

# The Alex Gow Super Puzzle Book

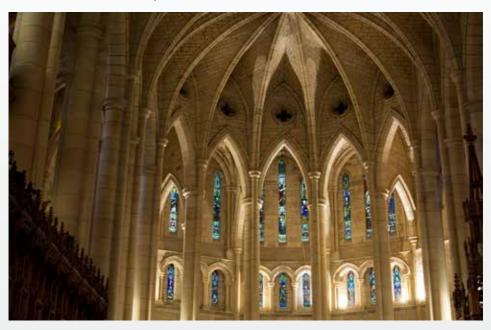
CROSSWORDS, WORDSEARCH CODE CRACKER, SUDOKU & TRIVIA

A Brisbane Family Owned Company



## **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
- Fach of the nine horizontal rows
- Fach 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 WORDSFARCH

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.

## July

1		2	3		4	5		6	7	8
							9			
10					11					
10					' '					
	10	12					14			
	12	13					14			
15										
10			4.7			40			4.0	
16			17			18			19	
20					21	22				
23		24			25		26			
										27
28							29		30	
31				32						

#### **ACROSS**

- 1. Significant
- 6. Became mature
- 10. Hang loosely
- 11. Rink boots (3,6)
- 12. Luggage item
- 14. Halfway golf hole
- 16. Alive
- 18. Slim
- 20. Actor, Yul ...
- 22. Put back

- 23. ..., willing & able
- 25. Extinguishes
- 28. Dear
- 31. Milk star, ... Penn
- 32. Uneasily
- 1. Fabricated
- 2. Battery size (1,1,1)
- 3. Awkward
- 29. Miniature (animal) 4. Pull a face

  - 5. No good
  - 7. Climb aboard (3,2)
  - 8. Relieved of duty
  - 9. Superficial (4-4)
  - 13. Oneness

- 15. Fast food meals
- 17. Needling
- 19. Duck's mate
- 21. Need
- 22. Vote in again (2-5)
- 24. First Greek letter
- 26. Scrounge
- 27. Dodgy
- 30. Abdominal muscles



## Wordsearch No: 131 Theme: SQUIRRELS



F	0	X	S	Q	U	I	R	R	Ε	L	K	В	Q	0
Н	G	R	0	U	N	D	L	D	S	В	U	S	L	S
I	S	Α	G	M	J	Α	T	Ε	K	S	W	W	I	Н
В	X	Т	X	K	N	Z	E	N	Н	R	Н	0	A	Α
Е	L	L	R	R	С	R	F	Y	Α	I	Α	R	Т	R
R	D	Α	U	0	Α	U	Т	0	N	I	Α	R	Y	Р
N	W	I	Е	K	N	Α	Н	D	R	Ε	G	U	R	С
Α	D	F	С	R	I	G	L	С	D	Ε	K	В	I	L
Т	Y	I	0	L	0	I	L	E	D	I	P	G	A	Α
Е	Н	L	J	R	M	В	T	E	С	0	R	Α	Н	W
С	S	Е	Р	В	Α	F	R	U	G	Α	0	G	W	S
Р	В	A	S	D	U	G	F	Α	Y	S	С	W	L	S
С	X	Р	T	T	N	Α	I	R	Α	T	Ε	G	Ε	٧
M	V	G	N	I	Y	L	F	N	Y	M	G	Y	P	L
P	R	A	I	R	I	Ε	D	0	G	S	J	L	G	U

**ARBOREAL BURROWS BUSHY TAIL CHICKAREES DIURNAL FLYING FORAGING FOREPAWS** FOX SQUIRREL **GIANT** GRAY **GROUND** HAIRY TAIL **HIBERNATE HINDLIMBS I FAP** PRAIRIE DOG **PYGMY** SHARP CLAWS STRONG LEGS **TUFTED-EAR VEGETARIAN** WOODCHUCK

## Fun With Trivia 993 - 995

993. What was the name of the rock band formed by Jimmy Page?

994. Who was the first woman to win a Nobel Prize (1903)?

995. Which mammal has no vocal cords?

5 /

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

## Fun With Trivia 996 - 999

996.	What type	of music h	as been	shown	to help	plants	grow	better	and	faster?
<i>J J U</i> .	vviiat type	or masic i	ius occi	3110	to ricip	piurio	8.011	Detter	ana	iastei.

997. What celebrity has their dog cloned-twice? Answer: Barbara Streisand

998. What is the painting 'La Gioconda' more usually known as?

999. Ludwig Van Beethoven was born in 1770 in which city?



## Code Cracker No: 131



CI	LUE	S	1	2	3	T	4	5	6	7	8	9	10
7	5	9	12	2	16		12	4	4	13	15	7	11
23		11		7		21		11		22		11	12
11	2	19	7	7		20		9	12	1	7	21	13
9		2		21	3	13	19	21		11		7	14
3	8	7	22	7	21		11	7	19	13	11	9	15
21	12	19	7		11	19	22		12	19	6	21	16
	21		11	7	19	12	21	12	9		5		17
21	3	12	17	16		6		1	9	5	21	8	18
	11		18	7	14	13	11	3	7		13		19
12	2	9	7		13	17	17		19	11	14	7	20
6	7	11	19	18	21		3	7	21	3	7	18	21
3		21		12	11	21	13	21		3		18	22 <b>M</b>
11	15	8	7	18		3		21	10	11	22	13	23
13		7		2		16		11		13		7	24
17	5	18	2	7	21		8	16	7	17	11	21	25
ANSW	ÆR:												26
6	19	11	17	15	8								

ABCDEFGHIJKL NN OPQRS NUVWXYZ



1		2		3		4		5		6		7	8
				9									
10										11			
				12									
13			14							15	16		
					17		18		19				
	20										21		
22					23	24		25					26
27		28		29						30		31	
				32									
33										34			
				35									
36								37					

#### **ACROSS**

- 1. Sun or rain
- 5. Antelope
- 9. Pedalling sport
- 10. Lingered (on)
- 11. Striped African animal 32. Experience (change)
- 12. Lethargy
- 13. Ancient remnant
- 15. Thuggish groups
- 17. Pale-faced
- 20. Or near offer (1,1,1)

- 21. Throw out, get ... of
- 23. Suez or Panama
- 27. Snatch (away)
- 30. Turns suddenly
- 33. Rail transport
- 34. Thick slice
- 35. Au revoir
- 36. Talk about
- 37. Cosmetics samplers

- 1. Prison guards
- 2. Descend cliff by rope
- 3. Frantic
- 4. Ship's distress flares
- 5. Tough meat tissue
- 6. Jagged (course)
- 7. Portugal's capital
- 8. Stretch of land
- 14. Sacred effigies
- 16. Concur
- 17. Alphabet (1,1,1)

- 18. Attila the ...
- 19. Nought
- 22. Crushed (fly)
- 24. Strenuous
- 25. Circus performer
- 26. Contends
- 28. Baghdad natives
- 29. Martial art (4,2)
- 30. Speech sounds
- 31. Tolerate



## Wordsearch No: 132 Theme: ANNIVERSARIES



S	S	Ε	Р	Т	Ε	N	N	I	Α	L	L	M	Q	G
Т	N	Ε	M	Y	0	L	Р	M	Е	Α	T	S	Α	Р
0	F	F	I	С	I	Α	L	M	T	С	W	L	R	С
Y	G	D	J	N	N	I	U	S	Е	S	Α	Y	Е	X
Q	Α	L	D	N	Т	N	Y	N	F	I	0	L	С	G
U	В	D	U	Y	I	R	T	В	N	0	Ε	Е	U	L
Α	R	Α	Н	Т	С	Е	I	N	U	В	G	R	R	Α
D	L	Ε	Α	Т	N	N	Е	Е	R	R	0	I	R	С
R	S	L	V	N	R	L	Α	Α	N	Q	L	Н	I	I
Е	Р	D	I	L	L	I	Т	T	Е	N	D	Р	N	R
N	М	Α	Α	I	I	I	В	R	I	S	I	Р	G	0
N	L	Z	M	T	0	S	G	J	V	0	Ε	Α	G	Т
I	Z	I	W	N	Е	Р	Υ	J	U	Q	N	S	L	S
Α	J	Y	Α	D	L	Α	I	С	Е	Р	S	Α	Y	I
L	С	0	M	M	Е	M	0	R	Α	Т	Ε	W	L	Н

ANNUAL **BIRTHDAY CELEBRATION** CENTENNIAL **COMMEMORATE CRYSTAL** DATE **EMPLOYMENT GOLD HISTORICAL MILLENNIAL NATIONAL OFFICIAL PAST PLATINUM QUADRENNIAL** RECURRING RUBY **SAPPHIRE SEPTENNIAL** SILVER SPECIAL DAY TRIFNNIAI

#### Fun With **Trivia** 1000 - 1002

**1000.** Water has a pH level of around?

**1001.** What's the most expensive home in the world?

1002. What did the Crocodile swallow in Peter Pan?

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

## Fun With **Trivia** 1003 - 1006

<b>1003.</b> V	Vhat's t	he h	nard	est	roc	ς?
----------------	----------	------	------	-----	-----	----

1004. What is the national dish of Spain?

1005. Which horoscope sign has a crab?

1006. What colour is Absinthe?

## Code Cracker No: 132



CI	LUE	S	1	2	3	4	4	5	6	7	8	9	10
17	6	22	19	5	13		8	4	21	6	17	18	11
	7		15		15		15		4		14		12
18	17	6	10		20	5	21		20	3	7	18	13
16		14	7	23		23		22	7	17		4	14
15	5	3		17	18	17	12	7		21	17	9	15
15		17	23	22		2		19	4	7		7	16
10	5	10		6	13	17	19	19		6	15	23	17
	6					4					17		18 <b>W</b>
23	7	18		18	4	19	14	6		15	1	1	19
7		16	7	3		17		17	6	12		17	20
17	3	7		17	13	20	7	3		17	23	14	21
3		3	4	10		19		4	11	22		7	22
6	16	7	9		20	7	7		17	6	10	6	23 <b>N</b>
	5		7		4		19		3		17		24
17	20	15	17	3	9		1	17	9	4	23	21	25
ANSW	/ER:												26
20	3	7	17	14	16								

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

1	2		3	4			5	6	7	8
9							10			
						11				
12								13		
		14	15			16				
17	18									
19				20		21				
									22	23
24				25				26		
27					28					
29					30					

#### **ACROSS**

- 1. Absurd pretences
- 5. Bushy
- 9. Neatest (gadget)
- 10. Pivoted
- 12. Temporary posting
- 13. Board
- 14. Accurate, ... on
- 16. Germ-free
- 19. Actor/director, Kenneth ...

- 21. Tiny songbird
- 24. Make into law
- 25. Carving artists
- 27. Roof straw
- 28. Regard as perfect
- 29. Painting stands
- 30. Worshipped

#### **DOWN**

- 1. Canvas awning
- 2. Noisy brawl
- 3. Lewis Carroll heroine
- 4. Simplest
- 6. Toupee
- 7. Huge
- 8. Alpine singer
- 17. Truant 18. Trailers
- 20. Air leak sound

15. Prank, ... joke

- 21. Hit
- 22. Small horses
- 23. Climb
- 11. Bank machines (1,1,2) 26. Oyster gem



		ı	12		14		E	1		C	7		0
	2		3		4		5			6	7		8
									9				
					11								
12	13								14				
			17				18				19		
					21		22						
	24				25				26				
													27
									29		30		
				32									
	12	12 13		17	24	12 13 17 17 21 21 25 25	12 13 17 21 25 25	12	12 13 18 18 21 22 24 25 1	11       11         12       13         17       18         21       22         24       25         25       26         29	12       13       14         17       18         21       22         24       25       26         29       29	11       11       14         12       13       14         17       18       19         21       22         24       25       26         29       30	11       11       14         12       13       14         17       18       19         21       22         24       25       26         29       30

#### **ACROSS**

- 1. Larger-than-life individuals
- 6. Caribbean nation
- 10. Copy outline of
- 11. Rissoles
- 12. From Edinburgh
- Accessory

- 16. Nappies
- 18. Garbage can
- 20. Enquired
- 22. Soft leather
- 23. Yellow shade
- 25. Airmen
- 28.80th
- 29. Invasions
- 31. Squeal
- 32. Moving staircases

- 1. Sydney or Paris
- 2. Also titled (1,1,1)
- 3. Warning, red ...
- 4. Stomachs
- 5. Stretched (for)
- 7. Not illuminated
- 8. Going without alcohol
- 9. Utterly preoccupied
- 13. Hoist

- 15. Sufficiently
- 17. Leave homeland
- 19. The Mentalist actor, Simon
- 21. Sliding shelves
- 22. Hindu sect, Hare ...
- 24. Jewish bread roll
- 26. Land, ... firma
- 27. Small vipers
- 30. Wedding vow (1,2)





1		2		3		4		5		6		7	8
				9									
10										11			
				12									
13			14							15	16		
					17		18		19				
	20										21		
22					23	24		25					26
27		28		29						30		31	
				32									
33										34			
				35									
36								37					

#### **ACROSS**

- 1. Quitting (habit)
- 5. Payment request
- 9. Beer factory
- 10. Permanent jailbird
- 11. Ethiopia's Addis ...
- 12. Deleting
- 13. Performed again
- 15. Older person
- 17. VII

- 20. Bread roll
- 21. Catered for
- 23. Bitter (taste)
- 27. Tusk material
- 30. Singer, Bob ...
- 32. Pizza herb
- 33. Car crash
- 34. Comprehend
- 35. Eternal
- 36. Retype (data) (2-5)
- 37. Melancholy

- 1. Assassins
- 2. Rubbed until sore
- 3. Innate
- 4. Small bomb
- 5. List
- 6. Passage by ship
- 7. Country's interior
- 8. Finger-shaped pastries
- 14. Tyre part, ... tube
- 16. High
- 17. Aegean or Caspian

- 18. Video player (1,1,1)
- 19. Bushranger, ... Kelly
- 22. Plainer
- 24. Common cheese
- 25. Sloped letters
- 26. Hidden marksmen
- 28. Frosted (glass)
- 29. Cultured dairy food
- 30. Followed relentlessly
- 31. Susceptible

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

- July Answers & Solutions published on 1st July 2023
- August Answers & Solutions published on 1st August 2023
- September Answers & Solutions published on 1st September 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



1	2		3	4			5	6	7	8
9							10			
						11				
12								13		
		14	15			16				
17	18									
19				20		21				
									22	23
24				25				26		
27					28					
29					30					

#### **ACROSS**

- 1. Wears out (one's welcome)
- 5. Bids
- 9. No matter what
- 10. Lustfully
- 12. Dutch port city
- 13. Light yellowishbrown
- 14. Potato
- 16. Least hurried
- 19. Filthy

#### 21. Cast ballot

- 24. The L of AWOL
- 25. Salvages
- 27. Terribly sad
- 28. Went aboard ship
- 29. Wiped (furniture)
- 30. Infuriates

- 1. Assassins
- 2. Rubbed until sore
- 3. Innate
- 4. Small bomb
- 5. List
- 6. Passage by ship
- 7. Country's interior
- 8. Finger-shaped pastries
- 14. Tyre part, ... tube
- 16. High
- 17. Aegean or Caspian

- 18. Video player (1,1,1)
- 19. Bushranger, ... Kelly
- 22. Plainer
- 24. Common cheese
- 25. Sloped letters
- 26. Hidden marksmen
- 28. Frosted (glass)
- 29. Cultured dairy food
- 30. Followed relentlessly
- 31. Susceptible

# 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

## August

1	2	3		4		5		6		7	8	9
	10											
11										12		
	13		14					15	16			
17					18		19				20	
	21	22			23				24	25		
26				27				28		29		30
		31					32					
33	34			35		36				37	38	
	39		40		41				42			
43					44						45	46
	47	48		49				50		51		
52										53		
	54											
55										56		

#### **ACROSS**

- 1. Actress, Cameron ...
- 7. Mideast canal
- 10. Car's fuel system part
- 11. Destroy by fire
- 12. Milled (timber)
- 13. Storm centres
- 15. Blessing
- 17. Health resort
- 18. Pitcher
- 20. ... & outs
- 21. Chat
- 23. Water boiler 24. Hospital ward (1,1,1)
- 26. Judge
- 27. Beef cut
- 29. Premonition

- 31. Exclude
- 32. Window ledge
- 33. Grain husks
- 35. Left or ...
- 37. Frosted
- 39. Savings, nest ... 41. Formerly named
- 42. Gene acid (1,1,1)
- 43. Atmosphere
- 44. Deity
- 45. Spy group (1,1,1) 47. Cain & ...
- 50. Port
- 52. Nip
- 53. Emollient, ... vera
- 54. Hard manual work (5,6)
- 55. Thin fog
- 56. Revise (article)

- 1. Liabilities
- 2. Spread of land
- 3. Madcap 4. Curved-bill bird
- 5. Obtain
- 6. Strike (toe)
- 7. Iffy (2-2)
- 8. Radioactive element
- 9. Districts
- 14. Recede
- 16. French yes
- 18. Protruding, ... out
- 19. Ground (teeth) 22. Between
- 25. Oscar-winner, ... Firth

- 26. Add soundtrack
- 27. Baronet's title
- 28. Sports gear
- 30. Bushranger, ... Kelly
- 34. Charges with gas
- 36. Study of Earth's crust
- 38. Laughed like witch
- 40. Exclamation, ... whiz!
- 42. Couple 43. Scrapbook
- 46. Proficient
- 48. Conveyor strip
- 49. Circuit
- 50. Fabric colorants
- 51. Travel bag

## Wordsearch No: 133 Theme: NUTS



F	D	0	R	F	Α	K	K	С	0	G	I	С	Р
0	D	S	٧	R	I	С	С	I	D	J	W	T	Е
L	Ε	M	Р	D	Α	L	Н	Α	В	F	U	U	С
I	Т	Α	Α	R	T	C	В	L	N	J	L	N	A
C	S	U	С	C	A	U	Α	E	S	S	U	L	N
A	A	I	N	T	A	N	N	T	R	T	D	I	D
C	0	N	S	L	C	D	U	T	S	T	E	Z	L
	R	I	D	Н	Ε	N	Α	Н	S	L	E	A	E
D	P	X	E	I	Ε	Z	E	M	0	E	S	R	N
N	A	D	Т	N	Ε	L	Α	Н		S	Н	В	U
E	С	R	I	U	L	D	W	Н	E	A	Y	C	T
С	0	P	D	C	0	C	0	N	U	Т	0		L
Y	R	0	K	С	I	Н	D	Ε	K	0	M	S	T
K	N	U	Т	R	I	Т	I	0	U	S	R	Α	W

**ACORN BLANCHED BRAZIL NUT CANDIED CANDLENUT CHESTNUT** COCONUT **CRACK FILBERT FOLIC ACID HAZELNUT HICKORY MACADAMIA NUTRITIOUS** NUTSHELL OIL **PECAN** PINE NUTS **PISTACHIO RAW ROASTED** SEED **SMOKED SNACK** WHOLE

## Fun With **Trivia** 1007 - 1009

**1007.** The Statue of Liberty was given to the US by which country?

1008. Which US city is known as the City of Brotherly Love?

**1009.** What substance are nails made out of?

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

## Fun With **Trivia** 1010 - 1013

1010.	How ma	ny children	does	Oprah	Winfrey have?
-------	--------	-------------	------	-------	---------------

**1011.** Where is the Sea of Tranquillity located?

**1012.** What country has the world's most ancient forest?

**1013.** Which kind of bulbs were once exchanged as a form of currency?

## Code Cracker No: 133



C	LUE	S	1	2	3		4	5	6	7	8	9	10
22	1	6	16	6	24		11	2	1	24	11	5	11
18		5		8	22	20	11	5		6		22	12
18	2	6	1	11	1		21	2	24	15	11	5	13
7		22		13				16		19		16	14
11	24	13	11	7	19		7	11	1	11	24	11	15 <b>C</b>
8			16		2	21	21		11			5	16
	3	6	16		14		6		18	2	8		17
13	2	1		15	21	6	15	10		6	22	24	18 <b>F</b>
	23	11	8		2		6		18	21	12		19
7			2		16	14	24		11			15	20
14	24	2	23	21	11		16	1	11	2	7	11	21
1		21		11				22		17		24	22
9	14	21	16	2	1		5	20	11	21	21	7	23
11		22		9	11	24	14	11		11		14	24
12	2	20	24	11	5		16	1	2	7	4	7	25
ANSW	/ER:												26
23	1	6	5	16	11								

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

## August

1		2	3		4	5		6	7	8
							9			
10					11					
10										
	12	13					14			
15										
16			17			18			19	
20					21	22				
23		24			25		26			
										27
28							29		30	
31				32						

#### **ACROSS**

- 1. Slum district
- 6. Shade of blue
- 10. Physio
- 11. Roofing with straw
- 12. Reflex kick (4,4)
- 14. Japan's capital
- 16. Champagne flutes
- 18. The ... Scrolls (4,3)

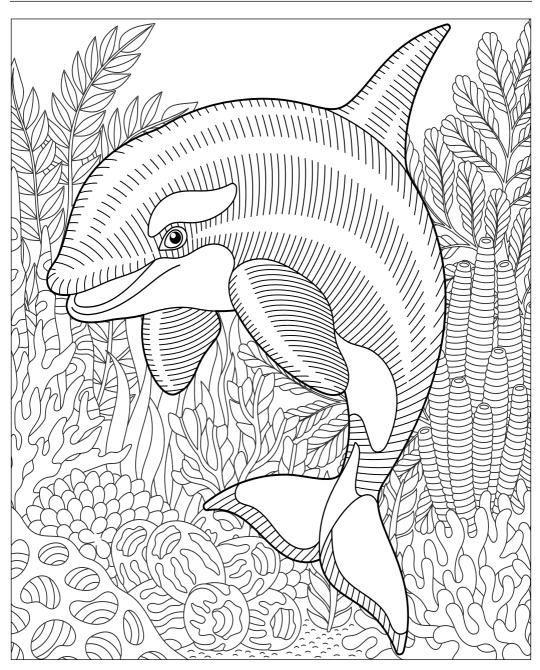
- 20. Lewd
- 22. Experience (change)
- 23. Medal
- 25. Arrogant beginners
- 28. Resembled (4,5)
- 29. Fool
- 31. Annually, per ...
- 32. Discourages (6,4)

- 1. Hurting
- 2. Volcanic fallout
- 3. ... & chairs
- 4. Muffled laughs
- 5. Thumped
- 7. Peculiar mannerism
- 8. Old English (5-5)
- 13. Approaches
- 9. Glasgow is there

- 15. Unknowingly
- 17. Dragster racing track
- 19. Swagger
- 21. Imaginary earth line
- 22. Untwist (jar lid)
- 24. Hawaiian greeting
- 26. Female relatives
- 27. Church song
- 30. Chill (in the air)

## Adult colouring-in No: 78







1		2		3		4		5		6		7	8
				9									
10										11			
				12									
13			14							15	16		
					17		18		19				
	20										21		
22					23	24		25					26
27		28		29						30		31	
				32									
33										34			
				35									
36								37					

#### **ACROSS**

- 1. Tremble
- 5. Goes back on deal
- 9. Leave in protest (4,3)
- 10. Big
- 11. Non-rural
- 12. Heartier
- 13. Mountain call
- 15. Enthusiastic
- 17. Pre-Soviet emperors
- 20. The good ... days

- 21. Annoy
- 23. Tired & bored
- 27. Bull-riding show
- 27. Buil Hailig shov
- 30. Unpaid drudge
- 32. Soldier's burrow
- 33. Botch (lines)
- 34. Aircraft
- 35. Arrogant person
- 36. Dwells
- 37. US coins

- 1. Hills & ...
- 2. Made loud noise
- 3. Also (2,4)
- 4. Recruits
- 5. Ampler (space)
- 6. Natural world
- 7. Chatterbox
- 8. Theatre backdrop
- 14. Actor, ... Murphy
- 16. Metal-working block
- 17. India's ... Mahal

- 18. Attach
- 19. Downhearted
- 22. Vagrant
- 24. Worried
- 25. Soil depletion
- 26. Firms up
- (agreement)
- 28. Mistrusts
- 29. Insult
- 30. Infected
- 31. Geronimo's tribe

#### Wordsearch No: 134 Theme: LEATHER



Т	0	I	L	Е	Т	R	Υ	K	I	Т	S	Α	Ε	Ε
Z	Е	Т	Α	Н	G	0	L	L	Е	K	F	S	S	N
D	С	K	I	Z	I	N	Ε	K	I	0	R	R	Α	D
R	R	S	Α	V	0	Н	I	R	S	Ε	U	M	С	Ε
U	0	G	Ε	N	С	G	T	Н	S	Р	0	K	F	R
M	С	Α	A	T	S	В	Α	U	Т	T	Z	J	Ε	U
Н	0	В	A	В	Q	G	0	R	T	0	0	X	I	P
E	D	S	A	L	R	R	С	0	M	N	L	0	R	Н
Α	I	L	Н	E	T	P	T	W	K	Ε	Ε	C	В	0
D	L	I	E	Y	I	M	S	G	A	С	N	X	T	L
S	E	N	V	G	S	Р	I	Н	W	L	0	Т	0	S
В	S	Y	S	Α	N	D	Α	L	S	Q	L	V	S	T
I	E	K	K	R	A	E	W	T	0	0	F	E	E	E
0	I	L	0	F	T	R	0	Р	S	Ε	A	T	T	R
N	Y	D	T	S	U	I	T	С	A	S	Ε	L	L	Y

**BAGS BALLS BELT BOOK COVER BOOTS BRIEFCASE CLOTHING CROCODILE** DRUM HEADS **FOOTWEAR GARMENTS** HAT **OTTOMAN** OXEN **PIGSKIN PORTFOLIO PURSE SANDALS SATCHEL SEAT SHAGREEN SKIRT SNAKE SOFA SUITCASE TOILETRY KIT TROUSERS UPHOLSTERY** 

WAISTCOAT WALLET

WHIPS

## Fun With **Trivia** 1014 - 1016

**1014.** What colour jersey is worn by the winners of each stage of the Tour De France?

**1015.** Which chess piece can only move diagonally?

1016. When did the Cold War end?

## Sudoku No: 161 Level 2

August

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

## Fun With **Trivia** 1017 - 1020

1017. What is all spice alternatively known as?

1018. Who invented scissors?

1019. Which country was the Caesar salad invented in?

1020. On which ship did Charles Darwin make his famous expedition, which led to his

evolution theory?



1	2		3	4			5	6	7	8
9							10			
						11				
12								13		
		14	15			16				
17	18									
19				20		21				
									22	23
24				25				26		
27					28					
29					30					

#### **ACROSS**

- 1. Fluid losses
- 5. Fame
- 9. Closest-fitting
- 10. Tender
- 12. Protective barrier
- 13. Up to (that moment) 28. Benevolence
- 14. Hey there!
- 16. Fault-finders

- 19. Dawn
- 21. Humble, ... & mild
- 24. Terminate
- 25. Climbed down
- 27. Swarm over

- 29. Spray
- 30. Impaled

- 1. Releases grip (4,2)
- 2. Kabul native
- 3. Represented in court, ... for 20. Swirl
- 4. Illegal party drug
- 6. Entrepreneur
- 7. Outdistance
- 8. Superfluous
- 11. Actor, ... Baldwin

- 17. Mind-readers
- 18. Outlawed
- 21. Misjudged (meaning)
- 22. More nervous
- 23. Befuddled
- 26. Bequeath
- 15. Female beneficiaries

## August

1	2	3		4		5		6		7	8	9
	10											
11										12		
	13		14					15	16			
17					18		19				20	
	21	22			23				24	25		
26				27				28		29		30
		31					32					
33	34			35		36				37	38	
	39		40		41				42			
43					44						45	46
	47	48		49				50		51		
52										53		
	54											
55										56		

#### **ACROSS**

- 1. Honey liquo
- 7. Proportional, pro ...
- 10. Centimetre tenths
- 11. Honest
- 12. Lengthy movie
- 13. Antlered deer
- 15. Jobless benefit
- 17. Flower garland
- 18. Scoundrel
- 20. Cow's re-chewed food
- 21. Brief sleep 23. Due time (1,1,1)
- 24. Insecticide (1,1,1)
- 26. Cups 27. Jetties
- 29. Is not (3'1)

- 31. Series of bell notes
- 32. Adult nits
- 33. Self-defence aerosol
- 35. Single number
- 37. Carnival
- 39. Octopus liquid
- 41. Convent dweller
- 42. Weight unit
- 43. Attila the ...
- 44. Pop concert
- 45. Military actions
- 47. Wet
- 50. Donation
- 52. Low in pitch
- 53. Throat-clearing noise
- 54. Present again
- 55. Investigate, ... out
- 56. Historical periods

- 1. Rock music, heavy ...
- 2. Funny
- 3. Meal regimen
- 4. Dutch shoe
- 5. Strive to equal
- 6. Fastener, press ...
- 7. Fishing spool
- 8. Facets
- 9. Short-circuited
- 14. Serpent
- 16. Peculiar
- 18. Room height
- 19. Sweetheart
- 22. Colorado resort town 25. California's San ...
- 26. Silent

- 27. Helicopter platform
- 28. Take a chair
- 30. Liqueur, ... Maria
- 34. Coals
- 36. Strummed instruments
- 38. Second (one)
- 40. Actress, ... Basinger
- 42. ... chi (1'2)
- 43. Animal skins
- 46. Engine oil pans
- 48. Imitates
- 49. Awful smell
- 50. Gallivants
- 51. Confront, ... up to

## Code Cracker No: 134



CI	LUE	S	1	2	<b>L</b> 3	D 4		5	6	7	8	9	10
5	19	9	22		14	15	17		13	15	10	10	11
	2		2		18		7		15		22		12
12	15	12	1	2	22		17	4	20	15	9	17	13
5	3	22		15	9	19	7	22		2	5	20	14
15		23	15	6		15		23	5	17		18	15
16	22	17			9	18	3			5	20	2	16
17			20	4	18	17	22	23	16			2	17
	11	9	5	15	3		2	18	5	23	16		18
16			22	21	22	9	15	2	3			16	19
14	22	14			9	15	6			12	5	14	20
22		15	12	17		18		24	5	22		22	21
15	9	12		4	22	23	23	15		3	18	23	22
1	22	22	14	22	9		15	3	8	22	9	17	23
	15		15		9		21		18		5		24
22	3	19	6		16	7	22		15	12	23	22	25
ANSW	/ER:												26
11	9	5	23	10	22								

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

## Adult colouring-in No: 79







1		2		3		4		5		6		7	8
				9									
10										11			
				12									
13			14							15	16		
					17		18		19				
	20										21		
22					23	24		25					26
27		28		29						30		31	
				32									
33										34			
				35									
36								37					

#### **ACROSS**

- 1. Tennessee city
- 5. Tossed (coin
- 9. Poster
- 10. Kit out
- 11. Washstand jugs
- 12. Wrap
- 13. Outlay (cash)
- 15. Condemns
- 17. Hold
- 20. Research room
- 21. Off-colour, below ...

- 23. Diaper
- 27. Mocking remarks
- 30. Common flower
- 32. Tenor, ... Domingo
- 33. Altogether (2,3)
- 34. Small house reptile
- 35. Laundry chore
- 36. Wavers (on edge)
- 37. Rosiness

- 1. Deliciou
- 2. Full-grown
- 3. Jumped on one leg
- 4. Less abundant
- 5. Wine flasks
- 6. Certainly
- 7. Mucus
- 8. Thickest
- 14. Lordly
- 16. ..., beta, gamma

- 17. Firearm
- 18. Sound booster
- 19. Wool thickness
- 22. Opposed to
- 24. Female warriors
- 25. Actor, Sidney ...
- 26. Powerful businessmen
- 28. Breed of hound
- 29. Weave (ropes) together
- 30. Determined
- 31. Goad

#### Wordsearch No: 135 Theme: PROTEIN



0	G	S	N	Α	Е	В	I	U	I	Т	С	С	N	G
Р	X	Т	0	N	М	U	L	С	D	A	W	0	Ε	R
Е	S	Ε	Ε	Н	С	I	I	E	R	T	I	L	G	A
K	E	R	A	Т	I	N	N	В	G	Т	G	L	Y	I
Α	G	N	R	Е	Α	L	0	0	Р	U	I	Α	X	N
Y	W	Ε	Ε	G	F	N	Ε	М	Α	V	M	G	0	S
R	T	G	R	G	I	I	U	N	I	С	М	Е	Т	D
S	N	0	N	0	0	S	L	N	Т	L	I	N	S	I
U	Α	R	Н	Е	N	R	G	F	Α	I	Z	D	Н	G
L	Т	D	Q	0	Α	С	T	Т	0	R	L	K	S	Ε
Р	R	Υ	С	F	Е	F	I	I	J	F	В	S	Т	S
Н	0	Н	X	L	0	٧	Н	Р	N	0	F	Т	S	Т
U	Р	Р	L	0	В	R	Е	A	D	С	K	U	Α	Α
R	M	S	D	В	U	С	K	W	Н	Е	Α	Т	Т	0
I	I	S	E	D	I	Т	P	Е	Р	Υ	L	0	P	S

AMINO ACIDS **BEANS BREAD BUCKWHEAT CARBON CHEESE COLLAGEN** CONSUMPTION DIGEST **ENERGY FOOD GRAINS HYDROGEN IMPORTANT KERATIN LEGUMES LENTILS** LIVING CELLS **NITROGEN** OAT BRAN **ORGANIC OXYGEN POLYPEPTIDES** STUFF OF LIFE **SULPHUR** VITAL.

#### Fun With **Trivia** 1021 - 1023

**1021.** In which film did father and son actors Will and Jaden Smith first appear together?

1022. Which NFL team holds the record for the most Super Bowl appearances?

1023. In which city is musician Jim Morrison buried?

## Sudoku No: 162 Level 3



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

## Fun With **Trivia** 1024 - 1027

1024.	Which actress k	eeps her Oscar	in her bathro	om so guests	can hold it and
	make speeches i	in the mirror sh	ame-free?	- C	

1025. In medieval England, what was used as currency, specifically for rental agreements?

**1026.** What is the most common letter in the English alphabet?

**1027.** Chimpanzees and gorillas have human-like fingerprints, and so do what other non-human animals?

## Code Cracker No: 135

## September

C	LUI	ES	1	2	3	H	4	5	6	7	8	9	10
20	6	5	14	6	20		15	9	3	10	5	21	11
6			1		13	14	14		1			2	12
15	9	9	6	16	4		14	20	6	14	21	6	13
9		20		1		8		18		15		15	14
3		15		21	2	15	9	6		2		12	15
	6	21	13		15	21	6		17	6	6		16
4			19	6	7		5	15	16			15	17
7	15	10	19		2	10	4		6	16	10	9	18
13			15	18	6		20	1	5			6	19
	10	2	2		17	16	15		14	15	14		20 <b>R</b>
9		15		16	17	15	2	12		5		17	21
3		12		6		2		15		6		10	22
13	20	16	3	15	5		21	5	15	7	6	14	23
10			13		10	11	18		10			2	24
20	10	16	6	17	4		12	1	12	8	2	6	25
ANS	WER:	14	21	6	4								26

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





1	2		3	4			5	6	7	8
9							10			
						11				
12								13		
		14	15			16				
17	18									
19				20		21				
									22	23
24				25				26		
27					28					
29					30					

### **ACROSS**

- 1. Discoveries
- 5. Give enjoyment
- 9. Scrutinises
- 10. Whiten
- 12. Records
- 13. Flare
- 14. A great distance16. Biology or physics
- 19. Flabby
- 21. Coral barrier
- 24. Local language
- 25. Tangy bread style

- 28. Nudist
- 29. Keyboard worker
- 30. Protester

### 27. Of race & culture

- 2. Subtle difference
- 3. Colloquial saying
- 4. More jealous, ... with envy 26. Tennis 40/40
- 6. Virginal (4-5)
- 7. Presenting (medal)
- 8. Beautified
- 11. In current state (2,2)
- 15. Plants
- 17. Sewage
- 18. Hock shop
- 20. Prescribed amount

### **DOWN**

- 1. Devils
- 22. Daintily odd
  - 23. Paler

21. Stalk food

## More than just a meal

Sometimes, the pressures of life brought about by ill-health, a disability or depression impact on our motivation, desire or ability to cook. Yet to remain healthy and enjoy life, we need to eat nutritious meals.

Our sense of independence can be challenged by admitting we might need a little help but Meals on Wheels is here to deliver more than just a meal to you. Whether you need meals every day, or just a few to help on those days you are not at your best, there is support available for you.



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

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

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





	_	1 -	1	1.	1	1.	_	_	T			1	T	Ι
1		2		3		4		5			6	7		8
										9				
10						11								
	12	13								14				
15														
16				17				18				19		
20						21		22						
23		24				25				26				
														27
28										29		30		
31					32									

### **ACROSS**

- 1. Fraught with danger
- 6. Own patch, home ...
- 10. Borders upon
- 11. Chain of stores
- 12. Medical help (5,3)
- 14. Frenzied
- 16. Written authority
- 18. Abate (3,4)

- 20. Accosted
- 22. Hurries busily
- 23. Monarch's rule
- 25. Cosmos
- 28. Omission
- 29. Kinsman
- 31. Retailed
- 32. Bold explorer

- 1. Intend
- 2. Ostrich relative
- 3. Donkeys
- 4. Cause swelling
- 5. Without assistance
- 7. British flag, ... Jack
- 8. Intensity
- 9. Scurries
- 13. Irritating

- 15. Plant vessels
- 17. Closeness
- 19. Leers at
- 21. Doped
- 22. Prickle
- 24. Perfect
- 26. Blow up
- 27. Barrier across river



1	2		3	4			5	6	7	8
l'	_		٦	4			3	O	′	0
9							10			
						11				
12								13		
		14	15			16				
17	18									
19				20		21				
										0.0
									22	23
24				25				26		
27					28					
21					20					
29					30					

#### **ACROSS**

- 1. Hide (the taste of)
- 5. Scared
- 9. Rissole
- 10. Surreptitious liaison
- 12. Moving up
- 13. Internet post
- 14. Minor hitch
- 16. Inherited (trait)
- 19. Swapped (tyre) positions 30. Tests
- 21. London nightclub
- zone 24. Approaching
- 25. Finalised
- 27. Burial box
- 28. Caribbean native
- 29. Infuriate

- 1. Lower (oneself)
- 2. Posture
- 3. City-dwelling
- 4. Vending

- 6. 15th
- 8. Dilapidated
- 11. Eagerly expectant
- 15. Chattering idly
- 17. Three-wheeled bike

- 18. Represented (5,3)
- 20. Fluid channel
- 21. Summer shoes
- 22. Official decrees
- 23. Handsome youth



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

### Fun With **Trivia** 1028 - 1030

**1028.** A tick bite can make you allergic to what food?

1029. What animal is constitutionally protected in Florida?

1030. Saudi Arabia imports camels from what country?



1	2	3		4		5		6		7	8	9
				·								
	10											
11										12		
	13		14					15	16			
17					18		19				20	
	21	22			23				24	25		
26				27				28		29		30
		31					32					
33	34			35		36				37	38	
	39		40		41				42			
43					44						45	46
	47	48		49				50		51		
52										53		
	54											
55										56		

#### **ACROSS**

- 1. Percussion instrument
- 7. Three feet
- 10. Socially unstable
- 11. Rascals
- 12. Biblical first man
- 13. Siamese
- 15. Ruptured (muscle)
- 17. Because of, ... to
- 18. Munched
- 20. Parent
- 21. Improvise, play it by ...
- 23. In support of
- 24. ... de toilette
- 26. Charged atoms
- 27. Tyrant
- 29. Once ... a time

- 31. Persian title
- 32. Abel's killer
- 33. Ox harness
- 35. Log vessels
- 37. Story
- 39. Keyboard key
- 41. Zilch
- 42. Computer port type (1,1,1) 43. Le or La in French
- 44. Utter
- 45. Also known as (1,1,1)
- 47. Helicopter landing areas
- 50. Goes on and on (about)
- 52. Mountain goat
- 53. Interrupting cough
- 54. Retrievable
- 55. Snake sound
- 56. Revise (article)

- 1. Extracted moisture from
- 2. Any amount of
- 3. Puĺp (potato)
- 4. German WWII fascist
- 5. Pilot safety aid, ... seat
- 6. Is not (3'1)
- 7. Annually, per ...
- 8. Totalled, ... to (5,2)
- 9. Curved (roof)
- 14. Flight path, ... corridor
- 16. Bullfight cry
- 18. Hunting hounds
- 19. Rigidly
- 22. Donkeys
- 25. Uncles & ...
- 26. Vine, poison ...

- 27. Paddle
- 28. Crack army force (1,1,1)
- 30. Maiden name indicator
- 34. Hockey goalies
- 36. Bride-to-be
- 38. Made ashamed
- 40. Ruminant's food
- 42. Actress, ... Thurman
- 43. Upper leg
- 46. Allow in
- 48. Discontinues
- 49. Broadway stage musical
- 50. Ark builder
- 51. Strong wind



1		2	3		4	5		6	7	8
							9			
10					11					
	12	13					14			
15										
16			17			18			19	
20					21	22				
23		24			25		26			
										27
28							29		30	
31				32						

#### **ACROSS**

- 1. Flattering remark
- 6. Region
- 10. Lightweight timber
- 11. Gabbling
- 12. Rustic
- 14. Sibling's daughter
- 16. Miami is there 18. Impairs hearing of
- 20. Biffed
- 22. Get the wrong message
- 23. Lag behind
- 25. Most majestic

#### 28. Childish

- 29. Poke
- 31. Carnival
- 32. Uncontrollably emotional

- 1. Ears of corn
- 2. Actors Gibson or Brooks
- 3. Sprang
- 4. Spanish holiday isle
- 5. Incapacitated (racehorse)
- 7. White wine, ... Riesling
- 8. Hostile parties
- 9. Ball-filled cushions
- 13. Beautify
- 15. Unsettling (3-7)
- 17. Sniffing
- 19. Washstand jugs
- 21. Honour (with)
- 22. Unkindest

- 24. Appalling
- 26. Turkish dish. ... kebab
- 27. Calf flesh
- 30. GP

## 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.



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

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

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



Arranging a funeral can be quite emotional and sometimes it's easier if done in the comfort of your own home with family around to assist. That is why Alex Gow come to you when you need us most.

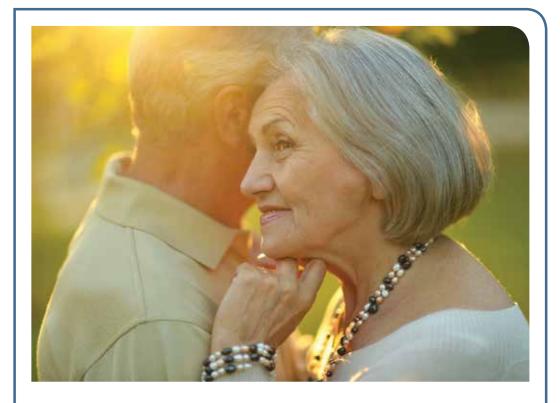
With branches at **Geebung, Deception Bay, Redlands** and **Browns Plains** we can be there quickly to help guide you through this difficult time.

Just call 3851 7800 24 Hours/7 Days



Creating memories since 1840





# Had your pension reduced?

### Then talk to us!

Sureplan Gold funeral bond is a secure and reliable funeral investment plan and a contribution of up to \$15,000 may be exempt from the Income & Assets Test.

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

To find out more contact Alex Gow Funerals
Telephone (07) 38517800
www.alexgowfunerals.com.au



## We all deserve a meaningful farewell

What better way to guarantee it, than by prearranging it yourself. You get to choose exactly what you want and in doing so, you're lifting the burden off your family so they can focus on honouring your life.



Scan this code to discover more





PHONE 07 3851 7800 24 HRS 7 DAYS www.alexgowfunerals.com.au Email: info@alexgowfunerals.com.au

GEEBUNG | DECEPTION BAY | REDLANDS | BROWNS PLAINS