

WELLBEING // CONNECTION // FOOD // CURIOSITY // EXPLORE

MINDFUL

PUZZLES

Issue 31
COMPETITION
SOLUTIONS

Dear **Diary** | Write Here, **Write Now** | Solve & **Win** | Cryptic **Wordsmith** | The **Joy** Project | A Brilliant **Career**
Rediscovering **Nature** | **Breakfasts** To Linger Over | Wordsmith **Diamond** | The **Book** Nook

Solutions

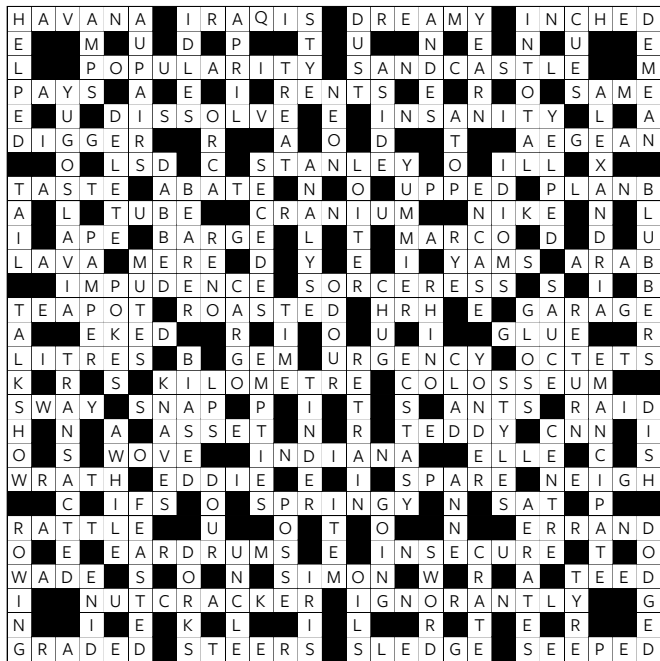
Pg 15 ACROSTIC

A. Mumbling, B. Organisation, C. Under arrest, D. NATO, E. Threshold,
 F. Artefact, G. Initiation, H. Night owl, I. Entertainer, J. Emphatically,
 K. Re-equipping, L. Informal, M. Nonchalant, N. Greaseproof,
 O. Archbishop, P. Nightclothes, Q. Daffodil, R. Erect, S. Sheriffs

A-S: MOUNTAINEERING, ANDES

TEXT: Not for the faint of heart, this popular sport can be highly technical and requires good fitness and stamina. Often called Alpinism, it refers to climbing for recreation rather than while hunting or on a pilgrimage.

Pg 32-33 WORDSMITH



ANSWER: Support your village.

Pg 41 CROSS-STITCH



ANSWER: See the good.

Pg 55 STARWORDS

Compass, Aspirin, Computer, Polyester, Laser.
 SOLUTION: Paper.

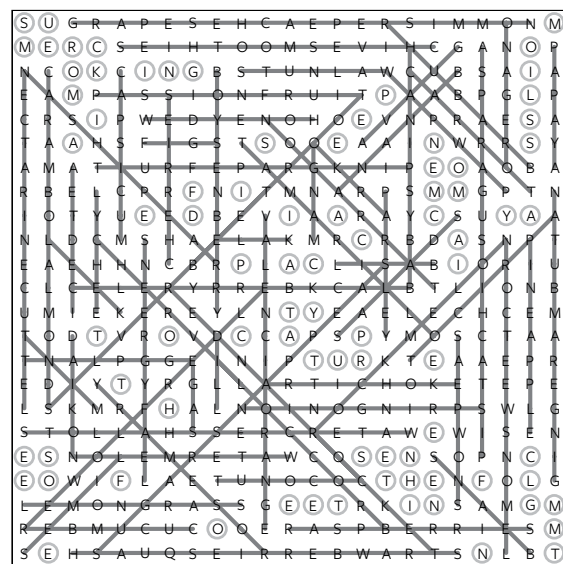
Pg 59 WHITE MOUSE

A=11, B=12, C=2, D=20, E=18, F=8, G=13, H=3, I=9, J=1, K=16, L=23,
 M=22, N=14, O=19, P=4, R=6, S=10, T=15, U=17, V=7, W=5, Y=21
 SOLUTION: Cecilia Payne.

Pg 61 COLOUR-IN CIPHER

SOLUTION: Reclaim your worth.

Pg 88 WORDSEARCH



ANSWER: Summer cooking implies a sense of immediacy, a capacity to capture the essence of the fleeting moment.

Pg 102 QUEST

Line, Atlantic, Ribbon, Dress, Jeans, Stroke, Indian, Band, Pacific, Skirt, Southern, Shorts, Strip, Stockings.

LEFTOVER WORD: Arctic.