

YOURS
FREE



The Alex Gow Super Puzzle Book

CROSSWORDS, WORDSEARCH
CODE CRACKER, SUDOKU & TRIVIA

A Brisbane Family Owned Company

ALEX  GOW
FUNERALS

October to December 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.

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

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

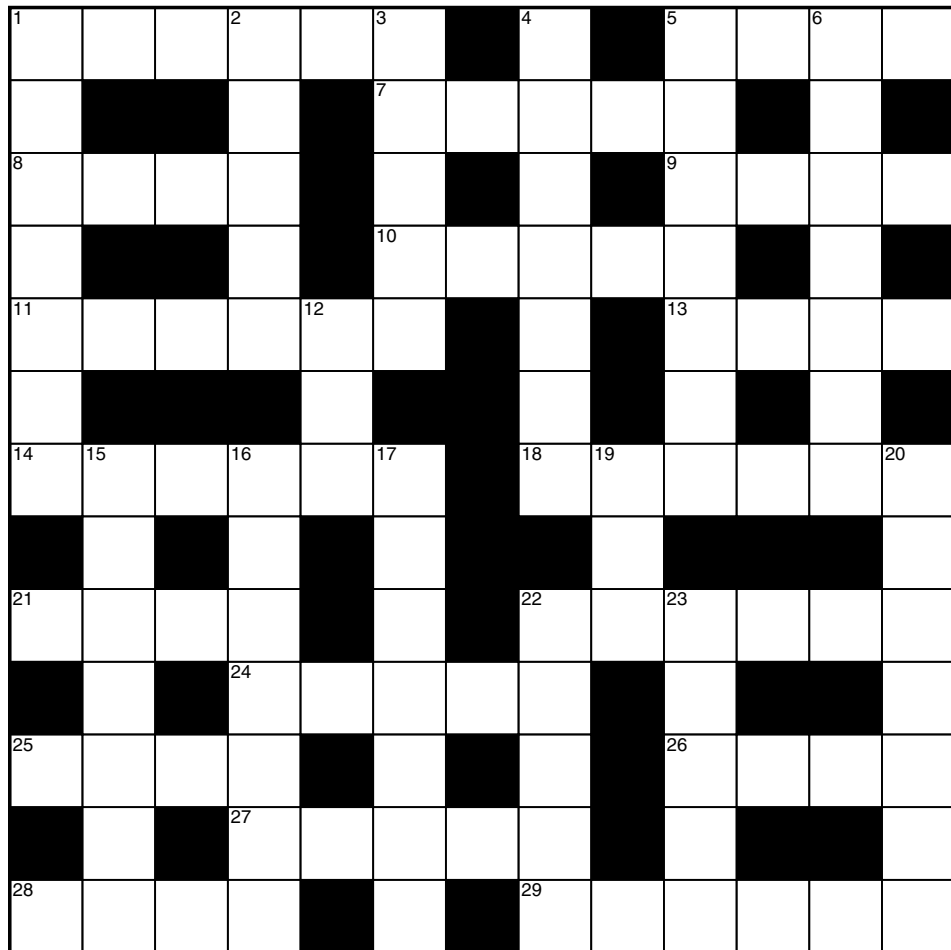
Each number represents a different letter of the alphabet. Work out which number stands for which letter to complete the crossword. We've given you two letters to start. All words are from a dictionary and no proper nouns are used. All letters of the alphabet are not always used. When you have cracked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



ACROSS

- 1. Musical dramas
- 5. Strike with foot
- 7. Very angry
- 8. Top of house
- 9. Avenue
- 10. Familiar
- 11. Laments
- 13. Fencing blade
- 14. Incendiary bomb material
- 18. Olympic throwing plate

- 21. Shock
- 22. Fisherman
- 24. Single entities
- 25. Signal
- 26. Zone
- 27. Canyon
- 28. And
- 29. Small lump

DOWN

- 1. Male rower
- 2. Allude
- 3. Becomes submerged
- 4. Freed on conditions
- 5. Edible nut parts
- 6. French castle
- 12. No score
- 15. Termite mound
- 16. Window shelters
- 17. Celestial bodies
- 19. Charged atom
- 20. Rise from depths
- 22. Pale-faced
- 23. Protect

V	Q	G	I	R	E	E	D	D	E	T	F	U	T	I
W	H	I	T	E	T	A	I	L	E	D	D	E	E	R
R	M	S	L	C	D	W	A	R	F	T	B	U	L	L
B	E	R	S	H	F	J	P	M	W	D	N	I	H	R
B	C	E	C	D	R	A	O	I	A	N	W	A	F	E
A	U	E	D	Y	I	O	L	N	E	U	V	V	M	E
R	D	D	S	S	S	V	T	L	U	B	W	E	U	D
A	C	N	T	E	D	L	A	G	O	X	A	T	L	T
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ANTLERS
BARASINGHA
BAWEAN DEER
BROCKET DEER
BULL
CERVINE
CUD-CHEWERS
DWARF
FALLOW DEER
FAWN
GRAZING
HIND
HUNTED
MOOSE
MULE DEER
MUNTJAC
PERE DAVID'S
PIEBALD
PUDUS
RED DEER
RUMINANT
SPOTS
THOROLD'S DEER
TUFTED DEER
WHITE-TAILED DEER

Fun With Trivia 879 - 881

841. What is the meaning of Australia?

.....

880. When was Paul Keating Prime Minister of Australia?

.....

881. Who declared Sydney Olympics 2000 open?

.....

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

Fun With **Trivia** 882 - 885

882. How was Australia known in the 18th Century?

.....

883. Who is Australian of the Year 2007?

.....

884. Which Hollywood actor and director was born in USA and moved to Australia at the age of 12?

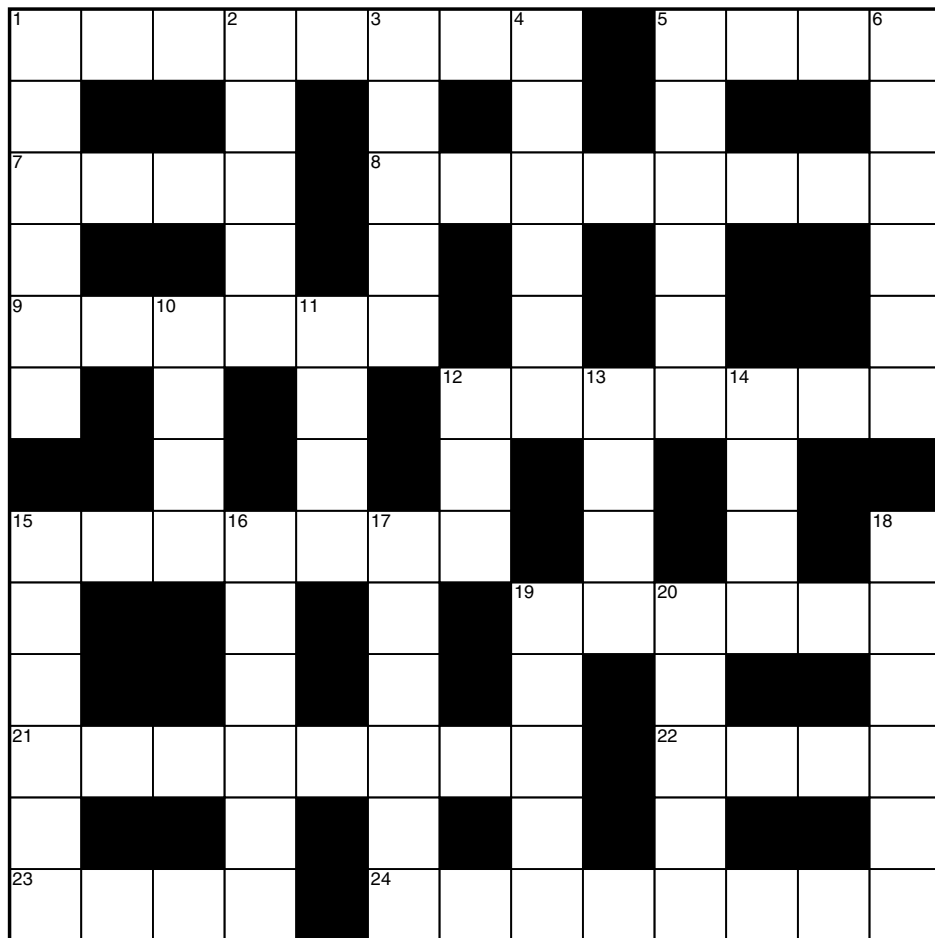
.....

885. Who was awarded the Nobel Prize in Literature in 1973?

.....

CLUES													1	2	3	4	5	6	7	8	9	10
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ANSWER:													26									
11	3	12	1	9	15																	

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. Was convinced
- 2. Speechless
- 7. Vicious dogs
- 8. Mentally pictured
- 9. Fabricators
- 12. Laughed contemptuously
- 15. Outlay too much
- 19. More precious
- 21. Most significant
- 22. In comparison to
- 23. Head support
- 24. Nasal openings

DOWN

- 1. Changed into
- 2. Magazine copy
- 3. Invalidates
- 4. Overwhelm by sound
- 5. Chauffeur
- 6. Shifted
- 10. Wind-borne toy
- 11. Frolic
- 12. Recite
- 13. Shrek is one
- 14. Weep, shed a ...
- 15. Life gas
- 16. Comment
- 17. Rearward (nautical)
- 18. Trade names
- 19. Palm fruits
- 20. Modify

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

- ANIMALS
- ARTISTIC
- BIRDS
- BONE METHOD
- CALLIGRAPHY
- COUNTRYSIDE
- COURT LIFE
- DONG YUAN
- EMPERORS
- HILLS
- INK
- JING HAO
- LANDSCAPE
- MIST
- MOUNTAINS
- NATURE
- PALACE LADIES
- PAPER
- PATTERNS
- PEN
- RESONANCE
- SCROLLS
- SHAN SHUI
- SILK
- SUITABILITY
- TEXTURE
- WOODCUTS

Fun With Trivia 886 – 888

886. Who did the title role in the film Elizabeth directed by Shekhar Kapur?

.....

887. Grand Central Terminal, in New York is the world's largest what?

.....

888. Entomology is the science that studies what?

.....

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

Fun With **Trivia** 889 - 892

889. Epsom in England is most associated with what?

.....

890. Exposure to sunlight helps convert human skin oil into what?

.....

891. Golf player Vijay Singh represents which country?

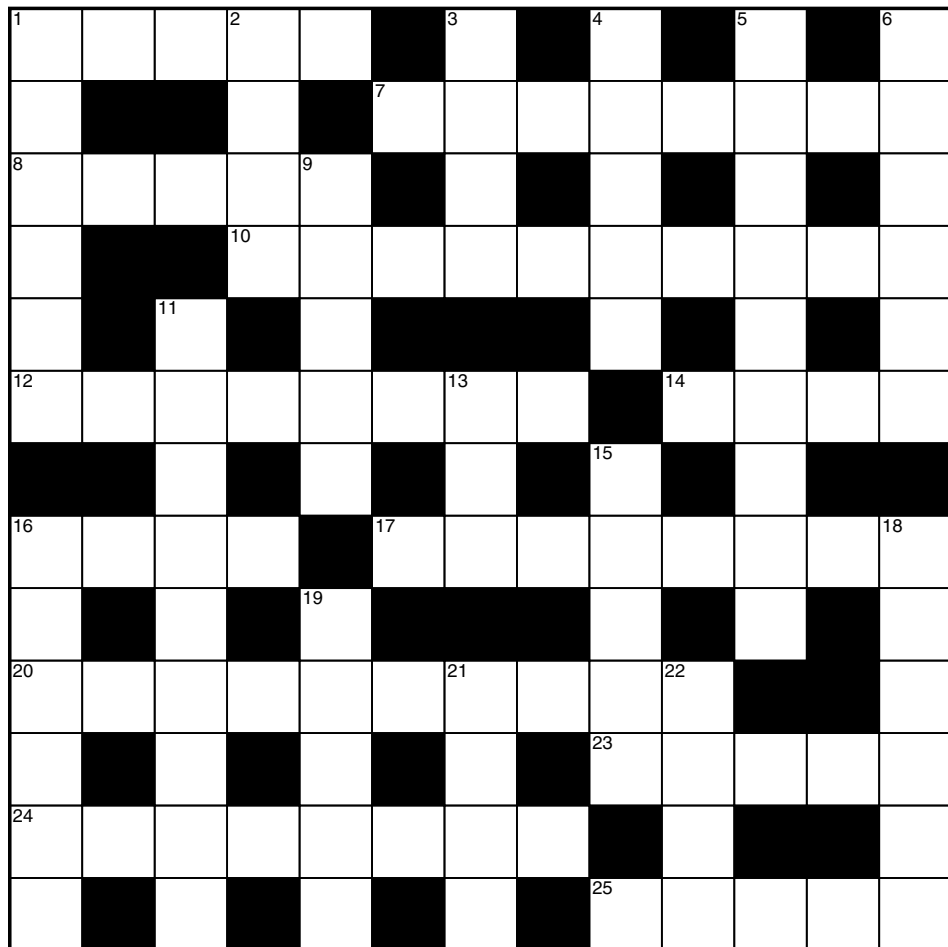
.....

892. The First China War was fought between which 2 countries?

.....

CLUES													1	2	3	4	5	6	7	8	9	10
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17		7		13	14	4	16	17		7		2	24									
5	1	10	14	1		1		20	18	12	10	1	25									
ANSWER:													26									
21	18	21	18	18	17																	

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

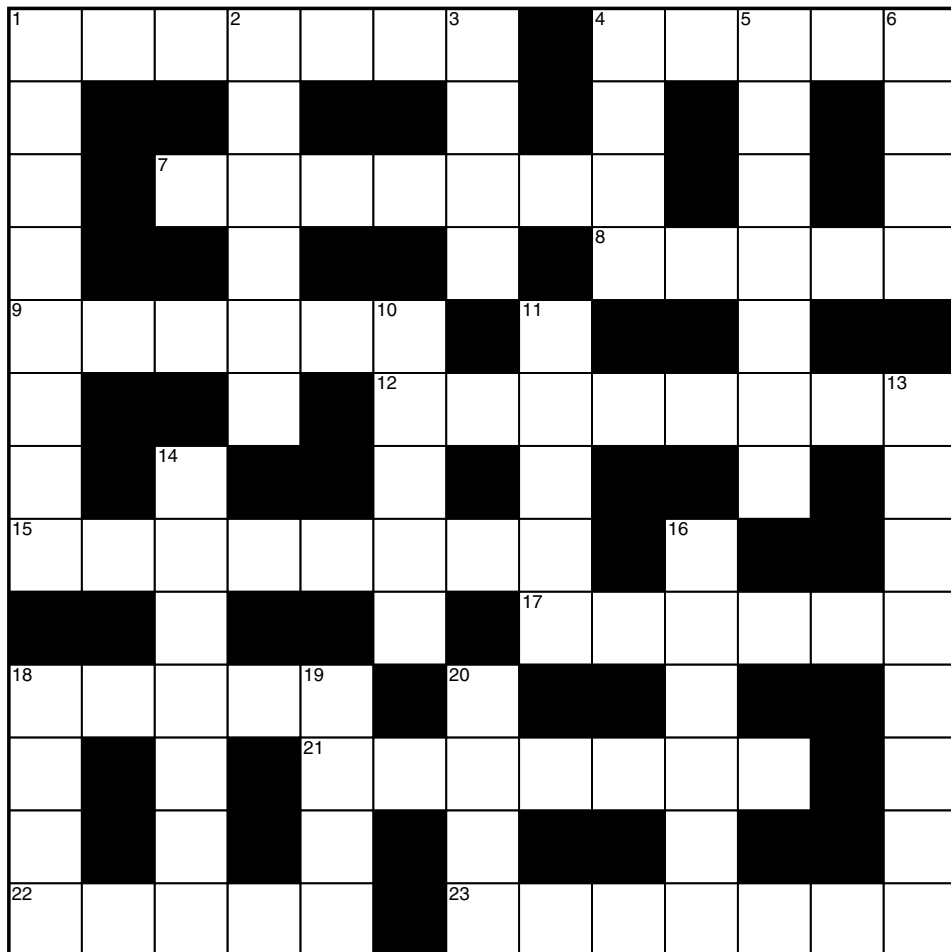


ACROSS

- 1. Work (dough)
- 2. Insistent
- 8. Bravery badge
- 10. Put together again
- 12. Apple farms
- 14. Earnest request
- 16. Hawaiian garlands
- 17. Made known
- 20. Aristocratic female
- 23. Beauty shop
- 24. Raises
- 25. In a state of activity

DOWN

- 1. Japanese dress
- 2. A bit open
- 3. Australian birds
- 4. Number in trio
- 5. Steadiness
- 6. Inflammatory skin condition
- 9. Licit
- 11. Scrawls
- 13. Faintly-lit
- 15. Festive occasions
- 16. Connected
- 18. Evening meal
- 19. Majestic
- 21. Individuals
- 22. Annoys constantly



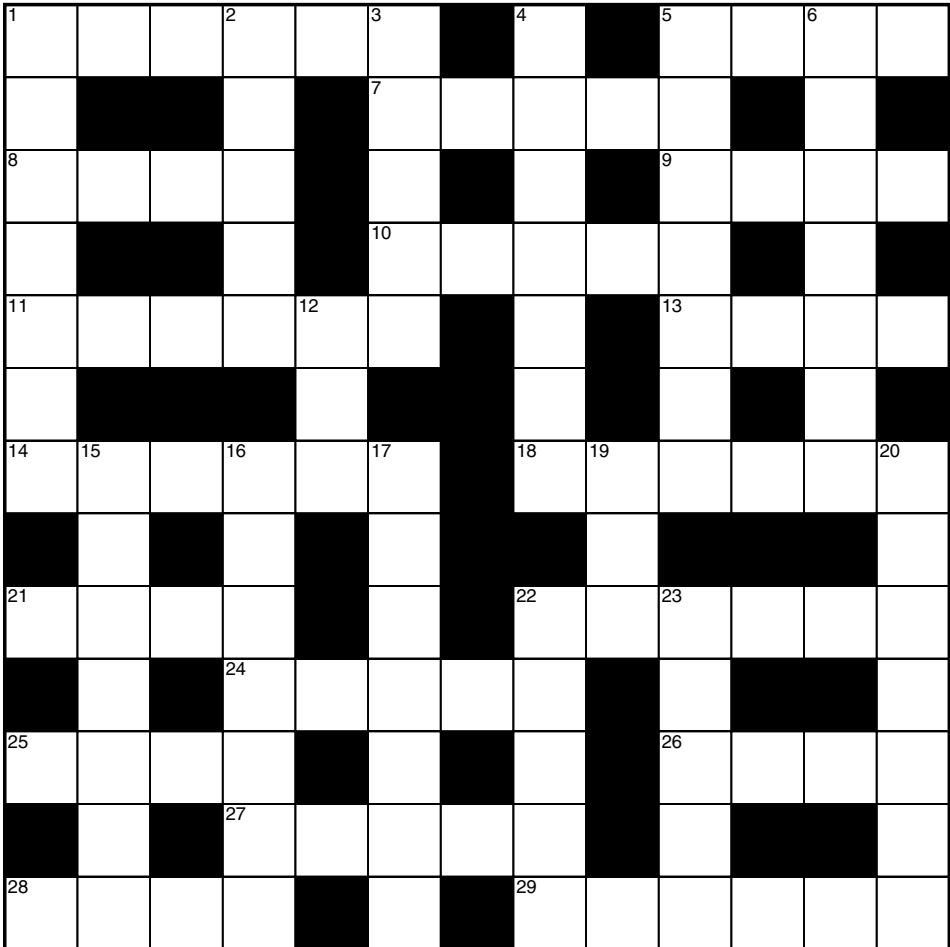
ACROSS

- 1. Public plant park, ... garden
- 4. Australian marsupial
- 7. Exalt
- 8. Peruvian mammal
- 9. Verb modifier
- 12. Cumbersome
- 15. Conversation
- 17. Merchant
- 18. Not censored
- 21. Sloping typeface
- 22. Express gratitude to
- 23. Stopping momentarily

DOWN

- 1. Dressed (wound)
- 2. Muddled
- 3. Informal talk
- 4. Ship's spine
- 5. Friendly
- 6. Opera solo
- 10. Swell outwards
- 11. Chick's cry
- 13. Year-old animal
- 14. Eyelash cosmetic
- 16. Jousting weapons
- 18. Module
- 19. Cattle parasite
- 20. Coarse file





ACROSS

- 1. Compassionate
- 5. Spheres
- 7. Simple
- 8. Perished
- 9. Apiece
- 10. Table & ...
- 11. Becomes informed
- 13. Exclamation of pain
- 14. Bold
- 18. Respond
- 21. Sinister sign
- 22. Irritated the skin
- 24. Atlantic or Pacific
- 25. Deliberately ignore
- 26. Plot
- 27. Rental agreement
- 28. Feel sore
- 29. Puts into order

DOWN

- 1. Crowded together
- 2. Snake, death ...
- 3. Long tales
- 4. Mosquito fever
- 5. Burdensome
- 6. Tour de France vehicle
- 12. Religious sister
- 15. Yearly book of events
- 16. Dastardly
- 17. Commonplace
- 19. Tennis court divider
- 20. Hamsters & squirrels
- 22. Bay
- 23. Managed

WIN a \$100 Gift Card

October

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 October puzzles, simply log onto the website and click the **PUZZLE Answers & Solutions button**. Once you're on the puzzles page just click on **October 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.

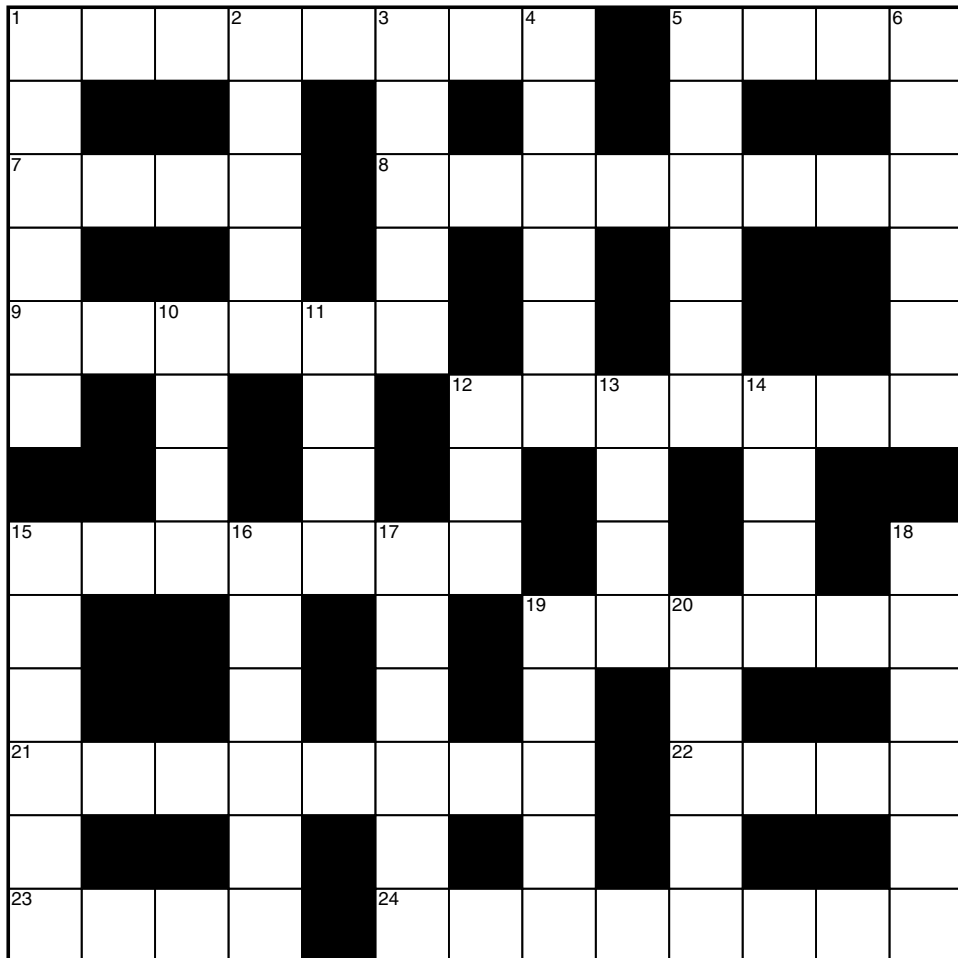
You'll also find 2 online bonus questions. Answer them correctly and you will receive an extra entry in the \$100 Gift Card draw. It's all so easy. HINT: the answers to the bonus questions can be found on our website.

The same applies to November and December 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.

- October Answers & Solutions – published on 1st October 2022
- November Answers & Solutions – published on 1st November 2022
- December Answers & Solutions – published on 1st December 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**



ACROSS

- 1. Abodes on wheels
- 5. Shapeless mass
- 7. Wine bottle plug
- 8. Exciting
- 9. Surfeit
- 12. Let in again
- 15. Severely
- 19. Pleasure boats
- 21. Untidiness
- 22. Lemon relative
- 23. ... & duchess
- 24. Price cut
- 28. Exercise clubs
- 29. Transgressor

DOWN

- 1. Recurrent periods
- 2. Leg joint
- 3. Helpers
- 4. Go hungry
- 5. Prejudiced
- 6. Pail
- 10. Blacken by fire
- 11. Like, ... as
- 12. Beam of light
- 13. Radiance
- 14. A lot of
- 15. Went (towards)
- 16. Short sleep
- 17. Came to shore
- 18. Feature
- 19. Spun threads
- 20. Stringed instrument

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

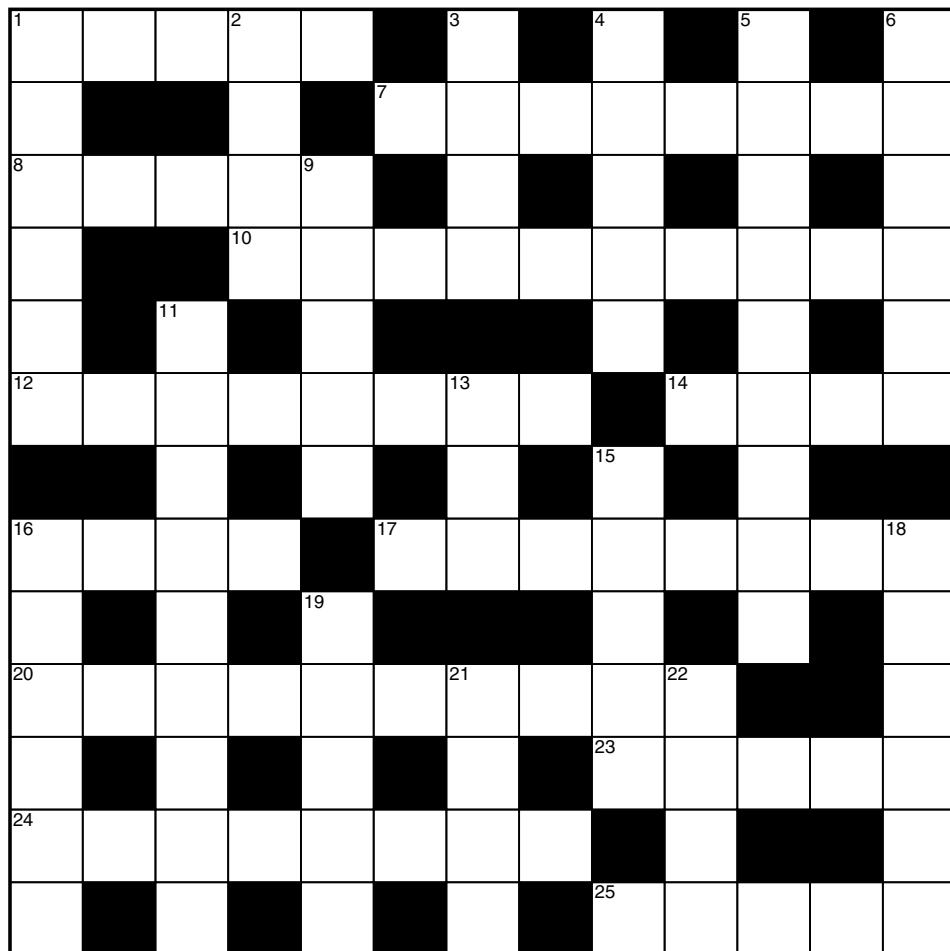
The unique flexibility of the Alex Gow Executor Funeral Plan gives you a wide choice of options so you can tailor your plan to suit your own individual requirements. You can invest up to \$13,500 in a funeral bond for each person and this is not subject to the Governments Income and Assets Tests. So, 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



ACROSS

- 1. Speak
- 7. Introductory statement
- 8. Unnourished
- 10. Delicate quality
- 12. Rummaged
- 14. Dressed
- 16. Detective's clue
- 17. Neck scarf
- 20. Horn players
- 23. Painter's stand
- 24. Offal
- 25. Satirical routines

DOWN

- 1. Seizes (power)
- 2. Watched
- 3. Cereal husks
- 4. Adage
- 5. Making rope descent
- 6. Stiffened
- 9. Move to music
- 11. Launches suddenly
- 13. Period of time
- 15. Greatly love
- 16. Pig's young
- 18. Cider fruit
- 19. Spread out
- 21. Converse
- 22. Subsided

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

- ALMOND
- AUBURN
- BANANA
- BRICK
- BRONZE
- BUFF
- BURNT
- CADMIUM
- CARMINE
- CARNATION
- CARNELIAN
- CHAMPAGNE
- CHESTNUT
- CHROME
- CITRINE
- CORAL
- DANDELION
- FAWN
- FIRE ENGINE
- FLAME
- LEMON
- MUSTARD
- ORANGE
- PEACH
- PINK
- ROSE
- SALMON
- SANDSTORM
- SIENNA
- TANGELO
- TANGERINE
- TERRACOTTA

Fun With **Trivia** 893 – 895

893. New York airport was named after which US President?

.....

894. Who ran against George W. Bush in the Presidential election of 2000?

.....

895. What is the most well-known canyon in the United States?

.....

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

Fun With Trivia 896– 899

896. What does the Hershey company make?

.....

897. What does the S stand for in ESPN?

.....

898. Who created the cartoon character Mickey Mouse?

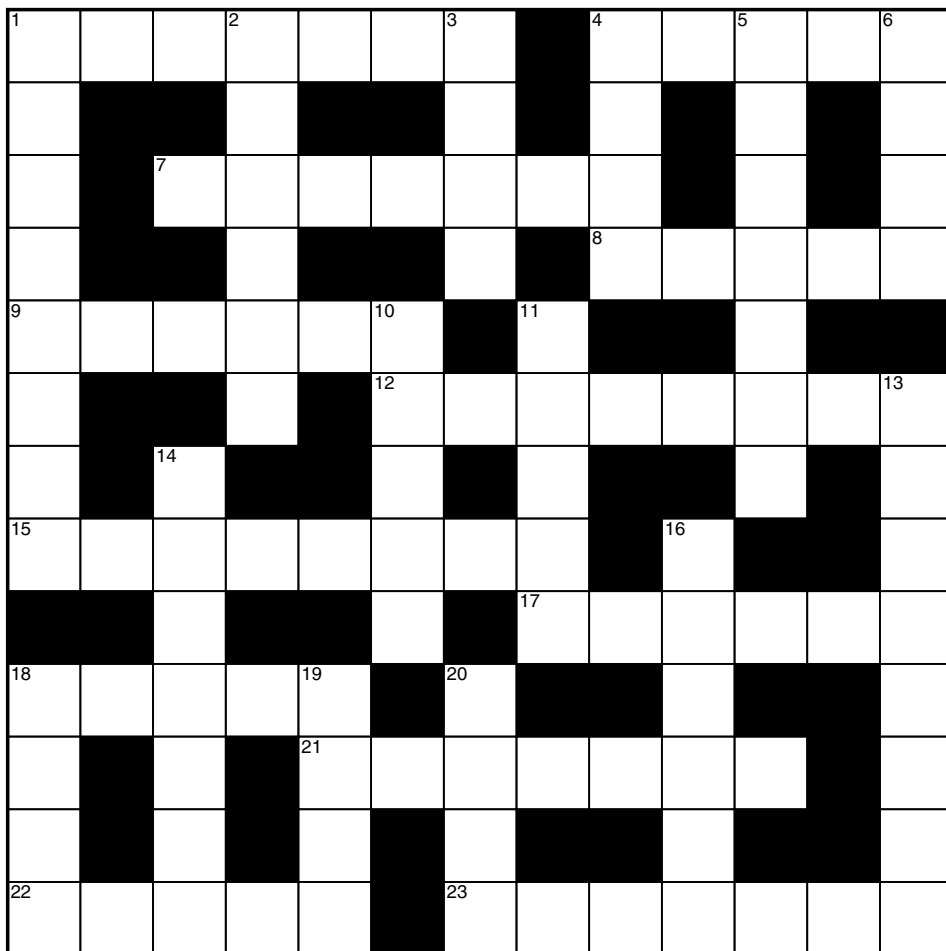
.....

899. In what board game can you trade in 4 houses for a hotel?

.....

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

~~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



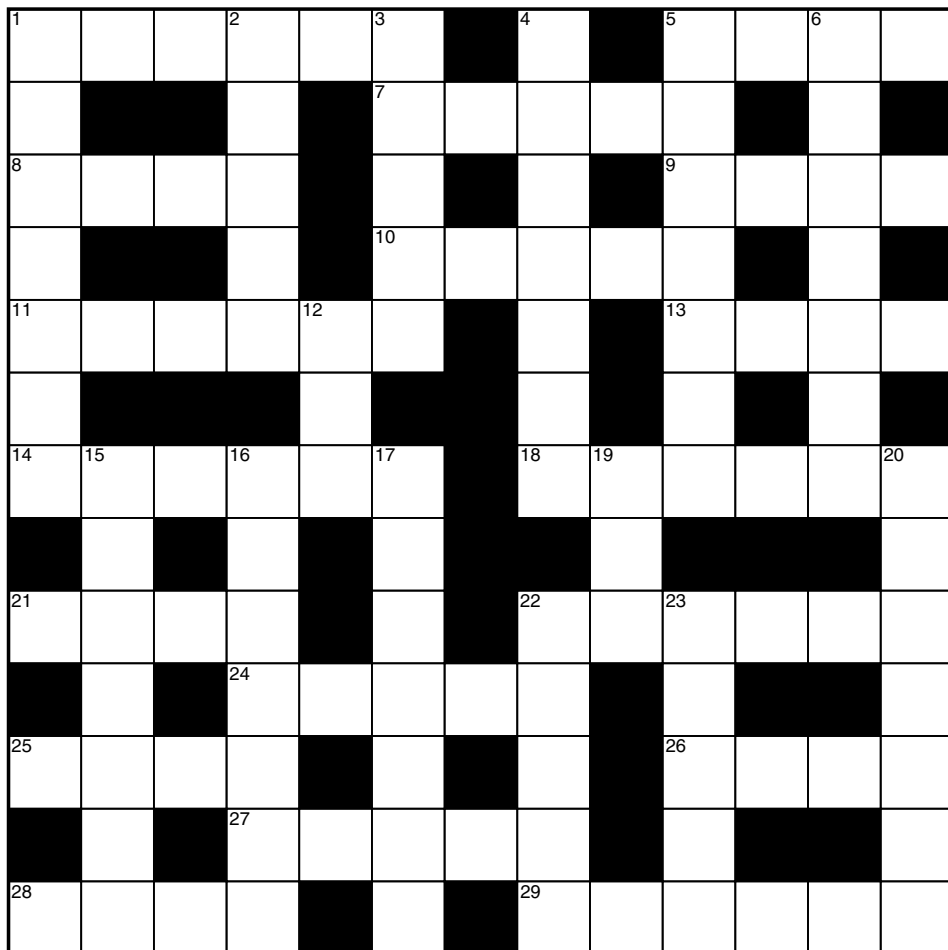
ACROSS

- 1. Yacht race carnival
- 4. Haul strenuously
- 7. Shrill laughs
- 8. Complete (crossword)
- 9. Place of business
- 12. Immobility
- 15. Takes rudely
- 17. Bury in vault
- 18. Receives news
- 21. Prolonged applause
- 22. Hind leg joints
- 23. Conspired

DOWN

- 1. Reinvigorates
- 2. Find innocent
- 3. Not at home
- 4. Snake sound
- 5. Praise
- 6. Outside limit
- 10. Roman VIII
- 11. Slight error
- 13. Enumerated
- 14. Overzealous supporter
- 16. Swimming style
- 18. Lofty
- 19. Male offspring
- 20. Go by





ACROSS

- 1. Acrobatic roll
- 5. Spiders' traps
- 7. Ocean mammal
- 8. Not in use
- 9. Pimple rash
- 10. Respond
- 11. Large migration
- 13. Back of foot
- 14. Salt solution
- 18. Anxiety
- 21. Poultry products
- 22. Scamper off
- 24. Shopping mall
- 25. Very short skirt
- 26. Gambling cubes
- 27. Sped
- 28. Liberate
- 29. Smudges

DOWN

- 1. Upper arm muscle
- 2. Animal strain
- 3. Pitchers
- 4. African wildlife tours
- 5. Climatic conditions
- 6. Financiers
- 12. Decorative garden pot
- 15. More furious
- 16. Stimulate creativity in
- 17. Increase in attractiveness
- 19. Facial twitch
- 20. Deviousness
- 22. Rubs with emery
- 23. Unnecessary

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

- BARE-KNUCKLED
- BELOW THE BELT
- CALL THE SHOTS
- DOWN AND OUT
- FIRST BASE
- GAME PLAN
- GLOVES ARE OFF
- GO THE DISTANCE
- HAT-TRICK
- HEAVYWEIGHT
- HOME RUN
- HOME STRETCH
- ON THE CHIN
- ON THE ROPES
- PLAY BALL
- ROUND
- SLAM DUNK
- THE OLD ONE-TWO
- WIDE OF THE MARK
- WORK OUT

Fun With Trivia 900 – 902

900. What product was introduced by Steve Jobs in 2007?

.....

901. What is a female deer called?

.....

902. What was Al Capone's nickname?

.....

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

Fun With **Trivia** 903 – 906

903. Which of these countries produces most of the world's diamonds?

.....

904. In golf, a sharp bend in the fairway is a called what?

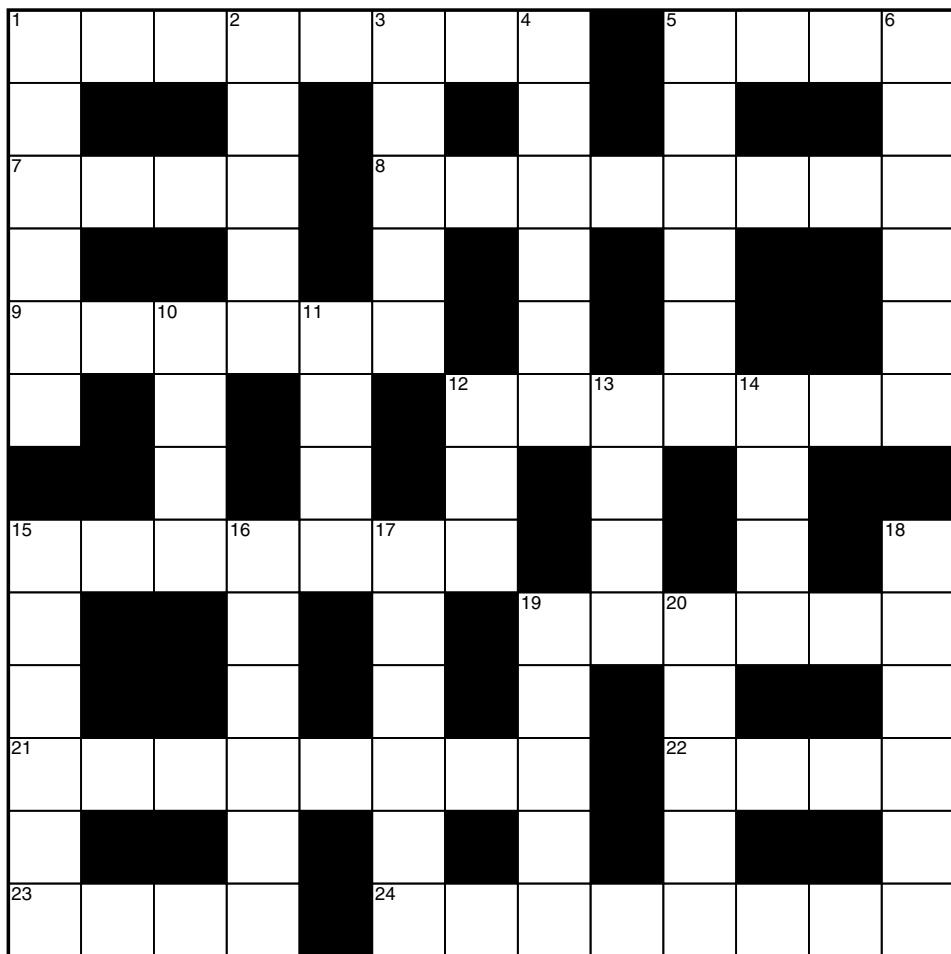
.....

905. Joan Collins played who in the TV series Dynasty?

.....

906. What part of the human body is the oxter?

.....

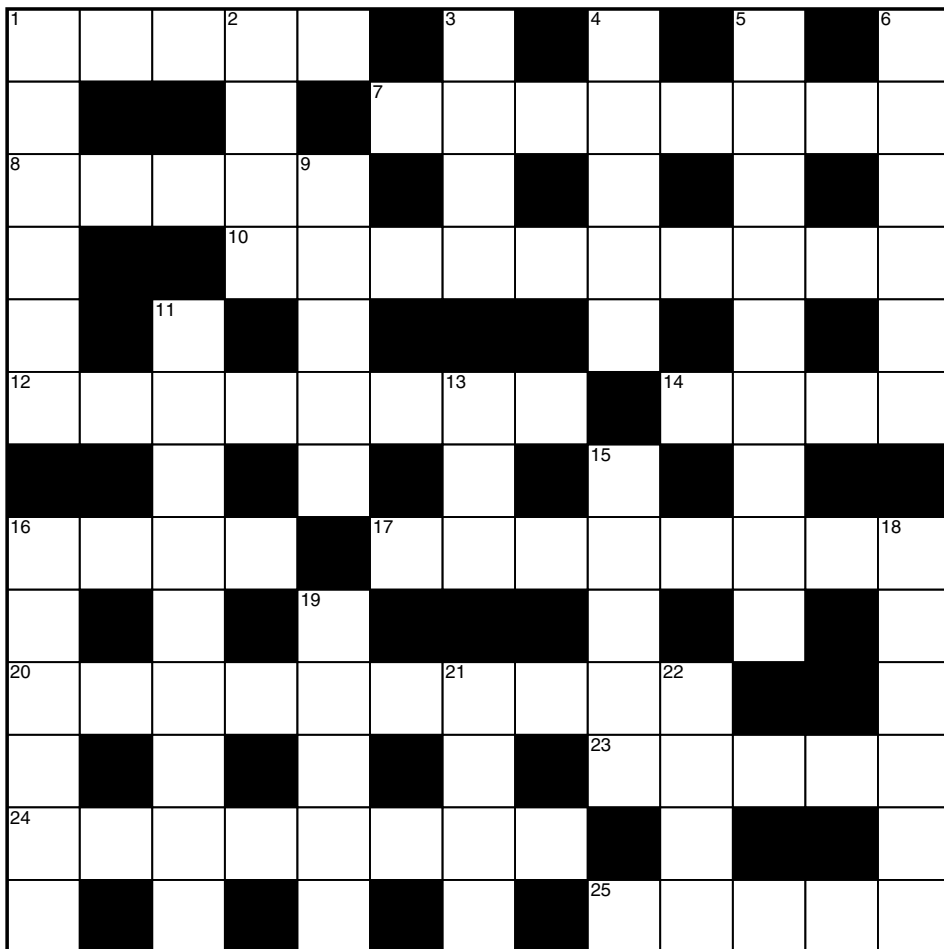


ACROSS

1. Progressed
5. Was indebted to
7. Reed instrument
8. Seepages
9. Blush
12. Makes beloved
15. Cleanliness
19. Pummels
21. Adjoining
22. Father
23. Went quickly
24. Abide

DOWN

1. Embarkation call, all ...
2. Rectify
3. Punctuation mark
4. Mythical flying reptile
5. Not transparent
6. Races
10. Cow excrement
11. Otherwise, or ...
12. Before (poetic)
13. Street protest
14. Prayer ending
15. Pester
16. Towards the middle
17. Most recent
18. Property
19. Flower segment
20. Top part of shoe



ACROSS

1. Main artery
7. Boat-building zone
8. Dog parasites
10. Creamy dressing
12. Twice radius
14. Authentic
16. Young goats
17. Dwindled
20. Embroidery
23. Hauntingly frightening

24. Questioner
25. UK & Eire,
The British ...

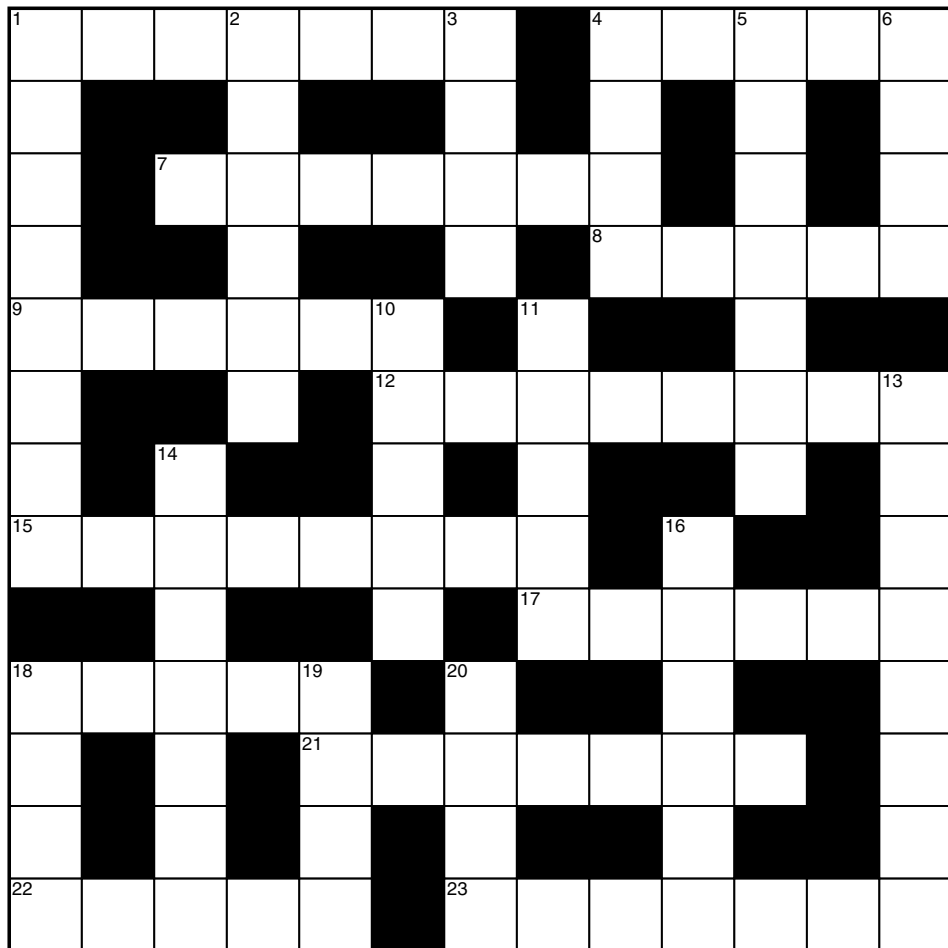
DOWN

1. Meet the cost of
2. Sports side
3. Go away!
4. Smack
5. Graduate (gauge)
6. Cling (to)
9. More rational
11. Horse-rider's pouch
13. December 31, New Year's ...
15. Distress rocket
16. Gentler
18. Underwater workers
19. Entwine hair
21. Tiny bird
22. Wooden barrels

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

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. Amazon river carnivore
- 4. Aimed
- 7. Hard to catch
- 8. Show gratitude to
- 9. Refunded
- 12. Making current
- 15. Send message
- 17. Gazed fixedly
- 18. Castle ditches
- 21. Cash settlement
- 22. Personal glory
- 23. Requiring

DOWN

- 1. Painting of person
- 2. Not sinking
- 3. Line of rotation
- 4. Be introduced to
- 5. Of water
- 6. Clock sound
- 10. Mannequin
- 11. Rewords (text)
- 13. Resenting
- 14. Mauled ferociously
- 16. Doomed to fail
- 18. Perfume ingredient
- 19. Therapeutic baths
- 20. Sacred songkens

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

- BAGS
- BUBBLE WRAP
- CAREFUL
- CARRY
- CLEAN
- COMPANIES
- DAMAGE
- DISMANTLE
- FRAGILE
- HIRER
- HOME
- INSURANCE
- INVENTORY
- LABEL
- LIFT
- PACKED BY OWNER
- PROFESSIONAL
- RAMP
- RELOCATE
- REMOVALIST
- ROPE
- SELF SERVICE
- STRESSFUL
- TAPE
- TEA CHEST
- TIE
- TRANSPORT
- TRUCK
- VACUUMING
- WEBBING

Fun With Trivia 907 – 909

907. Benidorm and Alicante are situated on which of the Spanish costas?

.....

908. What is the plural of the word Moose?

.....

909. How many items are in a baker's dozen?

.....

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

Fun With Trivia 910 – 913

910. In the field of science, what does REM stand for?

.....

911. Oliver Reed died during the making of which film?

.....

912. Where is the largest museum?

.....

913. Orange County Airport in California was named after which movie star?

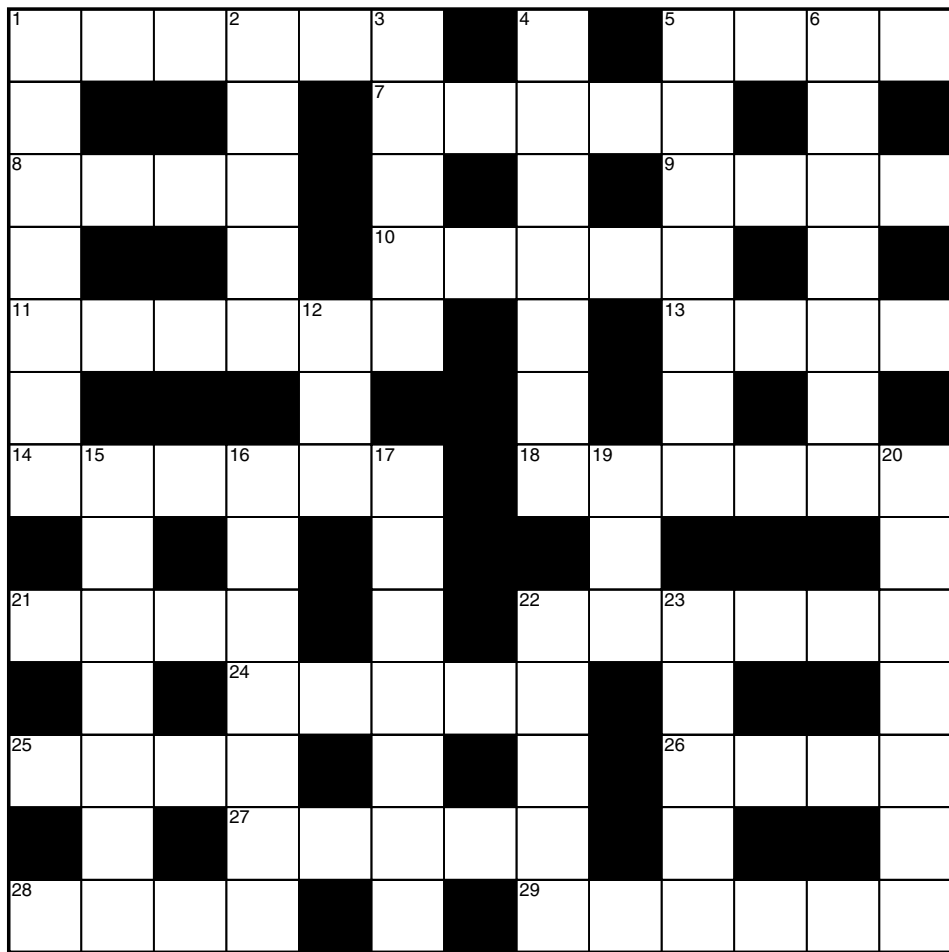
.....

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

ANSWER:

19	8	21	2	14	13							
----	---	----	---	----	----	--	--	--	--	--	--	--

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



ACROSS

1. Lessened
5. Membranous sac
7. Ire
8. Bee nest
9. On top of
10. Hebrew academic
11. Me, ... & I
13. Applaud
14. Impair
18. Dwell

21. Spoken test
22. Abrasion disinfectant
24. Confederation
25. Prompted (actor)
26. Short-term worker
27. Enthusiastic
28. Dedicatory verses
29. Alternatives

DOWN

1. Humiliated
2. In that place
3. Old, cool star, red ...
4. Rover
5. Options
6. Ocean-liner waiter
12. Fallen tree
15. Stranded (of boat)
16. Subtly refers
17. Conclusions
19. Sense of self
20. Excludes
22. Lead-in
23. Drainage trench

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".

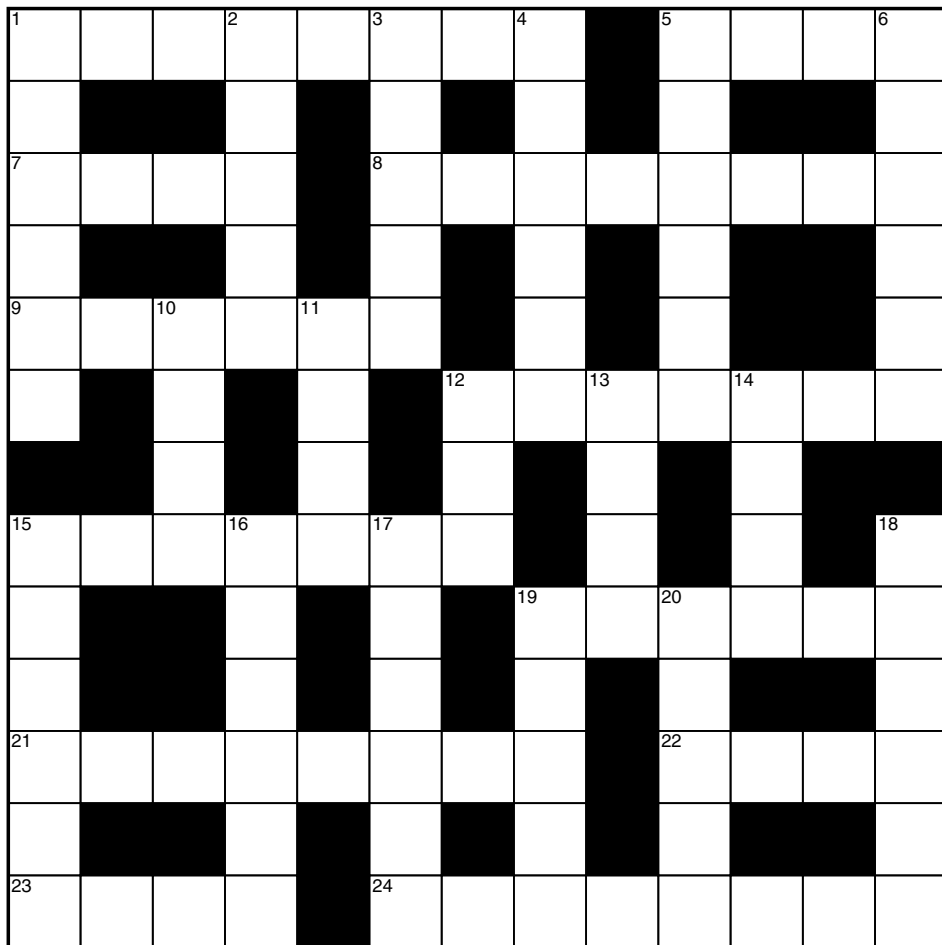
A common problem facing people adapting to changed circumstances is poor nutrition and or weight loss. These often lead to more complications. A few decent meals a week make a huge difference.



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

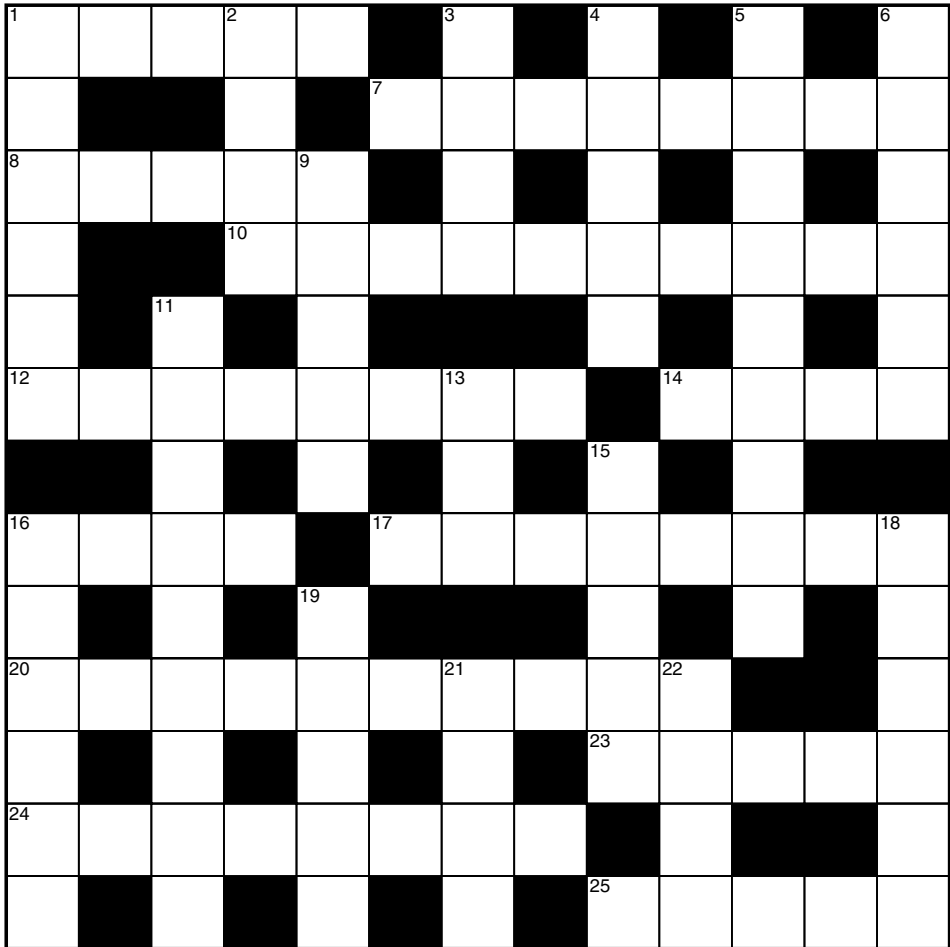


ACROSS

- 1. Agreeable
- 5. Filled with wonder
- 7. The A of AM
- 8. Emptied (suitcase)
- 9. Tortoise relative
- 12. Restrained (dog)
- 15. As a substitute
- 19. Casualty
- 21. Military occupiers
- 22. Availed oneself of
- 23. Reverberate
- 24. Relieve of anxieties

DOWN

- 1. Flora & fauna, ... & animals
- 2. Representative
- 3. Blue shade
- 4. Overbalance
- 5. Way in
- 6. Avoided
- 10. Football arbiters
- 11. Crippled
- 12. ... & lass
- 13. Against
- 14. Owl's cry
- 15. Partake of alcohol
- 16. Red salad fruit
- 17. Show up
- 18. Smear
- 19. Scenic outlook
- 20. Playing cards suit



ACROSS

- 1. Have buoyancy
- 7. Prepare for performance
- 8. Song of the Swiss
- 10. Strolling
- 12. Looking quickly
- 14. Discover
- 16. Tent clamps
- 17. Calmed
- 20. Kids' recreation area
- 23. Close-fitting
- 24. Relaxed severity
- 25. Endure

DOWN

- 1. Cooking in fat
- 2. Gorillas or chimpanzees
- 3. Spotted
- 4. Not ever
- 5. Most intelligent
- 6. Jammed
- 9. Gate fastener
- 11. Hilariously
- 13. Snooze
- 15. Rested (on)
- 16. Bagpipes players
- 18. Marked with slight hollow
- 19. Acute pain
- 21. Kiln
- 22. Eat to slim

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

Fun With **Trivia** 914 – 916

914. What is the Thursday before Easter called?

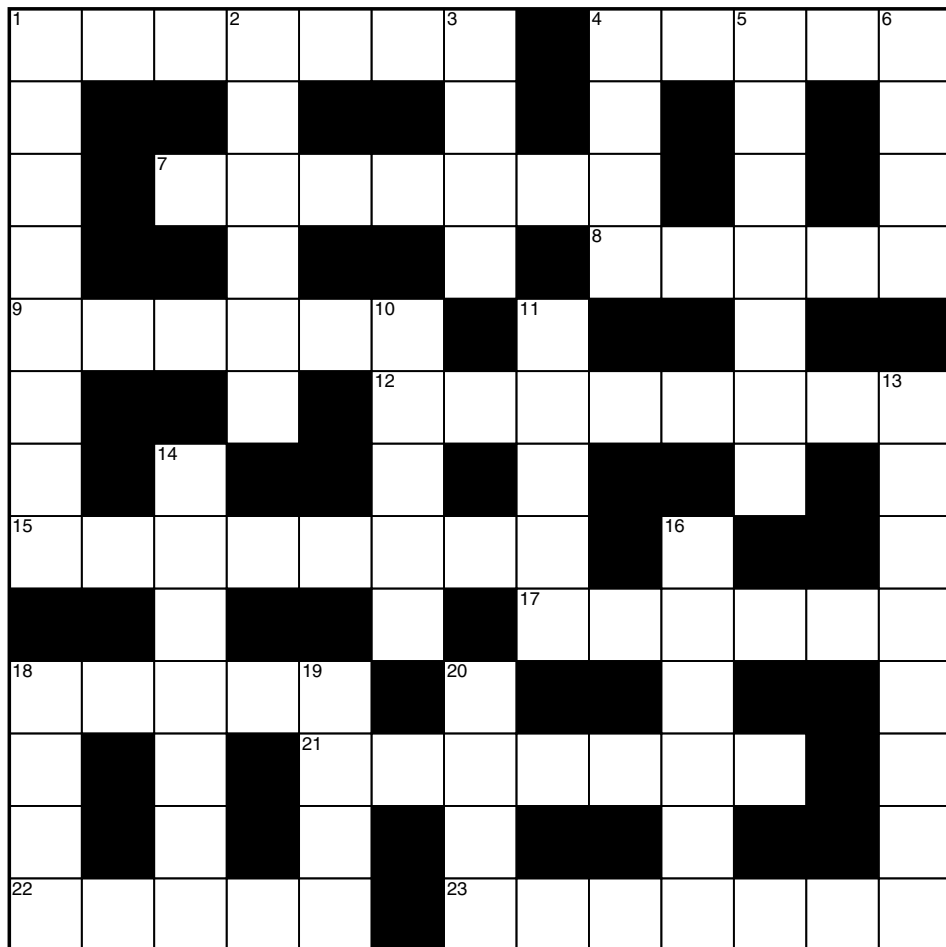
.....

915. What's river runs through Rome?

.....

916. What is 2010 in roman numerals?

.....

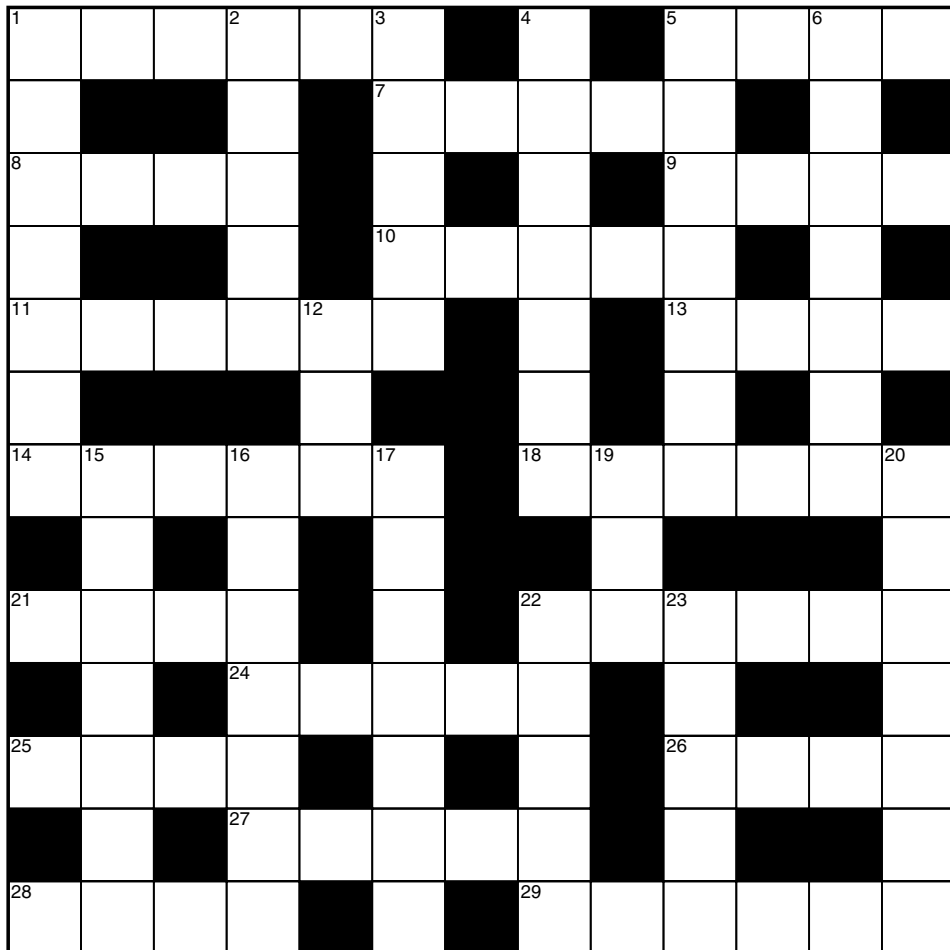


ACROSS

- 1. Made minor adjustments to
- 4. Preliminary copy
- 7. Inhalations
- 8. Adulate
- 9. PNG, Papua New ...
- 12. Book sections
- 15. Slope of hill
- 17. Greatly pleased
- 18. Squally
- 21. Endorsing
- 22. Fruit pulp
- 23. More corroded

DOWN

- 1. Walking wearily
- 2. Chefs' garments
- 3. Obligation
- 4. Quantity of medicine
- 5. Displayed
- 6. Baby-bottle top
- 10. Behaved
- 11. Hurriedness
- 13. Acrobatic parachutist
- 14. Artist in oils
- 16. Metal attracting bar
- 18. Sob
- 19. Oxen harness
- 20. Wolf home



ACROSS

- 1. Applies therapy to
- 5. Potter's medium
- 7. Hotel foyer
- 8. Deep resonant sound
- 9. Edible flesh
- 10. Scale (mountain)
- 11. Golfer's assistant
- 13. Discontinues
- 14. Reside in
- 18. Crave
- 21. Grooming tool
- 22. Public speaker
- 24. Possessor
- 25. Healthy
- 26. Futile (attempt)
- 27. Slight tint
- 28. Low-pitched voice
- 29. Governors

DOWN

- 1. Nicotine plant
- 2. Furnished with guns
- 3. Cake portion
- 4. Compelled
- 5. Brass percussion instrument
- 6. Nonprofessional
- 12. Small demon
- 15. Infectious disease
- 16. Unfastens (door)
- 17. Opening mouth wide
- 19. Wheat spike
- 20. Chores
- 22. Request from menu
- 23. Metal-working block

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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Deception Bay Q 4508

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Browns Plains Q 4188

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