

## 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
- Each of the nine horizontal rows.
- Each of the nine 3 x 3 blocks

Remember no number can occur more than once in any row, column or 3x3 block.

#### PLAYING CROSSWORDS

Crosswords are one of the greatest word association puzzles of all time. Our 15x15 crosswords are easy to do in one session or complete over time. Using the clues provided fill in the answers moving left to right and top to bottom. Work with a friend if you want as sometimes two heads are better than one when solving a crossword puzzle. The more puzzles you do, the more familiar you'll be with standard puzzle clues and answers.

#### PLAYING WORDSEARCH

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

#### PLAYING CODE CRACKER

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

#### PLAYING TRIVIA

Trivia is a great way to test your memory for general knowledge and history. Simply write your answers beside the questions and check to see how many you got right. Great to do with friends or on your own.

#### **COLOURING FOR ADULTS**

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

## **February**

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18								

#### **ACROSS**

- 1. Purposeless
- 7. Unlawfully obtained
- 8. Noisy serpent
- 12. Baking powder, ... of soda
- 17. Constraints
- 18. Without being named

- 1. Nostalgic items
- 2. Valuable quality
- 3. Perfect
- 4. Shiny paint
- 5. Auxiliary
- 6. Pointlessly
- 9. Drink brand, ... Maria
- 10. Dwindle

- 11. Convent dweller
- 13. Featured character part
- 14. Cranky
- 15. Surpass
- 16. Physics particles



## Wordsearch No: 161 Theme: THE GREAT



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

**AKBAR ALBERT ALEXANDER** ALFRED **ANTIOCHUS BRUNO CANUTE CATHERINE CHARLES CONRAD CONSTANTINE** DARIUS **FERDINAND FREDERICK** ODO OTTO **PETER PHOTIUS SANCHO SARGON** ST BASIL ST GREGORY **STEPHEN TAMBURLAINE THEOBALD** VALDEMAR

WILLIAM

## Fun With **Trivia** 1221 -1223

5

**1221.** Who played the character Luke Skywalker in the original "Star Wars" film released in 1977?

**1222.** What was the name of the robot in the film "Star Wars" (1977)?

1223. Which actor portrayed Rocky Balboa in the movie "Rocky" released in 1976?

Sudoku No: 194 Level 1

**February** 

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8						1		

## Fun With **Trivia** 1224 - 1227

**1224.** Who directed the film "Jaws" released in 1975?

**1225.** What was the highest-grossing film of the 1970s?

1226. Who played the character Vito Corleone in the film "The Godfather" (1972)?

1227. Which actor starred as James Bond in the 1973 film "Live and Let Die"?

1227. WHICH actor started as James Bond III the 1973 Hill Live and Let Die



## Code Cracker No: 161



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

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#### **ACROSS**

- 1. Protected
- 7. Flight nausea
- 8. Style innovator
- 12. Moved
- 17. Written queue for enrolment (7,4)
- 18. Cold buffet

- 1. Slum districts
- 2. Charade
- 3. Gnash (teeth)
- 4. Lower leg joint
- 5. Lingered (on)
- 6. Damaged reputation of
- 9. Convent dweller
- 10. Sunscreen rating (1,1,1)
- 11. Harmful cigarette component
- 13. Cowboy's friend
- 14. Catapult
- 15. Creeps (towards)
- 16. Heavy horned animal

## Wordsearch No: 162 Theme: PLATO



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

**ALBUMS AWARD BOOKS BOTTLE BOWL BOXES CANDLE CARDS CDS CLOCK CUPS CUSHION** DISCS **FOLDER FOOD FRAME GAMES GLASSWARE GLOBE** LAMP **MEMENTO MUGS ORNAMENT PHOTO PICTURE PIGGY BANK PLATE RECORDS SCULPTURE TAPES TEDDY TOYS TROPHY** 

**TUMBLERS** 

#### Fun With **Trivia** 1228 - 1230

**1228.** Who played the character Dorothy in the film "The Wizard of Oz" (1973) adaptation?

**1229.** What was the name of the fictional character in the film "One Flew Over the Cuckoo's Nest" (1975)?

1230. Who directed the film "Taxi Driver" (1976)?

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9	5		4					

## Fun With **Trivia** 1231-1234

1231. Which film won the Academy Award for Best Picture in 1976?

1232. Who starred as the character Atticus Finch in the film "To Kill a Mockingbird" (1976)?

**1233.** What long-running comedy series debuted in 1975, starring Henry Winkler as "The Fonz"?

**1234.** Which sci-fi series premiered in 1978, featuring a crew of astronauts aboard the Galactica?

## Code Cracker No: 162



CI	LUE	S	1		3	4	ļ	5	<sup>6</sup> K	7	8	9	10
10	2	20	8	1	19		1	9	17	14	10	1	11
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8		5		3	19	9	2	8		10		14	14
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AB&DEFGHIJ\*LMNOPQRSTUVWXYZ

## **February**

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18								

#### **ACROSS**

- Labouring excessively
   Romeo And Juliet author
- 8. Pilot's emergency escape (7,4)
- 12. Drunkenness
- 17. Calculated
- 18. Ride-on sports planks

- 1. Lewd remarks
- 2. Remove completely
- 3. Staple crop4. More mature
- 5. Senseless (comment)
- 6. Grandmother's brothers (5-6)
- 9. Ear of corn
- 10. Yes in Paris

- 11. Be seated
- 13. Surplus
- 14. Gargle & spit
- 15. Mexican pal
- 16. Tyre part, ... tube



1	2		3		4		5	6
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18								

#### **ACROSS**

- 1. Bed-&-breakfasts
- 7. Little Richard's music (4,3,4)
- 8. Provides pictures for (children's book)
- 12. Answerable
- 17. Planned routes
- 18. Arizona's spectacular gorge (5,6)

- 1. Sprouting (of seeds)
- 2. Surpass
- 3. Ruptures (muscle)
- 4. More eccentric
- 5. Yell
- 6. Merchandise seller
- 9. Flying saucer (1,1,1)

- 10. Twice five
- 11. Top credit rating (1,1,1)
- 13. Porcelain
- 14. Invert
- 15. Little crown
- 16. Salty

## **Adult colouring-in** No: 95

## February





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18								

#### **ACROSS**

- 1. Minimising (7,4)
- 7. Deprivation of liberty
- 8. Kind
- 12. Unworkable
- 17. Inventiveness
- 18. Westerns duellists

- 1. Specifying (course of drugs)
- 2. Firebug's felony
- 3. From Baghdad
- 4. Farm fowls
- 5. Musical, The Phantom Of The ...
- 6. Rotterdam is there, the ...
- 9. Knight's title

- 10. Medical practitioner
- 11. Repetitive strain injury (1,1,1)
- 13. Apparent
- 14. Elsewhere defence
- 15. Train
- 16. Sth America nation

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

- January Answers & Solutions published on 1st February 2025
- February Answers & Solutions published on 1st March 2025
- March Answers & Solutions published on 1st April 2025

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



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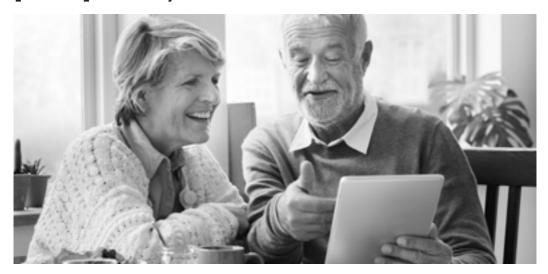
#### **ACROSS**

- 1. Unified
- 7. Modifications
- 8. Naval explosives-clearing ship
- 12. Preparing for sport (9,2)
- 17. Raising of crops
- 18. Brazenly

- 1. Noisy timepieces (5,6)
- 2. Once more
- 3. Former Microsoft chief, Bill ... 14. Select band
- 4. Metric unit
- 5. March
- 6. Inconsistency
- 9. Subside
- 10. Armed combat

- 11. Geological age
- 13. Mediterranean republic isle
- 15. Likeness
- 16. Smiles cheekily

## 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

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12	13		14		15		16	
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18								

#### **ACROSS**

- 1. Wealthy person
- 7. Doing pre-run stretches (9,2)
- 8. Tolerantly
- 12. Hard manual work (5,6)
- 17. Restarted
- 18. Skirted around

- 1. Small measures of distance
- 2. Crippled
- 3. Standard of perfection
- 4. Commotion
- 5. Brick of precious metal
- 6. Scatty (5-6)
- 9. One, numero ...

- 10. Prevent from speaking
- 11. Maiden name indicator
- 13. Panel
- 14. Units of power
- 15. Satirical performance
- 16. Carry on (3,2)

## Wordsearch No: 163 Theme: VOLLEYBALL



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

**BACK ROW BEACH BLOCKING BOUNDARY CONTACT COURT** DIRECT **FINGERTIPS FLOAT** FRONT ROW **GROUNDING HANDS** HITTING **OLYMPICS OPPONENT PASSING POSITIONS RULES SCORE SFRVF SETTER SETTING** SIDING OUT **SPIKING TOSS TOUCHES UNDERHAND** 

#### Fun With **Trivia** 1235-1237

**1235.** What was the name of the popular detective show that aired from 1975 to 1979, starring James Garner?

1236. Who played the character Hawkeye Pierce in the TV series "MAS\*H"?

**1237.** Which popular variety show, hosted by Donny and Marie Osmond, aired from 1976 to 1979?

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	3		9			8		6
4								

## Fun With **Trivia** 1238-1241

<b>1238.</b> What was the name of the robot in the TV series "Lost in Space"?
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**1239.** Who played the character J.R. Ewing in the TV series "Dallas"?

**1240.** Which medical drama series aired from 1972 to 1983, featuring a cast of doctors at the fictional Boston hospital?

**1241.** What was the name of the character played by Carroll O'Connor in the TV series "All in the Family"?

## Code Cracker No: 163



C	LUE	S	1	2	3	4	4	5	6	7	8	9	10
13	2	5	10	6		22		13	10	19	21	13	11
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6			2	18	5	13	15	6	10			5	14 <b>N</b>
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13		21		6	20	19	17	18		14		13	16 <b>Y</b>
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2	15	13	18		2	12	10		2	1	5	20	21
19			2	15	13	1	10	18	18			21	22
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#### **ACROSS**

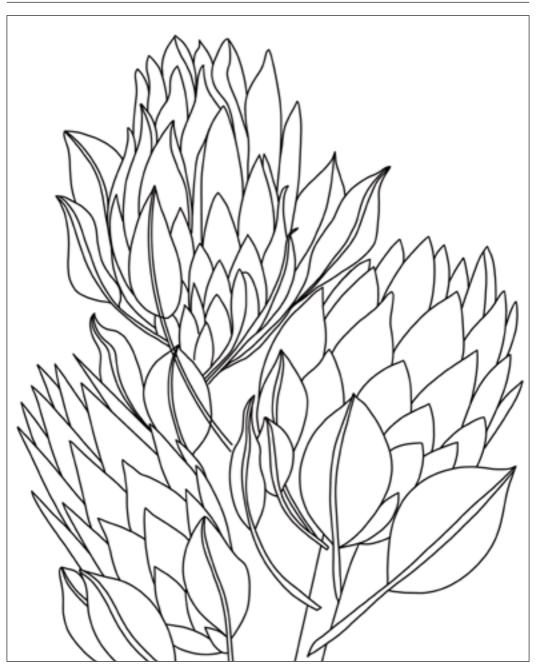
- 1. Exaggerating
- 7. Branch
- 8. Offender
- 12. Extraordinary
- 17. Bins
- 18. Chastened

- 1. Vanished into thin air
- 2. Fossilised resin
- 3. Spice, star ...
- 4. More frigid
- 5. Dope
- 6. Made broad claims
- 9. As easy as ...
- 10. Young child

- 11. Now, without further ...
- 13. Fighting birds
- 14. Coke's rival
- 15. As a whole (2,3)
- 16. Synthetic fabric

## Adult colouring-in No: 96





1	2		3		4		5	6
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12	13		14		15		16	
17								
18								

#### **ACROSS**

- 1. Humbling
- 7. Root vegetable (5,6)
- 8. Allusion
- 12. Loyalties
- 17. Ungratefulness
- 18. One in a million

- 1. Put in infirmary
- 2. Converges
- 3. Classical language
- 4. Hawaiian greeting
- 5. Baghdad native
- 6. Build-up (of public opinion)
- 9. I have (1'2)

- 10. Tertiary education institution
- 11. 2240 lbs
- 13. Rationale
- 14. Take hold of
- 15. Suspect's excuse
- 16. Large milk can

## **Wordsearch** No: 164 Theme: MIDDLE AGES



0	L	U	D	Ε	٧	0	L	Υ	L	T	R	U	0	С
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BOOK OF KELLS **CANNON** CHARLEMAGNE **CHAUCER CHRISTIANITY** CLIMATE CHANGE **COMPASS COURTLY LOVE CRUSADES** DOMESDAY BOOK FEUDAL SYSTEM FIEFS ISLAMIC SCHOLARS LORDS MONASTICISM NOTRE DAME **PLAGUE POPULATION SERES SLAVES UNIVERSITIES URBAN VASSALS** 

WELLS

#### Fun With **Trivia** 1242-1244

1242. Who starred as the character Alex Haley in the TV mini-series "Roots" (1977)?

**1243.** Which crime drama series featured a private detective named Jim Rockford?

1244. What was the name of the alien character in the TV series "Mork & Mindy"?

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## Fun With **Trivia** 1245-1248

<b>1245.</b> Which American president resigned in 1974 due to the Watergate scandal?
<b>1246.</b> Which popular fashion accessory was invented in the 1970s?

1247. Who was the first woman to be appointed to the U.S. Supreme Court in 1979?

**1248.** Which iconic arcade game was released in 1978, featuring a little yellow character?



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#### **ACROSS**

- 1. Stirring up (memories)
- 7. Inspection
- 8. Pawn game contestant (5,6)
- 12. Aspirin substitute
- 17. Sneaks in
- 18. Glasshouses

- 1. Moving into again
- 2. Gangway
- 3. Land units
- 4. Internet post
- 5. Coldly
- 6. Makes broad claims
- 9. Body of water
- 10. Filled pastry
- 11. In vogue, ... mode (1,2)

- 13. Soldier's weapon
- 14. Gut part
- 15. Human trunk
- 16. Pairs (with)

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#### **ACROSS**

- 1. Loving (4-7)
- 7. Superbly
- 8. Non-drinker
- 12. Souvenirs
- 17. Casual indifference
- 18. Senior clerics

- 1. Stealing compulsion
- 2. Wall recess
- 3. Good morning
- 4. Stadium
- 5. Whole amount
- 6. Impractical visionaries
- 9. A rose between ... thorns
- 10. Liqueur, ... Maria

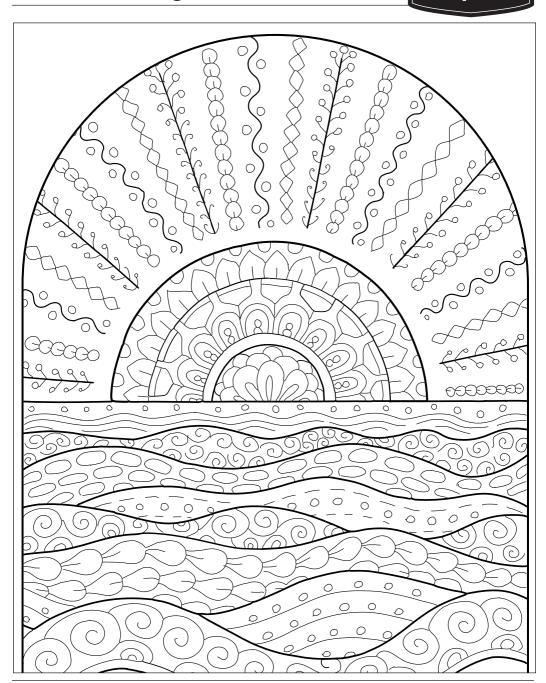
- 11. Hawaiian flower necklace
- 13. Hyped up
- 14. Physio
- 15. Beaks
- 16. Jargon

## Code Cracker No: 164



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#### **ACROSS**

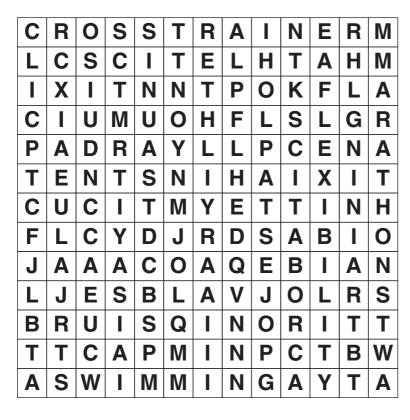
- 1. Large timepiece, ... clock
- 7. Eliminating
- 8. Waster of money
- 12. Build-up
- 17. Premeditated
- 18. Handed over

- 1. Actor's make-up
- 2. Astound
- 3. Sultanas & raisins, ... fruits
- 4. Swamped
- 5. Voodoo nation
- 6. At 90° to (5-6)
- 9. Siesta

- 10. Destructive cigarette component
- 11. Decay
- 13. Add-on
- 14. Spinster relatives, maiden ...
- 15. Still breathing
- 16. Inside

#### Wordsearch No: 165 Theme: EXERCISE

## **April**



**ACROBATICS AEROBICS ATHLETICS** CLASS CROSS-TRAINER CYCLING DYNAMIC FI FXIBII ITY **FUN RUN IMPACT MARATHON PHYSICAL SWIMMING TAUT** TRAINING TREADMILL TRIATHI ON

#### Fun With **Trivia** 1249-1251

**1249.** Which country was the host of the 1976 Summer Olympics?

1250. What popular toy was introduced in 1977, consisting of coloured plastic tiles?

**1251.** Which space probe was launched in 1977 to explore the outer planets of our solar system?



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## Fun With **Trivia** 1252 -1255

**1252.** Who won the "Rumble in the Jungle" boxing match in 1974?

**1253.** What was the name of the famous nightclub in New York City that opened in 1977?

**1254.** Which American spacecraft made the first successful landing on the moon in 1972?

**1255.** Who released the hit song "Imagine" in 1971?

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



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## **ACROSS**

- 1. Flourishing defiantly
- 7. Apt
- 8. See-through
- 12. Arithmetic deduction
- 17. Self-centred
- 18. Coerces

- 1. Good night's rest (6,5)
- 2. First Greek letter
- 3. Entryways
- 4. Damascus' nation
- 5. Furious
- 6. Grandmother's brothers (5-6)
- 9. Singer, ... King Cole
- 10. Whistle ball

- 11. Dreary routine
- 13. Bankrupt
- 14. Building remains
- 15. Provide (for)
- 16. Ancient Andes Indians

## 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	SUNNYBANK	3345 3795
CROSBY PARK	3256 0788	WYNNUM MANLY	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** 





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#### **ACROSS**

- 1. Tenacity
- 7. Unexploded (bomb)
- 8. Karl Marx was one
- 12. Show
- 17. Excruciating
- 18. Tent-floor's waterproof barrier

- 1. Xmas dessert (4.7)
- 2. Diameter halves
- 3. Lead-in
- 4. Argentinian dance
- 5. Nick
- 6. Certification
- 9. Zodiac lion sign

- 10. Mayday signal (1,1,1)
- 11. The P of RPM
- 13. Maxim
- 14. Synthetic fabric
- 15. Makes weary
- 16. Easy pace

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8		9		10		11		
12	13		14		15		16	
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18								

#### **ACROSS**

- 1. Depreciation
- 7. Undersized
- 8. Guarded (6,5)
- 12. Shameful
- 17. Organ swaps
- 18. Pack of motorcycle riders (5,6)

- 1. Incomprehensible talk (6,5)
- 2. The V of VCR
- 3. Bulky
- 4. Stadium
- 5. Brick of silver
- 6. Flora/fauna scientists
- 9. Wooden barrel

- 10. Genetic blueprint for life
- (1,1,1)
- 11. Rival
- 13. Kiosk
- 14. Hazards
- 15. Section of intestine
- 16. Property divider



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## Fun With **Trivia** 1256 -1258

<b>1256.</b> Which band had a hit with "Bohemian Rhapsody" in 1975?	

**1257.** Who sang the disco hit "Stayin' Alive" in 1977?

**1258.** Which Australian artist was the lead singer for the Aztecs?

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12	13		14		15		16	
17								
18								

#### **ACROSS**

- 1. Business ventures
- 7. Type of pavement
- 8. Headache remedy
- 12. Disturbed
- 17. Aged care facility (7,4)
- 18. Anarchy

- 1. Remarkable
- 2. Potato or yam
- 3. Ancient artefact
- 4. Readjusted
- 5. Violent weather
- 6. Portable stairs
- 9. Alcoholic brew
- 10. Head of wheat

- 11. Electrical current measure
- 13. Hold (party)
- 14. European river
- 15. Compulsions
- 16. The ones there



1	2		3		4		5	6
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## **ACROSS**

- 1. Gas pedal
- 7. Specifying
- 8. Snack
- 12. Glitch
- 17. Dietary (information)
- 18. Yielded

- 1. Varieties
- 2. Precipice
- 3. Scalp parasite
- 4. Extend arm
- 5. Clichéd
- 6. At 90° to (5-6)
- 9. Football arbiter
- 10. California fracture line, ... Andreas Fault
- 11. Table protector, place ...
- 13. Tardier
- 14. Join
- 15. Tot
- 16. Inside

## **Puzzles Can Help Your Brain**

Scientific studies have proven that working with puzzles and other logic games helps improve reasoning, memory and logic. They promote a form of synergy between the left and right brain, termed by psychologists as a "full brain approach". This can result in better memory, deeper learning and better recall. Puzzles appeal to our creative and logical minds, offering a full brain work out, especially for retirees who don't have a daily work commitment.

Alex Gow recognises this and hopes that by offering this Puzzle Book with up to three-month's worth of fun brain exercises, we can actually help you improve your brain vibrancy as you get older. One of the biggest fears for us all as we get older is losing our mental sharpness, possibly developing dementia, Alzheimer's or other mental illnesses – but by giving our brain a moderate workout on a frequent basis we can help hold off the onset of some of these issues.

Puzzles and games also instigate social interaction and communication. Doing puzzles together is a pleasurable experience for all participants helping to maintain social and communicative skills. Science has also shown that when a puzzle is finally completed there is a feeling of satisfaction and dopamine is released in the brain, as a kind of reward system for our efforts.

Please enjoy your FREE Alex Gow Puzzle Book. Remember all the answers and solutions can be found on our web site www. alexgowfunerals.com.au They are published at the beginning of each month along with a couple of bonus Questions that will give you an extra entry in the monthly draw for the \$100 GIFT CARD.

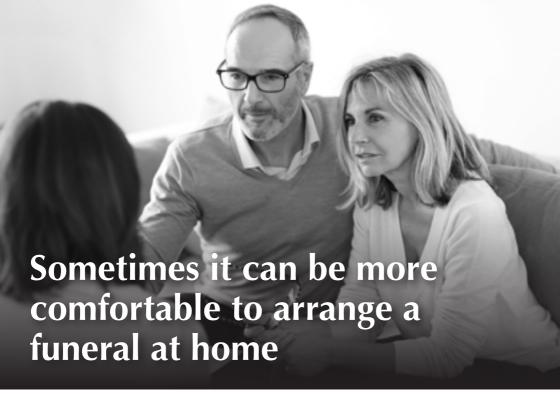
Note: All data collected on the Alex Gow Puzzle Book answers web page remains private and will not be shared with any other party.



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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.



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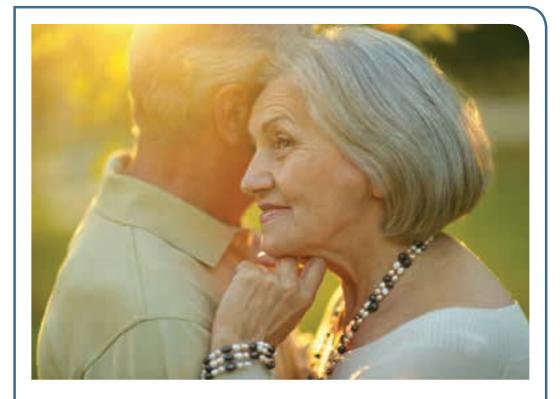
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