

Golden Horizons



a world of possibilities

ISSUE 1 WINTER 2026



Contact us

Advertising: Grace Hammersley
T: (07) 3048 1919
E: grace@holistichorizons.com.au

Publisher: Holistic Horizons
Director: Drew Cason
1/228 Anzac Ave Kippa-Ring QLD 4021

Design: 2 Creative Media

www.holistichorizons.com.au
[facebook.com.holistichorizonssupportservices](https://facebook.com/holistichorizonssupportservices)
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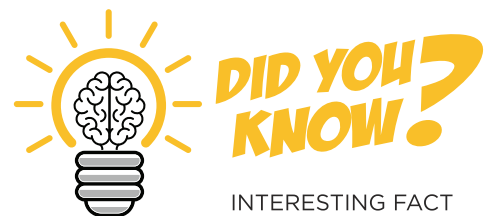
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The Birthplace of the Bee Gees Redcliffe holds an iconic spot in global music trivia as the official launchpad for one of the most successful pop groups of all time.

The £10 Gig: The Gibb family emigrated from England to Redcliffe in 1958. In 1959, the promoter of the Redcliffe Speedway (then located at the showgrounds) hired the young Barry, Robin, and Maurice Gibb to sing to the crowds from the back of a truck during the racing intervals.

The Money Track: The crowd loved them so much they threw coins onto the racetrack. It was also here that they met a local Brisbane DJ who suggested they name themselves the "BB's" (which became the Bee Gees) after the initials of the people who helped them get their start. Today, you can walk down Bee Gees Way, a dedicated, multimedia walkway celebrating their local roots.



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We want to hear from you!

At Holistic Horizons, our community is built on your stories, experiences, and connections. Do you have a favourite family recipe to share, an inspiring story to tell, or an upcoming local event on the Redcliffe Peninsula or surrounding regions that deserves the spotlight? We would love to feature it in our next edition!

Drop us a line or email grace@holistichorizons.com.au with your ideas - let's keep sharing, connecting, and celebrating the vibrant communities we create together.

Welcome to Golden Horizons!

Hello everyone, and a very warm welcome to our very first edition of Golden Horizons!

I am so incredibly grateful to be a part of our wonderful Redcliffe Peninsula and Caboolture communities. Every single day, our team at Holistic Horizons has the privilege of walking alongside so many of you, listening to your stories, and sharing a laugh. That sense of real, human connection is exactly why we wanted to create this magazine. It is our way of staying in touch, keeping us all connected, and celebrating the vibrant community we are so blessed to live in.

We have designed this space to be a true reflection of our community, starting with our Client Spotlight, where we shine a light on our wonderful clients and celebrate their personal milestones. We also know that navigating Aged Care services can sometimes feel like trying to learn a completely different language. That is why our Support at Home section strips away all the confusing corporate jargon to give you plain-English, straightforward tips on getting the most out of your services, keeping the focus entirely on care and connection.

Because we love staying active, we have filled these pages with plenty of practical, local inspiration. You will find seasonal gardening tips perfectly suited for our local climate, alongside a Calendar of Events highlighting upcoming group programs, community gatherings, and local happenings across the Peninsula, Caboolture and Bribie Island. To keep the mind sharp, we have included crosswords, quizzes, and interactive fun, as well as nutritious winter recipes tailored for the cooler weather.

You will also notice some fantastic local businesses featuring throughout these pages. We are proud to share that all advertising proceeds go directly towards supporting our local community and charity initiatives. It is just another way we can work together to make a meaningful difference right here in our own backyard.



This magazine is truly for you, and we would love for you to be a part of it. If you have a favourite family recipe, a great news story, or a topic you are passionate about, please share it with us! We want to know what you are interested in. Golden Horizons will be coming out every quarter, so keep an eye out for our next edition this October.

Until then, I hope you enjoy the read, stay warm, and take care of one another.

Warmly,

Kylie

Director Holistic Horizons



“That sense of real, human connection is exactly why we wanted to create this magazine”.



We don't plan for getting old

There are parts of getting older that we naturally tend to pop into the "too hard basket." Whether it's a little bit of fear or just because the topic feels confronting, many of us simply avoid talking about what happens as we age.

Think about it: we spend our entire lives future-planning, for families, homes, holidays, and retirement. But what happens after retirement?

Too often, we forget to plan for the natural next steps, like managing a change in health or navigating extra support. As tough as it can be to think about, planning how you want to live out your days ensures you get to do things completely on your terms.

Over the next few issues, we will explore how to gently future-proof your life, answering your questions and breaking down some of the myths surrounding end-of-life care.

What is an advance care plan?

An Advance Care Plan (or Statement of Choices) is a simple document that puts your future healthcare wishes in writing, coming into effect only if you can no longer communicate them yourself.

By putting your preferences down on paper, you get two wonderful benefits:

Peace of Mind: It removes the stress and guesswork for your loved ones during a difficult time.

Your Voice Rules: It ensures healthcare professionals follow your exact wishes, preventing unwanted medical interventions.

Putting together a folder with your important documents and your wishes.

We often hear, "My family knows what I want." But during a health crisis, stress and emotion can cloud judgment. Having your wishes officially documented is a beautiful gift that lifts that pressure from the people you love most.

A great way to start future-proofing today is to assemble a handy folder that is ready to grab if you ever need an unexpected hospital trip. Having this information in one neat place means healthcare workers can give you the exact care you want, right when you need it.

Pop in these important documents:

- Your Advance Care Plan
- An Enduring Power of Attorney (*we'll cover this in a future article!*)
- An up-to-date medication list

Want to learn more? For more information on Advance Care Planning or to get started on your own document, have a chat with your Care Manager next time they visit!



Bring colour and hearty comfort into winter dishes and a great way to get a hit of fibre, plus protein and vitamin B6 essential for brain development, regulating mood, and boosting your immune system

Dressed creamy chicken & corn soup

Lean into cosy vibes with a steaming bowl of warming soup, topped with crumbled feta and a vibrant dusting of smoked paprika.

5 INGREDIENTS | 4 SERVES

300g Coles Chicken & Corn Soup
30g Greek-style feta, crumbled
2 spring onions, sliced
1/2 tsp smoked paprika
4 slices sourdough, toasted

Method

Step 1: Pour soup into a medium-sized saucepan. Gently bring to a boil over medium-low heat, stirring, for 4-5 minutes.

Step 2: Ladle soup into bowls. Top with feta, onion and paprika. Season with freshly ground black pepper. Serve with toast.



**Ready to get out and about?
We'd love you to join us!**

If you've been looking to share a laugh, meet new friends, and enjoy a wonderful day out on the Peninsula, we'd love to welcome you along! We are currently taking expressions of interest for our upcoming small-group social outings. Whether it's a scenic morning tea or a relaxed local trip, these days are all about connection and community.

If you or a loved one are interested in joining a group social outing, give our Care Manager, Kate, a call on (07) 3048 1919 to have your name added to the list. We can't wait to catch up!



PLANT OF THE MONTH

The 'White Wave' (Birkin Philodendron)

If you are looking to bring a splash of fresh, tropical elegance into your living room, meet the 'White Wave' Philodendron. Maximum beauty with minimal fuss this stunning indoor plant is a massive favourite. Its glossy, deep-green leaves feature striking, creamy-white pinstripes that look almost hand-painted, making it a beautiful talking piece for your home.

Best of all, it is incredibly low-maintenance and well-suited to indoor living:

Light: It thrives in bright, indirect light. A spot near a north or east-facing window where it gets plenty of light (without the harsh afternoon sun burning its leaves) is perfect.

Watering: No need for complicated schedules! Simply water it when the top inch of soil feels dry to the touch. It loves a bit of warmth and humidity, making it very forgiving.

Size: A compact grower, it beautifully fills out to about 60–90 cm (2 to 3 feet) tall, making it the perfect size for a side table, a sturdy plant stand, or a sunlit corner.

SUDOKU

Fill each row, column, and 3x3 box with the numbers 1 to 9, ensuring that no number is repeated with the same row, column or box.

FOLLOW US!

From vibrant community events and local lifestyle features to independent living tips and inspiring stories from our participants, we love sharing our journey with you!

Follow us on social media or watch our stories on our YouTube channel to stay connected, inspired, and up-to-date with everything happening in our community.



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Mary's Day at Bramble Bay Bowls Club

How a community came together for Mary.

On Monday, 11th May, the afternoon sun caught the gentle roll of lawn bowls across the pristine greens at the Bramble Bay Bowls Club. To an outsider, it might have looked like a standard regional tournament. But to the crowd gathered along the banks, it was something far more powerful. This was Mary's Day, a day where a whole community showed up to turn grief into action, a reminder of what truly matters.

At Holistic Horizons, we often say that community is at the heart of everything we do. But community isn't a concept you can write down on a piece of paper; it's something you feel when people lock arms to support a cause bigger than themselves.

The annual event is held in loving memory of Mary Govan, a long-term stalwart of the club who captured the spirit of the Peninsula. More than just a fundraiser for ovarian cancer research, the day is an annual reunion of hearts dedicated to remembering a woman who refused to let her own battle dim her kindness.

"Mary was special because she was such a good player, and such a help to everybody," recalled Joyce, Mary's long-time friend, her eyes tracking the movement on the green.

Joyce's words painted a picture of a woman who was a fierce competitor with a bowl in her hand, but the gentlest soul off the green. Even after enduring multiple operations and a long, exhausting fight with ovarian cancer, Mary's focus was always on how she could lift others up. She was the person who noticed when someone was struggling, the first to offer a lift, and the backbone of the clubhouse.



When Mary passed, she left a void but she also left a blueprint for how to care for one another.

We chose to sponsor Mary's Day because we believe that true care doesn't stop at the front door of a client's home. It extends to the clubs they love, the friends they cherish, and the legacies they leave behind. Being part of a community means showing up for the triumphs and the challenges alike.

The energy on the day was palpable. The greens were alive with friendly rivalry, while the clubhouse hummed with chatter as people lined up for the raffle prizes on offer. Our Holistic Horizons team set up a station to offer free blood pressure checks, trading health tips and sharing laughs with bowlers between ends. It wasn't about clinical appointments; it was about sitting on a bench, listening to stories, and being a familiar, steady face in the crowd.

What made the day truly electric was the shared mission. Every raffle ticket bought, every bowl delivered, and every dollar raised was going directly to funding ovarian cancer research. There was a collective determination in the air, a refusal to let this disease have the final word.



Mary was a woman who made a real, lasting impact on everyone around her



The power of showing up

As the shadows lengthened across the greens and the final bowls were packed away, the true impact of the day became clear. It wasn't just about the funds raised, as vital as they are. It was about the fact that years after her passing, Mary Govan is still bringing the Redcliffe Peninsula together. Her legacy continues to spark compassion, inspire generosity, and foster deep connections among neighbours.

We were deeply honoured to stand alongside the Bramble Bay Bowls Club as a sponsor for this beautiful day. To everyone who organised, played, donated, or just stopped by for a chat: thank you. You reminded all of us that when we show up for each other, we create a community where nobody has to walk through life's toughest moments alone.



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5 STAR RATING



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Social support that *actually* feels social?

Physical health is only half the battle as you age. True well-being comes from staying connected to the community you love. We don't just come to your home, we get you out and about to enjoy life on your own terms.

Our care team is here to help you lean back into the things that bring you joy:

Cafe Catch-ups: at your favourite local cafe for a coffee and a genuine chat.

Community Events: Accompanying you to local gatherings, markets, or club meetings.

Tailored Outings: Joining in on our fun, small-group morning teas and gentle social activities.

As a local, not-for-profit aged care provider, our Care Manager, Kate, can help you or your parents to build a support plan that works. No pressure, just a local conversation.

Ready for a better care experience or interested in joining our group social outing?
Contact our friendly local team on (07) 3048 1919.



www.holistichorizons.com.au
(07) 3048 1919

Let's move together

Staying active & safe on the Peninsula

When the cooler winter weather rolls across Moreton Bay, it can be tempting to stay tucked away inside. However, winter is actually the perfect time to get moving around the Redcliffe Peninsula and Caboolture! Staying active keeps our joints flexible, boosts our immune systems, and lifts our spirits.

Here are a few great ways to stay active this season, along with some simple tips to keep you safe and warm:

The waterfront wander: The flat, paved pathways stretching from the Redcliffe Jetty to Woody Point or Scarborough offer beautiful, accessible walking tracks. The brisk bay air is incredibly refreshing, and there is always a friendly local face to wave to along the way.

Indoor bowls and community hubs:

If the winter breeze is a bit too sharp, take the action indoors. Places like the Bramble Bay Bowls Club or our local community centres offer fantastic indoor activities, gentle exercises, and a great chance to catch up over morning tea.

Warm water swims: If your joints feel the cold, heated pools around the region offer gentle aqua-aerobics and hydrotherapy. The warm water supports your weight, takes the pressure off sore hips and knees, and lets you move safely.

Simple tips for winter safety

Warm up first: Cold muscles are tight muscles. Spend five minutes doing some gentle stretches at home before heading out to prevent strains.

Dress in layers: Wear a few light, comfortable layers that you can easily remove as you warm up, rather than one heavy jacket.

Watch your footing: Winter mornings can bring heavy dew, leaving shaded pathways and boardwalks surprisingly slippery. Be sure to wear supportive shoes with good rubber grip.

Stay hydrated: It is easy to forget to drink water when it isn't hot, but your body needs just as much hydration in the winter. Keep a water bottle handy!

You don't have to do it alone, either. At Holistic Horizons, we are planning some social outings and group programs that are designed to keep you moving and connected all year round. If you're interested contact our team today on 07 3048 1919!





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1 through to 50

Connect the numbers in order, starting at 1 and following the sequence all the way through to 50. Walk it through with your finger first as it's not as easy as you think!

2	1	2	18	12	6	7	11	1	2	3	50
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49	48	47	46	45	10	32	13	27	48	47	48
1	2	3	4	5	33	23	14	26	49	5	49
19	20	4	8	44	45	46	15	28	19	4	50
18	XX	5	17	19	18	17	16	17	18	3	2
20	47	46	23	20	19	1	29	30	31	2	1
21	48	50	22	21	5	8	28	33	32	38	39
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32	33	48	47	46	45	44	31	40	39	38	37
10	48	49	50	22	23	43	42	41	12	13	14



WEEKLY SPECIALS

WHAT'S ON

SENIOR'S LUNCH

Tuesday only!

Battered Flathead w Salad + Chips
Half Schnitzel w Salad + Chips
Pasta of the Day
Mash + Veg extra \$4

\$15

STEAK NIGHT

Thursday only!

300gm Rump Steak
w Salad + Chips.

Mash + Veg extra \$4

\$28

MEMBERS JACKPOT DRAW TUESDAY

6:30pm - 8pm

Must be in the club to win!
\$100 top up each week if
not won.

SOCIAL SAILING

Perfect opportunity for
sailors of all levels.

Winter: 11am - 12pm

Two main events

Saturday afternoon
Wednesday afternoon
Register for events in
the club.



POPULAR CHOICE!

Boat Club Salad

Pan fried marinated prawns,
avocado, crispy shallots,
roasted macadamia nuts, mixed
seasonal salad and a coriander
lime and chilli dressing.



SAILING, BOATING, FISHING, RESTAURANT & BAR

The Osprey: Guardian of Moreton Bay

Have you ever looked out across the sparkling waters of Moreton Bay and noticed a large bird soaring effortlessly above the waves? With its broad wings, keen eyes and graceful flight, you may have been watching one of the Peninsula's most remarkable residents the Osprey.

Often called the 'Sea Hawk,' the Osprey is a bird of strength, patience and determination. It has called the shores of Moreton Bay home for generations and remains one of the most fascinating sights in our local area.

Unlike many birds of prey that hunt on land, the Osprey specialises in catching fish. From high above the water, it scans the bay with incredible eyesight. When it spots a fish, it dives feet-first into the water and emerges moments later with its catch.

Many people are surprised to learn that Ospreys can often be seen around Redcliffe Jetty, Woody Point, Scarborough Marina, Clontarf Foreshore and Osprey House Environmental Centre.

The Osprey has faced many challenges over the years, yet it continues to thrive in Moreton Bay. In many ways, its story reflects qualities we admire in our own community strength, resilience and adaptability.

For many seniors, watching wildlife brings back fond memories of family holidays, fishing trips and days spent by the sea. The Osprey reminds us that nature's wonders are never far away.

Did You Know?

- Ospreys can have a wingspan of nearly two metres.
- Almost 99% of their diet consists of fish.
- They can spot fish from more than 30 metres above the water.
- Ospreys often return to the same nesting sites year after year.

The next time you're enjoying a coffee by the waterfront or taking a stroll along the foreshore, look to the sky and you may just catch a glimpse of the magnificent Osprey the Guardian of Moreton Bay.



BRAIN TEASERS

Give your brain a delightful little workout with our selection of fun mind teasers and puzzles! Specially curated to keep your memory sharp and your problem-solving skills active, these puzzles are a wonderful way to share a friendly challenge with family or friends.

531safety857

EGG GGE
GEG EGG
GGE GEG

LAIRT TAILR
TRAIL AILRT

DEAL



Travel
CCCCCC

stand
try 2

ENTURY

The heart behind the care: What it means to lean on Holistic Horizons



When you or a loved one begin navigating the world of aged care, it's easy to feel a bit lost. So much of the system can feel clinical, corporate, and full of complex forms, strict rules, and faces you don't know.

At Holistic Horizons, we chose a different path.

While we have grown to provide the highest standard of professional, in-home support, we made a fierce promise right from the start: our heartbeat would never shift an inch. We are a not-for-profit with a family heart. We are big enough to deliver exceptional, reliable care you can lean on with absolute confidence, yet small enough to know you by name and treat you like our very own.

Behind the scenes

Keeping your home care running smoothly takes a lot of moving parts. Our job is to take all that stress off your shoulders so you can simply focus on living your life comfortably at home.

Here is a look at what our team is quietly doing for you every single day:

Navigating the funding maze:

We deal directly with My Aged Care and Services Australia to manage your funding. If your needs change, we advocate for you, applying for higher-level packages or extra funding for specialized equipment and home modifications.

Budgeting & invoices: We handle the paperwork, manage incoming invoices, claim the funds, and ensure everyone is paid on time. We review and adjust your budget every single quarter to make sure every dollar is working hard for you.

Your health circle: We act as your bridge to the medical world. We communicate directly with your GP, allied health teams, and hospitals after any admission to ensure your care plan matches exactly what you need.

Professional nursing care: Our qualified team handles your annual nursing assessments and provides ongoing clinical nursing care right in the comfort of your home.

Managing your daily support: From matching you with the right support staff for domestic assistance, social support, and in-home respite, to coordinating meal providers and external vendors, we organise it all.

Growing, learning, and connecting

A care plan is only as good as the people delivering it. That's why we invest heavily in recruiting wonderful local people and providing continuous staff training, ensuring that whoever steps through your front door is fully equipped, capable, and compassionate.

We also love staying accessible. Whether it's answering your phone calls and emails promptly or heading out into the community at local Seniors Expos to help families make sense of the aged care system, we are always here to chat.

Looking forward, we are constantly working on bright new opportunities for our clients like creating new social outings and group programs to keep our community connected, vibrant, and smiling.

The Holistic Horizons promise: We work with you, alongside you, and for you. We juggle the budgets, coordinate the teams, and handle the administrative headaches so that you can feel safe, supported, and truly cared for at home.

If you have a question about your services, need to adjust your budget, or just want to chat about what's possible, our door is always open. After all, that's what family is for.

Meet the faces behind the scenes

When you call or email us, you are talking to local, dedicated professionals who genuinely care about your wellbeing. Meet the team keeping your care running smoothly:

Kate Flanagan | Aged Care Manager

Kate is a compassionate and experienced Registered Nurse with a strong dedication to providing exceptional client care. With many years of experience in the health care field, particularly in community settings, Kate has found her true passion in the Aged Care sector. Her journey has included roles as a community nurse and later as a manager of clinical teams.

Kate holds a Bachelor of Nursing and a Bachelor of Health Science in Complementary Medicine, which allows her to bring a beautifully holistic approach to client care. She is deeply committed to supporting both clients and their families in navigating the complexities of the Aged Care system, working collaboratively to ensure their care needs are fully met.

With her core focus on managing Home Care Packages, Kate ensures that clients receive the appropriate services, clinical support, and resources to help them remain safely and happily at home for as long as possible. Her deep experience, compassion, and excellent communication skills make her an invaluable asset to our team, ensuring that every client receives the care and support they deserve.

Michelle | Clinical Coordinator Aged Care (RN)

Working hand-in-hand with Kate, Michelle is our dedicated Registered Nurse and Clinical Coordinator. Michelle plays a vital role behind the scenes and in your home, overseeing clinical assessments, coordinating with health professionals, and ensuring that the hands-on care you receive is of the absolute highest medical and safety standards.



*Kate Flanagan
(RN) - Aged
Care Manager*



*Michelle (RN) -
Clinical
Coordinator*



Senior Lifestyle Expo - Caboolture



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Sunday Appointment Only



A life of creativity, compassion and achievement

Meet Heather Joyce Cowen (Nan)

At 96 years of age, my Nan continues to inspire those around her through her creativity, generosity, and determination. Throughout her life, Nan has expressed her talents through drawing, painting, knitting, music, and creating beautiful handmade items. Her creativity has touched countless lives, from family members who cherish her artwork to people around the world who have benefited from her charitable work.

As her grandson, I have had the privilege of watching her create some truly incredible things over the years. One of my fondest memories is watching her carefully paint intricate designs onto plates, cups, and mugs, transforming everyday objects into works of art. She was very proud of her flower leaf designs, that she called the fantasy flowers! Her patience, creativity, and eye for detail were always inspiring to watch.



Nan's artistic talents extend far beyond decorative painting. She has spent decades drawing, painting, knitting, and crafting beautiful handmade pieces. Her creative spirit has remained a constant throughout her life and continues to flourish today. Her generosity is equally remarkable, cooking afternoon tea for the kids' club for many years.

Over the years, she has made countless knitted garments, blankets, and clothing items that have been donated to charities and distributed to people in need both across Australia and around the world. Through these acts of kindness, she has provided comfort and warmth to people she may never meet, simply because she believed in helping others.

Music was another of Nan's remarkable gifts. We spent many happy hours together at the piano, creating memories that I will always treasure. Although she never learned to read music, she possessed a natural musical talent that amazed everyone who heard her play. Over the years, she composed countless melodies and beautiful tunes simply by ear, sitting at the piano and allowing her creativity to flow. Her ability to create music without formal training was a testament to her innate artistic spirit and love of self-expression.

One of Nan's most inspiring achievements came in her early 90's when she became a published author, publishing 3 short stories. While many people might consider slowing down in their later years, she embraced a new challenge and successfully published her own book, demonstrating that it is never too late to pursue a dream.

Family and friends know Nan as someone who was always creating beautiful gardens wherever she lived, always giving and always finding ways to make a positive difference.

Her life is a wonderful example of how creativity and compassion can work hand in hand and her story reminds us that age is no barrier to learning, creating, sharing, or achieving.

Through her artwork, writing, music, and charitable contributions, she has built a legacy that will continue to inspire future generations.



For those of us fortunate enough to know her, she is not only an artist, author, musician, and volunteer, she is a cherished grandmother whose talents, generosity, and determination have enriched the lives of everyone around her.

Nan's story reminds us that some of life's greatest achievements are not measured by age, but by the lives we touch along the way.

Drew

Founder/Director Holistic Horizons
(AKA Grandson)



Do you remember the days when...

Back in 1916, Coca-Cola officially introduced its famous contour glass bottle to fight off a wave of copycat brands. The unique design instantly became a global icon, serving as the heart of the brand's identity for decades.

More than a century later, that classic silhouette remains one of the most recognised shapes in the world. Even today, the shape of the bottle is synonymous with the brand. *Image source:* Adflip



**CONTINUOUS QUALITY
IS QUALITY YOU TRUST**



*Ask for it either way... both
trade-marks mean the same thing.*

5¢

Remembering Bribie before the bridge!

When island life moved at the tide's pace

Today, thousands of vehicles cross the Bribie Island Bridge every day, connecting the island to the mainland in just minutes. But for those who remember Bribie before 1963, getting there was an adventure in itself.

Before the bridge was built, ferries were the island's lifeline. Residents, holidaymakers, tradespeople and supplies all crossed the Pumicestone Passage aboard vessels that operated according to schedules, weather, and sometimes the whims of the tide.

Life on Bribie Island was quieter then. Dirt roads wound through coastal bushland. Small fishing shacks dotted the waterfront. Neighbours looked after one another, and doors were rarely locked. The pace was slower, dictated more by nature than by the clock.

The opening of the bridge in October 1963 changed everything. It brought easier access, new opportunities and steady growth. Yet many who lived through that era still remember the Bribie that existed before the traffic, before the development, and before the mainland felt just a few minutes away.

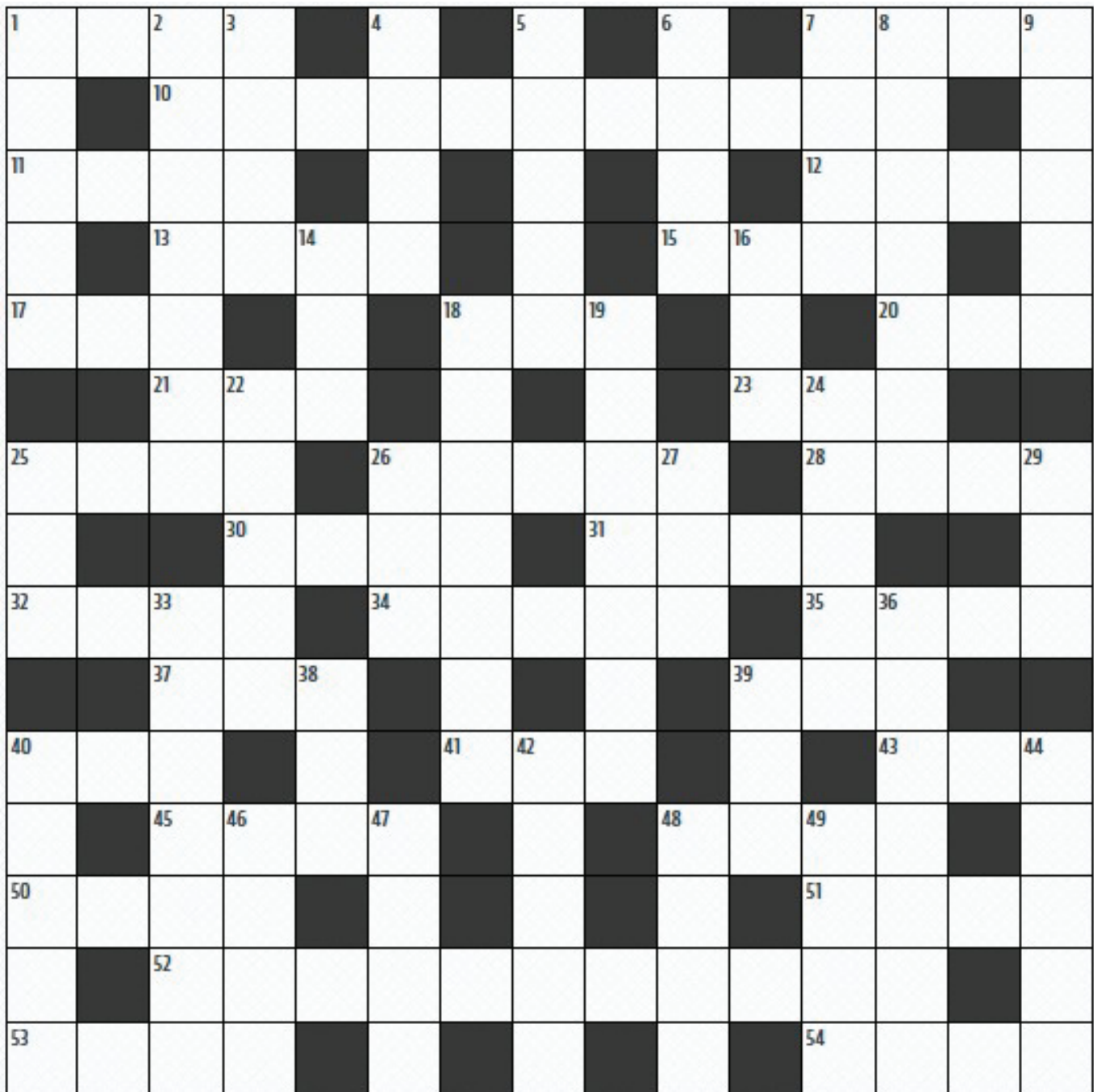
Did you know?

- Bribie Island is the only Queensland bay island connected to the mainland by a bridge.
- The Bribie Island Bridge officially opened in October 1963.
- Before the bridge, ferries carried residents, visitors, vehicles and supplies across the Pumicestone Passage.
- Fort Bribie was built during World War II to help defend Moreton Bay.
- Bribie Island is approximately 34 km long and is home to abundant birdlife, dolphins and dugongs.
- The northern section of the island is protected within the Bribie Island National Park.



Bridge Opening 19 Oct 1963

CROSSWORD



ACROSS

1. Back problem, slipped...
7. Take on (Staff)
10. Mixture
11. Incursion
12. Castrate (horse)
13. Morays or congers
15. Fight for air
17. Yearning
18. Feather Wrap
20. Coal by-product
21. Young fox
23. Chum
25. Youth
26. Wild
28. Body fluid lump
30. Water Bead

31. Hurry
32. Manage
34. Kept us going...us over
35. Edgy, ill at...
37. Golden ball
39. Make sense,....up
40. By that route
41. Fun-loving
43. Compete (with)
45. Crack (of lips)
48. In this place
50. Repeat
51. Sins
52. Parliamentary seats
53. On-field line-up
54. Distribute playing cards

DOWN

1. Grubby
2. Physics or chemistry
3. Cipher
4. Wanes
5. Lead-in
6. Male red deer
7. Pigs
8. Clumsily
9. Northern sea duck
14. Feminist movement. women's...
16. Rock band's sound booster
18. Tooting (horn)
19. Military School
22. Beneath
24. Was painful

25. Facial twitch
26. Healthy
27. Boy
29. Definite article
33. Simmered (of eggs)
36. Negative (criticism)
38. Support garment
39. Yes
40. Vistas
42. Steel or brass
44. Painting stand
46. Cavity
47. Fill suitcase
- 48....over heels in love
49. Riverside plant



Mince & tatties pie

You'll need a 6-cup (1.5L) capacity baking dish for this recipe

17 INGREDIENTS | 8 SERVES

2 tbs extra virgin olive oil
1 large onion, finely chopped
1 large carrot, finely chopped
2 large celery sticks, finely chopped
4 garlic cloves, finely chopped
1/4 bunch thyme sprigs
500g beef mince
1 tbs beef gravy powder
1 cup (250ml) beef stock
1 cup (120g) frozen peas
1/4 cup finely chopped flat-leaf parsley leaves and stems
1 tbs lemon juice
Salad leaves (optional), to serve

Cheesy mash

750g floury potatoes
(eg russet, sebago or King Edward), peeled, cut into large chunks
40g butter
1/3 cup (80ml) milk
2/3 cup (80g) grated cheddar

Method

Step 1: Boil Potatoes: Place potatoes in a large saucepan, cover with salted water, and bring to a boil. Cook for 20 minutes until tender.

Step 2: Preheat Oven: Meanwhile, preheat oven to 220°C (200°C fan-forced).

Step 3: Cook Filling: Heat oil in a large frypan over high heat. Sauté onion, carrot, celery, garlic, and thyme for 10 minutes until golden. Clear the centre, add mince, and let brown for 2–3 minutes before breaking up and mixing with the vegetables. Cook for 2–3 minutes more.

Step 4: Simmer & Assemble: Stir in gravy powder and stock, season with black pepper, and bring to a boil. Simmer on medium heat for 10 minutes. Remove from heat, discard thyme, and stir in peas, parsley, and lemon juice. Transfer to a 1.5L baking dish.

Step 5: Mash & Bake: Drain potatoes and dry in the pan over low heat for 1 minute. Remove from heat, add butter and milk, and mash until smooth. Stir in two-thirds of the cheese. Spread mash over the beef, top with remaining cheese and black pepper. Bake on an oven tray for 20 minutes until golden, then grill for 2–3 minutes to brown. Rest for 10 minutes before serving.

Events on the Horizons

Redcliffe Farmers & Artisan Markets
Open Every Sunday | 8am to 2pm

The Comedy Wildlife Photography Awards Redcliffe Museum
Open until August 16th

Dayboro Show - 4th July
Dayboro Showgrounds | 9am-4pm

NAIDOC week | 5-12th July

Bush food walk and talk at Kumbartcho
17 July 2026 | 9:30AM to 11AM Kumbartcho Sanctuary

Rhythm Ratz | Friday 24th July | Bramble Bay Bowls Club

Gemfest 2026
Next date: Saturday, 01 August 2026
9am - 3pm | Caboolture Show Grounds

Groovin' in the Green - Salt Air Sessions
Saturday, 15 August 2026 | 2pm to 6pm
Pelican Park Clontarf

Taste the Bay - North Lakes
05 September 2026 | 11am - 4pm
Lake Eden, North Lakes

Humpybong State School Turns 150!
Friday 11 September & Saturday 12th Sept | 4pm - 8pm.
Join us for the Humpybong Birthday Celebration at the Waterfront Oval. There will be food, fete games, and a bush dance for everyone to enjoy.

House of Gold
House of Gold presents an immersive body of work by Dr Christian Thompson AO, spanning photography, moving image and sound.

The exhibition explores the intersection between Thompson's Chinese and First Nations Bidjara heritage, shaped by the Gold Rush migrations of the 1850s.
Free - no bookings required
Caboolture Regional Art Gallery
Open from Tuesday to Saturday, 10am - 4pm.

Answers

CROSSWORD

ACROSS

- Back problem, slipped... DISC
- Take on (Staff) HIRE
- Mixture COMBINATION
- Incursion RAID
- Castrate (horse) GELD
- Morays or congers EELS
- Fight for air GASP
- Yearning ACHE
- Feather Wrap BOA
- Coal by-product TAR
- Young fox CUB
- Chum PAL
- Youth TEEN
- Wild FERAL
- Body fluid lump CLOT
- Water Bead DROP

- Hurry RUSH
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- Crack (of lips) CHAP
- In this place HERE
- Repeat ECHO
- Sins VICES
- Parliamentary seats ELECTORATES
- On-field line-up TEAM
- Distribute playing cards DEAL

ACROSS

- Grubby DIRTY
- Physics or chemistry SCIENCE
- Cipher CODE
- Wanes EBBS
- Lead-in INTRO
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- Pigs HOGS
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- Steel or brass ALLOY
- Painting stand EASEL
- Cavity HOLE
- Fill suitcase PACK
- ...over heels in love HEAD
- Riverside plant REED

SUDOKU

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

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

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

BRAIN TEASERS

Top row: Safety in numbers, Scrambled eggs, Trail mix, Big Deal

Bottom Row: Wish upon a star, Travel overseas, Try to understand, Turn of the century

Join our Community Catchup

Holistic Horizons

Community Christmas in July Pizza

July 24th, 11:30am - 1:30pm

Woody Point, Community Hall

Holistic Horizons

Community Catchup BBQ

August 28th 11:30am - 1:30pm

Scarborough Beach, Lansborough Ave

Holistic Horizons

R U OK Community Catchup BBQ

September 18th 11:30-1:30pm

Woody Point Beach

Join our events **RSVP: 0413 595 865.**



a world of possibilities

Head Office: 1/228 Anzac Ave,

Kippa-Ring QLD 4021

T: (07) 3048 1919

E: enquiries@holistichorizons.com.au



www.holistichorizons.com.au