

YOURS
FREE

The Alex Gow Super Puzzle Book

CROSSWORDS,
WORDSEARCH ANSWERS,
CODE CRACKER, SUDOKU & TRIVIA



A Brisbane Family Owned Company

November 2025 to January 2026

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.



**“A funeral company with tradition,
not a traditional funeral company”**

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 ANSWERS

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. The leftover letters will reveal the mystery answer.

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.

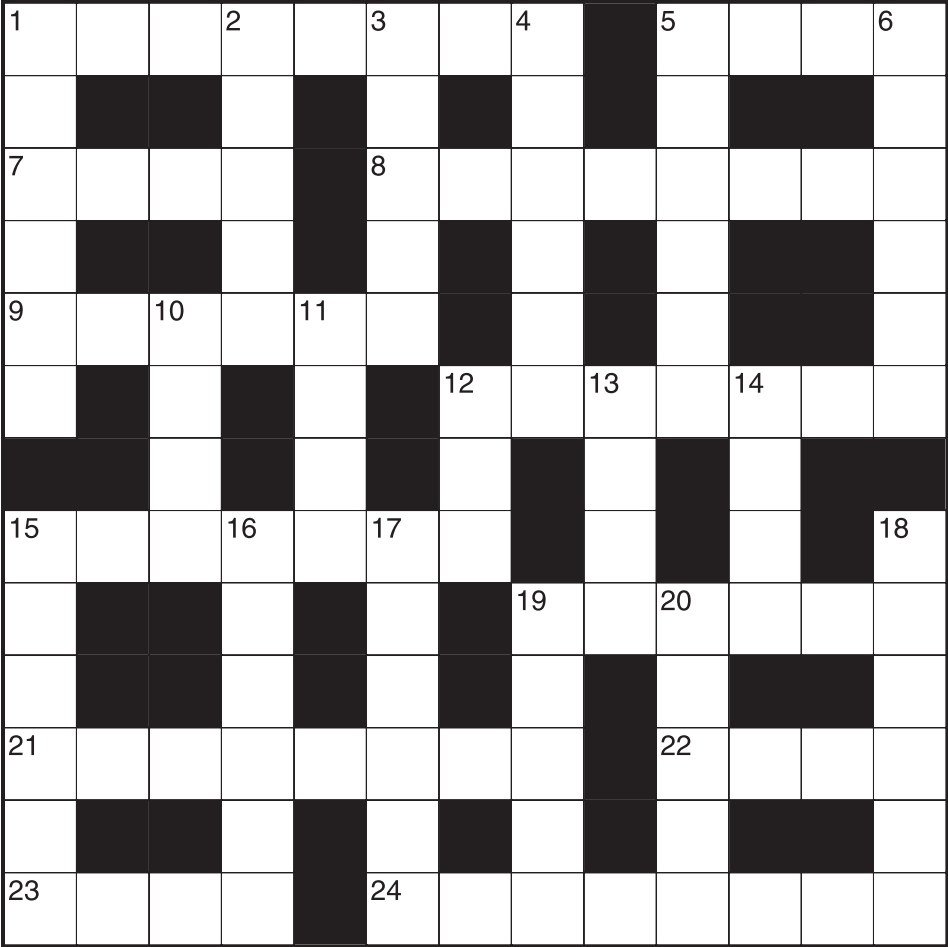
PLAYING TRIVIA

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.

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



ACROSS

1. Connective tissue
5. Black & white whale
7. Saint's ring
8. Migraine
9. Library user
12. Guided (to seat)
15. Magic lamp owner
19. Laundry appliances
21. Goes back over
22. Command to stop horse
23. Infected cut
24. Idolise, put on a ...

DOWN

1. Pakistani city
2. Audibly
3. Early anaesthetic
4. Attributes
5. Carrot colour
6. Ancient (3-3)
10. Greenish-blue
11. Writer, ... Blyton
12. Ornate garden pot
13. Tresses
14. Adjudicate
15. Scares
16. University award
17. Frozen polar cover
18. Assault
19. Gave medicine to
20. Tired reflexes

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

ART
BASKET
BLINDS
CARPET
CEILING
CHAIR
COOL
CURTAINS
DECORATING
DESIGN
HANGING
HUE
LAMP
LIGHTING
ORNAMENTS
PAINTING
PERSONAL
PHOTOS
POSTER
PRINT
ROOM
RUG
SHELVES
SOFA
STATUE
TONE
TRIM

Mystery Answer:

Fun With Trivia 1335 - 1337

1335. What's the name of the group responsible for the Macarena?

.....

1336. How many Americans tuned in to watch the OJ Simpson trial verdict?

.....

1337. Who was Russia's first elected president?

.....

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4		6		7		1		2
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Fun With **Trivia** 1338 - 1341

- 1338.** What was the first animated feature film to be nominated for a Best Picture Oscar?
-
- 1339.** Whitney Houston had a massive hit in 1992 with a cover of whose hit?
-
- 1340.** As a child star Macaulay Culkin was paid \$1 million for what film?
-
- 1341.** What fashion accessory was invented by a US high school shop teacher?
-

CLUES

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ANSWER:

23	20	13	19	19	8							
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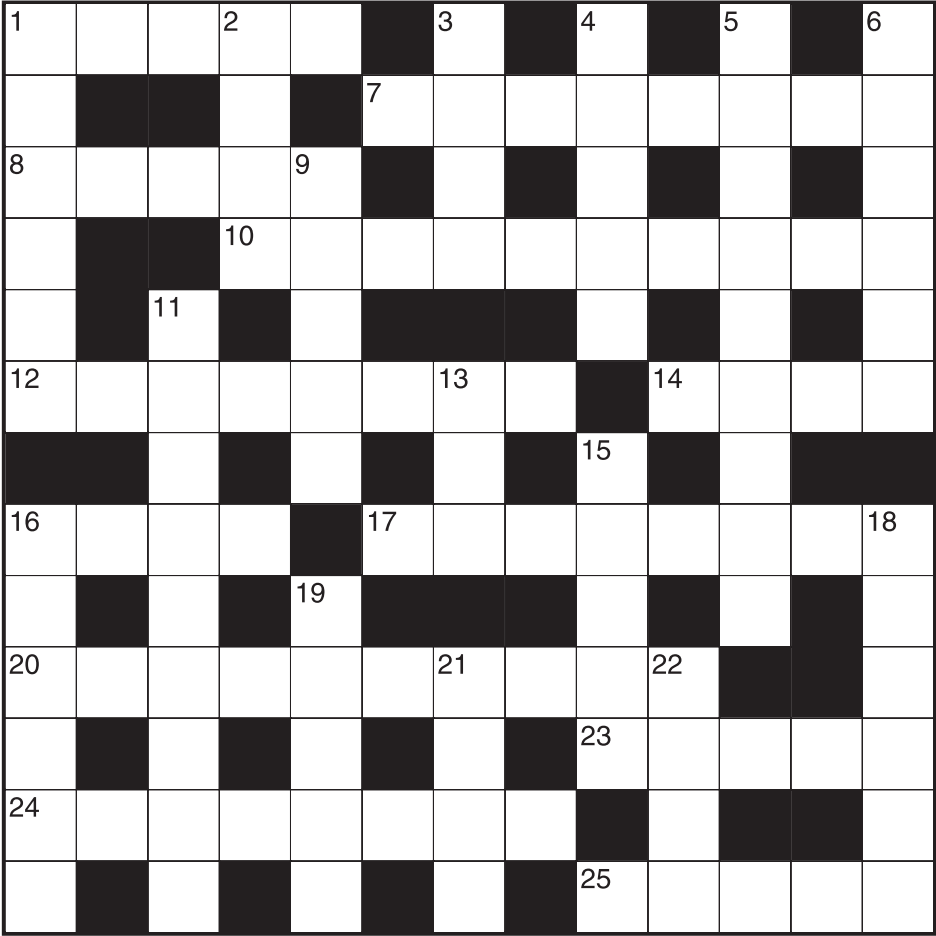
V

W

X

Y

Z



ACROSS

1. Desert wanderer
7. Tulsa's state
8. Roll (dice)
10. Vests
12. Aching (for)
14. Land measure
16. Vagrant
17. Afterbirth
20. Watering
23. Flavoured topping
24. Fragrant flower
25. Picked out

DOWN

1. Advise
2. Affirm
3. Performs slalom
4. Explorer, ... Polo
5. Wooing
6. Harass
9. Cautions
11. Conan the ...
13. Zero
15. Quick lookovers
16. High point
18. Stick (to)
19. Ditto
21. Ballet dress
22. Long deep wound

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

ABODE
 ACCORDION
 ACTOR
 ADDRESS
 ADULT
 AIRPORT
 AMBULANCE
 AMPHIBIAN
 ANCHOVY
 ANIMAL
 ANKLE
 ANTELOPE
 ANTLER
 APE
 APOLOGY
 APPLE
 APRON
 ARCH
 ARMCHAIR
 ARTWORK
 ASTERISK
 ASTRONAUT
 ATLAS
 ATOM
 ATRIUM
 AUTOMOBILE

Mystery Answer:

Fun With Trivia 1342 - 1344

1342. The Power RangersTV series was banned in what country until 2011?

1343. What video game was the first ever to be played in space?

1344. Genetic engineering introduced what colour roses for the first time?

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

Fun With Trivia 1345 - 1348

1345. What was the first rap song to hit No.1 on the Billboard Hot 100?
-
1346. What actor starred in two of the top 10 highest-grossing films of the 1990's?
-
1347. What is considered the first reality TV show?
-
1348. What was the bestselling video game console of the 1990's?
-

CLUES

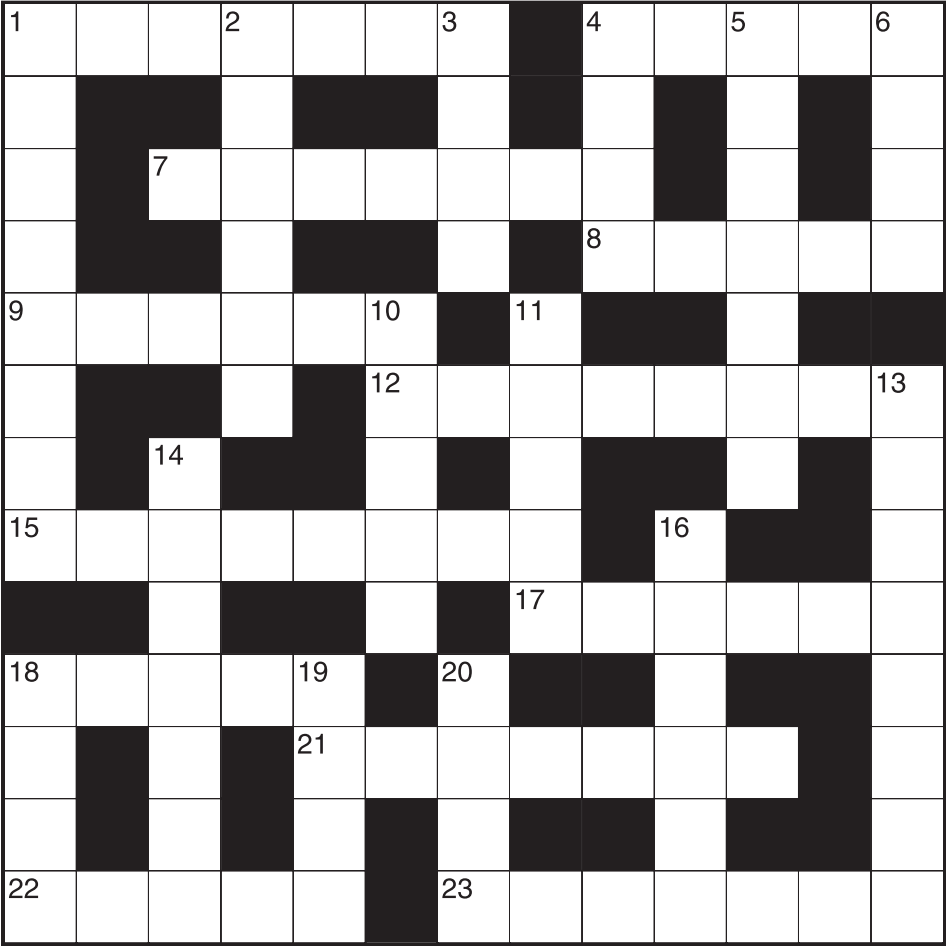
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8		6		17	16	6	8	14		14		17
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ANSWER:

11	14	11	15	6	20							
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A B C D E F G H I J ~~K~~ L M N O P Q R S T U V W X ~~Y~~ Z

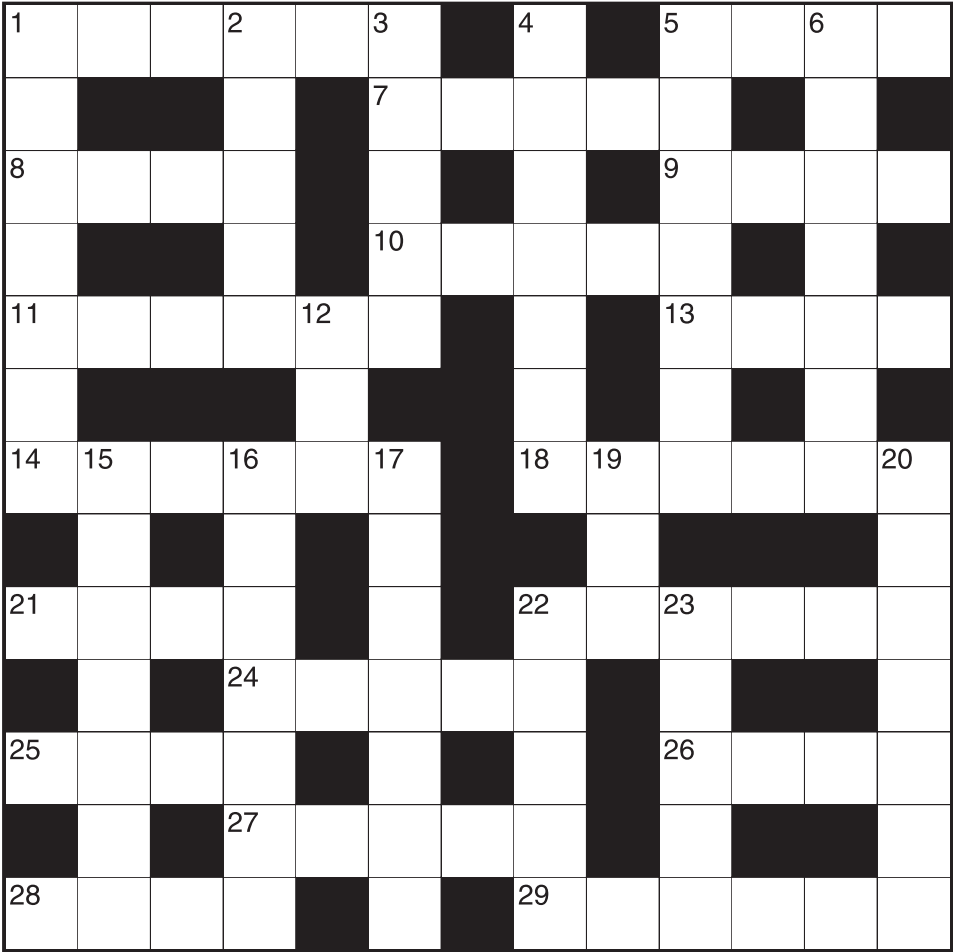


ACROSS

- 1. Amazon river fish
- 4. Enter witness box, take the ...
- 7. Severely
- 8. Dodge (fare)
- 9. Canada's capital
- 12. Nearby area
- 15. Open to choice
- 17. Stoat-like animal
- 18. Pale or dark hue
- 21. Mamas & papas
- 22. Serving spoon
- 23. Roosted

DOWN

- 1. Dolphin relative
- 2. Missing
- 3. AD, ... Domini
- 4. Eyelid inflammation
- 5. Heartburn medicine
- 6. Rounded roof
- 10. Shy away from
- 11. Spiral pin
- 13. Aged (of paper)
- 14. Connected by blood
- 16. N European sea
- 18. Spiritual essence
- 19. Duelling sword
- 20. Water bead



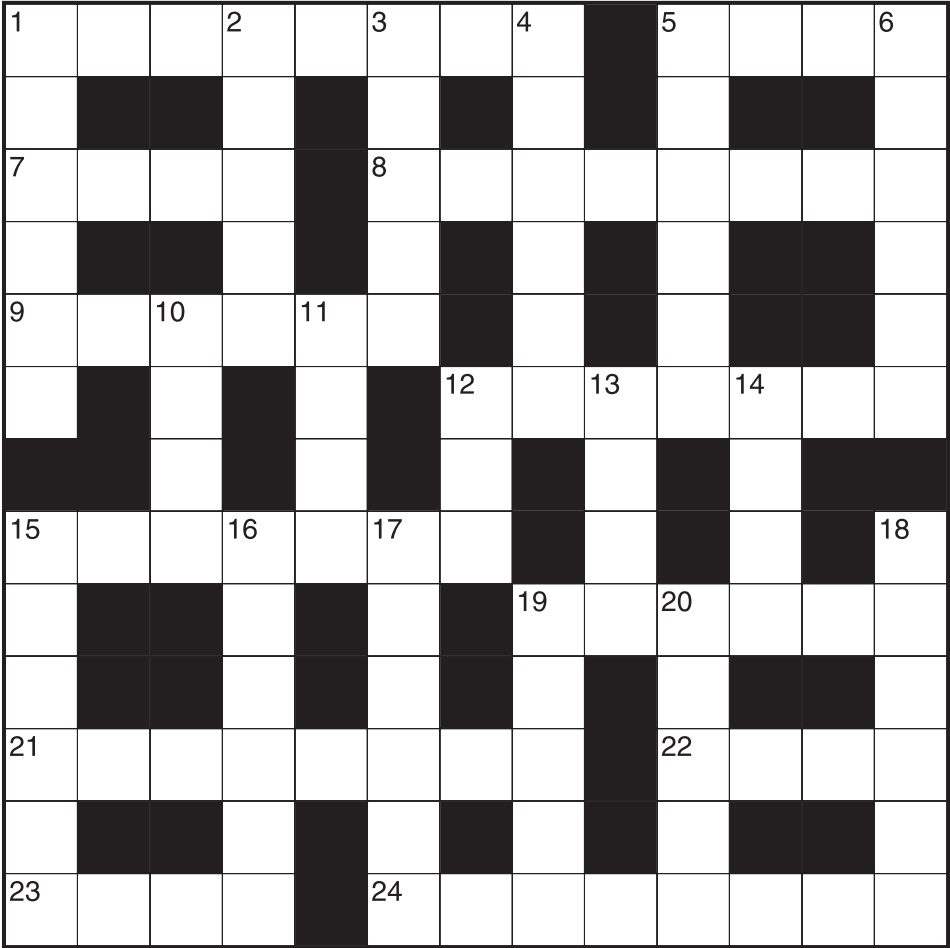
ACROSS

1. Tasty morsel
5. Actor, ... Gosling
7. Hi!
8. Unconscious state
9. Pinnacles
10. Punctuation mark
11. Midday, 12 ... (1'5)
13. From Bangkok
14. Ferocious
18. Priced (work)
21. London's ... Park
22. Harrowing ordeal
24. Nook
25. Polluted air
26. News
27. Go inside
28. Gratified
29. Sifted

DOWN

1. Magnates
2. Well done!
3. Through ... & thin
4. The ... Games
5. Spins
6. Pacify
12. Wheel tooth
15. Awful
16. Took reprisals for
17. Draws forth
19. Paddle
20. April gem
22. Cry, shed ...
23. Similar in appearance





ACROSS

- 1. Ginger-haired people
- 5. Brass instrument
- 7. Supermarket section
- 8. Re-evoke (memories)
- 9. Logic
- 12. Grassy fields
- 15. Tropical fruit
- 19. Ignite
- 21. Wined & dined (lover)
- 22. Bluefin fish
- 23. Ceremony
- 24. Apprehension

DOWN

- 1. Horsemen
- 2. Flags down (cab)
- 3. Kitchen garment
- 4. Spirit meeting
- 5. Joined forces, ... up
- 6. Cancels (marriage)
- 10. Related
- 11. Atop
- 12. Mr & ...
- 13. Opposed to
- 14. Was in debt to
- 15. Reflector
- 16. Car shed
- 17. Votes for
- 18. Demean
- 19. Prestige
- 20. Cathedral, ... Dame

WIN a \$100 Gift Card

November

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

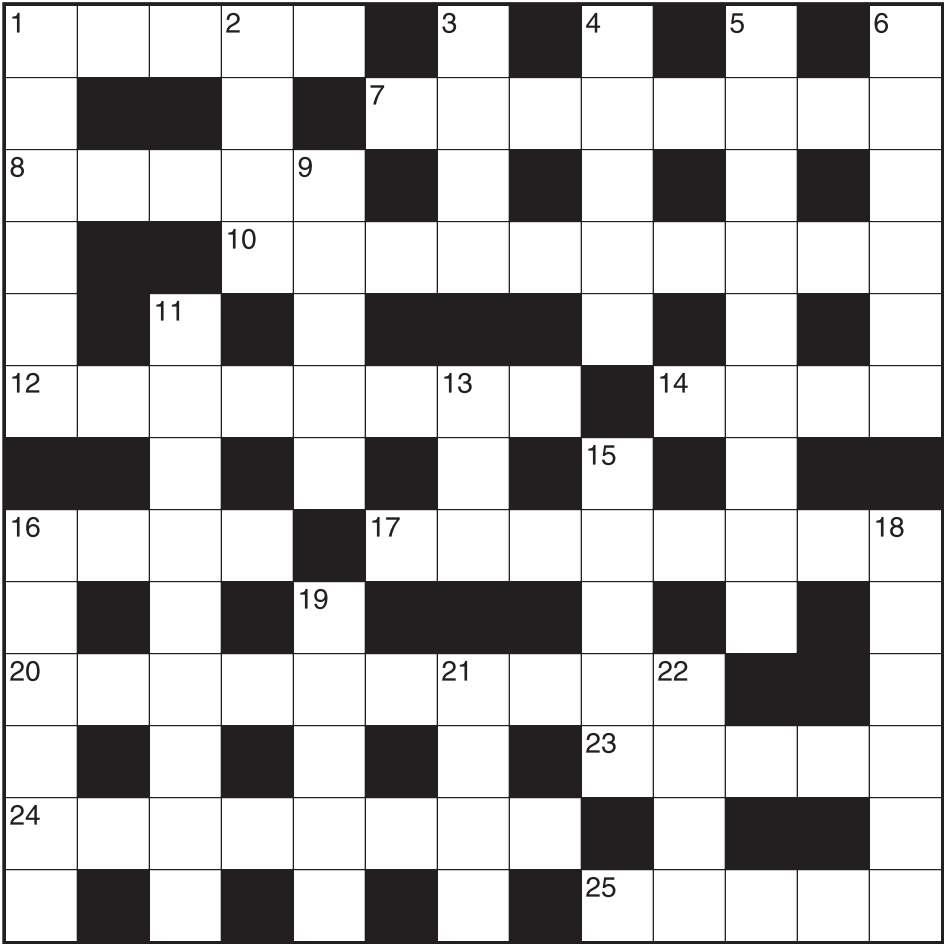
HINT: the answers to the bonus questions can be found on our website.

The same applies to December and January 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.

- November Answers & Solutions – published on November 1st 2025
- December Answers & Solutions – published on December 1st 2025
- January Answers & Solutions – published on January 1st 2026

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



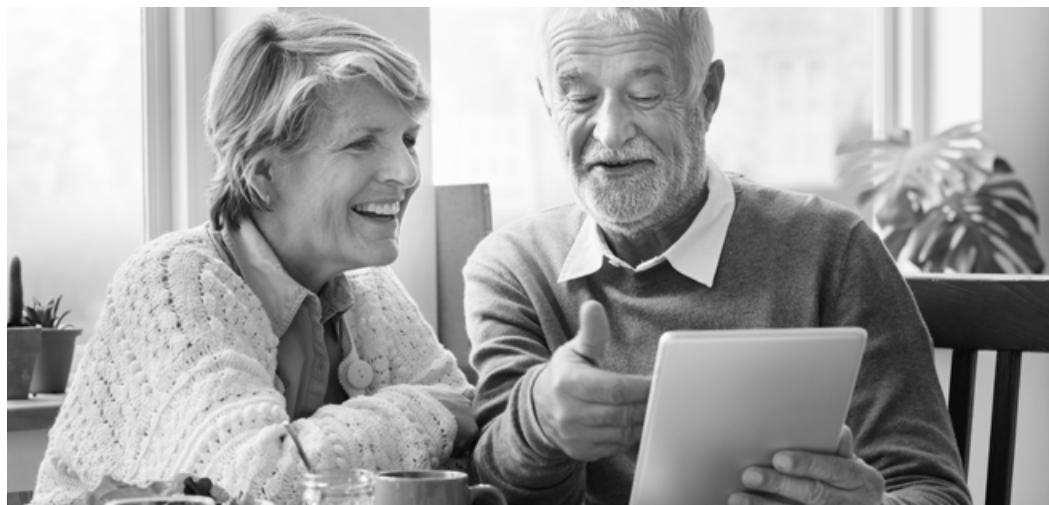
ACROSS

- 1. Bogus doctor
- 7. Disconnect
- 8. Taboo actions (2-3)
- 10. Fantasised
- 12. Mariner
- 14. Duct
- 16. Grape, Pinot ...
- 17. Recognised
- 20. Minor (expenses)
- 23. Decreased
- 24. Refinement
- 25. Assent

DOWN

- 1. Australian airline
- 2. Clump of earth
- 3. Give temporarily
- 4. Brings under control
- 5. Breakfast preserve
- 6. Sell door-to-door
- 9. Long tales
- 11. Flight stewards (5,4)
- 13. Use frugally, ... out
- 15. Tropical parrot
- 16. Sounds
- 18. Trawl (riverbed)
- 19. Writer, ... Allan Poe
- 21. Friendly
- 22. Auld ... Syne

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.

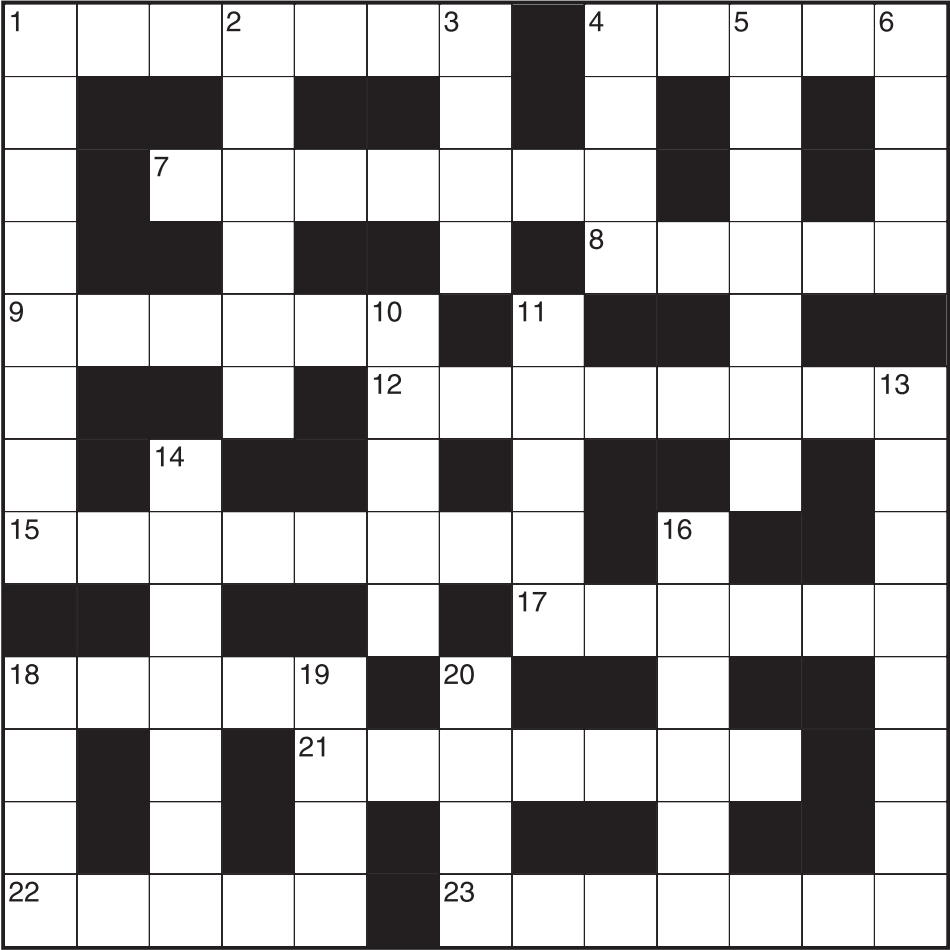
4. We're flexible to ensure you get what YOU want

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

GEEBUNG | BROWNS PLAINS | REDLANDS | DECEPTION BAY



ACROSS

1. Wandering (tribesman)
4. Milk-bottle container
7. Cheer
8. Praise highly
9. Cuban capital
12. Brave
15. Idler
17. Sloping (font)
18. Strainer
21. Uncivilised
22. African river-dweller
23. Belt holes

DOWN

1. In summary, in a ...
2. Charity launch
3. Friendly slap on back
4. Relinquish (land)
5. Yearly handbook
6. Walk offstage
10. Vehicles
11. Desert plants
13. Throws away
14. Over-excited (5,2)
16. Part of battle plan
18. So much
19. Portugal's currency
20. Search (horizon)

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

- ANGEYES
- ARRIVAL
- CASSANDRA
- CHIQUITITA
- EAGLE
- HEAD OVER HEELS
- I AM JUST A GIRL
- I HAVE A DREAM
- MAMMA MIA
- MOVE ON
- ONE OF US
- OUR LAST SUMMER
- ROCK ME
- SO LONG
- SUPER TROUPER
- THAT'S ME
- THE PIPER
- TIGER
- WATERLOO

Mystery Answer:

Fun With **Trivia** 1349 - 1351

1349. Which actor was one of the first approached to play Buzz Lightyear in Toy Story?

1350. What was the most-watched TV episode of the 1990s?

1351. What band is featured on Beavis' shirt in Beavis & Butthead?

	4	7				9	2	6
5			4	2				1
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3				4	8			5
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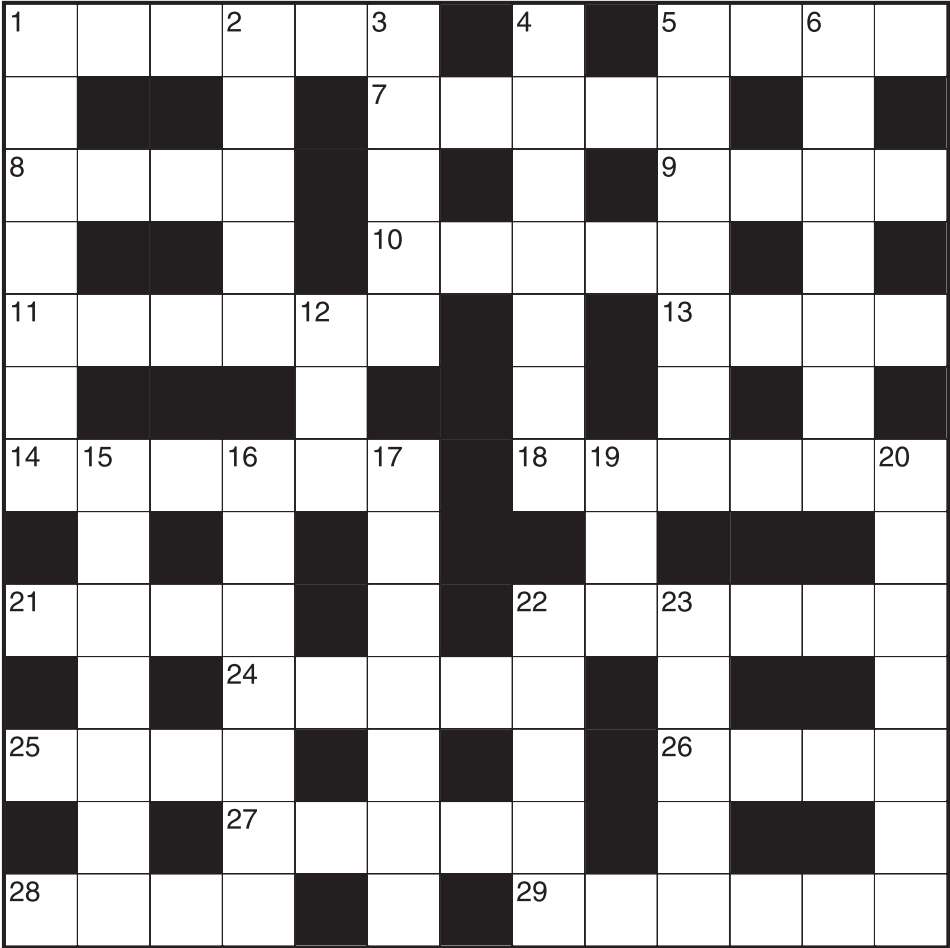
Fun With Trivia 1352 - 1355

1352. What was the name of Bill and Hillary Clintons' cat?
.....
1353. What two actors voiced Simba in the original animated Lion King?
.....
1354. Tamagotchi" is a combination of two Japanese words that mean what?
.....
1355. What was the bestselling rock album of the 1990s?
.....

CLUES

CLUES													1	2	3	4	5	6	7	8	9	10
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ANSWER:													26									
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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



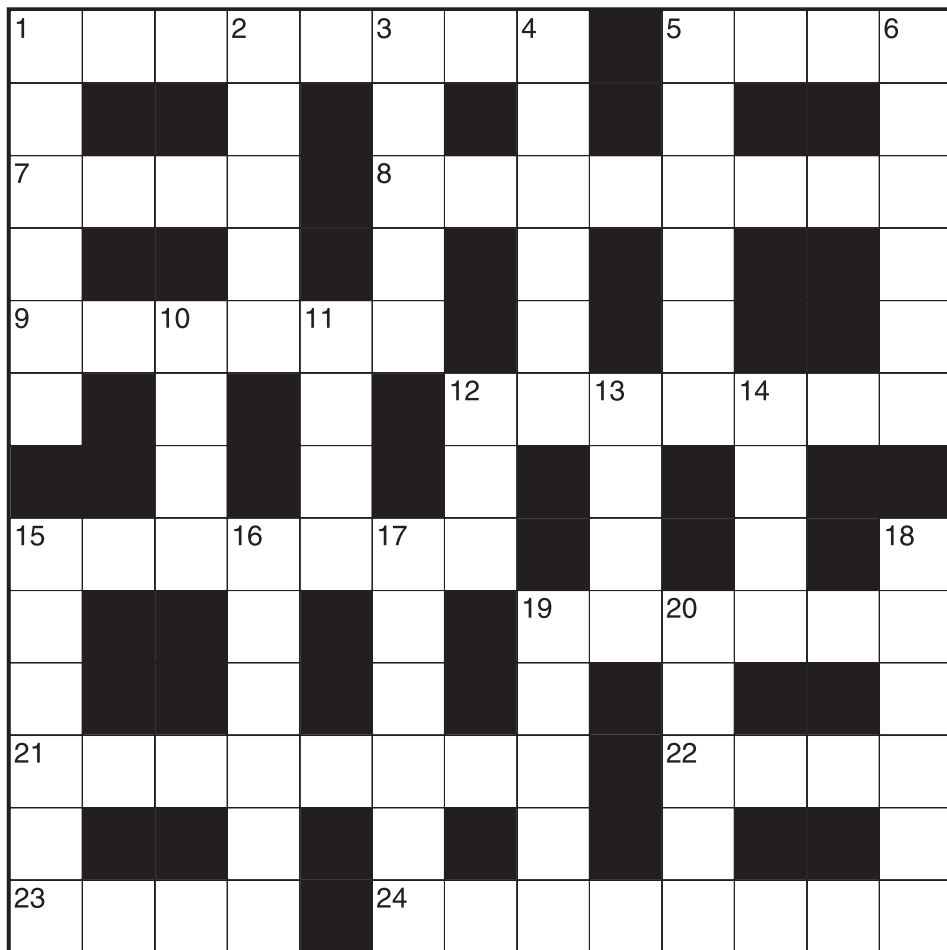
ACROSS

1. Underground passage
5. Mineral springs
7. Utilisation
8. Info
9. Handle roughly
10. Herbs, bouquet ...
11. Rubs out
13. Xmas
14. Body powder
18. Fine displays
21. Dark (shade)
22. Steered off course
24. Shopping mall
25. Stereo unit (2-2)
26. Record platter
27. Recess
28. Vampire's tooth
29. Terraced

DOWN

1. Most orderly
2. Approaches
3. Pulmonary organs
4. Hot spice
5. Meeting
6. Keenly (aware)
12. ... de toilette
15. United States of ...
16. Sealing (oil well)
17. Tile-chip art
19. Regret
20. Led astray
22. Hotel employee
23. Actor, ... Redmayne





ACROSS

- 1. Sang alpine-style
- 5. ... Strauss jeans
- 7. Slick
- 8. Waterfalls
- 9. Cried (of lion)
- 12. Whiskered
- 15. Abstains (from)
- 19. Midday, 12 ... (1'5)
- 21. Wild adventure
- 22. Whisky measure
- 23. Fiji's capital
- 24. Keeps an eye on

DOWN

- 1. Cultured milk food
- 2. Glowing coal
- 3. Doctored (drink)
- 4. Wish for
- 5. Thinner
- 6. Distributed
- 10. Unchanged (2,2)
- 11. Deer
- 12. Commuter coach
- 13. Star of 30 Rock, ... Baldwin
- 14. Protest march
- 15. Roadhouses
- 16. Galapagos lizard
- 17. Ketchup, ... sauce
- 18. Stints
- 19. Excessively fat
- 20. Ore seams

K	B	C	O	M	B	U	S	T	I	O	N	N
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ALIGHT
BAKING
BLAZING
BURN
CHAR
COKE
COMBUSTION
CONFLAGRATION
EMBERS
ENERGY
FIERY
FIREPLACE
FLUE
HEARTH
HEAT
HOT
ILLUMINATE
INFERNO
INGLENOOK
KINDLING
PIPE
RADIATE
RED
SMOKESTACK
SPLIT WOOD

Mystery Answer:

Fun With **Trivia** 1356 - 1358

1356. What fad toy was feared to be a tool for foreign spies?

.....

1357. What hit song was unwittingly written about deodorant?

.....

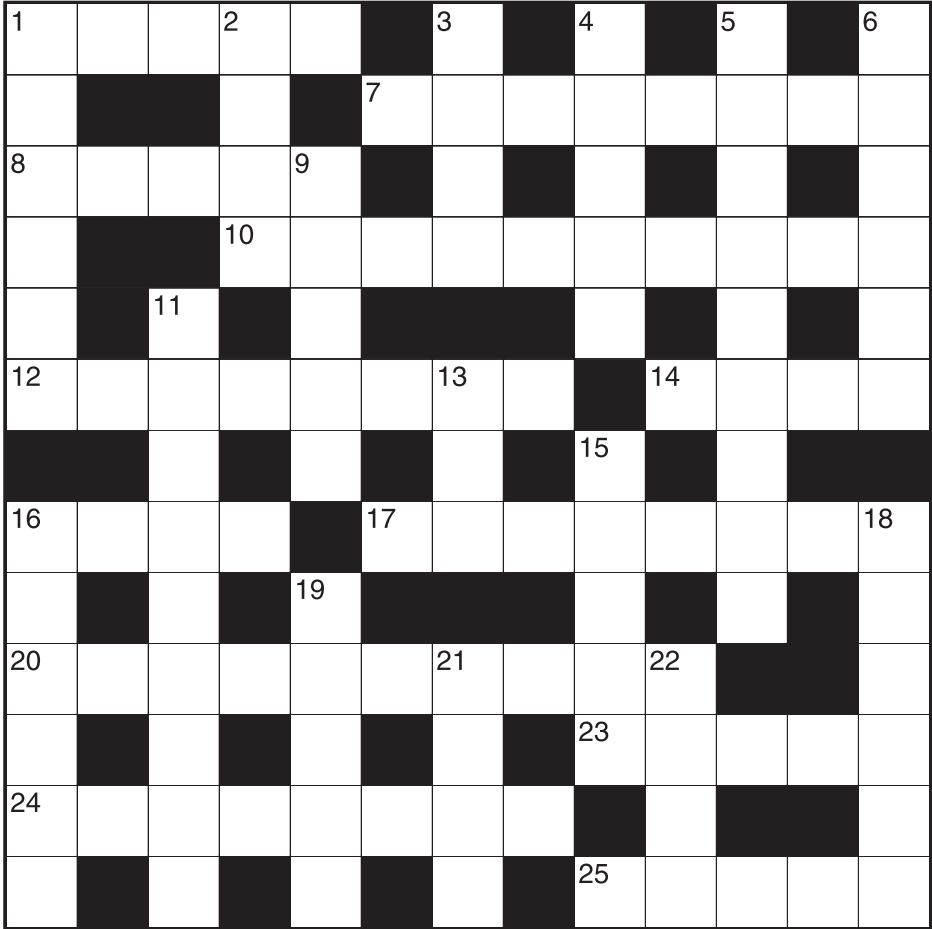
1358. When did the Google search engine first debut?

.....

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Fun With **Trivia** 1359 - 1362

1359. What was the name of the first cloned sheep?
-
1360. What classic Audrey Hepburn film was the title of a 1995 one-hit wonder?
-
1361. Which Spice Girls singer wasn't an original member of the group?
-
1362. Michael Jordon led the Chicago Bulls to how many championships?
-

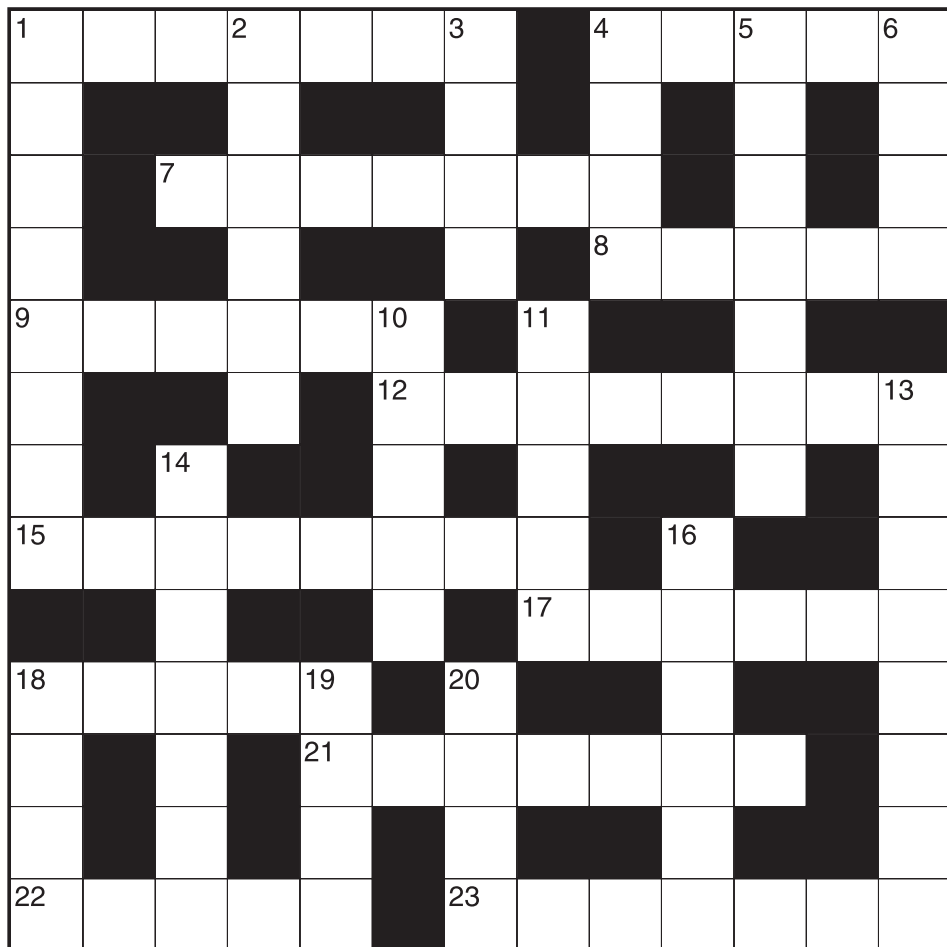


ACROSS

- 1. Strikes down
- 7. Lovely
- 8. Blowin' In The Wind singer, Bob ...
- 10. Religious zealotry
- 12. Comprehends
- 14. Bra parts
- 16. Edges
- 17. Grout removers
- 20. One who eats no meat
- 23. Tugs
- 24. Hogwash
- 25. Seize (power)

DOWN

- 1. Hay
- 2. Piece of foliage
- 3. Jumping parasite
- 4. Wizardry
- 5. Files (fingernails)
- 6. Extinguishes, ... out
- 9. WWII German fascists
- 11. Acting destructively
- 13. And so on
- 15. Indonesian dish
- 16. Perks (up)
- 18. Recaps (4,2)
- 19. Filthy places
- 21. Baby's biscuit
- 22. Grans



ACROSS

1. Worked (dough)
4. Car hoists
7. Withhold vote
8. Bone images (1-4)
9. Overacted, ... it up
12. Circling
15. Mad dash
17. Raised (kids)
18. Biblical traitor
21. Cryptic clue
22. Legitimate, above ...
23. Furnishing cloth

DOWN

1. Rooms for cooking
2. Photo books
3. Beloved
4. Bring bad luck to
5. Live together
6. Torpedo-armed vessels
10. Arched roofs
11. More competent
13. Holder of degree
14. ANC hero, Nelson ...
16. Untenanted
18. Door frame post
19. Beach surface
20. Toss

CLUES

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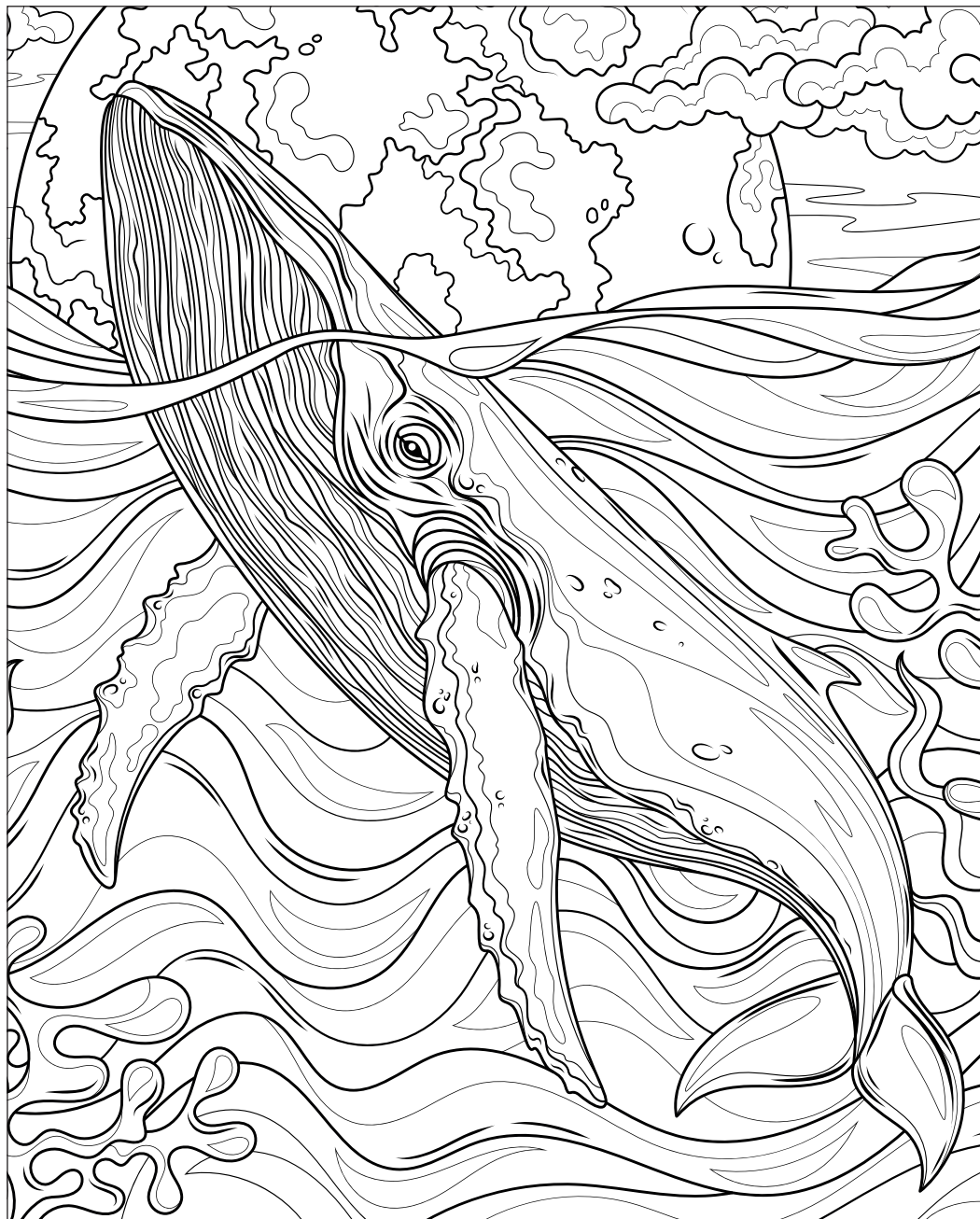
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ANSWER:

9	20	5	13	11	22							
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- ACROSS

1. Computer input device

5. Whip stroke

7. Ride the waves

8. Spruced up

9. Removes completely

12. Awaiting

15. Frypan

19. Stomach inflammations

21. Finger joints

22. Philosopher, ... Marx

23. Tropical tubers

24. Bullfighters
- DOWN

1. Affectionate pecks

2. Polishes

3. Uncles' wives

4. Possible

5. Stared

6. Camouflaging

10. German car maker

11. Noble rank

12. Family cat

13. ... & void

14. Not in use

15. Often ill

16. Cavalry weapons

17. Symbol

18. Biblical prayers

19. Disturbed

20. Plastered (with mud)

R	S	T	T	G	I	H	W	R	H	M	K	R
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ABE
 ADDRESS
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 RAIL SPLITTER
 REPUBLICAN
 SENATE
 SKILL
 STRATEGY
 SURVEYOR
 ULYSSES S GRANT
 UNION
 UNITED STATES
 WHIG

Mystery Answer:

Fun With **Trivia** 1363 - 1365

1363. How old was Tiger Woods when he won his first Master's?

.....

1364. In the movie Forrest Gump, Forrest compares life to a what?

.....

1365. Who played Captain Steven Hiller in Independence Day?

.....

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Fun With Trivia 1366 - 1369

1366. What movie was Robin William’s first animated film?

1367. What Australian movie from 1997 starred both Michael Caton and Eric Banner?

1368. What actress played the main character in Clueless?

1369. What was the highest grossing film on the 1990’s?

CLUES

1	2	3	4	5	6	7	8	9	10
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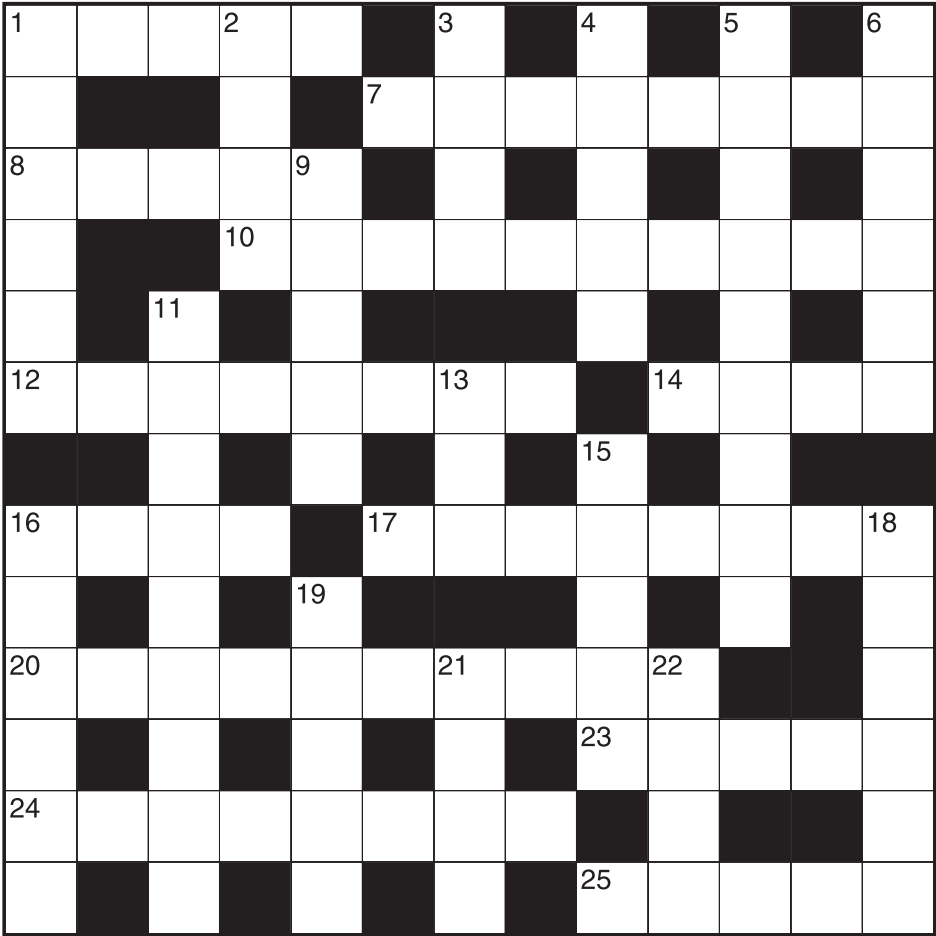
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ANSWER:

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



ACROSS

1. Caked with soil
7. Paint atomiser (5,3)
8. Mauve flower
10. Estate warden
12. Mariner
14. Matured
16. At a distance
17. Futuristic (5-3)
20. TV forecaster
23. In the buff
24. Omit (5,3)
25. Stopped

DOWN

1. Affrays
2. Air resistance on car
3. Type of sword
4. Adhesive tag
5. Fall guy
6. Actress, ... Bergman
9. Gold purity unit
11. Twin-hulled boat
13. Sixth sense (1,1,1)
15. Arctic or Atlantic
16. Additionally (2,4)
18. Escaped adroitly
19. Principal
21. Convincing defeat
22. Indian bread

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.



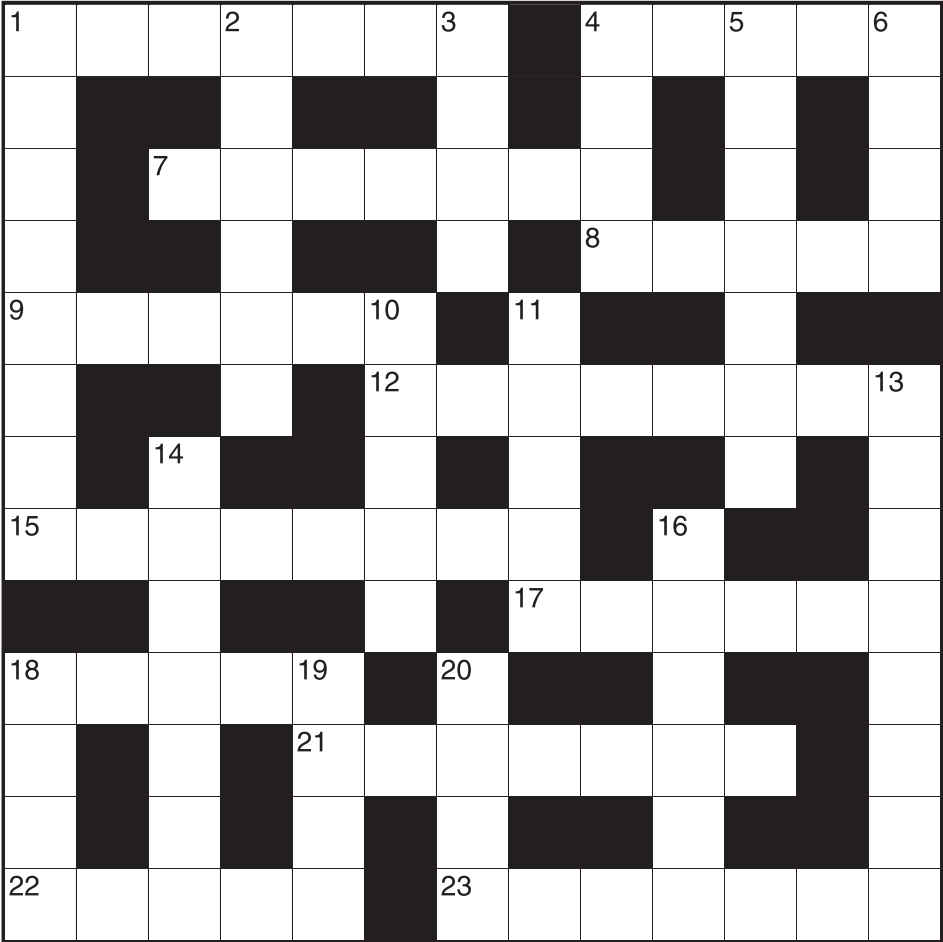
Our sense of independence can be challenged by admitting we might need a little help but Meals on Wheels is here to deliver more than just a meal to you. Whether you need meals every day, or just a few to help on those days you are not at your best, there is support available for you.

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
ASHGROVE	3366 4299
BEENLEIGH	3287 1477
BRIEBIE ISLAND	3408 1721
BULIMBA	3399 8900
BURPENGARY	3888 3754
CABOOLTURE	5495 2996
CAPALABA	3390 3450
CARINA	3398 7438
CENTENARY	3279 1974
CLEVELAND	3286 2626
CROSBY PARK	3256 0788
DECEPTION BAY	3203 2800

GEEBUNG	3263 6634
HOLLAND PARK	3397 9150
LOGAN CENTRAL	3808 2312
LOGAN WEST	3800 5263
MT GRAVATT	3343 6026
PINE RIVERS & DISTRICT	3285 2532
REDCLIFFE	3284 3861
SANDGATE	3269 2073
SHAILER PARK	3806 0529
STAFFORD	3356 2382
SUNNYBANK	3345 3795
WYNNUM MANLY	3396 9479
YERONGA	3848 9607

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

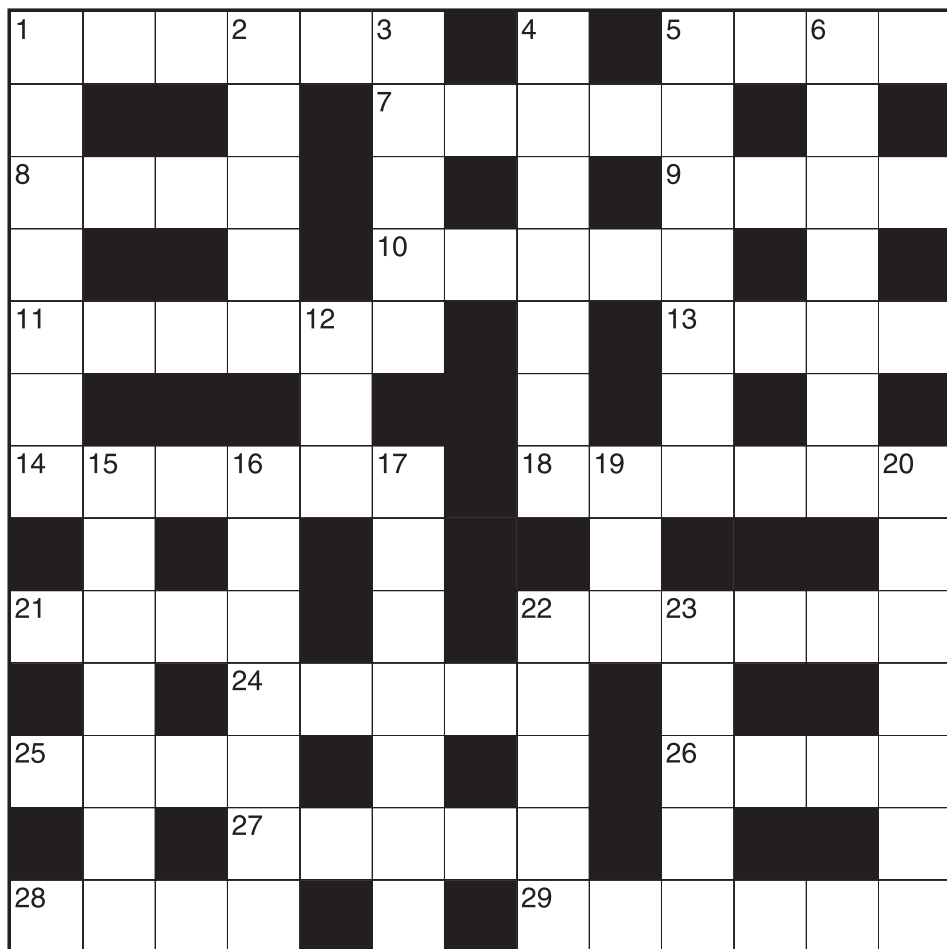


ACROSS

- 1. Crooner, Frank ...
- 4. Florida resort city
- 7. Trick
- 8. Remove completely
- 9. Spoiled, ... up
- 12. Speeches
- 15. Annual record
- 17. Radio crackle
- 18. Leaves job
- 21. Grapevine gossip
- 22. Designated (region)
- 23. Criticising severely

DOWN

- 1. Formally
- 2. Edgy, ill ... (2,4)
- 3. Sadly
- 4. Method
- 5. Airman
- 6. Untested (boast)
- 10. Blood giver
- 11. Levels of command
- 13. Holding in store
- 14. Papal state
- 16. Yellow finch
- 18. Trivia test
- 19. Garden shack
- 20. Fish-landing pole



ACROSS

- | | |
|----------------------|------------------------|
| 1. Lingers (on) | 18. Golf hole scores |
| 5. Cast's major star | 21. Author, ... Blyton |
| 7. Packing box | 22. Woven material |
| 8. Financial penalty | 24. Utilisation |
| 9. Female zebra | 25. Car or boat show |
| 10. Sacred poem | 26. Reed instrument |
| 11. Fluffy dessert | 27. Parent's brother |
| 13. Baghdad is there | 28. Unchanged (2,2) |
| 14. Harm | 29. Moved sideways |

DOWN

- | | |
|--------------------------|-------------------------|
| 1. Smeared (reputation) | 16. Strenuous |
| 2. Stares suggestively | 17. Beautify |
| 3. Extent | 19. Also called (1,1,1) |
| 4. Proficient | 20. Take over from |
| 5. Arctic rodent | 22. Church fairs |
| 6. Fees for plane travel | 23. Sit moodily |
| 12. Slump | |
| 15. Add-on buildings | |

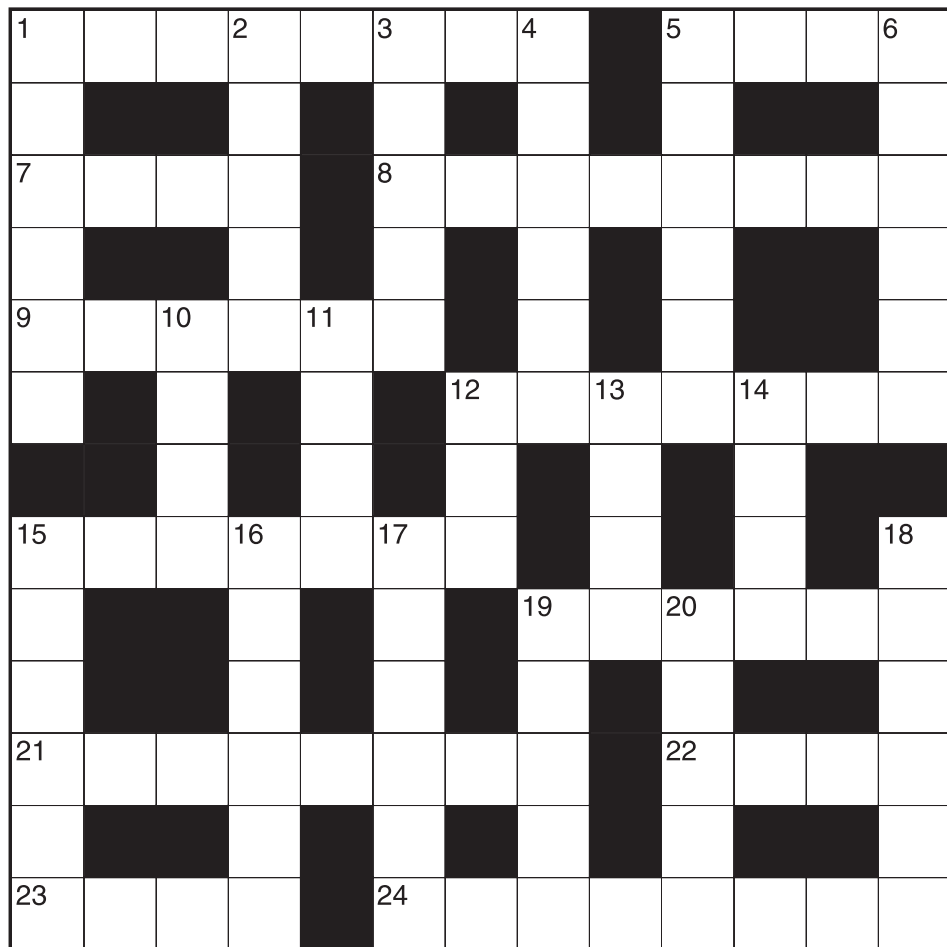
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Fun With Trivia 1370 - 1372

1370. What 90's film soundtrack became a bestseller?

1371. What band released "Give it away" in 1991?

1372. What was MC Hammer's most successful single in the 90's?

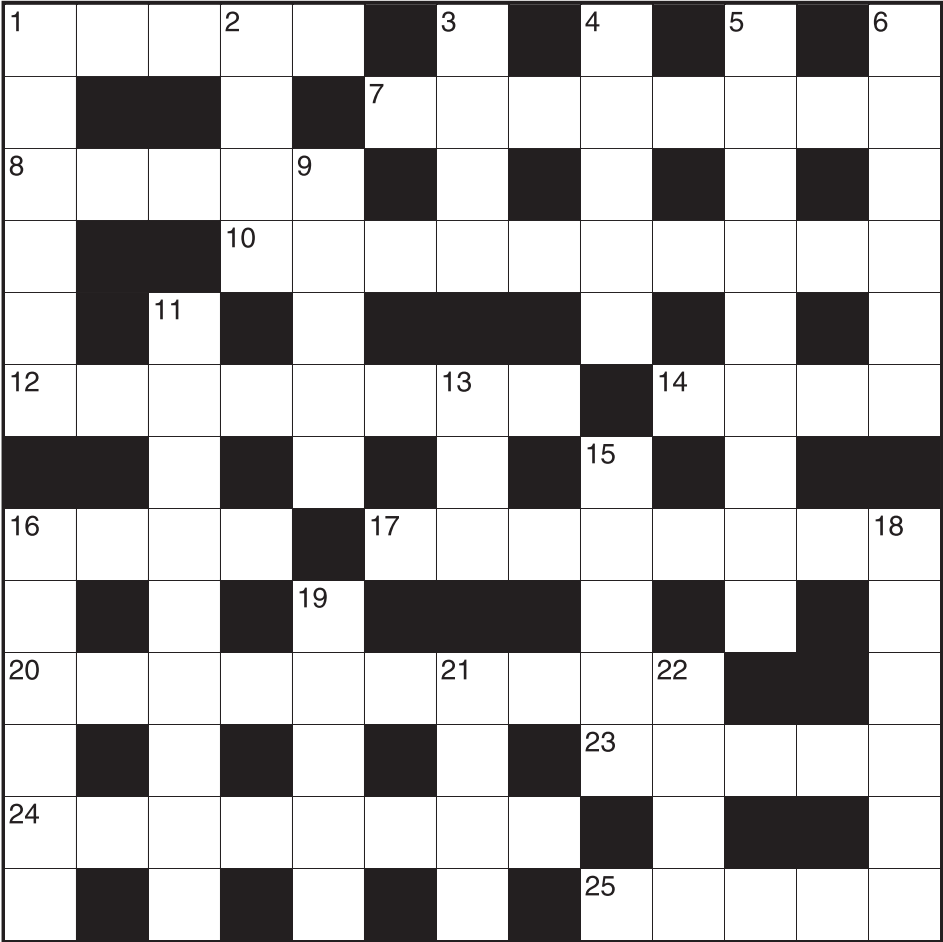


ACROSS

- 1. Kiddies
- 5. Killer whale
- 7. ... Strauss jeans
- 8. Looking
- 9. Relaxed
- 12. Spruces up
- 15. Smacked
- 19. Roof support
- 21. Queensland capital
- 22. Oil producers' group
- 23. Made last, ... out
- 24. Rubbed down

DOWN

- 1. Body powder
- 2. Car trip
- 3. Octet number
- 4. Ouija board meeting
- 5. Of the magical arts
- 6. Cherubs
- 10. Real, ... fide
- 11. Narrow part of bottle
- 12. Bushranger, ... Kelly
- 13. Vicinity
- 14. Compass point
- 15. Move like
blancmange
- 16. Brought about
- 17. Mummify
- 18. For sale (at)
- 19. Winds (in)
- 20. Native plants



ACROSS

- 1. Normal
- 7. Industrious
- 8. On a par
- 10. Of children's health
- 12. Insignificant people
- 14. Grooves
- 16. Formerly
- 17. Scribbled
- 20. Rapt surprise
- 23. Recorded (program)
- 24. Appear again (2-6)
- 25. Hank of wool

DOWN

- 1. One-sided (contest)
- 2. Pronto (1,1,1,1)
- 3. Knotted
- 4. Backless sofa
- 5. Sadly
- 6. Factory chimneys
- 9. Praises
- 11. Fled
- 13. Keyboard key
- 15. Swiss dog breed, ... Bernard
- 16. Forward
- 18. Make numb
- 19. More recent
- 21. Assaults & robs
- 22. Sew roughly

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.

Can we help with your funeral planning?



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

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

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



Sometimes it can be more comfortable to arrange a funeral at home

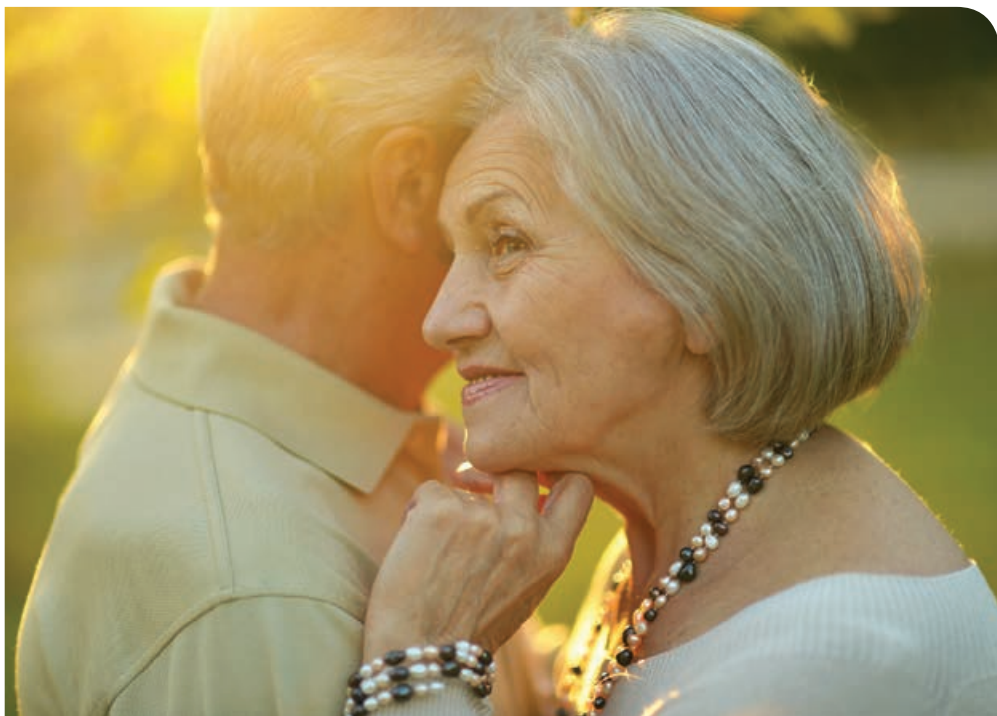
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