

wellbeing | connection | food | creativity | travel

MINDFUL

PUZZLES



Issue 21
Competition
Solutions

21
ISSUE

\$11.95 AUD | \$13.95 NZD

Songs from the sky | Seize the **yay** | **Enigmas** of the ocean | The **book** nook
Solve & **Win** | Ancient wisdoms & boundless **horizons** | A bold **brew** | Two & **tea** together
The **thought** that counts | Work of **heart** | Island **treasure** | **Sacred** spaces

Solutions

Pg 17 ACROSTIC

A. Photography, B. Outwardly, C. Tennessee, D. Tiddlywinks, E. Extorted, F. Rearranging, G. Yellowcake, H. Accountant, I. Nationalities, J. Disfavour, K. Maverick, L. Everything, M. Deltas, N. Influx, O. Trivialities, P. Archbishop, Q. Timepiece, R. Incas, S. One Foot, T. Ninetieth.

A-T: POTTERY AND MEDITATION

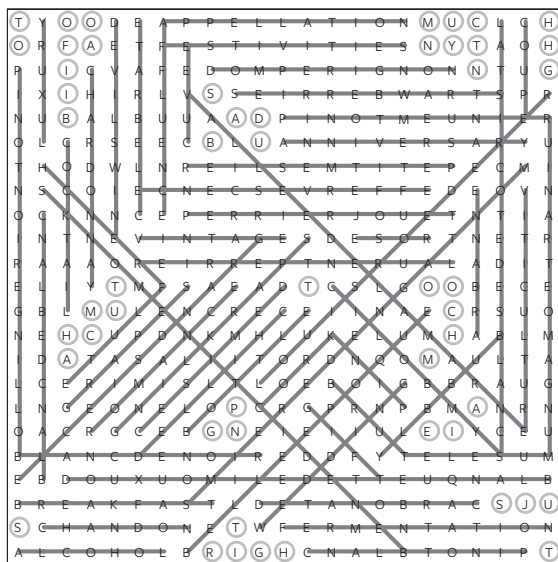
TEXT: A closer look at these activities reveals they work together in perfect harmony. Working with clay is both expressive and creative, facilitating a reduction in anxiety and an ideal opportunity to indulge in mindfulness.

Pg 53 CROSS-STITCH

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

ANSWER: Rosewater

Pg 63 WORDSEARCH



ANSWER: Too much of anything is bad, but too much champagne is just right

Pg 83 COLOUR-IN CIPHER

SOLUTION: Be the hero of your story

Pg 95 STARWORDS

Seam, Fabric, Bobbin, Needle, Thread.

SOLUTION: Embroider

Pg 108 QUEST

Bubble, Pineapple, Lasagne, Volley, Jordan, Mouse, Guitar, Power, China, Banana, Weasel, Pizza, Bublé, Keyboard.

LEFTOVER WORD: Tower

Dine at
paddock to plate
restaurants or
bag ingredients fresh
from farmers
shoalhaven.com/foodie

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