

**YOURS
FREE**

The Burstows Super Puzzle Book



**CROSSWORDS, WORDSEARCH
CODE CRACKER,
SUDOKU & TRIVIA**

BURSTOWS

Funeral Care
Since 1900



August to October 2025



The Burstows Family
(A fifth generation family firm)

WHY CHOOSE US?

Burstows is the only local family-owned and operated funeral company in Toowoomba, Warwick, Dalby & Gatton. Providing funeral care for over 120 years, this is more than a business to us, it's a family legacy and a trusted partnership with our community.

Outstanding facilities & service. Burstows is a recognised leader in facility and service standards and holistic care. We have a proud tradition but also embrace the changing needs of each generation.

We care: our priority is you. However simple or complex your funeral needs, you deserve the best of care from people you can trust. From planning and organisation through to the final farewell and beyond, we are there for you.

Honesty & transparency. We welcome you to discuss your needs and inspect our facilities without any obligation. We are committed to complete transparency in all we do.

We help you look to the future. The care and guidance you receive during a time of loss can impact you for the rest of your life. Our compassion, experience and excellence in service can make the difference in your healing journey through grief to hope.

Nevor & Don Burstow

BURSTOWS

Funeral Care
Since 1900



Locally Owned

Burstows
(family owned)



Burstows Funerals
- Toowoomba, Dalby & Gatton
Warwick Funerals
Henry Lorrimer Funerals, Oakey
McGrath Funerals

Not Locally Owned

Invokeare
(publicly listed, multi-national)

Australian Heritage Funerals
Hiram Philp Funerals
Toowoomba Garden
of Remembrance
Toowoomba Crematorium
Gatton, Laidley, Lowood Funerals
Gatton, Laidley, Lowood
Crematorium

Freecall: 1800 803 196

www.burstows.com.au

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.

Burstows 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 shopping voucher.

PLUS, you'll find bonus questions there giving you another opportunity to win!

Full details on page 17

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

www.burstows.com.au

1		2		3		4		5		6
7										
8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Fruit growers
- 7. Work together
- 8. Of housing
- 12. Aggravated
- 17. Stroke of luck
- 18. Fencing duels (5,6)

DOWN

- 1. Happenings
- 2. Honeycomb segments
- 3. Medal
- 4. Suffocate in water
- 5. Guru
- 6. Portable stairs
- 9. ... & buts

- 10. Just get by, ... out a living
- 11. Liqueur, ... Maria
- 13. Mexican friend
- 14. Strode
- 15. Diameter halves
- 16. 10 percent

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

ABEL
ANIMALS
BANISHED
CAIN
CHERUBIM
CREATION
CURSE
EDEN
EVIL
FALL
FERTILE
FIG LEAF
FLAMING SWORD
FRUIT
GARDEN
GOOD
MANKIND
MOTHER
PARADISE
RIB
RIVER
SERPENT
SETH
TEMPTATION
TREE OF LIFE
WOMAN

Mystery Answer:

Fun With Trivia 1297 - 1299

1297. What was the biggest film of the 1980s?

.....

1298. Who was the creepy Jack Torrance in the 1980 horror film "The Shining"?

.....

1299. Who played wisecracking John McClane in the 1988 action film "Die Hard"?

.....

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

Fun With **Trivia** 1300 - 1303

1300. Who became Sarah Connor in the time-traveling thriller “The Terminator” in 1984?

1301. In “Ghostbusters” (1984) what was the name of the weird and wonderful ghost hunter played by Bill Murray?

1302. Who directed the aerial action film “Top Gun” in 1986?

1303. What was the Best Picture winner in 1982?

CLUES

1	2	3	4	5	6	7	8	9	10
					H			S	

14	8	8	20	10	2		15	14	11	9	16	22	11
19		21		11		21		21		18		21	12
15	22	22	16	21		11		16	19	8	1	16	13
10		16		9	15	17	14	15		8		9	14
5	6	15	12	16	22		15	22	15	2	16	9	15
6	15	19	8		22	15	13		9	16	3	13	16
	21		21	16	9	20	9	18	9		1		17
15	9	7	16	4		19		8	20	19	16	22	18
	6		9	16	19	16	5	18	9		10		19
21	16	9	18		8	22	16		18	15	9	7	20
16	21	15	9	16	9		19	16	9	9	16	10	21
17		19		15	18	8	19	19		9		16	22
15	17	15	9	9		11		16	19	15	18	16	23
22		22		16		18		5		20		19	24
16	15	9	20	19	13		9	18	20	19	18	9	25
													26

ANSWER:

17	16	17	8	21	13							
----	----	----	---	----	----	--	--	--	--	--	--	--

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1		2		3		4		5		6
7										
8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Thwarted by bad luck (4-7)
- 7. Decor
- 8. Bleed heavily
- 12. Positive (reply)
- 17. Personal tribute
- 18. Decontaminated

DOWN

- 1. Compassionate
- 2. Concur
- 3. Nile metropolis
- 4. Different
- 5. Saint Nick, ... Claus
- 6. Uncombed
- 9. Magnetic resonance imaging (1,1,1)
- 10. Brink
- 11. Shack
- 13. Boxer's weapons
- 14. Govern
- 15. Without company
- 16. Twerp

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

- AL MAQTAA FORT
- ARID
- BEACHES
- CAPITAL
- COSMOPOLITAN
- CULTURAL
- DATES
- DEVELOPMENT
- DUNES
- GOVERNMENT
- GRAND MOSQUE
- JEBEL DHANNA
- MONUMENTS
- NOVOTEL
- OASIS
- OIL
- RESORTS
- SHEIKHS
- SKY TOWER
- SUNSHINE
- UAE
- URBAN

Mystery Answer:

Fun With Trivia 1304 - 1306

1304. Who played Axel Foley in the 1984 comedy “Beverly Hills Cop”?
.....

1305. In “The Breakfast Club” who is Molly Ringwald’s character the “princess”?
.....

1306. Who starred as Maverick in the 1986 film “Top Gun”?
.....

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

Fun With Trivia 1307 - 1310

1307. Which smooth-talking actor brought the scheming J.R. Ewing to life in the iconic TV series “Dallas”?
1308. Which groundbreaking medical drama aired from ‘82 to ‘88, featuring a stellar cast of doctors at the fictional St. Eligius Hospital?
1309. What was the no-nonsense name of Carroll O’Connor’s character in the legendary TV series “All in the Family”?
1310. Who took on the role of the resilient Kunta Kinte in the powerful TV mini-series “Roots” (1977)?

CLUES

1	2	3	4	5	6	7	8	9	10
W						F			
3	20	12		3	10	5	16	16	3
	4		4		16		14		5
	17		7		13	21	13	12	14
	14	16	7	5	20		7		19
	3				12	8	11	18	14
		10	5	10		14		5	
2	14	6		13	16	18	4	20	17
		4	2	20			13	5	6
	16	4		3	18	13	6	18	11
0		7	6	11		16		13	
4	17				8	14	13	16	3
	2	5	20	15	14		17		15
	14		13		17	6	13	18	13
	16		21		19		10		16
0	16	11		1	14	20	12	14	17
4	4	6							

ANSWER:

18	14	12	14	4	6							
----	----	----	----	---	---	--	--	--	--	--	--	--

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

1		2		3		4		5		6
7										
8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Inoculating
- 7. Yam-like vegetable (5,6)
- 8. Airport area, ... deck
- 12. Public showings
- 17. Absent-minded
- 18. Powerful lamp

DOWN

- 1. Prophets
- 2. Aircraft staff
- 3. Bury
- 4. Hawaiian greeting
- 5. Baghdad citizen
- 6. Tent-floor's waterproof barrier
- 9. Cain & Abel's mother
- 10. Video recorder (1,1,1)
- 11. Heavy weight
- 13. Shopping mall
- 14. Room within roof
- 15. Cancel
- 16. Adhere

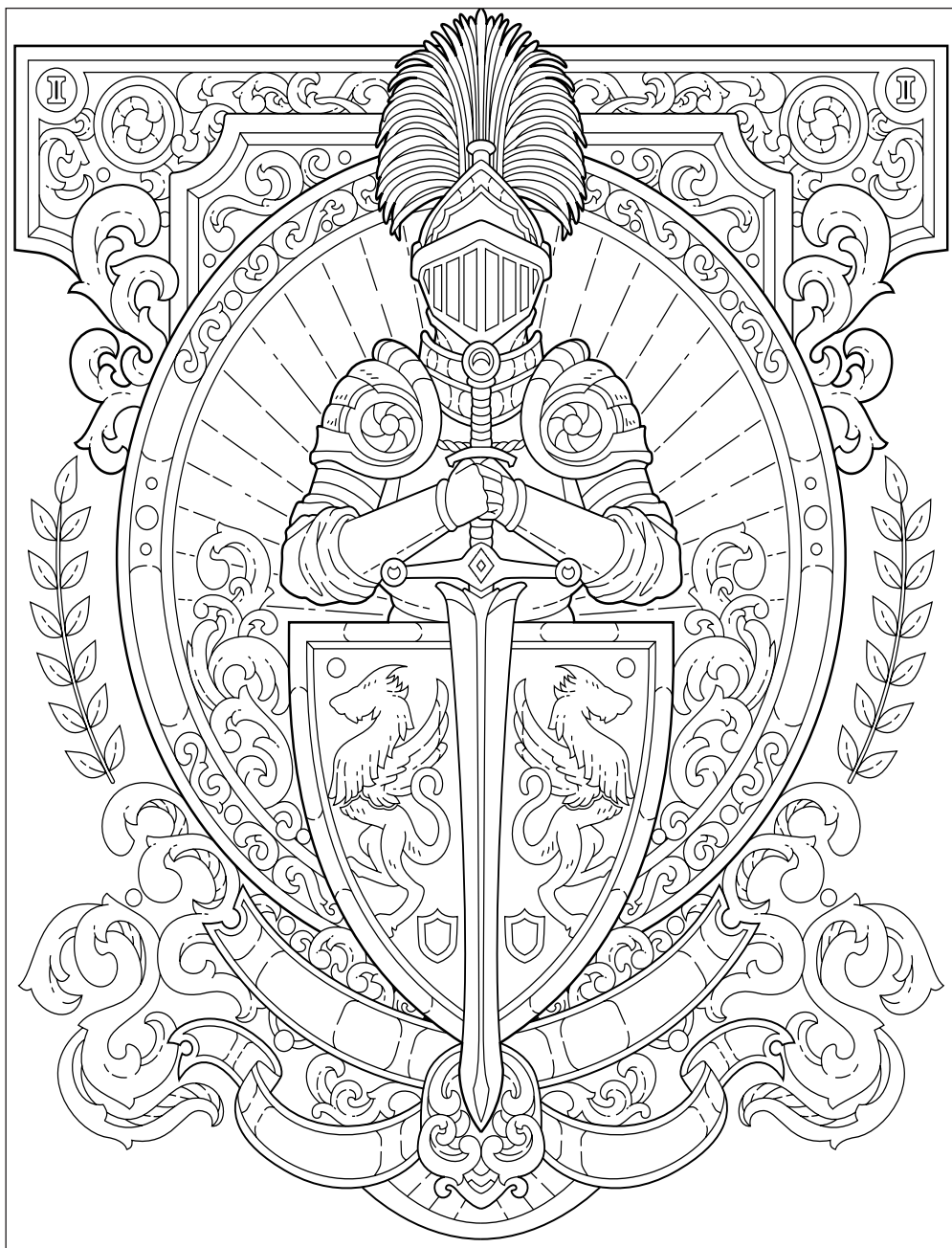
1		2		3		4		5		6
7										
8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Downcast
- 7. Book-to-movie conversions
- 8. Hot drink with whiskey (5,6)
- 12. Beheaded
- 17. Tendency
- 18. Aligns

DOWN

- 1. Thumb tacks (7,4)
- 2. Florida resort
- 3. Try to vomit
- 4. Release grip (3,2)
- 5. Hoax
- 6. Heirs
- 9. Spanish coast, Costa del ...
- 10. Dove call
- 11. US crime agency (1,1,1)
- 13. Become liable for
- 14. Fraternal twin to Nintendo's Mario
- 15. Wreck
- 16. Unworldly



A Word About Funeral Costs

Funeral Directors are like any other professional or businessperson...those who charge the least intend to do the least, they cannot afford to do otherwise.

It is positive that we see more and more service providers being transparent with their pricing. Being transparent with pricing is of little value if the provider is not also transparent with their process or offering.

I generally do not provide my insights on other service providers, yet in the age of technology it is so easy to hide behind attractive prices and comforting words on a website or social media. The experience around saying goodbye to a loved one will impact you negatively or positively for the rest of your life. Therefore, who you choose to assist you in a time of grief is critically important. I respect every family's right to choose and sincerely offer my honest counsel gained over 39 years in funeral service.

A national online cremation provider boasts about not having any form of facility, mortuary, transfer vehicle or personal contact. Every task associated with your loved one's transfer and cremation is outsourced to third parties. I am therefore skeptical when such an offering speaks of the loved one being 'transferred into our care' and 'our highly experienced team carry out a simple cremation'. Such a provider is in no way invested in the process just invested in the online sale.

The Burstows offering to the family choosing unattended cremation:

Our unattended cremation choice is as important as any offering we provide. We have put in place a sequence of services that our experience, and the very best grief experts believe are best practice in providing the necessary long-term benefits for those who grieve.

- We will provide personal guidance to ensure you understand your options, provide our offering proposal without obligation, and should we earn your trust, arrange, and plan the cremation including the preparation and lodging of all necessary documentation and applying for a certified copy of the death certificate.
- We will transfer your loved one into our care at any hour of any day. This is an important duty that we do not contract out unless significant distance would require that consideration, in which case you our client family would be consulted.
- We will assist with the wording and placing of death notices if required.
- We will provide a simple MDF board coffin, fully lined. Other coffin choices are available.
- We will provide the necessary preparation, care and safe keeping of the deceased for the requested duration, in our purpose-built Mortuary Care Centre. It is important to us that we know how and where a loved one will be cared for and kept prior to cremation. We hope this is important to you also.
- We will provide an opportunity for a private viewing at the funeral home. Initially you may not want this, but as time unfolds leading to the cremation, you or other family members may decide they need this. Our service understands the changing needs of those who grieve, and we will respond to those needs.
- We will attend to the cremation in Burstows Cremation Facility.
- We will prepare a Photographic Memorial Book. This is a very helpful resource that encourages ongoing reflection and remembering.
- We will prepare a Photographic Tribute. 30 of your favourite photos set to music. This is a beautiful centre piece to a memorial gathering you may be planning or a treasured keepsake. The combination of photos, music and motion powerfully moves us in remembering the past.

Leading therapist and author Dr. Alan Wolfelt says "remembering the past is the very thing that eventually makes hoping for the future possible. Mourners' lives will open to renewed hope, love and joy only to the extent that they first embrace the past."

- Grief Centre support. A non-intrusive professional support service that seeks to see how you are doing. The support team is available to keep in touch over the coming year as much or as little as feels right for you.

Spending money is never a measure of one's love. We are committed to help people find the choices that are right for them be they beautifully simple and uncomplicated or an occasion that requires significant planning and direction. Choices that will embrace reality and remembrance, honouring and celebration. An experience that will help you begin a healthy journey of healing grief.

Sincerely,
Don Burstow

1		2		3		4		5		6
7										
8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Mixed (with enemy)
- 7. Pastry flatteners (7,4)
- 8. Offender
- 12. Too worked-up
- 17. Most distant
- 18. Dealt out

DOWN

- 1. Made blaze-resistant
- 2. More skilled
- 3. Privileged class
- 4. W African country
- 5. Speedy
- 6. Damaged reputation of
- 9. Off-colour, below ...
- 10. Put strain on
- 11. Boxer, Muhammad ...
- 13. High-ranking lords
- 14. Anaesthetic
- 15. Chocolate substitute
- 16. Game fish

Find all the answers and solutions to our puzzles at www.burstows.com.au and each month you can go in the draw to win a Shopping Voucher valued at \$100



It's so simple!

Once you have finished your August puzzles, simply log onto the website and once you're on the puzzles page just click on **August Answers & Solutions link**. Just by viewing the answers and solutions, you'll go into the draw to win a \$100 shopping voucher 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 Shopping Voucher draw. It's all so easy. HINT: the answers to the bonus questions can be found on our website. The same applies to June and July puzzle answers. Just click on the link and all the answers will be there for you.

The same applies to September and October 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.

- August Answers & Solutions – published on August 1st 2025
- September Answers & Solutions – published on September 1st 2025
- October Answers & Solutions – published on October 1st 2025

Shopping Voucher 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 Burstows staff and all decisions are final. No correspondence will be entered into. Winners agree to visit one of our branches to verify their identity and have their photo taken for publication.

**Do you need an extra Puzzle Book for a friend or relative?
They can be downloaded or printed from the Puzzle Page
on our website www.burstows.com.au**

1		2		3		4		5		6
7										
8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Laundry machine (6,5)
- 7. Vehicle snarl-ups (7,4)
- 8. Translator
- 12. Rink boot (6,5)
- 17. Sheer
- 18. Daunted

DOWN

- 1. Ice-cream flavour (5-6)
- 2. Implied
- 3. Non-parole murderer
- 4. Furnishing scheme
- 5. Dough ingredient
- 6. Raised from dead
- 9. Conger or moray fish
- 10. The P of RPM
- 11. Moose
- 13. Reclined
- 14. Purgative, ... salts
- 15. Witness box
- 16. Delegate

1		2		3		4		5		6
7										
8			9		10		11			
12		13		14		15		16		
17										
18										

ACROSS

- 1. Not binding (4,3,4)
- 7. Hospitals
- 8. Male executives
- 12. Unattainable
- 17. Throwing bomb (4,7)
- 18. Large grocery shop

DOWN

- 1. Finger scrubbers (4,7)
- 2. Raises
- 3. Kitchen garment
- 4. Faculty heads
- 5. Poppy drug
- 6. Neutrality
- 9. Wrath
- 10. And so on
- 11. Body of water, Dead ...
- 13. Incur (debt) (3,2)
- 14. Rage
- 15. African predator
- 16. Cartridge without bullet

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

BODY
BREATH
COMMITMENT
DE-STRESS
DILIGENCE
DISCIPLINE
EFFECTIVE
ENJOY
EXERCISE
FREEDOM
GOAL
INTERVENTION
LIBERATION
MENTAL
METHOD
PHILOSOPHY
POSTURE
RELAX
SAMKHYA
STILL
SUTRAS
TRANSCEND
UNION
ZEAL

Mystery Answer:

Fun With Trivia 1311 - 1313

1311. Which gritty crime drama had us rooting for private eye Jim Rockford as he cracked cases with style?

.....

1312. What actor played the quirky alien character that stole our hearts in the beloved TV series "Mork & Mindy"?

.....

1313. Which classic sitcom sashayed onto our screens in '75, featuring Henry Winkler's iconic leather-jacketed legend, "The Fonz"?

.....

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

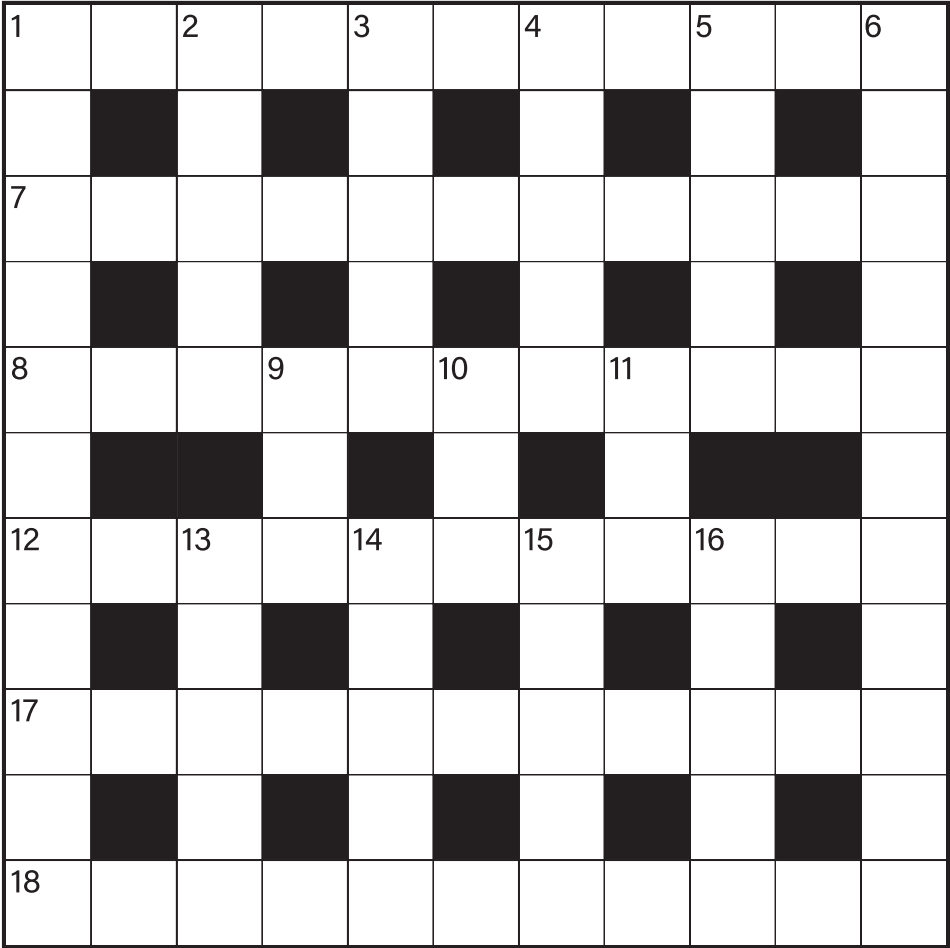
Fun With Trivia 1314 - 1317

1314. Which out-of-this-world sci-fi series blasted off in '78, showcasing a brave crew navigating the stars aboard the Galactica?
1315. Who donned the scrubs and brought the laughs as Hawkeye Pierce in the heartwarming TV series "MASH"?
1316. Which groovy variety show twirled onto air from '76 to '79, hosted by the dynamic duo Donny and Marie Osmond?
1317. What was the name of the bossy, beeping robot who kept "Lost in Space" afloat with charm and wit?

CLUES

1	2	3	4	5	6	7	8	9	10
	N					T			
		22		5		10	13	17	16
	21	14	2	8	10	18		8	
		18		17		4	20	19	9
	20	5	17	10	18	20		15	
4		10		21		9	20	20	15
0	18	18	20	2	5	20		9	
3	7	18		18	19	22	14	18	21
	10				3				20
	22	18		18	20	19	21	19	2
4	18	17	19	2	22	18		22	
		19		8		12	20	19	17
1	20	16	4	8	17	20		21	
0		14		1		5	17	19	12
7	8	2	13	20	18	7		2	
3		13		18		18	19	7	20
ANSWER:									
	8	9							

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

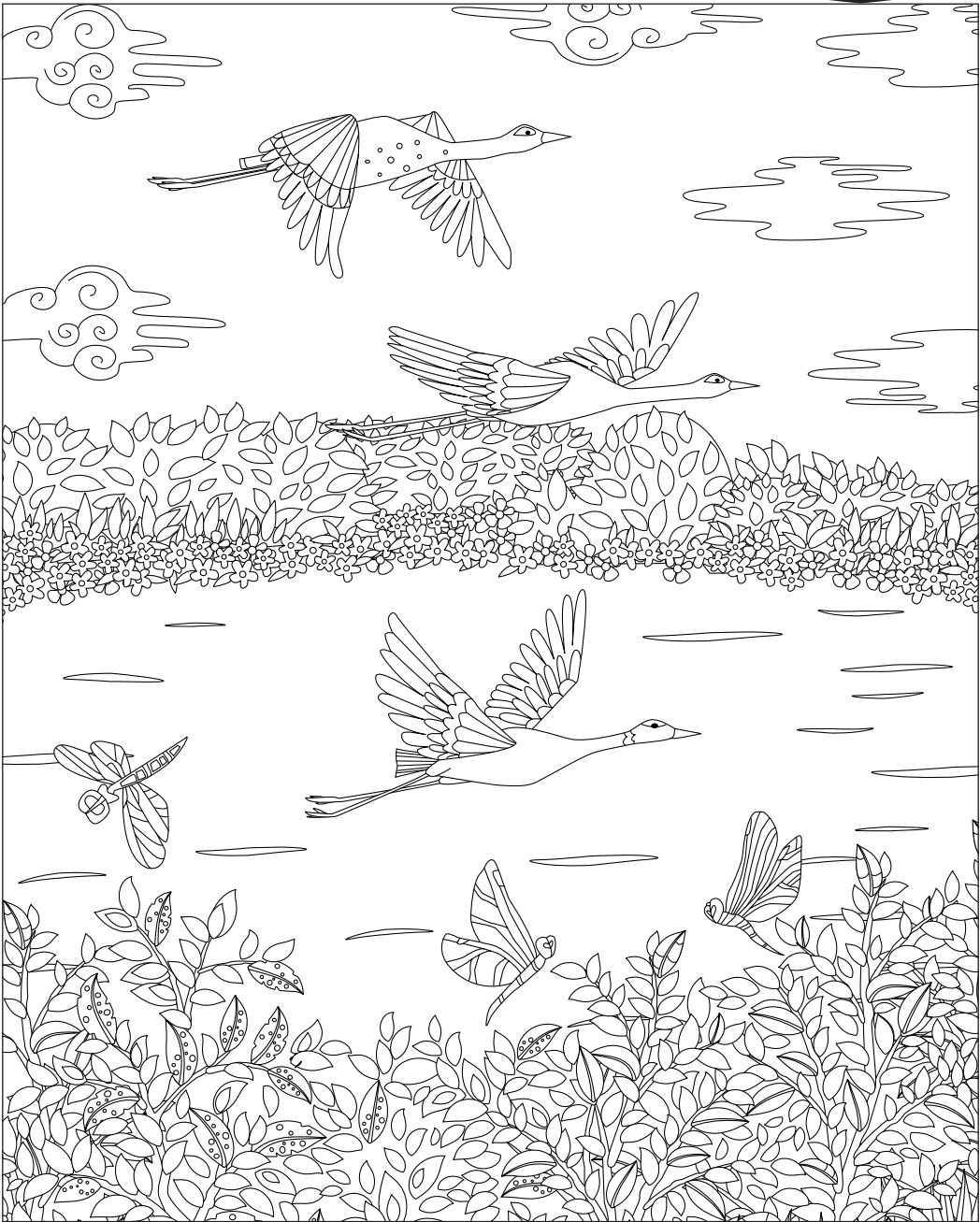


ACROSS

- 1. Oppressing
- 7. NYC landmark, ... Building (6,5)
- 8. Happiness
- 12. Possibility
- 17. In working order
- 18. Lovers

DOWN

- 1. Traitorous
- 2. Become ready to pick
- 3. Sense receptor
- 4. Magnified section
- 5. Foolish
- 6. Grandmother's brothers (5-6)
- 9. Lace up
- 10. Negative adverb
- 11. Rug
- 13. Segment
- 14. Nautical map
- 15. Comply, ... by the rules
- 16. Interior



The Journey Through Grief

THE MOURNER'S SIX 'RECONCILIATION NEEDS'

BY ALAN D. WOLFELT, PH.D.

About the Author

Alan Wolfelt has been recognized as one of North America's leading death educators and grief counselors. His books have sold more than a million copies worldwide and been translated into many languages. Wolfelt founded the Center for Loss & Life Transition in 1984 to offer education and support to both griever and bereavement caregivers. He is known around the world for his compassionate messages of hope and healing, as well as his "companioning" philosophy of grief care.



in our grief journeys. We all grieve when someone we love dies, but if we are to heal, we must also mourn.

There are six "yield signs" you are likely to encounter on your journey through grief – what I call the "reconciliation needs of mourning." For while your grief journey will be an intensely personal, unique experience, all mourners must yield to this set of basic human needs if they are to heal.

The death of someone loved changes our lives forever, and the movement from the "before" to the "after" is almost always a long, painful journey. From my own experiences with loss as well as those of the thousands of grieving people I have worked with over the years, I have learned that if we are to heal, we cannot skirt the outside edges of our grief. Instead, we must journey all through it, sometimes meandering the side roads, sometimes plowing directly into its raw centre.

I have also learned that the journey requires mourning. There is an important difference, you see. Grief is what you think and feel on the inside after someone you love dies. Mourning is the outward expression of those thoughts and feelings. To mourn is to be an active participant



Need 1. Acknowledging the reality of the death.

This first need of mourning involves gently confronting the reality that someone you care about will never physically come back into your life again.

Whether the death was sudden or anticipated, acknowledging the full reality of the loss may occur over weeks and months. To survive, you may try to push away the reality of the death at times. You may discover yourself replaying events surrounding the death and confronting memories, both good and bad. This replay is a vital part of this need of mourning. It's as if each time you talk it out, the event is a little more real.

Remember, this first need of mourning, like the other five that follow, may intermittently require your attention for months. Be patient and compassionate with yourself as you work on each of them.

Need 2. Embracing the pain of the loss.

This need of mourning requires us to embrace the pain of our loss – something we naturally don't want to do. It is easier to avoid, repress, or deny the pain of grief than it is to confront it, yet it is in confronting our pain that we learn to reconcile ourselves to it.

You will probably discover that you need to “dose” yourself in embracing your pain. In other words, you cannot – nor should you try to – overload yourself with the hurt all at one time. Sometimes you may need to distract yourself from the pain of death, while at other times you will need to create a safe place to move toward it.

Unfortunately, our culture tends to encourage the denial of pain. If you openly express your feelings of grief, misinformed friends may advise you to “carry on” or “keep your chin up.” If, on the other hand, you remain “strong” and “in control,” you may be congratulated for “doing well” with your grief. Actually, doing well with your grief means becoming well acquainted with your pain.

Need 3. Remembering the person who died.

Do you have any kind of relationship with someone when they die? Of course. You have a relationship of memory. Precious memories, dreams reflecting the significance of the relationship and objects that link you to the person who died (such as photos, souvenirs, etc.) are examples of some of the things that give testimony to a different form of a continued relationship. This need of mourning involves allowing and encouraging yourself to pursue this relationship.

But some people may try to take your memories away. Trying to be helpful, they



encourage you to take down all the photos of the person who died. They tell you to keep busy or even to move out of your house. But in my experience, remembering the past makes hoping for the future possible. Your future will become open to new experiences only to the extent that you embrace the past.

Need 4. Developing a new self-identity.

Part of your self-identity comes from the relationships you have with other people. When someone with whom you have a relationship dies, your self-identity, or the way you see yourself, naturally changes.

You may have gone from being a “wife” or “husband” to a “widow” or “widower.” You may have gone from being a “parent” to a “bereaved parent.” The way you define yourself and the way society defines you is changed.

A death often requires you to take on new roles that had been filled by the person who died. After all, someone still must take out the garbage, someone still has to buy the groceries. You confront your changed identity every time you do something that used to be done by the person who died. This can be very hard work and can leave you feeling very drained.

You may occasionally feel child-like as you struggle with your changing identity. You may feel a temporarily heightened dependence on others as well as feelings of helplessness, frustration, inadequacy, and fear.

Many people discover that as they work on this need, they ultimately discover some positive aspects of their changed self-identity. You may develop a renewed confidence in yourself, for example. You may develop a more caring, kind, and sensitive part of yourself. You

may develop an assertive part of your identity that empowers you to go on living even though you continue to feel a sense of loss.

Need 5. Searching for meaning.

When someone you love dies, you naturally question the meaning and purpose of life. You probably will question your philosophy of life and explore religious and spiritual values as you work on this need. You may discover yourself searching for meaning in your continued living as you ask “How?” and “Why” questions.

“How could God let this happen?” “Why did this happen now, in this way?” The death reminds you of your lack of control. It can leave you feeling powerless.

The person who died was a part of you. This death means you mourn a loss not only outside of yourself, but inside of yourself as well. At times, overwhelming sadness and loneliness may be your constant companions. You may feel that when this person died, part of you died with him or her. And now you are faced with finding some meaning in going on with your life even though you may often feel so empty.

This death also calls for you to confront your own spirituality. You may doubt your faith and have spiritual conflicts and questions racing through your head and heart. This is normal and part of your journey toward renewed living.



Need 6. Receiving ongoing support from others.

The quality and quantity of understanding support you get during your grief journey will have a major influence on your capacity to heal. You cannot – nor should you try to – do this alone. Drawing on the experiences and encouragement of friends, fellow mourners or professional counsellors is not a weakness but a healthy human need. And because mourning is a process that takes place over time, this support must be available months and even years after the death of someone in your life.

Unfortunately, because our society places so much value on the ability to “carry on,” “keep your chin up,” and “keep busy,” many mourners are abandoned shortly after the event of the death. “It’s over and done with” and “It’s time to get on with your life” are the types of messages directed at mourners that still dominate. Obviously, these messages encourage you to deny or repress your grief rather than express it.

To be truly helpful, the people in your support system must appreciate the impact this death has had on you. They must understand that in order to heal, you must be allowed – even encouraged – to mourn long after the death. And they must encourage you to see mourning not as an enemy to be vanquished but as a necessity to be experienced as a result of having loved.

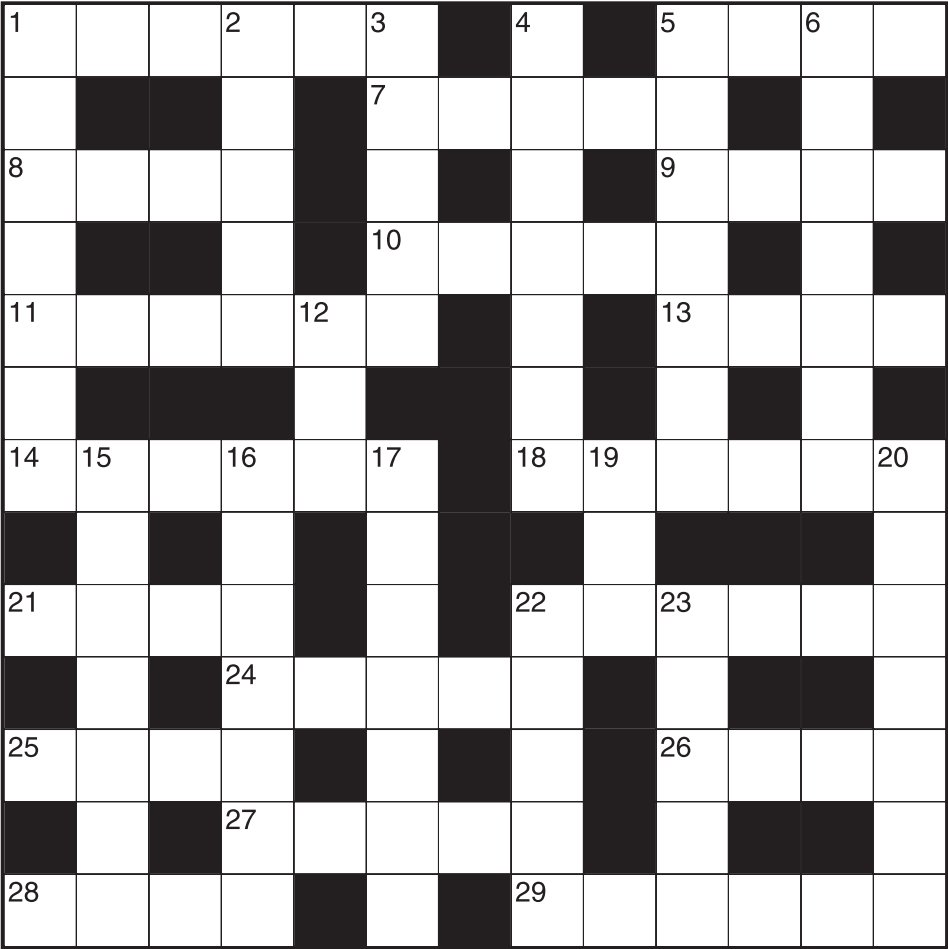
Reconciling your grief.

You may have heard – indeed you may believe – that your grief journey’s end will come when you resolve, or recover from, your grief. But your journey will never end. People do not “get over” grief.

Reconciliation is a term I find more appropriate for what occurs as the mourner works to integrate the new reality of moving forward in life without the physical presence of the person who died. With reconciliation comes a renewed sense of energy and confidence, an ability to fully acknowledge the reality of the death, and a capacity to become reinvolved in the activities of living.

In reconciliation, the sharp, ever-present pain of grief gives rise to a renewed sense of meaning and purpose. Your feelings of loss will not completely disappear, yet they will soften, and the intense pangs of grief will become less frequent. Hope for a continued life will emerge as you are able to make commitments to the future, realizing that the person who died will never be forgotten, yet knowing that your life can and will move forward.





ACROSS

- 1. Poked
- 5. Ku Klux ...
- 7. Address crowd
- 8. Wine
- 9. Barks
- 10. Dame Judi ...
- 11. Not long ago
- 13. Exclude
- 14. Jellied petrol
- 18. Slum area
- 21. Chopped
- 22. Creeping (toward)
- 24. The U of EU
- 25. Nil
- 26. Visited, ... to
- 27. Disentangle
- 28. Fitness centres
- 29. Pastoral

DOWN

- 1. Athletics field event
- 2. Chap
- 3. Frumpy
- 4. Staffing
- 5. Door aperture
- 6. Assign
- 12. Laugh out loud
- 15. Worry
- 16. Laborious
- 17. Arbitrate
- 19. Camouflaged
- 20. Naturally grown
- 22. Type in (data)
- 23. Cruel wisecracks

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

AFRICA
BLACK
BRAY
CANTER
FOAL
GALLOP
GRASSES
GRASSLAND
HERDS
MOUNTAIN
NIGHT VISION
PLAINS
QUAGGA
SCRUBLAND
SLEEK
SOCIAL
STAMINA
STRIPED
TANZANIA
TROT
UNGULATE
WHINNY
WHITE
WILD
WOODLAND
ZIG-ZAG

Mystery Answer:

Fun With Trivia 1318 - 1320

1318. What 80s sitcom had a group of friends living in the city?

.....

1319. What 80s cartoon was about a wacky yellow family?

.....

1320. Who played Tony Micelli in the TV show "Who's the Boss"?

.....

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

Fun With **Trivia** 1321-1324

1321. What sci-fi show ran from 87-94?

.....

1322. What was the name of the robot in the show “Small Wonder”?

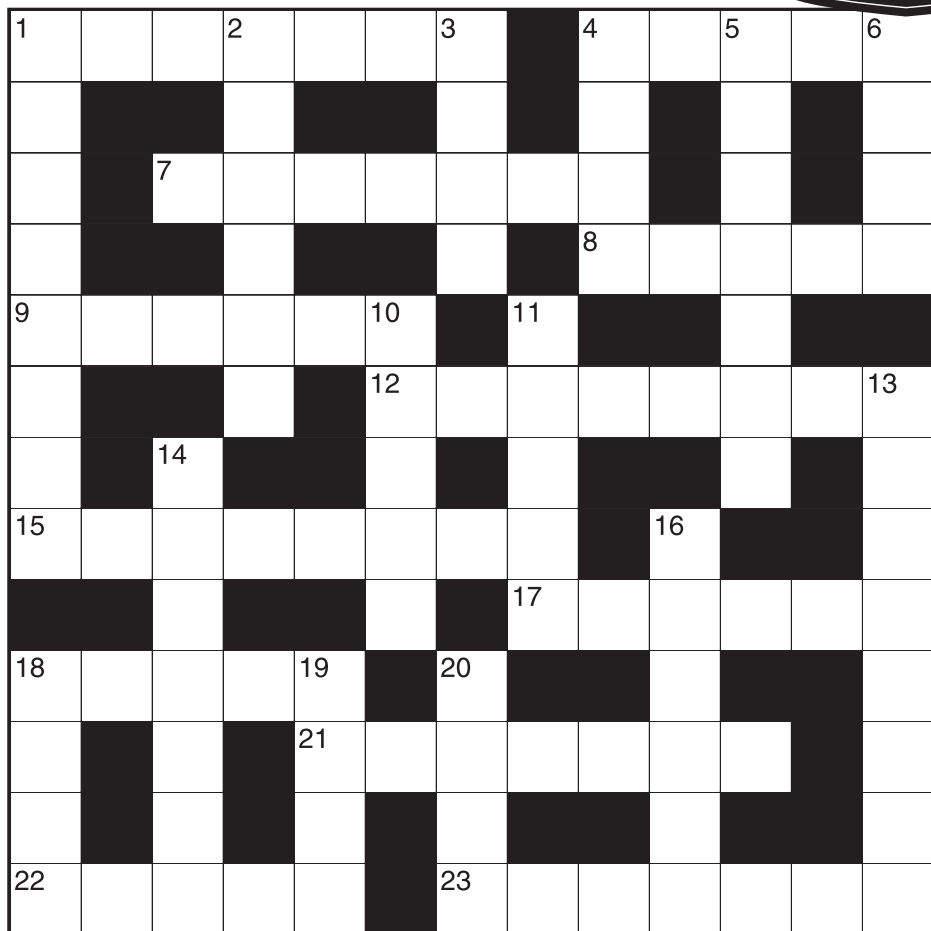
.....

1323. Who played Angela Bower in “Who’s the Boss”?

.....

1324. Who played Dr. Heathcliff Huxtable in “The Cosby Show”?

.....

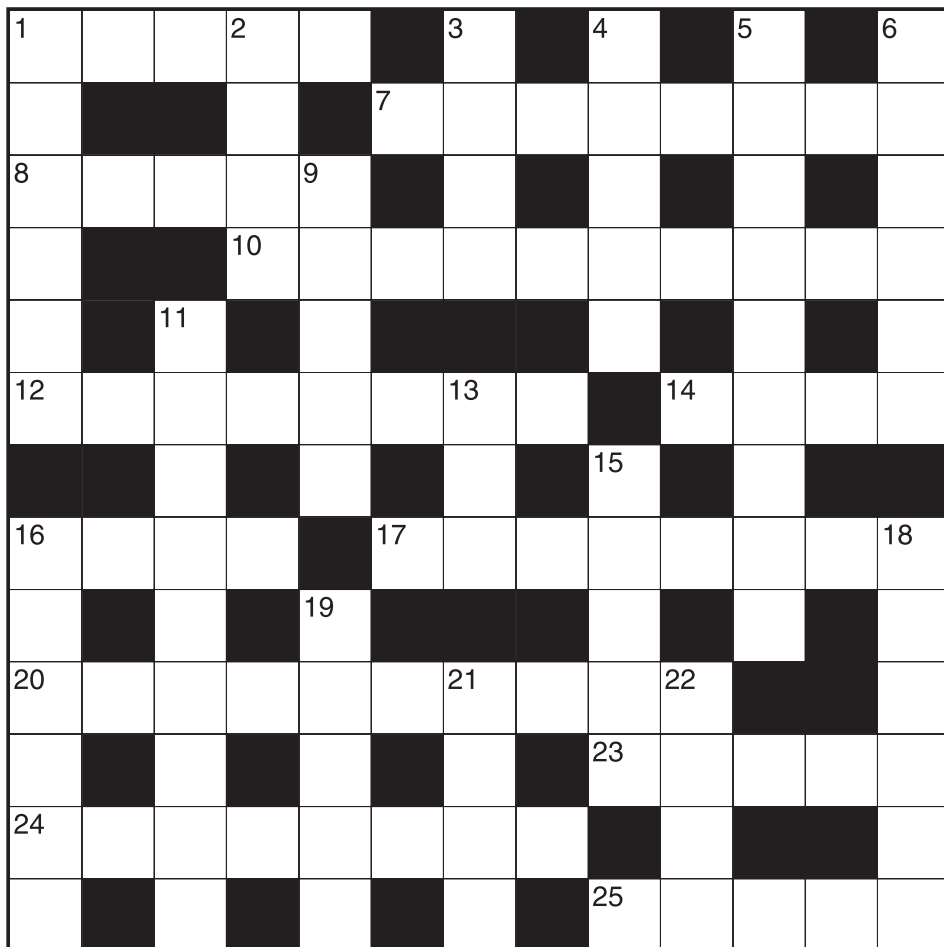


ACROSS

1. US capital of Georgia
4. Lay oneself open to
7. Provoke
8. Castle water barriers
9. Strolled
12. Persians
15. Fluid removal system
17. Disastrous
18. Fighting birds
21. Age-old
22. Travels by bike
23. Doomed liner

DOWN

1. Scored (on par)
2. Historical records
3. Leave, go ...
4. Object
5. Mobile home
6. Engine turns
10. Backless couch
11. Diamond's cut
13. Particular
14. Kept tabs on
16. Philippines capital
18. Mask actress
19. Animal pouches
20. Highlander



ACROSS

- | | |
|---------------------------|-----------------------|
| 1. Racy | 20. Tequila cocktails |
| 7. Last one standing | 23. Mountain chain |
| 8. Drifter | 24. Wedding |
| 10. In a motherly way | 25. Flow out |
| 12. Understood | |
| 14. ... & suffering | |
| 16. Apple Inc device | |
| 17. Colonels and admirals | |

DOWN

- | | |
|------------------------|--------------------------|
| 1. Lower in rank | 13. Mischievous fairy |
| 2. Chowder shellfish | 15. Indian guitar |
| 3. Improper | 16. Not subject (to) |
| 4. Occurrence | 18. Plan |
| 5. Assessed | 19. Scientist, ... Curie |
| 6. Wax colouring stick | 21. Casually |
| 9. Goliath's foe | 22. Gradually weakens |
| 11. Block of text | |

CLUES

1	2	3	4	5	6	7	8	9	10
			C						

13	9	18	10	17	9		9	19	9	6	7	2
9		5		1		2		20		12		18
11	9	9	13	2		12		13	12	7	9	13
20		9		18	16	9	20	13		9		9
2	8	7		8		7		1		2	20	18
9			2	15	10		12	13	6			4
2	15	8	17		20	1	6		20	18	4	16
	20		8	13	9		18	20	4		1	
16	9	20	13		15	9	20		16	12	21	2
1			3	20	7		9	11	9			20
8	17	18		18		2		20		18	8	21
13		13		8	6	6	12	15		13		16
7	13	8	5	15		1		9	6	8	4	18
9		4		20		14		2		2		9
7	13	9	6	4	16		9	18	4	16	9	7

11
12
13 R
14
15
16
17
18
19
20
21
22
23
24
25
26

ANSWER:

19	1	6	3	9	10							
----	---	---	---	---	----	--	--	--	--	--	--	--

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



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

www.burstows.com.au



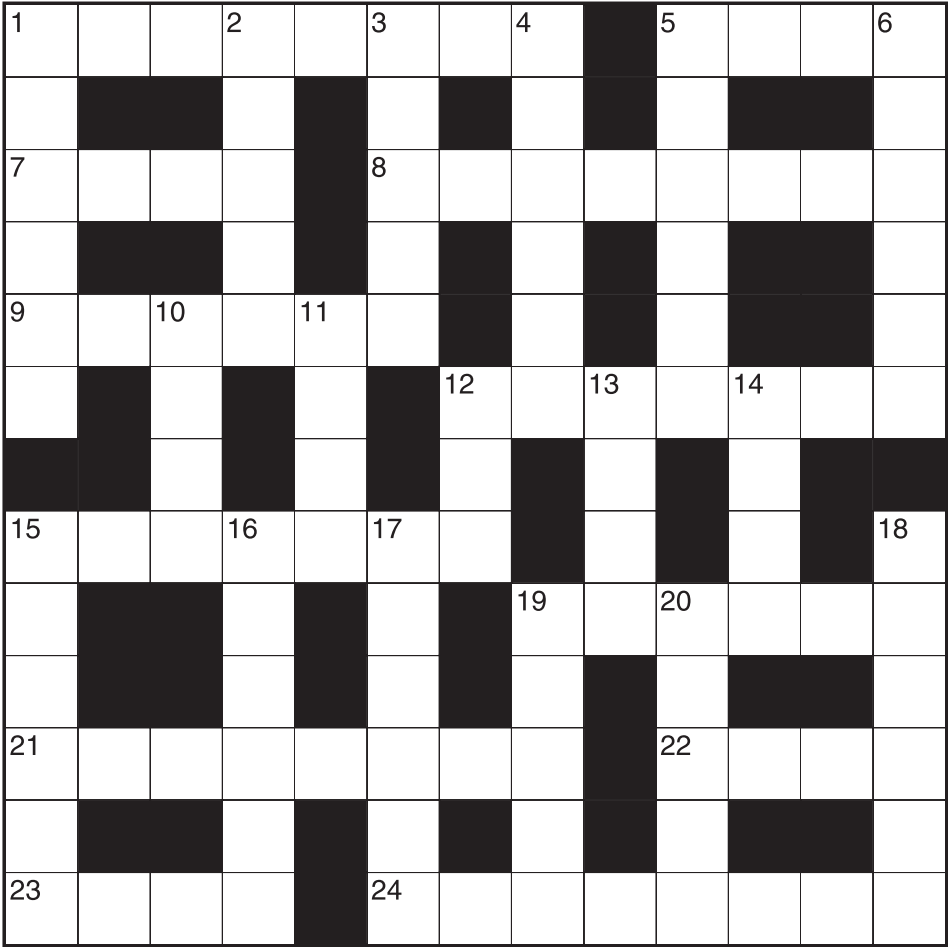
Warwick

Our complete service chapel and reception centre provides a beautiful place for quiet contemplation and reflection, celebration and reunion.

48 WILLI STREET • Ph (07) 4667 8700

**WARWICK
FUNERALS**
An Associate of Burstows 





ACROSS

- 1. Masculinity
- 5. Rectangular courtyard
- 7. Antiquated
- 8. Refrains (from)
- 9. House actor, Hugh ...
- 12. Influence
- 15. Lawsuits

19. Nastier

- 21. Improved
- 22. Stuck-up person
- 23. Trade for cash
- 24. Bolt shifters

DOWN

- 1. Paltry
- 2. Tribal senior
- 3. Avoid
- 4. Network
- 5. Tremble
- 6. Hurling plate
- 10. Module
- 11. Data
- 12. ... & buts

- 13. Fir relative
- 14. Moulin Rouge! actor, ...
McGregor
- 15. Cherubs
- 16. Tel Aviv is there
- 17. Nephews and ...
- 18. Explores
- 19. Radio & TV
- 20. Incendiary crime

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

- ANATOMY
- ANIMALS
- BIOLOGY
- BREEDING
- CLASSIFY
- ENTOMOLOGY
- ENVIRONMENT
- ETHOLOGY
- EVOLUTION
- FISH
- HABIT
- NATURE
- ORGANS
- ORNITHOLOGY
- PHYSIOLOGY
- REPTILES
- STRUCTURE
- STUDY
- SYSTEMS
- TAXONOMY

Mystery Answer:

Fun With Trivia
1325 - 1327

1325. Who played Alex P. Keaton in “Family Ties”?
1326. Which stylish Miami crime drama showcased the detective duo Sonny Crockett and Ricardo Tubbs?
1327. What’s the name of Dr. Who’s groovy time-traveling blue box?

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

Fun With **Trivia** 1328 - 1331

1328. What was Betty and Barney's last name in the Flintsones?

.....

1329. In Steptoe and Son, what was the old man's first name?

.....

1330. Hawaii 5-0 wasn't just about beaches and hula—what genre was it?

.....

1331. In The Man From U.N.C.L.E., what shady crime syndicate was up to no good?

.....

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

www.burstows.com.au

CLUES

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

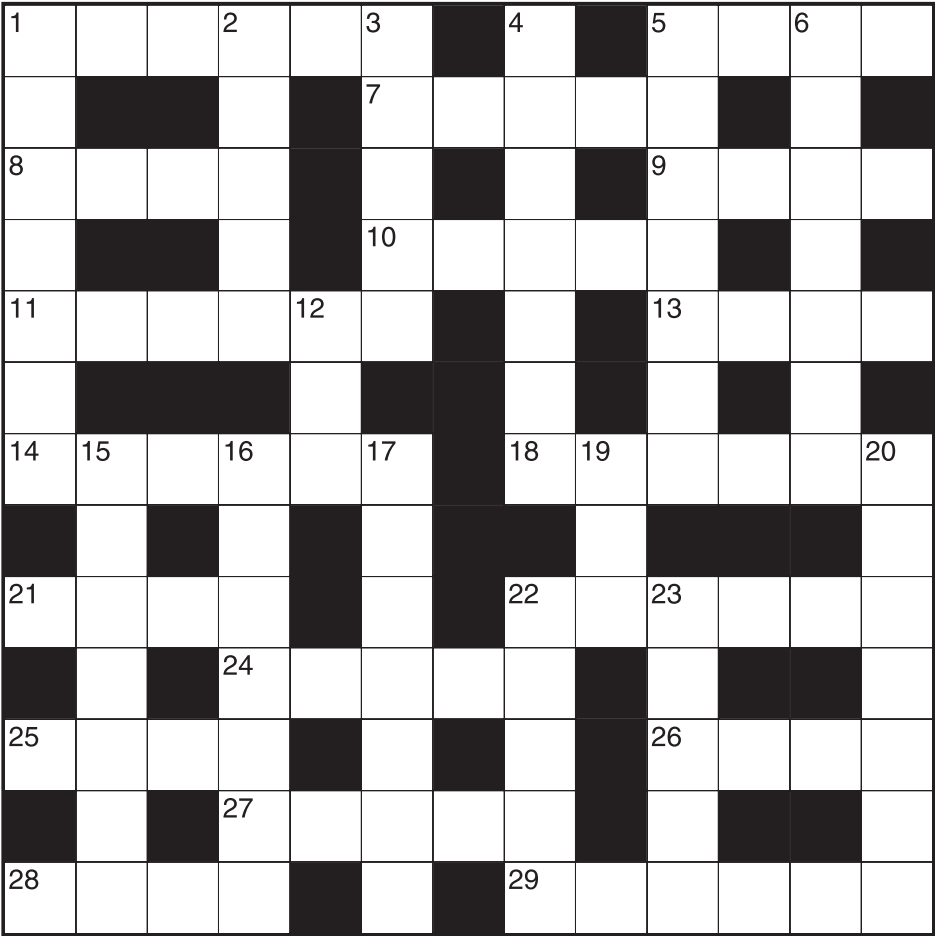
2		4	14	9	10	2	19	13	6	8		8
9	14	6		13		12		6		2	13	7
12		14		16	19	13	8	18		4		13
8	12	9	15	17		3		8	1	8	6	20
	15			13	20	8	10	4			2	
7	15	4	2	16	8		2	20	15	10	13	11
2	10	5			19		19			13	12	12
14		13	6	16	19	2	13	6	8	7		2
9	2	20			2		6			16	14	10
4	11	8	6	13	11		8	2	4	8	12	4
	6			16	8	2	19	4			6	
5	8	6	2	12		12		20	15	20	2	12
14		14		15	19	2	20	8		2		2
9	13	7		15		19		19		6	13	9
4		8	2	4	8	10	8	6	20	4		4

ANSWER:

10	15	19	2	12	4							
----	----	----	---	----	---	--	--	--	--	--	--	--

11
12
13
14
15
16
G
17
18
19
20
21
22
23
24
25
26

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. Money for good deed
- 5. Resounding noise
- 7. Thump
- 8. Baking chamber
- 9. Written test
- 10. Fanatical
- 11. Independently, by ...
- 13. ... & twos
- 14. Raw vegetable dishes
- 18. Abhor
- 21. Move briskly
- 22. Of cattle
- 24. Create on loom
- 25. Angel's ring
- 26. Corporals (1,1,2)
- 27. Cowboy show
- 28. Enliven, ... up
- 29. Enter (4,2)

DOWN

- 1. New recruits
- 2. Cowgirl, ... Oakley
- 3. Stunt growth of
- 4. Made bet
- 5. Frugally used (4,3)
- 6. Practical jokers
- 12. Guided
- 15. Flight cost
- 16. Illustrations
- 17. Leaves high & dry
- 19. Self-pride
- 20. Betrayal
- 22. Out of form, ... par
- 23. Tough plastic

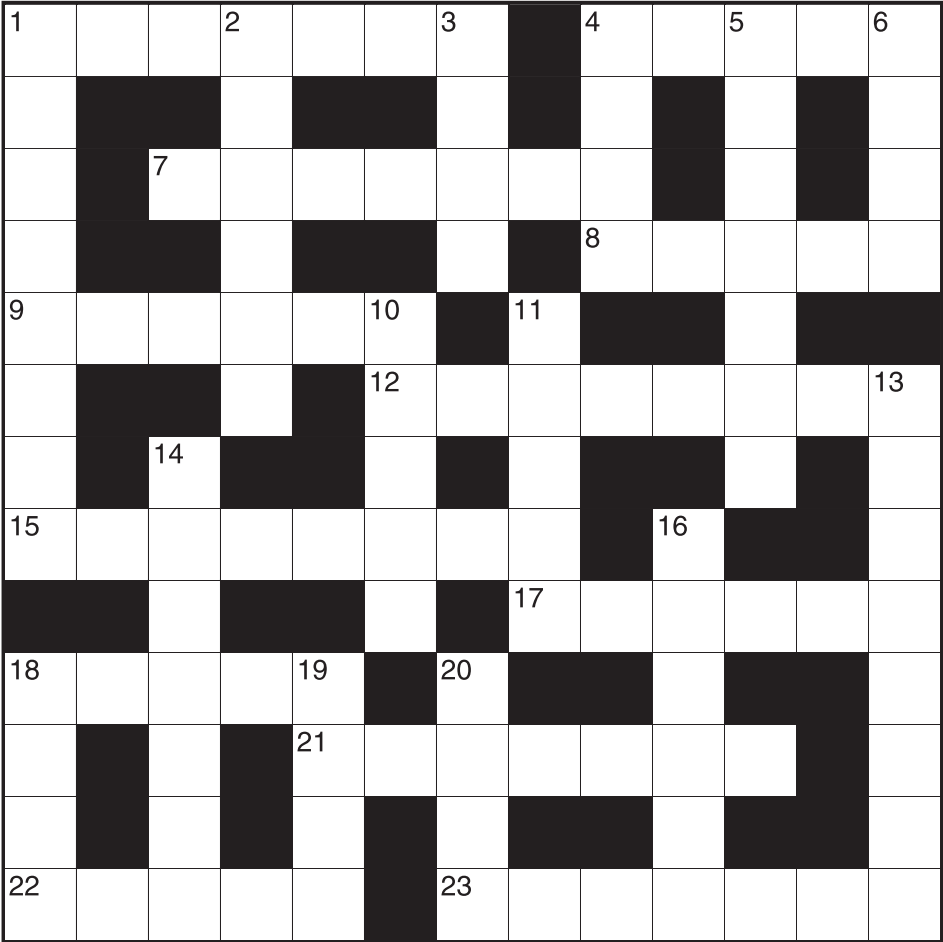


Gatton

Serving the entire Lockyer and Brisbane Valley with compassion, experience and understanding.

79 COCHRANE STREET • Ph (07) 5468 2900



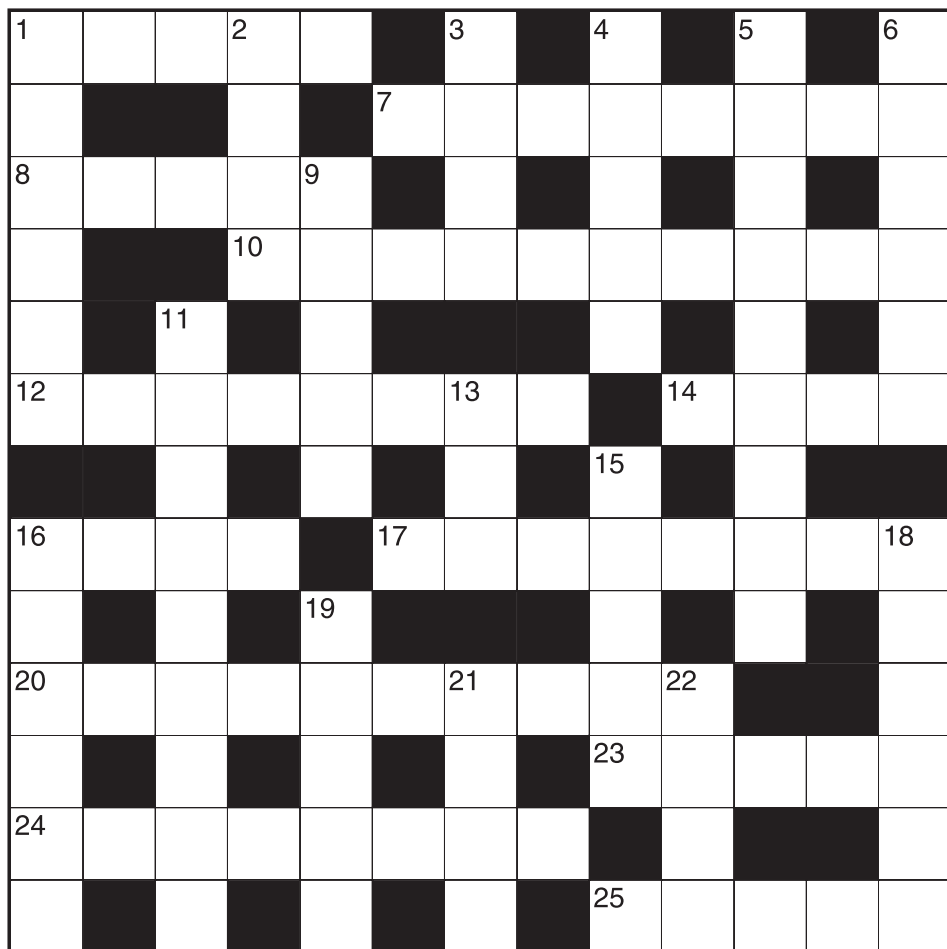


ACROSS

- 1. Predatory fish
- 4. Fourth, ..., sixth
- 7. Pinball parlours
- 8. Unadventurous
- 9. Adult (video) (1-5)
- 12. Underlying flaw
- 15. Specimens
- 17. Shocking ordeal
- 18. Pier
- 21. Sloping letters
- 22. Beef dish, steak ...
- 23. Distant settlement

DOWN

- 1. Hair bleach
- 2. Carbonate
- 3. Pop artist, ... Warhol
- 4. Song & dance
- 5. Outward appearances
- 6. Head covering
- 10. Reside
- 11. Hips to ribs region
- 13. Devil worshipper
- 14. Kingston is there
- 16. Zany
- 18. Undomesticated
- 19. Genuine, bona ...
- 20. European pact



ACROSS

- | | |
|----------------------------|---------------------|
| 1. Perfect | 20. Small sweets |
| 7. Aerosol container (5,3) | 23. Recorded on VCR |
| 8. Thin cord | 24. Smartly |
| 10. Damaging (reputation) | 25. Eyed lustfully |
| 12. Hinged cellar entry | |
| 14. Dull paint finish | |
| 16. Imperial length unit | |
| 17. Humility | |

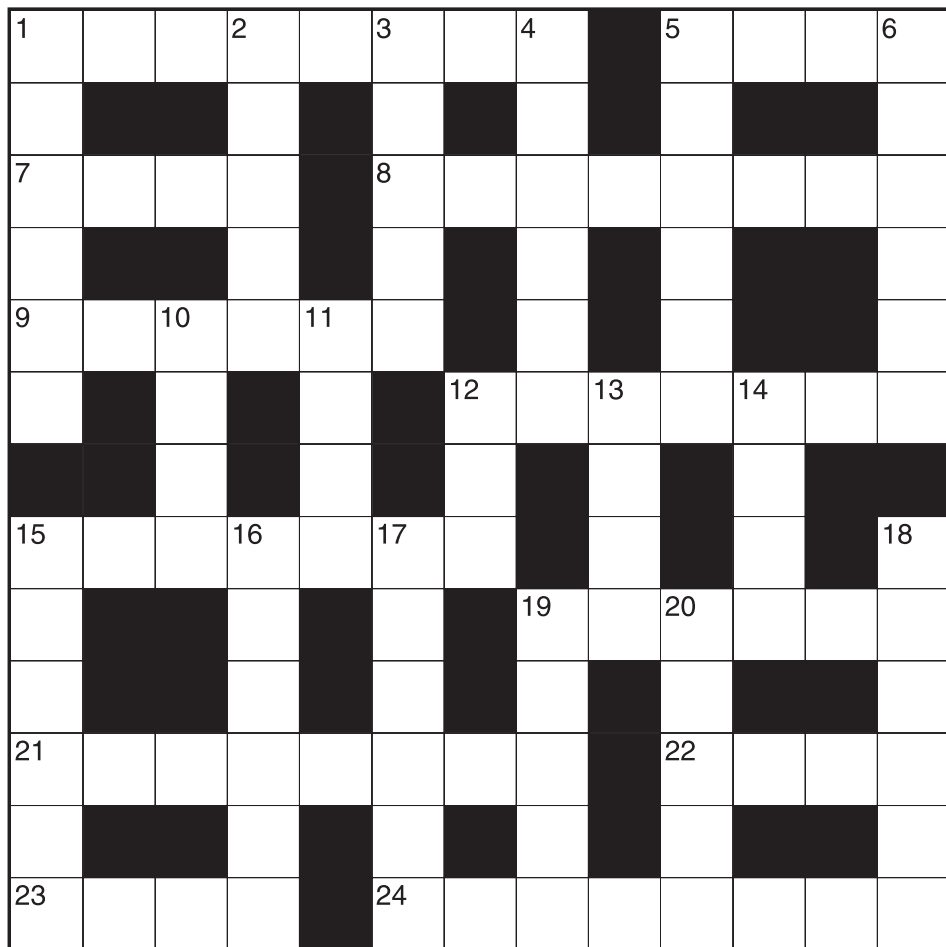
DOWN

- | | |
|----------------------|---------------------------|
| 1. Premeditation | 15. Penniless |
| 2. Uncle & ... | 16. Give drug via syringe |
| 3. Atop | 18. Toned |
| 4. Hoist (flag) | 19. Retreads |
| 5. Sets in motion | 21. Fashion mag |
| 6. Jousting warrior | 22. Carolled |
| 9. ... Cologne (3,2) | |
| 11. Packaged | |
| 13. Bullring shout | |

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

Fun With **Trivia** 1332 - 1334

1332. What kind of circus did Monty Python run? Hint: It's up in the air!
.....
1333. Which British sci-fi series took off in November 1963 and is still wowing fans?
.....
1334. What role did Leonard McCoy play on the starship Enterprise?
.....

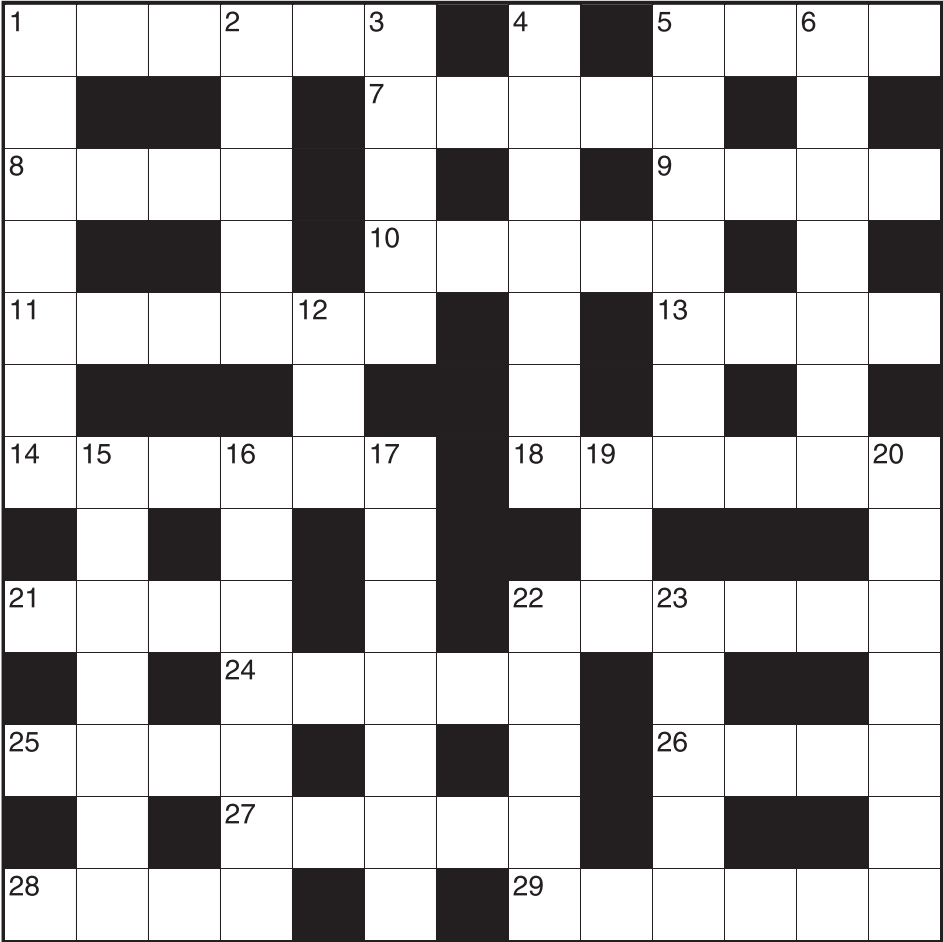


ACROSS

- | | |
|-----------------------|--------------------------|
| 1. Bridal attendants | 19. Furnishing with guns |
| 5. Marine bird | 21. Loaned (cash) |
| 7. Timber | 22. Crumbly Greek cheese |
| 8. Adaptable | 23. Actor, Idris ... |
| 9. Lacking principles | 24. Most intoxicated |
| 12. Lengthy adventure | |
| 15. Residents | |

DOWN

- | | |
|-------------------------|--------------------------|
| 1. Tropical fruit tree | 13. Thine |
| 2. Kind of duck | 14. Half |
| 3. Tripe | 15. Long angry speech |
| 4. Ranked (players) | 16. Fleet of warships |
| 5. Cooks under element | 17. Male feline |
| 6. Elbow room | 18. Appalled |
| 10. Bullocks | 19. Tot up (3,2) |
| 11. Prayer ending | 20. Casual clothes (day) |
| 12. Military operations | |



ACROSS

- 1. Enrol
- 5. Stack
- 7. Barack ...
- 8. Enormous
- 9. Iran's neighbour
- 10. Biblical tower
- 11. Races
- 13. Curved-bill bird
- 14. Young eyrie dweller
- 18. Sharply bent
- 21. Passport endorsement
- 22. Speaks
- 24. Parish incumbent
- 25. Ginger/cardamom tea
- 26. Donkey/horse cross
- 27. Not anybody (2-3)
- 28. Dinner chime
- 29. Fated

DOWN

- 1. In a group (2,5)
- 2. Reflection
- 3. Mausoleums
- 4. Romance novelist, ...
Cartland
- 5. Acclaiming (as)
- 6. Greed
- 12. Female rabbit
- 15. Sneeze sound
- 16. Going
- 17. Plough puller
- 19. Immature louse
- 20. Puff out
- 22. Egged on
- 23. Musical pace



Dalby

Our attention to detail sets Burstows apart and ensures you, your family and the community are served with excellence during one of life's most difficult times.



9 ROCHEDALE STREET • Ph (07) 4679 8200



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.

Burstows recognises this and hope 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 Burstows Puzzle Book. Remember all the answers and solutions can be found on our website www.burstows.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 Shopping Voucher.

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



TS Burstow Chapel

Our beautifully appointed chapel includes private family gathering area, and webstreaming for those unable to attend.

1800 803 196 (24 hr)
www.burstows.com.au

BURSTOWS
Funeral Care Since 1900 

TOOWOOMBA OAKEY DALBY WARWICK GATTON



Affected by the changes to the Age Pension Assets Test?

Sureplan Gold funeral bond is a secure and reliable funeral investment plan and a contribution of up to \$14,000 may be exempt from the income and assets test.

You cannot withdraw funds after the initial 30 day 'cooling off' period and the funeral benefit will be paid to your nominee on behalf of your estate.

Trust the enhanced security of a friendly society, with its unique benefit fund structure.

To find out more contact the
Burstows
Preplanning Consultants
1020 Ruthven Street, Toowoomba
Phone: (07) 4636 9680

sureplan
Gold
FUNERAL BOND

Have you considered a fulfilling career in funeral service?



At Burstows, we believe funerals are important because life is important. Everything we do, we do to honour life and to ensure the funeral experience brings comfort and healing.

If this is a career path you wish to discover, we invite you to visit our website and express interest in any current and future employment positions.

www.burstows.com.au

Join a well-respected and trusted industry leader. Please email hrjobs@burstows.com.au with any enquiries or call 07 4636 9600.

