

NOVEMBER 2018

haven

FAMILY • LIFE • STYLE

Free
Magazine



SILLY SEASON | GIFT GUIDE | WHAT'S ON | WIN | WELLBEING

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MAGNOLI

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From the publisher...

We're not sure how it happened either, but the year-end party season is imminent! Yes, that's right. It's time to take note about who has been naughty or nice, while adding a bit of sparkle to your wardrobe and embracing those dates in your calendar where you have nothing booked (tip: block out some dates now for the family to rest!).

Love or loathe the festive time of year, there's no getting away from it. We have put a our own spin on Silly Season in this edition of haven, adding loads of gift-giving ideas and party planning tips to see you through this busy social time. But it's not all about Christmas – our 'Celebrate' edition has many of your different types of celebratory events covered. You'll find a rainbow of gift ideas inside and our contributors also weigh in on the best experiential gifts and teacher thank you gifts. We've also got some fun tips on adding tropical flavour to any party this season. I am buying up bulk pineapples – you'll see why on Page 16.

I actually love this time of year. The weather warms right up and we start the count down to summer holidays. It sure can be busy with year-end recitals, school events, wind-up parties and seasonal soirees, so stay on track, enjoy the shows and let us help you get a handle on how we can help Santa with his shopping list this year.

Speaking of parties, we can't wait to wrap up the year with all you girls at our first annual Girls Day Out high tea! There are still two tables left as I write this column, so gather the girls or come along and meet some new faces!

Talk to us! Got a story to share or a business local families need to know about? Email us editor@havenmagazine.com.au

Keeley
editor@havenmagazine.com.au

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www.scoutmagazine.com.au

upfront GIVEAWAYS

HEAD OVER TO HAVEN'S SOCIAL PAGES AND MAKE SURE YOU GET YOUR DAILY DOSE OF HAVEN FOR MORE WAYS TO WIN! @HAVENHUB



TK MAXX GIFT VOUCHERS

Global retailer TK Maxx is celebrating its brand new store opening at the Skygate Home and Life Centre by giving away 3 x \$100 gift vouchers! TK Maxx offers thousands of brands under one roof at exceptional value, every day. The brand new 2000 sqm store will offer Brisbane shoppers access to TK Maxx's full range of fashion for women, men, kids, shoes, accessories, luggage, beauty, toys, lingerie and homewares for every room!

www.tkmaxx.com.au



ONE SPA GOLDIE GETAWAY PACKAGE

One Spa Royal Pines is a stunning resort day spa and a haven of relaxation, featuring a hair salon, four dry treatment rooms, two wet treatment rooms and two couple's rooms. As you step through the door and into this inviting space, you will sigh in anticipation of the relaxation and pampering that awaits. The lucky winner of this prize will ease into a 1.5 hour indulgent relaxation massage, water therapy of their choice and a glass of sparkling wine or juice, and refreshment. RRP \$168.

www.racv.com.au/royalpines



THE WHEEL OF BRISBANE

An iconic landmark on the South Bank skyline, the Wheel of Brisbane is a breathtaking way to take in a 360-degree panoramic view of spectacular Brisbane city. Rising 60 metres above the ground, in the safety and comfort of a fully enclosed, air-conditioned gondola, the Wheel of Brisbane is the perfect way to experience the sights by day or the lights by night. We have 2 x Family Passes (2A/2C) valued at \$59 each to give away!

www.thewheelofbrisbane.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 November 30, 2018. Only winners will be notified. Good luck! Entrants' details may be shared with giveaway sponsors and then kept under haven's lock and key.



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edgeearlylearning.com.au

The Word...



LIP SERVICE

Bespoke is the new black when it comes to, well, everything. We all want to stand out from the crowd, right? What better way to do just that than via a smokin' hawt lip – that you came up with all by yourself! The Lip Lab is the first company of its kind in Australia to offer custom-blended lipsticks. With one of their professional lip colour consultants, you get to choose and mix your very own shade. Got a favourite ancient lipstick that has since been discontinued? The Lip Lab can make you a new one. Got a partner who wants to come up with a truly memorable gift this Christmas? Drop some lippy hints and point them in the direction of Australia Fair Metro. Group bookings and parties are another fun way to experience The Lip Lab.

www.theliplabgoldcoast.com.au

Open sesame!

THERE'S QUITE A FEW NOTEABLE NEWBIES ON THE BLOCK OF LATE INCLUDING:

THE RUBY COLLECTION

A Surfers Paradise showstopper of epic accommodation proportions, where family-friendly facilities and innovative features meet subtle elegance and understated style, The Ruby Apartments opened early in November. This is the first tower of The Ruby Collection, offering stylish and spacious one-, two- and three-bedroom apartments, villas and sky suites catering perfectly for families and couples. Awaiting outside your room is a swimming pool, children's splash zone and waterpark, kids club, daily activities program and more to keep the younger ones entertained as well as a selection of dining and entertainment options for the adults which offers all guests a place to relax and unwind without ever having to leave.



EVENT CINEMAS COOMERA

Think immersive Dolby Atmos sound, and a stunning new Vmax auditorium featuring new seating options including full recliners and front row double day beds. Lush!

DRACULA'S 'NINE PINTS'

The newest show to hit Dracula's, "Nine Pints" is a shift from sassy vaudeville to a far more scintillating and subversive 'Vegas After Dark' style and sees the blood flowing as freely as the booze and sinful laughter. The show explodes mid theatre with aerial trance acts, live rock, dark mime, burlesque and insane comedy.

INSTA-AWESOME

HOLIDAY SPOTS

AS SOON AS THE WEATHER STARTS WARMING UP, WE SET OUR SIGHTS ON A WELL-DESERVED CHRISTMAS VACAY. IF YOU HAVEN'T PLANNED YOUR END-OF-YEAR GETAWAY JUST YET, DON'T FRET – WE'VE GOT FIVE FANTASTIC INSTAGRAM ACCOUNTS TO INSPIRE YOU TO SET THOSE HOLIDAY PLANS IN MOTION.



If there was ever a place for a tropical getaway, it's the Whitsundays. Be sure you're following [@whitsundaysqld](https://www.instagram.com/whitsundaysqld) for your daily fix of cuddly creatures, stunning coastlines and clear aqua water.



Keen to travel further afield? [@vietnam.destinations](https://www.instagram.com/vietnam.destinations) will have you booking a trip to Vietnam within seconds of scrolling through their inspiring feed of images.



From the snowy mountains to the hot springs, New Zealand has a lot to offer and it's just across the ditch from us. Curate your travel bucket list by giving [@newzealandvacations](https://www.instagram.com/newzealandvacations) a follow.



Bali is a favourite travel destination for Aussie families for its great food, fun activities and tropical beauty. [@balifamilyvillas](https://www.instagram.com/balifamilyvillas) will help you choose your next Balinese home away from home.



If it's a stay-cation you're after, why not spend a long weekend at a local AirBnB? Palm Beach beach house [@thewhite.sands](https://www.instagram.com/thewhite.sands) is one of our favourites.

THE Big Q:

BEST GOLD COAST SPOT FOR FAMILY HANGS AND WHY?

MAL LEES, 1029 HOT TOMATO:

"Broadwater Parkland is a great family area. So is the hill at Burleigh Heads. Great at sunset."

CR PAULINE YOUNG, CITY OF GOLD COAST:

"Burleigh Point - need I say more?"

MISSY ROBINSON, THE REBEL COLLECTIVE:

"Down on the Broadwater by Charis Seafood - a great place to walk with the dog and grab an icecream."

DAVID RIDDEN, GRANDDAD JACKS:

"Burleigh Hill on a Saturday or Sunday afternoon. It's one of the best spots on the Gold Coast with the best afternoon views and the vibe is so good - everyone is chilling out with family and friends."

GRANT BROWN, MERMAID BEACH SLSC:

"We like to head up to Mt Tamborine for an early morning walk followed by breakfast the Spice of Life Café. Otherwise we head down to Cooly or Rainbow Bay."

We reviewed...

BABIES & TODDLERS

Kaz Cooke

Now you have a baby, what are you going to do with it?! This book has you covered from your very first day with a baby: from the author of the bestselling pregnancy book *Up the Duff*. With reassuring info, helpful suggestions, answers to your worries and quotes from Australian parents, *Babies & Toddlers* is backed by the professional advice of more than 30 medical and other experts. \$39.99



PARENTING FOR LEGENDS

Shannon Kelly White

This is a hilarious, uncensored guide to parenting young children, filled with confessions, tips and stories from an irreverent mum of two young boys. With chapters including: "What to really bloody expect when you're expecting", "Sometimes at night you want to put them in the bin" and "Your relationships might take a punch to the willy", this book gives an honest but very entertaining account on the realities of parenthood. \$29.99

BOOKS PUT SMILES ON KIDS' FACES

Books4PNG is an organisation that collects books to send to Papua New Guinea for the children and adult literacy programs, supporting those who have limited access to books to hopefully increase their literacy skills. In 2017, local business Fabic Publishing sent 2000 books to Papua New Guinea through this program and very soon they will send 5000 more children's titles, with the hope of getting to the more remote areas. Pastor Mike Field, who receives Books4PNG donations, says "Watching a young child's delight in opening a beautiful story book is always something heartwarming and wonderful to see". Books are something we take for granted here in Australia. If you would like to support Books4PNG, head online.

www.books4pngkids.org



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Epic Skate

It doesn't matter what age you are we have an awesome skate party to suit. You get two hours of skating fun, games and good times at Epic Skate Rink. We can fully cater your party or you can self cater if you prefer. We have day parties for those aged 5 and up, as well as evening glow parties for the tweens. For the adventurous big kids, we welcome any age party including 30ths, 40ths, 50th etc. Book a private party and have the rink to yourself and friends.

Call us on 55239660 or book direct on www.epicskate.com.au



Ruby Rabbit



Shop the latest on-trend party and event supplies from the comfort and convenience of your home - yay! At Ruby Rabbit, we ♥ birthday parties, baby showers, christenings, engagements, bridal showers, weddings and any other special celebrations. Choose coordinating tableware, decorations, stationery and more or simply get inspo for your next party from our website.

www.rubyrabbit.com.au

THE ULTIMATE PARTY ON THE BLOCK @ DRAX 4 KIDS

With all the thrills and chills of a gothic theme park, Drax 4 Kids @ Dracula's will transport your children into another dimension of exciting entertainment jammed into an afternoon they will never forget.

Hosted every Saturday from 12 till 2pm, at Dracula's Cabaret Restaurant on Hooker Blvd, Drax 4 Kids steps the 'under 12 crowd' into a party zone that teems with the paranormal in a hilarious and 'just for kids' style, all its own.

The super-charged show includes chart topping songs, state-of-the-art special FX and spectacular costumes, crazy interactive games, a 3D ghost train ride, and a slammin' disco which all combine to create the best ever party atmosphere.

Included in the ticket price for each child are hot and cold party treats, unlimited soft drink and Dracula's will cater for specific dietary requirements. Hot food platters are also available for chaperoning adults.

For more information or to book, go to: www.draculas.com.au or call 1800 DRACULAS

Draculas



Gold Coast Gondolas

Few experiences can rival the tranquility and romance of a gondola - the good news is you don't need to go to Venice to experience one!

Catering for 2-4 people per cruise, Gold Coast Gondolas are perfect for date nights or even a fun girls' night out. Inspired by Venetian gondolas, these ones offer a fixed weatherproof cabin with deluxe interior and a soundproof panel separating you from the gondolier for absolute privacy.

Enjoy stunning views by day or shimmering lights by night. BYO drinks or choose a package offer.

www.gcgondolas.com

iPlay



iPlay Australia is a national leader in family entertainment centres. Whether you're looking to entertain the kids, book your next party, organise the school excursion, host the bucks or even get creative with date night, iPlay Australia has something for everyone. And there are two great locations nearby:

iPLAY COOMERA: Looking for a challenge? Think high ropes course, 23 Clip n Climb courses, iPlay arcade, Redemption Room, Milk Bar and party area. Bookings on iplayadventure@iplayaustralia.com.au or 5561 9028

iPLAY PACIFIC FAIR: Laser tag, four bowling lanes, dodgem cars and all the latest and greatest arcade machines means this place is packed with fun. There's a fully licensed cafe and a Baskin-Robbins too! Find iPlay on Level 1, next to Rebel Sports. Bookings pacificfair@iplayaustralia.com.au or 5572 6033

www.iplayaustralia.com.au

Party places

HOSTING A PARTY DOESN'T HAVE TO MEAN HOURS OF PREPARATION AND CLEAN UP – CHECK OUT THESE VENUES FOR YOUR NEXT STRESS-FREE CELEBRATION.



GO GOLF'N'

Whether you're hitting the driving range or navigating a putt putt course, there's a lot of fun to be had on the green. Luckily, we're spoilt for choice when it comes to golfing options, with Holey Moley – in Fortitude Valley and Surfers Paradise – providing wacky, wonderful golfing fun, and Top Golf offering the perfect combination of golfing skill and friendly competition. Both options are ideal for a night out with friends, or a day with the kids.

GO WILD

It's not a celebration without a wild animal or two, which is why choosing a venue with a few fluffy friends or creepy creatures will make your event the party of the year! Dreamworld has everything from tigers to tree kangaroos – with the added bonus of rides and rollercoasters – while an adventure up the mountain could have you come face to face with dinosaurs at Tamborine Mountain's Thunderbird Park.



MUM'S NIGHT OUT

There's no better time than the silly season to get together with the gals, so catch up for a drink at a rooftop bar around town – Brisbanites, try Up on Constance, and Gold Coasters, give The Island a go – then head to a show or event. Dracula's in Surfers Paradise is an obvious choice for a wild night out, while Brisbane and Byron Bay have no shortage of live music and theatre productions.



FOR THE FAMILY

Make it a family fun day with a party at some of these kid-friendly venues! Host an epic skating party at Epic Skate, Tweed Heads, or get tricky at Trick Pic – the coolest, world-first selfie attraction that could see you pose with a blue ringed octopus or dangle from a skyscraper. Or, let the kids bounce off the walls at Bounce, Inc., Tingalpa – it's a fool proof way to get the silly season silliness out of their system (for a day, at least).



ONE-STOP (LITERAL) SHOP

Pacific Fair is well set up for party season – especially when it comes to hosting a corporate shindig. Think Bin 232, Cowch Cocktail and Dessert Bar, Betty's Burgers and iPlay. All offer special group deals in the lead up to Christmas. There are more details on the Pacific Fair website under "What's on".



INDULGE

It's nearly the end of the year, so treat yourself and your party people to something special! Whether it's a day at the day spa at QT Hotels or RACV One Spa – they've got packages for solo spa-goers, couples and groups – or a shopping spree at The Oasis Broadbeach – we recommend taking your time and indulging in a long brunch or lunch at either venue, regardless of what you're celebrating!

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celebrate

GIFT GOALS

NEED SOME INSPO FOR YOUR NEXT GIFT PURCHASE IN THIS CELEBRATION SEASON? YOU MIGHT JUST FIND A POT OF GIFT-IDEA GOLD AT THE END OF THIS RAINBOW! PTO FOR MORE.



Bridgeman Summer Red Devil 53cm ceramic BBQ, \$1812, www.bridgeman.co.uk



Natural History Museum triceratops toy with rattle, \$18, www.nhmshop.co.uk



Djeco 150-piece art lion jigsaw puzzle, \$29.95, www.limetreekids.com.au

The Foggy Dog flannel bandana, \$34, www.styledog.com.au



The French Bedroom Co Noble red fragranced room diffuser, \$72.57, www.thefrenchbedroomcompany.co.uk

MontgomeryFest watercolour art print, \$36, www.montgomeryfest.com



Penelope Hope Pina Colada wash bags, \$99, www.penelopehope.com



Audenza feather Juju hat wall décor, \$535, www.audenza.com



Annabel James sweet orange & clementine lip balm, \$9, www.annabeljames.co.uk



Mode Prints cushion, \$43, www.modeprints.com



Edwin Jagger three-piece shaving set, \$148, www.annabeljames.co.uk



Kogan 8GB USB digital silicone watch, \$8, www.kogan.com



Ian Snow Ltd. orange coconut bowl, \$22, www.iansnow.com



MilliBag Taylor bag, \$70, www.en.dawanda.com



Fraumaier Pascha light shade, \$207, www.fraumaier.com



Mug, \$20, www.en.dawanda.com



The Nautical Company women's waterproof jacket, \$126, www.thenauticalcompany.com



Ian Snow Ltd. yellow iron mesh chair, \$305, www.iansnow.com



Zanui artificial Calathea Fasciata, \$147, www.zanui.com.au



Tiger Tribe ball, \$19.95, www.limetreekids.com.au



Lexon Tykho2 radio, \$139, www.thedesigngiftshop.com



Natural History Museum kids' pyjamas, \$32, www.nhmshop.co.uk



Nomad knitted stool, \$247, www.artisanti.com



Bohemia Moroccan classic Babouche slippers, \$65, www.bohemiadesign.com



Moni Affirmations Series notebooks, \$5 each or 8 for \$30, www.etsy.com (ChickMyRideShop)



iCrib tablet beanbag, \$29.95, www.lifeliveitup.com.au



Harper Bee Geek backpack, \$40, www.harperbee.com.au



Sphero Mini robotic ball in various colours, \$79, available at JB Hi-Fi, EB Games or Myer

Yumbox Original in Malibu purple, \$39.95, www.minihippo.com



Audenza green globe glass vase, \$86, www.audenza.com



Creative Tops Feather Lane storage tin, \$12.64, www.creative-tops.com



Garden Trading stove kettle, \$81, www.gardentrading.co.uk



Ragged Rose Ltd. tassel cushion, \$50, www.raggedrose.com



Outdoor Interiors Australia cushions, prices vary, www.outdoorinteriors.com.au



Junomojo lifestyle and fitness tracker, \$129, www.junomojo.com.au

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Ziir Eclipse watch, \$289,
www.gyrofish.com.au



Zohi Interiors brass tray, \$119,
www.zohiinteriors.com.au



Albert & Moo Lissa metallic shopper bag, \$54, www.albertandmoo.com



Custom metallic gold leather monogram clutch, price on request, www.etsy.com



Penelope Hope cushions, \$155,
www.penelopehope.com



Ian Snow Ltd glass votive, \$11, www.iansnow.com



Artisanti Linus lamp, \$333, www.artisanti.com



Lime Lace Stardom framed print, \$145, www.limelace.co.uk



Zohi Interiors Moroccan leather pouf in silver (various colours), \$195, www.zohiinteriors.com.au



Spark of Wild Olivia crossbody bag, \$220, www.sparkofwild.com.au

NSW TIMES

Monday
General skate 2.30pm-5.00pm
Learn to skate: 5.00pm-6.00pm

Wed & Thurs:
General Skate: 9.30am-5.00pm

Friday Night:
General Skate: 5.00pm-7.00pm
Disco: 7.30pm-10pm

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

Sunday:
General skate 11.00am-4.30pm

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www.ourlieu.com



Gondia Circles
multicoloured rug, \$149,
www.schots.com.au



Habitat101 floral stripe framed print,
\$349.95, www.habitat101.com



BellaOski organic baby knotted headband,
\$12.62, www.en.dawanda.com



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www.swingz.com.au



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- Kindergarten Program
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celebrate

Make it memorable

Words: Fe Taylor

IN A WORLD FULL OF 'THINGS' MAYBE THE GIFT OF A MEMORY IS MORE VALUABLE IN THE LONGER TERM?

Finding the ideal pressie is always a challenge. The best part of giving, for me, is the look on the recipient's face as they discover their gift. In a world full of stuff and things I find myself pondering the ideal experience for the recipient, rather than that ideal 'thing'. Experience gifts are fast becoming the go-to - from a movie card to a whale watching voucher, finding the ultimate experience for your loved ones creates a lifelong memory well after the 'thing' has gone out of fashion.

Personally, my family has celebrated birthdays hot air ballooning, with a pro golf lesson, at the day spa, enjoying pop-up picnics and even a Skywalk on the Q1. This year, we spent part of Mother's Day at the Escape Room on the Gold Coast and recently we went to the Belmont Shooting Range to learn to shoot a rifle... a little out of my comfort zone but we had so many laughs! All of these examples had us out of the house and doing things together and that means far more to me than trinkets and objects.

With Christmas just around the corner, it's a

great time to plan your gifts and they don't have to cost a fortune. In fact, you can plan your own adventures as gifts and start with the kids. Adventure to the park where you can plan a treasure hunt and leave clues for them. If you plant the clues the day before, it will be a huge surprise for them and perhaps the treasure at the end can be a Christmas gift? Adults will love them too - especially if you have taken the time to plan it all out and hide the clues.

There are so many ideas for gifts for adults. If your sister loves yoga, then get her a month pass to her studio. Or perhaps rather than a voucher for a day spa - book the date and pick her up and go with her to make a day of it? Dinner and a movie is always a great gift, too - or maybe even tickets to the Yatala Drive-In for something different?

I love the idea of planning joint adventures. It's more than the gift itself - it's the gift of your time, too. Spending time with your loved ones and friends, sharing the experience, is more than just a gift. Knowing what the recipient likes to do or would like to learn more about will give you a great indication on the type of gift you could create or purchase.



IDEAS FOR MEMORABLE GIFTS

- Tickets to a show at QPAC or an exhibition at GOMA
- High ropes or rock climbing
- Wine tasting tours
- Retreat days/weekends
- Cooking or art classes
- Kayaking trips, stand-up paddle board hire and tours
- Dance lessons
- Swim with the dolphins
- Pop-up picnic at their favourite location
- Bike hire adventure (city or coast)
- Story Bridge climb
- Sunrise hike up Mt Warning together
- Book a round of golf or head to a golf range for a bucket of balls
- Mystery flight!



PACIFIC FAIR
presents

Broadbeach CHRISTMAS CAROLS

Saturday 8th December, 2018
Kurrawa Park, Broadbeach from 3pm

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Hosted by 102.9 Hot Tomato's
Flan, Emily Jade & Christo

FREE PARKING AT PACIFIC FAIR FROM 3PM
For further details - www.broadbeachgc.com





- 2018 - Licensed through I.M.P.S. (Brussels) - www.smurf.com













Teacher Thankyous

WHILE WE'RE IN THE MOOD TO CELEBRATE, ANOTHER GROUP OF PEOPLE WHO NEED SERIOUS RECOGNITION AT THIS TIME OF THE YEAR ARE OUR KIDS' TEACHERS.

Monday to Friday, 9am-3pm (and beyond!), 10-odd weeks per term, four terms per year. Teachers might be paid to educate our next generations but they should also be showered with thanks for the lasting impression they make in every child's life.

Be a Fun Mum blogger Kelly Burstow is a fan of the meaningful teacher gift. With four kids herself (the oldest just about to finish high school) and a big community of online parent followers, Kelly has serious insight when it comes to choosing just the right teacher gift.

"I also have many teachers in my circle of friends, and while teacher gifts are appreciated, it's the heartfelt personal cards and messages from students and parents that mean the most," Kelly says.

Through her Be a Fun Mum website and social media channels, Kelly ran a survey on the topic. After sifting through almost 400 responses, here are her Top 6 teacher-approved gift ideas:

1. Personal card/letter/drawing: Whether it's a 'Dear Teacher' letter template, homemade card or a sweet message from your child, this is a gift teachers cherish.

2. Christmas tree decoration: A teacher friend explained how much she enjoys decorating her tree, remembering the children who gifted her with decorations over the years. The survey results showed many teachers feel this way.



There are many simple homemade decoration ideas or purchase a ready-made decoration and attach it to a card.

3. Wine: Because 30 children for most of the year #nuffsaid

4. Stationery supplies: Something useful they can use in the classroom is always appreciated. Think stickers, Sharpies, stamps, sticky notes and storage boxes.

5. Homemade food: Interestingly, homemade food was popular among teachers, however, many also mention they do not like homemade food because of hygiene issues. That said, it still ranked highly, so if you are making treats for your teacher, include a note saying it was made hygienically.

6. Group gift: If you get organised early, pooling funds and purchasing a larger group gift is a great idea. Funds can be used to purchase vouchers for a massage, movie tickets, shopping centre/store gift card, handbag/luggage, maybe even a new umbrella.

celebrate

CORPORATE GIFT IDEAS

Nailing the corporate gift can be tricky. Whether you're self-employed and looking to show gratitude to your clients, or want to thank your boss for another wonderful 12 months, the corporate gift really needs to set the right tone. Here are some ideas to help you confidently swipe your credit card:

- **R'n R:** The gift of 'relaxation' is a great corporate gift idea after a busy year of business. Maybe an accommodation voucher for a weekend away so that person and their partner/family can put their feet up and recharge? Or a day spa voucher?
- **Adventure:** Being memorable is key to the successful corporate gift. What about a voucher for iFLY, a kayaking tour, abseiling lessons, or even a Gold Coast/Moreton Bay boat cruise?
- **Grog:** Ok, yes, alcohol is always a good go-to corporate gift. But don't just send a boring bottle. Make it memorable. Pop your bottle into a gorgeous picnic basket, add a rug, some nice glasses and a bocce set to turn that bottle of bubbles into a thoughtful picnic.
- **Business essentials:** If you want your gift recipient to keep your business top of mind, a gift for their office/workplace is a strategic move. Don't skimp here, though. If you want them to be looking at that gift every day and thinking about you, it needs to send a message of pizzazz! It all depends on your line of business but a bespoke monogrammed lap top sleeve/bag might work? A trendy desk organiser? A gorgeous leather diary?

FREE EVENT



FREEZE A JOLLY GOOD SNOWMAN

Little Paccas, join us this November for Christmas themed dessert making classes! Kids can create a frosty treat to eat with help from the team at Cowch.

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

LITTLE
PACCAS
KIDS CLUB

PACIFIC
FAIR

celebrate

Go Troppe!

NOTHING SAYS SUMMER CELEBRATION MORE THAN A TROPICAL PARTY THEME. HERE'S HOW.

The weather's warm, the days are long and with the end of year comes many, many more reasons to celebrate! If you're looking to put some vibrancy into your next soiree and create some bright, fun memories, there's no better theme than to go, well, troppe!

Tropical party theming has been around for ages but is seeing a resurgence via a few clever theme variations. For example, throw some extra flamingos and cacti into the mix and you have an on-trend tropical Palm Springs. Give each guest a floral lei to wear and you have a tropical luau.

WHAT ARE THE KEY INGREDIENTS IN A TROPICAL PARTY THEME?

Colour! Think yellow, orange, pink and green.

Fruit: Yep, we are telling you now that your tropical theme can also be a healthy one! You cannot go past pineapples and watermelon to make this theme sing. Fresh summer fruit brings in the tropical colour theme organically. Fruit kebabs, smoothies, punch – it's all on theme and it's all good for you!

Palm trees and general greenery: This is also a great pool party theme if you've got a lush, green backyard. Think palm trees, palm fronds on your dessert table, even vases of cut green foliage (Xanadu is a perfect cut foliage option, and you'll most likely find it in your backyard or over your neighbour's fence).



PINEAPPLES FOR DAYS



@STYLE ME PRETTY

THERE ARE SO MANY CLEVER THINGS YOU CAN DO WITH PINEAPPLES TO GIVE YOUR TROPICAL SOIREE SOME PUNCH:

Pictured, above, whole pineapples are fun as the pins in a game of outdoor ten-pin bowling. Again, add spray paint for extra fun.



Pictured left, OK, so this idea is not using actual pineapples, but you can make the cutest tropical dessert table goodies with doughnuts and green cardboard – cut it into pineapple spikes and insert into the side of doughnuts. Clever.

In the same way, use the spiky end of a real pineapple on top of a yellow-iced cake and you have a pineapple cake!

Pineapples can be fun targets on your lawn in an easy game of ring toss for the kids.

Pictured below, cut off the spiky top, hollow out your pineapple, place a paper cup inside and you have just made the coolest vase for some tropical flowers. Make sure you buy flat-bottomed pineapples to make this idea work well.

Whole pineapples make great table centerpieces. Spray paint them for greater effect – spray painting just the pointy/leafy end in vibrant colours looks effective.

@EFFORTLESS STYLE



Troppe plates, 12-pack, \$7.95

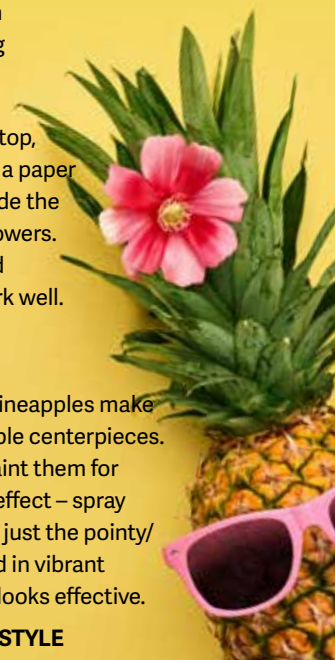


Flamingo napkins, 20-pack, \$8.95

TROPICAL PARTY PRO

We are loving Ruby Rabbit's range for your next tropical shindig. There are SO MANY ideas on their website.

www.rubyrabbit.com.au



Magic Christmas in Brisbane

BRISBANE WILL BECOME A MAGICAL DESTINATION AGAIN THIS CHRISTMAS, HOSTING FREE FESTIVE CELEBRATIONS ALL ACROSS THE CITY, SOUTH BANK AND ROMA STREET PARKLAND.



GREEN THUMBS

Roma Street Parkland is once again joining the Christmas celebrations this year with The Enchanted Garden, from Dec 7-19. Stretching its way through several pockets of Parkland, The Enchanted Garden is a twinkling track of light displays, flanked by food trucks and live music.

WALK THIS WAY

From Dec 14-23, The Christmas Parade presented by David Jones will twist and turn through Queen Street Mall, Albert St and conclude with Santa Clause in King George Square. Brimming with music and merriment, this year's parade will feature new exciting characters and hundreds of singing and dancing performers. The atmosphere of this annual calendar must-do is like no other.



LIGHT UP

The Gold Lotto City Hall Lights are back. Showing nightly from Dec 7-24, the animation will wow crowds every 15 minutes between 7.30pm and midnight. It's an enchanting, brand new story of an Aussie Christmas with an international twist. A true highlight of the festive season. For the first time, The Lights of Christmas at St Stephen's Cathedral will celebrate the joy of Christmas with a magnificent new show from the creators of VIVID festival from Dec 12-24.



HEAD SOUTH

Over at South Bank Parklands, the precinct pops with Christmas glee from Dec 14-23. Enjoy Carols by Twilight and all the Christmas classics at the Christmas Cinema. Find presents with a difference and ornate handmade creations at the Christmas Gift Market. You can even bring the little ones to Holly Jolly Kids for acrobatic-activities at South Bank's very own Elf Academy, dance classes with Queensland Ballet and beautiful Parklands-themed ornament making.



celebrate



ON FIRE

And because it's not Christmas without a dazzling pyrotechnic display, venture to the Clem Jones Promenade from Dec 20-23 for the Fireworks Spectacular.

TREE GLEE

The annual Lighting of the Christmas Tree, presented by St. George in King George Square takes place on Nov 30. This year, the 22m tall tree will be decorated with thousands of glittering fairy lights and a huge colourful star, all powered by a solar-charged battery. The big switch won't be flipped until night has fallen, so settle in early and enjoy the fun-filled concert in front of City Hall while the sun is setting. It's a great way to kick off a month of festive celebrations with family and friends.



**Christmas in Brisbane
events are suitable for all ages
and entry is FREE.**

**Visit www.ChristmasinBrisbane.com.au
for more, and make sure you share
your event experience using
#MerryBrismas**

events it's on!

16 NOV

KIN (KIDS IN NEED) SCHOOLS DAY CHARITY DINNER

6.30pm
Twin Towns, Tweed Heads



This November, one of the Tweed's most heartfelt school charity events will roar into action with the second KIN Schools Day Charity Gala. AFL star and Gold FM breakfast radio host, Peter "Spida" Everitt and dual-code international rugby legend, Mat Rogers will join Australian television presenter and model, Chloe Maxwell on stage for an evening guaranteed to entertain as the charity dinner hits Twin Towns! Spearheading the charity dinner is 13-year-old Lindisfarne Anglican Grammar School student and founder of KIN Schools Day, Samuel Smith who has a dream that all children can, one day, experience and believe that anything is possible regardless of their circumstances.

www.trybooking.com/417860



27 NOV

PGA KIDS DAY

8am - 1pm
RACV Royal Pines Resort, Benowa

The Australian PGA Championship is back at RACV Royal Pines Resort, on the Gold Coast from 29 November - 2 December. A festival of golf the Australian PGA Championship week also includes the MyGolf Kids Day, a free event for kids aged 16 and under, where they will have the opportunity to get up close and personal with some of the world's best golfers. In a family friendly atmosphere, there will be a Kids Zone during the tournament days with face painting, inflatables, MyGolf hitting bays, music, games and roving entertainment. Registrations are also open for organised school groups.

www.championship.pga.org.au

14 - 16 DEC



THE LISTIES RUIN XMAS

11am & 2pm
HOTA, Surfers Paradise

Acclaimed aussie kidult comedians The Listies bring their uproarious take on a holiday panto for the whole family to HOTA, Home of the Arts. Fresh from touring the world the Matt and Rich are back with a return season of their critically acclaimed and hugely popular show: The Listies Ruin Xmas! Jam packed full of the classy things kids love like poo emojis, snow machines and inflatable Santa suits, The Listies know all the right buttons to push to make your kids – and you – shriek with laughter. Yule love it.

www.hota.com.au

30 NOV - 24 DEC



CHRISTMAS IN BRISBANE AT SOUTH BANK

The City, South Bank & Roma Street Parkland

A sparkling program of free events will bring festive cheer to Brisbane this Christmas with a cavalcade of free, festive fun in our gorgeously-warm outdoors. Christmas in Brisbane events are suitable for all ages and entry is free! Get in on the hashtag fun and share your event experience using #MerryBrismas! More event info on page 17.

www.christmasinbrisbane.com.au



8 DEC

BROADBEACH CHRISTMAS CAROLS

3pm
Kurrawa Park, Broadbeach

After a rained-out event in 2017, Broadbeach are determined to make their 2018 the best yet with a smurfin' sack full of entertainment planned in Kurrawa Park for Saturday 8 December. Presented by Pacific Fair, who are providing FREE parking from 3pm, the Broadbeach Christmas Carols kicks off with awesome kids rides followed by the only Gold Coast Christmas stage appearance from our favourite little blue friends, The Smurfs. Singing may not be The Smurfs greatest forte, so to lead the Christmas Carols from 6pm, Broadbeach Alliance is delighted to welcome back seasoned favourites of the event, Martin Crewes who will be accompanied by the incredible Danielle Everett.

The Pacific Fair Little Pacca's zone, hosting a range of family activities including the Base Zero Rock Climbing Wall, Giant Slide, Face Painting, and Gecko Sports obstacle courses, commences from 3pm. The Carols starting at 6pm will be hosted by 102.9 Hot Tomato's Flan, Emily Jade and Christo. The night will conclude with a fireworks finale to delight, so grab your family and friends, light a candle and get ready for a phenomenal night of Christmas entertainment!

www.broadbeachgc.com/broadbeach-christmas-carols

NOW - 28 JAN

MONKEYS! A PRIMATE STORY
Queensland Museum, South Bank
www.qm.qld.gov.au

6 NOV

MELBOURNE CUP LUNCHES 12pm - 3pm
Kalinda Seafood Buffet & Videre High Tea,
RACV Royal Pines Resort, Benowa
www.racv.com.au/royalpinestea

9 NOV

VIP SHOPPING NIGHT AT THE MARINE VILLAGE
5pm - 7pm
The Marine Village, Sanctuary Cove
www.sanctuarycove.com

10 NOV

ARTLAB // PAPER PICNICS WITH NICOLA MOSS
10am & 1pm
HOTA, Surfers Paradise
www.hota.com.au

DESSERT FESTIVAL 4pm - 10pm
NightQuarter, Helensvale
www.nightquarter.com.au

10 - 11 NOV

THE BONJOUR FRENCH FESTIVAL
Kurrawa Park, Broadbeach
www.bonjourfrenchfestival.com.au

11 NOV - REMEMBRANCE DAY

MUSEUM OPEN DAY 9.30am - 4pm
The Workshops Rail Museum, North Ipswich
www.theworkshops.qm.qld.gov.au

SPRING SUNDAY SOUNDS 2pm - 5pm
Paradise Point Parklands, Paradise Point
www.facebook.com/crcameroncaldwellDiv3

13 - 16 NOV

LITTLE PACCAS KIDS CLUB // SNOWMAN
DESSERT MAKING AT COWCH
11am, 12pm, 1pm, 2pm & 3pm
Pacific Fair Shopping Centre, Broadbeach
www.pacificfair.com.au/events

14 NOV

LITTLE ARTLAB // SQUARE EYES 9.45am
HOTA, Surfers Paradise
www.hota.com.au

15 - 16 NOV

THE WIGGLES // WIGGLE POP! BIG SHOW
10am & 1.30pm
Brisbane Entertainment Centre, Boondall
www.thewiggles.com.au

17 NOV

THE LITTLE ELVES PROJECT // CHARITY
COLLECTION DAY 9am - 1pm
The Club, Parkwood Village
www.littleelvesproject.wixsite.com/2018

HAVEN EVENT // GIRL'S DAY OUT HIGH TEA
12.30pm - 3pm
RACV Royal Pines Resort, Benowa
www.havenmagazine.com.au

17 - 18 NOV

GOLD COAST KIDS & PARENTING FAIR
10am - 4pm
Carrara Sports & Leisure Centre, Carrara
www.parentingfair.com.au

18 NOV

ARTISANS FAYRE 9am - 4pm
Tamborine Mountain Showgrounds, Mt Tamborine
www.facebook.com/TamborineMountainShowgrounds

ADVANCE SCREENING // THE GRINCH
10am
Event Cinemas, Gold Coast & Brisbane
www.eventcinemas.com.au

21 NOV

CANDLE MAKING 6pm - 8.30pm
The Craft Parlour, Palm Beach
www.thecraftparlour.com.au

23 - 25 NOV

AASCF NATIONAL CHEER & DANCE
CHAMPIONSHIP 2018
Gold Coast Convention & Exhibition Centre,
Broadbeach
www.ticketebo.com.au

24 NOV

FAMILY CODE CLUB WITH SPHERO
2pm - 3pm
Garden City Library, Upper Mt Gravatt
www.brisbane.qld.gov.au

24 NOV - 19 JAN

DR SEUSS'S THE CAT IN THE HAT
Brisbane Arts Theatre, Petrie Terrace
www.artstheatre.com.au

24 NOV - 28 APR

APT9 KIDS
GOMA, South Bank
www.qagoma.qld.gov.au

27 NOV

MAMA & CUB CRAFT CLUB 9.30am - 11am
The Craft Parlour, Palm Beach
www.thecraftparlour.com.au

SANTA'S PACCAS PARTY
(SAVE THE DATE) 9.30am - 12.30pm
Pacific Fair Shopping Centre, Broadbeach
www.pacificfair.com.au/kids/little-paccas-kids-club

29 NOV

SHERIDAN STUDIO WORKSHOPS //
SUCCULENT WREATH MAKING
6.30pm
Robina Town Centre, Robina
www.sheridan.com.au/studio-workshops

29 NOV - 2 DEC

AUSTRALIAN PGA CHAMPIONSHIPS
RACV Royal Pines, Benowa
www.championship.pga.org.au

30 NOV

LIGHTING OF THE CHRISTMAS TREE
PRESENTED BY ST. GEORGE 6.30pm
King George Square, Brisbane City
www.christmasinbrisbane.com.au

FLURO 80's PARTY 5pm - 10pm
Epic Skate Rink, Tweed Heads
www.epicskate.com.au

1 DEC

MAYOR'S CHRISTMAS CAROLS
2pm (main show starts at 5pm)
Broadwater Parklands, Southport
www.cityofgoldcoast.com.au/mayorscarols

SUNPAC SUMMER FEST 4pm - 8pm
SunPAC, Macgregor
www.brisbane.qld.gov.au

SPECIAL CHILDREN'S
CHRISTMAS PARTY
Brisbane Convention & Exhibition Centre,
South Bank
www.specialchildrenschristmasparty.com.au

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

WHAT'S ON /
MARKETS / EVENTS

2 DEC

PETER COMBE'S CHRISTMAS ALBUM //
LIVE IN CONCERT 3pm & 6.30pm
Brisbane Powerhouse, New Farm
www.brisbanepowerhouse.org

CHRISTMAS CAROLS AT OXENFORD
WATERSPORTS CENTRE 6pm - 8.30pm
Damian Leeding Memorial Park, Oxenford
www.southportyachtclub.com.au

7 - 16 DEC

A CHRISTMAS CAROL
1pm, 6.30pm & 7.30pm
QPAC, South Bank
www.qpac.com.au

7 - 19 DEC

THE ENCHANTED GARDEN 6.30pm - 10pm
Roma Street Parkland
www.christmasinbrisbane.com.au

7 - 24 DEC

THE GOLD LOTTO CITY HALL LIGHTS
7.30pm - 12pm
King George Square, Brisbane City
www.christmasinbrisbane.com.au

8 DEC

ARTLAB // HOLY SHIRT 10am & 1pm
HOTA, Surfers Paradise
www.hota.com.au

THE LORD MAYOR'S CHRISTMAS CAROLS
Riverstage, City Botanic Gardens
www.christmasinbrisbane.com.au

CHRISTMAS IN THE CLOUDS 7pm - 12pm
Skypoint, Surfers Paradise
www.skypoint.com.au

12 DEC

ARTLAB // ROCK WIGS 10am
HOTA, Surfers Paradise
www.hota.com.au

BUILD A BIKE // CORPORATE CHARITY
EVENT
Gold Coast Convention & Exhibition
Centre, Broadbeach
www.actforkids.com.au

13 - 16 DEC

THE VERY HUNGRY CATERPILLAR SHOW
10am & 12pm
Gardens Theatre, Brisbane City
www.gardenstheatre.qut.edu.au

13 - 24 DEC

CHRISTMAS IN SURFERS PARADISE
Surfers Paradise Foreshore
www.surfersparadise.com

14 - 23 DEC

CHRISTMAS IN SOUTH BANK
3pm - 10pm
South Bank Parklands
www.christmasinbrisbane.com.au

COMING SOON...

16 - 19 JAN
360 ALLSTARS
HOTA, Surfers Paradise
www.hota.com.au

events

HOTA HOME OF THE ARTS

Coming soon
for kids at HOTA



Family

Fri 14 - Sun 16 Dec

THE LISTIES RUIN XMAS

An uproarious take on a holiday panto, jam packed full of the classy things kids love like poo emojis, snow machines and inflatable Santa suits.



Artlab

Sat 8 Dec

ARTLAB: HOLY SHIRT

KIDS 5-16 YEARS

Design and modify a t-shirt by learning how to make fabric designs, cuts and alterations. All shirts provided.



Arts Theatre

Wed 16 - Sat 19 Jan

360 ALLSTARS

ONYX PRODUCTIONS

BMX, basketball, breakdancing, acrobatics and live music, all together in a supercharged urban circus show.

GOLDCOAST.

BOOK NOW

HOTA.COM.AU

Summer hair sorted

JUST LIKE THAT, OUR QUEENSLAND WINTER IS OVER. WITH TEMPERATURES CREEPING UP, TONI & GUY SEE A LOT OF PEOPLE LOOKING FOR NEW-SEASON HAIR COLOURS AND STYLES. HERE'S WHAT'S GOING TO BE HOT THIS SUMMER.

We all know that healthy, polished sophisticated hair is always on trend. But this can be trickier with sun exposure and a lot of swimming thrown in the mix.

Toni & Guy Broadbeach style director Bernadette Cliff says, whatever your colour – natural or chemically enhanced – a gloss colour over the top will provide shine, seal the cuticle and add as much or as little tone and vibrancy as you like this summer.

"The hottest glosses right now are minky brondes, deep cool espressos and metallic blondes in varying shades such as violet, golden platinum, ashes and silvers," Bernadette says.

The other thing you can do to whip your hair into goddess-like shape in preparation for summer is via hair treatments. Salon formulas, such as Wellaplex strengthen and rebuild the hair from the inside. Then there are in-salon treatments that can rehydrate or smooth the hair - or even add volume and elasticity if you are wanting a blowdry that lasts longer.

"If getting into the salon is hard between juggling everything and the kitchen sink then an at-home mask is really worth investing in as it can still add moisture and shine and leave hair healthier," Bernadette recommends.



As far as styles go, fringes are an easy way to update your look and Bernadette says she is seeing more texture both in the fringe area and internally.

"We always tell our clients a hair cut isn't necessarily about removing length – taking weight out of hair and reshaping the layers keeps hair sitting at its best," she says.

Christmas Day Luncheon



Take the stress out of Christmas Day and get your family together at RACV Royal Pines Resort.

Amidst a beautifully themed ballroom, feast on a Christmas buffet lunch offering the freshest Australian seafood, traditional ham and turkey, and a selection of hot dishes, salads and desserts. Includes a 3-hour beverage package along with live entertainment on shared tables of 10.

Children will love the Kids Zone, with petting zoo, jumping castle, face painting, balloon artist and carnival treats, plus a visit from Santa and a gift for all kids 12 years and under.

Date: Tuesday 25 December, 2018
Venue: Royal Benowa Ballroom
Time: 12 noon - 3pm
Price: \$185 Adults | \$125 Teens (13-17yrs)
 \$90 Children (5-12 yrs) | 4 yrs and under free
Includes: Seafood buffet with 3 hour beverage package

For further information and for bookings visit www.racv.com.au/royalpines or 07 5597 8700

RACV Royal Pines Resort

RACV Royal Pines Resort | Ross Street, Benowa, Gold Coast

Summer style

HERE IN QUEENSLAND, THE FIRST SIGN OF WARMER WEATHER HAS US HEADING STRAIGHT TO THE POOL OR BEACH TO SOAK UP THE SUNSHINE. WHETHER YOU'RE LOUNGING POOLSIDE OR SEASIDE, DO IT IN STYLE. MAKE SURE YOU KICK OFF THE SUMMER SEASON WITH A SHOPPING SPREE AT THE OASIS - WHERE THE FASHION OPTIONS ARE ENDLESS.



Flynn Gallery



Cotton On Mega



Venus & Apollon



Ladies fashion by Gearbox Boutique and gentleman fashion by Matrixx



Jewellery by Gems & Minerals, handbag and dress by Gearbox Boutique



The Oasis is at
75 Surf Parade, Broadbeach
www.oasisshoppingcentre.com.au

YOUR QUESTIONS, ANSWERED

Words: Tanya Curtis

THE TEAM AT FABIC ARE A WEALTH OF KNOWLEDGE WHEN IT COMES TO CHILDHOOD BEHAVIOURAL ISSUES. DO YOU HAVE A BURNING QUESTION? EMAIL EDITOR@HAVENMAGAZINE.COM.AU AND KEEP YOUR EYES PEELED FOR THEIR EXPERT ANSWERS.

My husband and I disagree over the kids' rooms. I want their rooms to stay neat/clean. My husband doesn't care and therefore he won't help me manage them. How do we find a happy middle ground? Too frequently we make rules based on making sure our own pictures get met. That is, 'I want that room tidy because I want a tidy house. Or, I am not concerned about a tidy house so there's no need to make others have a tidy house. What if we don't make 'rules' about meeting our own pictures, expectations and/or attachments but rather we base parenting on offering life lessons for all, building a value system that supports all. What if we explain that the purpose of room cleaning is founded on an understanding that offering a clean room to the household brings in elements of decency, respect and consideration for all equally?

What if room cleaning is about supporting the family to live in an environment that embraces all,

with people being brought to the understanding that the mess in one room actually is a quality that all have to live in. Or the love, care and attention to detail that a person brings to their own space is a quality that we offer to all the family to live in together? Thus, the conversation does not become about a rule that must be met, rather it's about supporting the building of values of decency, respect and consideration for all equally - a value that will continue to support any person's future life - work, future households, visiting friends etc.

Can you give me three tips on bettering my children's table manners? The first and likely most important tip is to model the behaviours at the table that you would advocate for. Children are sponges and watch everything, thus always observe your own behaviours at the table and ensure what you are doing is what you would promote for others to do.



The second tip is to bring people to an understanding as to why we are a certain way at the table. Have discussions that support all people to come to the same understanding. For example, while we are at the dinner table, we allow each person to speak and not speak over any person to ensure that all people have a safe environment and feel supported to express themselves.

Lastly, develop a relationship with the words 'intended message' vs 'interpreted message'. The intended message is the message a person thinks they are sending. The interpreted message is the actual message received. Each message is being sent by everything we do and say - and what we don't do and say. Each person responds and/or reacts based on the message they have received. Thus, rather than talking about manners and the table rules etc, have discussions based on how is that behaviour likely to be received by others - negative or positive?

www.fabic.com.au



2020 SCHOLARSHIPS

◆ Academic ◆ Music
◆ Sport ◆ General Excellence

Scholarship applications close on Friday, 8 February 2019.
For further information, please contact us on 07 5590 5099 or go to www.lindisfarne.nsw.edu.au/enrolment/scholarships.html



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fabic
understanding and changing behaviour



Words: Georgia Harding

Top 10 nut-free bring-a-plate ideas

BRING-A-PLATE EVENTS SHOULD BE EMBRACED AS LEARNING OPPORTUNITIES SO OUR KIDS GROW UP CELEBRATING THE SHARING OF FOOD AND THE KINDNESS SURROUNDING THAT.

From a very young age, children love to play food games - they make mud pies, have tea parties and mimic the rituals of adults. Our role as parents is to ensure that a love of real food, and sharing and celebrating with food, is nurtured and supported.

So next time you're asked to 'bring a plate', perhaps consider the value of such a simple concept and instead of grabbing a pack of biscuits or chips on the way to school or to the event (as tempting as that is), consider using the occasion as an opportunity to involve your kids in the making and taking.

Given we are on the eve of bring-a-plate season, I thought I'd share a few simple, nut-free ideas for when you're next asked to bring a plate to a school celebration.

Remember to make sure you get the kids to help - they always love taking something they've made or contributed to making! Remember, the fondest memories are made when gathered around the table.

POPCORN: A great, budget-friendly plate. Pop the corn and simply toss it in a little butter and sea salt for a quick, delicious snack.

FRUIT PIZZA: Slice watermelon into triangles, top with yoghurt and fruit (as pictured).

MAKE A DIP: There are so many quick and easy dips to make. Serve with vegetable sticks and crackers. Even if your kids don't make the dip, get them to arrange it all on a plate.

BAKE SOMETHING: What kid doesn't like baking and eating the result (and licking the bowl of course)? Heaps of nut-free recipe inspo at www.wellnourished.com.au

MAKE MEATBALLS OR SAUSAGE ROLLS: Hot or cold they are always a hit with a crowd.

KEBABS: I like to mix fruit and cheese which I cut up and let the kids thread onto the kebab sticks.

SUSHI ROLLS: or sushi hand rolls (cones).

RICE PAPER ROLLS: Filled with sweet or savoury fillings.

PIZZA: Easy to make using wraps as bases. Simply spread with tomato paste, sprinkle with a little oregano and top with pineapple, ham and any veggies you like (my kids like mushroom and red capsicum). Then top with grated cheese and bake until the base is crisp and the cheese has melted.

CHOCOLATE MOUSSE CUPS (see my simple recipe to the right): These are fabulous as they are very intolerance friendly.

www.wellnourished.com.au



CHOCOLATE MOUSSE CUPS

This is such a perfect, easy to make 'bring a plate'. Not only will it appeal to even the fussiest kids, it suits most dietary intolerances (being egg, nut, dairy and gluten-free). Don't be put off by the avocado. My kids both dislike avo but love this decadent chocolaty treat. Bonus points - even toddlers can help make this and older kids can easily handle making this from start to finish!

INGREDIENTS

RASPBERRY SAUCE

¼ cup raspberries (fresh or frozen)
1 tablespoon sweetener (maple syrup, rice malt syrup or a mild honey)
1-2 tablespoons water

MOUSSE

2 small-medium avocados (or one large)
½ cup full-fat coconut milk
¼ cup coconut oil
½ cacao powder
¼ to ½ cup sweetener (maple syrup, rice malt syrup or a mild honey)
1 tsp vanilla essence

METHOD

In a high-speed blender or food processor, blend the raspberry sauce ingredients until liquidised. Set aside in a small bowl or jug. Without washing the blender, add all of the mousse ingredients and blend until smooth. You can vary the amount of sweetener to suit your own taste (I'd use the half cup for a school party though). Divide between little cups, top with the raspberry sauce and refrigerate for 1 hour or more. Served chilled. Note: this mousse also makes a fabulous ganache for icing cakes.

wellbeing WELL, WELL, WELL...

JUNOMOJO

Many of us take breathing for granted, but if you stop for a moment (take a breath, if you will) and think about how much we breathe, the statistics are astounding – the average adult will take 8,400,000 breaths per year! Did you also know that the mind, body and breath are intimately connected and can influence each other? Breathing impacts our sleep, mood, digestion, heart, nervous system, muscles, brain – even the development of our teeth and facial structure. It's so important to breathe effectively, but how do we do that? An air purifier is a great starting point. Air purifiers can help remove a large percentage of airborne contaminants in your home or your workplace. Using essential oils in aromatherapy diffusers can also help you breathe more effectively – different essential oils can open your respiratory airways,

drain sinuses and clear congestion, reduce inflammation, help fight colds and strengthen your immune system, while also purifying the air. Salt lamps are becoming more and more mainstream and now there's a way to take those benefits with you outside the home. Salt inhalers contain Himalayan salt and essential oils, and can be carried in your bag or pocket – perfect for those wanting a drug-free alternative for their respiratory problems. While there are many products you can buy to assist in breathing with ease, learning to breathe deeply and with awareness can provide immediate stress relief benefits, as well as deep lasting physiological advantages. It's important to remember that there are many ways to breathe even more effectively – it's not just as simple as breathe in, breathe out.

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

TIM O'DOWD, OBGYN

In 1977, the US Government condemned fat as the cause of heart disease and promoted carbohydrates as the way to reduce the rate of heart disease. While this wasn't based on any scientifically valid evidence, many countries followed their lead. The processed food industry jumped on board and lowered fat where they could, substituting them with carbohydrate fillers like wheat flour, corn flour, soy products, high fructose and other types of sugars – margarines replaced butter, and cholesterol laden foods were criticised. Now, Australian statistics suggest that over 60% of the adult population and 25% of children under age 18 are overweight. Governments are concerned about the rapidly rising rates of obesity, type 2 diabetes, coronary heart disease, cancers and dementia, resulting in out-of-control spending on healthcare. But, in a groundswell of books,

documentaries, movies, blogs, social media movements and rigorous science, these chronic diseases are now being related to that errant advice back in 1977. The Australian and American Diabetes Associations have publicly recognised that low carbohydrate and healthy high fat protocols are acceptable, and that cutting down on sugars, soft drinks, refined foods – grains and cereals, breads, pasta and rice – and processed foods, and minimising starch products like potatoes, will reduce glucose and insulin spikes. We can still eat non-starch vegetables like asparagus, broccoli, broccolini, spinach, kale, cabbage and brussels sprouts, and animal and fish foods, and fats like butter, cream, cheese, olive oil and home-made mayonnaise (but not processed vegetable and seed oils) are part of healthy eating. Yes, we can eat fat again!



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Sonic story



ONE BRISBANE TEACHER IS PROVING THE POWER OF SOUND, THE THERAPY IN MUSIC AND THE FUN IN DRUMS.

There's immense power in music. Have you ever found yourself belting out big lyrics in the privacy of your car while driving? Dancing to music while doing some mundane housework? Tapping along to a song playing in the background at a shop? And in experiences like these, have you noticed how the music has changed your mood, spurred memories and evoked emotion? No one knows the power of music more than music teacher Doug De Jong of Chisholm Catholic College at Cornubia, on Brisbane's southside.

A lifelong musician, Doug's world was flipped on its head when he was 23 and lost his sister, aged 18 at the time, to murder. Doug admits to spending the best part of the 18 years since that gruesome and fateful day looking for understanding. And most times, he'd find sparks of the answers he sought in one of his guitars, or in the notes of a song he'd write.

Just recently, Doug released an EP, "Post Traumatic Express", uniquely capturing Kübler-Ross's famous 'Five Stages of Grief' in instrumental music (find it on Spotify and iTunes). So impressed with Doug's talent was Grammy Award winning uber-guitarist Steve Vai that, after 'shredding' with the Brisbanite on stage in California, Steve organised for his own producer to master Doug's EP. While the EP has been personally cathartic, Doug hopes that it will also support others, especially his students.

"In our Western culture, death is such a taboo subject. But depression is real. Grief is real," he says. "I'd hope the EP could stimulate healthy, peer-based conversation. It might mean a young person is better prepared to deal with a death – it could be something in their toolkit that they could call on."

On International Men's Day later this month (November 19), Doug will tell his remarkable story as guest speaker at a lunch hosted by River 94.9 breakfast show host Paul 'Campo' Campion at the Treasury Casino. When he's not inspiring audiences, teaching music at school, teaching guitar and drums after hours, engineering new artists from his studio and playing in his pub band, Doug also heads up Chisholm's 'Drumline' – writing and choreographing 11 student percussionists who perform competitively – complete with stick tricks and light show (think LED-powered drumsticks!). As an educator, Doug is a fierce proponent for students learning music. He encourages parents to consider music as a potential option for their kids' extra-curricular studies.

"Most times, it's the music itself that is the teacher," he says.

Brisbane registered music therapist Karen Richmond explains music therapy as "the intentional use of music to actively support people in their health, functioning and wellbeing". Karen agrees with Doug in that music can be a powerful tool, and especially so for young children in the development of social and emotional skills, motor skills and cognition.

"Other ways music can act as a therapy for children is by reducing stress and agitation and it can help control behaviours and improve self-regulation and awareness. Participating in active music making activates the brain, helping join pathways and firing up little minds in ways no other single activity can," she says. "Music in the early years encourages all aspects of a child's development and can also assist with bonding and relationships," Karen says. "It can be a tool for teaching different academic concepts as well, as it is motivating and fun."



THE LIBRARY IS JUST ONE OF THOSE PLACES THAT DOESN'T LOSE ITS MAGIC – CHILDREN THESE DAYS STILL LOVE A VISIT TO THEIR LOCAL LIBRARY AS MUCH AS THEY DID DECADES AGO.

Last year, Gold Coast parents and children made more than 86,000 visits to Gold Coast City Libraries' early literacy programs, Storytime, Toddler time and Baby rhyme time.

Lifestyle and Community Committee chair Hermann Vorster says these programs were designed to create opportunities for children aged up to five years old to build strong foundations for language and learning skills.

"With research showing that up to 90 per cent of a child's brain development happens in the first five years, the popularity of Storytime, Toddler time and Baby rhyme time reflects the importance of introducing literacy and language skills to children from birth," says Hermann.

Approximately 700 new neural connections in the brain are formed every second within the first few years of a child's life, and many of these connections are created through environment and experiences.

"The interactive Storytime sessions are designed to develop a love of books and reading, while the Toddler time sessions are all about new words, fun

body movements and games for young children," says Gold Coast City Libraries' Acting Manager Alison Kemp. "Baby rhyme time is a fun and interactive time for rhyming, singing and talking activity for babies aged newborn to two years, and their parents."

Research highlights the significant role that parents play in helping their babies build a strong foundation for future learning, and shared learning activities at home, at City Libraries and out and about are crucial in the early years for the development of language skills later on.

Parents who create an enriched learning environment as they go about their daily routine – whether it's by sharing stories, rhymes, singing, talking and playing with their child from birth – are building a foundation that can last a lifetime, and creating these learning environments can be very simple.

Babies and young children learn best by listening and interacting with the important adults in their lives during everyday activities, so don't underestimate the power of talking about what you can see on the way to the park, singing nursery rhymes, pointing out something you both view out the window, or learning new words while shopping for groceries. It all adds up to a lifelong learning foundation that your children will thank you for.

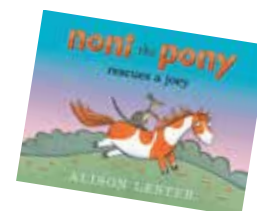
www.cityofgoldcoast.com.au/storytime.

NEW RELEASE BOOKS

THIS NOVEMBER

NONI THE PONY RESCUES A JOEY by Alison Lester

Come on another adventure with Noni the Pony in this totally delightful rhyming story by the much-loved author. Ages 1-4, \$24.99



SANTA CLAUS VS THE EASTER BUNNY by Fred Blunt

It's just not fair! Santa has it so easy with his elf helpers but the Easter Bunny has to make and wrap all the choc eggs and deliver them himself on foot. But he has a plan. Ages 3-5, \$19.99



ABC WHAT CAN SHE BE? by Sugar Snap Studio and Jessie Ford

This book presents a colourful world of possibilities, from astronaut to zoologist and everything in between, for all little girls with big dreams.

A great way for parents to introduce their small children to the bright futures before them. Ages 3-6, \$19.99



life Family vacay: Ruby style

WE CAN THINK OF WAAAAAAY MORE THAN FIVE REASONS TO BOOK YOUR NEXT FAMILY HOLIDAY AT SURFERS PARADISE'S BRAND-NEW VACATION DESTINATION, THE RUBY APARTMENTS, BUT WE DON'T HAVE SPACE TO LIST THEM ALL. YOU'LL JUST HAVE TO VISIT AND FIND OUT FOR YOURSELF...

The Ruby Collection is the newest apartment-style hotel to open in Surfers Paradise, and it's already got kids – and parents – high-fiving with delight. From the themed three-bedroom SkySuites to the all-new Kids' Club, plus the three-storey water park and interactive splash zone and Ruby's resident Rockstars Ruby Rocket and William the Bear, the resort has been designed with your little precious gems in mind. So, take a much-needed break and relax knowing that the kids will be kept busy with movie nights, dance parties and a myriad of fun activities and workshops when you stay at the Ruby Apartments.

WELCOME TO A WORLD OF WATER FUN...

The three-storey water park is equipped with a myriad of slides, water cannons and climbing frames, along with a giant bucket that fills with 600 litres of water and empties it all over the guests below in one enormous splash.



WHERE KIDS RULE...

The Ruby Collection Kids' Club will open in early 2019, and until its official opening, guests can access the adjacent Paradise Resort Kid's Club – it's got daily sessions for children 0 - 12 years to choose from, promising non-stop entertainment with dance parties, movie nights and tonnes of fun and games, as well as chances to meet new friends and experience plenty of activities designed just for them.

RESIDENT ROCK STARS...

Keep your eyes peeled and your cameras ready for the Ruby Collection's resident rock stars, Ruby Rocket and William the Bear, who will be making special appearances throughout your stay.



DAILY ENTERTAINMENT

The kids have their very own, personalised opportunities for fun and can delight in teddy bear workshops, cupcake decorating, arts & crafts and so much more. Plus, a stay at The Ruby Apartments is the perfect opportunity for the entire family to re-connect and come together, creating precious memories of outdoor movie sessions, family trivia events, bingo and giant board games.

THEMED ROOMS

Our three bedroom SkySuites have all been designed with families in mind. The third bedroom features bunk beds as well as a play desk and chairs, board games, brightly coloured bed spreads and special little extras.

No one stay at The Ruby Collection will be the same as the next – it's a place to visit time and time (and time!) again.

Visit www.therubycollection.com.au to book now and view their opening specials.

Clever kids

life

MEET THE GC'S VERY OWN GLITTER GIRL, SOPHIA RIZZO. SHE'S A 10-YEAR-OLD KIDPRENEUR WHO IS BRIGHTENING UP THE WORLD, ONE TUB OF SPARKLY GLITTER AT A TIME.

Tell us briefly how Glitter Girl all came about.

I have always wanted to own my own business since I was very young. When I was in Grade 2, I told my mum I was going to be the head of Hello Kitty in Japan as I was learning the Japanese language at school. I would always visit my Aunt's shop in Brisbane and she would teach me how to use the cash register, take money from customers for payment and it was always so much fun getting to count the money at the end of the day!

When we were in Hawaii on holidays in 2016, we visited some shops where there was so many sparkly things to buy that we didn't have back here in Australia. We were swimming in the ocean later that day and Mum asked me if I could open a business what would it be and what would I call it. I immediately said "Glitter!" and I'd call it "Glitter Girl". I knew everything I wanted it to sell and what it would be like. Rainbows, unicorns

and everything pink, but most of all EVERYTHING glitter. When I was in Grade 4, I started selling small pots of glitter at school - I would take samples write down the orders on my notepad. Then the next day I would take in the stock and my friends would pay me. Until the teachers found out because EVERYONE was wearing glitter... Ooops! So, no more selling glitter at school. We took the business online.

How do you juggle the business around school and any extra-curricular activities?

I just wish I could go to the Glitter Girl head office every single day and play with the super sparkly glitter, but I have to go to school. So Mum brings homework for me to do and I always carry my unicorn notepad full of my business ideas. Sometimes I will email mum from my school iPad with reminders for her then we will go to the warehouse after school and on weekends. I do cheerleading for seven hours a week, which I absolutely love and we always find time to go to the beach. My Mum and Dad still want me to be able to be a normal kid and let them worry about the business stuff.



Where do you see yourself and the Glitter Girl business in 15 years? I see the Glitter Girl makeup brand being global. We will have much larger premises and have hundreds of stores retailing our range. I believe in my heart of hearts that this business will be loved by so many people around the world. Spreading happiness one speck of glitter at a time.

What has been the best piece of advice you've ever been given? "Keep following your heart and your dreams! Keep chasing them wildly, as everything is possible when you believe in yourself and know you are the creator of the future." - artist, Lisa Pollock.

If you have one, or know a Clever Kid get in touch with our team!

For more of our Glitter Girl interview, head online to www.havenmagazine.com.au

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ONE OF THE MOST IMPORTANT WORDS IN ANY LANGUAGE, YET DIFFICULT TO APPLY, IS 'GRATITUDE'. Sometimes we pray, say thanks when conditions are good or even automatically (therefore without real meaning) and then when things go wrong, we tend to totally forget about the power of gratitude. We can find ourselves going through difficult situations and tough times where everything seems to be against us and wonder what we have to be grateful for. When in this space it's easy to feel down and alone, and it's here we may decide to quit. Relationships can come to an end, passions die, ideas pass and our spirit is broken - gratitude is nowhere to be found.

There will always be light, even in dark situations. There is a way to see and even feel it as we work through the toughness of the situation. Learning tools, tips and techniques for finding that hidden gem is possible. To start, having an awareness around gratitude is helpful in keeping our spirits

uplifted and energised. Whilst it might seem easy to talk the talk, of course when the turkeys are getting us down, it is challenging to see or feel any gratitude. It's important in this moment to draw on our 'awareness'. Stopping and reassessing, being able to steer ourselves in a more positive direction and start small steps towards making a shift is a supportive place to step into.

Being grateful, creates lightness and gives us clarity. We notice the simple things - like the sun shining, a stranger smiling, waves breaking or birds singing. Choosing to see the positive in our situation, we become changed and the healing begins.

"Life is what happens while we are busy making other plans."

JOHN LENNON


Tips for finding gratitude

1. Appreciate everything: Choose to see gratitude in the small things as well as the big. There is appreciation in the smallest of things. Gratitude will become a habit - with practice the easier it becomes and the more our life changes. Small or large, the room for gratitude is everywhere. Our shoes, the smile of our partner, the egg cooked perfectly, the bill paid on time, an extra hour sleeping. Being grateful for everything which has made us, who we are!

2. Be grateful for challenges: Gratitude for the learnings will support our growth. However, the reality is, in the moment it is tough to see the good because the pain can be too big. We've all experienced tough times in our lives, and after the hurt we also know there are blessings, even if small. It is powerful to dig deep, reflect on past experiences, find support from loved ones and know 'This too shall pass'.

3. Mindfulness: Practice creates habits. Upon waking think about 5-10 things we are grateful for. Picture these things in our mind's eye - the more vivid, the better. Make it a movie if we want! Now, feel the gratitude. Studies suggest doing this for eight weeks and observing the changed positive thinking patterns and level of happiness.

Lastly, are you looking for tools to help you on your journey to find gratitude? A gratitude journal will help you log positive thoughts. Create and nurture this habit and reflect periodically. You could also volunteer - become a positive-change agent in your local community, school, church or charity. Why not complete a passion project you've always wanted to do. Time cannot be bought, so make time for the things you love.




DR TIM O'DOWD

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Oh Christmas... All of a sudden you are here and I'm still waiting for the year to start. I know we all say it, but I swear the days are passing quicker and the Christmas decorations are getting put up earlier each year. I was very confused in Kmart in October when the Christmas paper had equal sharing room with the Halloween masks near the counters. Christmas this year is going to be amazing for us. I cannot wait. A lot has changed recently and it feels as though we can finally give our kids a great celebration. That and the fact that our youngest finally gets it, and has been talking to the Santa photos on the fridge since June. And I know I'm not alone when I say that Christmas totally changed the minute we had kids. They make it so super special, and the little things are the big things to them. The look on their faces when they spot the Elf on the Shelf. The wonder in their eyes when they hear that they are off to see Santa. And the anticipation for the week before when they can't sleep from excitement. And one of my favourite things of the festive season are the Christmas concerts – those handmade decorations and the carols, teamed with the sweet out-of-time hand movements they've practised for months. And there is always that one kid who clearly doesn't care and isn't made for a life on the stage and is just picking their nose. There was a class of six year olds at a concert I went to, and they were singing "Hark the Herald Angels Sing" at their concert. The line "God and sinners, reconciled" was a tricky one for this age group. One little boy, with a voice that completely drowned out the rest of the choir, happily belted out: "God and sinners, dressed in style!" Have a wonderful festive season everyone. I hope the joy is overflowing and the smiles are huge.



Belinda Glindemann

THE TWEEN SCENE

The season of celebration is upon us! You get a whiff of Silly Season straight after Father's Day when Christmas decorations hit the shops. We all whinge our way through September saying it's way too early to start thinking about Christmas. But then Oct 1 hits and the conversations instantly start about who's hosting what and who's bringing the salad. In my world, it's traditional for these conversations to go round and round in circles for weeks before we nail a plan. It's a military operation of sorts. It's traditional to draw Secret Santa names and then spend the next two hours working out who got who. It's traditional to put up our beloved tree on Dec 1 – a tree that was a 2001 hand-me-down from a friend who was involved in a messy relationship break-up and neither party was giving the other any tree-visitation rights. It's also traditional to cover that tree in the most amazing array of mismatched decorations - crafted masterpieces dating back to our kids' kindy and early school years. If my house was burning down, I'd brave the flames to rescue that box. It's traditional on Dec 25 to wear ill-fitting paper crowns and drink (late) Grandma Glindemann's punch. It's also traditional to be suffering a food coma by 7pm... Whether your family traditions match mine or not, what should be traditional for us all at this time of the year is the enjoyment of an authentic connection. It could be connecting with your workmates at an end-of-year shindig or connecting with the other parents at your kids' break-up functions but, most importantly, connecting with your loved ones. Spending time together in authentic family bliss is what any celebration is about – in whatever form of 'family' yours is. Get together. Get talking. Get laughing. Get drunk. In the iconic words of two famous modern philosophers dating back to 1992: "Party time. Excellent."

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Next Issue!

Summer is well and truly here – and we couldn't be happier. It's time to whip out the short shorts and singlets that were stashed and probably forgotten over winter, do some slip, slop, slapping and hit the water.

Whether you plan to pack a suitcase, pack the car or just pack your beach bag, there's one thing you definitely shouldn't leave behind – haven's December/January bumper summer holidays issue!

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