

wellbeing | connection | food | creativity | travel

# MINDFUL

# PUZZLES

Issue 23  
Competition  
Solutions

23  
ISSUE

\$11.95 AUD | \$13.95 NZD

A date with **solitude** | **Dance** with the dawn | The sound of **silence** | The **book** nook  
Solve & **Win** | Call of the **wild** | From **Italy** with love | A taste of **nostalgia** | Essence of **home**  
The **bookworm's** bluff | Fiercely **Frida** | The Great **Ocean** Road | **Away** with words



# Solutions

## Pg 17 ACROSTIC

A. Meteorite, B. Arrears, C. Trills, D. Advisedly, E. Retrofit, F. Attention, G. Noted, H. Knowing, I. Assessors, J. Thatches, K. Hollywood, L. Expanding, M. Ramparts, N. Moans, O. Attendant, P. Librarian, Q. Puppetry, R. Orphaned, S. Officer, T. Lowdown

A-T: MATARANKA THERMAL POOL

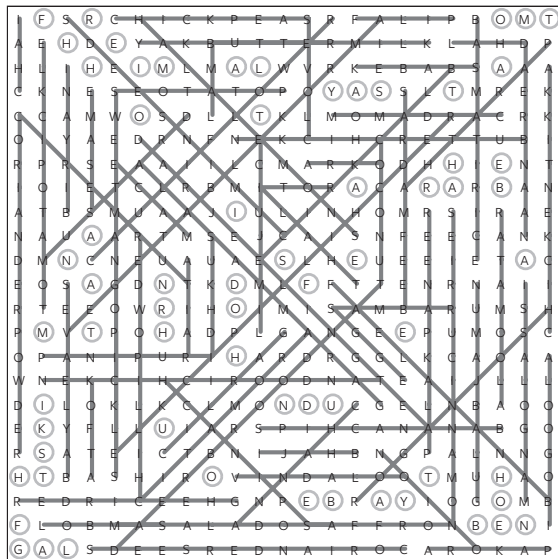
TEXT: Set amongst palm trees and tropical woodlands in Elsey National Park, Northern Territory, the warm, spring-fed waters offer visitors a place to relax and unwind, to soothe the body and spirit.

## Pg 53 CROSS-STITCH

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

ANSWER: Cherries

## Pg 63 WORDSEARCH



ANSWER: From the Himalayas to the Arabian Sea and from the Hindu Kush to the Bay of Bengal.

## Pg 83 COLOUR-IN CIPHER

SOLUTION: Allow hope to bloom

## Pg 95 STARWORDS

Lagoon, Canal, River, Stream, Pond.

SOLUTION: Ocean

## Pg 108 QUEST

Dynamite, Robot, Spoon, Cat, Plastic, Canary, Transformer, Foxtrot, Fire, Fiddle, Radar, Fish, Dynamo, Waltz.

LEFTOVER WORD: Polka

# live

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