## **Travel & Cruise**



## Weekly









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## From the **Publisher**

Jenny Piper

Welcome to this special CHOCOLATE issue of keep dreaming inspired by World Chocolate Day – 7th July, celebrating the introduction of chocolate to Europe in 1550, according to Wikipedia. As part of the celebrations, chocolate should be consumed – so each to his own, be that Dark, Milk, White or even Ruby! And what has chocolate got to do with travel you may ask? In my opinion very few travel experiences do not involve an encounter with chocolate. Be that a delicious dessert at a restaurant an after-dinner mint on a long haul flight or the chocolate left on the pillow at turndown. Or you can use travel as an excuse to determine whether Belgium chocolate is better than Swiss by going to try them at the source.

So chocoholics – enjoy this edition as we discover some great Aussie chocolatiers worth a road trip for, a review of the all new Kit Kat Chocolatory in Sydney, and to keep you inspired for your next cruise some signature chocolate desserts found onboard some cruise lines renowned for their food offerings.

Don't forget to follow us on **Instagram** (travelcruiseweekly) and **Facebook** for more travel inspiration

P.S. Re the picture – I only had ONE piece! P.P.S. Happy Birthday to the Freddo frog who turned 90 last week.

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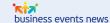
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#### A new way to take a break

We might not be able to escape the Australian winter this year, but with everything 2020 has thrown at us, we all need a break more than ever.

Fortunatley, Nestlè KitKat is here to save the day! Offering a different kind of getaway, the new KitKat Chocolatory opens this week in Sydney, just in time for world chocolate day. The chocolatory takes everything you know about the iconic chocolate bar to a new level with a number of experiences and exclusive KitKat flavours on offer.

The 'Create Your Break' experience allows you to make whatever weird, wacky, or downright delicious KitKat flavour your heart desires. With over 30,000 possible combinations of gourmet ingredients you're sure to find your perfect break. Pick the chocolate type, ingredients, and personalised packaging at the kiosk, and watch the chocolatiers work their magic to make all your KitKat dreams come true.

While you wait for your KitKat to set, be sure to check out the incredible desserts at the 'KitKat Tasting Table', unique to

the Sydney boutique. Those looking for a sumptuous experience can taste new creations specially crafted for the 'KitKat Chocolate Train'. Plus, the chocolatory sells a range of exclusive and special edition KitKats including reimagined favourites, and a taste of Japan and Brazil.

Trust us, this is an experience not to miss! Head to our Instagram @travelcruiseweekly to check out our behind the scenes look at the chocolate emporium, and be sure to add the experience to your travel plans!





#### New Rex and Virgin routes

Both Regional Express (Rex) and Virgin Australia have signalled their intent to take advantage of the potential domestic travel boom in the past week.

Rex plans to deploy up to 10 narrow-body jet aircraft to service Australia's "golden triangle" of east coast capital cities from March, while newly capitalised Virgin announced the return of 17

operating as soon as August.

Rex directors believe the funding for their project is likely to be forthcoming, as it seeks to raise \$30 million for its launch.

#### Border openings update

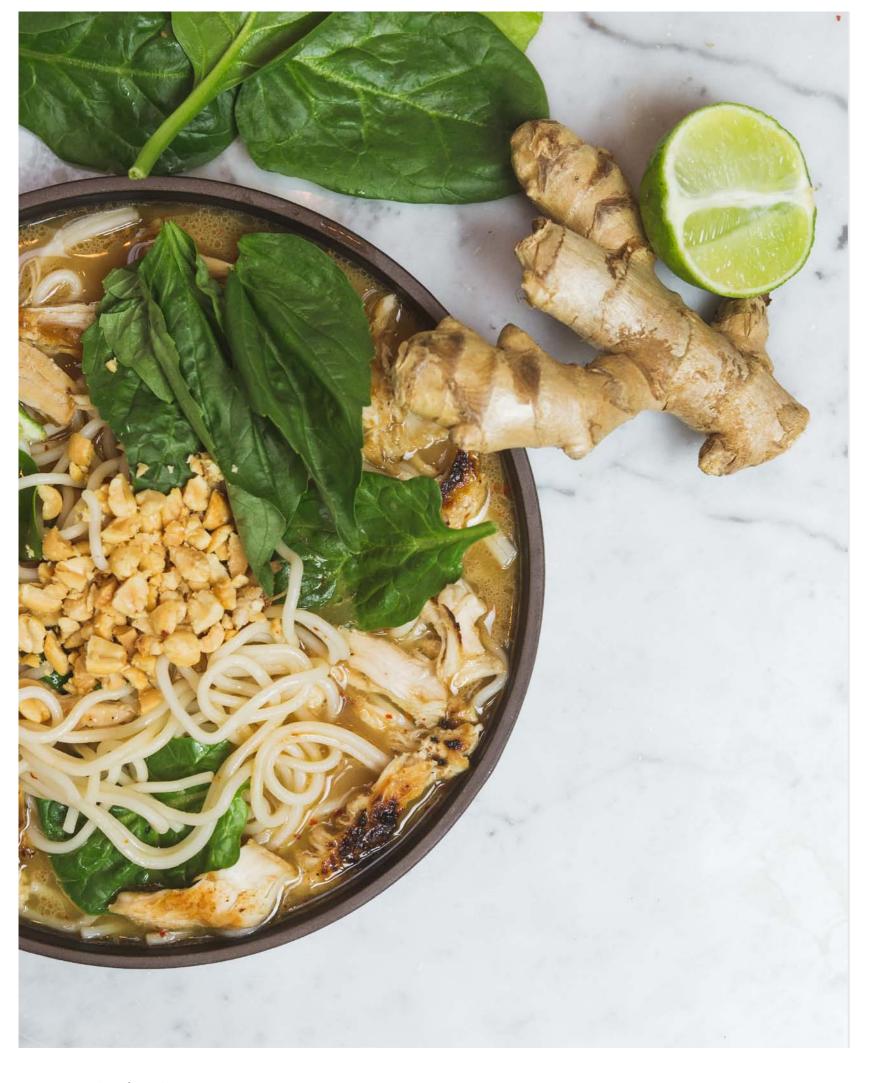
Victoria and the ACT are the only states and territories with borders fully open, with New South Wales to close off

domestic routes, which will be its border with Victoria later this week.

> Queensland has also committed to opening its borders on 10 July, to every state except Victoria, and the NT and Tasmania will begin easing border restrictions from 17 and 24 July respectively.

South Australia's borders are open also, however interstate travellers must be approved to enter before doing so, leaving Western Australia the only state closed for the foreseeable future.

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# A foodie's guide to Thailand

From humble food carts to Michelinstar restaurants, there's no better way to experience the Land of Smiles than through its diverse culinary scene, writes Dilvin Yasa.

It's a rare person who hasn't quivered at the sight of a steaming bowl of char kway teow being placed before them and a rarer person still who doesn't go weak at the knees of a week-long eating adventure in Thailand – a 513,120km² wonderland of decadent royal palaces, tropical beaches, ancient ruins and yes, some of the best cuisine going on Planet Earth.

Travelling to the Kingdom just to gorge your way around it? Not only is it a thing, it's an artform you should take seriously.

# Thai food: a brief history

It's easy enough to claim sorcery as the main influence of Thai cuisine (how else can you explain your dependence on Friday nights at your local?), but it actually has its roots in China, many mainstay dishes such as khao kha moo (stewed pork with rice) and kuai-tiao rat na (fried rice noodles) first brought across by first the Hokkien people in the 15th century and then the Teochew people in the 18th century.

Don't make the mistake of thinking the food will be similar across the nation either; the cuisine is influenced heavily by neighbouring countries so that typical dishes in mountainous northern Thailand

go heavy on aromatic spices and share dishes with Laos, Cambodia and Burma. Southern Thailand (bordering Malaysia, yet also influenced by Indonesia) is the place to go for eye-watering spice as well as curries which use liberal amounts of coconut milk, and eastern Thailand is influenced by its Vietnamese neighbours. The average diner will be most familiar with dishes hailing from central Thailand – just think plenty of coconut milk and noodles as far as the eye can see.

You didn't come all this way to eat Pad Thai, did you? A gastronomical journey from humble street stands to Michelinstar restaurants awaits for those ready to take the plunge.



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#### Street life

With the cost of making fresh food far higher than anything you're likely to find find street-side, locals are far more likely to purchase their meals from a humble cart, a stall in the market or an old-school shophouse, and even the dingiest of alley ways and backstreets buzz 24/7 with sizzling street food options.

Street food culture has its heart in Bangkok of course, and a great place to start is in Banglamphu in the city's old town, or Yaowarat (Chinatown), a district considered to be the birthplace of the popular style of eating and home to firm favourites Lek & Rut

and T&K restaurants where barbequed seafood is king. Pad Thai Thip Samai is said to have the best pad Thai in Bangkok, while Elvis Suki is always busy.

Khao Man Gai (chicken rice), Tom Yum Goong (spicy seafood soup) and for those who are feeling brave, Gaeng Tai Pla (essentially, a fiery curry comprised of fermented fish entrails, fish, eggplant and bamboo shoot) are all great options to try, but remember to only ever order food from stalls with a long queue of locals waiting for a bite, order food at the busiest time of day when food isn't likely to sit out in the heat, and watch that the vendor is handling and serving food in a sanitary way.





## **Everyday cuisine**

Let's face it, you would have to be seriously unlucky to get bad Thai food at this price point (unless you're ordering from a tourist-heavy restaurant with a menu written in English, that is). To save yourself any potential heartache, it's a good idea to consult the Michelin Guide's Bib Gourmand list which is essentially a list of places

Clockwise from top: Street vendors are where the locals usually chow down - look for ones with queues to ensure the best meal.

Baanai Hotel serves Thai family favourites.

Siam Wisdom has a Michelin star, awarded for its classic Thai fare with a fine-dining twist. serving exceptional food for next to nix (58 eateries in Bangkok made it onto the list this year) and get thee to a tuk tuk. On the list? Baannai Hotel which serves old family favourites in a stunning Thai wooden house with decorated garden, and Phuket's Mor Mu Dong, a rustic joint pleasing the masses with local seafood options.

Just remember flavour profiles are a matter of preference so be sure to say 'Mai pet' if you'd like them to the be less generous with their use of chilli (no promises, of course).

#### Star-struck

You've eaten like a pig in a trough in the street of Bangkok and dined at the beachside cafes of Phuket, so now what? If you've got a few extra coins left in your pocket, you can head to one of 27 restaurants awarded a Michelin star in its 2019 guide (26 in Bangkok and one in Phuket) – 10 more restaurants with stars than the previous year.

Two-starred Suhring, continues to make some of the biggest noise with its German tasting menu, as does Gaggan with its focus on global fusion (an establishment also awarded two stars), but those looking for classic Thai fare with a fine dining twist need look no further than Bo.lan or Siam Wisdom, both Bangkok restaurants having received one Michelin star respectively for their creative takes on classic Thai cuisine. Heading to sunny Phuket? You'll need a seat at Trisara Resort's farm-to-table restaurant, Pru.

The great thing about Michelin star restaurants in Thailand of course is that they're still ridiculously affordable – you can even get Michelin-starred street food from Raan Jay Fai, the street food crab omelette specialist – leaving you plenty of dough to shop, stay in five-star accommodation and live it up like a one-percenter. The land of smiles indeed.



#### Dessert spotlight: Mango sticky rice

Like most other Asian cuisines. Thai desserts don't tend to be dairy-based (not much chocolate on the menu here). But whether you're transiting through the airport or embarking on a gastronomic extravaganza in Thailand, you can't go past mango sticky rice. The country's iconic dessert is served throughout the country, from street markets to high-end restaurants, and there's a good reason why. Mango sticky rice combines sliced fresh mangos with steaming sticky rice, which is drenched with thick coconut milk. The result is a sweet, creamy, and very satisfying concoction.

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# Take four

Celebrate World Chocolate Day with these Aussie chocolatiers. Why not plan a road trip to visit!



#### Haigh's

Founded in 1915 in Adelaide, SA, Haigh's is Australia's oldest family owned chocolate maker in Australia. Affectionately known for their giant chocolate frog, along with an expansive range of boxed chocolates, bars, truffles and choc-coated nuts, Haigh's chocolate is always a winning gift. When in Adelaide it is possible to take a factory viewing tour at their Parkside factory a short drive from the city centre, tastings included.



Located in Emu Heights, NSW, Zokoko is a premium artisan chocolate maker specialising in single-origin dark chocolate. Using award winning cacao sourced from Bolivia, Zokoko is one of only a handful of companies in Australia to make their chocolate with a "bean to bar" process. Visit their cafe within the chocolate factory to indulge in some chocolate treats and view the chocolate making in action.





#### Jasper & Myrtle

Jasper & Myrtle's aim is to produce the most delicious chocolate they can, from their workshop in Fyshwick, Canberra. And they seem to be doing just that, having won several medals since launching in 2016. The company uses beans that are sourced from ethical suppliers in Bougainville, Papua New Guinea and the small batches of chocolate are made with the 'bean to bar' philosophy - roasting, winnowing, and grinding the beans as part of the production process, before tempering and moulding to meet their high standards. Visit the workshop retail space to try and buy!

#### **Daintree Estates**

This Far North Queensland based chocolate producer was the first Australian chocolatier to grow its own cocoa beans. Started in 2010 this co-operative of passionate local farmers brings together farming, processing and chocolate making to produce their chocoloate range, while also using local dairy and sugar. It's possible to visit one of the growers with a guided tour from Sweet Farm Tours of the sugar cane and cocoa plantations.



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# Keep your cruising dream alive

Dining is a major part of a cruising holiday, whether its the buffet or at a fine dining restaurant on board. For those with a sweet tooth nothing really beats a rich dessert. Below are some signature chocolate desserts you can drool over.

#### Silversea Cruises Fraises & Chocolat

This signature chocolate dessert is just part of a bespoke menu served onboard Silversea ships in their La Dame French Fine Dining restaurant. Quintessentially Parisian, this delectable dessert will bring pleasure to any chocolate lover, featuring a combination of chocolate and strawberry, a chocolate mousse covered in a chocolate dome, served with a Strawberry coulis, Strawberry Pate aux Fruits, chocolate dipped strawberry, candied oranges and chocolate sauce. The line recommends pairing the decadent dessert with a sweet white wine such as a one from the Cadillac region south of Bordeaux, France.



#### Regent Seven Seas The Ultimate Chocolate Cake.

The Ultimate Chocolate Cake is one of Regent Seven Seas Cruises' most popular desserts. This indulgent creation features 14 layers of Valrhona chocolate cake and is served with a roasted pistachio sauce. It is available across the entire Regent Fleet at Prime 7 – the cruise line's intimate and elegant steakhouse, which elevates classic American fare to new heights.





## Viking Cruises Mississippi Mud Pie

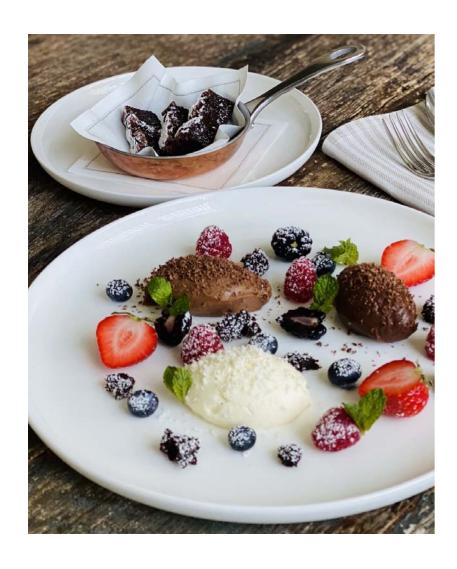
This deep south flavour inspired pie is pure decadence. Consisting of a chocolate brownie base, with a layer of Praline marshmallow cream topped with a chicory coffee liqueur ice cream. Garnished with Oreo cookie dust, candied pecans and served with a drizzle of chocolate sauce and whipped cream, this dessert is not for the faint hearted. This delicious treat will be served on the 2022 Mississippi River voyages, but in the meantime the recipe is available at www. vikingrivercruises.com.au/why-viking/community/viking-recipes.



#### Uniworld Cruises Chocolate Hazelnut Cake

One of Uniworld's favourite recipes is "Mohr im Hemd" or Chocolate Hazelnut Cake, often served by the onboard chefs. Mohr im Hemd is a traditional Austrian steamed chocolate dish, made of chocolate, crumbs, nuts and wine. This souffle style cake tastes of delicious chocolate with a hazelnut twist. It's the perfect chocolate comfort cake - indulgent, nutty and fluffy with an oozing chocolate sauce and whipped cream to top it all off.

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#### Seabourn Lots of Chocolates

Ganache of White, Milk and Bittersweet Chocolates, Summer Berries, Dark Chocolate Crumble, Maldon Sea Salt Fudge Brownie

This new dish created by chef Tony Egger will be served at Earth & Ocean restaurant once sailings resume. The inspiration of this chocolate recipe came from a trip to Europe visiting his friend's chocolate shop where he tasted many different chocolates, each of them amazing. However, the one that stood out the most was a type of chocolate ganache texture and a chocolate brownie, scented with sea salt, with tastes and textures that blew him away.



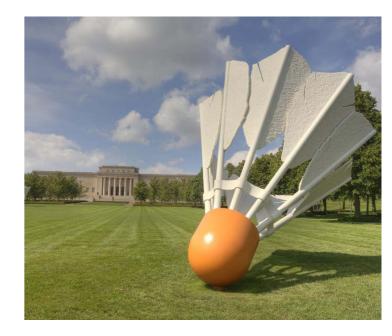
#### Unscramble

How many words can you make out of these nine letters? Every word needs to include the centre letter, have four letters or more and not be a proper noun or a plural. You can only use each letter once.



Good - 23 words Very good - 34 words Excellent - 46 words

#### Where in the world?



Large shuttlecocks aren't exactly the statues you imagine you'd see in the grounds of a museum, but this one has three scattered throughout its grounds, which are 5.5m high. Do you know where this is?

#### Pub quiz

- 1. Which European country has the highest number of McDonald's per capita?
- 2. True or false: the American flags flown at all Disney parks and resorts are incorrect, either missing a stripe or a star?
- 3. Guinea pig is considered a delicacy in how many South American countries?
- 4. The lake of Tonle Sap is located in which country?
- 5. Which country is the largest producer of argan oil, which comes from a nut that grows on an argan tree?
- 6. True or false: you could go to gaol for up to three years for cutting down a Saguaro cactus in the US state of Arizona?
- 7. Which city has the most bridges in the world:
  - a) Venice, Italy
  - b) Amsterdam, Netherlands
  - c) Paris. France
  - d) Hamburg, Germany
- 8. After Saudi Arabia, which country has the largest oil reserve in the world?
- 9. Which country is the only in the world to still have an Emperor?
- 10. The tallest waterfall in North America is located in which national park?

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#### Vietnam word search

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Α	Т	R	S	Α	S	Н	D	J	U	U	D	Т	J	0
S	R	J	М	Т	L	S	S	В	S	K	S	ı	S	М
Т	Х	R	0	ı	Q	ı	S	U	Α	Υ	ı	W	0	М
N	0	R	S	U	Т	R	N	Q	В	J	Q	U	Χ	U
L	Т	D	Α	K	E	Α	Е	R	Р	Α	Χ	D	Q	N
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Α	٧	S	L	Υ	J	N	Е	Q	Υ	В	S	Z	I	Т

See if you can find these words. They are hidden horizontally, vertically and diagonally, forwards and backwards.

ASIA BANHMI CHUCHITUNNELS

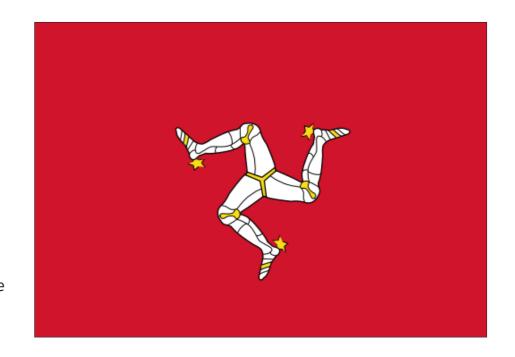
**HALONGBAY** HANOI HOCHIMINHCITY

HOIAN HUE **PAGODAS** 

PHO SAIGON **TEMPLES** 

#### Whose flag is this?

This flag doesn't actually belong to an independent country, but it's still very different from the banner of the country that governs it. The symbol in the centre is one of the oldest continually used government symbols and has been used by this state since the 13th century. Do you know whose flag it is?



#### **Pub quiz**

- 1. What is the capital of Nigeria?
- 2. Which city is home to Leonardo Da Vinci's The Last Supper mural?
- 3. What island chain does Ibiza form part of?
- 4. Which German city was Albert Einstein born in?
- 5. Which above-water mountain range is the longest in the world?
- 6. Which seven countries did US President Donald Trump ban from travelling to the United States in 2017?
- 7. As of 2019, which airline was the largest in the world in terms of passengers carried?
- 8. Which city is widely believed to the oldest continually inhabited city in the world?
- 9. What is the southern-most county in England?
- 10. What is the largest in-land sea by area in the world?
- 11. What US city does this collection of pictures spell out?



#### Sudoku

#### **FIENDISH**

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, column and 3×3 box.

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

www.sudokuoftheday.com – visit them and get a new Sudoku every day!

#### Where in the world?



This is unusual statue is seen by many as a symbol for good luck. The sculpture was made based on a resin mould of the artist's thumb, which is why it looks so realistic. Do you know where in the world you can visit it?

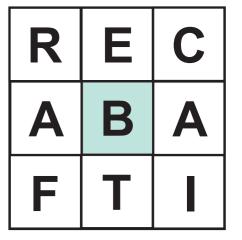
#### Pub quiz

- 1. What is the currency of Brazil?
- 2. What is the smallest independent country in South America by area?
- 3. Approximately how long is The Great Wall of China?
  - a) 15,000km
  - b) 21,000km
  - c) 35,000km
  - d) 350,000km
- 4. What would someone from Mongolia do with their Buryat?
- 5. To the nearest 1,000, how many passengers could the RMS Titanic carry before its unfortunate accident?
- 6. Which country's flag is comprised of two triangular shapes with one sitting on top of the other?
- 7. True or false: St Lucia is the first country to be named after a woman?
- 8. Lamu Island is home to the oldest constantly occupied settlement of which African country?
- 9. What is the name of the area in the Pacific basin where many earthquakes and volcanic eruptions occur?
- 10. What is the currency of China called?
- 11. What country is this collection of pictures spelling out?



#### **Unscramble**

How many words can you make out of these nine letters? Every word needs to include the centre letter, have four letters or more and not be a proper noun or a plural. You can only use each letter once.



Good – 15 words Very good – 22 words Excellent – 29 words

#### Where in the world?



This unique sculpture can almost disappear into the landscape, depending on which direction you view it from, but from other angles it looks like a massive building. Do you know where this art installation can be seen?

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#### Sudoku

#### MEDIUM

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, column and 3×3 box.

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

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#### Whose flag is this?



Clearly the person who designed this flag envisioned it being displayed in large format, because the coat of arms in the centre is very small. Before the country became independent the colours weren't alternating with the top all being blue and the bottom red. Do you know whose flag it is?

#### Pub quiz

- 1. What is the smallest island nation in the Indian Ocean?
- 2. Which pole would you find polar bears in the wild?
- 3. Which island is home to the widest variety of lemurs?
- 4. What is the capital of Lithuania?
- 5. Which country is home to the Devils Marbles Conservation Park?
- 6. Which country are you travelling in if you are visiting the famous Spanish Riding School institution?
- 7. Which country is famous for its sweet dessert Aletria?
- 8. What is the smallest ocean in the world?
- 9. Which island in New Zealand is home to the capital of Wellington?
- 10. What fun adrenaline activity did Kiwi entrepreneur AJ Hackett pioneer as a tourist attraction?
- 11. What country is this collection of pictures spelling out?



All answers are on page 24

# Travel the world

#### with mince & meatballs

We can only afford mince at the moment and we're confined to our homes but that doesn't mean we can't travel the world with our tastebuds. Each week we will feature a recipe from a different corner of the globe.



## Bent Fork Grill Meatloaf

This recipe for meatloaf comes from Colorado restaurant, Bent Fork Grill, which has two outposts in Denver and Loveland. It might be a while before we can head to the US again so why not travel there with your tastebuds and whip up this for dinner this week.

#### **Ingredients**

MEATLOAF
4.5kg mince beef
1/4 cup garlic, chopped
1 red onion, finely
chopped
5 tbsp dried oregano
Handful Panko
breadcrumbs

breadcrumbs
1 1/4 cups tomato sauce
8 tbsp fresh mint,
chopped
8 tbsp fresh parsley,
chopped
5 tbsp kosher salt

6 tbsp black pepper 2 ½ cups feta

(optional, if you want a Mediterranean twist) MEATLOAF GLAZE
2 cups tomato sauce
1 cup wholegrain
mustard

1 tsp cayenne pepper 1 tsp cinnamon

1.5 tbsp paprika 1 cup brown sugar

1.5 tbsp red wine vinegar

#### Method

Preheat oven to 200°C.

Combine all meatloaf ingredients in a mixer and stir until combined well.

Place mixture in an oven safe rectangular dish (5cm deep) and evenly spread out. Bake in oven for 35-45 mins or until internal temperature reaches 74°C.

While the meatloaf is baking, prepare the glaze by mixing all glaze ingredients until smooth. Once the meatloaf has been in the oven for 35-45mins and is nicely brown, spread meatloaf glaze on top of the meatloaf and bake for another 10 minutes.

Serve family style with selection of vegetables.

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#### **Puzzle answers**

#### Page 17

Pub quiz: 1 Sweden, 2 True - that way they don't have to follow the national flag code e.g. flying at half mast during times of mourning, 3 Three (Ecuador, Peru and Bolivia), 4 Cambodia, 5 Morocco, 6 True, 7 d) Hamburg, Germany, 8 Canada, 9 Japan, 10 Yosemite National Park, California

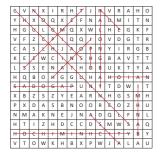
Where in the world: The Nelson-Atkins Museum of Art, Kansas City, Missouri, USA

Unscramble: alit, aloha, alpha, alto, apical, caliph, capital, CHIPOLATA, clap, clip, clop, clot, cloth, coal, coalpit, coil, coital, cola, colt, hail, halo, halt, hilt, holt, latch, lath, lathic, litho, loach, loath, loch, loth, octal, opal, optical, pail, phial, pilot, plait, plat, plot, tail, tala, talc, toil, topical

#### Page 19

Whose flag is this: Isle of Man

Word search:



#### Page 20

Pub quiz: 1 Abuja, 2 Milan, 3 The Balearic Islands, 4 Ulm, 5 The Andes, 6 Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen, 7 American Airlines, 8 Damascus, 9 Cornwall, 10 The Caspian Sea, 11 Milwaukee ([wind]mill + walk + E [note])

Where in the world: Le Pouce de Cesar, Paris, France

Sudoku:

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

#### Page 21

Unscramble: abaft, abate, abet, bait, baiter, bare, barf, barite, bate, bear, beat, befit, beta, bier, bite, biter, brace, bract, brae, brat, brief, cabaret, caber, creab, crib, fabric, FABRICATE, fibre, tribe

Pub quiz: 1 The Real, 2 Uruguay, 3 b) 21,000km, 4 Wear it (it's a hat), 5 2,000 (2,435), 6 Nepal's, 7 True - named after Saint Lucy of Syracuse, 8 Kenya, 9 Ring of Fire, 10 The Yuan, 11 Cambodia ([Scott] Cam + bow + d [note] +

Where in the world: Reading Between the Lines Church, Borgloon, Belgium

#### Page 22

Pub quiz: 1 The Maldives, 2 North Pole, 3 Madagascar, 4 Vilnius, 5 Australia, 6 Austria (Vienna), 7 Portugal, 8 The Arctic Ocean, 9 North Island, 10 Bungee jumping, 11 Croatia [crow + a [note] + shh + ah]

Whose flag is this: Dominican Republic

Sudoku:

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

