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From the publisher...

Another summer holiday is behind us, and hello 2018! Ironically our first issue this year features back to school and party vibes (not to be inferred that us parents had a big party once we dropped the kids off at school on their first day back #wewish). Instead we're frantically catching up on all those 'to do' lists that built up over summer holidays while we hit the beach, watched movies and made memories with our little people.

So let's party on and find out the latest party trends this year, how to make your child's next birthday celebration as fuss-free as possible, some rad insta party pages to start following and plenty of other tips to fill your party planner! After all we are all having a birthday this year – right on!

As this new school year begins, we've also got some topical tips from back to school pros that may just help your transition. Plus we can never get enough lunchbox inspo to help make that chore not such a bore. As parents, our new year starts in February, so Happy New Year guys! Now we can get back to the gym, kick those goals and find our flow to make 2018 an epic year.

Oh and happy birthday to us! Yes, in keeping with our theme this edition, haven magazine has just turned seven!

Keeley

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SOMETIMES

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News



GOOD SPORTS

Don't be mistaken - the Commonwealth Games isn't just about sport. 'Festival 2018' will see 12 days of free cultural events taking place right across the Gold Coast. From April 5-12, Festival 2018 features more than 1000 performances across music, theatre, circus, dance, ideas, visual arts and film at two festival sites at Broadbeach and Surfers Paradise. The best part is there's so many events for the fam.
Visit www.gc2018.com/festival2018

LAND OF SAND

Kings and queens of the castle will converge on Surfers Paradise as the annual Sand Safari Arts Festival returns to celebrate all things sand, sea and sport, transforming the iconic foreshore into a family-friendly fantasy sandscape from February 9-25. An initiative of Surfers Paradise Alliance, the free event will commence with the Australian Sand Sculpting Championships from February 9-11, where spectators are invited to witness the nation's best professional sculptors as they carve mesmerising, life-sized masterpieces from 10 tonnes of sand. This year, children will be able to engage in the antics of the colourful cast from 'Henry and Ethan's Neptune's



Games Adventure' – the second in a series of illustrated children's books created to promote the cultural event and its place in the community to its youngest audience. This is one event that should be on all calendars.
Visit www.surfersparadise.com



CALENDAR DAYS

If you're looking for a practical way to keep the kids busy, Mrs Red's Artroom is the online home of heaps of artsy and crafty ideas. Fresh for the New Year, Mrs Red has just added new (free!) colouring-in calendars. Simply download, print off the PDF page and get the kids to complete the scene. Hey presto, you've got a beautiful bespoke monthly calendar!
Visit www.mrsredsartroom.com

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THE ART OF HAPPINESS By The Dalai Llama and Howard C. Cutler

The Art of Happiness is a highly accessible guide for a western audience, combining the Dalai Lama's eastern spiritual tradition with human happiness expert Dr Howard C. Cutler's western perspective. Covering all key areas of human experience, from health, self-esteem, family and relationships to anger, anxiety and jealousy, they apply the principles of Tibetan Buddhism to everyday problems and reveal how you can find balance and complete spiritual and mental freedom.

Hachette Australia, \$24.99

AFTER THE BLUES By Kathy Lette

Now an adult on "L" plates, Debbie from Puberty Blues and her girlfriends reveal what women talk about when there are no men around. Prepare yourself for full-frontal comedic camaraderie. After breaking-off with both her best friend and boyfriend, Debbie runs away to the inner-city world of punk rock, dodgy jobs, new mates and R-rated adventures. It's the kaleidoscopic 1980s - a time of perms, shoulder pads, Blondie, Bowie, prawn cocktails, fondue parties and mistaking promiscuity for feminism. Debbie's female pals are her human wonder bras - uplifting and supportive. But it's not until the 'Girls' Night Out' that these friends really peel off to their emotional undies. And it's a psychological strip tease that reveals some jaw-dropping truths. Vintage, \$32.99

FANTASTICALLY GREAT WOMEN WHO MADE HISTORY

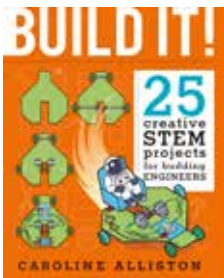
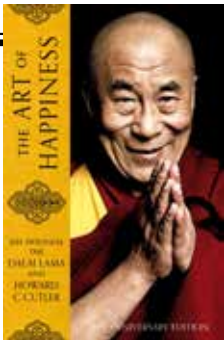
By Kate Pankhurst

From Cleopatra to Pocahontas, this book is overflowing with beautiful artwork and astounding facts about some of the most exceptional women throughout history. It is a celebration of just some of the inspirational women who put their mark on the world we live in. For ages 2-6. Bloomsbury, \$14.99

BUILT IT! 25 CREATIVE STEM PROJECTS FOR BUDDING ENGINEERS

By Caroline Alliston

The perfect hands-on introduction to key STEM topics, this book is guaranteed to keep young hands and minds busy. Explore the science behind construction from how zip wires move, to how marble runs work. Each project is tested and approved by children and, using easy-to-find objects and tools, they can all be constructed at home. It is the perfect way to encourage children to think scientifically and outside of the box while having fun! For ages 7-10. QED, \$24.99



App



Did you know, one in three marriages in Australia ends in divorce, and half of those marriages include children (ABS 2016)? Brisbane tech startup Divvito launched a messaging app last month that aims to reduce frustrations when it comes to co-parenting communication after separation and divorce. Divvito works as a neutral platform between parents and aims to change the way families experience divorce by reducing friction and creating more harmony between households.

Divvito was born after CEO and co-founder Wendy Oxenham experienced her own divorce.

"Trying to organise the lives of my kids with their dad via text and email while juggling emotions, full-time work and processing a divorce, was really challenging," says Wendy. "You can't help but be stressed after separation, so sometimes communication isn't clear or rational and that can lead to a lot of frustration on both sides."

When emotions run high, Divvito brings rational thought to parents' messages by flagging those that could cause tension. The app replaces harsh words and gives parents time to revise their messages, taking the heat out of the moment and encouraging more positive behaviour along the way.

Divvito enables more organised communication by bringing the benefits of email to instant messaging - organising messages into topic conversations. The app also keeps notifications private (ensuring the children don't see anything they shouldn't) and keeps an archive of all messages, offering peace of mind to parents that they can easily reference past discussions in the future.

Visit www.divvito.com



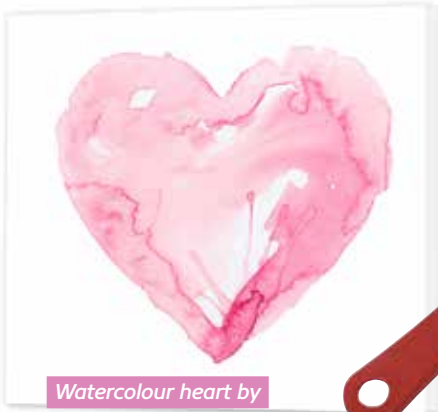
Annabel James heart mug, \$17
www.annabeljames.co.uk



Sophie Allport hearts backpack, \$50
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Heart to heart

YOU MIGHT BE JUST GETTING THE KIDS BACK TO SCHOOL AND LIFE BACK TO SOME KIND OF NORMAL, BUT DON'T FORGET TO MARK VALENTINE'S DAY (FEBRUARY 14) IN YOUR DIARY. HERE ARE A FEW WAYS YOU CAN LITERALLY SHOW THAT SOMEONE SPECIAL THAT THEY HAVE A PIECE OF YOUR HEART.



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STRESS FREE PARTY

Words: Belinda Glindemann

TIME-POOR PARENTS PLEASE NOTE: YOU ARE NOT A BAD PERSON IF YOU ENGAGE HELP FOR YOUR KID'S BIRTHDAY PARTY. IN FACT, YOU'RE CLEVERER THAN MOST.

There's generally two ways to plan a party:

1. Fill your life with stress and panic for weeks and months over every tiny detail including colour-coordinating your napkins to your invitations to your nail polish, or,
2. Throw together a simple plan covering the key elements (date, location, guest list, food, drinks, cake) and then focus on having a great time at the party yourself.

We, here at *haven*, know which way we'd prefer to party plan. Here are some ways to take the stress out of your party so you can concentrate on celebrating the milestone at hand – that's the reason you're having this party, remember?!

GUEST LIST

Hostess stress is a real thing. But whether you choose to plan your shindig via option 1 or 2 (*above*), nine times out of 10 the most important element of the planning is your guest list. Choose the right mix of people and the party becomes a 'party' organically. Please note: you DO NOT have to invite your kid's whole class just to be politically correct. Likewise, you DO NOT have to invite every family member and neighbour on your street to be politically correct. Ask yourself, who are your birthday kid's key friends right now? And which parents will be the most fun around the (adult) punch bowl - just kidding!



missmia_and_me

CAKE

Ah, the cake. We have two simple words of advice when it comes to this, the party pièce de résistance: Buy. It. (Or at least buy a DIY cake kit to make the job easier.)

Yes, there's definitely one cool Instagram post and at least 10 minutes of pride in displaying that work of art that you spent days working on (from late-night Pinterest sessions for ideas and driving around town searching for that speciality cake tin, to buying ingredients, baking, cleaning the kitchen, decorating and cleaning the kitchen again). But once the last "Hip, hip? Hooray!" is done, that pièce de résistance is in literal pieces on plates and then, most likely, smooched into your carpet. There are experts in this world who make cakes for a living. They are not you. Buy the cake. And get great joy out of eating it, too.



ENTERTAINMENT

Again, this is a party department that you can delegate. Speaking from experience, I've been so caught up in organising and hosting the games and entertainment at my kid's parties that I've totally missed talking to all the parents and generally enjoying the celebration.

Just like cake artists, there are professional entertainers who can bring the fun and the show to you. And the style of entertainment is so varied these days – from visiting animal farms to clowns and games/activity providers. Confetti Hosts is a great option. Or, the other good option is to engage the services of the birthday kid's 'funnest' aunty or uncle to be in charge of organising and hosting games – they are always the bringers of fun in a family, aren't they?! Maybe that could be their gift to the birthday child? Maybe you could even trade services at your niece/nephew's next party?



LOCATION

Now this one is straightforward. Hosting your party at home means hours of cleaning beforehand to get the place up to scratch for those 30 minutes at the start of the party when everyone walks in and your home is on show. And then there's that other 2+ hours of cleaning squashed cake out of your plush carpet, sticky fingerprints off your glass sliding doors, and picking up everyone's rubbish after the gig.

Or, clever parent, you could take your party off-site and leave the mess and fuss to someone else. What about these ideas:

- Paradise Resort is literally your one-stop shop. Choose between an ice-skating party, waterpark party, adventure party or even a pamper party. Gold!
- Dreamworld also has a variety of party package options covering tiny tots, kids, thrillseekers, safari enthusiasts and those looking for the cool vibe of WhiteWater World.
- Maybe Dracula's 'Drax for Kids' musical show party is more your kid's scene?
- Epic Skate Rink and Bounce trampolining are great party locations/activities for active and busy littlies.
- AMF Bowling parties keep them out of the sun and playing a fun game that could be unique/new to some of the guests?
- Or then there's one of the myriad other speciality party venue providers in our patch eg. Doodlebugs Indoor Play and Party Centre etc. A simple Google will give you a thorough list of options.

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Sweet! Celebrations
Elise Strachan
Murdoch Books, \$39.99



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Quarto US, \$17.99



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Liquor Lollipops!
Kristina Maury
Quarto US, \$19.99



Small Food
Murdoch Books Test Kitchen
Murdoch Books, \$19.95

2018 party trends



Words: Nicholas Grech

THERE'S ALWAYS SO MUCH GOING ON IN THE PARTY-PLANNING WORLD THAT IT'S SOMETIMES HARD TO KNOW WHERE TO START WITH THE PLANNING FOR YOUR NEXT SOIREE. HERE'S A HOT TIP – OR 6!

When it comes to planning a party, it's good to know what's trending. While also providing your guests with on-trend wow factor, it'll also help with sourcing themed party products as they'll be more readily available.

haven spoke with party guru Alexandra Bull from Ruby Rabbit Partyware to hear her forecast for the top kids' party trends for 2018. Alex says picking a strong theme is the most important step to planning a great party for kids of any age. Here are her Top 3 themes for each of the sexes:



- TOP 3 BOY PARTY THEMES**

 - 1) Jungle:** You can go absolutely wild with this theme and create some fun games and decorations that boys of all ages will love. Think animal print party bags and balloons, lots of green and brown and an all-round exciting day.
 - 2) Shades of blue:** Whether it's light blue, dark blue or something in between, a colour theme such as blue is timeless and full of endless opportunities. You can also use small amounts of black or white to really make the blue pop.
 - 3) Sunshine:** Nothing is more exciting than bright yellow. This trend for 2018 will be seen across boy and girl parties but is a bright and happy alternative to traditional boy's blue.





PARTY TIME

TOP 3 GIRL PARTY THEMES

- 1) Summer tropical:** Pool party, beach party or just a fun backyard party – a tropical-themed party is perfect for the warmer months.
- 2) Shades of pink:** Similar to the colour theme of blue for boys you can't go wrong with shades of pink when it comes to celebrating that little girl in your life. Traditional. Beautiful.
- 3) Iridescent and pastel:** Iridescent decorations and silver confetti coupled with pastel colours is definitely a party trend that the girls will absolutely love. It'll be a big hit in 2018.

Amongst the (sometimes) chaos of party planning, Alex says we need to remember that party planning is actually lots of fun. Make sure you allow plenty of time to get organised so there's no rush and no unnecessary stress. Then on the day, after you've done the hard yards, don't forget to enjoy yourself at the party, too!

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Insta-awesome!

THERE'S NOTHING MORE INSPIRING WHEN YOU'RE IN PARTY-PLANNING MODE THAN SCOURING INSTAGRAM AND PINTEREST FOR PRETTY PICTURES AND IDEAS.

A picture speaks one thousand words they say. If so, the amazing photos you find on Instagram and Pinterest will speak a million words to anyone in a party-planning headspace.

We simply couldn't go past @missmia_and_me's latest picture-perfect Gold Coast celebration (pictured right). As you can see, it was definitely a fifth birthday party to remember!

Here are a few other Insta-worthy pages to help get your creative juices flowing for that next soiree you have in mind...

- @rubyrabbitparty
- @poppiesforgrace
- @wecreate_perth
- @dream_a_little_dream_events
- @a_little_stylish
- @sassevents_au
- @lifeslittlecelebrations
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Words: Nicholas Grech

The festival of you

PARENTS SPEND A LOT OF TIME PLANNING AND CELEBRATING THEIR KIDS’ BIRTHDAYS. SOMETIMES THEY NEED A REMINDER TO CELEBRATE THEIR OWN MILESTONES TOO.

Let’s face it - kids’ parties are A LOT of work. The planning, organising, cooking, entertaining, cleaning – it may seem like it’s a never-ending annual event. Amongst the festivities of planning and hosting kids’ parties, parents need to remember to celebrate their own birthdays and other significant milestones too.

For many adults, the ideal celebration doesn’t have to be an intensive planning mission at all. Get a group of friends organised, dress up, show up and have a great time. If this sounds ideal then a private venue like the North Burleigh Surf Life Saving Club might just be right for you.

North Burleigh SLSC event manager Kiana Bullock says a common trap for people when they are looking for a party venue is to be blinded by any ‘free room hire’ advertising.

“Although free room hire sounds fantastic, you soon find yourself paying top dollar for basic inclusions,” Kiana says. “At North Burleigh, even our entry level package includes styling and catering to ensure that you have all the necessities for a great party.

“One of our most popular packages is the ‘Sunday Sesh’ where you can chill out on the balcony on a Sunday afternoon with great company, good food, live music and ocean views included in the price.”

So let’s make 2018 the year that parents start celebrating their own milestones again. Even if it’s making a little more of a deal about your birthday, you are worth celebrating.



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Organising a party could not be simpler at North Burleigh Surf Lifesaving Club, with six packages to choose from. Each package includes just a little more than the last so you can make the choice to do as much as you like. Mention *haven* magazine for \$100 off your 2018 party booking!

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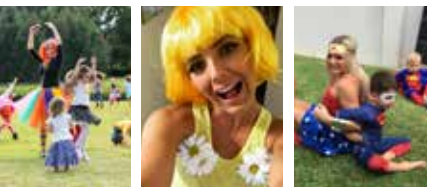
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WHEN YOU LOOK AT THE CANDLES ON YOUR BIRTHDAY CAKE – WHAT DO THEY REPRESENT TO YOU?

Whether you are celebrating your birthday or the start of the New Year, making a time to sit, reflect, focus and plan the year ahead is a task that we should undertake at least once a year. Birthdays, as we grow older, come as a time of reflection. Who have I become? What have I achieved? What are my plans for the year ahead and most often, where did that year just go? Time has a way of passing us by if we are not mindful of how we are spending it.

So, what does the year ahead hold for you? Are you making time to take the small steps that lead toward the desired goal for the year in waiting? Not sure where to start? I suggest you ask a four year old for some ideas. They have no limiting beliefs about what is achievable. They are imaginative, creative, fun and adventurous. You were four once too, so it's time to tap into that inner childlike imagination and dream up some goals for yourself and get creative with your goals for your year. How are you showing up on your next birthday?

Often these goals can be simple, such as a focus on your health – mind, body, spirit. Maybe you want to make a plan to take a few hours a week to work toward your optimal health goal. What are the benefits of doing so? How will you fit this into your week? And importantly, how will you remain consistent each week as the months pass by?

The goal – whatever it is for your year – should be the driving force that pumps you up and gets you moving daily. Working on those measurable steps that will lead you down the right path and the small successes along the way will motivate you to keep going.

I am a visual person and would be lost without my vision boards, screensavers, passwords and fridge magnets that are constant reminders of my goals. My family and friends know what I am up to – they are my cheerleaders on this journey and in the process, I am instilling in my sons the importance of making a plan and working toward a goal. At my home this year we have a big year-end goal of a white Christmas. Pictures of snow-covered Christmas trees are on the fridge and on the vision board. It's the visual that keeps us all focussed on saving for the trip and planning the adventure.

What will you do to improve your life? What will you read and learn? Who will you spend your time with to help you grow as a person toward this goal? What achievements will you be celebrating when the next birthday cake appears? As we know, the saying goes – "if it's to be, it's up to ME". So reflect, plan, make it a worthwhile goal that fires you up, that has meaning for you, write it down, share it with your loved ones to help stay accountable and perhaps create a visual reminder or vision board. That way, next birthday, as you blow out those candles, it will be a celebration. Having the cake... and eating it too!

Healthy party food? It's true!

PARTY FOOD DOESN'T HAVE TO BE SUGAR-LADEN TO BE FUN. IN FACT, HEALTHY FOOD OPTIONS ARE GATHERING MOMENTUM AMONG EVENT PLANNERS.

How do you balance a party food menu that children will love with the healthy snack options that many parents prefer? The oral health experts at Maven Dental suggest you keep it simple and colourful. What's a party without colour, right?

The most important step is to stay away from sugary snacks. You will already have more children on your hands than you are used to, so don't add an energy booster into the mix – that's just plain old crazy! Maven Dental reminds us that there are plenty of sweet healthy options that are good for the mini party people too.

PINEAPPLE

Did you know this yummy, prickly fruit contains an enzyme called bromelain that helps to reduce inflammation and the fruit also helps to alkalize your party guests?

APPLES

Include apple slices on your party menu as part of the main meal or even a snack after the birthday cake – the fibre of the apple works as a little toothbrush for teeth and tongues.

CHEESE

For guests who are lactose or dairy intolerant, there are now alternative cheeses so everyone can enjoy a little bit of cheese. The benefit of cheese is that it can coat the enamel on the

teeth and protect teeth from acid in other party foods.

BROCCOLI AND CARROTS

Here's a hot tip: Make a veggie platter for your party table. You may think children won't dip into it but with more parents opting for healthy lifestyles, broccoli and carrots aren't a wasted effort. These two vegetables in particular help growing teeth via their crunch, as this helps to stimulate saliva. And saliva contains antibacterial compounds to help keep the mouth clean.

WATER

It's no secret but the best alternative to sugary drinks is plain water. Not only will your partygoers stay hydrated, water will reduce the sugar peaks and lows as well. Maybe throw some colourful berries or fruit pieces into your clear water jug to give it a festive twist?

And if you are thinking these options might be a little boring for your party, this is where your creativity kicks in. Use shaped cutters for the pineapple and cheese, or display your veggie pieces in clever ways as faces or other pictures relevant to the party theme, for example (see right). This way, you can make your next children's party both fun for the guests and healthy for their teeth and growing bodies.

Visit www.mavendental.com.au



PUTTING THE FUN INTO FOOD

Fun Bites make healthy party food options fun with the crazy cool shapes they produce. Simply rock the cutter back and forth over your food slices (think fruit, veg, cheese, simple sandwiches and cold meats) and use the fitted insert to push the pieces out neatly. It's also an activity the kids will love!

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Now



WHAT'S ON IN February

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of *haven* straight to
your inbox! Head to
havenmagazine.com.au

WHAT'S ON -
MARKETS - EVENTS

NOW – 18 FEB

COMING INTO FASHION // A CENTURY OF PHOTOGRAPHY AT CONDE NAST
The Arts Centre Gold Coast, City Gallery,
135 Bundall Rd, Surfers Paradise
www.theartscentregc.com.au

NOW – 28 FEB

PACIFIC FAIR // FLICKS, FOOD & FUN PASS
9.45am - 9.30pm
Pacific Fair Shopping Centre, Hooker Blvd, Broadbeach
www.pacificfair.com.au

NOW – 17 MAR

THE TWELVE DANCING PRINCESSES
Brisbane Arts Theatre, 210 Petrie Tce, Petrie Terrace
www.artstheatre.com.au

NOW – 22 APR

ME, MYSELFIE AND I
GOMA, Children's Art Centre, Stanley Pl, South Bank
www.qagoma.qld.gov.au

NOW – 29 APR

MAO'S LAST DANCER THE EXHIBITION // A PORTRAIT OF LI CUNXIN
Museum of Brisbane, Level 3, Brisbane City Hall,
64 Adelaide St, Brisbane City
www.museumofbrisbane.com.au

THE KITE WISHES PROJECT
Museum of Brisbane, Level 3,
Brisbane City Hall, 64 Adelaide St, Brisbane City
www.museumofbrisbane.com.au

1 FEB

HARRY POTTER BOOK NIGHT
Various City Library locations, Gold Coast & Brisbane
www.goldcoast.qld.gov.au
www.brisbane.qld.gov.au

2, 9, 16 & 23 FEB

\$10 SKATE DISCO
7.30pm - 10pm (NSW time)
Epic Skate Rink, 23 Enterprise Ave, Tweed Heads South
www.epicskate.com.au

3 FEB

MOVIE IN THE PARK // CINDERELLA
7pm - 9pm
Little Bayside Park, The Esplanade, Manly
www.manlyharbourvillage.com

3 - 4 FEB

OCEAN6
Surfers Paradise Beach
www.surfersparadise.com

WORLD TRAVEL EXPO
9am - 4pm
Brisbane Convention & Exhibition Centre,
Cnr Merivale & Glenelg St's, South Bank
www.travelexpo.net.au

4, 11 & 18 FEB

SEASIDE SOUNDS
4pm - 7pm
Kirra Foreshore, Roughton Park,
28 Musgrave St, Coolangatta
www.goldcoast.qld.gov.au

7 FEB – 1 MAR

FIRST LEGO LEAGUE // ROBOTICS CHALLENGE
3.30pm - 4.30pm (weekends only)
Nerang Library & Southport Library
www.goldcoast.qld.gov.au

8 FEB

WINE MAMAS LAUNCH 7pm - 9.30pm
The Island Rooftop, 3128 Surfers Paradise Blvd,
Surfers Paradise
www.facebook.com/winemamas

9 - 10 FEB

WAITANGI WEEKEND CELEBRATION 8.30pm
Southport Sharks, Cnr Olsen & Musgrave Ave's,
Southport
www.southportsharks.com.au

9 – 25 FEB

SAND SAFARI ARTS FESTIVAL
Surfers Paradise Foreshore, Surfers Paradise
www.surfersparadise.com

10 FEB

ARTLAB // 'FASHUN' 10am - 11am & 1pm - 2pm
The Arts Centre Gold Coast,
135 Bundall Rd, Surfers Paradise
www.theartscentregc.com.au

GIRLS WHO STEAM 10am - 12pm
Robina Library, 196 Robina Town Centre Dr, Robina
www.goldcoast.qld.gov.au

ASHY & FRIENDS LIVE SHOW 10am - 10.45am
Gold Coast Convention & Exhibition Centre,
Cnr Gold Coast Hwy & T E Peters Dr, Broadbeach
www.ashybines.com/ashyandfriends

10, 14 & 24 FEB

KIKKI.K // MAKE A CHANGE WORKSHOPS
6pm - 7pm
kikki.K, Pacific Fair Shopping Centre, Hooker Blvd,
Broadbeach
www.pacificfair.com.au

10 FEB – 4 MAR

BRISASIA FESTIVAL 2018
Various locations, Brisbane
www.brisbane.qld.gov.au

13 & 22 FEB

WELL NOURISHED HEALTHY LUNCHBOXES
Broadbeach Library & Nerang Library
www.goldcoast.qld.gov.au

14 FEB

LITTLE ARTLAB // SPARKLE BROOCHES
WITH TESSA BERGAN 10am
The Arts Centre Gold Coast,
135 Bundall Rd, Surfers Paradise
www.theartscentregc.com.au

WILD AT HEART 7pm - 10pm
Dreamworld, Dreamworld Pkwy, Coomera
www.dreamworld.com.au

DINNER IN THE STARS
7pm - 10pm
SkyPoint, Q1 Building, Level 77,
Surfers Paradise Blvd, Surfers Paradise
www.skypoint.com.au

CHINESE NEW YEAR CELEBRATIONS

16 FEB

4.30pm - 7pm
Cavill Mall, Surfers Paradise
www.surfersparadise.com

7pm
Southport Sharks, Cnr Olsen & Musgrave Ave's,
Southport
www.southportsharks.com.au

16 – 18 FEB

The Marine Village, Masthead Way, Sanctuary Cove
www.sanctuarycove.com

17 FEB

WE'RE GOING ON A BEAR HUNT // LIVE ON STAGE
10am & 12pm
The Arts Centre Gold Coast, 135 Bundall Rd,
Surfers Paradise
www.theartscentregc.com.au

17 – 18 FEB

OBSTACOOOL
Eagles Sports Complex, 3 Weedon St W, Mansfield
www.obstacool.com.au/brisbane

17 & 24 FEB

KINGS CHRISTIAN COLLEGE // OPEN MORNINGS
9am - 10.30am (17th)
King's Christian College, 198 Pimpama-Jacobs Well Rd,
Pimpama
9am - 10.30am (24th - Pre-Prep)
King's Christian College, Gemvale Rd, Reedy Creek
www.kingscollege.qld.edu.au

18 FEB

SAND SAFARI ARTS FESTIVAL // GUINNESS WORLD RECORDS ATTEMPT
11am - 12pm
Surfers Paradise Beach, Surfers Paradise
www.surfersparadise.com

20 FEB – 3 JUN

DISNEY'S ALADDIN // THE MUSICAL
QPAC, Lyric Theatre, Cnr Grey & Melbourne St's,
South Bank
www.qpac.com.au

23 FEB

SUNS FAMILY NIGHT OUT
3.30pm - 7pm
Bond University AFL Field, 14 University Dr, Robina
www.goldcoastfc.com.au

23 – 25 FEB

THE BRISBANE HOME SHOW
9am - 5pm
Brisbane Convention & Exhibition Centre,
Cnr Merivale & Glenelg St's, South Bank
www.brisbanehomeshow.com.au

24 FEB

PARK AFTER DARK // GUY SEBASTIAN PERFORMING LIVE
6.30pm - 10pm
Dreamworld, Dreamworld Pkwy, Coomera
www.dreamworld.com.au

25 FEB

TRATTORIA AMICI LONG LUNCH
12.30pm - 3.30pm
RACV Royal Pines Resort, Ross St, Benowa
www.racv.com.au/royalpines

28 FEB

ANIMAL WELFARE LEAGUE STORY TIME
10am - 10.45am
Robina Library, 196 Robina Town Centre Dr, Robina
www.goldcoast.qld.gov.au

Unconventional sports

Words: Nicholas Grech

WITH THE COMMONWEALTH GAMES ON THE GOLD COAST IN APRIL AND EVERYONE TALKING ABOUT SWIMMING, GYMNASTICS AND ATHLETICS, HAVEN DECIDED TO TAKE A LOOK AT THE MORE UNCONVENTIONAL SPORTS IN THIS YEAR'S LINE UP.

I'm not a major sports fan, but when I think of competitive sports I (like most of society) often think of swimming or athletics. I was taken aback to hear that table tennis was a competitive sport at this year's Commonwealth Games. It turns out there are quite a few super cool non-mainstream sports in the program.

If you're planning to go to the Commonwealth Games and looking for something a little more unconventional than long jump and backstroke, you should definitely check out one of these four sports.

TABLE TENNIS

A game that is normally reserved for the more amateur players in games rooms across the globe (and sporting balls more highly associated with Beer Pong drinking games) table tennis is a legit professional sport. The game originated in England in the late 1800s and is now deemed to be a sport of skill, speed, agility, focus and precision.

SHOOTING

Shooting is practised across the world both recreationally and professionally. It's a sport that takes absolute precision and accuracy. Commonwealth Games' competitors will be shooting from distances ranging from 10 metres to almost 1km. Needless to say, they know what they're doing.

LAWN BOWLS

I don't know many Gen X or Yers who play lawn bowls regularly (and who are not doing it barefoot and/or partially drunk), but this high-tension sport has spectators sitting on the edge of their seats, as one strategic bowl after another could be that game-changing move.

The Commonwealth Games will showcase lawn bowling at its finest with competitions in singles, pairs, triples and fours, as well as two para-sport events.



RHYTHMIC GYMNASTICS

Ribbons, hairspray, glitter, most probably a sequin or two, dance moves, flexibility and spectacular coordination. Sounds like a normal Friday night for some but, let's face it, rhythmic gymnastics is probably the most 'fabulous' sport on the Commonwealth Games program. Get amongst it.

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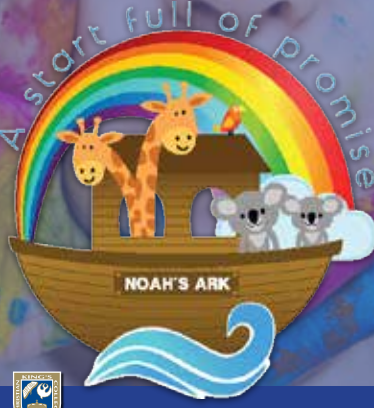
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Apple Basket

The Apple Basket is the sweetest tote for taking to the market, beach or for everyday use. Available in large (for the grownups) and small (for the kiddies), this adorably chic basket is set to launch in March just in time for Easter!

Shop it! RRP from \$35
www.oliella.com.au
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Clothing Name Stamp

You'll be hard-pressed to find a faster and easier way to label clothes than the brand-new Clothing Name Stamp from Stuck On You. At the flick of a wrist, label those seemingly mountainous school uniform pieces, layers and accessories. In a hurry? Stamp your kid's school gear before running out the door and they can wear it instantly. The Clothing Name Stamp Pack comes in a gorgeous grey marle felt bag which can also be personalised.


stuck on you

Shop it! RRP \$34.95
www.stuckonyou.com.au
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COLOUR ME HAPPY

HAVEN CONTRIBUTOR AND ARTIST EXTRAORDINAIRE MRS RED HAS PUT TOGETHER A COLOURING-IN SHEET ESPECIALLY FOR HAVEN READERS



mrs red's art room

WIN Ironlak

haven magazine, in conjunction with Ironlak Art & Design is giving away a \$75 voucher to this month's best colouring-in. Ironlak stores are filled with high quality, low-cost art supplies and they can be found at Westfield Garden City, Westfield Chermide, in the Queen Street Mall and at www.ironlak.com


For your chance to win, share a photo of your completed colouring-in on social media tagging #havenlovescolour and #ironlakforkids. We'll pick a winner and share the news with you socially. Stay tuned!





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MEET LEANNE MCMAHON, MUM TO TROY (25) AND JAKE (23). SHE'S ALSO GOT TO BE ONE OF THE COOLEST MUMS AROUND AS SHE'S THE DIRECTOR OF EPIC SKATE RINK.

Business

Tell us about your business/current role? Epic Skate Rink is the only roller skating rink on the Tweed/Gold Coast. We love that we can entertain the whole family for such an affordable price.

Where did the concept for this come from? My kids played inline hockey at Coolangatta and when it closed down, it left them nowhere on the coast to play. Epic was five years in the planning and was built with a lot of help from family, friends and the Brisbane hockey community.

What's your business background? My background was actually in jewellery, managing stores then creating 'Harmony Jewellery', a party-plan style business with real gold, diamonds and silver jewellery which is still operating on the Gold Coast today.

Who were your mentors along the way? Leela Cosgrove and Gulliver Giles from Strategic Anarchy agency. They have helped along the way plus all the reading and attending many seminars that I do on anything related to business, personal growth, products etc.

Home

What time does a typical day start for you? Anywhere from 9-11am but my finishes can be as late as 11pm.

Who does the cooking and cleaning at your house? Me - but my youngest son is starting to cook and does a great job!



What is your favourite local place to visit? Greenmount Beach in summer and winter.

How about favourite place to eat out as a family? Black Sheep Café at Coolangatta is my go to coffee/breaky/meeting friends place. The coffee and food is delish!

Girls' stuff

Where do you head to when you get time for a girls' night out? The casino, Broadbeach or down to Byron for the bands.

What is your best beauty tip for mums? Drink lots of water, get enough sleep and try to do some exercise!

Favourite place to shop (locally and online)? Online, it's QuiQui and they are at the markets too. I love their boho dresses. The Strand has some cool little dress shops.

Tips

Must-have parenting tip or tool? Just do your best. It's not easy. Don't be so hard on yourself.

Can you share any tips on finding the right work/life balance? I'm still trying to work this one out but you do need 'you' time to keep your sanity - even if it's just two hours sitting in a café or on the beach reading your favourite book. Work and family will benefit from it.



2018: Will it be different or the same?

Words: Debbie Hogg

IT'S AROUND THIS TIME WE TAKE STOCK, REFLECT ON WHAT'S HAPPENED AND CONTEMPLATE THE COMING YEAR. WILL IT HAVE SIMILARITIES TO LAST YEAR, OR WILL WE MAKE IT MORE EXCITING AND ADVENTUROUS?

What's your 2018 going to look like? If it's going to be different, only we can make this happen. Do we want it to be different? More productive, accepting, fun or educational? Now's the time of year when people set their intentions and goals. Some plan to get fitter, lose weight, drink less, walk more, find another job, get pregnant, take on their own business, leave a relationship, find a relationship, re-educate or start a sport. There are huge variations with what we choose to do. Whatever the goal, idea or dream, it's imperative to make a plan. Some even say we can't go anywhere without a plan and others also say, "If we fail to plan, we plan to fail".

There are many blogs and articles about setting goals, making plans and creating strategies to get there which are great. Often two key points are missed. The first is looking at what the bigger picture is and how these smaller goals support our big picture and purpose? The big picture is 'Our Life'. What is it we want to have at the end of it, what do we want to have achieved, left behind, be known for? The second is, what thinking do we need to do (or what thinking do we need to change) to fully support our goals and dreams to create 'Our (Best) Life'?

Let's look at the thinking part first. Our focus flows where our attention goes. If we are choosing to look at the negative side of things, think it's too difficult, unfair or out of balance and use negative words, this is exactly what we will get. How can we expect anything else when our focus is on the glass half empty. A small step is to start looking at it as half full - this is a positive turnaround. We might think, it's too difficult to change, because unfortunately there is so much negativity and doom and gloom around us. How could we possibly change? It's set in, it's what we do and it's a habit. We can choose to continue thinking this and 'be' in it, or we can choose to make a change. Whilst changing can be considered



"Review your goals twice every day in order to be focused on achieving them." LES BROWN

difficult by some, if we truly want something enough, anything is possible. Firstly understand what some of the small steps would be to make the change, then action daily. Once we feel a small change, bigger changes occur and momentum starts. Remember the words of the little red engine, 'I think I can, I think I can: I know I can, I know I can: I CAN DO IT, I CAN DO IT!'. Then finally, wham, we have something different.

"Springing into a new kind of action, gives us a better quality of life."
DEBBIE HOGG

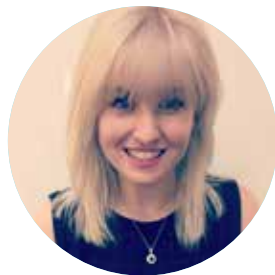
Next, let's look at 'Our Life'. Whatever we choose to do must have a conscious connection to our life and what we want to achieve. It is a relatively short time we are spending on this planet. Making every moment count is important. Is what we are choosing to do meaningful? Meaningful to us may be leaving our legacy - what do we want this to

be? What is it we truly want to achieve? Do we want to be remembered for anything and, if so, what? To achieve what we want we will need to become a master at the required skill. When we have this, how will it support our bigger picture. Another question to ask ourselves is, will what I'm choosing to do give me the freedom to have the balanced lifestyle I want to support myself and my family? Lastly, is it aligned with my values? When it's fully aligned with our values, it will be smooth and easy. If not, it will be challenging and incongruent. When these key thoughts are acknowledged and ticked off, we are good to look at the smaller goals and make a start. Starting small will support our momentum and consistency, we are empowered to achieve our goals and create our desired life.

MAGIC TO SUCCESSFUL GOALS

- SPECIFIC.** The more specific, the easier it is to achieve.
- MEASURABLE.** Be able to measure progress and the destination.
- ACHIEVABLE.** We must believe this in our heart or there is no point in starting.
- REALISTIC.** Is it within the possibilities for our life. Up-skill if required.
- TIMEFRAME.** Setting timelines supports our process and progress.
- ATTRACTIVE.** Be excited by the goal! Have fun and know it will give you goodness.

Back to school



BERNADETTE CLIFFE
Style director, Toni & Guy Broadbeach

I want to start my kids on good haircare routines for the new school year. What are some tips you can share?

Kids have finer hair than adults that is, unfortunately, more prone to tangles. You need to set them up with the right tools to cope with their type of hair. A detangling brush is a necessity. After shampooing and applying conditioner, they can brush their wet hair while the conditioner is still in to make things easier. Another tip is to refrain from tossing wet hair in a towel to dry it as this gives hair even more tangles. Simply wrap their wet hair in a towel turban and let it dry naturally.

Is there anything I can do to stop lice finding their way to my child's head?

It is true that lice tend to love clean hair. Applying hairspray to your kids' hair makes it harder for lice to latch on. I also have clients who add tea tree oil to a spray bottle of water and apply that to their kids' hair. Similarly, if you are also dealing with lots of tangles, apply a leave-in conditioner to their hair to help with the knots and keep lice at bay.

What's hot in kids' hair fashion right now?

For boys, especially here on the Gold Coast, we are finding longer lengths are popular. My own son even sports shoulder-length hair. While it's on-trend, you also have to obey the rules set down by your kids' school on hair. If your son is not going to want to put his long hair up for school, it's not the style for him. A good happy medium is the long-fringe look, pushed to the side, with shorter back and sides. Zac Efron seems to be the celebrity that many boys want to emulate right now.

For girls, braids are definitely in and this is probably thanks to the Kardashians. It's a good school option as well as this style also keeps their hair in place all day. Two braids are hotter than one. Braids can take a long time to do in the mornings when things are usually busy already. A good tip for girls wanting braids for school is to do them the night before and sleep with them in. Hair accessories are also popular for girls right now.

www.toniandguy.com.au



DR ANDREW KALTENBACH
Chiropractor, Robina Chiropractic Wellness Centre

My child has never seen a chiropractor before. Tell me about how they might benefit from a consultation?

You should treat a visit to the chiropractor a little like you would a trip to the dentist. Many don't feel a spinal problem until it's too late. It's better to have preventative treatment than have a more serious issue crop up later. In school-aged children, we consider their posture, whether their backpack is fitted correctly, their footwear and also their level of tech usage. If your child has the correct spinal alignment, this will decrease any spinal problems they may encounter when playing sport or sitting in a chair at school for long periods of time (which may then lead to issues with concentration in the classroom).

How do I know if my child needs to see a chiropractor?

We ask parents to consider these three main points when considering consulting a chiro. If they answer yes to any of them, their child needs to be seen by a professional:

1. Are the child's shoulders level? And are their hips and pelvis level?
2. Are the child's knees and/or toes turned inwards?
3. Is the child's earhole forward of their shoulder?

Do you have any tips on the right school backpack?

Firstly, it's important that backpacks are fitted correctly. We always tell parents that kids should not be carrying more than 10 per cent of their body weight on their back. Backpacks with an additional waist strap are really good as they help hold the weight of the backpack close to the child's body and the centre of gravity. Likewise, it's important that when kids are packing their backpacks, they put the heaviest items at the bottom, again, so the bulk of the weight is closer to their centre of gravity. We offer free backpack checks to any parent concerned about their child and the school bag they are carrying.

For more, I'd suggest *haven* readers check out the "Straighten Up Australia" campaign on the Chiropractors' Association of Australia website. You can download exercise programs from the website and learn more about the corresponding app.

www.robinawellness.com.au



SAM KEIM
Founder, Skin Matters

What simple things should tweens be doing to take better care of their skin at home?

First and foremost is establishing the habit of daily sunscreen use. Most children are in this routine already from kindy however this habit is not reinforced in the school environment. You don't want this good habit to go astray as most sun damage in adults has occurred during childhood.

Secondly, it's important that they are washing their face in the evening with a light foaming cleanser, ideally something with no SLSs and/or fragrance free. For a starter cleanser, Cetaphil oily skin cleanser is an easy go-to and, if required, a light moisturising lotion can be used in the evening. Once pimples start to occur (particularly if they are inflamed) it is important to commence a medicated wash. It is best to seek advice from a healthcare professional or a skincare professional at this time, as it is the inflammation that will likely cause distress in your child and has the potential to scar or pigment their skin.

My tween simply wants to pop her pimples. What's the best way to deal with them?

Well, naturally, I am going to say it is always best to not pop your pimples as this will most likely lead to scarring. In saying that though, I don't expect anyone, let alone a tween or teen, to walk around with a big whitehead on their face. The best way to approach removal of a whitehead is after they have washed their face in the shower, grab a couple of tissues, fold them into small squares and 'pull' (not squeeze) the skin. If it's ready to go, it will go. Never ever dig at your skin as it's a sure-fire way to end up with a scar.

Do you have any other skincare tips/tricks to share with my tween?

Don't assume they know how to wash their face. We take it for granted that they know what they are doing but if you or a skincare professional have not taught them, they won't know. If they don't wash properly then they won't get results and will become disheartened about continuing the routine. Be supportive and occasionally watch their technique. Don't be worried if they don't listen to you - most tweens don't listen to their parents' good advice. You might be best taking them to a professional to teach them technique.

www.skinmatters.net.au



SOPHIE McLELLAN
Paediatric podiatrist

What should parents look for when buying school shoes?

There are a few key things. One is fit. Ensure the shoe is not too long or too short as no favours are done either way. The width is another important feature, however not all styles come in additional widths, so it is important to check that the width of that particular style is appropriate for your child's foot.

Also, consider your child's needs. All parents must pick a shoe that fits the needs of the kids who will be wearing them. For example, a more active child who is playing handball at lunchtime will need a more robust shoe with features such as a rubber toe bumper. Alternatively, some children are particularly sensitive and would benefit from shoes that are lighter weight and with fewer internal seams.

Also, there's compromise to consider. Find a shoe that fits your child's feet that they are interested in wearing, otherwise you will have to arm yourself for the daily battle when it comes time to get dressed for school. By engaging the kids, they will also feel like they have chosen their shoe themselves.

I want to get value for money when buying my kids' shoes. But I also want them to last through some growth. Any tips?

Yes, kids can be tricky to buy shoes for because their feet are still growing, but anywhere from 8-18mm growth room in their shoes is optimal. As a rough guide you should have about a thumb's width in between the longest toe and the front of the shoe.

Tell us about Skobi School Shoes?

Both paediatric podiatrists, Jason and I just launched an online store for our brand, Skobi School Shoes. It's an Australian first as the shoes are designed exclusively by paediatric podiatrists.

We realised there was a gap in the market for good quality school shoes that are designed with kids' feet needs in mind. We focus on meeting the structural and functional requirements of a school shoe that will care for and protect children's feet. And we take into consideration the construction, weight and materials to ensure we deliver a diverse range that will meet the needs of each and every child.

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LOVE IS AN OBSERVATION

Words: Tanya Curtis

WHAT IS LOVE? THIS IS QUITE A VALID QUESTION THIS MONTH AS WE GO ABOUT FLAUNTING OUR LOVE FOR ANOTHER ON VALENTINE'S DAY. BUT DO WE REALLY KNOW WHAT IT MEANS?

He loves me, she loves me not? As a young child, teenager or even adult, how often have we asked ourselves, "Do they really love me?". We ask this of our current, past and possible future partners. We ask it of our children, parents, friends, siblings, family and really just about anyone. But how do we determine the answer to this question? What do we base the answer of "Yes, they do love me" or "No, they don't love me" on? For a long time, I used to think 'love' was expressed based on what people did. They love me because they:

- ✓ Bought me flowers;
- ✓ Bought me a gift, but not just any gift as the value and effort of choosing the gift also determined the level of love they have;
- ✓ Cooked me my favourite dinner;
- ✓ Packed my lunch;
- ✓ Took me to my favourite restaurant;
- ✓ Let me choose what movie or place we went to;
- ✓ Helped clean the house;
- ✓ Phoned or texted me in the timely manner I pictured they 'should' phone or text;
- ✓ Said how much they loved me on a frequency that I wanted or needed;
- ✓ Said the 'right words' at the 'right time';
- ✓ Knew what I wanted, needed or was thinking without me telling them.

In fact, this list could be endless. In my career as a counsellor, I have come to realise that this way of judging love is very common and unfortunately it creates the foundations of many, if not all, failing relationships. In my observations, I've come to realise how imposing this style of love judgment is and how much it is setting people up to fail; setting our loved ones up to not be held for who they are, rather rejected based on what they do or do not do.

What if there was a different way of assessing love? What if love has absolutely nothing to do with what a person does? Hmm... Could there be another way?



What if love is about the quality we hold a person in and never about what they do? Recently I attended a course presented by Serge Benhayon where the below definition of love was shared:

"Love is an observation, a situation that allows another to be held no matter what, giving them time to get to their own amazingness." ~ Serge Benhayon

I found it helpful to examine this quote in sections. "Love is an observation" – no doing or judgment required here, just observing. "A situation that allows another to be held no matter what" – judgment is not possible when people are held just for being them, and not judged based on what they do or do not do rather understood for the choices they make.

"Giving them time to get to their own amazingness" – comes in the knowing that people are already amazing and their amazingness has absolutely nothing to do with what they do, and in time they will come to express their full amazingness that is already there as it is in us all.

An overriding message I received from this is that love has nothing to do with any other person – rather, how willing we are in being able to hold another person and hold ourselves without any judgment. "Does she love me?" or "Does he love me not?" could be replaced with "Do I love them?" or "Do I love them not?". Even, "Do I observe, hold and allow people to come to their own amazingness?" or "Do I judge and evaluate based on their doing?".

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Not all snacks are created equal

THE SNACKFOOD AISLE IS A MINEFIELD FOR PARENTS. HAVEN SPOKE TO THE EXPERTS AT THE SOURCE BULK FOODS TO UNCOVER SOME BETTER WAYS TO STAVE OFF OUR KIDS’ HUNGER

If you wander down the snack aisle of any supermarket nowadays, the selection of prepackaged nibbles, crisps, bars, rice cakes, slices and biscuits is mind-boggling. It’s a minefield for parents looking for healthy, tasty snacks for our kids.

As parents, we always want to do the right thing for our loved ones. But sometimes the snacks we think of as being healthy really aren’t. Many of these items contain preservatives, sulphites and are high in sugar and salt. They may also include wheat, dairy, egg or another ingredient your family may be trying to avoid due to allergies or intolerances.

Here are some ideas from The Source Bulk Foods to help you pop the right snacks in your kids’ lunchboxes this back-to-school season – and forever more!



1.

Convenience doesn’t have to be wrapped in plastic. Many muesli bars, for example, especially those ‘glued’ together with sugar, syrup or chocolate may seem appealing but can contain almost a day’s worth of sugar intake in a single bar. Instead consider healthy snacks that contain no sugar and only basic ingredients. Almond crackers and raw protein balls have great flavours and are nutritious but still pack a sweet nutty punch the kids will adore. They are also perfectly bite-sized and fit snug in the lunchbox.

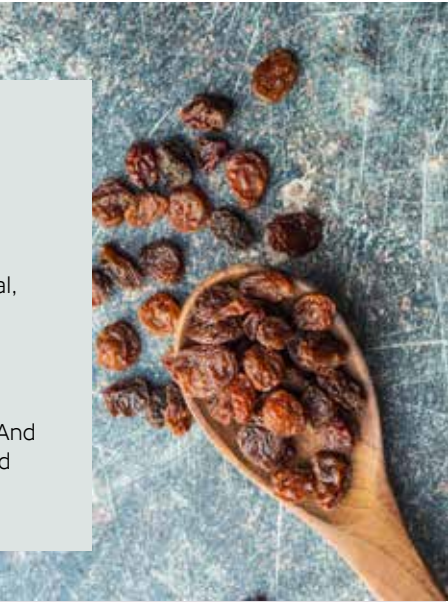


2.

Do your kids love crunch and/or a salty hit before hangry strikes? Try a handful of veggie chips – but not the processed kind in a pack. Consider a mix of real dried veggies including sweet potato, purple sweet potato, squash, taro, carrot and green beans that retain their natural colour, nutritional value and have half the salt of a packet of chips.

3.

Consider making your own trail mix at home from natural ingredients without the added preservatives. Add in natural sun-dried fruit like goji or inca berries for more energy and excitement. Buy in bulk - make it go further and reduce plastic waste.



4.

Most kids love sultanas. Buy natural, sulphur- and preservative-free Australian sultanas and not in a throw-away pack. Dried currants, dried blueberries, dried raisins and dates provide variety for the kids. And speaking of dates, organic date and coconut rolls are always a hit.

5.

The Source recommends our dried mango cheeks that come from far north Queensland, these are dried in the Australian sun and contain no added sugar. Preservative free, non-GMO, paleo, vegan and delicious. Also try our dried pineapple rings that not only smell like summer but are a great source of vitamin c and are just as good as our mango cheeks.

The Source also stocks a large range of protein balls that are preservative free and sized for school lunchboxes and little fingers.

Visit www.thesourcebulkfoods.com.au

Top 5 freezer-friendly healthy school lunches

Words: Georgia Harding

Before I had kids I barely used my freezer - a tray of ice, the odd tub of icecream and a pack of frozen peas was about all you’d find. It was only once my kids started school that I discover the time-saving benefits of freezing, especially when it comes to packing a healthy, whole foods lunchbox. With a good freezer stash of food, I can pump out a couple of packet-free school lunches in less than five minutes.

As it’s that time of the year when parents are back packing lunches, I thought I’d share some of my Top 5 favourite freezer friendly food ideas to help you to pack a nourishing, delicious school lunch in a matter of minutes.

1. COOKED MEAT

A good quality protein really helps to keep my kids focused and energised throughout the school day. As I like to avoid processed meats in my kids’ lunchboxes, I dice and portion leftover roast, barbecued or grilled meats and freeze them to use in sandwiches, sushi or fresh spring rolls. Also check out my meatball recipe - it’s great for the freezer too.

2. BREAD

Instead of buying breads with preservatives to extend their shelf life, buy a good quality additive-free bread and freeze it.

3. BAKED GOODIES

When I bake healthy treats for my kids (cakes,



biscuits, crackers, slices and muffins), I always make a double batch and freeze them in large airtight containers. This means I only bake every 2-3 weeks and the freezer is always filled with homemade nourishing snacks to grab and go. They can be packed from frozen.

4. YOGHURTS, SMOOTHIES AND CHIA PUDDINGS

These can all be frozen in little cups or refillable food pouches and packed in the lunchbox. By morning tea or lunch they will be defrosted enough to eat.

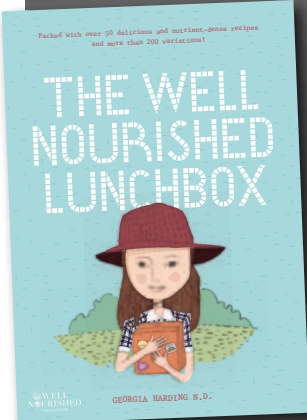
5. LEFTOVER SOUPS, CURRIES AND CASSEROLES

These can all be portioned and frozen to heat up and pack in a thermos flask for lunch (we do this a lot in winter).

The fruit and vegetable component of my kids’ lunchboxes is often the only part of their lunch that I prepare in the morning. Now my kids are old enough to pack their own lunch, the freezer has become even more important in helping them to choose healthy options to fill their lunchbox.

I hope this has given you some inspiration to start using your freezer and pack a nourishing, whole foods lunch for your kids.

Visit www.wellnourished.com.au



THE WELL NOURISHED LUNCHBOX

Georgia Harding M.D.

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The Well Nourished Lunch Box is a fully interactive, beautifully designed eBook that will guide you to pack your kids (and even yourself) a delicious, nutritious lunch, simply and easily.

Your whole family will absolutely love the 150+ pages of recipes and healthy inspiration to suit all tastes and dietary requirements. In this stunning eBook you will find 50+ recipes (each a beautifully photographed) with more than 200 variations.

All of the recipes are nut-free, wheat-free and refined sugar-free, and they are able to be frozen too. More than 90 per cent of recipes are fructose-friendly, gluten-free, grain-free, dairy-free and suitable for vegetarians. Some 80 per cent of recipes are also suitable for egg-intolerant families



MIGHTY MEATBALLS

The mix of protein and a little veg makes these Mighty Meatballs a nourishing and versatile lunch box meal. If you’re making them for dinner, double the recipe and freeze leftovers for school lunches. These are great for parties too.

We cannot store protein, so in order to replace and repair cells, grow and develop, kids need to consume protein very regularly. As many kids’ lunches are lacking protein and vegetables, these meatballs are just the thing to nourish growing bodies.

INGREDIENTS
Makes approximately 20 little meatballs

- 500g minced meat (beef, chicken, turkey, pork or lamb)
- 1 red onion, skin removed, finely diced
- 1-2 cloves garlic, peeled and crushed
- 1 small carrot, peeled and grated
- 1 small zucchini, grated
- Handful raw kale or spinach leaves (optional)
- 15g (¼ cup) fresh wholegrain breadcrumbs (about one slice)
- 1 free-range or organic egg, beaten
- 1 tablespoon dried or 2 tablespoons fresh chopped oregano
- 1 teaspoon dried or 2 teaspoons fresh chopped rosemary
- 1 teaspoon dijon mustard
- Sea salt and black pepper, to taste
- Handful of fresh basil leaves and chives or parsley, finely chopped (optional)

METHOD

Preheat the oven to 180°C/350°F. Mix all ingredients together until well combined. I personally just throw the vegetable and herbs component and a slice of bread in the food processor and whizz it up. I then add this to the meat with any other ingredients and mix by squeezing together in my hands. With wet hands, roll the mix into golf ball size and place on a baking tray. Throw in the oven until browned/ cooked through (approx. 15-20 mins). They can also be barbecued or pan-fried if you prefer.

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FOUR-OHHHHH!

So, for me and my wonderful friends, this is the year of the 40th.

I remember the year of the 18th and the 21st. But this year feels so grown up and almost serious compared to those celebrations. Those years were full of grunge music and flannel shirts – definitely not the year to remember when it came to fashion or music taste.

Families, careers, homes, cars, assets, bankruptcy – it's all there, written in our history with a big 40 balloon looming over us. Forty candles weighing down our cake, heavy with either success or disappointment.

I guess by this age, we are supposed to have it all figured out. We are supposed to be adults. We should be on top of our finances, have a clear plan forward and have everything under control. But what if you don't? What if you don't know where you are headed? What if the career you chose 20 years ago has seen its natural end?

Can you reinvent yourself before you hit the big 40? Can you get in before the time stamp? Is it a positive to question where you are? Is this the right time to do so? Now your kids are grown up and in school, who are you? Now you have made waves within your industry, is it OK to relax, take a break and take your foot off?

Is 40 the new 30? Is age just purely a number? Happy 2018 and Happy Birthday to you and whatever number you celebrate this year! Continue being wonderful, continue challenging and continuing enjoying each day – no matter your age or place.

Belinda Glindemann
THE TWEEN SCENE



DEJA VU FIRST DAY

I had a déjà vu moment this week that hit me like a concrete truck. I was at the school gate, bidding my daughter farewell on her first day of school and looking up to the sky in a somewhat failed attempt to keep welled-up tears from spilling over. I did the same thing back in 2011. I looked at the same sky, pointing out very similar cloud formations in the same (lame) attempt to divert attention away from my face. In 2011, it was her first day of Prep. In 2018, however, it was her first day of high school. HIGH. SCHOOL.

On both occasions, mine were tears of pride mostly. And happiness. But this year, I'll admit, there were also a few extra tears of where-the-hell-have-the-years-gone? I've said it dozens of times over the past few months but I truly don't feel old enough to be the mother of a high schooler. I remember my own high school years like they were yesterday. I remember being a scrawny Year 8 'vegie' and looking at the hot muscular Year 12 boys with equal parts trepidation and lust. That will be my daughter this week. I remember comparing myself to the other girls and wondering how they managed to fill out C-cup bras when I was still rocking a Big W crop top. That will be my daughter this week. I also remember overwhelming feelings of excitement about my life getting real. That will also be my daughter this week.

Miss 11 may have also had a moment of déjà vu at the gate this week. She was just as confident, enthusiastic and downright stoked on her first day of high school as she was as a brand new Preppy. Her bag was just as respectively big on her back and her hat was just as respectively big on her head. And her smile was just as wide this week as it was in 2011. It's just that boys were "yuck" in 2011 and now they get a second look. Pray for me, dear readers. I'm officially old. And we've officially reached 'those' years.

hey!

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SCOUT MAGAZINE
Did you know the team behind *haven* magazine have launched a new magazine for Gold Coast travellers? We're no tourist mag or coupon book, rather stories for those who love travel and scouting around the Goldie. Our autumn issue will be out 15 March at tourist hot spots, check us out online or get social!
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Some say it's where the heart is, while others believe there's no place like it – your home. March is the month that we delve into the home, from décor to housekeeping and everything in between. We've got styling and organisation tips, expert opinions, plus loads of great products to add to your wish list. Get in on all the insider secrets straight from the pros, from how to colour-match your cushions to organising your wardrobe, we're sure this month's issue will appeal to the homebody in you.

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