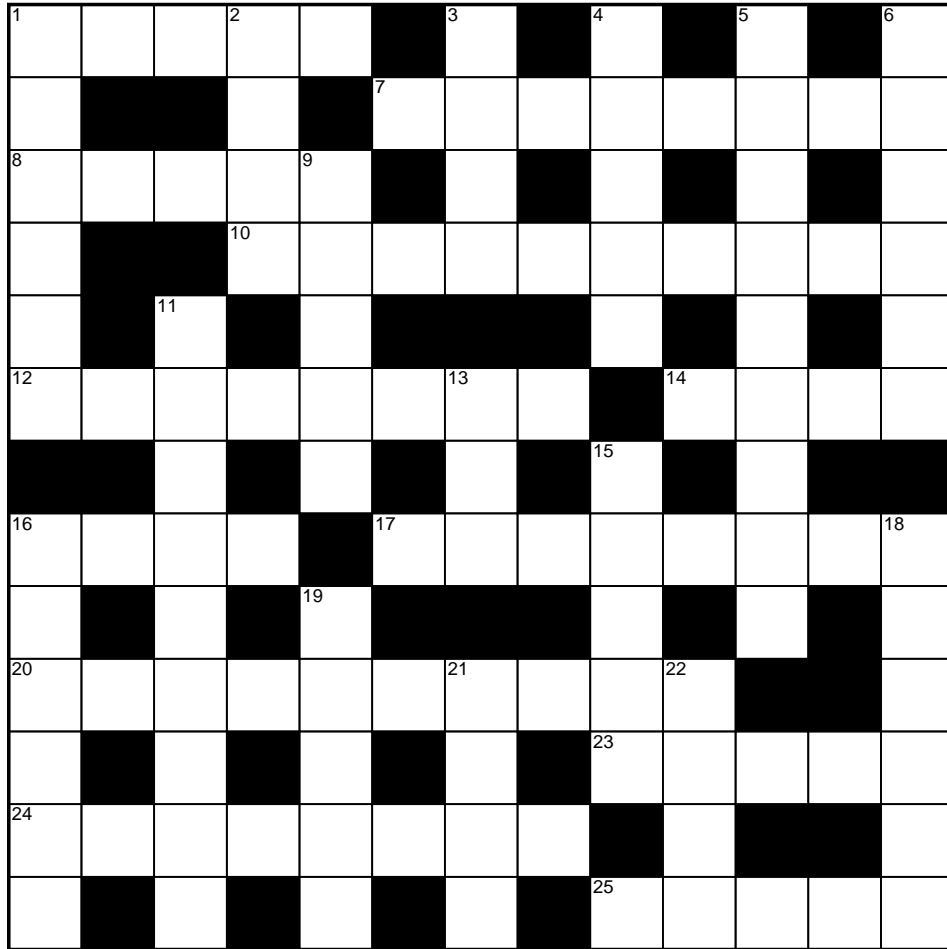
Like painting and craft, coloring offers a great source for focus and creativity. It has been shown to have stress-reducing benefits and helps with anxiety in people of all ages. It is a great fun social activity it also produces a similar calming effect on the brain to meditation.

WIN A \$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 \$100 gift card.

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

Full details on page 16



ACROSS

- 1. Move quickly
- 7. Improved
- 8. Edible innards
- 10. Ardent
- 12. Grabs
- 14. Performs
- 16. Chinese boat
- 17. Commissioned soldiers
- 20. Range of known words
- 23. Rescued
- 24. Personal reminiscence
- 25. Unmarried

DOWN

- 1. Horse feet
- 2. Bring in (harvest)
- 3. Obligation
- 4. Stoneworker
- 5. Relieved itch
- 6. Work-shy people
- 9. Knight's spear
- 11. Shells on ship's hull
- 13. Folklore creature
- 15. Cake layers
- 16. Jolly
- 18. Squalid
- 19. Residence
- 21. Large amounts
- 22. Sleepy sigh



- BANDING
- CHINA
- CRAZING
- CROCKERY
- DELFT
- EARTHENWARE
- FIRING
- GLAZE
- GLAZING
- JIGGERING
- KILN
- LLADRO
- MEISSEN
- MINTON
- OXIDATION
- PORCELAIN
- POTTERY
- SHAPING
- SINTERING
- SLURRY
- SPODE
- STONEWARE
- TERRACOTTA
- THROW
- WEDGWOOD
- WEDGING
- WHEEL
- WORCESTER

Fun With Trivia 841 - 843

841. Who did Forbes name the youngest self-made billionaire in 2019?

.....

842. What is the longest-running Broadway show?

.....

843. In which period did ballet originate?

.....

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

Fun With Trivia 844 - 847

844. Who is often credited with creating the world's first car?
.....
845. Which animal can be seen on the Porsche logo?
.....
846. Which company owns Bugatti, Lamborghini, Audi, Porsche, and Ducati?
.....
847. What does BMW stand for (in English)?
.....

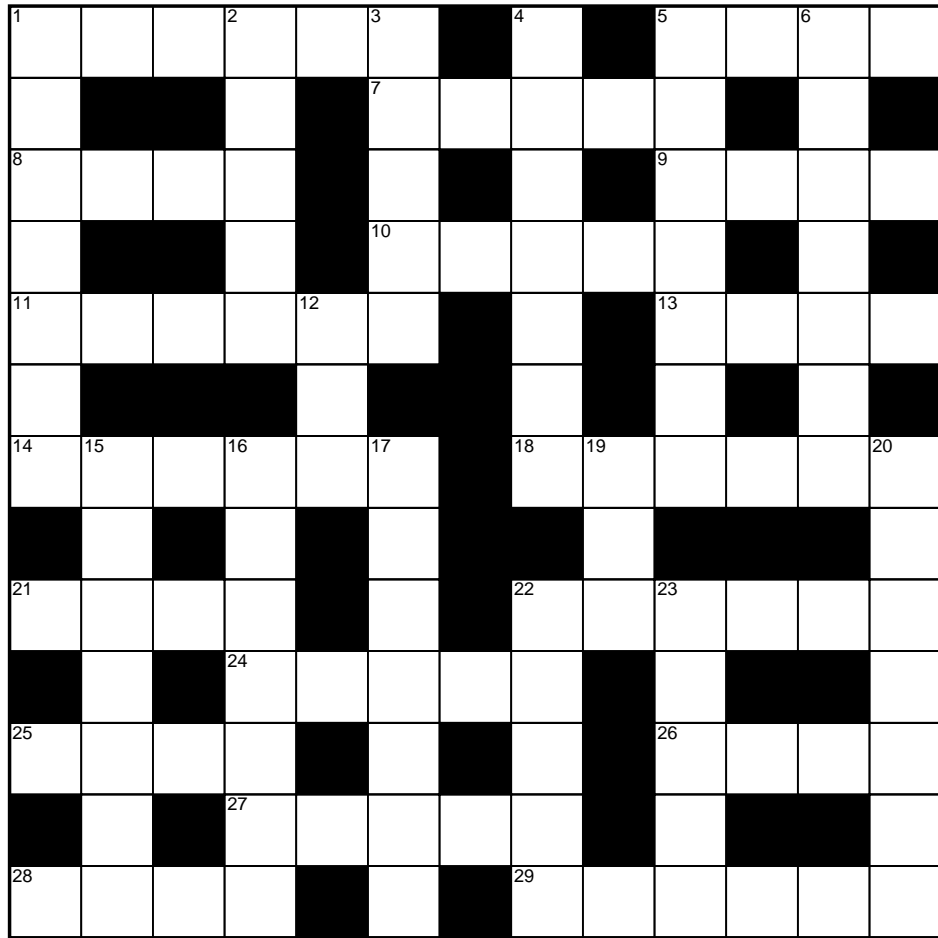
CLUES

1	2	3	4	5	6	7	8	9	10				
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	16		12		11		16		8		18		24
1	6	14	17	8	17		21	14	5	5	8	1	25
													26

ANSWER:

3	8	12	10	14									
---	---	----	----	----	--	--	--	--	--	--	--	--	--

ABCDEFGHIJKLMNOPQRSTUVWXYZ



ACROSS

- 1. Messenger
- 5. Baby bears
- 7. Below
- 8. Lively dance
- 9. Involved in
- 10. Wicked wrongs
- 11. Outer garments
- 13. Sphagnum, ... moss
- 14. Side dishes
- 18. Most painful
- 21. Book leaf
- 22. Curved (over)
- 24. Bake in oven
- 25. Slant
- 26. Streak
- 27. Throw out
- 28. Cater for
- 29. Village's population

DOWN

- 1. Steals plane
- 2. Sports ground
- 3. ... & duchesses
- 4. Informs
- 5. Crunchier
- 6. Double-crosses
- 12. Young goat
- 15. Greed
- 16. Gave warning to
- 17. Disjointed
- 19. Belonging to us
- 20. News
- 22. Circular coral reef
- 23. Municipal



- ASH
- CACTUS
- CEDAR
- CHESTNUT
- DECIDUOUS
- DOGWOOD
- EVERGREEN
- HARDWOOD
- HAWTHORN
- IRONWOOD
- JACARANDA
- JARRAH
- JUNGLE
- MAGNOLIA
- MAHOGANY
- MANGROVE
- MANUKA
- PERENNIAL
- PINE
- REDWOOD
- RINGS
- SANDALWOOD
- SASSAFRAS
- SEQUOIA
- SPRUCE
- TWIGS
- VIBURNUM
- WALNUT
- WILLOW
- YEW

Fun With Trivia 848 – 850

848. What or who is the Ford Mustang named after?

.....

849. What is the common name for dried plums?

.....

850. What name does deer meat go by?

.....

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

Fun With Trivia 851 – 854

851. What other name does "corn" go by?

.....

852. What's the primary ingredient in hummus?

.....

853. Which country produces the most coffee in the world?

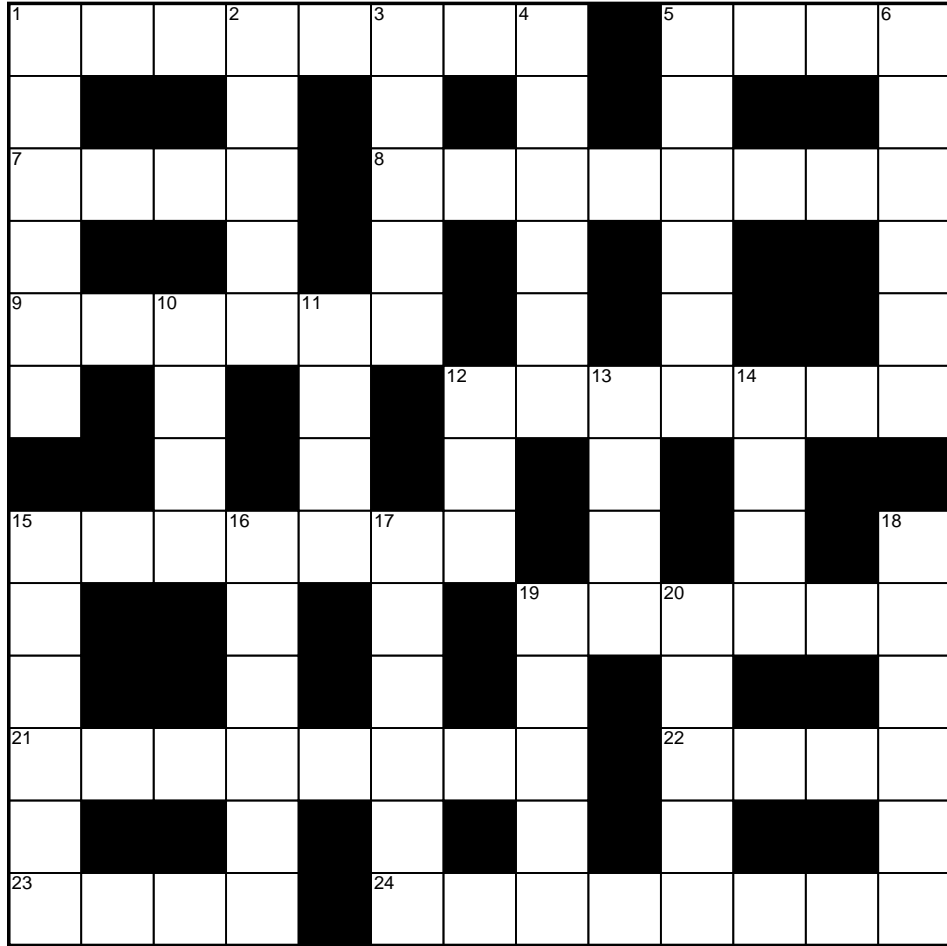
.....

854. Which country invented tea?

.....

CLUES										1	2	3	4	5	6	7	8	9	10				
																			M				
13	17	18	3	8	24		3	9	11	17	8	23	11										
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8	3	9	15	8	10		19	18	3	8	18	9	25										
ANSWER:										6	19	18	2	18	16								26

ABCDEFGHIJKLMNOPQRSTUVWXYZ

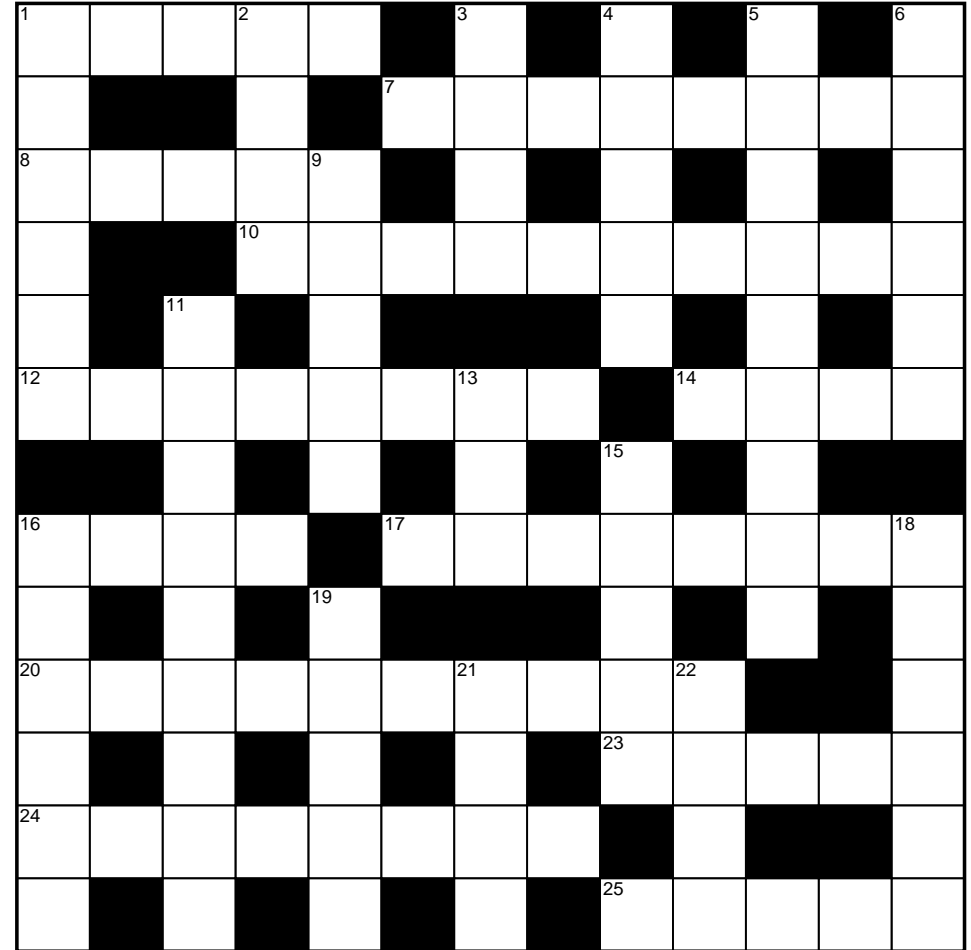


ACROSS

- 1. Foam-crested wave
- 5. Uterus
- 7. Clear (weather)
- 8. Lively
- 9. Fall away
- 12. Growled fiercely
- 15. Racing toboggan
- 19. Near-sighted
- 21. Supplied capital
- 22. Tibetan priest
- 23. Brass instrument
- 24. Isolation

DOWN

- 1. Thin biscuits
- 2. Subject matter
- 3. Indian social system
- 4. Correctional institution
- 5. Author
- 6. Began to flower
- 10. Rein in
- 11. Girl's plaything
- 12. Sorrowful
- 13. Sailor's greeting
- 14. Rope circle
- 15. Meals counter
- 16. Musical composition
- 17. Casts out
- 18. Group of 8 notes
- 19. Artist's sitter
- 20. Baby night bird

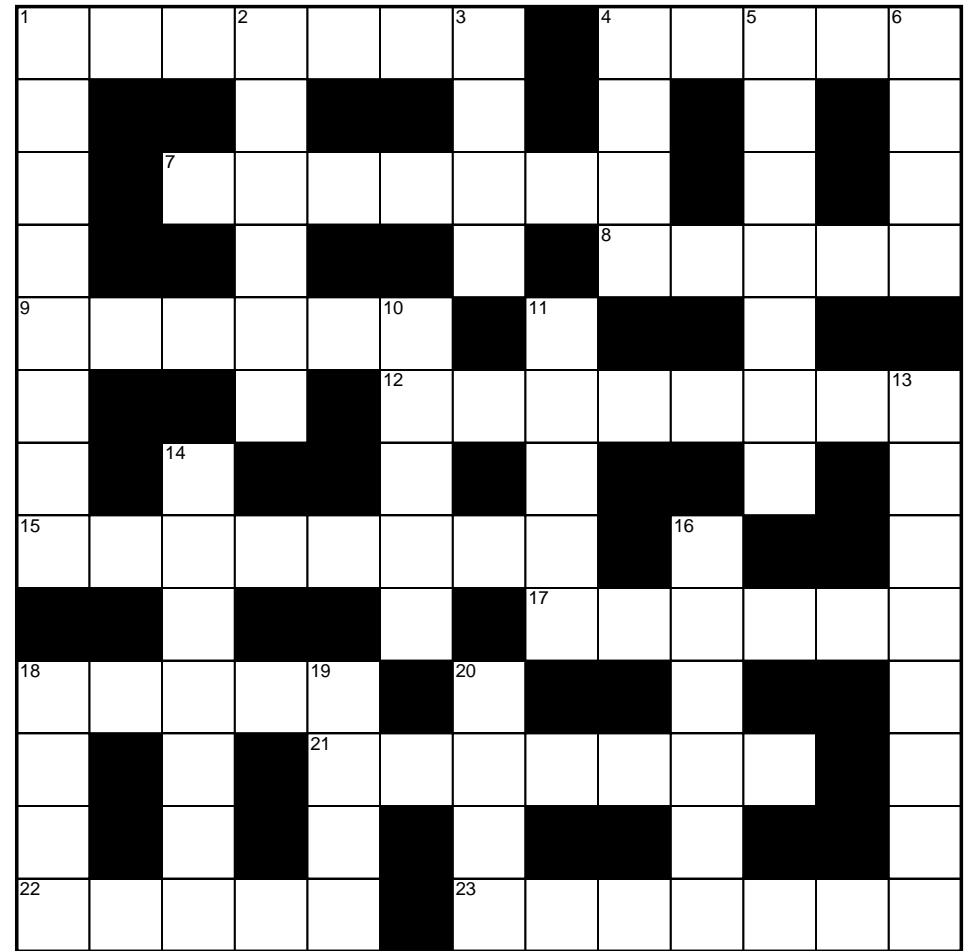
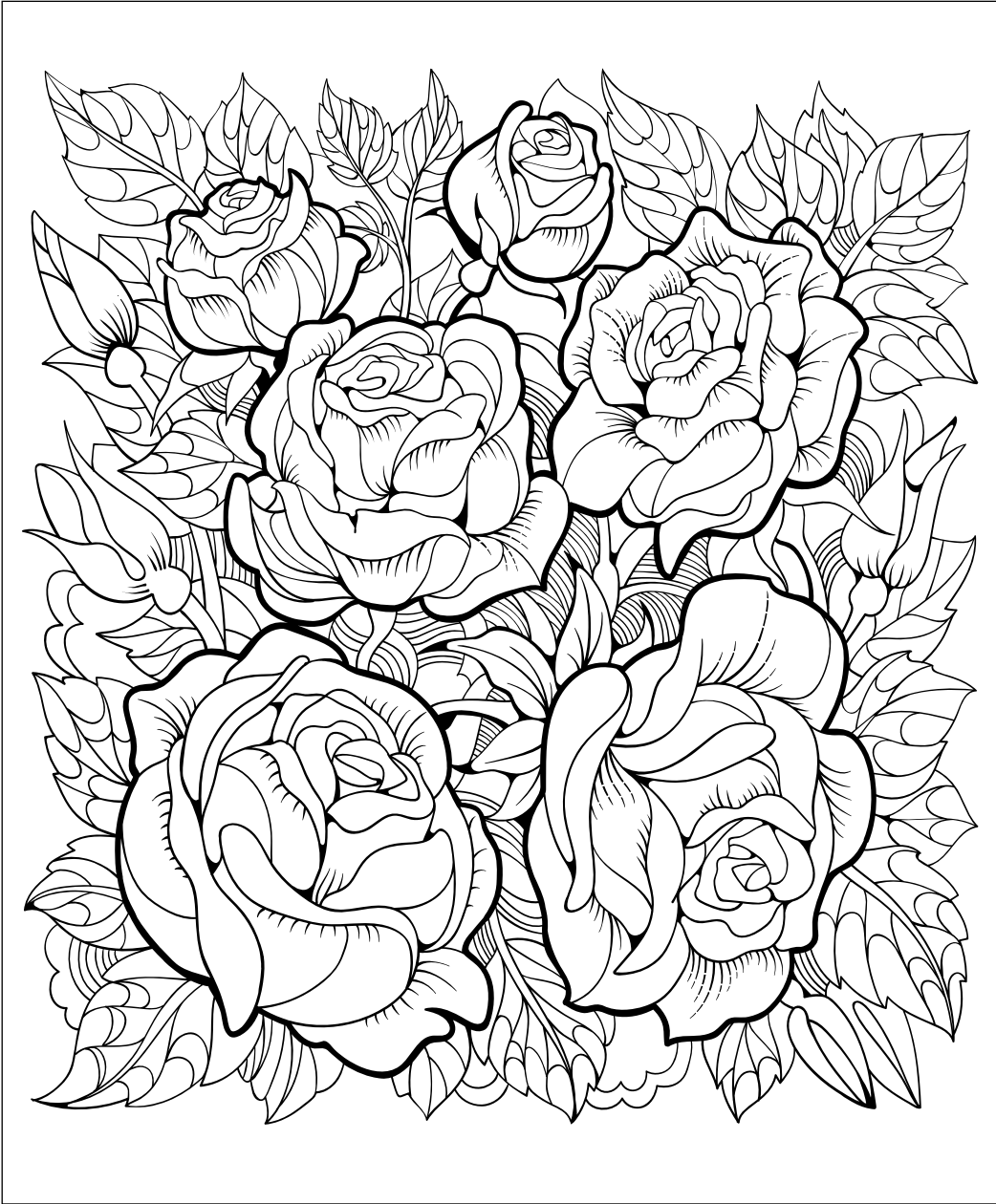


ACROSS

- 1. Backless couch
- 7. Protest
- 8. Hidden
- 10. Aquatic-grown garnish
- 12. Succumbing
- 14. Fist
- 16. Selectively eliminate
- 17. Obvious
- 20. Inoculated
- 23. Sorcery
- 24. Regretfully
- 25. Raised (stakes)

DOWN

- 1. Delicate
- 2. Once more
- 3. Arctic region, North ...
- 4. Nutmeg or clove
- 5. Curator
- 6. Unexpended
- 9. Attacks
- 11. Turned aside
- 13. Crab's pinch
- 15. Muslim women's quarters
- 16. Envelops
- 18. Tracked down
- 19. Devout
- 21. Sickens
- 22. Moist



ACROSS

- 1. Wandering (tribesman)
- 4. Mistake
- 7. Slavery
- 8. Roofing stone
- 9. Frightened
- 12. Thought logically
- 15. Face veils
- 17. Set off
- 18. Bring upon oneself
- 21. Visual symbolism
- 22. Potato bags
- 23. Hospital career

DOWN

- 1. Routinely
- 2. Fragrances
- 3. Large family
- 4. Makes last, ... out
- 5. Re-coat (wall)
- 6. Glowing (review)
- 10. Indulge in reverie
- 11. Lift up
- 13. Baby water bird
- 14. Clairvoyant
- 16. Terminates
- 18. Little devils
- 19. Purges
- 20. Farm building

WIN a \$100 Gift Card



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 Gift Card 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 Gift Card 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 Gift Card draw. It's all so easy. HINT: the answers to the bonus questions can be found on our website.

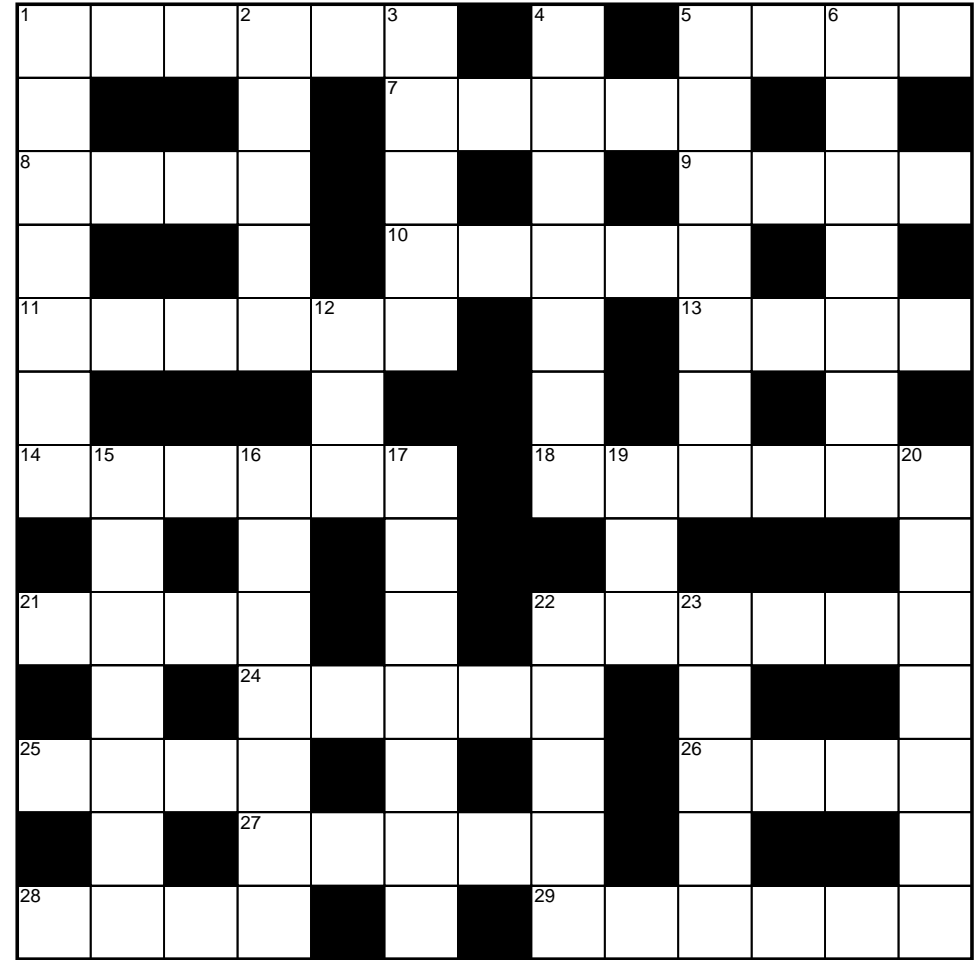
The same applies to May and June puzzle answers. Just click on the icon and all the answers will be there for you. Answers & Solutions will all be published on the 1st of each month and added to the website.

- April Answers & Solutions – published on 1st April 2022
- May Answers & Solutions – published on 1st May 2022
- June Answers & Solutions – published on 1st June 2022

The Gift Card 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: 378



ACROSS

- 1. Respect paid
- 5. Pokes abruptly
- 7. Over
- 8. Sodium bicarbonate, baking ...
- 9. States further
- 10. Clothing tag
- 11. Addresses crowd
- 13. Unprocessed minerals
- 14. Tugged
- 18. Oppose
- 21. Bland
- 22. Put
- 24. Artless
- 25. Pit
- 26. Blues/gospel music style
- 27. Bread-raising agent

DOWN

- 1. Study of past events
- 2. Separate
- 3. High-ranking lords
- 4. Disbeliever
- 5. Enviously resentful
- 6. Financial estimates
- 12. Mother sheep
- 15. Sprightliness
- 16. Purifying organs
- 17. Of 10-based system
- 19. Conger or moray
- 20. Young child
- 22. Vermin
- 23. Malicious fire-setting

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, 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 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. Pre-paying gets it all sorted and out of the way so you can move on confidently.

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 they will remember.

4 great reasons to choose an Alex Gow Pre-arranged Funeral

1. 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.

2. We offer guaranteed security

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.

3. 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 \$13,500 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.

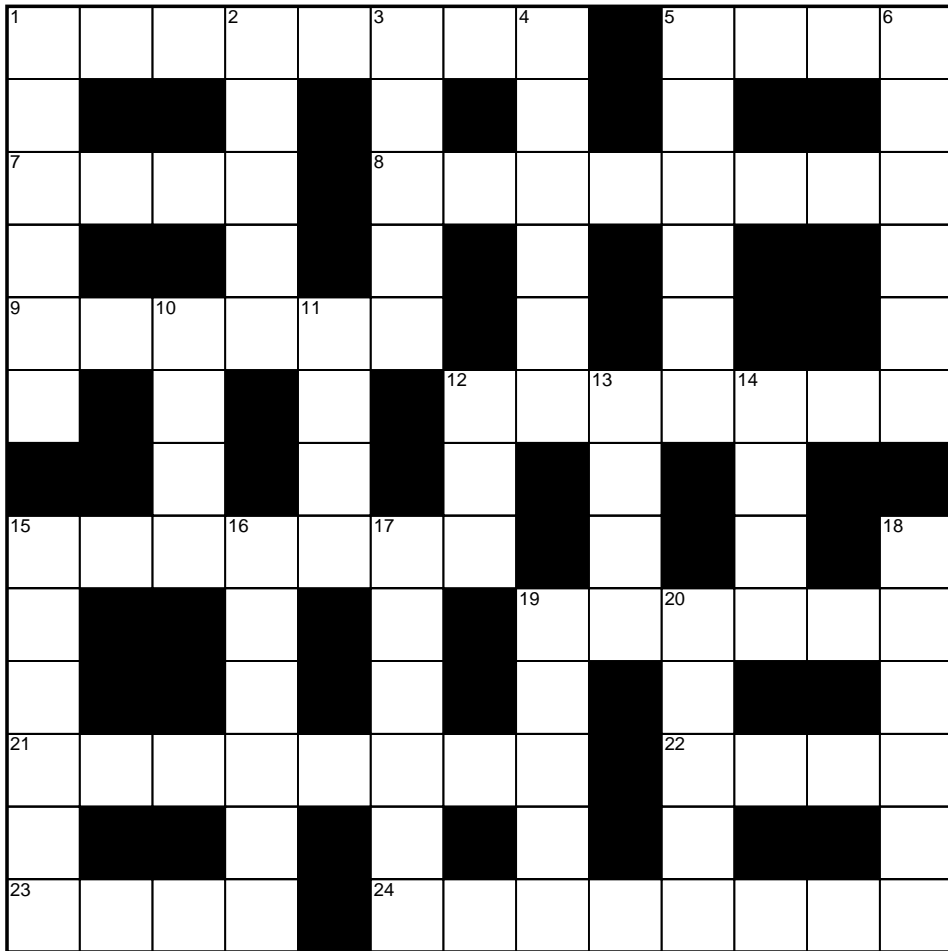
4. We're flexible to ensure you get what YOU want

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



Pre-arranged Funerals

NEWSTEAD | BROWNS PLAINS | REDLANDS | DECEPTION BAY



ACROSS

- 1. Naughtiness
- 5. Hyphen
- 7. Acceptable
- 8. Circus swings
- 9. Magazine chief
- 12. Gestured with finger
- 15. Of the senses
- 19. Provoke to anger
- 21. Petty quarrel
- 22. Molten rock
- 23. Requirement
- 24. Disheartened

DOWN

- 1. Secured boat
- 2. Church cellar
- 3. Bury
- 4. Ludicrous failure
- 5. Increase in depth
- 6. Silenced
- 10. Ferrous metal
- 11. Greek liquor
- 12. Part with cash
- 13. Concept
- 14. Knotted
- 15. Time of year
- 16. Thread
- 17. Massaged
- 18. Set into surface
- 19. Encounters
- 20. River-mouth triangle



- BONOBO
- BUSHBABIES
- CHIMPANZEE
- CHINA
- CLIMB
- DOMESTICATE
- GALAGO
- GORILLA
- HANG
- HERBIVORE
- INDONESIA
- JAPAN
- LEMUR
- LORIS
- MACAQUE
- MADAGASCAR
- MALAYSIA
- MANDRILL
- MARMOSET
- MONKEY
- NAGAPIES
- ORANGUTAN
- POTTO
- SILVERBACK
- SIMIAN
- SUMATRA
- SWING
- TAIL
- TARZAN
- TREE

Fun With **Trivia** 855 – 857

855. Which kind of alcohol is Russia notoriously known for?

.....

856. What is the national dish of Spain?

.....

857. Which European nation was said to invent hot dogs?

.....

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

Fun With Trivia 858 – 861

858. Which country is responsible for giving us pizza and pasta?

.....

859. Which bodily organ has four chambers?

.....

860. In which body part can you find the femur?

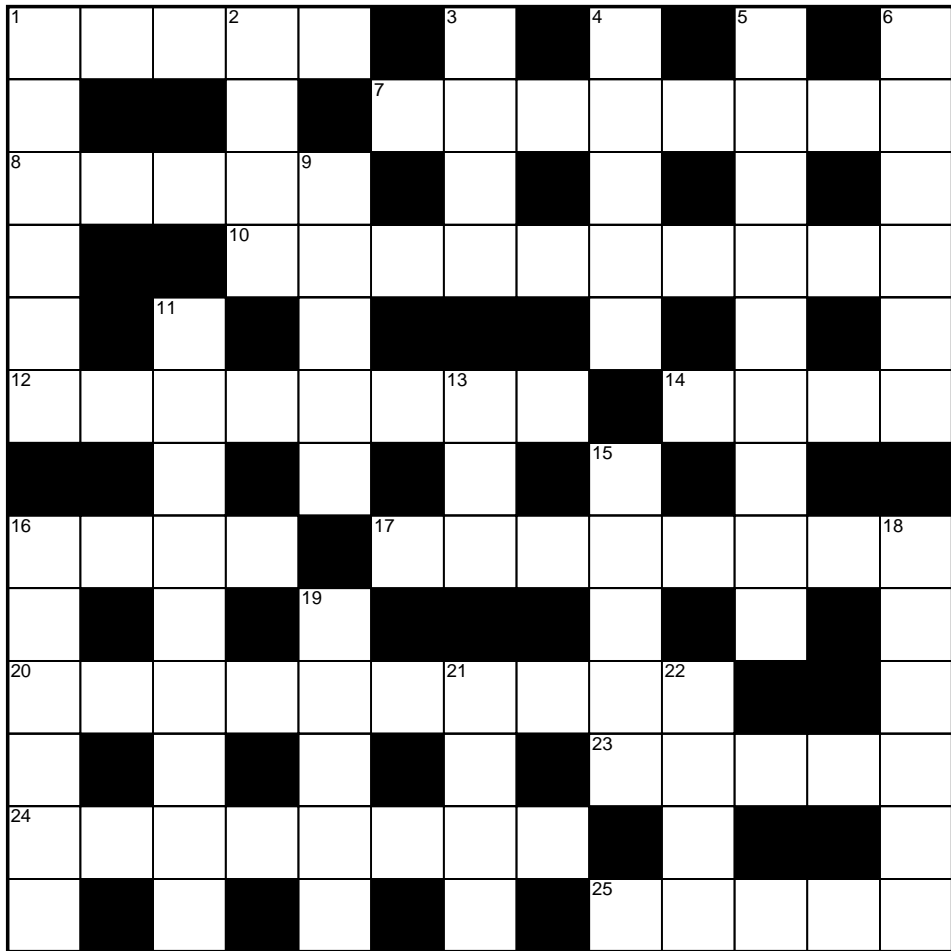
.....

861. What is your body's largest organ?

.....

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

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

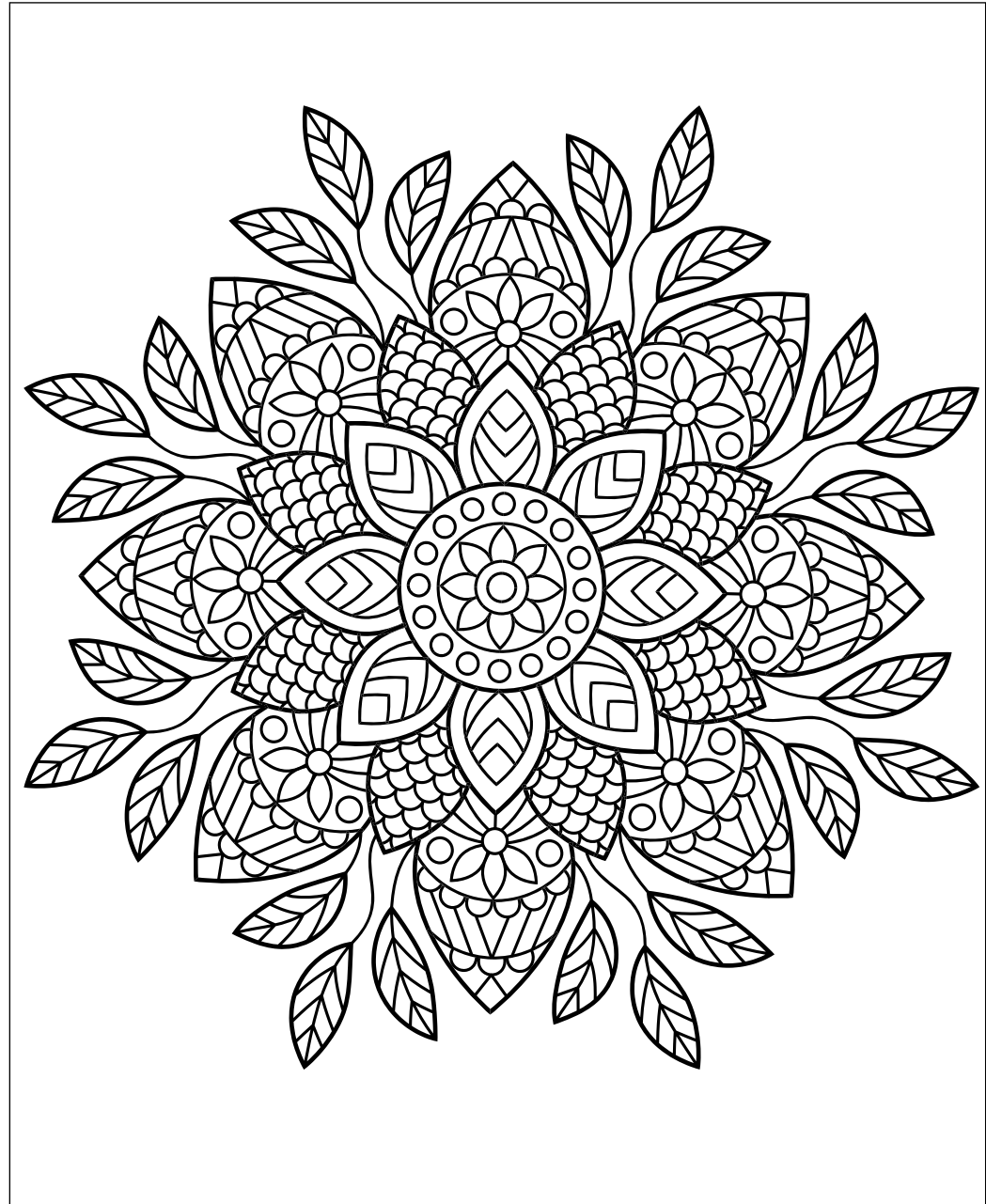


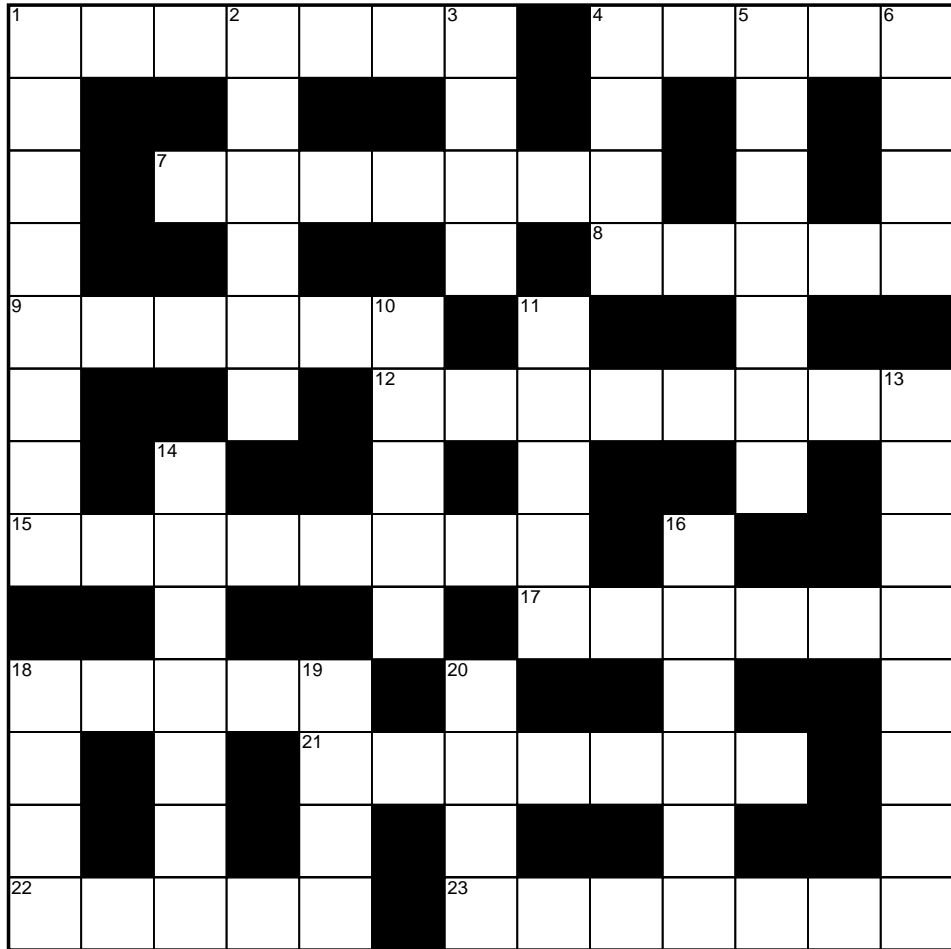
ACROSS

- 1. Postponement
- 7. Showy-tailed birds
- 8. Cooked in oil
- 10. Took to pieces
- 12. Tested
- 14. Fabric colorants
- 16. Printing fluids
- 17. Debris
- 20. Military officer
- 23. Lessened
- 24. Work clothes
- 25. Performed slalom

DOWN

- 1. Disarm (bomb)
- 2. Discontinued
- 3. Disease agent
- 4. Minimal
- 5. Scamp
- 6. Incidental comments
- 9. Finger or toe
- 11. Trite
- 13. Slip up
- 15. Stage setting
- 16. Snow shelters
- 18. Gave off
- 19. Leather strip
- 21. ... & void
- 22. Nail





ACROSS

- 1. Dominance
- 4. Criminal deception
- 7. Largest primate
- 8. Scoundrel
- 9. Fiction books
- 12. Fondly
- 15. More poisonous
- 17. Merchant
- 18. Twist and squeeze
- 21. Examine
- 22. Distributes cards
- 23. Throwing (dice)

DOWN

- 1. Rebelled on ship
- 2. Honked (horn)
- 3. Shout
- 4. Anti-aircraft fire
- 5. Put in order
- 6. Drug (horse)
- 10. Killed
- 11. Ward off
- 13. Desiring greatly
- 14. Tom Cruise movie, ... Sky
- 16. Invalidate
- 18. Invasive plant
- 19. Concert tour bookings
- 20. Consumer



- ADELAIDE
- ALBANY
- ALBURY
- ALICE SPRINGS
- BATHURST
- BENDIGO
- BRISBANE
- BUNBURY
- BUNDABERG
- DEVONPORT
- GEELONG
- GLADSTONE
- GOULBURN
- HOBART
- LITHGOW
- MOUNT GAMBIER
- MOUNT ISA
- PALMERSTON
- PENRITH
- PERTH
- PORT AUGUSTA
- ROCKHAMPTON
- SYDNEY
- TOWNSVILLE

Fun With **Trivia** 862 – 864

862. What kind of cells are found in the brain?

.....

863. Which bone are babies born without?

.....

864. About how many taste buds does the average human tongue have?

.....

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

Fun With Trivia 865 – 868

865. What percentage of our bodies is made up of water?

.....

866. Which element is said to keep bones strong?

.....

867. How many times does the heartbeat per day?

.....

868. What is the smallest country in the world?

.....

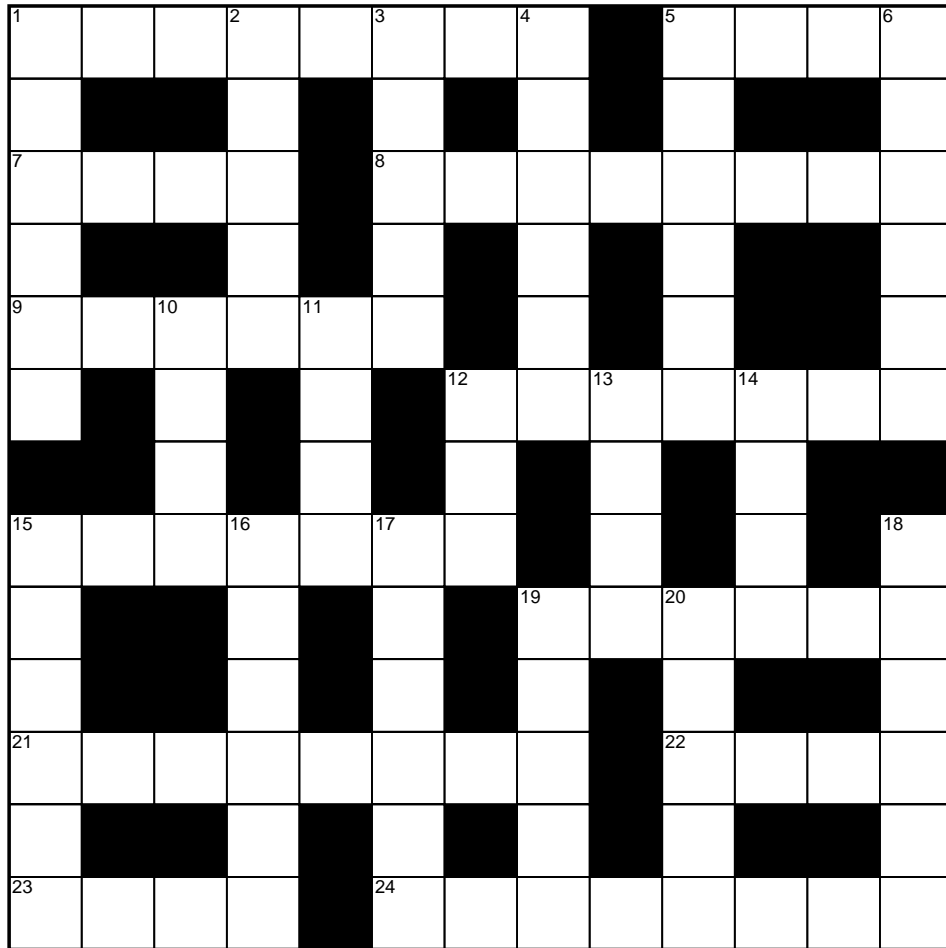
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ACROSS

- 1. Egg flan
- 5. Tropical tree
- 7. Slightly inebriated
- 8. Leer
- 9. Capricorn symbol
- 10. Phrase
- 11. Wryly amusing
- 13. Single object
- 14. Distort (meaning)
- 18. Inappropriately employ
- 21. Half
- 22. Crossbred (animal)
- 24. Lasso loop
- 25. Boulder
- 26. Raise (children)
- 27. Upright
- 28. Peruse
- 29. Edged (towards)

DOWN

- 1. Reporting speech
- 2. Dirt-free
- 3. Moral standard
- 4. Most advantageous
- 5. Small African tribesmen
- 6. Lazy people
- 12. Sick
- 15. Stupendous
- 16. Shut & opened eyes
- 17. Bequeathed
- 19. Very cold
- 20. Suffered
- 22. Warms
- 23. Uninterested



ACROSS

- 1. Mythical women/fish
- 5. Insect larva
- 7. Swallow nervously
- 8. Hiker's pack
- 9. Folk tale
- 12. Grasslands
- 15. Discussion meeting
- 19. Crept (towards)
- 21. Regarding smugly
- 22. Despicable
- 23. Pleasant
- 24. Surpass

DOWN

- 1. Magnates
- 2. Canadian leaf symbol
- 3. Riled
- 4. Scant
- 5. Cut deeply
- 6. Bread makers
- 10. Low in spirits
- 11. Sign-light gas
- 12. Spoil
- 13. Related
- 14. Pledge
- 15. Campaign motto
- 16. Prison occupant
- 17. Pure white animal
- 18. Cows' milk sacs
- 19. Gold bar
- 20. Bridge designer, ... engineer

CLUES

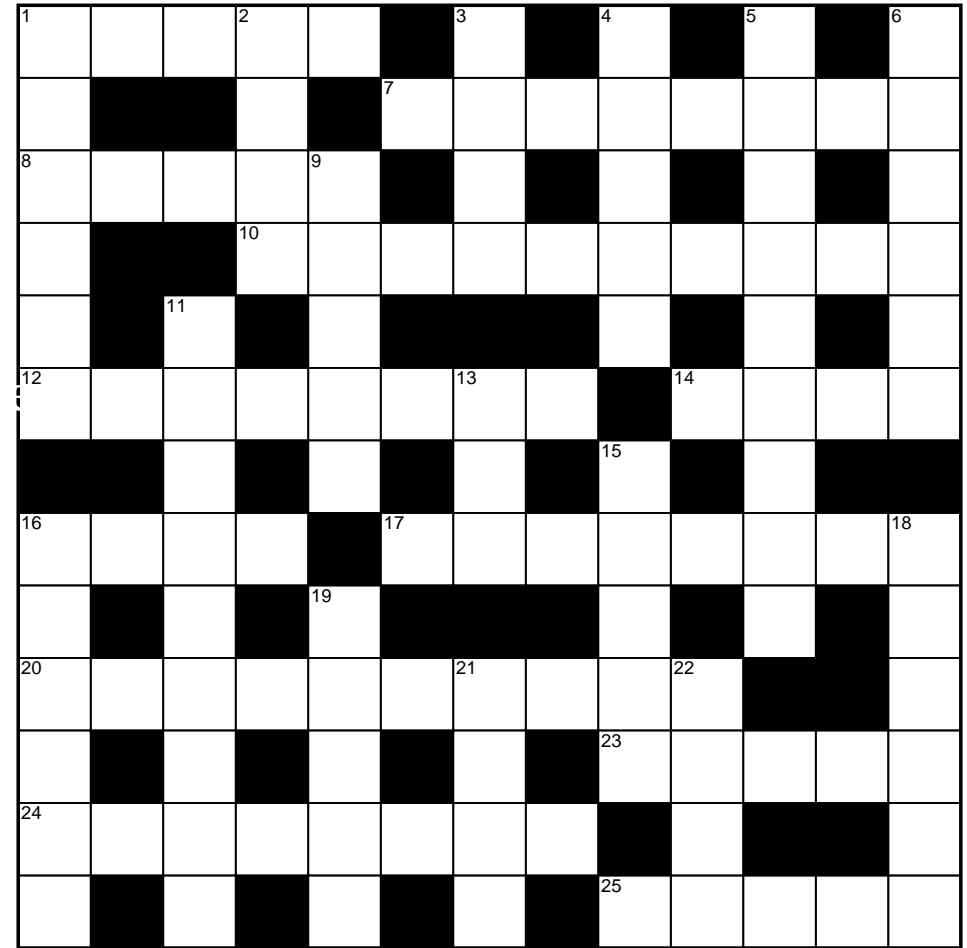
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ANSWER:

17	19	6	18	14	12							
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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. Customary
- 7. Felonies
- 8. Urge into motion
- 10. Heavy (rain)
- 12. Entitling
- 14. Expression
- 16. Travel on horse
- 17. Drug-dependent
- 20. Without commander
- 23. Ruined
- 24. Retrieves from wreckage
- 25. Inquired

DOWN

- 1. One of a kind
- 2. Illegally assist
- 3. A distance
- 4. Person, human ...
- 5. Mishaps
- 6. Political refuge
- 9. Meek
- 11. Stairway supports
- 13. Assent with head
- 15. Small sta
- 16. Greatly enjoy
- 18. Speckled
- 19. Oval nut
- 21. Told untruths
- 22. Gradually weakens

A	F	S	E	I	R	E	N	I	F	E	R	H	Y	T
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- ASTROS
- AUSTIN
- BALCONES FAULT
- CATTLE
- COASTLINE
- EL PASO
- FOREST
- FORT WORTH
- GREAT PLAINS
- GULF FREEWAY
- HILL COUNTRY
- HOUSTON
- LLANO
- ESTACADO
- OIL WELLS
- RED RIVER
- REFINERIES
- RODEO
- SABINE RIVER
- SAN ANTONIO
- SANTA FE
- SPURS
- TEXAN
- TORNADO ALLEY
- TRANS-PECOS

Fun With Trivia 869 – 871

869. Which continent is the largest?

.....

870. Which of the Seven Wonders is located in Egypt?

.....

871. What is the capital of New Zealand?

.....

Sudoku No: 137 Level 3

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Fun With Trivia 872 – 875

872. Which desert is recognised as the largest in the world?

.....

873. What is the name of the world's longest river?

.....

874. Which city in India would you find the Taj Mahal in?

.....

875. Which continent is the only one to not have ants?

.....

CLUES										1	2	3	4	5	6	7	8	9	10
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ABCDEFGHIJKLMNOPQRSTUVWXYZ

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ACROSS

- 1. Sweet meal course
- 4. Shyly
- 7. Secondary routes
- 8. Stacked
- 9. Formal-wear jacket
- 12. Declared illegal
- 15. Marine creature's home
- 17. Eradicated
- 18. Ellipses
- 21. Of the beach
- 22. Mist of water droplets
- 23. Glimpsing

DOWN

- 1. Sheriff's aides
- 2. Fashions
- 3. The one there
- 4. Zodiac crossover
- 5. Daffodil shades
- 6. Length unit
- 10. Leaked slowly
- 11. Not fresh
- 13. Wasting time
- 14. Competent
- 16. Spain's ... Islands
- 18. Painting medium
- 19. Floating filth
- 20. Detective's assignment

A meal delivered to the door

Sometimes the pressures of life brought 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.

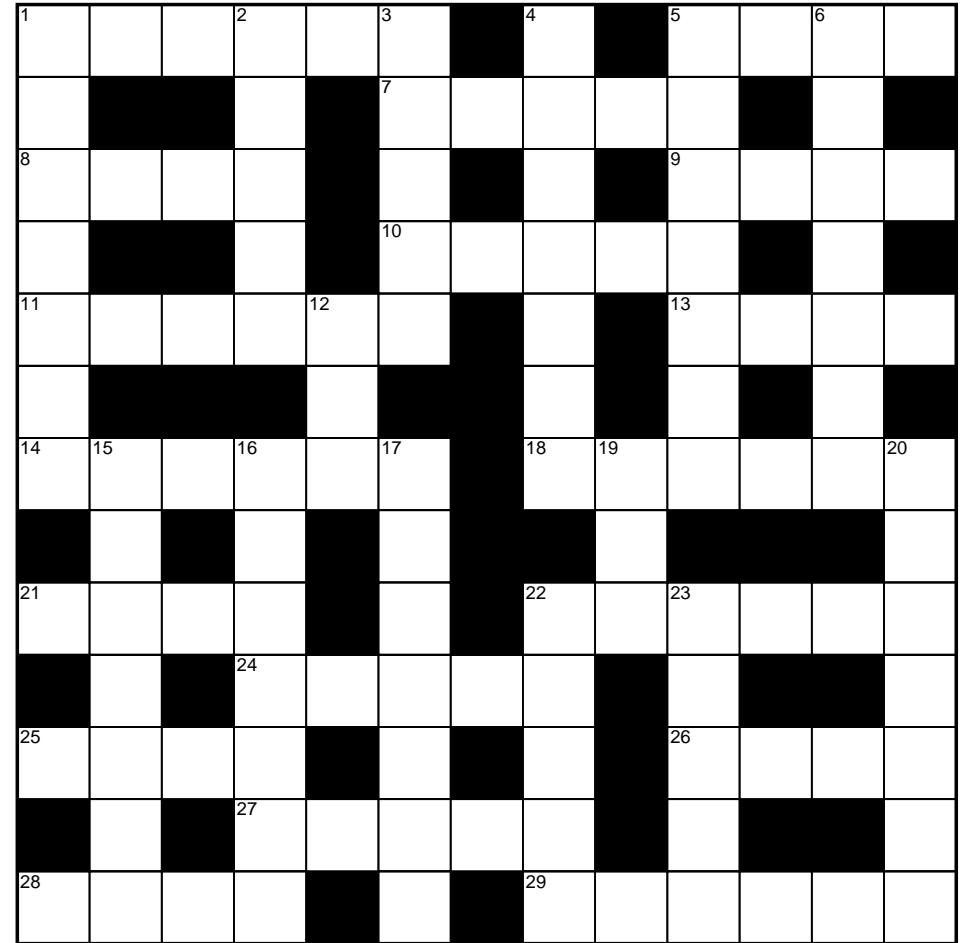


The easiest way to find out about services is to ring your local Meals on Wheels service. Numbers listed below, they will be more than happy to explain how their particular service operates, and to get you started.

ACACIA RIDGE	3275 1860	LOGAN CENTRAL	3808 2312
ASHGROVE	3366 4299	LOGAN WEST	3800 5263
BEENLEIGH	3287 1477	MITCHELTON	3354 3919
BRIBIE ISLAND	3408 1721	MT GRAVATT	3343 6026
BULIMBA	3399 8900	PINE RIVERS &	
BURPENGARY	3888 3754	DISTRICT	3285 2532
CABOOLTURE	5495 2996	REDCLIFFE	3284 3861
CAPALABA	3390 3450	SANDGATE	3269 2073
CARINA	3398 7438	STAFFORD	3356 2382
CENTENARY	3279 1974	WYNNUM &	
CLEVELAND	3286 2626	MANLY DISTRICTS	3396 9479
CROSBY PARK	3256 0788	YERONGA	3848 9607
DECEPTION BAY	3203 2800		
GEEBUNG	3263 6634		
HOLLAND PARK	3397 9150		

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

Crossword No: 386



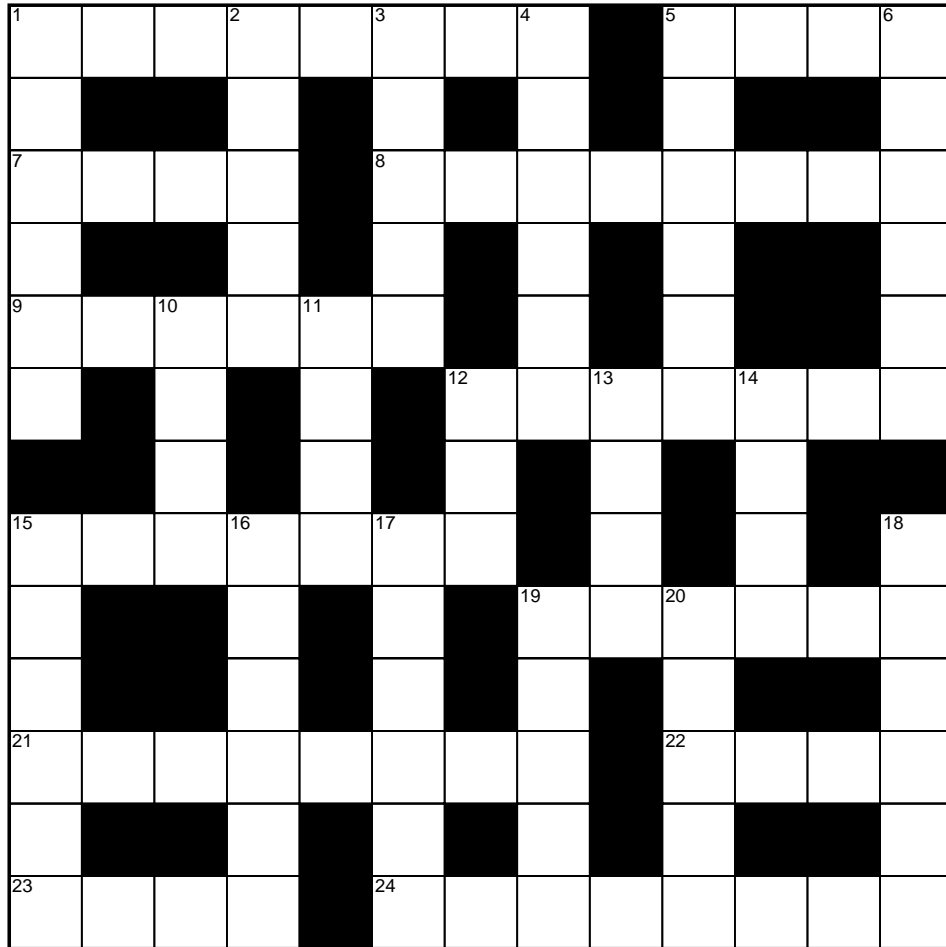
ACROSS

1. Woman
5. Rugged peak
7. Municipal chief
8. Divulge secret
9. Release (buttons)
10. Domain
11. Of the soil
13. Taverns
14. Job payment

18. Movie locations
21. At one time
22. Wear away
24. Ran steadily
25. Use computer keyboard
26. Ripped
27. Submarine tracker
28. Gambling chances
29. Light pushes

DOWN

1. Liars
2. Monastery head
3. Coarse paper
4. Revolves
5. Scrunch
6. Loud enough to be heard
12. Him or ...
15. Angered
16. Eternally youthful
17. Barking in pain
19. Male swan
20. Impales
22. Decorate
23. Graded

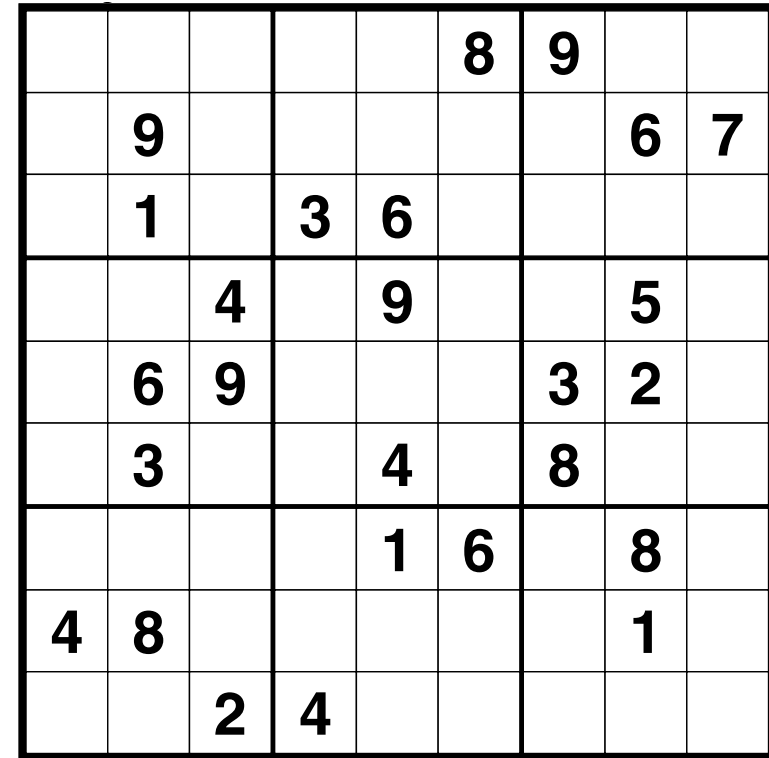


ACROSS

- 1. Left parentless
- 5. Fresh (breeze)
- 7. Ran away
- 8. Inflicted pain on
- 9. Muscle contractions
- 12. Liquid-filled sac
- 15. Artillerymen
- 19. Standards of perfection
- 21. Pranced about
- 22. Adjust (piano)
- 23. Oil-drilling platforms
- 24. Sensuousness

DOWN

- 1. Loutish
- 2. Stays out of sight
- 3. Brief letters
- 4. Main fin
- 5. Made to happen
- 6. Accounts book
- 10. Unknown writer
- 11. Nutmeg spice
- 12. Public transport
- 13. Very dry
- 14. Information
- 15. Food retailer
- 16. Stockings
- 17. Established paths
- 18. Shows (to seat)
- 19. Alphabetical listing
- 20. Devoured



Fun With **Trivia** 876 – 878

876. In which country is the humble ‘thumbs up’ gesture considered a great insult?

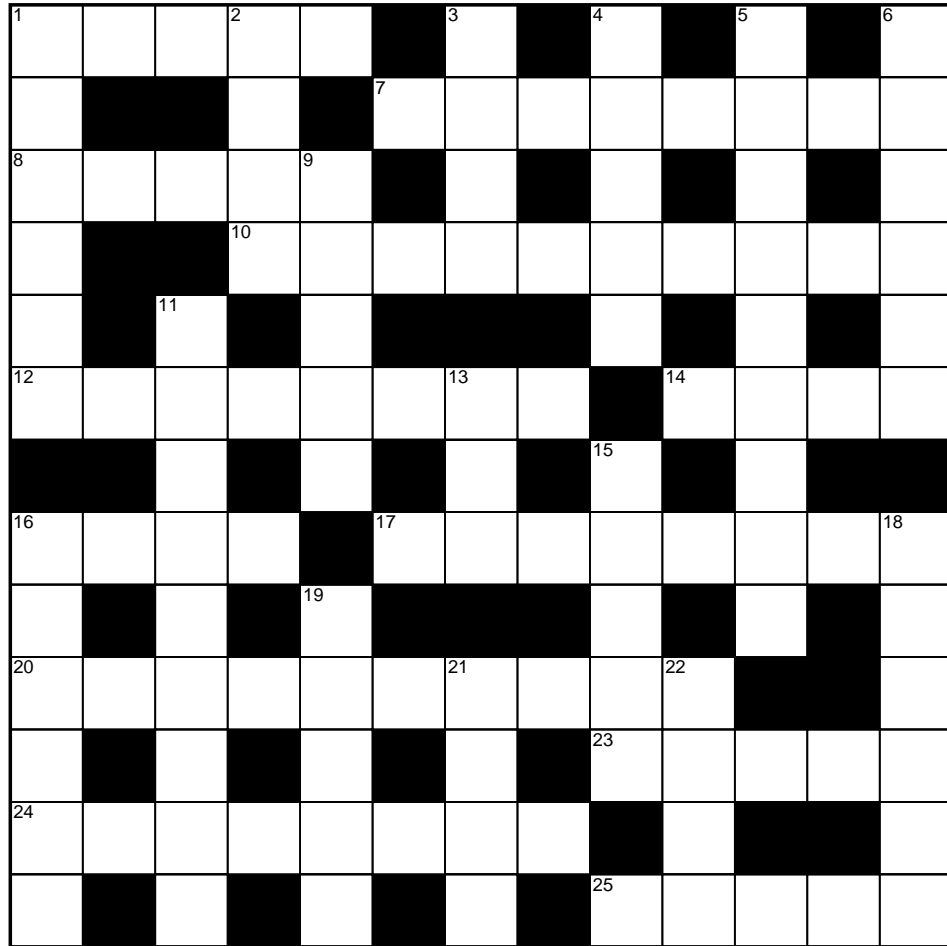
.....

877. What is the largest country in South America?

.....

878. What is Europe’s most mountainous country?

.....

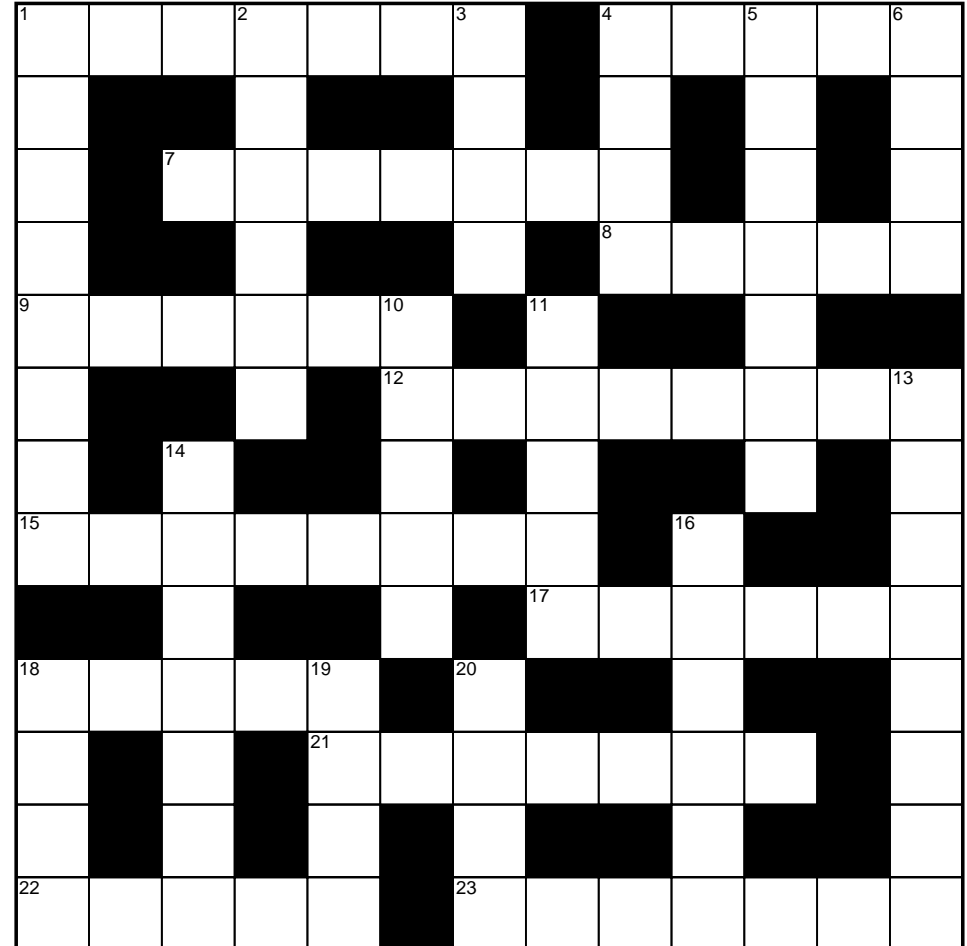


ACROSS

- 1. Pushes (shirt in)
- 7. Violates (rules)
- 8. Pop stars
- 10. Woeful
- 12. Endurance
- 14. Piebald
- 16. Donkey/horse cross
- 17. Vowed
- 20. Drink-dependent people
- 23. Skewered dish
- 24. Graceful style
- 25. Stayed on one's feet

DOWN

- 1. Upper legs
- 2. Execute
- 3. Forest plant
- 4. Sample
- 5. Most threadbare
- 6. Rise
- 9. Glossy fabric
- 11. Romped
- 13. Atmosphere
- 15. Artist's coat
- 16. Groaned
- 18. Painted roughly
- 19. Leading
- 21. Shortage
- 22. Summoned, ... for



ACROSS

- 1. Reinforcing
- 4. Scorpion poison
- 7. Issue (from)
- 8. Hold royal office
- 9. Lower dignity of
- 12. Unfasten (coat)
- 15. Naively
- 17. Medium's session
- 18. Circle (Earth)
- 21. Citrus crop
- 22. Fatigued
- 23. Shine like star

DOWN

- 1. Sitting moodily
- 2. Slept in tent
- 3. Pleased
- 4. Swerve
- 5. Bare-skin enthusiasts
- 6. Lunar body
- 10. Renders insensitive
- 11. Follows directives
- 13. Headfirst descent (4,4)
- 14. Drool
- 16. Pub
- 18. Leave out
- 19. Narrated
- 20. Tight

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.

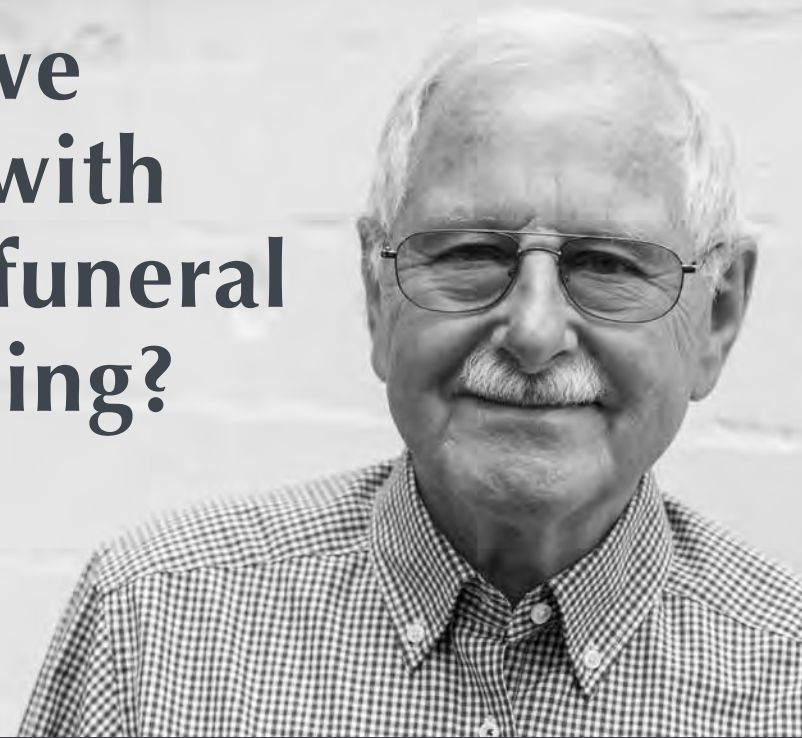
Alex Gow recognises this and hopes that by offering this Puzzle Book with up to three-month’s worth of fun brain exercises, we can actually help you improve your brain vibrancy as you get older. One of the biggest fears for us all as we get older is losing our mental sharpness, possibly developing dementia, 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 GIFT CARD.

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

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