## YOURS FREE

# The Alex Gow Super Puzzle Book <br> CROSSWORDS, WORDSEARCH CODE CRACKER, SUDOKU \& TRIVIA 

A Brisbane Family Owned Company

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FUNERALS

January to March 2023

## 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 24 hrs 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 0738517800 .

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 $3 \times 3$ blocks

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

## PLAYING CROSSWORDS

Crosswords are one of the greatest word association puzzles of all time. Our $15 \times 15$ 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. Money matters
2. Highway fee
3. Cradle
4. Lost strength
5. Luggage tags
6. Crowed
7. Small-style newspaper
8. Shotgun lead
9. Single strand

## DOWN

1. Inconstant
2. Leisurely walk
3. Loose hoods
4. Ice performer
5. Conforming, ... the line
6. Spooned
7. Part of fish-hook
8. Letterhead insignia
9. Auction offer
10. Unit of land
11. Sea bird
12. Burglaries
13. Find
14. Hinder
15. Navigates
16. Paved terrace
17. Substitute doctor

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Fun With Trivia 917-919

AGAMEMNON
CHALLENGE
CHAOS
CREATION
CULT
EPIC
EROS
GIANTS
GODS
GOLDEN FLEECE
HERACLES
HOMER
KINGSHIP
LEDA
LYRIC
MEDEA
MORALS
MOUNT OLYMPUS
NATURE
OCEANUS
OEDIPUS
OVID
PANDORA
PROMETHEUS SUPREMACY
THE COSMOS
TRAVELS
TROJAN WAR
917. How tall, in metres, is the Burj Khalifa in Dubai?
918. What is the average percentage of salt in the Dead Sea?
919. As of January 2020, what was the population of China?

## Sudoku No: 145 Level 1

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

## Fun With Trivia 920-923

920. What percentage of the earth is water?
921. Name the top three spoken languages in the world.
922. How long is the Eurotunnel between England and France?
923. In which year did British Airways begin?


All the solutions and answers for each month's puzzles can be found on our website at


## ACROSS

1. Tiny arachnids
2. Allure
3. Chaplain
4. Tearing jaggedly
5. Giving
6. Rider's spike
7. Throw hard
8. Cosmetic pencil

## DOWN

1. Sulking
2. Fragrant tea, ... Grey
3. Inflated promotion
4. Get sidetracked
5. Providing with gear
6. Charity-seeker
7. Our planet
8. Blockade
9. "No" vote
10. UFO creature
11. Miserable dwellings
12. Puzzle
13. Acted wordlessly
14. Matures
15. Cuts (timber)
16. Inoculates
17. Wearing nothing
18. Snagged (stockings)
19. Reserve, set ...

|  | A | D | N | A | P | T | N | A |  | G | D |  | J |  |  |  |
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| B | 1 | H | M | O | L | 1 | L | W | D | W | 1 |  | 1 D |  |  | SCAF |
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## Fun With Trivia 924-926

924. How many countries are members of the United Nations?
925. Which famous 1990 film thrust The Beverly Wilshire hotel in LA into the limelight?
926. Which famous cocktail originated in the Raffles Hotel in Singapore?

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

## Fun With Trivia 927-930

927. Name the famous New York hotel that was the setting for Home Alone 2?
928. Which country was the Lord Of The Rings trilogy filmed in?
929. Golden Eye is a hotel and former residence of author Ian Fleming on which Caribbean island?
930. Name the four cities that hold Fashion Week biannually?

## Code Cracker No: 122



All the solutions and answers for each month's puzzles can be found on our website at

## Crossword No: 409



## ACROSS

1. Command authoritatively
2. Birds of peace
3. Lower back pain
4. Remove whiskers
5. Soldier's sack
6. Role models, good ...
7. Rush headlong (of herd)

## DOWN

5. Essentially
6. Profoundly wise
7. Heredity units
8. Animal trainer
9. Depressed
10. Upturn (boat)
11. Hurl out
12. Worked too hard, ... it
13. Harvested
14. Go to
15. Sweltered
16. Pub patrons
17. Hand digits
18. Written test
19. Pairs
20. Vocation
21. Cast ballot
22. Horse's gait
23. Palm starch


## ACROSS

1. Less precise
2. Chew
3. Aunt \& ...
4. Jump high
5. Curved doorway
6. Furnishing scheme
7. Mostly
8. Cow flesh
9. Security
10. Gender discrimination
11. Pierce with dagger
12. Radiated
13. Agricultural
14. Martial art
15. Dossier
16. Thoughts
17. Pop star
18. Divides in two

## DOWN

1. Capacities
2. Remove (brooch)
3. Red (complexion)
4. Frozen drips
5. Transmission casing
6. Arrow marksmen
7. Set fire to
8. Amaze
9. Involve deeply
10. Craved
11. Just manage, ... out a living
12. Miniature versions
13. Embarrassed reaction
14. Abysmal

All the solutions and answers for each month's puzzles can be found on our website at



## ACROSS

1. Fracture
2. Wooden strip
3. Citrus peel
4. Metal palings
5. Fiery
6. Postal inscription
7. Rubber seals
8. Scorched
9. Merry

## DOWN

1. Obstetric deliveries
2. Financial records check
3. Pungent
4. Left room
5. Web-spinner
6. Throws
7. Rock band's sound boosters
8. Edgy, ill at ...
9. Donkey
10. Dog, Great ...
11. At all times
12. Clogged (up)
13. Baby cat
14. Pittance
15. Proverbs
16. Fissure
17. Concur

All the solutions and answers for each month's puzzles can be found on our website at

## 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 January 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 February and March puzzle answers. Just click on the icon and all the answers will be there for you. Answers \& Solutions will all be published on the 1 st of each month and added to the website.

- Janauary Answers \& Solutions - published on 1st January 2023
- February Answers \& Solutions - published on 1st February 2023
- March Answers \& Solutions - published on 1st March 2023

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. Common cereal
2. Rasping
3. Lowest female voices
4. Natural wonder
5. Dribbling
6. Tiny amount
7. Jealousy
8. Religious doubter
9. Musical ensembles

## DOWN

1. Introduced to solid food 15. Regional
2. On the summit of 16. Ample
3. Peruse quickly
4. Pacifies
5. Roadside indicators
6. Meeting schedule
7. After that
8. Cash transaction
9. Coyly
10. Sentenced \& imprisoned
11. Scold repeatedly

## 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. Prepaying 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. Validate
2. Relating to speech
3. Asylum seeker
4. Ate out
5. Widely known
6. Collecting
7. Newspaper caption
8. Rambled
9. Modules
10. Striking with foot
11. Stamp book
12. Silt-removing boat

## DOWN

1. Freshwater crustacean
2. Not as common
3. Small quake
4. Meditation art
5. Competed
6. Governing body
7. Loan
8. Indian garments
9. Horticulturist
10. Metered-fare vehicle
11. Deserved
12. Forearm bone
13. Pass lightly (over)
14. Chilled

| F | Y | K | D | N | R | C |  | B | U | U | R | G | F | D |  |  | AHAUS COBURG |
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| C | G | B | H | T | W |  | S | T | T |  |  | N | G |  |  |  |  |

## Fun With Trivia 931-933

931. Dubrovnik was the filming location for which fictional area in Game of Thrones?
932. What is the national dish of Hungary?
933. Sushi had its origins in which country?

## Sudoku No: 147 Level 2

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

## Fun With Trivia 934-937

934. Name Italy's most popular frozen dessert?
935. What is the proper name of the Portuguese custard tart?
936. In which country was the Tim Tam chocolate biscuit created?
937. What is the name of the popular Thai spicy shrimp soup?

## Code Cracker No: 123



All the solutions and answers for each month's puzzles can be found on our website at


## ACROSS

1. Engraver
2. Serving platter
3. Take place
4. Wild cat
5. Curved-bill wading bird
6. Lamenting
7. Oozes
8. Snatch
9. Italian sausage
10. Partition
11. Makes request
12. Grills
13. Musical, The Phantom

Of The ...
25. Slander
26. Swimming area
27. Trademark
28. Congeals
29. Concedes

## DOWN

1. Emperor's wife
2. Stash
3. Lion's calls
4. Is frugal
5. Gun lever
6. Enliven
7. Disease-prone tree
8. Clear of blame
9. Soaks up
10. Illicit
11. Murmuring sound
12. Lies snugly
13. Late
14. More than sufficient


## Crossword No: 415



ACROSS

1. Unlatched
2. Without sensation
3. Respectfully, on bended ...
4. Circling
5. Squeaks and rattles
6. Sticks (to)
7. Guided (to seat)
8. Crowd brawls
9. Leaving empty
10. Family dwelling
11. Went on horseback
12. Irregular
13. Enclose in box
14. Improve in value
15. Resources
16. Ski slope mound
17. Written defamation

## DOWN

1. Cruel
2. Forewarnings
3. Tangles
4. Sponged
5. Stinging weed
6. Small trumpets
7. Skin irritation
8. At any time
9. Charitable funding
10. Plant stem lump
11. Powerless

FUNERALS

| K | I | R | R | N | E | H | U | M | P | H | R | E | Y | H | H | HanNah |
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| un With Trivia 938-940 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | HOUSTON HOWARD HUMPHREY |

938. In which country did cheesecake originate?
939. Rice is the main ingredient in which popular Spanish dish?
940. What is the popular Mexican dish of meat, rice, vegetables and beans wrapped in a tortilla called?

All the solutions and answers for each month's puzzles can be found on our website at

|  |  |  |  |  | 3 |  |  | 1 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
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|  |  | 5 | 2 |  | 9 |  | 1 | 6 |
| 9 | 4 |  |  | 6 |  |  | 7 | 5 |
| 1 | 6 |  | 5 |  | 7 | 2 |  |  |
| 5 |  |  | 8 |  | 6 | 9 | 4 |  |
| 6 |  | 3 |  |  |  |  |  |  |
| 2 |  |  | 1 |  |  |  |  |  |

## Fun With Trivia 941-944

941. An old Australian tradition was to bake what coin into a Christmas pudding?
942. Where can you find the Seven Coloured Earths?
943. What is the scientific name for the Northern Lights?
944. Which central South American country is home to the largest salt flats in the world?


## ACROSS

1. Of hearing
2. Most hygienic
3. Grind (teeth)
4. Outshone
5. Sailor
6. Musical threesome
7. No longer living
8. Study the heavens

## DOWN

1. Corners
2. Cross-examine
3. Remove from throne
4. Income cheat, tax ...
5. JM Barrie play, ... Pan
6. Impulse
7. Pull with a jerk

6 . Film production company
9. Person, ... being
11. Twin-hulled vessel
13. Consume


## ACROSS

1. Unpredictable
2. Half a century
3. Ambushed
4. Live coal
5. Property wrecker
6. Consecrated as priest
7. Amphibious aircraft
8. Sodden
9. Destines to grim fate

## DOWN

1. Makes more exciting
2. Trophies
3. Jacket
4. Grow dim
5. Telling untruth
6. Thy
7. Faithful
8. Fringes
9. Task-completion date
10. Portable rocketlauncher
11. Filming machine
12. Bowl
13. Speck of soot
14. Female horse
15. Infectious viral disease
16. Cardiac organ
17. Wide area

## Code Cracker No: 124

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

All the solutions and answers for each month's puzzles can be found on our website at

## Adult colouring-in No: 73


... still family-owned


## ACROSS

1. Residential district
2. Brave deed
3. Resist authority
4. Border upon
5. Historical periods
6. Delete
7. Representing, on ... of
8. Wheedle

## DOWN

1. Mopped
2. Marriage dissolution
3. Tall bird
4. Trap
5. Torment
6. Wash
7. Swindled
8. Emphatic
9. Tell untruths
10. Sensitivity to substances
11. Red pepper spice

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| F | M | H | G | T |  |  |  |  |  |  |  |  |  |  |  |
| G | U | A | R | R 0 | T | T | C | E | P | S | N |  | Y | E |  |
| $\mathbf{P}$ | A | Q | R | R M |  |  |  | M | U | J | R |  | O | C |  |
| S | c | 0 | T | T |  |  |  | H |  | E | R |  |  |  |  |
|  | E | W |  | G |  |  |  | H | O | M | G |  | T | R |  |
| M | V | 0 | P | W |  |  | A | P |  | E | M |  |  |  |  |
|  | 1 | B |  | K |  |  | C | M |  | G | S | G | 0 |  |  |
| $\mathbf{S}$ | F | B | D | D |  |  |  | H | 0 | S | T | D | 0 |  |  |
| $\mathbf{P}$ | S | L | D | Y |  | - | A | D | 1 | N | 1 | Q | L |  |  |
|  | U | Y |  | K |  |  |  | E | A | L | K | M |  |  |  |
|  |  | M | 0 |  |  |  |  |  | G | 1 | D |  | U |  |  |
|  | M | A | H | M |  |  |  | M | U |  | S | R | Y |  |  |
| S | A | N | U |  |  |  |  |  | 0 |  | B |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

AUNT FANNY BIG EARS
BUMPY DOG CHILDREN
CLOCKWORK MOUSE DAISY DINAH FAMOUS FIVE
GEORGE INSPECTOR
JULIAN
MARTHA MONKEY
MISS PRIM
MR JUMBO
MR MILKO
MR SPARKS
SCOTTISH TERRIER SECERT SEVEN TESSIE BEAR
THE GOLLIES TOMBOY
TUBBY BEAR WOBBLY MAN

## Fun With Trivia 945-947

945. Which pink flower that grows on trees brings thousands of visitors to Japan annually when in full bloom?
946. Which Greek God has been immortalised in a statue that you can visit in Olympia?
947. Victoria Falls is a waterfall on which Southern African river?

| 2 |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
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|  |  |  | 9 |  | 6 | 4 | 1 |
|  |  | 2 | 4 |  | 9 |  | 6 |
|  |  | 1 |  | 5 |  | 3 |  |
|  | 4 |  | 2 |  | 3 | 8 |  |
|  | 8 | 7 | 6 |  | 4 |  |  |
|  |  |  |  |  |  | 6 |  |
| 9 |  |  |  |  |  |  |  |

## Fun With Trivia 948-951

948. On which Caribbean island can you swim with pigs?
949. Where is the Blue Grotto?
950. Where is the Blue Lagoon geothermal spa?
951. The Temple of the Emerald Buddha can be found in which Asian capital?

## Code Cracker No: 125

March



## ACROSS

1. Squid
2. Sell
3. Fluent \& insincere
4. Dutch liquor
5. Rewrite on machine
6. Subsided
7. Transported goods
8. Zoo custodian
9. Automobile owner

## DOWN

1. Tobacco rolls
2. Manage
3. Jettison
4. Worked (the land)
5. Earnings
6. Less distinct
7. Quirks of nature
8. Flying toys
9. Mistake
10. Smug moralist

# 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.

| ACACIA RIDGE | $\mathbf{3 2 7 5} \mathbf{1 8 6 0}$ |
| :--- | :--- |
| ASHGROVE | $\mathbf{3 3 6 6} \mathbf{4 2 9 9}$ |
| BEENLEIGH | $\mathbf{3 2 8 7 1 4 7 7}$ |
| BRIBIE ISLAND | $\mathbf{3 4 0 8} \mathbf{1 7 2 1}$ |
| BULIMBA | $\mathbf{3 3 9 9} 8900$ |
| BURPENGARY | $\mathbf{3 8 8 8} 3754$ |
| CABOOLTURE | $\mathbf{5 4 9 5} 2996$ |
| CAPALABA | $\mathbf{3 3 9 0} 3450$ |
| CARINA | $\mathbf{3 3 9 8} 7438$ |
| CENTENARY | $\mathbf{3 2 7 9} \mathbf{1 9 7 4}$ |
| CLEVELAND | $\mathbf{3 2 8 6} 2626$ |
| CROSBY PARK | $\mathbf{3 2 5 6} \mathbf{0 7 8 8}$ |
| DECEPTION BAY | $\mathbf{3 2 0 3 2 8 0 0}$ |
| GEEBUNG | $\mathbf{3 2 6 3 6 6 3 4}$ |
| HOLLAND PARK | $\mathbf{3 3 9 7} 9150$ |

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.

LOGAN CENTRAL 38082312
LOGAN WEST 38005263
MITCHELTON 33543919
MT GRAVATT 33436026
PINE RIVERS \&
DISTRICT
32852532
REDCLIFFE 32843861
SANDGATE 32692073
STAFFORD 33562382
WYNNUM \&
MANLY DISTRICTS 33969479
YERONGA 38489607

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


## ACROSS

1. Perfect
2. Implied suggestion
3. White animal, ... bear
4. Feelings
5. Sifts through
6. Walk with heavy steps
7. Irish dances

## DOWN

17. Acquired
18. Lighter than air
19. Golfer's two under par
20. Confection on a stick
21. Sedate (character)
22. Urges into motion
23. Unfortunately
24. Taverns
25. Rifle ends
26. Straightening (rope)
27. Accommodated
28. Try to vomit
29. Lethargically
30. Depressed, at a low ...
31. Stop briefly
32. Sapphires \& diamonds
33. Protect
34. Belonging to them
35. Take a peek
36. Common seasoning

## Crossword No: 421



ACROSS

1. Muslim woman's veil
2. Bygone (days)
3. Regards highly
4. Athletics circuit
5. Sewing cotton
6. Sailing
7. Switch
8. Zigzagged (through traffic)
9. Unseals

DOWN
1.Christmas
2. Snake sounds
3. Eager
4. Displace
5. Forceful
6. Recess
10. Becoming extinct, ... out
11. Spiral nail
13. Venice canal boats

|  |  |  |  |  | 2 | 8 |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  | 6 |  |  |  |  |  |  | 4 |
| 7 |  | 8 |  |  | 4 | 3 |  |  |
|  |  | 9 |  |  | 3 |  | 8 |  |
| 5 |  |  |  | 7 |  |  |  | 2 |
|  | 8 |  | 9 |  |  | 6 |  |  |
|  |  | 3 | 6 |  |  | 1 |  | 5 |
| 2 |  |  |  |  |  |  | 3 |  |
|  |  | 7 | 1 |  |  |  |  |  |

## Fun With Trivia 952-954

952. Where would you find the infamous Killing Fields?
953. Why is Mount Corcovado in central Rio de Janeiro, Brazil famous?
954. Which Italian landmark dates back to 70AD?

## Crossword No: 422



## ACROSS

1. Vehicle depot
2. Fades
3. Keyboard instrument
4. Citrus peel scraping
5. Hideous
6. Radiates
7. Tracks down
8. Single object
9. Sculptured likeness
10. Illuminates
11. Open tart
12. Moved suddenly
13. First Greek letter
14. Curdled
15. Run of bell-chimes
16. Tightly-packed
17. Vipers
18. Sleeping visions

DOWN

1. Newspaper
2. Room beneath a roof
3. Fencing blades
4. Enchanting
5. Extinguishing
6. Blandest
7. Unborn chick
8. Goes after
9. Entrails
10. Barking shrilly
11. Rage
12. Jockeys' seats
13. Tired \& bored
14. Sri Lankan money unit


ACROSS

1. Game fowl
2. Seep
3. Cloudy gem
4. Jungle (climate)
5. Stages
6. Horrible
7. Transplanted (skin)
8. Cheeps

## DOWN

1.Punctual
2. Book of maps
3. Motor vehicles
4. Livestock feedbox
5. Pungent bulbs
6. Speech of praise
10. Greenish blue
11. Revise
12. Deity
13. Affirm
14. Finish-line ribbon
15. Statistical diagrams
16. Outward appearance
17. Stretch
18. Serviceable
19. Assignments
20. More senior

## 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.

[^0]
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The guide provides you with quality information to help you choose a service that is meaningful and appropriate to you.

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## Just call 38517800 24 Hours/7 Days

ALEX


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Telephone (07) 38517800 www.alexgowfunerals.com.au

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[^0]:    Note: All data collected on the Alex Gow Puzzle Book answers web page remains private and will not be shared with any other party.

