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From the publisher...

Well, Gold Coast, this is your big shot in the spotlight as global eyes feast themselves on our golden shores and millions tune in for all the sporting action of the Commonwealth Games, happening right here – in our own backyard! Us locals have been counting down to the excitement of the Games - we've definitely got a bit of sports fever! Personally, my family is super excited to take in a few events and we'll be waving green and gold around town.

Whether you're in your #activewear as you read this, or haven't touched your toes for years, read on for some inspiration to manage your family in sport or find your own mojo to get active. We're talking about tossing the participation ribbons and encouraging our kids to show resilience, effort and fun in their sport. Take some tips on how we, as parents, can support our own children's goals, what food is their best fuel and we catch up with a few Olympic medalists #gold.

I wasn't the sportiest kid in school, but as an adult you'll find me at Pilates, boxing or Barre class and cheering my kids on from the sidelines at footy or surf sports. We love our local footy team and spend most weekends on bikes, hikes or at Nippers carnivals.

Sports fever aside, Festival 2018 and Bleach* have gifted us two weeks of culture with loads of free shows about the Gold Coast. You'll find me rocking out to Cat Empire, with the hubby and our family riding our pushbikes to Kurrawa Park to soak up the Games vibes and shows.

What great timing it is, with Easter school holidays here, to also explore the great outdoors, some arts magic or even catch up on all the latest releases at the cinema. Happy days!

Aussie, Aussie, Aussie!

editor@havenmagazine.com.au



What we did this month...



BELINDA,
FLYING HIGH AT IFLY



SEE IVEY(OUR INTERN MILLIE)
LIVE! FESTIVAL 2018: APRIL 3
SURFERS PARADISE MAIN STAGE.



KEELEY, IN VANCOUVER,
CANADA, TO SURPRISE HER
DAD ON HIS 70TH BIRTHDAY.

Cover style

FITTER. FASTER. BETTER RUNS
IN SURFERS PARADISE FROM 12-15
APRIL AS PART OF FESTIVAL 2018.

Photo taken by Sam McGilp



We reviewed...

MOVIES

DISNEY'S A WRINKLE IN TIME (CTC)

In cinemas March 29

After the disappearance of her scientist father, three peculiar beings send Meg, her brother and her friend to space in order to find him. *A Wrinkle in Time* stars Reese Witherspoon, Chris Pine and Oprah Winfrey.



EARLY MAN (CTC)

In cinemas March 29

Set at the dawn of time, when prehistoric creatures and woolly mammoths roamed the Earth, *Early Man* tells the story of Dug and sidekick Hognob as they unite his tribe against a mighty enemy Lord Nooth and his Bronze Age City to save their home. The voice cast includes Tom Hiddleston, Maisie Williams and Eddie Redmayne.



SHERLOCK GNOMES (CTC)

In cinemas March 29

The beloved garden gnomes from *Gnomeo and Juliet* are back for a whole new adventure in London. When Gnomeo and Juliet first arrive in the city with their friends and family, their biggest concern is getting their new garden ready for spring. However, they soon discover that someone is kidnapping garden gnomes all over London. When Gnomeo and Juliet return home to find that everyone in their garden is missing – there's only one gnome to call... *Sherlock Gnomes*. This action-packed sequel features the voices of James McAvoy, Emily Blunt, Michael Caine, Maggie Smith, Stephen Merchant and Ozzy Osbourne, plus Johnny Depp as Sherlock Gnomes, Chiwetel Ejiofor as Watson and Mary J. Blige as Irene.



Families can save with discounted pricing on the big family films at Event Cinemas these school holidays! Cinebuzz members can get tickets from \$11 to the big family flicks and, best of all, membership is free! See Peter Rabbit, Disney's A Wrinkle in Time, Sherlock Gnomes or Early Man! Join now at www.eventcinemas.com.au (terms and conditions apply – see website for full details).*

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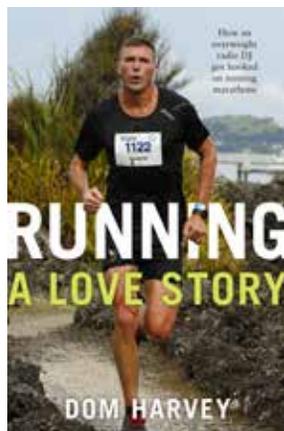
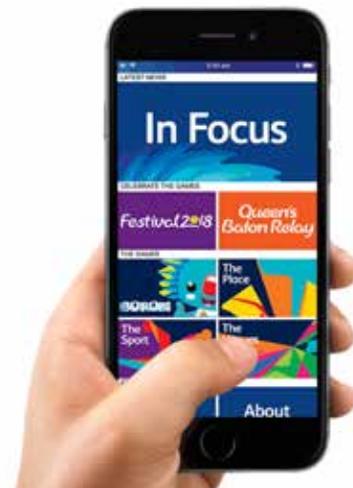

 paradise resort
 gold coast

The Word...

Apps

GC2018 APP

Commonwealth Games spectator and entertainment information? A journey and event planner? Results and scheduling for all sporting events? There's an app for ALL that – the GC2018 app! There is going to be a lot going on come April 4, so make sure you've got a good point of reference for everything Comm Games. From the latest news to updates and venue information, these are all the details you'll need to enjoy (and survive) the Games!



RUNNING: A LOVE STORY

Dom Harvey

Dom Harvey is a hugely popular NZ radio DJ on a top-rating station. He's known for his funny gags and has been described as a shock jock. This is a book about how that overweight DJ got running, got skinny, kept running, survived a life-threatening tumour and fell in love with running marathons. Dom is just a regular guy who drank too much alcohol and ate too much bad food, then fell in love with running and turned his life around (and became a bit of a running nerd along the way).

Allen & Unwin, \$29.99



COUCH TO 5K

Always wanted to run 5k, but learned the hard way that it actually takes tonnes of commitment and motivation? Us too. That's why we downloaded Couch to 5k, the long-distance running trainer that fits in your pocket. All it asks is 20-30 minutes, three times a week, for nine weeks. And in return it promises that you'll be running 5k like a pro by the end of it. Legit.

INSTA-AWESOME



IF YOU'RE ANYTHING LIKE US AND LOOOOVE A STICKY-BEAK INTO THE LIVES OF OTHERS, YOU WILL ENJOY THESE FIVE INSPIRATIONAL INSTA SPORTS STARS



@gengen_lacaze

Bubbly blonde Genevieve LaCaze is the darling of the Australian track team, with a list of accomplishments as long as her legs. We follow her for the ultimate fitspo, and to learn how to look that good in a pair of Nike bike shorts.



@mfanno

Everyone's favourite shark-punching Aussie hero shreds just as much on Instagram as he does in the water. Mick Fanning shares stunning surf pics, his daily rituals and tonnes of cute snaps of his dog, Harper.



@miketyson

What does it look like when a boxing legend gives social media a whirl? Mike Tyson's Instagram feed, that's what. The perfect blend of personal snaps and vintage memorabilia, this is one account that's totally worth a follow.



@sbramham

Sam Bramham is an Aussie Paralympic gold medalist with a sense of humour to match. He says he's only on Instagram to make his mum happy, so it seems we have Mrs Bramham to thank for his hilarious content.



@serenawilliams

Serena Williams dominates on the tennis court, so it makes sense that she'd also be included in our list of fave sporty Instagrammers! The new mum shares adorable snaps of baby Olympia, funny videos and the occasional reminder that she's a total girl boss, too.

THE Big Q:



WHAT IS YOUR GREATEST SPORTING ACHIEVEMENT?

HAVEN MAG DESIGNER, EMMA: At school I was a competition high board diver, travelling around the UK to compete, and I got a bronze medal in a major diving competition. I loved it at the time and had no fear! Funny thing is, I stopped competing at 16 and now I am a little scared of heights!

HAVEN DIGITAL GURU, KATY: Winning my netball grand final for four consecutive years when I was a kid. I was goal shooter and thought I was the star of the game - ha!

HAVEN MAG EDITOR, BEL: Pushing out two 7lb 8oz babies naturally, with no drugs #givethewomanamedal #birthinglikeaboss

HAVEN MAG WRITER, ANASTASIA: It was at age 8, when I was two years into my wildly unsuccessful three-year career as a left midfielder in minkey's field hockey. I tried to pass the ball to a teammate but missed by a long shot and sent it straight into the goal. To this day, I pretend it was on purpose.

HAVEN MAG PUBLISHER, KEELEY: Two things spring to mind: Coming fourth in BC in a running relay in elementary school and also playing in the local softball beer league in my late teens. Needless to say, I was more of an academic student!



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SACRIFICE FOR SUCCESS

Words: Nicholas Grech

MEET BRONTE AND CATE CAMPBELL, THE YOUNG LOCAL OLYMPIC GOLD MEDALISTS, AND COMMONWEALTH GAMES HOPEFULS, WHO HAD THEIR EYES SET ON THE OLYMPICS BEFORE THE AGE OF 10. THESE SISTERS, WITH THE SUPPORT OF SOME UBER-DEDICATED PARENTS, SHOW HOW SACRIFICE LEADS TO SUCCESS.

Like most kids, Bronte and Cate Campbell had big dreams. Their talent, dedication and years of training saw them become gold medalists while they were still teenagers. In the lead up to their appearance in the Commonwealth Games this month, *haven* sat down with the sisters to hear about their journey to Olympic success and the significant role (and sacrifice) their dedicated parents made for the girls to live their aspirations...

The sisters were originally taught to swim by their mum at a young age in Malawi, South Africa, before moving to Australia at ages 7 and 9 in 2001. After arriving in Brisbane, they began swimming at a local club where they met the coach who has worked with them for the past 17 years. Swimming has played a big role in their lives for as long as they can remember, with Cate reflecting on their shared love of swimming from a very young age.

"I was one of those kids that really liked swimming a lot. My parents would ground me by telling me I couldn't go swimming. That was my punishment," Cate says.

As they continued to spend every second they could in the pool, it was Bronte's love for swimming that quickly turned into a dream to be an Olympic athlete.

"I think I just really loved swimming and I was good at it and I remember watching the Sydney Olympics in 2000 and I just wanted to be a swimmer," Bronte says. "I just decided that going to the Olympics was what I was going to do with



"The pursuit of excellence in anything requires you to make a sacrifice."

my life. At seven years old, it seemed like anything was possible and I'm just fortunate it came to fruition."

Refusing to be beaten by her younger sister, Cate quickly followed in Bronte's footsteps. She says it was around the age of 12 that she really fell in love with the idea of one day being an Olympian as well.

"I think that it kind of came about because Bronte wanted to be in the Olympics and we used to train really hard and she would beat me and I didn't like being beaten by my younger sister," Cate laughs. "I decided to beat her I had to make that my dream as well."

Their sibling rivalry saw the girls face long hours of rigorous training. Both recall doing around eight or nine training sessions a week on top of their academic commitment during their high school years.

NO SUCCESS WITHOUT SACRIFICE

With their aspirations of Olympic success came great sacrifices – especially during the teenage years. While their friends were at parties, hanging

out at the local shopping centre or just being 'young and dumb', the Campbells were in the pool training as hard as they could.

"There were definitely sacrifices. I sacrificed a normal teenage experience," Bronte admits. "It's not normal to spend that much time in the swimming pool. I did not have much time to spend time with friends after school or go to parties."

OLYMPIC SUCCESS IS A FAMILY AFFAIR

While they put in the hard yards from a young age, both Bronte and Cate said their success wouldn't have been possible without the sacrifices made by their parents. Two of five siblings, all the Campbell kids learned to swim with thanks to their mum, who was once a synchronised swimmer.

"Our parents definitely made sacrifices - sleep being the big one," Cate says. "We trained from 5am to 7am and poor mum was on the driving duties. The day I got my licence was the happiest day of her life!"

"Dad would take us to swimming carnivals at the weekends and spend the whole day sitting by the pool just to watch us swim two races," Bronte says.



Beyond the sleep deprivation, both Bronte and Cate acknowledged that money, the constant need for physiotherapy and not having a family holiday as other sacrifices made by their parents.

"We haven't been on a family holiday since we were 11 or 12 because we are always training," Bronte says. "The most amount of time I have had off in the past 17 years was six weeks after the Olympics, which was a real treat."

While their parents poured both time and money into helping their daughters achieve Olympic success, they also stood by them offering the support any teenager needs as they are chasing their dreams.

"No one ever said 'no' to me," Bronte says. "My parents would listen to me and talk to me about the Olympics. It was really powerful having nobody tell me I couldn't do it."

"Mum was adamant that study was always something I should do but that I could come back to it. Sport was something for right now and I may not get another shot at it, which was a nice way to look at it."

THE HARD WORK WAS WORTH IT

While the training and the sacrifices might sound like negatives, neither Bronte nor Cate would have it any other way.

"I didn't regret it. I could see my friends were out having a good time, but I was always incredibly focused and knew where I wanted to go," Cate says. "I got to experience things that my classmates never got to do and probably never will."

Their passion for sport is strong and while it is a lot of work, they say kids should definitely follow their dreams to become athletes if they are willing to dedicate the time and really love it. As for their own careers, the girls both acknowledge they cannot swim competitively forever and are looking to swim through to 2020 before finishing their respective degrees in business and communications to find associated work in the world of sport.

Their inspirational story rings true for so many families – if you want to be the best at something you definitely have to make sacrifices.

"I once looked up the definition of sacrifice in the dictionary," Cate recalls. "It is the surrendering of something of value in the hopes of attaining something greater. I thought it was a really good way of summarising a sacrifice. If I'm not giving up something I care about, how am I going to achieve something great? The pursuit of excellence in anything requires you to make a sacrifice."



BRILLIANT BRONTE

- Bronte achieved an OP 2 in high school
- Bronte won gold at the 2016 Rio Olympics
- Bronte was the third swimmer in history to take the 50m and 100m freestyle double at a World Championship when she won in 2015.

CAPTIVATING CATE

- Cate achieved an OP 5 in high school
- Cate holds one world record and two national records
- Cate will attend her fourth Olympic Games in 2020, which only one other Australian swimmer has done ever before.

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It's OK to lose

IT'S TIME TO STOP GIVING KIDS A PRIZE FOR JUST TURNING UP. WE ALL NEED A REMINDER THAT IT IS OK TO LOSE.

At sports days and kids' birthday parties it seems like everybody wins a prize for just turning up. It might be parents making sure each child has a turn at winning during pass the parcel, or teachers actively handing out participation ribbons at the end of the 100-metre sprint. Regardless of the prize, is it time to stop and remind ourselves that it is OK for kids to lose?

Benchmark Psychology clinical psychologist Dr Grace Lynam says it isn't beneficial to reward kids for just showing up.

"To be the best they can be, our children need to learn to overcome challenges, face difficulties with effort and grow," Grace says. "Participating is



not an adequate skill for successful adult life, and winning doesn't necessarily lead to happiness or success either.

"What does lead to happiness or success in adulthood is flexibility, effort, resilience and growth. These are what we should be rewarding."

Grace believes that one of the keys to successfully rewarding kids is 'differential rewarding' - that is the concept that you get a little for a little and a lot for a lot. It might seem like common sense but, as Grace explains, the bigger the reward the harder we are more likely to work for it. A participation

ribbon can impede the differentiation between rewards because everybody gets the same prize at the end of the race, which begs the question, what's the point of even trying?

When speaking with our kids about losing, Grace says, like all conversations, honesty is the key.

"It is healthy for children to develop an honest view of the world and themselves," Grace says. "Start by helping children to identify that while they did not win this time, there may be other times in their life, or in other activities, where they have felt good about themselves or felt they have done well in something."

Parents should have an open and honest conversation with their kids about resilience and strength. There is so much to learn from losing - whether it's reflecting on how we can improve for next time or identifying our own strengths and weaknesses. It is often when we fail or lose that we can learn our greatest lessons.

THE LISTIES GO FOR BRONZE

Don't miss a fun-packed session of sporting shenanigans with Australia's most sought after kidult comedians.

Rich **Matt**

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Ages 4-8 years

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The home stretch

YOU'VE PROBABLY HEARD ABOUT THE IMPORTANCE OF STRETCHING AFTER A WORKOUT, BUT DID YOU KNOW THERE ARE TONNES OF REASONS TO INCORPORATE LIGHT STRETCHES INTO YOUR DAILY ROUTINE?

The feeling of a good stretch is one of life's most simple pleasures. Whether it's loosening up a well-worked muscle after exercise or stretching out after a good night's sleep, there's no feeling quite like the release of a stretch. But, according to physiotherapist and member of the Australian Physiotherapy Association Jennie Hewitt, stretching does a lot more than simply making you feel good – and there are heaps of reasons why it should be part of your day, regardless of your age or mobility.

"As we age, muscles and tendons decrease their elasticity which may result in reduced flexibility and increased risk of injury," Jennie explains.

"Muscular stretching can help to maintain range of motion in joints, mobility and physical independence."

Our bodies are made to move. Jennie explains that a sedentary lifestyle can lead to muscle and joint tightness, so even if you don't exercise in any other way, stretching is worth considering. On the flipside, if you are more active or carry out regular exercise, stretching may assist you to keep participating for longer.

"Like all exercise, there are safe and unsafe ways to stretch. You should stretch only until you feel a gentle pulling sensation in the relevant muscle group," says Jennie. "For optimal results, hold the position for 30 seconds, then rest, then repeat. Of course, we want balance – so if you stretch one side of the body, also stretch the other."

Daily stretching doesn't necessarily mean setting aside a block of time every day. You can gently stretch your neck muscles while letting warm water beat down on your neck in the shower, or



stop for a moment while climbing the stairs to stretch your calf muscles. Our personal favourite? You can ease your lower back into the day by stretching for a short while before you get out of bed in the mornings. Just 5-10 minutes every day can help, says Jennie.

"Stretching should feel good, not painful," Jennie explains. "If you have an injury or persistent pain you need specific advice about which stretches are suitable for you. A comprehensive assessment with your physiotherapist will give you a personalised and safe stretching program."

WELCOME TO SAMEVILLE

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THE LOST LENDING LIBRARY

A travelling museum of curiosities has arrived. Inside is a magical secret: a doorway to a hidden world.

KURRAWA PARK, BROADBEACH
5-15 APRIL 9AM-5PM

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GROUP FITNESS GUIDE

THESE DAYS IT SEEMS LIKE, WITH EVERY NEW WEEK, THERE'S SOME NEW 'FAD' GROUP FITNESS TREND YOU'VE JUST GOT TO TRY. IF YOU ENJOY WORKING OUT WITH OTHERS, LISTEN UP – WE'RE SEPARATING THE FAD FROM THE FUNCTIONAL, SO YOU CAN FIND YOUR FIT (PUN INTENDED).

Words: Anastasia White

FOR THE COMMITTED...

F45

If we're talking about fad fitness, we're obviously going to start with F45. Your best friend, barista, hairdresser and mother-in-law are all completely obsessed, so we'll forgive you for being a teeny tiny bit sick of hearing about it. But here's the thing – it's totally worth the hype. With a huge range of 45-minute classes focusing on resistance and cardio, personalised advice from expert trainers, and sessions running from around 5am-7pm week days plus a few sessions on Saturday and Sunday mornings, you're pretty much guaranteed to fall in love with the format. So much so, that the \$60/week price point probably won't seem so steep after all – going four times a week makes each session just \$15. Compare that to the same number of sessions with a personal trainer and you'll have sufficient ammo to convert the next person who is willing to listen to you gush about your newfound love for F45.

CROSSFIT

According to CrossFit's website, it's a fitness regimen made up of "constantly varied functional movements performed at high intensity". But we've got it on good authority that it's much, much more than that. Whether you're a beginner or an expert CrossFitter (is that a word?) you will get a tonne out of the structured 60-minute sessions that include weightlifting and other strength training, cardio and more, where you're working out with others who will push you further than you thought possible. The expert trainers recommend 4-5 sessions per week to get the most out of your roughly \$65/week membership, but true CrossFit junkies will know that it's easy to find commitment and motivation – particularly with the option to compete in CrossFit comps locally and even on an international level (via online scoring) from the comfort of your local 'box'.

REFORMER PILATES

Keen to take things down a notch and find a workout that's as relaxing as it is effective? Sorry, reformer Pilates is not for you. Atop a 'carriage' held in place by springs of varying strengths, you will push, pull, lift and squeeze your way to a leaner physique and feel muscles you never even knew you had. Designed to strengthen and lengthen, reformer



Pilates builds upon traditional Pilates techniques and throws in weights, rings, balls and pulleys for good measure.

BARRE

Always envied the long, lean muscles of ballerinas, but not willing to commit to a life-time of rigorous training? Barre classes just might be your calling. Inspired by ballet, yoga and Pilates, Barre is a fitness regime in and of itself that will leave you feeling balanced, flexible and strong. Aleenta Barre at Mermaid Waters offers a range of different Barre classes led by their attentive and experienced 'Barre Tenders', who focus on particular skills and muscle groups, from Barre Burn to Barre F.I.T, with a bit of yoga sprinkled in between.

LES MILLS

When Phillip Mills created his first exercise-to-music group class, Pump, in 1990, he had no idea it would be the start of an international empire. Now, around 6 million people participate in Les Mills classes every week, at 15,000 gyms across 75 countries. With more than a dozen class formats focusing on everything from dance and weight training to cycling and yoga, the Les Mills brand has worked hard to ensure that their classes are diverse and accessible.

FOR THE CASUAL...

NO LIGHTS NO LYCRA

Ever wanted to go into a pitch-black room, dance your heart out for an hour and call it exercise? So did Heidi Barrett and Alice Glenn. That's why they created No Lights No Lycra, the group fitness phenomenon that has seen local gyms, community halls and RSL clubs across the world switch off the lights and blast up-beat tunes a few times a week for eager locals. You can find your nearest NLNL on the website, or you can open one yourself! Head to www.nolightsnolycra.com

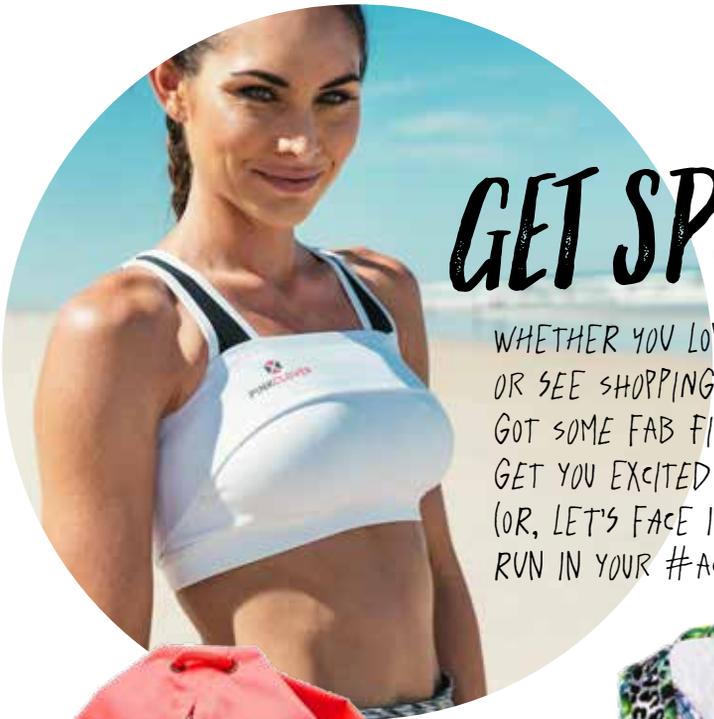
PARKRUN

If the hardest thing about running 5km is finding the personal motivation to keep going, parkrun is your sport. This free event takes place every Saturday at 7am across hundreds of locations, so be sure to check www.parkrun.com.au to find your nearest location. With hundreds of other runners, you will weave your way through pleasant parkland surroundings at your own pace. All you need to bring is yourself, some water and a good attitude – experienced parkrunners will tell you that the positive atmosphere makes the run so much easier.

ACTIVE AND HEALTHY PARKS

Is there any better fitness than free fitness? We think not. Local councils are getting on board the 'active and healthy' train and providing tonnes of free and low-cost activities to get involved in. The program gives new meaning to 'everything under the sun', with classes for all ages and abilities hosted outside in some of our most beautiful local parks. There are hundreds of different locations, so take to Google to find your local one.





GET SPORTY!

WHETHER YOU LOVE TO WORK OUT IN STYLE OR SEE SHOPPING AS YOUR CARDIO, WE'VE GOT SOME FAB FITNESS FINDS THAT WILL GET YOU EXCITED FOR YOUR NEXT GYM SESH (OR, LET'S FACE IT, EVEN JUST THE SCHOOL RUN IN YOUR #ACTIVEWEAR)



Fire and Shine Vie Active Lauren Jacket in blue leopard, \$100, www.fireandshine.com.au



Under Armour Essentials Sackpack, \$50, www.theiconic.com.au



Pink Punk Off Tropic Pocket Crop, \$60, www.pinkpunkactive.com



Adidas by Stella McCartney Run Adizero Shorts in pink (also available in navy), \$100, www.adidas.com.au

Pinkclover Breastband, \$39.95, www.pinkcloveractive.com



Sunrise at Bondi compression leggings in navy/aqua (also available in black/white, black/mango and black/pink), \$99.95, www.sunriseatbondi.com



Nike Zoom Strike Running Shoes in Bordeaux (also available in black, white, vast grey, pure platinum and ocean bliss), \$115, www.nike.com/au

Here Comes the Sun Tights in rose (also available in luna and tropicana), \$39.99, www.herecomesthesunaustralia.com



Swimming for life

HAVING OWNED AND OPERATED QUALITY SWIM SCHOOLS FOR OVER 20 YEARS, KAREN BAILDON HAS HEARD IT ALL – ‘WE DON’T HAVE TIME FOR SWIMMING LESSONS’, ‘THEY’RE NOT WORTH THE PRICE YOU PAY’, ‘HE JUST DOESN’T LIKE THE WATER’. BUT WITH BACKYARD DROWNING ON THE RISE IN QUEENSLAND, IT’S NEVER BEEN SO IMPORTANT TO EQUIP YOUR CHILD WITH LIFE-SAVING WATER SAFETY SKILLS.



It’s something none of us want to think about, but for some parents, losing a child by drowning is a gut-wrenching reality. Which is exactly why Karen Baidon is setting out to tackle the lack of drowning prevention strategies, particularly within the under 5’s age group. Through her Drowning Prevention Programs and Superfish Swim Schools, located in various spots around Brisbane and the Gold Coast, Karen hopes to equip young children with the knowledge and skills to save themselves from danger in the water.

“It seems like, no matter how much education and how many campaigns are out there, there are still so many parents who just don’t think it’s important for their children to learn how to swim,” says Karen. “By working towards independent swimming, our lessons help foster a healthy respect of aquatic environments and teach skills that will help young children survive if they find themselves in a

potentially deadly aquatic environment.”

Karen says the best way to protect your child from drowning will always be ensuring that they participate in programs featuring drowning prevention activities. Learning to control and take breaths while kicking and paddling, staying horizontal while swimming or rolling onto their backs to float, and looking and reaching for the wall, are all essential skills to making sure kids are completely competent in the pool. Karen says kids should start these lessons at around six months old to ensure confidence in the water.

“Swimming is truly a lifelong skill and lessons are the only sport or activity that will potentially save your child’s life” says Karen. “It’s also social and a lot of fun, great for cognitive development and a good way to stay fit and healthy.”

www.superfish.com.au



5 SKILLS YOUR ‘UNDER 5’ SHOULD HAVE:

- 1 Float by themselves for at least 30 seconds in rough water.
- 2 Paddle independently and roll onto their backs to float, without floaties or back bubbles.
- 3 Swim and lift their head to breathe, and tread water with their head up.
- 4 Jump safely into the pool and paddle back to the side without help.
- 5 Comfortable swim while fully dressed – shoes and nappy included!

Burleigh Premium Childcare Centre

7 Banjo St, Burleigh Heads
(07) 5551 0848

Centres also in Wooloowin, Hamilton and Pimpama



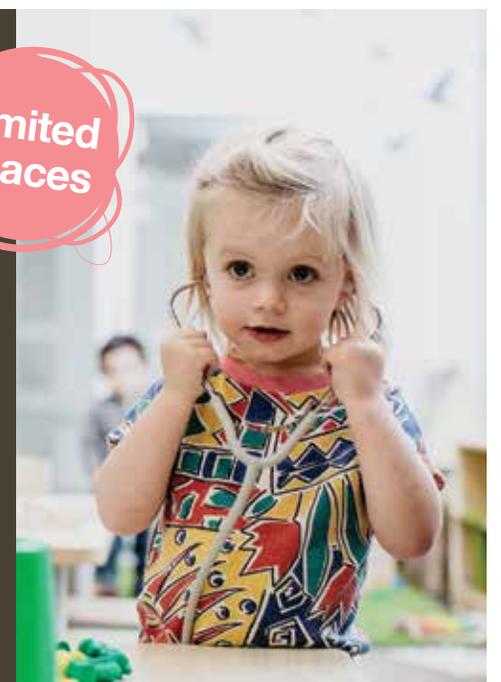
Centre benefits included with your daily fee:

- Healthy, nutritious meals
- Secure electronic sign in and sign out system
- Access to Storypark – your child’s online learning portfolio
- Purpose built natural environments for exploration and play
- Care Supplies (nappies, wipes & sunscreen)
- Hat and bag on enrolment
- Kindergarten Program
- Holistic perspective of learning and play

Limited spaces



petitjourney.com.au



GIVEAWAYS

Head over to our social pages and make sure you get your weekly dose of haven for more ways to WIN! @havenhub

win!



DISNEY ON ICE CELEBRATES 100 YEARS OF MAGIC

Celebrate the legacy of Disney in this ice skating spectacular, returning to Brisbane from June 29 - July 2. Join in as Mickey, Minnie, Donald Duck and Goofy take to the ice with their friends from beloved Disney movies. Sing-a-long to more than 30 of your favourite Disney songs and enjoy the *Disney On Ice* debut of Judy Hopps and Nick Wilde from *Zootopia*! We have two prize packs with 4 x A-Reserve tickets to the show on Thursday June 29 at 7pm to giveaway. Tickets available through Ticketek.

www.DisneyOnIce.com.au

STOMP

Following sell-out previous seasons, STOMP is back, better than ever and heads to Australia with its unstoppable energy and pure stage magic. Wordless, witty and fun STOMP has become a global phenomenon.

Come and see what all the noise is about! We have 2 x family passes (four tickets each) to the opening night show on May 31 at 8pm to giveaway. **RRP \$360 (per family pass).**

www.star.com.au/goldcoast/whats-on/entertainment/live-concerts/Stomp



PLAN BUY COOK

Tired of getting to 5pm without knowing what to cook for the family? Made a last-minute decision on the meal only to discover you are missing most of the ingredients? PlanBuyCook is meal planning made simple using this no-fuss app. It makes planning, shopping for and cooking your meals easy! We have 20 copies of this clever app to giveaway. **RRP \$5.99 (each)**

www.planbuycook.com.au



For your chance to win please register online at www.havenmagazine.com.au/WIN and follow the links. Click on the prize you would like to win and complete the online entry form. Entries close April 20, 2018. Only winners will be notified. Good luck! Entrants' details may be shared with giveaway sponsor and then kept under haven's lock and key.

5 - 14 APRIL

FANS CORNER

LOCAL GOLD COAST FOOD TRUCKS

2 BARS — ENJOY BEER, WINE & COCKTAILS ON TAP

ALL THE SPORTING ACTION

LIVE ON A HUGE SCREEN

BOX COFFEE & STREETS ICE CREAM

TASTY

SOUTHPORT SHARKS

For more information visit southportsharks.com.au

f i t

events

April



29 MAR - 15 APR

BLEACH* FESTIVAL

Various Locations

2018 is a transformational year for Bleach* Festival, with the Gold Coast 2018 Commonwealth Games (GC2018) coming to our own backyard in April. Bleach will be collaborating with Festival 2018, the GC2018 arts and cultural program, to put local artists on the world's stage through a series of events under the banner of Bleach* at Festival 2018. It will be a spectacular showcase of what, and who, makes the Gold Coast such a special part of the world.

www.bleachfestival.com.au



4 - 15 APR

COMMONWEALTH GAMES & FESTIVAL 2018

Various locations

The Gold Coast 2018 Commonwealth Games (GC2018) will welcome more than 6600 athletes and team officials from 70 Commonwealth nations and territories to the Gold Coast and event cities Brisbane, Cairns and Townsville, to share in the celebration of sport, entertainment and culture. The largest sporting event to be staged in Australia this decade, GC2018 will feature the largest integrated sports program in Commonwealth Games history, comprising 18 sports and seven para-sports.

Running in parallel to GC2018, Festival 2018 will bring together more than 1000 performances of music, theatre, dance, circus, visual arts and film across two main festival sites. Some family friendly events to mark in your diary include The Children's Republic of the Gold Coast, The Owl and the Pussycat, Future Postal Service and Welcome to Sameville. You won't want to miss the interactive art playground, The Lost Lending library and Electric Lady either!

www.gc2018.com

it's on!

NOW - 2 APR

EASTER AT SHARKS

Southport Sharks, Southport
www.southportsharks.com.au

NOW - 16 APR

UNDER CONSTRUCTION 9.30am - 4pm

The Workshops Rail Museum, Ipswich
www.theworkshops.qm.qld.gov.au

NOW - 22 APR

ME, MYSELFIE AND I

GOMA, South Bank
www.qagoma.qld.gov.au

NOW - 12 MAY

THE WITCHES

Brisbane Arts Theatre, Petrie Terrace
www.artstheatre.com.au

NOW - 3 JUN

DISNEY'S ALADDIN

QPAC, South Bank
www.qpac.com.au

NOW - 26 AUG

EXHIBITION // EGYPTIAN MUMMIES:

EXPLORING ANCIENT LIVES
Queensland Museum, South Bank
www.mummies.qm.qld.gov.au

1 APR

EASTER EGGSTRAVAGANZA 10am - 3pm

The Marine Village, Sanctuary Cove
www.sanctuarycove.com

EASTER SUNDAY LUNCH AT KALINDA 12pm - 3pm

RACV Royal Pines Resort, Benowa
www.racv.com.au/royalpines

2 - 13 APR

FREE SCHOOL HOLIDAY ARTS & CRAFT

WORKSHOPS 10.30am - 2.30pm
Ikea, Logan
www.ikea.com.au

3 - 5 & 10 - 12 APR

CONNECT WITH NATURE HOLIDAY PROGRAM //

HOLDING THE FORT 10am - 12.30pm
Fort Lytton National Park, Lytton
www.npsr.qld.gov.au

3 - 15 APR

LET'S GO // SNOW SLINGERS

VIRTUAL REALITY SIMULATOR 10am - 2pm
Capalaba Central Shopping Centre, Capalaba
www.capalabacentral.com.au

4 APR

GC2018 // QUEEN'S BATON RELAY 9am - 10am

GC2018 Countdown Clock, Surfers Paradise
www.facebook.com/gc2018

THE WIGGLES

10am & 12.30pm
HOTA, Surfers Paradise
www.hota.com.au

GOLD COAST FILM FESTIVAL

17 - 29 APR

HOTA, Surfers Paradise

The 2018 Gold Coast Film Festival will run from April 17 to 29, immediately after the 2018 Commonwealth Games, and will screen around 40 feature films, 125 shorts, host industry panels and filmmaker Q&As and bring film to life through a dozen special film events that will run in locations across the Gold Coast.

www.gcfilmfestival.com



THE WIGGLES LIVE AT DREAMWORLD

Dreamworld, Coomera

The Wiggles are returning to Dreamworld on April 17 at 10.30am for a 20-minute live performance! See Anthony, Emma, Lachy and Simon as they sing and dance at the official home of The Wiggles for a morning of Emma bows and hot potatoes!

www.dreamworld.com

17 APR



27 - 29 APR

GOLD COAST SUPERHERO WEEKEND

Broadbeach

Are you a superhero in disguise? Well mark the calendar, because Gold Coast Superhero Weekend is back and bigger than ever, this April. This supercharged weekend will include the Supanova Comic Con & Gaming, Gold Coast Film Festival, NightQuarter Zombie Walk and a tonne of action-packed events for the young and young at heart.

www.goldcoast.qld.gov.au



Do you want to meet the Wiggles? Join haven's eHub newsletter and follow us socially for all the details!

4 & 18 APR

BUB'S CLUB 11am
Brunswick Picture House,
Brunswick Heads
www.brunswickpicturehouse.com

6 APR

NIGHTQUARTER FESTIVAL 2018 //
OPENING NIGHT 12pm - 9pm
NightQuarter, Helensvale
www.nightquarter.com.au

COMM GAMES // BARRE BY THE
BEACH 5pm - 5.45pm
Aleenta Barre, Mermaid Waters
www.aleentabarre.com

6 - 15 APR

BRISBANE YOUTH WEEK
Various locations, Brisbane
www.brisbane.qld.gov.au

7 & 21 APR

TREE PLANTING EVENT
9am - 11am
Rainworth Park, Bardon
www.brisbane.qld.gov.au

8 APR

IFLY GOLD COAST // LADIES NIGHT &
YOGA WITH JESS BUSH
5.15pm
iFly Indoor Skydiving,
Surfers Paradise
downunder.iflyworld.com

9 APR

YOUNG CREATIVES //
DIGI YOUTH ARTS
9.30am & 1.15pm
Museum of Brisbane, Brisbane City
www.museumofbrisbane.com.au

12 - 15 APR

CHILDREN ARE STINKY
Brisbane Powerhouse, New Farm
www.brisbanepowerhouse.org

13 APR

PARENTING TIPS WEBINAR //
SUPPORTING CHILDREN TO LIVE
THEIR POTENTIAL
11.30am - 1.30pm
Fabic, Carrara
www.fabic.com.au

A NIGHT AT THE MUSEUM //
EGYPTIAN MUMMIES:
EXPLORING ANCIENT LIVES
5pm - 8pm
Queensland Museum, South Bank
www.mummies.qm.qld.gov.au

20 APR

WOMEN IN FILM LUNCH 12pm
QT Gold Coast, Surfers Paradise
www.gcfilmfestival.com

21 APR

BIG FISH LITTLE FISH // HEROES &
VILLIANS FAMILY RAVE 2pm - 5pm
The Met, Fortitude Valley
www.facebook.com/bffeventsoz

JOIN US
FOR A WEEKLY DOSE
OF HAVEN STRAIGHT TO
YOUR INBOX! HEAD TO
WWW.HAVENMAGAZINE.COM.AU

WHAT'S ON /
MARKETS / EVENTS

21 - 22 APR

WORLD MUD FESTIVAL
8.30am - 4.30pm
Limestone Park, Ipswich
www.mudworld.com.au

22 APR

GOLD COAST GIRLS IN BUSINESS //
NET-TWERKING EVENT
2pm - 5.30pm
Pacific Beach Function Centre,
Palm Beach
www.facebook.com/groups/gc.girlsinbusiness

23 APR

SCHOOL READINESS SEMINAR
6.30pm - 8pm
Family Doctors Plus, Windsor
www.facebook.com/familydoctorsplus

24 APR

LITTLE PACCAS KIDS' CLUB //
SUPER MUMS & BUBS SUPERHERO
BREAKFAST
9.30am - 1pm
Pacific Fair Shopping Centre,
Broadbeach
www.pacificfair.com.au

SAFE CYCLING WITH KIDS
10am - 11.30am
Ken Fletcher Park, Tennyson
www.cyclingbrisbane.com.au

25 APRIL

ANZAC DAY PUBLIC HOLIDAY

27 - 29 APR

SUPANOVA COMIC CON & GAMING
GCCCEC, Broadbeach
www.supanova.com.au

STEP UP
Surfers Paradise Foreshore,
Surfers Paradise
www.surfersparadise.com

28 APR

GIRLS WHO STEAM
9.30am - 11.30am
Robina Library, Robina
www.goldcoast.qld.gov.au/library

HARRY STYLES IN CONCERT
7.45pm
Brisbane Entertainment Centre,
Boondall
www.brisent.com.au



COOMERA
ANGLICAN
COLLEGE

**PREP 2020
ENROLMENTS**



**INFORMATION
NIGHT
10 May @ 5.30pm**

REGISTER ONLINE: www.cac.qld.edu.au

Coomera Anglican College is renowned for being one of the best schools in the region. Visit the College campus to discover the latest educational facility - The Pod.



EARLY LEARNING CENTRE
Limited Places Available for 2019
Call 5585 9925



THE ULTIMATE SCHOOL HOLIDAY FUN

The coolest thing in kids' school holiday fun – celebrate a birthday or just come for a great time these holidays at Drax 4 Kids.

For children aged 5-12 years. Includes hot and cold party food, unlimited soft drinks and entertainment they will howl about!

Saturday's - Noon to 2pm.

Visit www.draculas.com.au



Be inspired by the Commonwealth Games and do your health a favour. The Game On program features an array of free and low cost classes and events to get you moving and feeling good.

Visit www.cityofgoldcoast.com.au/gameon



EPIC HOLIDAY FUN

Get the kids out of the house and into Epic Skate these holidays. Open every day, Monday to Friday, 10.30am-4.30pm.

For after-dark family fun try our Friday night disco, 5-10pm.

New to skating? We have Learn To Skate on Saturdays 9.30-10.30am and Mondays 5-6pm.

Weekend fun: Sat 10.30am-7pm and Sun 11am-4.30pm.

Epic Skate is where the good times roll.

Visit www.epic skate.com.au



RAW Art is offering its awesome range of quality fun educational art workshops for all ages this holiday break with 90-minute workshops and full art days on offer. Paint, draw, sculpt, print, cut, paste, stamp, create! Register now.

f RAW Art Education @rawartworkshops
41 Skinner St, West End

p: 0419 776 952

e: admin@rawart.com.au
Visit www.rawart.com.au



THE HEIGHT OF FAMILY FUN!

Head to Tamborine Rainforest Skywalk, surrounded by 30 acres of magnificent rainforest, pristine creek and rockpools. This eco-adventure allows you to explore the rainforest canopies and habitat in a unique way. You'll thrill at the stable steel-structured bridge that winds through the canopy, combined with the 40m long Skywalk Cantilever soaring 30m over the creek below. Pram and child friendly, 300m wheelchair accessible. Open every day, except Christmas Day.

Visit www.rainforestskywalk.com.au



Enjoy all the sporting atmosphere at Southport Sharks' pop-up outdoor entertainment area, The Fans Corner. There'll be food trucks, bars, and a massive screen to catch all the live action on from lunchtime till late. Alternatively, visit Sharks to watch events on the multiple screens around the venue - including the huge 5.25m2 screen in Mackenzie's Beer Garden.

P: 07 5532 1155

www.southportsharks.com.au



LET YOUR IMAGINATION OUT TO PLAY AND EXPERIENCE FESTIVAL 2018.

Internationally leading artists, a wonderland at Kurrawa Park Broadbeach and performances on Surfers Paradise Beach will enchant families from 4-15 April at Festival 2018 Gold Coast, the arts and cultural program of the Gold Coast 2018 Commonwealth Games.

4-15 April 2018

Visit gc2018.com/festival2018



DREAMWORLD'S PEARLING: STORIES FROM THE TORRES STRAIT

Dreamworld guests will enjoy "Pearling – stories from the Torres Strait" throughout April. The show uses dance, songs and visuals to tell the story of the island's pearling cultural industry from the Badu Island people's perspective. This performance is a special addition to Dreamworld's daily line up of entertainment.

Daily throughout April, 11.20am and 12.20pm

Visit www.dreamworld.com.au



THERE WAS DOUBLE DELIGHT FOR DREAMWORLD WITH THE ARRIVAL OF TIGER CUB SISTERS EARLIER THIS YEAR.

Dreamworld's adorable sister cubs took their first steps through the park for tiger conservation last month, meeting awe-struck guests and preparing to meet some of their older Tiger Island family members.

Melati and Mya now weigh a healthy 5.6kg and 6.51kg respectively and will begin the transition from their nursery den to their new cub kindy precinct in the coming weeks, as well as daily walks around the park.

As part of Dreamworld Wildlife Foundation's (DWF) conservation efforts for tigers in the wild, Melati and Mya will play an important role to help save their wild cousins with the VIP Tiger Cub Experience. With less than 4000 tigers left in the wild, the VIP Tiger Cub Experience program raises funds for tigers in the wild.

This experience of a lifetime will get park visitors up close to the tiger cubs and will give them the chance to learn about the plight of wild tigers from Dreamworld's experienced tiger handlers who will be with guests through the duration of the experience. Participants will also receive a gift bag including photos taken throughout to capture the memories.

Other ways to contribute to DWF include the Adopt-A-Tiger program (available online or in-park) or one-off donation made to any of the donation boxes located around Tiger Island. There is also a range of merchandise for sale in the Tiger Bazaar Shop, with a portion of the proceeds going towards DWF.

"So far, our various fundraising initiatives including Donate, Adopt and Experience, DWF has raised more than \$2 million to help save tigers in the wilds of Sumatra and Russia," General Manager Life Sciences, Al Mucci says.

"The results of these contributions towards anti-poaching teams in Sumatra, speak for themselves with Wild Cats Conservation Alliance reporting a 78 per cent reduction of

These two beautiful cubs will be fantastic global ambassadors for their endangered cousins in the wild

active snares recorded in the region last year compared to the previous year. The teams have also seen an increased frequency of tiger presence in the area in that time."

"We have a long way to go, but these promising results show us how important it is to continue the fight for tiger conservation, and every cent counts."

Melati and Mya are growing quickly and starting to show their personalities more with Melati more outgoing and inquisitive than her sister. The cubs are drinking 500ml of formula across four feeds per day and gaining up to 1kg per week.

Celebrating 23 years this year, Tiger Island is currently home to 10 adult tigers and two cubs.

Dreamworld is a Welfare Accredited member of the Zoo and Aquarium Association, the peak body representing the zoo and aquarium community throughout Australasia.

www.dwf.com.au

WILD TIGER CONSERVATION FAST FACTS

#1 Tigers are listed as critically endangered, which classifies them as "Very High Risk of Extinction in the Wild"

#2 Due to poaching and deforestation, it is estimated there are fewer than 4000 wild tigers in the world today

#3 The Dreamworld Wildlife Foundation has contributed more than \$2 million toward Tiger Conservation programs since launching in 2012

#4 Money raised at Dreamworld for the Wildlife Foundation goes directly to fund frontline conservation activities in tiger conservation areas in Russia and Indonesia

#5 Dreamworld provides funding to organisations such as Wild Cats (formerly 21st Century Tiger), Fauna and Flora International and The Pheonix Fund. These organisations police the jungles to find and destroy tiger traps, and track and arrest poachers. They also run programs in local communities to educate people on the critically endangered status of wild tigers

#6 All tigers at Dreamworld were bred in wildlife centres. None of the tigers at Dreamworld were removed from the wild.



WELL, WELL, WELL...

LEARN A LITTLE SOMETHING FROM OUR EVER-CHANGING PANEL OF HAVEN HEALTH AND WELLNESS EXPERTS. YOUR WELLBEING WILL THANK YOU FOR IT.



KATE WILLMANN & MEL PORTEOUS Co-founders, Bubbles Organic skincare

As a passionate aromatherapist (among other feathers in this talented lady's cap), Kate Watt of Bubbles Organic says it's near impossible for her and Bubbles Organic business partner Melanie Porteous to choose their absolute favourite essential oil, but one that stands out is frankincense. In biblical times, it was equivalent in value to gold! Here are Kate and Mel's

Top 10 reasons why you need to get frankincense into your life:

1. Add one drop to your moisturiser or night cream. It is rejuvenating and softens facial lines. It also works as a spot treatment for pimples.
2. It is very healing, so it mixes well with lavender and is especially good for treating sun damage – massage works best for this treatment.
3. Frankincense helps to restore tone in slackened, mature skin.
4. Dries up fluid and puffiness a wee bit more gently than cypress oil but the two work really well together in this respect.
5. It's a 'foggy head' remedy - be this a headache, overwhelm, scattered thoughts or pretty much anything along these lines. Rub a drop of frankincense into your temples and feel the tension fall away. Take a five-minute pause while you do this to allow it to do its best work.
6. Reduce the severity of scarring. Use with a carrier oil of your choice.
7. Gain focus. Frankincense improves your concentration.
8. Frankincense increases the activity of leukocytes, defending the body from infection. It's also perfect for healing new cuts.
9. Enhance your meditation practice and spiritual awareness.
10. Reduce anxiety. Pop a drop into your hands and rub them together then hold your hands up to your nose and breathe. Slow, calm breathing is also helping to tell your body everything is OK but this double duo will soon become your go-to treatment if you are dealing with something difficult.

www.bubblesorganic.com.au



TRACEY HOLLAND Reflexologist, Japanese Cosmo Face Lifting

When you think of reflexology, you naturally think of feet. Tracey Holland is one of only a few Brisbane reflexologists trained in the art of Japanese Cosmo Face Lifting. During the treatment, facial muscles and underlying tissues are manipulated increasing blood circulation, eliminating toxins and stimulating the skin's production of collagen and elastin. This gives your face the equivalent of a gym work out to firm and tone the foundation muscles that support the facial structure, helping to fight the effects of gravity.

"Japanese Cosmo Face Lifting reminds the muscles how to work," Tracey explains. "The effect is improved muscle tone, a radiant and glowing complexion and the reduction of fine lines which results in younger-looking skin."

Tracey's clients compare the results of regular treatments to having botox – but without the needles. And as well as the cosmetic benefits, Tracey has seen Japanese Cosmo Face Lifting assist medical conditions such as Bell's Palsy.

"Just like our feet, we can work certain areas of the face to help with certain conditions throughout the body," Tracey says.

Tracey is a second-generation beauty therapist who has spent most of her career in the wellness industry. It's with this knowledge that she has developed 'mohi Everlasting Facial Elixir', to support her treatments. The secret ingredient? Twenty-four karat gold.

"Gold slows down collagen depletion, increases the elasticity of the skin, lightens the skin's complexion and improves blood circulation. It prevents premature ageing by stimulating cellular growth of the deepest layer of the skin to regenerate healthy, firm skin cells which soften fine lines and wrinkles."

www.traceyhollandreflexology.com.au

LITTLE PACCAS
KIDS CLUB



SUPER MUMS & BUBS SUPERHERO BREAKFAST

Little Paccas, we're hosting a FREE Superhero Breakfast with LEGO Batman characters on Tuesday 24 April. Kids will enjoy a delicious breakfast snack, meet their favourite LEGO Batman characters and watch their favourite superhero shows inside Event Cinemas!

Bookings Essential. See pacificfair.com.au for details.



Beyond the Games

Words: Fe Taylor



THE GOLD COAST, BRISBANE AND INDEED QUEENSLAND IS ON SHOW FOR THE LONG-AWAITED COMMONWEALTH GAMES.

I have lived in South-East Queensland all my life and as an aspiring athlete I attended the 1982 Brisbane Commonwealth Games with my family - an experience I have never forgotten. So, I am excited to be heading to the athletics track this month to see the athletes perform. But what excites me even more is the legacy that these games will give our communities. Post 1982, we were left with start-of-the-art sporting facilities that, as a local kid, I was able to train and compete on. GC2018 is no different. In fact, many of our kids have already been enjoying the sporting complexes both new and upgraded for some time now.

Did you know that we have three new sporting venues, seven upgraded venues and one multi-purpose venue built to support the

local community and to host national and international events? And that the parklands redevelopment which is accommodating 6600 athletes and officials as the Commonwealth Games Village will, post-Games, become the residential, retail and commercial heart of the Gold Coast Health and Knowledge Precinct. A key legacy of the 2018 Commonwealth Games was to ensure that GC2018 inspires residents to become healthier and happier through an active lifestyle and physical activity. The city's Active & Healthy Lifestyle Program provides an ongoing legacy for all residents who have been inspired by the Games to transition their excitement into leading a healthier and more active lifestyle for themselves and their family.

As a result of this key legacy outcome, the city's Active & Healthy Lifestyle Program in 2018/19 will ensure that the Games' legacy continues, and more residents are encouraged and supported to be active for life. Furthermore, from grassroots

clubs to elite sporting pathways, the legacy programs are supporting Queenslanders from all walks of life and abilities to find ways to be physically active and embrace a healthy lifestyle. And of course, it's not all indoor sporting complexes that have had upgrades, Our Nerang Mountain Bike Trail was a \$3.2 million investment creating the first international-standard mountain bike trail in South-East Queensland. It is about 4.7km, with diverse trail styles, including fast flow trails and slow-speed steep and technical trails. We have taken the time to have a ride and it's an amazing trail that we will have for our community. There were several families at the track which was fantastic to see. Many Brisbane facilities also had some upgrades including the Velodrome and cycling facility that also includes multi-sport courts and function spaces. And Sound Stage 9 at Movie World will be converted to squash courts for the games. It is the largest sound stage in the Southern Hemisphere which has already attracted big-budget blockbusters to Queensland like *Thor: Ragnarok* in 2016 and *Aquaman* in 2017.

Whilst we may experience a couple of weeks of massive population growth and traffic issues, what we will have as a result of the Games is world-class sporting arenas for our kids and future generations. Happy GC2018!

DRAX 4 KIDS
CELEBRATE A BIRTHDAY,
OR JUST COME FOR FUN!

THE ULTIMATE KIDS FUN ZONE!
SATURDAY'S @ NOON
1800 DRACULAS draculas.com.au

EPIC SKATE RINK

SCHOOL HOLIDAYS
3RD - 30TH APRIL
Mon - Fri
10.30am - 4.30pm
CHECK WEBSITE FOR PUBLIC HOLIDAY CHANGES
FOR BIRTHDAY PARTY PACKAGES VISIT OUR WEBSITE FOR DETAILS.

Monday
Learn to Skate 5-6pm
General Skate 5.00pm-7.00pm
Disco: 7.30pm-10pm

Friday Night:
General skate: 10.30am-8pm

Saturday:
Learn to skate: 9.30-10.30am (includes morning session)
General skate: 10.30am-8pm

Sunday:
General skate 11.00am-4.30pm

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COMPETITIVE SPIRIT: GOOD OR BAD?

Words: Tanya Curtis

Dear Tanya: My daughter rarely competes in any events as she has the mindset that she will be no good and fail - how can I get her to have a go and know it's ok to? My son is a very competitive person - whether it's extra-curricular sport or even just around home doing chores and playing with his sister. I'm wondering if this is a good/bad behaviour and whether it needs addressing?

Competition is one of the most harming characteristics that exists in today's population. Competition? Harming? But why, you ask? 'Harming' is a strong word to use, I know, but I cannot reiterate enough from a psychological wellbeing perspective how harming competition can be and how it can impact on a child's behavior choices, future self-esteem, wellbeing and mental health. Competition contributes significantly to the 'better and lesser-than effect'. Competition leads people to subscribe to the belief that:

1. I am better than another if I win, come first or perform a skill better.
2. I am lesser than another if I lose, come second, third or last, or when someone performs a skill better than me.

FACT: No person in this world is better or lesser than another.

FACT: Yes, it is true that some people are more skilled in certain parts of life and less skilled in other parts of life. But a better or lesser skill level does not make you a better or lesser person.

FACT: Every single person in this world is an equal. Yes, absolutely go and play games, have fun and enjoy life, but by no means should sport, games or activities ever be played at the expense of another. Thus they should not ever be played in the energy of competition.

So why play? Well, what if games were about hanging out with mates, enjoying each other's company, learning to work as a group or developing new skills to respond to life?

Games should never be about one person/team feeling lesser than another - rather played in the foundational principle that every single person in this world is an equal, albeit we all have varying skills

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VALUABLE LESSONS

Fabic's founding director and behaviour specialist Tanya Curtis will present a series of valuable webinars from April 3-13, to help participants understand behaviour and bring lasting behaviour change. Topics, for example, include Understanding behaviour, Understanding ASD, Perfectionism, Teaching and developing social skills to support connection and positive interactions, and other parenting tips. Attend live or receive your webinar as a recording.

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FUELLING SPORTY KIDS

Words: Georgia Harding

KEEP YOUR ACTIVE MINIS FUELLED WITH THESE HINTS AND TIPS FROM AN EXPERT NATUROPATH MUM WHO'S SPEAKING FROM EXPERIENCE.

I don't know about you, but my schedule is currently dominated by my kids' sports. My 13-year-old daughter has a serious passion for swimming that has her dragging me out of bed at 4.30am! Yes it is early, but she's committed, so I can't help but oblige! So I thought I'd share tips on the importance of refuelling and rehydrating active kids who have a busy sports schedule like my two.

THE BIOLOGY OF FEEDING SPORTY KIDS

First a little basic anatomy. Muscle uses glycogen (stored carbohydrate) for energy. So refilling muscle glycogen stores before and after exercise with easily digestible unrefined, complex carbohydrates is really important for growing bodies to be able to recover and rehydrate. A complete protein is also important for rebuilding and repairing muscle tissue. Glycogen attracts water and recovering muscle is three times as hungry for water as it is for glucose, so adequate hydration is really critical too.

When choosing what kids should eat before and after exercise, a little protein and a good amount of unrefined, complex carbohydrate-rich foods with a high water content will accelerate the refuelling/rehydrating process. Carbohydrates are best derived from plant sources including fruits, vegetables, starchy root vegetables and legumes. They are an essential addition to any active kid's diet because not only do they provide energy for endurance and strength, but water, vitamins, minerals, fibre and antioxidants. The presence of these non-caloric nutrients also affects the speed at which they are digested and absorbed, resulting in a slower release of glucose into the bloodstream (which is why they are generally recommended as providing a sustained form of energy). Refined carbohydrate, processed foods and high-sugar sports and energy drinks do not have the same benefits and will not benefit your child's body the way plant-based carbohydrate will.

GREAT SNACKS FOR SPORTY KIDS

1. Fruit smoothies made with fresh fruit (we love banana and berries), coconut water (great for extra hydration), natural unsweetened yoghurt,



nuts or seeds and I often throw in a vegetable or two. Freezing smoothies into ice block moulds is great for a snack on the go.

2. Homemade dips (hummus and pesto are my kids' favourites) with veggie sticks.

3. Antipasto plates. Ours usually have veggie sticks, fresh fruit and some type of protein like biltong (air-dried beef), nuts and seeds or a boiled egg.

4. Chia puddings also go down well with my kids.

5. I also make my own sports protein bars (recipe on my website).

6. A vegetable-based soup is another popular pre-training snack for my kids (usually before afternoon training). When I make soup I always make extra to freeze in recycled jars for quick, easy snacks.

It's so important that kids love their sport and that they feel energised and strong during and after training and competitions. The food they eat very much impacts on both their performance and enjoyment so I believe it's worth going the extra mile to make sure it is the very best thing for their growing bodies.

IN A NUT SHELL

1. Fruits and vegetables are particularly good sources of both simple and complex carbohydrates and provide ample glucose to fuel sporty kids' bodies because they:

- Have a high water content, to aid in building glycogen (muscle energy) stores,
- Provide bioavailable antioxidants, to help clear free radicals formed during aerobic exercise,
- Provide essential vitamins and minerals, to aid in building protein and providing energy.

2. Protein-rich foods are essential for repairing and rebuilding muscle, especially in growing kids.

3. Refined carbohydrate, sugary foods, up-and-go, sports drinks, lollies and snow cones do not improve your child's energy, sports performance .



CHOC-NUT ICEBLOCK

These delicious choc-nut iceblocks are a fast, easy snack on a stick that the kids can grab and eat on their way to training. The cacao, spinach, nuts and avocado are all great sources of minerals like potassium and magnesium which are really beneficial to muscle function. The coconut water is great for hydrating too. This is one high energy, yet sustaining snack or treat.

INGREDIENTS

- ½ large or one small avocado, peeled and stone removed
- 1 cup (or a large handful) baby spinach leaves, washed
- ⅓ cup raw cacao powder or unsweetened Dutch process cocoa
- ¼ cup peanut butter (or any other nut or seed butter)
- ¼ cup rice malt syrup
- 1 cup coconut water
- 1 cup full fat milk (regular, coconut or nut milk)

METHOD

Place all of the ingredients into a high-speed blender and process until smooth and creamy. Pour into iceblock moulds and freeze until firm.

Are you minding your brain?

Words: Debbie Hogg



THE POWER OF THE MIND IS SOMETHING WE HEAR ABOUT REGULARLY. AND, IT IS TRUE. TREAT IT LIKE ANY MUSCLE AND GIVE IT A REGULAR WORK OUT.

Strong minds are needed to adapt in our world, more so to flourish. It's not something only some people (like genius minds or rocket scientists) can enjoy. There are different practices, exercises and techniques to keep a grounded, clear and imaginative mind working.

Before continuing with this article, reflect for two minutes on how you have been nurturing your mind. What have you been feeding it? How have you been treating it? Do you rest it enough? What do you say to it? Allow this information to sit inside and see how it feels. Then take a deep breath and say "I love me".

Looking after our mind is as important as looking after our physical body. The principal is identical

- use it or lose it. Physical exercise is equally as important as mental exercise. Physically we know we get stronger, leaner and fitter with exercise. Exactly the same goes for our minds to be healthy, strong and fit. When we don't actively nurture and use our mind, it becomes weak, uninterested, sluggish and slow. Often it will take on negativity which will ooze into every cell of our body. The foginess clouds our thinking, impacting our body's health and wellbeing. It creates an imbalance that can and often leads to our body being at 'dis-ease'. Our thoughts become our feelings; our feelings create our health. Our mind will hold us back or enable us to fly! Our mind will keep us in bed or propel us out. Our mind will control our physical exercise, enable us to get up and go or equally allow us to talk ourselves out of it. When we get out of our own way, the sky's the limit. Allowing ourselves to stay safe (and sometimes stuck) in our comfort zone won't encourage growth, discovery, an adventurous spirit, to be educated, find a new job/career. We can be our own worst enemy.

WAYS TO EXERCISE THE MIND

- Read as much as possible. Topics of interest will support us in feeling good whilst exercising our brain muscle.
- Write anything daily. Your passions, a story, poem or bullet points in your gratitude journal.
- Reduce stress. Play a sport you love, mix in a sporting environment, take the dog for a walk, work out at the gym, jog, walk in nature, swim, do yoga, pilates or meditate.
- Quieten your mind however you can. A quiet mind is able to hear intuition over fear. Intuition is a key player to live a life of purpose and passion.
- Prevent cognitive decline. Being fit in our body and mind can slow the ageing process. In doing this we will be able to help more people, do more activities and enjoy our journey more.

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HIGH-FLYING BIRTHDAY FUN!

IF YOU'RE STUCK FOR BIRTHDAY IDEAS AND SICK TO DEATH OF THE USUAL BACKYARD OR POOL PARTY, LISTEN UP - IFLY INDOOR SKYDIVING CENTRE IS ABOUT TO SOAR TO THE TOP OF YOUR PARTY PLANNIN' WISH LIST.

We're the first to admit that the idea of throwing a birthday bash for little ones is more exhausting than exciting. There's the planning, the purchasing and, of course, the clean-up - not to mention the responsibilities that come with hosting a hoard of children that have eaten waaaay more than their recommended daily dose of sugar. So, what if we told you that you could avoid all of this, but still host a killer birthday party that all of your child's friends will be talking about for years to come?



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"The great thing about our birthday party package is that it's completely customisable to whatever the parents and children would like to do," says iFLY's Frazer Smith. "If they want to decorate the room or have all of the kids in superhero flight suits, we can help them achieve that."

The party package offers a minimum of 10 kids two flights each, plus a birthday cake, food catered by local hotspot, House of Brews, and tonnes of assistance running the party. It's suitable for kids aged from 6-16, and party guests will walk home in their own souvenir iFLY t-shirt. Want to host a party that soars above the rest? Head online to book.

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Medal-winning metals

IN THE SPIRIT OF THE COMMONWEALTH GAMES THIS MONTH, HAVEN IS BRINGING YOU A SELECTION OF MEDAL-WINNING HOMEWARES - WHO SAYS YOU HAVE TO BE AN ATHLETE TO TAKE HOME THE GOLD, SILVER OR BRONZE?

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Essential Home Reeves chair,
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Blackbird London mirror,
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KOKET Allure dining table,
POA, www.bykoket.com

Zanui stool,
\$140, www.zanui.com.au

GlobeWest nest coffee table,
\$2530, www.globewest.com.au

Karlsson wall clock,
\$119, www.thedesigngiftshop.com

BUSH KINDY EXPLORERS

WHEN JENNY SHEWARD-SPENCE, CEO OF EARLY ED RESOURCES, WITNESSED THE RESULTS OF THE FOREST SCHOOL ON CHILDREN OVERSEAS, SHE WAS DETERMINED TO APPLY THE SAME NATURE-BASED APPROACH TO LEARNING BACK HOME. NOW, HER BUSH KINDY EXPLORERS PROGRAM IS OPENING LITTLE MINDS TO THE WONDERS OF THE BUSH.

In a world of iPads and recommended 'daily screen-time' quotas, the concept of outdoor play feels a bit foreign. Which is exactly why programs like the Mudgeeraba Education and Care Centre's Bush Kindy Explorers are so important – and so popular.



"The program has been running for six years now, and the response has been fantastic," says Kylie McLean, Mudgeeraba Education and Care Centre Operations Manager. "Some parents have chosen us purely because of the Bush Kindy program, while others who were more sceptical about it have totally been converted."

Between the Mudgeeraba Centre and its two sister centres at Benowa and Bundall, for a whole term the children will visit one outdoor location for a range of different location-based activities, ranging from climbing and collecting

to building houses and makeshift rods to "fish" in shallow water. The next term, they do it all again in a brand-new location.

The Bush Kindy Explorers program has garnered the attention of local parents, as well as local childcare centres who are keen to give it a go. In an effort to spread the benefits of outdoor play, staff at the Mudgeeraba Centre are helping other childcare centre workers to implement the program, showing them how to get involved with nature in their local area.

www.bushkindyexplorers.com.au

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With Mother's Day falling on May 13, it'll be a true celebration of the lovely ladies in our lives. Whether it's a biological parent, sister, friend or guardian, we're sure there's a fabulous mum figure in your life that you'd like to show some love. And what better way to say 'I love you' than giving them an hour to sit back and read *haven* magazine? For gift ideas, heart-warming tributes and words from some well-known mums.



Mamas that Rock!

CYCLING SUPERSTAR SARA CARRIGAN OAM IS QUITE THE GOLD COAST 'ROYAL' THIS MONTH AS SHE TAKES ON THE TITLE OF MAYOR OF THE COMMONWEALTH GAMES ATHLETES' VILLAGE. SHE'LL WEAR HER COMM GAMES 'CROWN' WHILE JUGGLING HER CAREER AND THE ROLE OF WIFE TO STEVO AND DEDICATED MAMA OF BOBBI (2) AND JARLEY (11 MONTHS). IS THERE ANYTHING THIS LOCAL CHAMP CAN'T DO?!



BUSINESS

Tell us about your business/current role? My business is called Sara Carrigan Cycling, which helps people feel more skilled, safe and confident riding a bike. My role as coach involves showing people (kiddies, adults, newbies, racers, fearful) what they can enjoy on a bike and I love how the simple act of 'learning to ride' turns into so much more... freedom, adventure, endorphins, relationships and happiness!

The business also caters to corporates, local business, schools and government, writing and delivering educational road safety programs, camps and workshops. My role also extends

to public speaking, ambassadorship, being a blogger/columnist, and a board/committee member of various organisations. I also recently accepted the role of Mayor of the 2018 Gold Coast Commonwealth Games Athletes Village and expert commentator for Channel 7.

Where did the concept for this come from? Sara Carrigan Cycling was born out of need. There was nowhere for people to go to learn skills, to get educated and feel safe.

What's your business background? Business degree and 10 years of self-management as professional athlete.

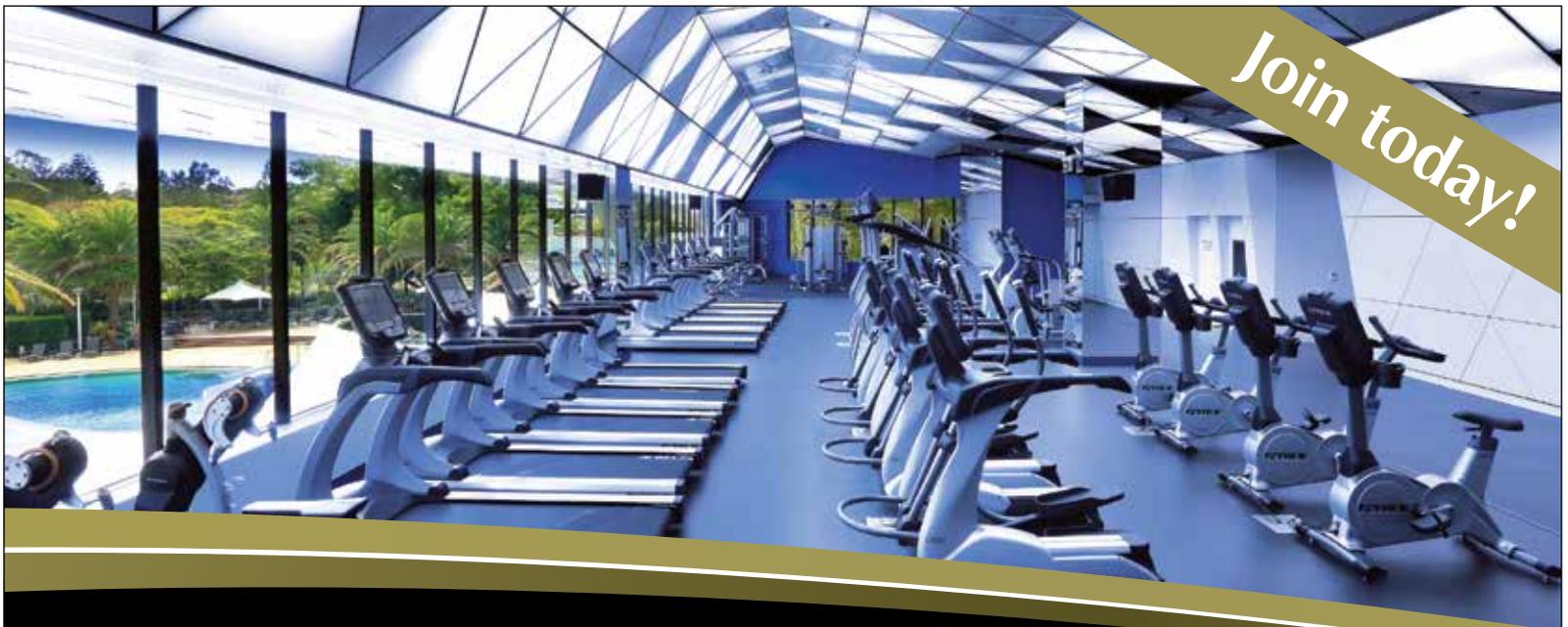
Who were your mentors along the way? Parents and husband. They have their own businesses so have valuable advice and lessons to share.

HOME

What time does a typical day start for you? Lately, 4.30am when the little boy wakes up!

Who does the cooking and cleaning at your house? Me. Bobbi and Jarley love helping too.

If you have 10 minutes to yourself, what do you like to do? Walk down to the local coffee shop or ice cream shop and enjoy sitting on the deck at the end of our street overlooking the beach! Ahhh bliss! If I have longer, love to go for a bike ride - total rejuvenation!



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KIDS

What do you do for childcare? One day a week we have family day care for Bobbi and then mum/friend will play with both of them on another day or two a week while I get some work done in the home office.

Do your kids do many extracurricular activities? We do nature play, music, playgroups and craft at home.

What do you do for fun as a family? Go for bike rides, swim at the beach, picnics in the park.

FUN

What is your favourite thing to do for date night with your partner? Date night? What's date night? Haha! Probably watch a movie on TV after the kiddies have gone to sleep!

What is your favourite local place to visit?
The beach

How about favourite place to eat out as a family? Any place the kiddies can be free! Bam Bam Bakehouse is fab where we can grab one of their blankets sit on the grass and enjoy 'picnic rug service' – perfect for the kiddies to run wild in the park! Or Marie Anitas with their organic, gluten free/vegan options and cute little backyard that's also great for the kiddies.



GIRL STUFF

Where do you head to when you get time for a girls' night out? Out for an early morning ride with a brew afterwards. One girl's night involved watching Blanc de Blanc - loved it!

What is your best beauty tip for mums? Cheap and effective face cleaner that you can make out of two ingredients: Black sesame oil and rosewater. Rub on, cover with a warm washer then a light wipe – skin feels awesome!

Favourite place to shop (locally and online)? Can I say Aldi? Haha! I'm not much of a shopper but love to go to the different markets around the place - Miami Farmer Markets are a pleasure with fresh fruit and veg and yummy treats, and great for the kiddies!

TIPS

Must-have parenting tip or tool? Baby carrier. Bobbi calls it a pouch like a kangaroo with a joey in its pouch.

Can you share any tips on finding the right work/life balance? I struggled with this at one point. One of the best things I do now is be totally present. If I am with my babies, I am 100 per cent with them and not thinking about work or whatever else.

How do you stay motivated in your career? I feel grateful that I love what I do and if/when things get challenging, I think about how this tough situation is providing me an opportunity for me to grow, evolve and be better.



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INTRODUCING: SOCCER MUM

I am about to become a Soccer Mum. I am about to join the flock of parents on a Saturday morning, on the sidelines of the match, coffee in hand, in all weather, trying not to be too competitive. I am about to start my Saturday mornings trying to find one missing boot, a shin pad and my hat. I'm looking forward to seeing my little dude run out as part of a team, in his little uniform, smiling in his team photo.

I was more of a music nerd when I was a kid. My Saturday mornings were spent with the Gold Coast Youth Orchestra, tooting along on my tenor saxophone, hoping no one noticed my mistakes. That was my sport when I was growing up, musical tennis. I do remember being dragged to my brother's rugby games after rehearsal though, with my Mum and her ridiculously loud voice. It was a constant stream of embarrassment, trying to hide as mum screamed "C'mon boys, get the lead out of your feet". For years I had no idea what that even meant!

I would cringe as she screamed my brother's name as he was hit to the ground in a tackle, or missed on opportunity. I would hide my head in a book as she yelled other random things like "C'mon ref!" and "You've gotta be kidding me?!" and "Where did you get your ref's licence from? A Coco Pops box?!". And my favourite: "Oh, he was offside by a mile!" which she clearly had no idea about. However, if my vocal reaction to a Carlton game is anything to go by, I am going to be the same or worse. I promise to watch my language though, I won't take aim at the ref or the kids, but I'm sure to make strange and interesting loud noises that will embarrass my husband and my family. It's funny that once I hid from my mum and now, as a Mum, I will be the one they hide from.



Belinda Glindemann

THE TWEEN SCENE

A SPORTING CHANCE

Ah, sport. When they were handing out sporting gene code, I think my pregnant mum must have been caught up in the maternity section at a David Jones stocktake sale because she clearly didn't collect any for me. It's not to say I don't appreciate sport, it's just that I wasn't that kid. I was a nerdy bookworm. I was a Brownie and then a Girl Guide. I played (bad) flute. I liked to draw and craft. I just didn't sport. About the closest I came to being 'sporty' as a kid was being dragged across South-East Queensland for my little brother's various baseball games errrrrry weekend. What I can mainly remember from that era was fold-out chairs and boredom. About the best part of weekend baseball was when the odd wild pitch saw the batter hit a foul, with the baseball flying high up over the dugouts and the protective fencing only to land smack BANG on an car in the carpark. Ha! Touchdown! Oh, sorry, wrong sport.

So, when my own spawn came along, I was determined to give them a crack at whatever sport they wanted to have a stab at, with the hope that I might be able to breed some sporting prowess back into my family tree. Gymnastics turned out to be their thing in the early years, with the large spawn reaching WAG 4 level before her flat feet (literally) got in the way of any Comm Games dream she had. I wasn't disappointed about giving up 12 hours of training a week plus comps. I could tell her little sister was also starting to wish for foul balls and dented car roofs. What that era of my life taught me though was that, as parents, we need to give our kids every sporting chance to try things. To let them succeed. And also let them fail. There were many parents at those gymnastics comps who were quite obviously living their own sporting dreams through their jaded kids. We live in a sports-obsessed society where our 'celebrities' are those guys who kick and catch balls well. Whatever your kids' sporting or extra-curricular choice, if it's not mostly fun (for everyone involved), forget it. Let them craft and play bad flute instead. They'll still turn out OK.



Kelly Burstow

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www.beafunmum.com

KEEP TEENS MOVING

Having someone to exercise with keeps me accountable and it makes the process more fun. That someone for me, is my teen daughter. A year ago, I asked my then 16-year-old if she wanted to come with me to group exercises classes down at the park. My motivation was to invest in my daughter's health and fitness, particularly during the senior schooling years. The fact is, young women are dropping out of physical activity and sport at an alarming rate after puberty. Research from Deakin University addressed this trend, and found among the many barriers, the increasing workload at school contributed to the decline. This is something I noticed for my daughter too. Years 11 and 12 are increasingly stressful and it can make life balance challenging. And yet, we know that exercise is important for mental and physical health, so finding a way to keep exercise in the mix is a must. A year on, and we are both going strong with our exercise routine. My daughter said to me the other day, "I think exercise really helps me stay focused and organised." That does my heart good. What I didn't expect from all of this was such a special deepening of our relationship. 5am wake-ups, boxing, squats, push-ups and more – we do it together. We encourage each other. We spend time together. We share in the pain and triumphs. My daughter is fierce, and strong, and amazing – and I am in awe of her. She inspires me.

The challenging of keeping adolescence girls involved in physical activity is relative however, there are some useful things to consider. What are the barriers? Instead of asking how to keep adolescent girls moving, it can be useful to ask what is stopping them first, and work around that. What do they enjoy? Team sport? A gym membership? Working towards a goal (eg. a race?). Work with what they enjoy and their personality. Be a moving family. Go for bike rides, swim in the sea, do fun runs, play in the park. It all counts. Let's encourage our young girls to keep moving. They deserve it.



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