

SEPTEMBER 2013 • BRISBANE

# haven

*for families*



Free

Launch  
Issue

News | Give aways & more | All about her | Dads are tops! | Couples' Therapy | Lifestyle

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[www.ismcoorparoo.com.au](http://www.ismcoorparoo.com.au)



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**creating little musicians**



INTERNATIONAL SCHOOL OF MUSIC

## FROM THE EDITOR...

Brisbane meet Haven! We are absolutely thrilled to join in the fun in Brisbane and hope you love our first edition! Haven (formerly Coast Kids & C) is growing after almost three years on the Gold Coast and spreading the word in your neighbourhood! We're about celebrating family life, and keeping it real while together, we watch our families grow, connect and share. You will see us every month at a family friendly location near you and if you have any suggestions on where we should share our magazine please do drop us a line!

Now enough about us... we're talking top Dads this month in line with Father's Day, so take a look for any familiar faces in our pages and we are delighted to share a Dad that Rocks this month!

It's tough to find time to go to the bathroom solo as a parent let alone take a weekend away so we embrace (and live vicariously through!) our Feature Editor's couple's time in Byron Bay. We are certainly motivated and hope you take time to nurture your relationships this month.

Something big is happening in Surfers Paradise this month - it's THE KIDS WEEKEND and Haven Magazine is pumped to be a part of the fun! SpongeBob SquarePants, Slime Time TV, music, movies, fireworks, and so much more - it will be awesome and well worth the trip down the Coast for the day or weekend!

The Haven crew will be looking for a future cover star too all weekend so come visit us on the esplanade! Save the date 21 & 22 September.

Happy days!

**Keeley**

editor@havenmagazine.com.au



Haven Hub



Connect with us

## Cover style...



PHOTOGRAPHY:  
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Thank you to our supermodels!  
Nathan, Meisha & Ava  
CLOTHING:  
Dragonfly in Burleigh  
www.dragonflystore.com.au

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Jeni Bone has been writing professionally for 24 years, across newspapers, magazines, TV and online media, covering business, lifestyle and news, as well as in PR and marketing for global brands and media for the Sydney 2000 Olympic Games. With hubby Carlton, she does her best to raise Alex and Sophie with inquisitive minds, a love of learning and sense of community.



**DEBBIE HOGG**  
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One of Australia's leading Coaches & ANZI Coaching Coach of the Year 2010 - Debbie is co-creator of 'Life Skills Programs' Social & Emotional learning programs for parents, she is passionate about 'Enriching the Lives of Children' and is a specialist in family coaching. Debbie is a trainer, NLP Master, author, mum to two girls and is a spirited & passionate coach who will encourage you to shine.

[www.lifeskillsprograms.com.au](http://www.lifeskillsprograms.com.au) [www.debbiehogg.com](http://www.debbiehogg.com)



**TANYA CURTIS**  
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Tanya founded Fabic [Functional Assessment & Behavioural Interventions Clinic] in 2006 with a vision to support people to Understand & Change unwanted behaviours, whilst simultaneously valuing each person's uniqueness and individual strengths. Tanya is the author of "Challenging Change, Behaviour Strategies for Life", writes and presents Behaviour Specialist DVDs, and has developed online behaviour support programs. [www.fabic.com.au](http://www.fabic.com.au)



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Fe is the director of Leaps & Bounds Children's Fitness Centre, Fe Taylor Fitness and also the Children's Health & Wellbeing Expo, held annually on the Gold Coast. Fe's health and wellbeing programs are associated with the GCCC Active & Healthy Program.

[www.childrensfitnesscentre.com.au](http://www.childrensfitnesscentre.com.au) [www.fetaylorfitness.com.au](http://www.fetaylorfitness.com.au)



**GEORGIA HARDING**  
Food/Naturopath

Georgia is a Naturopath of 18 years, mother of two and creator of delicious food memories. To read her informative health blogs and nourishing family friendly recipes.

[www.wellnourished.com.au](http://www.wellnourished.com.au)



**ANTHONY SHERRATT**  
Daddy Diaries

Anthony Sherratt is a full-time stay-at-home dad who juggles looking after his twin girls, lecturing at university and contributing to a variety of websites and publications. He's finally thankful for his insomnia.



**JOHN BURCHELL**  
Naturopath/Homeopath

John Burchell N.D Hom. R.M. C.I. is a proud father of three children and has 25 years clinical experience as a naturopath and homoeopath. John practices at The Medical Sanctuary in Benowa and has been practicing on the Gold Coast since 2004 after moving here from Victoria. [www.medsan.com.au](http://www.medsan.com.au)

**SHOOT CAMP**  
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e-mail: [juliewillisphotography@hotmail.com](mailto:juliewillisphotography@hotmail.com)

# NEWS...



## STORY TIME IN THE GARDENS

Discover more about the Mt Coot-tha Library, located amid the Botanic Gardens. Run every Tuesday from 9.30am, this free event engages toddlers and children up to 10 years old. These half hour sessions promote reading as well as the special non-fiction Collection of the library, which focuses on horticulture, botany and astronomy. Before or after story time, kids can explore the self-guided Hide 'n' Seek Children's Trail, with lots of animals to discover on the way.

For more information please phone Mt Coot-tha Library on [07] 3403 2550.



## LIGHT UP WITH BRISBANE FESTIVAL

Bigger and brighter than ever, the 2013 Brisbane Festival, an initiative of the Queensland Government and Brisbane City Council, will run 7 to 28 September at venues all over the city and involve events covering music, theatre, dance, circus, comedy, cabaret, visual arts, seminars and more.

Especially for families, is a blockbuster family program will take place under the magical, whimsical Speigeltent, a Circus-inspired big top that will house hours and hours of exhilarating entertainment Brisbane Festival Artistic Director Noel Staunton said the family program this year was bigger and better than ever. "Last year, the family program sold out. We had an incredible response. So this year, we have doubled the number of shows and performances," he said. "The Speigeltent is such a great venue for kids to experience – it takes them in to another world, opens up their imaginations and provides a fantastic backdrop for pure fun and entertainment to unfold."

As a grand finale to close three jam-packed weeks of Festival fun, the iconic Sunsuper Riverfire will light up the city in a pyrotechnic explosion of colour to a rocking soundtrack.

Crowds can enjoy free entertainment at South Bank from 12 noon, including the Australian Defence Force Open Day with aerial displays late in the afternoon and evening.

More at [www.brisbanefestival.com.au](http://www.brisbanefestival.com.au)



## SWELL INSPIRES ALL SENSES

The 11th annual Swell Sculpture Festival will run 13 to 22 September along the foreshores of Currumbin Beach. Featuring a wondrous display of 50 sculptures built by local, national and international artists, this free exhibition is open all hours with a selection of sculptures revealing a new verve as they are lit up under the southern sky.

Over 10 days, visitors can experience the sculptures, enjoy twilight walks, informative artist talks, discover new perspectives at the Public Art Forum, wander through the Swell Smalls Gallery and participate in artist master classes and children's workshops.

For more details and background on artists visit [www.swellsculpture.com.au](http://www.swellsculpture.com.au)

## NEW DAWN FOR MORNING SICKNESS

The Queensland Institute of Medical Research (QIMR) is seeking pregnant women suffering from morning sickness for a study in to the extreme type of morning sickness which led to Kate Middleton being hospitalised.

Dr Sarah Medland from QIMR's Quantitative Genetics group is one of the first in the world to study to the debilitating condition, which she described as not being able to keep down food or water for extended periods, losing weight when most pregnant women would be gaining weight.

"We are interested in all experiences of morning sickness ranging from women who have had uneventful or mild morning sickness to those who have had severe morning sickness or developed Hyperemesis Gravidarum," Dr Medland said.

"Participating in the study involves completing a confidential online questionnaire that can be completed at home."

The most severe type, Hyperemesis Gravidarum affects up to 3% of pregnant women and goes well beyond the type of morning sickness experienced by most women.

"These women often need to be treated in a hospital, because they are severely dehydrated and simply aren't getting enough nutrition for themselves or their baby," Dr Medland said. "If untreated, it can have serious consequences for the mother and child. Mums can experience kidney and liver damage, and babies can be born pre-term or underweight."

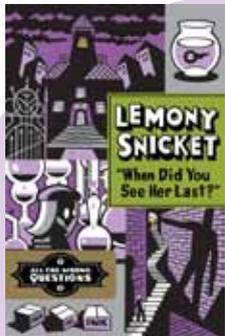
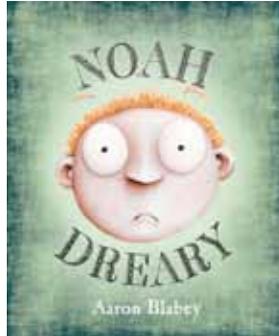
To find out more about the study please visit [www.qimr.edu.au/morningsickness](http://www.qimr.edu.au/morningsickness)

MAKE SEPTEMBER A TIME TO BRUSH UP YOUR SKILLS, INDULGE IN DESSERTS OR GET LOST IN YOUR IMAGINATION WITH ANY ANY OR ALL OF THESE NEW RELEASES.

## Books

### NOAH DREARY Aaron Blabey

One day, Noah Dreary complained so much that his head fell off. It's an expression we've all heard many times, but talented author/illustrator, Aaron Blabey takes it to another extreme in this hilarious story about a boy who discovers the very real consequences of his continual complaining. Perfect for readers 6+. Penguin RRP \$24.99.



### LEMONY SNICKET'S "WHEN DID YOU SEE HER LAST?"

On October 15, the much-awaited second book from Lemony Snicket's ALL THE WRONG QUESTIONS series. "When Did You See Her Last?" will arrive in stores nationwide, in print and e-book formats.

The first book in the series, called "Who Could That Be at This Hour?" was an instant #1 New York Times Bestseller. ALL THE WRONG QUESTIONS explores the mysterious origins of Mr Snicket and his early misadventures. Now, Mr Snicket has accidentally revealed the next book in the series: "When Did You See Her Last?"

Print book RRP: \$16.95 and e-book RRP \$8.99.



### BYRON BAY - A FOOD JOURNEY THROUGH THE REGION

Launching at the Sample Food Festival, 7 September, in Byron Bay, this glorious book from publisher Remy Tancred and photographer Nelly le Comte is a collection of recipes and photographs from the regions finest producers, caterers, restaurants and cafes.

Long known as a tourist mecca and sea-changer destination, The book invites you to take the journey, following three distinct routes: commencing in Byron then venturing south, over the hills to the west, and finishing in the north.

For the keen diner, there is a foodie trail map to follow and for the home cook, easy to follow recipes that will impress at your next dinner party!

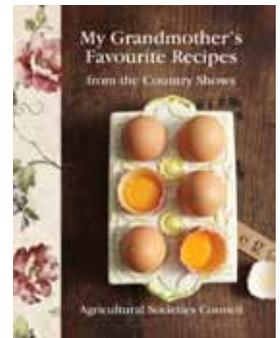
Buy online at <http://byronbay-cookbook.com>

### MY GRANDMOTHER'S FAVOURITE RECIPES FROM THE COUNTRY SHOWS

By Agricultural Societies Council

These recipes have been treasured, nurtured and beloved by families for over a century. Fresh from the country are recipes that will warm your heart and fill your stomach - soups, Sunday roasts, lunches, and of course cakes, slices, cookies and pies.

New Holland, RRP \$35.



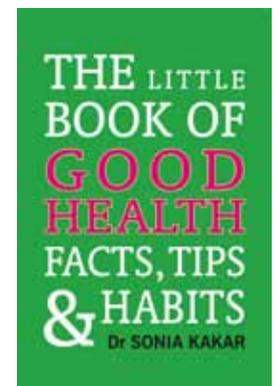
### THE LITTLE BOOK OF GOOD HEALTH

Sonia Kakar

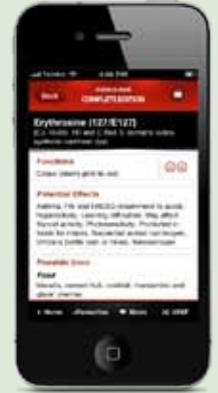
181 simple, practical inexpensive ideas to make you feel better, healthier and stronger.

The Little Book of Good Health is all about getting back to basics. The author, Sonia Kakar, has meticulously sifted through thousands of international studies on all aspects of health and medicine, both modern and alternative, as well as wellness philosophies. She has distilled this information to 181 short, crisp, fact-based and helpful explanations you can incorporate in your daily routine.

Exisle Publishing, RRP \$19.99.



## Apps



### FINDING YOUR WAY THROUGH THE CHEMICAL MAZE

This App includes all Food Additives and Cosmetic Ingredients that can cause ailment reactions based on a decade of research by the international best-selling author, Bill Statham, who recommends his clever app become our essential shopping companion.

More at [www.chemicalmaze.com](http://www.chemicalmaze.com)

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## At the Flicks



### UP, UP AND AWAY!

Disney's 'Planes' is an action-packed 3D animated comedy adventure tells the story of Dusty, a crop duster with dreams of competing as a high-flying air racer. The story also features Rochelle, a confident and capable Australian plane with a kangaroo painted on her side who got her start running mail to small towns in Tasmania and developed a knack for fast travel that ultimately inspired her to give air racing a try.

In honour of the premier, Qantas has painted one of its aircraft with 'Planes' livery and will host the premiere on this aircraft for a lucky group of guests in September, before the movie launches in cinemas nationally in time for the September school holidays.

*Reviews*  
<http://movies.disney.com/planes>



### THE SMURFS 2

Can't get enough of these little blue characters? In the hybrid animation/live action sequel, the Smurfs show their love is true blue when Smurfette is kidnapped and taken to Paris by the evil sorcerer Gargamel, because she is the only one who knows how to turn his evil minions, known as "Naughties" into real Smurfs. With the help of their friends Patrick and Grace Windslow, the Smurfs travel to Paris to save their friend. Starring Hank Azaria, Neil Patrick Harris and Katy Perry. Starts 12 September.

Check out their awesome site  
[www.thesmurfs2.com.au](http://www.thesmurfs2.com.au) for preview.

Be an Aussie kid, be a cool kid...  
 Lets do French Soda.



French Soda is a gorgeous range of kids clothing that blends the subtlety of soft cottons with the durability needed for active 3 to 8 year olds. Combining the nautical look with a zest for colour, FRENCH SODA will dazzle its way into the groove this summer.

French Soda

[www.overcrawls.com](http://www.overcrawls.com)

## The CAT in the HAT at QPAC

THE CAT IN THE HAT KNOWS HOW TO HAVE FUN, ESPECIALLY IN THE SCHOOL HOLIDAYS!



Based on the all-time favourite book by Dr. Seuss. The Cat in the Hat is now a magically witty play for children produced by the National Theatre of Great Britain. Following a sold out season at Sydney Opera House The Cat in the Hat will soon appear at the Playhouse, QPAC for a special October school holiday treat for all the family.

If you have ever read Dr. Seuss, you will love this production of The Cat in the Hat. Every Dr. Seuss story is a lesson in grammar, syntax, phonics, morality, ethics, tolerance and the human spirit.

Wonderfully anarchic and with its unique combination of hilarious stories and riotous rhymes, this production of The Cat in the Hat, starring an all Australian cast, promises to delight and transport audiences young and old into the world they've always imagined.

With mischievous humour and madcap style. The Cat in the Hat introduces his new friends to a crazy afternoon. The Cat busts the boredom of a rainy afternoon with all sorts of zaniness – including the acrobatic tricks of Thing One and Thing Two. Rhyming his way through the house while balancing cups and tools. Cat brings a cozy home to chaos where Sally, her brother and their outspokenly cautious pet Fish, are amused, astounded and concerned... with good reason!

Ideal for children up to seven years. The Cat in the Hat promises to be a purr-fect day out for both children and parents alike! Tuesday 1 to Saturday 5 October. Playhouse, QPAC, Cultural Precinct, South Bank, Brisbane.

Tickets now on sale. Visit [www.qpac.com.au](http://www.qpac.com.au) or phone 136 246.

## The Complete Works of William Shakespeare (Abridged)



## IF YOU DON'T HAVE TIME TO CATCH UP WITH SHAKESPEARE'S FULL LENGTH PLAYS, THEN THIS IS THE SHOW FOR YOU!

The Queensland Performing Arts Centre [QPAC] in association with Brisbane Festival is proud to present a State Theatre Company of South Australia production, The Complete Works Of William Shakespeare [Abridged] from 21 September to 6 October in the Cremorne Theatre, [QPAC].

Don't miss the fast paced fun as three brave actors act, alliterate and amaze in this hilarious romp through all 37 of Shakespeare's plays at a rapid pace!

Thespians Tim Overton and Nic English join original cast member and comedian Damian Callinan in this show that has such an element of spontaneity, not even the actors know what to expect.

"I love directing comedies and this one's an absolute cracker!" says Director Adam Cook.

"If you've been allergic to Shakespeare up until now, this show is the perfect remedy! In a production bursting with comic energy and featuring appearances by sock puppets and sharks, vampires and dinosaurs, severed heads, kilted poltergeists, lobotomies and a fair bit of projectile vomiting, it's guaranteed to convert even the most resistant to the many splendours of Shakespeare."

Bookings at [qpac.com.au](http://qpac.com.au) or 136 246.



## SAY 'HI' TO HAVEN AT THE KIDS WEEKEND!

The haven team will be at the Kids Weekend, with great giveaways and looking for our next cover stars! Come and have your kids photographed by our professional, Julie Willis, and they could become the haven cover kids in an upcoming issue.

More at [www.havenmagazine.com.au](http://www.havenmagazine.com.au)



## KIDS WEEKEND SURFERS PARADISE

THE 2013 KIDS WEEKEND IN SURFERS PARADISE IS FAST SHAPING UP AS THE GOLD COAST'S NUMBER ONE FREE SCHOOL HOLIDAY ACTIVITY – TWO DAYS OF KID-THEMED FUN AND ENTERTAINMENT IN THE HEART OF SURFERS PARADISE.

On September 21 and 22, Surfers Paradise hosts wall-to-wall fun and games, family activities and performances by cartoon smash-hit Nickelodeon's SpongeBob SquarePants and the Nickelodeon Slime Time crew.

As well as the main-stage entertainment, kids can get hands-on at free interactive workshops throughout the beachside precinct.

Boys and girls of all ages can explore their creativity trying everything from balloon animal sculpting to cupcake decorating, courtesy of Zagame's Paradise Resort.

There's also free carnival rides lining the foreshore, along with mini-golf, eye-popping LEGO displays, a petting zoo and even a working fire truck for kids to clamber over and explore.

Loads of Surfers Paradise businesses are also in on the fun, with many operators offering special discounts and deals for families to really enjoy their time at Australia's number one beachfront destination!

After dark on the Kids Weekend Saturday, the precinct lights up with superhero smash The Avengers playing on the big screen on the Surfers Paradise Beach, with an eye-popping fireworks display on after the movie.

So pack up the family and get into Surfers Paradise for the Kids Weekend, the children's event of the year, each and every year!

For all the details visit

[www.surfersparadise.com/whats-on/all-events/the-kids-weekend](http://www.surfersparadise.com/whats-on/all-events/the-kids-weekend)





# 10 WHITE BALLOON DAY TIPS TO PROTECT KIDS



IN PREPARATION FOR THIS YEAR'S 17TH ANNUAL WHITE BALLOON DAY, 6 SEPTEMBER 2013, BRAVEHEARTS HAS RELEASED ITS 10 TIPS FOR PARENTS TO HELP PROTECT THEIR KIDS.

Parents and carers play a vital role in both reinforcing and supporting key safety messages at home.

Part of Bravehearts' education includes Ditto's Keep Safe Adventure Show which is a live presentation delivered to schools and childcare centres. The show will soon reach its 300,000th Australian child.

Bravehearts Research and Policy Development Manager, Carol Ronken, said it is important for parents and carers to be aware of the realities of child sexual assault and preventative education.

"There are so many things that parents can be doing outside of the school and childcare programs to ensure their kids are educated, protected and empowered when

it comes to the prevention of child sexual assault," she said.

"Based on Ditto's Keep Safe Adventure program, the basic five principles we should be teaching our children are, to trust their feelings and to distinguish between yes and no feelings; to know they have the right to say no if they feel unsafe and unsure; body ownership and confidence; that nothing is so yucky they can't tell someone about it; and that if they feel unsafe or unsure to run and tell someone they trust."

Bravehearts is encouraging parents to get educated as the countdown begins for the annual White Balloon Day, taking place across Australia 6 September.

"Hundreds of schools, day care centres, businesses, councils, sporting clubs, community groups and organisations around Australia are gearing up for the initiative, launching this week Australia-wide. White Balloon Day is a key fixture during National Child

Protection Week with funds raised going toward education, prevention and counselling programs," she said.

"For parents and carers of children, there are a number of key steps we can take to build resilience and protect our children against sexual harm."

For this year's White Balloon Day, Bravehearts is calling on everyone around the country to wear white on the day to show their support for victims of child sexual assault and to generate awareness about this issue as it seeks to educate, empower and protect the most vulnerable members of the community – our kids.

Bravehearts is calling for volunteers, fundraising dynamos and event hosts with the most.

Simply log on to the Bravehearts White Balloon Day website [www.whiteballoonday.com.au](http://www.whiteballoonday.com.au)

More at [www.bravehearts.org.au](http://www.bravehearts.org.au)

## 10 SAFETY TIPS:

1. Inform children that it is wrong for adults to touch them inappropriately and to engage children in sexual activity.
2. Encourage your children to feel comfortable telling you anything, especially if it involves another adult. Help your children to identify other trusted adults they can talk to in confidence.
3. Learn about the people with whom your child is spending time.
4. Knowledge is power. Talk to your children about their bodies. Teach them the correct words to use when describing their private parts. Emphasise that those parts are private. This promotes body confidence and will make them more at ease if they need to tell you about a touch that made them feel unsafe or unsure.

5. Be an active participant in your children's activities, you will have a better opportunity to observe how the adults in charge interact with your children. If you are concerned about anyone's behaviour, take it up with the organisation.
6. Be aware when someone shows your children inappropriate attention or begins giving them gifts.
7. Be aware of any changes in your children's behaviour or attitude. Encourage open communication and learn how to be an active listener. Because children are not always comfortable disclosing disturbing events or feelings, be aware of small clues that something may be troubling them.
8. Teach your children basic personal safety skills. Five key basic personal safety messages are: [1] to trust their feelings and to distinguish between

- yes and no feelings, [2] to know they have the right to say no to if they feel unsafe and unsure, [3] body ownership and confidence, [4] that nothing is so yucky they can't tell someone about it and [5] that if they feel unsafe or unsure to run and tell someone they trust.
9. Be aware of safe Internet and mobile phone practices. Teach your child never to give out their last name, address, or phone number to a person on the Internet and never to meet Internet friends in person without a parent's supervision and consent. Teach children not to post pictures with identifying information such as a school uniform.
10. Check out websites for information on personal safety for children. [www.bravehearts.org.au](http://www.bravehearts.org.au) is a great starting point!

# What we... Love, Love, Love



## Handmade jewellery from Dark Horse

Dark Horse Accessories, the colourful and edgy accessories label created by Queensland designer, Emma Gascoyne has launched the "Australian Elements" Collection. Inspired by the colours of the Earth, Sky and Sea, this beautiful new range of funky jewellery made from sculpted resin is bright and bold! Prices range from \$15 to \$50.

More at [www.darkhorseaccessories.com](http://www.darkhorseaccessories.com)



## Scratch Paper Set

Take a new approach to drawing - when you make your mark, you're actually scratching brilliant colour from the dark! Beneath the inky blackness hides a colourful design to add colour every time you scratch a line! This incredibly cool scratch paper set includes 20 pattern sheets and a bamboo stick. 4 sheets each of 5 different patterns. RRP \$17.95.

More at [www.pulpcreativepaper.com.au](http://www.pulpcreativepaper.com.au)



## Bizzybox

This box is all the buzz and they literally have educational fun all wrapped up! The BizzyBox is an exciting monthly subscription service featuring educational and learning toys specifically designed for children aged 3-7 years of age. Including arts and crafts, science activities and imaginative play. BizzyBoxes are designed by teachers and education specialists to help develop transductive reasoning, stimulate imagination and refine fundamental skills of sorting, sequencing, counting, memory and puzzling in an exciting way outside the classroom. Parents too will look forward to playtime as their child cuts, pastes, draws, traces and threads. Now, that's Boxed up brilliance!

RRP \$49.90 for two months, \$99.80 for four months, \$142.20 for six months or \$274.45 for 12 months - choose what suits you!

[www.bizzybox.com.au](http://www.bizzybox.com.au)



## Kiko & Ashiato (Monkey)

"Look mum I'm a Dinosaur ROAR" The kids will love these super fun sandals! Wherever your child goes they will leave behind beautiful little animal tracks. The shape of the sandal creates a perfect platform for the tracks, which are available as four different species [cat, monkey, lizard, owl and of course the ever popular dinosaur]. RRP \$35

<http://www.tinypeople.com.au/collections/just-in-products/kikoashiatomonkey>



## Pure Painting

Pure Poppet has launched a new line of its Australian-made, natural and non-toxic children's Natural Face Paint Packs. Made for both girls and boys, the new range features an upgraded crayon formula, new stencil designs, plus eco-friendly packaging across the range. Each pack include 3 x jars of coloured mineral powders, 1 x Natural Play Makeup Crayon, 3 x Stencils, 5 x Applicators.

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<http://www.harperandhudson.com.au/collections/necklaces>

*"Have patience with all things. But, first of all with yourself"*

SAINT FRANCIS DE SALES



*Patience supports emotional health*

Words: Debbie Hogg

**TIME APPEARS TO GO FAST, CHILDREN GROW FAST; OUR GRANDMOTHERS WOULD ANNOUNCE, "OH, YOU CHILDREN GROW UP FASTER THAN BACK IN MY DAY"; NOW OUR MOTHERS ARE SAYING THE SAME. IS THIS TRUE? IF SO, WHAT IS IT ABOUT?**

"Time flies," we all say! We see friends and say, "I'm so busy, the time has flown since we saw each other" and even feel a little guilty. Medical check-ups and reminders come around; servicing the car, paying rates, children's Birthdays, even our Birthday is here in a blink.

The reality of our world right now is that we feel we are immersed in a fog-like-cloud flying with the 'Time'.

Unfortunately, with the flying of time or our perception of it also goes a bunch of fundamental social skills. Manners are fewer, general caring and consideration for others appear to be declining and expectations of receiving something immediately take over.

Fast food is everywhere making it easy to grab dinner

going home from children's activities, we had every intention of cooking a healthy meal, we even imagined pre-prepared meals and super organisation and then time ran away. As each new day starts there seems to be no time for idle moments or thought, we need to keep moving because the chores call, a quick shake whilst hanging up washing saves on ironing because gone are the days of standing doing a pile of therapeutic ironing, where we reflected on the week and contemplated life.

Quick and fast continues with homework, outside activities, getting out and about, communicating, facebooking and getting jobs done. Then when the QUICK just isn't QUICK enough we become 'Impatient'! Ahhhh!!

The 'State of Impatience' invites with open arms the losing of tempers, speaking without thinking, being reactive instead of proactive, slamming, shouting and arguing. Things can get out of control causing hurt, sadness and feelings of being alone. In the past we have had clever strategies to cope in these situations, until next time comes around and it's all the same again.

It's a sign of insanity to keep doing the same thing over and over expecting a different outcome; and we wonder how it got to be so overwhelming?

We've all heard "Stop and Smell the Roses", that magical phrase, the one we tend to forget until

*"We could never learn to be brave and patient if there were only joy in the world."* HELEN KELLER

somehow for some unexplained reason we are reminded. When we choose to stop, reflect, question and understand why we are receiving the message, then we can take positive action. If we don't notice we end up overheating and blowing a gasket like an un-serviced car, it's an unhealthy space to live in.

A 'State of Impatience' created by wanting everything now is impacting on our health/wellbeing and our relationships, especially with our children because we are their role models. Is having children wired for busyness something that we want for them?

The control is ours: we can make conscious choices and change the patterns now and show our children life can be improved by changing our behaviours, routines and words. There are massive benefits in making these changes in life and also understanding the benefits is important because as human beings we only do something if it will benefit us.

When in the 'State of Impatience', stop and choose to change, firstly for our health/wellbeing, then for the impact it has on our children and our relationships.

### Tips for living in a 'State of Patience':

- Breathe [take 10 deep breathes]
  - Let go of expectations and 'should dos'
  - Recognise the 'State of Impatience'
  - Appreciate red lights [it's a message]
  - Thank a slow computer [take a small break]
  - Prioritize
  - Let something go
  - Clear the clutter, releasing negative energy
  - Be with positive people
  - Practise 'calmness'
  - Eliminate toxic relationships
  - Practise 'being slower'
  - Be comfortable with making different choices creating quality time
- BENEFITS:**
- Playing and connection
  - Connecting with friends/grandparents etc
  - Supporting children with homework, growth and development
  - Showing those around us we love them
  - Special quality time for ourselves and relationships
  - Connect with our children, making homemade presents, wrapping paper, cards, etc.
  - Brings children together creating and interacting
  - Sharing and connecting
  - Creates interesting conversation
  - Gives awesome opportunities to share our stories [they love this]
  - Saves money
  - Models enjoyment/connection and creativity
  - Emotional Wellbeing
  - Book a retreat giving ourselves permission to refresh, revive, re-think, renew, re-engage and re-energise. Clear our headspace and connect with our heart space.
  - Engage a Life Coach, gaining clarity, focus, direction, new possibilities and opportunities.
  - Be with 'Patience' and enjoy the new way of driving life! It's simply a choice!

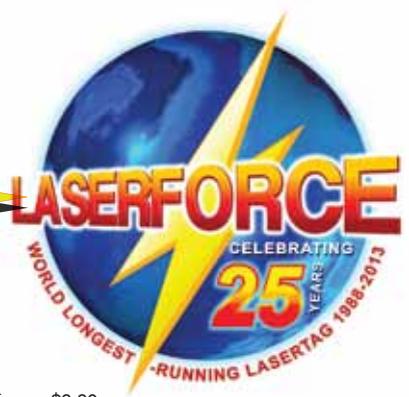
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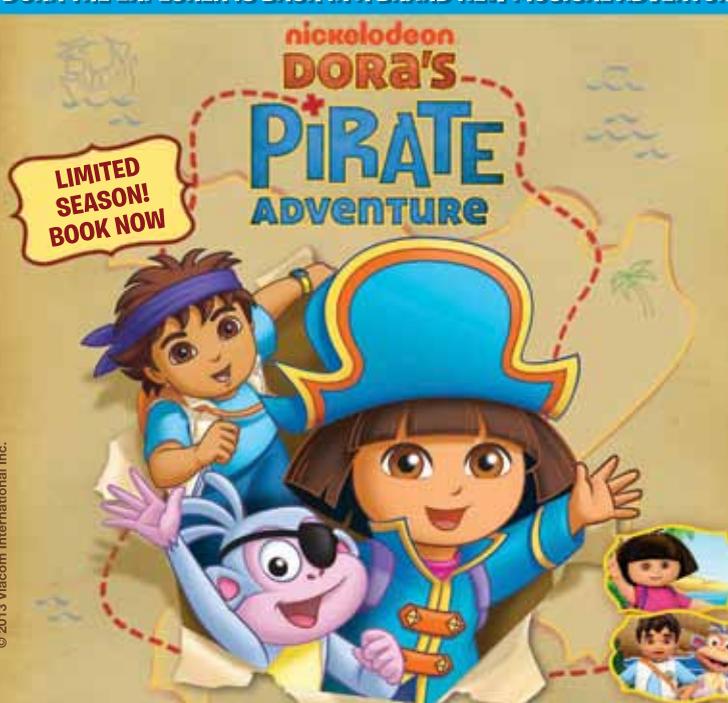
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# FEAR AFLOAT

Words: Anthony Sherratt

## *I've never been so scared in my life.*

And let me put that in perspective. I've been shot at, had a knife held at my throat by someone who wanted me dead and been in riots. I've jumped out of planes, off towers and into misadventure frequently. I've often chased my curiosity passed the point most would.

But never have I ever felt as sick to the stomach as the moment I couldn't find one of my children.

We were on a cruise liner on holidays. Twin A broke right, Twin B broke left. I chased the quicker one but the other had rounded a corner by the time I swooped up the first. I wasn't concerned at this point, just irritated by their behaviour of the previous hour and this seemingly co-ordinated escape plan.

I set off down the corridor, but no Gypsy. Rounding corner number three, still no sign, so I picked up the pace. Around the fourth corner and about to complete a rectangular journey, I stopped cold. There in the middle of the corridor was the stuffed turtle she carries everywhere. Everywhere. The one she wouldn't even allow to go in her luggage.

I feel a chill down my spine. I scoop it up but my fast walk has become a run now. I complete the circuit to no avail and check into the lounge in the middle where the rest of the family is but she's not there. I dump Rhapsody with grandma while I take off at a sprint: me one way, grand-dad the other. We meet without toddler.

I'm very calm in a crisis but I'm aware my heart-rate is higher than normal. The wife has checked in with a staff member who shows little concern, with an offhand: "It's a ship - it's not as if she can go far".

I widen the search doing the entire level at a sprint. By the 15-minute mark I'm checking toilets as I pass them trying not to think about the why of my actions. One level of 14 searched. Corridors and toilets anyway.

By 25 minutes I'm almost frantic. In the face of gunfire calm, but here? I'm aware I'm starting to lose it. It's at this point that I peer over the mezzanine and, luckily,



spot my wandering daughter - perhaps determined to live up to her name - walking purposefully through the crowds two floors below.

I fly down two flights of stairs quicker than Usain Bolt and sweep her up in my arms. Surprisingly, I have no anger in my system. Just relief and, oddly, I'm on the verge of tears.

Unlike her daddy, she is relatively calm and tells me she couldn't find me so she was heading back to our cabin. She is almost there too [later I would marvel this was quite a feat for a three-year-old].

Later I would also wonder at how quickly my mind went to a bad place where I assumed the worst.

When did I go from fearless liver of life to vulnerable? The day I became a parent.

A promotional banner for Kindilan's Family Adventure Fun Day. The background is dark green with a close-up of a child's face with red and white face paint. The text is in white and yellow. A pink diagonal banner at the bottom right says "REGISTER NOW AT www.kindilan.net.au". The Girl Guides Australia logo is in the bottom right corner.

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# A Person Is **NOT** Their Behaviour

Words: Tanya Curtis

**TOO OFTEN IN LIFE WE IDENTIFY PEOPLE (INCLUDING OURSELVES) THROUGH THE BEHAVIOURS THEY CHOOSE, RATHER THAN SEEING A PERSON FOR WHO THEY ARE.**

For example, I've heard people say:

- That's the naughty/good boy
- That's the rude/polite girl
- That's the alcoholic... or person who doesn't drink
- That's the bad/good mother
- That's the Aspergers, ADHD, angry, sad person
- That's the D grade or A+ student

The list of examples is endless and can be heard throughout many interactions in daily life, however, these examples are simply descriptions of a person's behaviour and by no means describe the person for they are.

These behaviours are what people become "identified" with and soon think this is who they are ... this identification is so very harmful and can have life-long implications on a person's psychological well-being throughout their entire life – harmful because a person places their value of who they are, based on what they do, not based on the truth of who they really are!

## WE MUST REMEMBER:

- At the core of every single person is an awesome, amazing, loveable being!
- However, people are not always using awesome, amazing loveable behaviours to match their natural beingness! It is very, VERY important in life to support people to know that:
- Behaviour is NOT who you are. Behaviour is what you do.

## THUS

Behaviour **CAN** be changed if a person is willing to:

- Understand the reasons for their behaviour choice.
- Learn means of changing their unwanted behaviour.

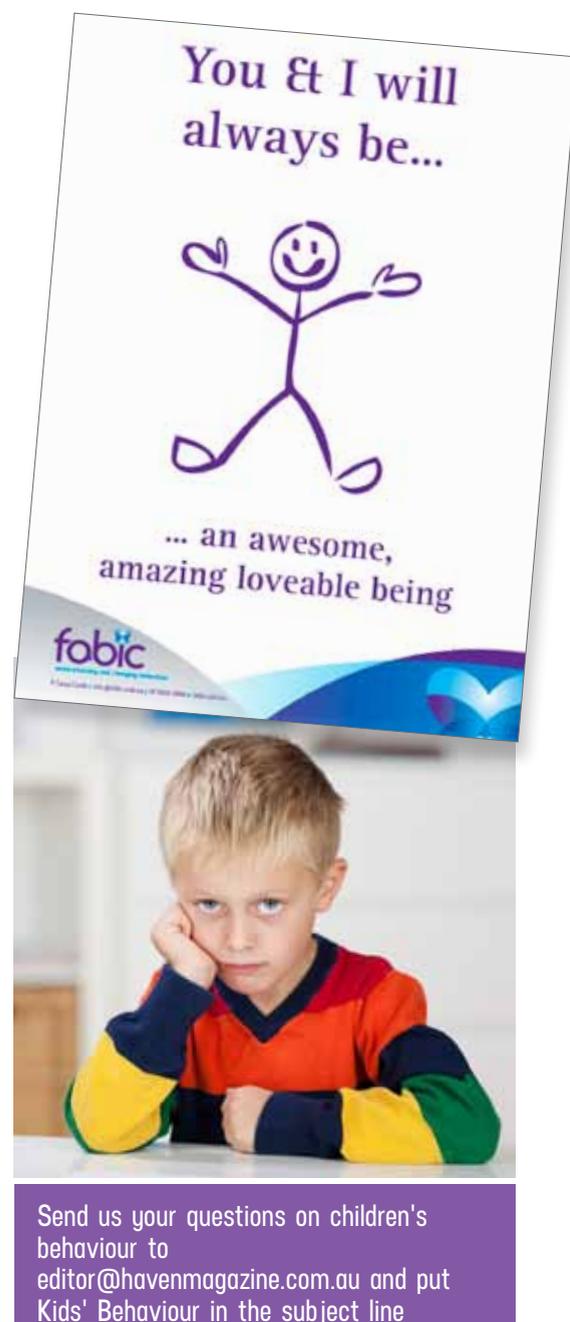
## WITH THIS APPROACH WE WILL LEARN TO REALISE:

- Wow! What an amazing boy ... "naughty" behaviours is what he sometimes does, thus what he can learn to change if we understand what is going on for him.
- Do you see that awesome person... "Drinking too much" is something they do but something they can learn to change if we understand what is truly going on for them.
- I see an awesome girl... "A+ is the grades she sometimes achieves but should she get a D- she is still equally amazing, awesome and loveable just for being her"
- What a loving lady... "sometimes her children misbehave, or she makes some choices in mothering I do not agree with, but, mothering is not WHO she is, it is what she does! She is an Awesome, Amazing, Loveable person just for being her!

Remembering that behaviour is not who you are but what you do, allows us to see a person for who they truly are, and thus allows us to objectively understand the reason for their behaviour choices. Understanding behaviour is the first step leading to successfully change unwanted behaviour.

This question and answer section is aimed to support those that would like to understand and change unwanted behaviours used by you, your child or any other person. Please write in with any behavioural questions you would like support understanding.

More at [www.fobic.com.au](http://www.fobic.com.au)



Send us your questions on children's behaviour to [editor@havenmagazine.com.au](mailto:editor@havenmagazine.com.au) and put Kids' Behaviour in the subject line

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**FABIC Director:** Tanya Curtis leads a team of psychologists who all employ the unique fobic methodology based on supporting people to understand & change unwanted behaviour  
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**FABIC National Behavioural Centre:** Level One Worongary Town Centre, Worongary, Gold Coast QLD.  
[fobic.com.au](http://fobic.com.au)



# COUPLES THERAPY



Words: Jeni Bone

**THE VERY WEEK THAT A NEW UK STUDY SHOWED COUPLES ARE SPENDING JUST 15 MINUTES PER DAY TOGETHER BECAUSE OF THE DEMANDS OF MODERN LIFE, WE DECIDED IT WAS TIME TO SPEND 48 HOURS TOGETHER, MINUS THE KIDS, TO REKINDLE, REVIVE AND REJUVENATE. AND WHERE ELSE CAN YOU DO ALL THIS WITH BLISSFUL ABANDON? BYRON BAY.**

Just a dodder down the freeway, Byron is paradise for doing nothing or anything that takes your fancy. It took the entire hour and a half drive to get our minds in order, stop speaking in rapid-fire, truncated sentences about work, the kids and our routines and actually savour the CD, the scenery and the thought of that bottle of red on our balcony at the end of the journey.

According to the experts, nothing affects a couple's time together as much as the arrival of children. Cultivating the relationship is often relegated to second place, or further down the rankings after commitments with work, friends and family.

The UK survey was carried out by an airline and a holiday resort, so its aim was to show we need more time away, refers to parents needing to make room for bursts of "quality time together", which seems like a sad substitute for having miles and miles of time together, good, bad and ugly.

Some days [most days] life feels like shift-parenting, or ships that pass in the very early morning and again at dinner time, exchanging vital bits of information, interrogating each other about bills, schedule arrangements and the whereabouts of clean towels, socks and Weet-Bix.

Making time for "just us" seems like an easy task, but when you factor in dental emergencies/appointments, coughs and colds, siblings fighting so predictably and physically we call them "cat and dog", homework and science projects, the party circuit and extra-curricular activities... time runs out.

Reintroducing dating is an appealing idea. You needn't splurge on a night out, imposing on in-laws or shelling out for babysitting, you could stay in and warn the kids that this is "mummy-daddy time" and, perhaps as Dr Phil sagely advises us to inform offspring: "if there's a hat on the door, don't knock unless your hair is on fire". The good Dr hasn't met our kids.

So, with that reality, we packed wine, cheese and biscuits, and optimistically, our cossies, hats and sunscreen, and headed south.

We cosied up at Beach Suites – right on the beach front at Byron, in the heart of the laid-back action. The spacious, minimalist boho-beach themed décor of the Penthouse [with our own pool!] made us briefly imagine staying here as an extended family, complete with grandparents – "the kids would love it here!" But we shrugged off that habit and got down to concentrating on relaxing and conversing, with meaning, like we used to in the times BC [Before Children].

Try having conversations that don't revolve around the kids. It's a challenge. Like meditation, you have to focus on clearing the mind, breathing deeply, mellowing out.

After exploring our Beach Suites love nest, which is amply equipped with all the mod-cons from coffee machine and double fridge to capacious spa bath and sublime toiletries by Sanctum, and shrieking with delight at each and every new discovery, we watched the sun dip beneath the streaky crimson and orange clouds from the rooftop pool deck. G&T in hand, marvelling at having no commitments, no time restraints, boundless freedom, we felt like teenagers!

Thai take-away never tasted better, out on our deck, rugged up against the chilly night air. Our conversations rambled, from travel memories to dream destinations, the good old '5 year plan' and ideas for our renos. Worries and fears were aired and assuaged, soothing words and commitments to working through challenges together, lots of eye contact and not one skerrick of an interruption.





*We felt like Homer and Marge (Simpson), recovering our mojo, and our hair, with this time dedicated to each other.*

We felt like Homer and Marge [Simpson], recovering our mojo, and our hair, with this time dedicated to each other.

Over the two days, we sun bathed around the pool – and yes, skinny dipped! We browsed the fascinating boutiques and markets, enjoyed meals in silence as well as with heated discussion over news headlines, peered in to quirky cafes and soaked up the “live and let live” ethos of this town where diversity is celebrated.

There was just enough time to pop in to Rae’s at Wategos for what could be deemed the most succulent seafood feast on the east coast. The salt and pepper calamari melts in your mouth. The secret is kiwi fruit marinade, the chef revealed! Topping off the Rae’s experience, the healing hands of Marianne and her massage therapist for a couple’s treatment in the secluded alcove of Rae’s Spa. Heaven on Earth without exaggeration. We emerged totally chilled, pores purified and every niggle soothed.

Needless to say, it was bliss, albeit too brief. It is indeed a luxury to escape for two days. We realise not everybody has the family support and budget to bugger off to Byron, but the concept is the lifeblood of keeping the love alive.

Haven resident Life Coach, Debbie Hogg, agrees, advising

parents to firstly realise there’s a need that can lead to a problem. “This is how people break up in middle age or later life. Kids leave home and the parents realise they have much less in common,” she says.

“Both parties need to agree it’s a priority and commit to making time to spend together. Set a date, get on lastminute.com.au [or similar] and don’t be afraid to ask friends and other relatives to mind the kids – they’ll empathise – and then go away, just the two of you and reconnect.”

This one on one time is about allowing yourself to return to a time when you were carefree, when you first met, what made you enjoy being with each other and letting go of society’s expectations – the demands of day to day life.

Debbie says that taking some time off parenting duties and away from the hum-drum will enhance your relationship and your self-esteem “and then this ripples out to the family environment”.

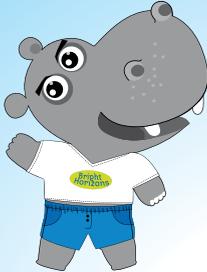
In fact, she recommends doing it regularly, booking it in every few months and looking forward to it. Wow! Look out Byron! Two old lovers skinny dipping is going to become a regular event!



**ACCOMMODATION**

We stayed as the very contented guests of Beach Suites, whose personal service and superlative accommodation were just the tonic for two weary travellers. This boutique property offers a range of luxury suites, studios and generous sized apartments, close to every attraction, walking distance to most, and so close to the sea you can spot whales and dolphins cavorting in the waves

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# ASSASSINS IN THE AISLES

Words: Fe Taylor

DISGUISED AS NUMBERS, CONFOUNDING MOST OF US, HIDDEN TOXINS AROUND IN OUR FOOD AND OUR CLEANING PRODUCTS.

I honestly don't know anyone who enjoys grocery shopping: the car park, the trolleys, the crowds, the packing and unpacking, and of course they move products around so that we are kept on our toes, thus sending us exploring the aisles to find our staples.

Then there are the helpful hints that we should all stick to: never go grocery shopping when hungry, always make a list and stick to it. But what about never put chemicals into your trolley? Or check the labelling of the products that you allow into the trolley, into your home and then into your mouths?

For lurking in those aisles are ingredients that should not be in our food chain let alone our digestive systems. Ingredients such as aspartame, high fructose corn syrup, sugar, salt, trans-fats. On our food labels these are often noted in codes: 951, 962, HFCS, 954, 622, 621, and so on.

But how many of us are checking the labels? How many of us are decoding the numbers? Knowledge is the key so start today by downloading a copy of the Chemical Maze App and check out the numbers on the labels of the food that is making it into your trolley. Check out [www.ChemicalMaze.com](http://www.ChemicalMaze.com)

The Chemical Maze will decode the ingredients in both food and cosmetics – giving ratings from double smiley faces to double angry faces. It is easy to use and very informative.

Of course the nasties are also in our household cleaning products – and that is a whole other story. These products have less control over them. Most homes contain

commercial products like air fresheners, bathroom cleaners, floor polish, fabric softeners, oven cleaners, window cleaners and many more.

Bill Statham, author of *The Chemical Maze* states, "According to the NSW Office of Environment and Heritage, the average home today contains more chemicals than were found in a typical chemistry lab at the turn of the 20th century. Results show that household products give off more than 133 different volatile organic compounds [VOCs]. One of the major causes of VOCs in homes is the use of household cleaners and other products like air fresheners and pest control agents. VOCs include highly toxic chemicals like formaldehyde, benzene, glycol ethers, methylene chloride, perchloroethylene, toluene, trichloroethylene and xylene. Concentrations of many VOCs are consistently higher indoors than outdoors."

Bill suggests that we should start to eliminate the household products that contain these chemicals and suggests instead:

**Ventilate:** your home by opening windows instead of using air fresheners. This is not only cheaper but better for the environment and your health.

**Bicarbonate:** most cleaning jobs in the home can be carried out with 2 or 3 natural ingredients like sodium bicarbonate (baking soda), vinegar and tea tree oil.

**Decorate:** your home with house plants that not only look great but absorb and eliminate toxic VOCs. These plants include Native Kentia Palm, Peace Lily and Devil's Ivy.

## how many of us are checking the labels? How many of us are decoding the numbers? Knowledge is the key

I remember my mum cleaning the oven with bi-carb and vinegar. She used lemons in hot water when washing glasses and stubborn marks were treated with Eucalyptus oil if Sunlight Soap didn't work.

There are numerous books and blogs on homemade cleaning products. I find "Stay at home Mum" a great resource. Check out: <http://www.stayathomemum.com.au/houseandhome/diy-cleaning-products/>

Get the kids involved in the process and they will be more willing to assist with the cleaning to see how "their product" works. I have even had the kids make labels for the products and popped them into a spray gun container. Not only will you be confident knowing that you are moving toward chemical-free, but you will also save some money at the checkout!

Educate yourself on the nasties in your trolley. Make some small changes at the supermarket and little by little we can make a difference.

# Did you know?

- 90% of all poison exposures occur at home.
- Toxic chemicals in household products are not required to be listed on the label.
- Air fresheners do anything but 'freshen' the air. They just cover up harmless natural odours with toxic synthetic ones.
- Common household cleaners give off fumes which can aggravate respiratory problems like asthma.
- Chlorine bleach is the chemical most frequently involved in household poisonings.
- Window cleaners often contain ammonia and butoxyethanol. Ammonia fumes can irritate the skin, eyes and respiratory system. Butoxyethanol easily penetrates the skin and can cause nausea, headaches, dizziness and eye and skin irritation.
- Oven cleaners can be one of the most dangerous cleaning products, which can cause severe damage to eyes, skin, mouth, and throat.
- Toilet bowl cleaners can be extremely dangerous cleaning products. Breathing the fumes can be harmful and they may be fatal if swallowed.

Source: TheChemicalMaze. B Statham.



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The SHOWCAM lets kids show off the pictures they create instantly and almost anywhere - the floor, a wall, even dad's shirt! RRP \$84.99.



For your chance to win please register online at [www.havenmagazine.com.au](http://www.havenmagazine.com.au) and follow the Competition/Giveaway links. Click on the prize you would like to win and complete the entry form online to enter. Only winners will be notified and entries close on 20 September 2013. Good luck! Entrants details may be shared with give-away sponsor.

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## MUM'S THE WORD



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- SlumberSac - \$49.95
- SlumberSac Hooded Robe - \$29.95



For your chance to win, enter online at [www.havenmagazine.com.au](http://www.havenmagazine.com.au), follow the competition/ give-away links and enter your details. Only winners will be notified and entries close 20 September 2013. Entrants details may be shared with give-away sponsor. Good luck!



## NOW NATIONAL! NEW WEBSITE!

For over four years **savvymama** has been keeping Gold Coast mums in the know and now it's time to embrace mama-hood with the rest of Australia!

You can now sign up for your weekly what's on listing in Sydney, Melbourne, Canberra, Darwin, Hobart, Adelaide, Perth and the Gold Coast too! Plus enjoy helpful, hip information from our awesome tribe of contributors.

### Win

5 NIGHTS AT ZAGAME'S PARADISE RESORT ON THE GOLD COAST!

**TO CELEBRATE THE LAUNCH OF OUR NEW NATIONAL WEBSITE – ALL SAVVY MAMAS REGISTERED ON THE SITE WILL GO IN THE DRAW TO WIN THIS FABULOUS HOLIDAY!**



DON'T MISS YOUR CHANCE TO WIN – ENTER ONLINE AT [WWW.SAVVYMAMA.COM.AU](http://WWW.SAVVYMAMA.COM.AU) BY 31 OCTOBER 2013.

**VALUED AT OVER \$1600\***



\*terms & conditions online – contest closes 31 October 2013.

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[www.savvymama.com.au](http://www.savvymama.com.au)

**KEEPING BUSY MUMS IN THE KNOW**

If you would like to place your event in our calendar, please email us at [editor@havenmagazine.com.au](mailto:editor@havenmagazine.com.au) and add Calendar of Events in the subject line.

# WHAT'S ON IN... *September*



Gold Coast Show  
Gates Open at 9am  
Parklands Showgrounds  
Smith Street  
Southport  
[www.goldcoastshow.com.au](http://www.goldcoastshow.com.au)

Dance and Circus Party  
10am till 1pm  
Broadwater Parklands  
Marine Parade Southport  
[07] 5559 0318  
  
The Sunday Mail Suncorp Bank  
Bridge to Brisbane Fun Run  
6am till 12.30pm  
Murarrie to RNA Showgrounds

1



Grease is the Word  
Lyric Theatre  
QPAC Brisbane  
[www.qpac.com.au](http://www.qpac.com.au)

1-30

FABIC –  
BEHAVIOUR SPECIALISTS  
Bullying  
10.30am till 12pm  
Helensvale Branch Library  
Cnr Lindfield Road & Sir John  
Overall Drive  
Helensvale  
[07] 5530 5099

2

Teddy Bears Picnic  
9.30am till 12pm  
Pine Rivers Park Gympie  
Road  
Strothpine

4

Travel Expo  
10am till 4pm  
Twin Town Services Club –  
Showroom  
2 Wharf Street  
Tweed Heads  
1300 366599

4-5

FREE Healthy Lunchbox  
hints & tips  
6pm to 7pm  
Mudgeeraba Firth Park  
Meeting Room Somerset Dr  
Bookings required Skye Miller  
0407 110 471

5



Brisbane Broncos –v–  
Canterbury Bulldogs  
7.45pm  
Suncorp Stadium

5

**SUPERHERO SATURDAY**  
7  
Superhero Saturday  
9am till 1.30pm  
Jack Evans Boat Harbour  
Tweed Heads  
[www.superherosaturday.com.au](http://www.superherosaturday.com.au)

7

Australian Wallabies –v–  
Springboks  
Suncorp Stadium  
[www.rugby.com.au](http://www.rugby.com.au)

7



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and Baby Market  
Cnr Tamborine Mountain Road  
and Beenleigh Beaudesert  
Road, Tamborine Village  
[www.beardeddragon.com.au](http://www.beardeddragon.com.au)  
Sarah McNeil 55436 888

7

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and receive  
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lessons!  
\*Conditions  
Apply



**7-28**  
 Brisbane Festival  
 All over Brisbane  
[brisbanefestival.com.au](http://brisbanefestival.com.au)  
 Brisbane Airport Light Garden  
 5pm till 11.30pm  
 Cultural Forecourt Grey Street  
 Southbank

**10**  
 Gold Coast NurtureGroup  
 10am till 12pm  
 Varsity Lakes Community  
 Resources Centre  
 Mattocks Road Varsity Lakes  
 1300 773 664

**10**  
 Rold Dahl Craft  
 3.30pm till 4.30pm  
 Grange Library  
 79 Evelyn Street Grange

**13**  
 The Mumz Buzz  
 Springtime Soiree  
 'Fairies & Forest Friends'  
 9.30am till 11.30am  
 Saltbar Beachbar & Bistro  
 Bells Boulevard Kingscliff  
[www.mumzbuzz.com.au](http://www.mumzbuzz.com.au)



**13-22**  
 Swell Festival  
 All Day Event  
 Currumbin Beach  
 Pacific Parade Currumbin  
 [07] 55256392

**14**  
 Broadbeach Kindergarten –  
 60 Years  
 10am till 4pm  
 2 Armrick Avenue  
 Broadbeach  
 [07] 5531 6377

**19-23**  
 Celebrate Children's Week  
 Helensvale Branch Library  
 Cnr Lindfield Road & Sir John  
 Overall Drive  
 Helensvale  
 [07] 5530 5099

**21**  
 Grease on the Great Lawn  
 6.30pm till 8pm  
 Broadwater Parklands  
 The Great Lawn  
 Marine Parade Southport  
 [07] 5581 1671

**21**  
 Brisbane Festival  
 Treasure Island  
 12pm till 1pm  
 The Spiegeltent Cultural  
 Forecourt  
 Grey Street Southbank

**21-22**  
 Surfers Paradise  
 Kids Weekend  
 All Day Event  
 Surfers Paradise Foreshore  
 Surfers Paradise  
[www.surfersparadise.com](http://www.surfersparadise.com)



**21-30**  
 The Complete Works of William  
 Shakespeare  
 [suitable for ages 9-12]  
 Cremorne Theatre QPAC  
 Cultural Centre South Bank  
[www.qpac.com.au](http://www.qpac.com.au)

**22**  
 The Mummy Tree Markets  
 9am till 1pm  
 River Park Place  
 Col Gardner Drive  
 Morningside

**23-27**  
 The Kazoos School  
 Holiday Show  
 9.30am & 11.30am [daily]  
 Showcase on the Beach  
 Marine Parade Coolangatta  
[info@thekazoos.com](mailto:info@thekazoos.com)

**The Frog Prince**  
 The Frog Prince –  
 Fame Theatre Company  
 10am till 11.30am  
 Claver Theatre  
 All Hallows School  
 547 Ann Street  
 Fortitude Valley



**24**  
 Kiddywinks Puppet Theatre  
 10am till 10.45pm  
 Carindale Library  
 Westfield Carindale  
 1151 Creek Road  
 Carindale

**27**  
 Making Finger Puppets  
 10am till 11.30am  
 Garden City Library  
 Cnr Logan & Kessels Road  
 Upper Mt Gravatt  
 [07] 3403 8888

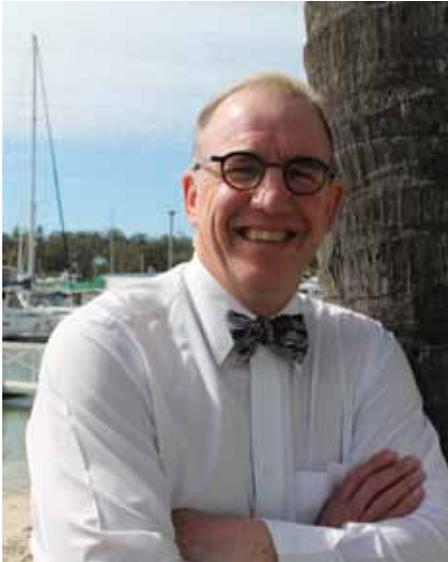
and there's more...

**28**  
 Sunsuper Riverfire  
 7pm till 11.30pm  
 Clem Jones Promenade  
 Southbank

**29**  
 Live at Bond –  
 Free Music Series  
 3pm till 5.30pm  
 Bond University  
 14 University Drive Robina  
 0420 859 350

- 7th **Eagleby State School 25th Anniversary Fete**  
 10am till 4pm Eagleby State School  
 Cnr Fryar and Herses Road Eagleby
- 7th **Oakleigh State School Fair**  
 10am till 9pm Oakleigh State School  
 Buxton Street Ashgrove
- 7th **Ascot Big Day Out**  
 11am till 9pm Ascot State School  
 Anthony Street Ascot
- 7th **Wilston State School Fete**  
 11am till 5pm Wilston State School  
 Primrose Street Grange
- 8th **Dutton Park State School Festival**  
 10am till 3pm 112 Annerly Road  
 Dutton Park

- 15th **St Francis Xavier Primary School Fete**  
 3pm till 5pm Cnr Simbai Street and  
 Bayview Street, Runaway Bay
- 15th **Woolloowin Family Fun Day**  
 10am till 3pm Woolloowin State School  
 663 Lutwyche Road  
 Woolloowin
- 21st **Bonogin Valley Spring Fair**  
 10am till 3pm Bonogin Road East  
 Davenport Park Bonogin  
[www.bonoginvalleycommunity.com.au](http://www.bonoginvalleycommunity.com.au)
- 28th **Whispering Gully Childcare Centre  
 Spring Fair** 8am till 12pm  
 1-5 Breakwater Road Robina



## CHILD CRITICAL ILLNESS INSURANCE

### Helping you to focus on your child's recovery

Adrian McDonald, known to clients and colleagues as The Bowtie Man, explains that Child Critical Illness insurance is about providing you the financial support to put your focus where it's needed in these difficult times—on your child and their recovery.

WHILE IT'S NOT SOMETHING WE LIKE TO THINK ABOUT, SOMETIMES IT'S OUR CHILDREN THAT FACE A SERIOUS ILLNESS AND NOT OURSELVES.

"When kids get sick, families rarely live near a children's hospital where their child might be hospitalised. A lump sum paid from your insurance can help towards the family's travel and accommodation arrangements so you're able to be at your child's side when they need you most."

It can also help replace lost income so you can take time off work to care for your child, pay for unplanned medical expenses, or if the worst happens, take time away from work to grieve.

When you have Critical Illness insurance for your children, you have access to the Best Doctors network, a group of peer-nominated, leading specialists from around the world.

Through its InterConsultation™ service, Best Doctors are able to provide confidence, clarity and certainty to a patient's diagnosis or medical procedure. Children can be covered from age 2 up to 18.

As Adrian says, "It gives you peace of mind to know you don't have to count on your holiday leave covering your time with your child, or if you're self-employed, you have the funds to cover you while you're not working. Best of all, with Critical Illness insurance, you can afford the best treatment."

In his nearly 30 years in the business, Adrian says he has seen first-hand the difference Critical Care Illness insurance makes to a family. "It takes the financial pressure off. If your child needed to go to another city for treatment, it would give you the money to drop everything, take the time off work and be with them."

Far from being limited to families with "a history of illness", Critical Care Illness insurance is something that all families should consider. "Cancer is not hereditary and it's not selective. It can happen to anybody at any age, and it's very traumatic for young children, especially if their parents can't be there to comfort them."

Go to [mlc.com.au/bestdoctorsonline](http://mlc.com.au/bestdoctorsonline) for more information and to hear about client experiences with Best Doctors.

More at <http://thebowtieman.com.au>

- Each year around 200,000 children in Australia fall critically ill.

Source: Children's Cancer Institute of Australia, Cancer in Australia in 2001 - 2004, [www.ccla.org.au](http://www.ccla.org.au)

- Over half a million children under 15 were admitted to hospital over a 12 month period.

Source: Australian Institute of Health and Welfare, Hospital Statistics, 2006 - 2007.

- Every year more than 600 children in Australia are diagnosed with cancer. On average, 10 are fatalities.

Source: 1. Australian Institute of Health and Welfare, Cancer in Australia: an overview 2008 - Number of new cases and age-specific rates by year, sex and 5-year age groups, Australia, 1982-2005. 2. Australian Institute of Health and Welfare, Australian Cancer In.

## SOMEBODY BY YOUR SIDE

Adrian McDonald FCPA



BOWTIE MAN

ADVICE & INFORMATION  
in case of the unexpected

"Not a 1800 number, a genuine, dedicated qualified professional with you every step of the way."



For a chat and a cuppa to discuss your needs call **0414 589 720**

or email [bowtie@successionplanner.com.au](mailto:bowtie@successionplanner.com.au) web: <http://thebowtieman.com.au>



# MAMARAZZI

## Kids out and about in Brisbane

Email us your kids in action [editor@havenmagazine.com.au](mailto:editor@havenmagazine.com.au)



## are you a motivated mum?



We are seeking stay at home Mums, across the Gold Coast and Brisbane to help distribute Haven for Families magazines every month. This is a great opportunity that you can fit in around kindy and school hours.

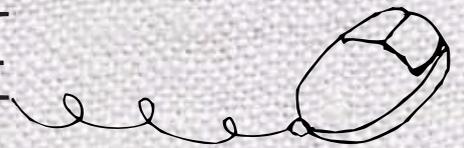
All you need is 2 to 3 days at the beginning of each month, access to a car and real motivation. You must be able to distribute on our promise to get the job done with care and commitment.

For more information or an application please contact Marissa on 0417 881 971 or [marissa@motivatedmums.com.au](mailto:marissa@motivatedmums.com.au)

If you are a business owner we would love to help you too.

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THE MUST HAVE NAPPY BAG!  
Gravy bags combine smart, understated design with user friendly functionality. The Full Moon baby change station is a compact nappy bag and change station all in one. Perfect for mums on the run, so easy for dads to use and ideal for gifts.

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[www.savvymama.com.au](http://www.savvymama.com.au)




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**SAY A LITTLE MORE...**

Haven for Families has a new spot in our monthly magazine for you to share what's new, where to shop, places to play or things to do!

Speak to one of our team today!

Prices starting at \$150+GST  
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*for families*

FERTILITY | BEAUTY | SKIN CARE | NATURAL THERAPIES | HAIR | ANTI-AGING

# ALL ABOUT HER

Being a mum is a great achievement,  
a joy and a challenge.

You are still every bit your own person as well and need to  
honour your family, by looking after yourself. You are a woman,  
with interests and needs – health, beauty, social life, career.

All About Her showcases the latest news, views, products,  
treatments that can help you maintain your health and wellbeing  
from the inside out.



## DIVINE DETAIL

PRECIOUS PREVIEWS CAPTURES MOVING AND 3D IMAGES OF YOUR UNBORN BABY THAT YOU CAN TREASURE FOR A LIFETIME.

For parents and family members, those first Ultrasound images of the unborn child are a wonderful peek inside the womb. Now, thanks to revolutionary 3D/4D imaging, you can see your child in much more detail, watch them move, yawn and scratch. And far from a black and blurry print, these detailed images are a life-like first introduction to your new family member.

With 3D Ultrasound, you see your baby before birth, and with 4D real time technology you can watch your baby move. According to the expert technicians at Precious Previews, it is a wonderful way for mothers to further their maternity and parenting experience and for fathers and siblings to begin bonding with the baby before he or she is born.

Precious Previews utilises the very latest in 3D/4D foetal imaging technology to offer expecting parents and their families unsurpassed, top quality images and video recorded to DVDs and CDs.

"We have seen that through this process, many mums and dads feel more connected to the pregnancy and increase their commitment to their prenatal health behaviour."

Mum and up to 10 guests can relax in the cinema-style viewing room to view the baby in a private, comfortable environment, with images visible on a big screen TV, much to the awe of all gathered.

The non-diagnostic 3D/4D ultrasound is recorded on to CD and DVD to preserve this magical moment on DVD so you can treasure your memories for a lifetime.

The optimal time for carrying out the imaging is between 27 and 32 weeks gestation. To obtain a clear view of your baby, Precious Previews recommends that you drink at least



eight glasses of water per day, for one week prior to your appointment. This increases the amniotic fluid around the baby which assists them in capturing clearer images.

For Keeley O'Connor, who visited Precious Previews in Loganholme before the birth of her third child, son Dylan, the experience was informative and moving.

"At 28 weeks the baby was almost fully formed, so I could see his features. It's like taking a peek into the womb. You can see the gender, watch them move and wriggle. It's a great first introduction to your new family member. My husband and daughters, were thrilled to be part of it and we even had our cousins join us so it was so exciting to share the experience with our extended family."

Best of all, the rooms are not at all clinical. "The whole family can enjoy the experience, lying back on recliners, like being in a lounge room. There's also a massage room for the mums, and the staff are all friendly and excited to see the baby along with us! Looking back at the images you can certainly see the resemblance to his first photos as he came into the world!"

More at [www.preciouspreviews.com.au](http://www.preciouspreviews.com.au)

## SPRING CLEAN

TIME TO SHED THE LAYERS AND EMBRACE THE SUN. THIS SEASON'S MUST HAVES DELIVER TRIED AND TRUE RESULTS IN PREPARATION FOR SHOWING SOME SKIN!

### Dr Spiller Jojoba Peel Cream

Dead surface cells can give the skin a dull appearance. Dr Spiller Jojoba Peel Cream is a mild peeling cream that contains soft spheres of jojoba wax that gently remove dead skin cells and stimulate circulation. The rounded edges of the jojoba wax dissolve when combined with warm water, softly exfoliating skin without causing micro injury. Ideal for even sensitive complexions. RRP \$64.

More at [www.dr-spiller.com.au](http://www.dr-spiller.com.au)

### One for the boys - MANage Your Skin

Men want just one thing when it comes to skin care - maximum results with minimum effort. The Manage Your Skin range contains a patented bio-active plant-based ingredient with cutting edge technology. Designed to work specifically for men's skin, it contains a unique patented bio-active ingredient called Glycamon Compound which helps give male skin what it craves most: more energy.

The unique emulsion is specifically formulated to help reduce irritation and hydrate skin at the same time.

More at [www.manage-your-skin.com.au](http://www.manage-your-skin.com.au)



### Ere Perez Versatile Vanilla Highlighter

This creamy iridescent highlighter softly illuminates the skin for a healthy, natural shimmery glow for all skin tones. As natural as it is beautiful, the Vanilla Highlighter is made from olive oil, native Mexican Candelilla wax, cocoa butter, avocado oil and grape seed oil to give a gorgeously soft, shimmery and creamy formula that is easy to apply with the fingertips.



Ere Perez Versatile Vanilla Highlighter helps diminish the appearance of fine lines, so that skin looks instantly softer and younger. RRP \$28.90.

Buy online at [www.ereperez.com](http://www.ereperez.com)

### Eco Tan Organic Invisible Tan

Invisible tan is an organic moisturiser that nourishes your skin without any synthetics. It has a lovely soft note of rose flower. Simply apply it to fresh dry skin and watch it turn into a beautiful rich honey tan. Suitable for both face and body. Sleep in it without staining your sheets, as it does not contain coloured pigment.

### Eco Tan Extreme Exfoliant

Brilliant for pre and post tanning, Eco Tan Extreme Exfoliant removes layers of dead skin and old tan to reveal fresh smooth skin. Can be used as a dry buff or with water. Great for unclogging pores on the face and body.

More at [www.ecotan.com.au](http://www.ecotan.com.au)



# LIFESTYLE

FOOD DESIGN ACCESSORIES FURNITURE



## SIMPLE IS SUPER

Words: Georgia Harding

*When it comes to food and our diet, we are constantly receiving mixed messages about the most healthy foods to eat. Wherever we turn, we are confronted by an array of products all with a variety of health claims.*

The food industry is fully aware that we all want to be healthy and raise healthy children, so health claims usually attract consumer support. However, it is often the very products that make these health claims that are THE MOST processed and in fact contribute very little, if anything, to good health and wellbeing.

Now we have a new wave of health claims in the form of 'super foods' that have inundated the health food industry (and I'm sure the processed food industry isn't too far behind)! So are 'super foods' indeed super?

I believe that the simple things in life are important. Every whole, real food provided by nature really is super! The more whole the food and the less human intervention that has taken place before it reaches your plate, the better it is going to be for you. It doesn't necessarily have to hail from some deep dark corner of the Amazon to possess super health benefits. In fact, a humble fruit or vegetable grown organically from a nearby farm may just yield as much goodness and have more of its life force intact than a super food that has been processed into a powder and travelled some distance before being packaged and sold for top dollar.

That said, many of the foods hailed as 'super' do indeed have impressive nutrient profiles: chia seeds, quinoa, cacao and coconut oil are personal favourites, however some other 'super foods', especially the berries and roots, must be processed in order to be preserved and this is often at a significant cost to their health giving nutrients.

'Super foods' form a very small part of a much bigger picture. That is, you can't eat a largely processed diet and supplement with an Amazonian fruit powder and expect long lasting health and vitality. There are no short cuts and no fast fixes when it comes to maintaining good health. Also bear in mind that what may help to make one person feel fabulous, may not suit another.

This is the case especially with those products touting a variety of medical claims. Please also be very cautious of super foods that are mixed into very sweet, smoothies or ice cream bowls. These are treat foods, not health foods and the energy boost you experience from these concoctions is most likely due to the sugar content!

So before you spend your hard earned dollars on any food, even super foods, please consider the processing. At the end of the day, simply sharing a variety of seasonal, local, whole foods with friends and family and creating delicious food memories are all you really need to live a healthy, happy life.



## CHIA BERRY RIPE

This little concoction is medley of several very super whole foods. It's deliciously sweet enough for a dessert (my husband thinks it tastes like a cherry ripe) and healthy enough for breakfast! I make a jar of it and help myself when the desire arises.

So what's so good about it? Chia seeds have a very impressive nutrient profile and are a great gluten free source of fibre, protein and omega 3 fatty acids. These small, tasteless seeds swell up and absorb liquid and the flavours they are soaked in, which makes them incredibly versatile.

The berries and cacao powder are rich in antioxidants and the lemon zest and coconut milk are wonderful immune boosters. How super is that?

### INGREDIENTS

- ½ cup of berries (I use raspberries and blueberries but any will do)
- ¼ cup of chia seeds
- 1 tablespoon of raw cacao powder
- 1-2 tablespoons of real maple syrup or rice syrup
- 2 teaspoons of vanilla paste or powder
- Zest of one lemon
- ½ teaspoon of cinnamon powder
- 1½ cups of coconut milk (can exchange any other type of milk)

### METHOD

In a large jar place all of the ingredients and stir or shake to combine well. Place it in the fridge for at least a few hours (I leave it overnight). You can shake or stir it after an hour or so, just to make sure the flavours are well distributed. Enjoy as it is or topped with more berries. It will keep in the fridge for a few days.



## TIMEOUT ADVENTURES AT RACV ROYAL PINES RESORT



### Isn't it time you took some Time Out?

IN A GOLD COAST FIRST, RACV ROYAL PINES RESORT IS OFFERING GUESTS AND THE PUBLIC A SELECTION OF TIME OUT ADVENTURES PACKAGES, WHICH CAN INVOLVE ANY NUMBER OF QUIRKY AND ACTIVE OPTIONS, SUCH AS THE NOVEL TWO-WHEEL SEGWAYS; OR LASER CLAY SHOOTING, OZBOBBLES, WHICH CAN WALK ON WATER; AND BOBBING HEADS, WHERE YOU CAN STAR IN YOUR OWN PERSONALISED VIDEO.

The Segway is an amazing, self-balancing vehicle, invented in 2001 and today used internationally for everything from police rounds to city tourism tours. A fleet of them will be seen on the resort's fairways from mid-December, along with a myriad of other packages through the Time Out Adventures group.

John Morris, General Manager of RACV Royal Pines Resort, says the Time Out Adventures packages are a first for the Gold Coast and are open to not just hotel guests but the public in general.

"They are intended to throw some exciting new options into the mix when visitors alike are looking for leisure adventures.

"The Segway options include not only testing the machines on all sorts of terrain within the resort, but also romantic rides, adventure tours playing nine holes of golf using Segways. We believe Segway golf is a first for Queensland."

Bopping Heads too is great entertainment for the whole family.

"Simply pick your favourite song, the music starts, you and up to three others bob your head to the music and make as many funny expressions as possible. Your heads are then super-imposed on to the body of a dancer and your own music video is recorded to DVD."

Then there are the Ozbobbls, which are large plastic spheres that you climb into and where you literally walk on water, popular with both children and adults.

**Time Out Adventures will be based onsite at RACV Royal Pines Resort from 15 December. For bookings and further information please contact reception or call 1300 090 767.**





# PARADISE IS CLOSER THAN YOU THINK!

Words: Keeley O'Connor

*You know when you are on the right track with the kids the words mum and cool in the same sentence chime in your ears! It's hard not to impress the mini me's when you share the news you are spending a night at Zagame's Paradise Resort! You know the spot... it's heaven for kids or is it parents? Because we all had a fantastic time!*

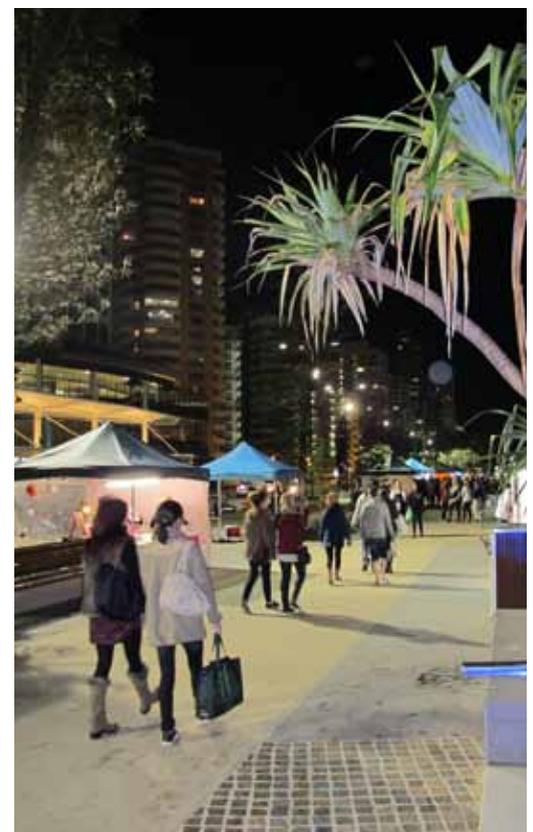
It didn't take much convincing to get the bags packed – the kids especially loved the fact they had to pack their swimmers and beanies! Who would think... an ice adventure and water park all at one resort?

We headed into Surfers on a Friday night and firstly the road trip was great [all 20 minutes of it and there were no bathroom stops!]. Next stop, check in and we were all delighted to see the fresh, contemporary styling of the newly refurbished rooms at Paradise Resort.

Huge spaces for a family of five, bright colours, crisp white linen, modern bathrooms and the kids dove onto their colourful bunks to claim top and bottom – and the best view for the TV. Not only is the décor up to date, there

is also Internet access in the newly appointed quarters, so it's easy to stay connected.

Being Friday night, our first stop was the Surfers Paradise Markets. We love the holiday vibe along the Esplanade and regardless of being a local it was nice to stroll, listen to the music and chat our way along the stalls of talented artisans. The fact Paradise Resort sits on the gateway to all the hustle and bustle of Surfers Paradise make it a no brainer to check out the changes in our city centre. We dined at Vapiano in the Soul Building, a new addition to the strip. It was family-friendly, reasonably priced and had a great view over the entertainment of Cavill Mall.





*Huge spaces for a family of five, bright colours, crisp white linen, modern bathrooms and the kids dove onto their colourful bunks*

Day two and of course there was no sleep in for the excited crew – we had ice rinks and water parks to explore! We fueled up at the Bistro, which got a big tick from us to see that family dining was reasonably priced and us parents enjoyed the day off from operating our own buffet for fussy eaters! (Plus no dishes!)

We made a plan to start the day off at the ice rink and finish up at the water park and lucky for us, the Queensland sunshine was at its best! So skates on and away we went! I had a reputation to uphold after growing up in Canada and telling the kids that I could skate backwards. Thank goodness for the penguins to keep us steady! We skated to the bright lights and rockin' tunes and you know what? I got my groove back! Back to hearing the words mum and cool in the same sentence again!

The kids dream day out continued and they hit the water park with a vengeance up, down, under and

all around while us parents reclined with books and beverages – bliss!

Now you can enjoy even more alone time as a couple with the fully kitted out kids club, day and evening sessions are an option, so a dinner date is not out of the question while on your family holiday!

Be sure to check out the entertainment during your stay, as happy hour poolside will be just a treat when the kids are occupied by a magic show or live music. The Paradise Resort team have thought of everything from a family perspective.

So if fun and family are on your agenda, be sure to check it out!

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# Day Trippin'

DAY TRIPS ARE THE GREATEST – LONG ENOUGH TO SOW THE SEEDS OF ADVENTURE  
AND LEAVE YOU FEELING HAPPY THAT YOU GOT OUT OF THE BACKYARD,  
PLUS YOU GET TO SLEEP IN YOUR OWN BED AT NIGHT.

## Broadwater Rockpools



KEEP COOL AS THE WEATHER WARMS UP WITH THIS HIDDEN GEM AT BROADWATER PARKLANDS. THE ROCKPOOLS IS AN EXCITING WATER PLAYGROUND FOR CHILDREN OF ALL AGES TO ENJOY.

**PLAY** With a coastal theme, the Rockpools have a creek bed and a variety of pool areas that simulate coastal tides with the water filling up and emptying on timers and pop jets that squirt water throughout the play area.

**EAT** There are cafes within walking distance, or pack your own picnic and make a day of it.

**SHOP** Southport is just a stone's throw away, with Australia Fair opposite. A bit further down the track, The Brickworks, where you can refuel, stock up on supplies, window or really shop, and of course, gobble sweet treats, sushi and gourmet goodies.

**ADVENTURE** You can swim, kayak, splash around, or bike and blade up the pathways and back again. It's a veritable adventure playground, so hop to it and take advantage of the longer days.

The Rockpools are open 9am to 5pm, but closed every Tuesday morning for maintenance from 9am to 12pm.



## Paradise Point

AT THE NORTHERN TIP OF THE GOLD COAST, PARADISE POINT HOSTS THE ESPLANADE NORTH PARK, BORDERING CALM WATER, SUPER VIEWS, A PAVED WATERFRONT PATHWAY AND EVERYTHING YOU MAY NEED NEARBY. SO SET UP CAMP FOR THE DAY AND ENJOY SOME FAMILY FUN!

**PLAY** There are three playgrounds that line the waterfront park and the kids will surely love at least one of them. The main playground is a big one and has rope climbs, swings, slides and more to suit most ages. If this playground is a bit busy, you can always check out two more within a quick walk north along the waterfront path. There is enough green space to kick the ball, throw Frisbee, and there is also a great strip of sand, swimming area and a pier for fishing.

**EAT** You will find several cafés that line the Esplanade if you are looking to eat in or alfresco, or you could grab a take away coffee or BYO picnic in the park. There are BBQ's and picnic tables scattered throughout the foreshore park and there is also some great casual take away food shops like traditional fish'n chips, or Billy's Chickens where you can get salads and yummy roast chickens to carve up.

**SHOP** Lollipop Boutique is right on the Esplanade and offers kids clothes, including some designer labels. You can also find the markets on in the park the fourth Sunday of each month from 7am to 2pm and The Village Markets have just kicked off alternate Sundays. If that doesn't give you a shopping fix there is always Harbour Town Outlet Shopping Centre a few kms away.

**ADVENTURE** You can bring the scooters, roller blades or bikes and make your way along the foreshore path. If you have a boat there is direct access to the Coomera River or you can meander through the canals of Sovereign Island and check out all the beautiful waterfront homes.

# LET'S HEAR IT FOR **DAD!**

CELEBRATING DADS ALL MONTH, WE ASKED DADS ALL OVER, FROM THE COAST TO THE COUNTRY, WHAT ARE THE BEST THINGS ABOUT BEING A DAD?



*The best thing about being a dad is discovering the ability to love far more deeply than you ever thought yourself capable of loving. It's the uncontrollable laughter on a daily basis. It's the never ending worry for little people you want to keep safe from the dangers of the world, all the while wanting them to experience the wonders that same world has to offer. It's watching them enjoy life, which in turn, gives your own life extraordinary meaning.*

Rob, Jacob, Catie and Madeleine Hazel



*Waking up every day and having Danielle's smiling face and big, bright personality is the best thing. Every day is a blessing when you have a child with a condition. She is such a fighter. She loves school and her friends.*

Gavin and Danielle Scorch



*Watching my boys grow and mature with their own unique personalities and talents.*

Troy, Jordan and Connor Ferguson



*The best thing about being a dad is getting to be a kid again!*

Jack, Scott and Harry Beaumont



*There are so many great things about being a dad: the big hugs I get in the morning, kicking the footy in the park, the huge smiles I get when I come home from work and when my eldest says "daddy you are my best friend!"*

Matt Blinkhoff with Sam and James

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A KEEN SURFER AND DAD TO TWO BOYS, FORMER JOURNO, JASON OXENBRIDGE IS NATIONAL MEDIA MANAGER FOR BRAVEHEARTS, SPREADING THE WORD ABOUT CHILD PROTECTION WITH THE AIM OF MAKING AUSTRALIA THE SAFEST PLACE IN THE WORLD TO BRING UP CHILDREN.

# Dads that Rock!

## Business

### WHAT'S YOUR BACKGROUND?

Journalist, sporadic poet, wannabe rock star. I've been very fortunate to have forged a career doing what I love and have been employed by the likes of Murdoch and Packer and held senior writing positions at News Ltd, ACP, Fairfax and Business News Publications. Have also had a dalliance in public relations and media management specialising in the corporate, property and entertainment industries.

### HAVE YOU HAD MENTORS DURING YOUR CAREER?

Yes. I believe switched on people from whom you can learn play a pivotal role in both your successes and failures as they have celebrated/endured both. There are too many to rattle off names, but I relish time spent with anyone who has in some way influenced positive change in me and had sway in the way I conduct myself in all aspects of my life - not just my career, but as a father, a partner, a friend and a person who wants to make a genuine difference in the world by helping others.

### WHY DID YOU MAKE THE MOVE FROM PUBLISHING TO MEDIA FOR A CHARITY?

An epiphany of sorts. I used to joke that I worked so much that the dog no longer listened to me and my kids barely knew me, so last year I took a monumental leap of faith to reverse that. At the time I was Group Editor at Business News Publications and after more than 5 years there, the flame kind of went out for me. I was no longer passionate and was burning out, so I took a six-month sabbatical and became a dedicated dad, took my kids to school and talked to their teachers and did cool stuff and just played an active role in their lives. I also went surfing, renovated my house and walked the dog along the beach. During that time I attended a leadership event where Bravehearts Founder Hetty Johnston was the guest speaker. Her story and vision resonated and inspired me and I wanted to help in some way, so I approached with an offer to do some pro bono work. Two months later the Federal Government announced a Royal Commission into Institutional Responses to Child Sexual Abuse and it went from there.

### TELL US ABOUT YOUR CURRENT ROLE?

My role is incredibly diverse. Responsibilities include driving media campaigns and devising communication and PR strategies across broad platforms, keeping media updated on our education, training and counselling initiatives, managing press conferences, creating digital content for websites and social media, strategising and lobbying for outcomes which better protect kids and actively engaging with Federal Government and key stakeholders on the Royal Commission.



### WHAT ARE YOUR MAIN AIMS FOR BRAVEHEARTS?

Bravehearts has a Vision to make Australia the safest place in the world to raise a child by 2020, so all of my energy, concepts, discourse and strategies are aligned with that. It's about getting the message out there and raising awareness as we educate, empower and protect Australian kids. It's a challenge, but ultimately rewarding to know that what you're doing is helping the most vulnerable members of our community and their families.

### WHAT IS A TYPICAL DAY FOR YOU?

At times it's like a hurricane, such is the pace at which digital media moves. Breaking stories actually break on the minute, not on radio that day, the TV that night or print the next day. The day changes rapidly, but a typical couple of days last week entailed working with Bravehearts cyber safety partner Google on a joint press initiative; flying to Tassie to run a press conference to commemorate the 300,000th Aussie child being educated by our safety program Ditto Keep Safe Adventure Show; writing TV commercials for our annual White Balloon Day on September 6 and the Bravehearts Time Trial; updating digital media channels re: our latest initiatives; and the daily running of the Bravehearts press agency where interview requests are constant.

### WHO DOES THE COOKING AND CLEANING AT YOUR HOUSE?

As a single dad I do both, although my boys Jet [5] and Phoenix [4] pitch in and help by cleaning their toy room [typhoon central] and sometimes even help out their dear dad in the garden.

### DO YOU HAVE HELP AROUND THE HOUSE?

We used to have a cleaner, but now I'm it [sigh].

### WHAT DO YOU DO FOR YOUR OWN PERSONAL RECREATIONAL ACTIVITIES - TIME ALONE?

Surf at every opportunity, play golf when the waves are flat and recently I've reinvigorated a penchant for Hemingway.



## Boy Stuff

### WHAT ARE SOME OF THE BEST THINGS ABOUT BEING A DAD?

Guiding, protecting, loving, laughing, listening, learning and feeling like you're a kid again by getting down to earth in the sand pit, imagining other worlds by building space fighters with Lego, experiencing the joys of surfing with them, the thrill of riding a bike sans training wheels, the patience and stoke of fishing, the creativity of drawing and painting and my favourite - being self-deprecating by singing silly songs. Basically anything that brings about a sense of harmony and those times of adventure that create golden memories.

### WHAT ARE THE MAIN CHALLENGES?

The challenges of parenting are relentless, but I truly feel that there's no one way, no golden rule and no one parent has all the answers. Certainly a lot of love, understanding, patience and persistence are good paternal attributes to have - especially when the boys were aged 2 and 1 and revelled in a competition whereby the winner was he who spread the most food across the roof. It gets easier as they get older and I feel blessed that their mum and I work together to make sure they have a solid grounding.

### HOW DID REALITY DIFFER FROM YOUR EXPECTATIONS?

I had no idea what it would be like to welcome them into the world as water babies. I'm stoked that I was the first person they saw and I was totally blown away by that. Those first few months were tough with 2 kids just 15 months apart and like every parent knows, sleepless nights are part of it. Their mum learned the art of drinking cold cups of tea and toast. For me it was learning how to drop expectations and just try to enjoy the moments along the way. It's a trait their mum successfully adopted as a kind of altruistic affirmation and I've tried to let that [begrudgingly] rub off on me.

## Tips

### MUST HAVE PARENTING TIP OR TOOL?

Make time for downtime and do the things you enjoy that help to equate balance. For me its surfing. I'm a better, more tolerant and understanding dad if I can spend some time in the water and wash away my working week. Also, I don't subscribe to these old school ideals that kids should be seen and not heard. Listen to them, engage in conversation, drop your smart phone and get involved in your kids lives. The limited time we have with them at the key stages of their childhood zips by too fast. We're blessed to live in this part of the world, so get out of the house and take them on an adventure. A kid who is exhausted and stoked from a day outdoors fuelled by a healthy diet is more of a joy around the house than one frazzled by computer games, ignited by sugar and junk food and obsessed with social media Facebook, Twitter or Snapchat.

## Kids

### WHAT DO YOU DO FOR CHILDCARE?

Phoenix is in childcare one day per week and with his mum the remainder, except for Mondays which is dad day.

### DO YOUR KIDS DO MANY EXTRACURRICULAR ACTIVITIES?

They surf, skate, fish and ride their bikes - basically live the dream with all the cool lifestyle opportunities the Gold Coast has to offer. Perhaps the old man lives a little vicariously along the way. They also attend circus school which they love.

## Fun

### WHAT IS YOUR FAVOURITE THING TO DO FOR DATE NIGHT WITH YOUR PARTNER?

I'm a single dad, so whatever I like. Ha!

### WHAT IS YOUR FAVOURITE PLACE TO JUST CHILL OUT - GOLD COAST, BRISBANE OR BYRON?

At home on my deck in Currumbin, swaying in the hammock after a marathon barrel session and reading a book amid the serenity of my private nature show.

### WHERE DO YOU HEAD TO WHEN YOU GET TIME FOR A BOYS' NIGHT OUT?

We used to get together for band night which was just an excuse to have a few beers and a bite to eat at the surf club, but now it's more like kid's b'days - unless there's a decent band on somewhere like at the Cooly or a festival such as Woodford or Splendour, then we hook up and cut loose for a bit.

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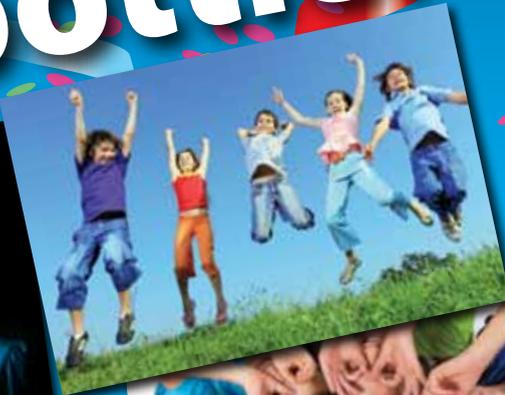
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