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Belinda knew she was destined for a career in communications and publishing from the age of 11 when her Year 6 teacher introduced her to poster projects and glitter pens. She completed her journalism cadetship in the Whitsundays and went on to hold various newspaper and magazine editor roles across Brisbane in a media career spanning more than a decade. When Belinda's not writing for *haven*, she runs her own PR agency, kid-wrangles two young daughters and drinks way too much sweet tea.

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Fe is the founder and director of the Children's Health and Wellbeing Expo. As a fitness professional, Fe operates Fe Taylor Fitness and Leaps & Bounds Children's Fitness Centre. Fe is mum to Tom and Jude.

www.completetransformation.com.au



Jane Whittred (Mrs Red) ART PROJECTS

Jane has a Bachelor of Art under one arm, a PG Diploma of Education under the other, three children and a hubby in one hand and a mini farm in Gold Coast's hinterland in the other hand. Jane owns Mrs Red's Art Room in Burleigh and is a passionate teacher to both children and adults in visual art.

www.mrsredsartroom.com.au



Debbie Hoqq LIFE SKILLS

Debbie is one of Australia's leading award winning coaches PCC/APC, Master NLP practitioner, speaker, women's retreat master, writer, podcaster, adventurous hiker and is The Self-Worth Coach. Debbie is passionate about helping women manage their inner and outer balance. She is co-creator of Life Skills Programs, assisting parents teach children confidence and resilience. Debbie knows that when we give ourselves permission to fully show up in our life, amazing serendipities occur! She is mum to two amazing teenager daughters.

www.lifeskillsprograms.com.au | www.debbiehoqq.com



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Tanya founded Fabic (Functional Assessment & Behavioural Interventions Clinic) in 2006 with a vision to support people to understand and change unwanted behaviours. Tanya is an author, writes and presents behaviour specialist DVDs, and has developed online behaviour support programs.

www.fabic.com.au



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A graduate of the Australian College of Natural Medicine and the London College of Nutritional Medicine, Cassi is the Naturopath at The Medical Sanctuary, and has trained in, and practices, Live Blood Analysis. Cassi has also been lecturing in natural medicine for the past seven years at the Endeavour College of Natural Health, specialising in Nutrition and Food as Medicine.

www.medsan.com.au



Georgia Harding FOOD/NATUROPATH

Georgia is a naturopath with 19 years' experience, a mum, cookbook author and creator of The Well Nourished Lunch Box Challenge. She shares her inspiring health advice and free, nourishing, family friendly recipes on her popular website.

www.wellnourished.com.au



Anthony Sherratt DADDY DIARIES

Anthony 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.



Moyra Major RADIO ANNOUNCER/PUBLIC SPEAKING COACH

Moyra has been a familiar voice on Gold Coast radio for more than a decade. Throughout her career in radio she's had the pleasure of interviewing people from all over the globe and has even appeared on the Ellen DeGeneres Show in LA. She loves speaking in public, whether it be through the radio or in front of an audience. But she wasn't always very good at it. Moyra finetuned the skill, starting her own business, Major Confident, in 2015 to help those like her who struggled to face an audience.

www.majorconfident.com



Hello What a fun issue of haven we have created this month with our "Celebrate" theme! Celebrations are something we all have in common, whether it's an annual calendar event or even a birthday - we get at least one of those every year. The kids seem to count their years in fractions but us adults tend to just stop counting as the decades stack up! The crew at haven has wrapped up this issue with the latest party inspo, from cakes to event stylists, balloons to birthday party venues and so much more. This is one issue of haven you will want to file away for future reference.

I have to share a funny story. Hubby and I just celebrated 15 wild, wonderful years of amazing marriage (too gushy?). Check us out on our big day, pictured above. Hitting this milestone, we figured it was finally a big enough reason to pop the cork on a bottle of champagne we saved from our wedding day. After packing this bottle into a box on every move (and there have been loads!) we finally had our moment with that bottle of Dom Perignon only to find the champers had gone off - it was like vinegar! Yuck! So, the moral of our story is this: Never wait to celebrate! There is no time like the present to pop the cork, dance in the living room (or on the tables), eat cake and have some fun. Celebrate the day, bless the weekends, kick up your heels with the girls, bask in boy time or honour the family and party with your people.

Speaking of fun, join the haven crew for a night at the movies for the opening night of "Bad Moms" this month. We will have champers, canapés and a fun panel of 'Mamas that rock' sharing their motherhood experiences. Tickets are limited. Get your booking details on our website at www.havenmagazine.com.au

Now, go. Find a reason to celebrate!

Keeley

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PHOTOGRAPHY:
Sonya @ H2O Photography

MODEL: Mason

FASHION:
Dragonfly @ James St, Burleigh
www.dragonflystore.com.au

Skateboard @ Darkside
Skateboards, Miami
www.darksideskateboards.com

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HAVEN FOR FAMILIES MAGAZINE
Published by:
Savvy Scene
PO Box 5366
Q Super Centre QLD 4218

Fax: 07 5610 2035

DISTRIBUTION BY

motivated MUMS

www.motivatedmums.com.au

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Reviews

BOOKS

ONE HANDED COOKS

Allie Gaunt, Jessica Beaton and Sarah Buckle

When her first child, Harry, started solids, Allie Gaunt found herself preparing food with a baby on one hip. New to being a 'one-handed cook', she was keen to connect with other parents and share her experiences. So began the One-handed Cooks blog. In their debut book, the team behind the eponymous blog share simple, clever recipes, nutrition info and professional advice.

\$39.99 from Viking

WHAT COULD IT BE?

Sally Fawcett

This concept book for kids is all about unleashing creativity, thinking outside the square and opening the mind to possibility. Part picture book, part artistic inspiration, this book is an interactive adventure for kids aged 3-12, focusing on shapes. Sally Fawcett draws on her teaching background to produce the book and the wealth of teacher's notes and materials that can be used in lesson planning.

\$24.99 from Exisle Publishing

SAPACOOT ATE MY BOOT

Sarina Thompson

Sapacoot is a bat who represents curiosity in tactile exploration. He is a mischievous, lonesome creature who eats so much junk it makes him fat. Nothing was a feat – Sapacoot just wanted to eat! This is a fun children's book with imaginative, bright and colourful illustrations that your children will love. Each page offers loads of detail and plenty of opportunities for interactivity and question asking between reader and listener.

\$19.95 from www.sarinathompson.com

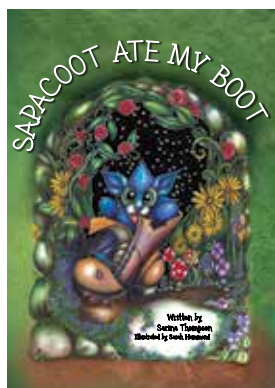
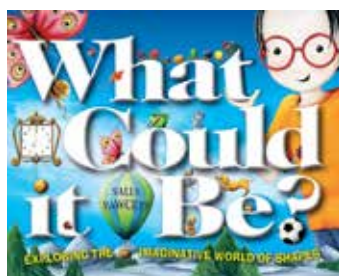
Read more about Sarina's story on page 41.

50 FLATPACK HACKS

Elyse Major and Charlotte Rivers

You spend your life standing out from the crowd – so why should your furniture be any different? Boring shelves, tables and cupboards are a thing of the past. Now, assembling flatpack furniture can be an exercise in creativity. Armed with 50 *Flatpack Hacks*, you can transform your living space without spending thousands on high-end brands. This book gives you info on personalising, customising and repurposing your flatpack furniture.

\$29.99 from Murdoch Books



App



KIDS' FAVOURITE DINNERS

It's 5.15pm. You've put next-to-no thought into dinner because you left the office late then played mum's taxi between after-school care and ballet class. Now you've stumbled through the front door and – bam! – it's already dinner time. And everyone's hungry. And junior is fussy. And nothing's prepared. It's times like this when you wish you were more organised and creative. Enter the Kids' Favourite Dinners app. After the birth of her third child, Hayley Ingram discovered mealtime was becoming increasingly challenging. She launched Kids' Favourite Dinners as a free recipe sharing website and app to come to the aid of other likeminded parents experiencing mealtime challenges. The site and associated app are free platforms where parents can easily share their family's favourite recipes, drag and drop meals into a weekly meal planner and create their weekly shopping list (with items appearing in the order they will shop in – perfect!). The website features more than 200 tried and tested recipes. **Visit www.kidsfavouritedinners.com**



MOVIES

ABSOLUTELY FABULOUS THE MOVIE

In cinemas August 4

Edina and Patsy are still oozing glitz and glamour, living the high life they are accustomed to – shopping, drinking and clubbing their way around London's trendiest hot spots. Blamed for a major incident at an uber fashionable launch party, they become entangled in a media storm. Fleeing penniless to the glamorous French Riviera, they hatch a plan to make their escape permanent and live the high life forever more!



BAD MOMS

In cinemas August 11

When three overworked and under-appreciated mums are pushed beyond their limits, they ditch their conventional responsibilities for a jolt of long overdue freedom, fun and comedic self-indulgence. Join in the *Bad Moms* opening night fun at *haven* magazine's special event on August 11 (from 6.15pm) at Event Cinemas Pacific Fair. For \$55, you'll get champagne, canapés, a fun Q&A with our 'Bad Moms' panel of guest speakers as well as the movie. Bookings essential. **Visit www.havenmagazine.com.au**



KUBO AND THE TWO STRINGS

In cinemas August 18

Kubo lives a quiet, normal life in a small shore-side village until a spirit from his past turns his life upside down by re-igniting an old age-vendetta. This causes all sorts of havoc as gods and monsters chase Kubo who, in order to survive, must locate a magical suit of armour once worn by his late father, a legendary Samurai warrior.



News

HAVENHUB EVENTS

After a very successful Marketing 101 workshop at RACV Royal Pines Resort last month, featuring guest speaker Tolita Dukes from 8 Seconds Marketing, havenhub events has just launched an exciting monthly schedule of useful business workshops to see out the year.

Catch Facebook Marketing this month, Website Marketing in September and Email Marketing in October. To accommodate all levels of learner, the day-long workshops are broken into beginner sessions in the mornings and advanced sessions in the afternoon. Do one session to suit your needs, or do both to soak up the most information possible. Sessions are designed to educate and inspire while giving participants the ability to network with likeminded business people in a casual and welcoming atmosphere. For more details, check out the havenhub ad on Page 27 of this edition or go to our website.

Visit www.havenmagazine.com.au

GET WET!

The excitement is building for the Brisbane season of the splash-hit stage production 'Singin' in the Rain' from September 22 at QPAC. Due to popular demand new seats have just been released. This splash-tacular production is based on the iconic 1952 MGM movie of the same name starring Gene Kelly and Debbie Reynolds. With the help of 12,000 litres of recycled water, the audience can enjoy one of the most famous dance scenes live on stage, with some leaving the theatre a little wetter than when they arrived! The production uses more than 800m of flexible pipe work, a 9000kg water tank and a water system that creates a downpour from above as well as flooding from below the stage. Cool!

Visit www.qpac.com.au

SCREAM DREAM

Back by popular demand, the latest international 'silent disco' craze will rock Dreamworld this month as the park throws open its doors for a pumping 'Screamworld' after-dark party on August 27. Don your headphones and join the massive dance-off at this epic after-dark festival with thrill rides and entertainment for the whole family from 6.30pm-10pm.

Visit www.dreamworld.com.au



GAMES TIME

After four years of waiting, the Olympic Games are back and will take over our TV screens from August 5-21. Rio de Janeiro will be the location of the international sporting event that will see more than 10,000 athletes, 45,000 volunteers and an estimated half a million tourists hit Brazil's second largest city. There are 28 sports included in the competition, across 306 events which means loads of TV screen time this month!

Visit www.olympic.org



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THERE ARE FEW MORE IMPORTANT PARTIES IN LIFE THAN YOUR BABY SHOWER, YOUR CHILD'S FIRST BIRTHDAY AND A GOOD OLD-FASHIONED BIRTHDAY BASH (ESPECIALLY A BIRTHDAY ENDING IN ZERO!). HERE WE SHARE SOME OF THE MOST EXPERIENCED PARTY PEOPLE'S THOUGHTS ON HOW TO THROW A MEMORABLE SHINDIG – WHATEVER THE CELEBRATION.

Words: Belinda Glindemann and Anny White

The 1st Birthday

There's nothing more special than when your bub clocks up their first year of life. Not only have you just experienced 12 months of love and development, as a parent, you actually survived it! Now that's reason to celebrate!

Style My Celebration's Bec McKay reminds us that first birthday parties are very much all about the adults given that most of the younger guests are likely to be too young to remember it. But it's important that the event style remains childlike and caters for your younger guests, so there is a balance.

"Daytime events are the way to go and when choosing the time of your party it's best to keep your little one's routine in mind. If you want a lovely smiling baby devouring their cake you want to make sure they've had their nap! My favourite first birthdays would be late lunch/afternoon tea events and no longer than 2 or 3 hours - although I have styled several parties where all the babies and children were looked after by a team of nannies after the second hour and the party continued into the night!

"Food-wise a gorgeously styled dessert table provides the wow factor and keeps everyone with a sweet tooth very happy (see Bec's photos, right). A dessert table can include the baby's birthday cake and the sky is the limit in terms of design. I also love other types of food styling so think grazing tables and cheese tables. These can all be presented so they look amazing, your guests can help themselves and it saves on having full catering.

"Games for little ones are a must! There are so many great outdoor games you can hire now including games like giant Jenga or Connect 4 which are perfect if you have older children as guests."

Bec says she always recommends hosting a first birthday at home.

"Your baby will be more relaxed and you can easily put them down if they are ready to sleep whilst the party continues. It is also easier for baby changing and breastfeeding mums can find some privacy. Parks can be fraught with issues and only suitable for short parties. You also have to deal with the weather, ants, parking, transporting prams and all your baby gear and in many parks there are rules about how many people can gather in one place. You also cannot serve alcohol in a park in Queensland."

Bec's other recommendations for a first birthday are a professional photographer ("Your baby won't remember it so ensure you have lots of photos and video - hiring a professional for a few hours won't kill your budget.") and posted invitations ("It is more than appropriate now to email an invitation but post remains the nicest way to receive a party invitation!").

As for the cake, smash cakes are apparently in. Bec says just remember a second change of clothes for your birthday bub.

Visit www.stylemycelebration.com.au





The Baby Shower

You're expecting a baby. You're physically glowing. There's nothing more enjoyable than gathering with some friends and making that glorious bump the focus of a celebration (especially before it comes out and the sleepless nights and nappies take over your life!).

Event Stylist & Co's Ngaire Hogan says the baby shower is a special time among friends and family. Among the most 'trendy' things to do at baby showers these days are announce the baby's sex and Ngaire's seen some pretty cool announcements.

"You can have a big box that you can open and release a pile of helium balloons in either pink or blue. Or have an iced cake that, once cut open, reveals pink or blue cake inside. You might even have some helium balloons with pink or blue confetti inside that, once popped, reveal the baby's sex."

The biggest trend Ngaire is seeing in baby showers is the unisex party. No longer are baby showers strictly female affairs – they are celebrations including the baby's father and all his friends too. A barbecue-style event is often chosen here. But don't think you get out of playing games if the men are present – whatever style your baby shower, silly games are still par for the course.

And while the traditional baby shower is colour themed in either pink or blue, a different approach is always more memorable. Ngaire recalls a recent 'Mexican fiesta' baby shower complete with sombreros, a taco station, mimosa station, photo booth and all the trimmings. Cool!

Visit www.instagram.com/eventstylistandco



The Big Birthday



numbers, festoon lighting or even a hanging mass of parasols to provide some real splashes of colour and interest.

Jano says it's important, firstly, to read your crowd and also consider the space you're using. From there you can decide on what theme will work best and what pieces you might need to hire or what decorations you should use. For enthusiastic, good-spirited friends and family, a dress-up party is always fun. But dress-up parties don't work if your crowd is tame.

"My friends and I will dress up at the drop of a hat!" Jano laughs. And she's not wrong. For her own 40th, Jano hosted an 80's party that "went off!". She wore an ex-Cirque du Soleil costume of bright head-to-toe lycra, a Cher wig and leg warmers. Jano suggests other great dress-up themes including cowboys and indians (think cow hides, red/white checkered tablecloths, pig on the spit and a hired shooting gallery game), carnival/circus (think carousel horses, clown games, oversized beach balls), Bollywood (think amazing food, music/dancing and loads of colour) or a tropical luau (think oversized palm trees, oversized shells filled with ice and cold drinks and a lei for each guest on arrival).

Visit www.theprophouse.com.au

"Oh" dear – it's a birthday with an "oh" at the end. Whether you're 30, 40, 50 or more, you can either choose to dwell on the fact that you're leaving one decade behind or celebrate the fact that you're starting a fresh new one! The Prophouse's Jano Dawes has been creating memorable events across Brisbane and beyond since 1995. The Prophouse offers every imaginable prop for styling a noteworthy event and in her 20+ years in business, Jano's seen her fair share of birthday bashes.

Jano says there are a couple of key things to consider when styling a birthday party. Firstly, think about an entry statement. "It gives your guests that sense of arrival and first impressions last," Jano says. "And make sure there's a focal point for the party. It could just be one feature that provides your guests with a spot to take photos or a place to make speeches from." Jano suggests focal points such as oversized letters or

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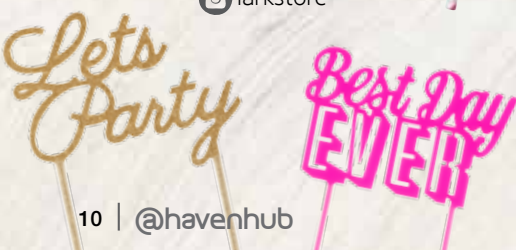
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Party planning pros and cons

Words: Belinda Glindemann

TO HOST OR NOT TO HOST, THAT IS THE QUESTION. WHEN IT COMES TO KIDS' BIRTHDAY PARTIES, ARE YOU BETTER OFF DIY-ING OR LETTING A PRO TAKE OVER?

We recently celebrated our largest child's big double-digits birthday. Yes, she turned 10! While I was having mild heart palpitations at the thought that a decade of time had flown by in the blink of an eye, the other thing that was causing me grief was how to match the excitement of turning 10 with a memorable shindig to boot. In my opinion, there are pros and cons for outsourcing a party vs DIYing it. Here's a look at the options:

OUTSOURCE

For our celebration, I initially went down the path of outsourcing. Given how time poor I am being self-employed, the thought of having someone else do all the thinking was great. And when I started my research, I was stunned to find out just how many options there were for outsourcing. There are so many types of party venues around these days – from rollerskating parties to trampolining, to cooking parties or water parks – and many provide you with invitations as well as party food and take-home gifts. And you can leave all the mess behind (now there's a BIG pro if you need one). But sometimes, at these venues, you are simply a number and it can be a bit like a cattle call at these venues on a Saturday morning - there's not as much personalised 'magic' as can be obtained if you host your own party. And minimum numbers generally apply which can be a pain if you were wanting a more intimate group.

EVENT PLANNER

The in-between route is the event planner. That is, call in a professional to help do some of the thinking and planning for an event at your home etc. Event planners can bring together a solid theme with ease and generally have all the contacts and suppliers that you won't have. And they will probably have 10 times the ideas you've got as they do this for a living. They can organise whatever you want help with, from stationery and styling, to food, cake and take-home gifts. But, of course, with convenience comes a cost.

DIY PARTY

The third option is the DIY party. It takes thinking. It takes time. It takes running around. But the result is always memorable and rewarding and it's usually the cheapest option. Ruby Rabbit Partyware director Alexandra Bull has been helping people host their own parties for years. Her online store



specialises in the latest on-trend partyware and decorations and the Ruby Rabbit theme pages are full to the brim with perfectly curated products to create that unforgettable party - no matter how large or small.

"Unicorns and rainbows continues to be our most popular girls' birthday party theme followed closely by Alice in Wonderland," Alexandra says. "These themes are whimsical and timeless. We have seen these themes for quite a broad range of ages from first birthdays up to around eight year olds."

"Trending this season for boys' parties is the 'Little Camper' theme with the use of teepees, monochrome colours and a touch of green cactus fun. We've seen many photos of customers' gorgeous little birthday boys adorned in handmade feather headdresses. This theme calls for outdoor fun with lots of space for energetic little boys to run wild!"

If planning to DIY a party and having trouble deciding on a theme, Alex says to simply pick your child's favourite colour and buy your partyware in that colour theme – everything will tie together nicely. For girls, try pink, peach and gold. For boys, a popular colour trend is black, white and aqua.

"Most recently in May we celebrated my son Max's 5th birthday with a teepee party in a park. His entire class came along and played amongst the trees and teepees, whacked a cactus pinata and did a scavenger hunt. DIY parties can be so much fun and my top tip is to start planning early!"

With Miss Turning-10 only wanting a handful of her best, most closest friends along to celebrate her milestone, her desire to entertain in her home surroundings and to top it all off with a sleepover, the DIY party was our best option. We chose a 'Masterchef' theme. Invitations were attached to a wooden spoon. On the day, the girls cooked a few simply dishes together and played themed games (thank you Google and Pinterest for your late-night support!). With an intimate group, I was able to go a little better on the take-home gifts which included colour-coordinated aprons and more cooking utensils to match their wooden spoon. Yes, I had a warzone to clean up the next day. And yes, it was time consuming. But Miss Now-10 reports it was "the best birthday party EVERRRRR!". My work here is done. Cue mic drop.

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Henry's day

AS FAR AS KIDDIE PARTIES GO, HENRY'S RECENT COMBINED NAMING CEREMONY AND FIRST BIRTHDAY BASH WAS AN UBER-MEMORABLE AND FUN EVENT

The creative team at Event Stylist & Co. have been tasked with making many local celebrations memorable and little Henry's recent first birthday party/naming ceremony was all that and more.

With a campfire theme, gorgeous teepees were the focal points of the backyard party. Via a perfectly coordinating dessert table (including a 'flaming' campfire cake) and picnic blankets, guests were transported to the relaxing wilderness under some convenient shady trees. Bliss!

Event Stylist & Co: Planning and coordination

Gold Coast Tips: Teepees and lighting

Arctic Fox Furniture Hire: Furniture and styling

Lindqvist Ink: Custom hand painted illustrations and cupcake tags

Amanda's Cakes: Cakes and cupcakes

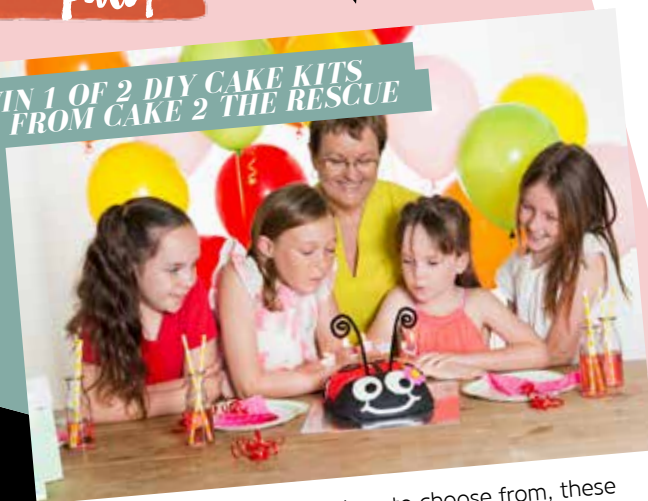
The Yard Family: Blankets

The Borrowed Nursery: Plants, plant baskets and rustic styling pieces

Ivy Road Photography: Photography



WIN 1 OF 2 DIY CAKE KITS FROM CAKE 2 THE RESCUE



With an abundance of designs to choose from, these fun, easy-to-bake cake kits take the stress out of making a homemade cake. Your kit includes everything you need to create a cake - all you need to add is eggs, milk and butter. The step-by-step recipe card and template makes decorating "a piece of cake".

Two winners will each receive a cake kit of their choice, delivered to their door.

Valid until December 31, 2016.

RRP \$60 (each)

www.cake2therescue.com.au



WIN A \$100 VOUCHER AT HOG'S BREATH CAFE



Whether you're having a family celebration, work function or a birthday party Hog's Breath has got all your special occasions covered. With exclusive function rooms and their revamped menu that caters for all taste buds, from vegetarian to gluten-free, Hog's will cater to all your party needs!

One winner will receive a \$100 voucher to use at their local Hog's Breath Café! RRP \$100

www.hogsbreath.com.au



WIN AN EPIC BIRTHDAY PARTY FOR 10 AT EPIC SKATE RINK

Get your skates on for awesome birthday fun with a fully catered party package. Skate parties are suited for ages 5 and over, from beginners to the experienced. The Epic birthday party package includes entry, skate hire, party snacks and drinks, a table set with helium balloons, a birthday song and announcement, plus a pass for every guest to come back again!

One winner will receive a party package to cater for up to 10 guests at Epic Skate Rink in Tweed Heads. RRP \$170

www.epic skate.com.au



Giveaways

WIN A KIDS' CRAFT BIRTHDAY PARTY FOR 10 AT THE CRAFT PARLOUR

The Craft Parlour is a place where anyone is welcome to come and get crafty, creative and inspired. In conjunction with some of the leaders in their creative field, they often host wholesome and innovative workshops, in a bright and delightful studio. The space is super versatile and can accommodate anything from hen's dos, crafters' afternoons, birthday parties, baby showers and loads of other creative-based gatherings!

One winner will receive a craft party package for up to 10 children at The Craft Parlour in Palm Beach (only includes craft - food and drinks will need to be provided). RRP \$250

www.thecraftparlour.com.au



WIN A MOVIE PARTY PACKAGE FOR 10 AT BCC AND EVENT CINEMAS



Celebrate your child's birthday with the magic of the movies at your local BCC or Event Cinema! With tailored packages to suit your needs, create the ultimate fuss-free movie event that is guaranteed to keep the kids (and parents) entertained!

One winner will receive movie tickets for themselves and 9 friends plus 2 adult movie tickets along with small popcorns and small drinks for the whole crew! RRP \$296

www.eventcinemas.com.au



WIN 1 OF 5 BASKIN-ROBBINS SIGNATURE ICE CREAM CAKES

Baskin-Robbins Australia has relaunched their ice cream cake category with a new Signature Cake range as well as updates to their custom design range. The new range of Signature Cakes is a fusion of two popular desserts; ice cream and cake, with seven decadent cakes that feature a rich sponge cake centre, layered with world renowned Baskin-Robbins ice cream!

Five winners will each receive a 6" Baskin-Robbins Signature ice cream cake. RRP \$38.95 (each)

www.baskinrobbins.com.au

For your chance to win please register online at www.havenmagazine.com.au/WIN and follow the links. Click on the prize you would like to win and complete the online entry form. Entries close August 20 2016, and only winners will be notified. Good luck! Entrants' details may be shared with giveaway sponsor and then kept under haven's lock and key.

Have your cake and eat it too

Words: Belinda Glindemann

MEET LOUISE DUGGAN OR “BAKER GIRL LOU” AS SHE’S KNOWN. SHE TURNED HER LOVE OF PARTIES AND CAKE INTO A FUN AND SUCCESSFUL BUSINESS VENTURE. HERE’S HOW...

WHAT IS YOUR BUSINESS BACKGROUND?

Would you believe I was actually an interior designer and prior to that a manufacturing engineer! You wouldn't think that would be an ideal knowledge base for a DIY Cake Kit designer would you? But actually it's perfect. I'm artistic, practical, methodical. But the best thing is I have limited baking skills, so if I can make it so can you!

TELL US ABOUT HOW CAKE 2 THE RESCUE CAME ABOUT?

Five years ago we were actually working on a 'party-in-a-box' concept and thought it would be great to add a cake kit to the party pack. We workshopped the two products with a group of mums on the coast and they just loved the DIY cake kit concept. So we left the party box idea on the shelf and focussed all our attention on developing Cake 2 The Rescue.

WHICH CAKE KITS ARE POPULAR? No matter how many different TV characters and trends pop in and out of fashion the reality is that some things never change. Boys will always love

diggers and fire engines and girls will always love unicorns and princesses. There's nothing quite like a homemade birthday cake. Everyone loves the idea of making their loved ones birthday cakes, but we are all so busy and often too intimidated by the thought of it. Knowing that you can have a DIY Cake Kit delivered to your door with everything you need, created by a non-baker for non-bakers, is like a little gift from heaven!

HAVE YOU HAD UNUSUAL REQUESTS?

You have no idea! We have more than 200 designs in the range but I receive special requests every week. I made the cutest “angry cassowary” kit last month! The trickiest requests are parents who email pictures of three-tiered masterpieces they want to create. The email usually ends with “Any help would be appreciated as I am not a baker and have never made a cake before” – LOL! I usually call them directly myself and gently persuade them into a more simple design that will not leave them in tears the night before the party.

WHAT DO YOU LIKE ABOUT YOUR BUSINESS? AND WHAT DO YOU DISLIKE?

As a parent, I love the flexibility to be able to attend my girls' school events, provide them with Saturday jobs and sneak out for lunch with my hubby. As a business woman, I love knowing that I have created something and put it out into the



Photo: Scott's Shotz Photography

world, that I am directly responsible for helping more than 18,000 families bake their kids birthday cakes and that I am in control of the future direction of the company and my role within it. I'm terrible at setting boundaries so I spend too much time on my phone at inappropriate hours. I'm also way too emotionally invested in every little thing that doesn't go to plan.

Visit www.cake2therescue.com.au

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twin share*

With unlimited entry to Sea World during your stay, check out the amazing new Nickelodeon Land! Bring the kids for only \$40 per child, per night.



seaworldresort.com.au
1300 139 677

*Seasonal, Fri & Sat surcharges & conditions apply.

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Party on!



We are a family run business based in Burleigh Heads, specialising in the hire of beautiful tipis for any size event. Whether it's a lively kids party or grand celebration, we've got you covered.

www.goldcoasttipis.com.au
www.facebook.com/goldcoasttipis
 Insta: @goldcoast_tipis



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 Insta: lindqvist_ink



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Arctic Fox Furniture Hire & Styling offer a range of furniture and lighting to make your next party or event unforgettable.

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 or call 0413 891 899



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www.eventstylistandco.com
 Insta: eventstylistandco



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Awesome skating fun, fully catered, heaps of extras. For ages 5yrs and over from beginners to the experienced.

Visit www.epicskate.com.au
 for more details or call 5523 9660



DRAX 4 KIDS NEW SHOW,

The hottest and creepiest thing in kids' parties, celebrate a birthday or just come for fun! The entertainment features ghost train ride, party treats, LIVE show and groovy disco.

PLUS NEW RETRO VAMPT SHOW
 Visit www.draculas.com.au for more info



We are a children's entertainment company with amazing mascots and super heroes that can make an appearance at your party or event! Our fun hosts will bring all the fun and games with our characters to the party!

PARTY PALZ

Call Alesha 0488 792 702
or Jo 0415 240 577

www.partypalz.com.au

#partypalzgc @partypalzgc



RACV Royal Pines Resort

Let RACV Royal Pines Resort take care of your next birthday party at our water park or playground. Party packages start at \$20* per child with a variety of menu and entertainment options available.

Bookings 5597 8700

*conditions apply & subject to availability.



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A party at Bounce is unlike any other. With super friendly hosts, a private party room and delicious food packages to choose from we take care of the details so you can enjoy the fun!

See our website for more details
www.bounceinc.com.au



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Melanie 0497 110 570
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www.boomerangsplaycentre.com.au

'Quote "Haven" when booking parties during August for 10% OFF'



mrs Red's art room

GREAT NEWS! Mrs Red can now come to you for an art themed birthday party! Parties start from age 5 with kids aged 9+ being able to have canvas parties! Head to the website for all the options and prices.

www.mrsredsartroom.com



AMANDA'S CAKES

From a simple cupcake to the centrepiece of your party or wedding cakes, I can make one to suit you. Please feel free to contact me with any questions, flavours and prices.

e: amandaarmbruster@hotmail.com



Red Carpet PHOTOBOOTHS

Make your guests feel like superstars with Red Carpet Photo Booths. We offer a wide range of packages, perfect for any event, which give your guests something fun to take home and hang onto those precious memories with forever.

ph: 0488 110 817
e: courtneyjadeproductions@gmail.com



Creative, wholesome and innovative workshops for kids and adults.

The Craft Parlour offers a versatile space to accommodate hen's dos, crafternoon, birthday parties, baby showers and loads of other creative-based gatherings.

Let's craft!

1059 Gold Coast Hwy, Palm Beach
www.thecraftparlour.com.au



Party on in Paradise



PARADISE RESORT OFFERS BIRTHDAY PARTY PACKAGES TO SUIT ALL AGES

Book your birthday party at Paradise Resort and you'll be the coolest kid in town! Available seven days a week, the all-inclusive party options are suitable for boys and girls and take advantage of a family-friendly environment, loaded with fun extras. Check out the giant water park, play a round of laser tag, climb the 9 metre rock-wall, ice-skate in Planet Chill or dunk your mates in the Dunk Tank, all with your food and entertainment taken care of so parents can sit back, relax and enjoy. And if your kids are obsessed with the movie *Frozen* then Planet Chill Ice-Skating Rink provides the perfect backdrop with packages including up to 2 hours of ice-skating, balloons, party bags, invitations and yummy party food to ensure your child has the coolest party ever! There is also a complimentary jukebox to select your own music (and yes "Let it Go" is on the list). And if you can't cut down the list of invites there's even an option to book out the entire ice-rink. Apart from the huge smiles and wonderful memories for party-goers another added benefit is that parents can simply walk out the door without worrying about cleaning up. You can even add on extras such

as popcorn and fairy floss, balloon twisting and face painting as well as a menu of 'Parent Platters' taking the stress out of party hosting for the parents. Or for that extra special touch you can even arrange a VIP meet and greet with one of the resort mascots Captain, Cleo, Dusty or Astro who would be only too happy to join in on the party fun. There's party packages for all ages, and you can even ask about their affordable accommodation for an overnight stay! For the coolest party ever, book your next birthday at Paradise Resort Gold Coast.

www.paradiseresort.com.au or
emailparties@paradiseresort.com.au



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Celebrate at Paradise Resort with your very own birthday party in our Ice-Skating Rink, Waterpark, Laser Tag or Rock Climbing Wall!



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Rock Climbing



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FOR MORE INFORMATION

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P: 07 5579 4456

or visit www.paradiseresort.com.au



Disney FAIRYTALE FILM FESTIVAL

Disney MALEFICENT
SAT 30 - SUN 31 JULY

Disney ENCHANTED
SAT 6 - SUN 7 AUGUST

Disney INTO THE WOODS
SAT 13 - SUN 14 AUGUST

Disney CINDERELLA
SAT 20 - SUN 21 AUGUST

EXCLUSIVE ADVANCE SCREENINGS
SAT 27 - SUN 28 AUGUST

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ALL TICKETS \$10*

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EVENT CINEMAS

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PG M GTC

*\$120 online booking fee applies



Words: Belinda Glindemann

IF YOUR RUG RATS HAVEN'T YET BEEN TO DRAX 4 KIDS, NOW'S THE PERFECT TIME WITH THE NEW 2016 ANNUAL SHOW JUST LAUNCHED.

Dracula's on the Gold Coast is an icon among local adults. There's no denying it. But for the next generation of 'little terrors', the Drax 4 Kids show is equally as impressive.

The new 2016 Drax 4 Kids show "Retrovamp" launched last month. Dracula's stage director Haydie Newman said Retrovamp was a great fit for 5-14 year olds with its engaging and fun characters and a bombardment of special effects.

"We up the ante with every new show," Haydie says. "A lot of thought and effort goes into making sure we feature just the right music and content to keep the kids stimulated from start to finish."

And as a mum of two boys, aged 8 and 9, Haydie knows a thing or two about her target market. To their delight, she often calls on the boys to road test new ideas. The two-hour Drax 4 Kids session starts with guests entering the theatre via the famous ghost train ride. The "Draculettes" floor staff then warm up the kids with fun and interactive games before the stage show commences. It's the perfect option for ghoulish and memorable birthday parties.

Dracula's not only encourages families along to Drax 4 Kids, the company itself is truly a family affair. Many will know that Dracula's was started by John and (the late) Tilly Newman, but did you know it's now managed and operated by John and Tilly's kids (ie. Haydie and her two brothers - writer Marc and technical designer Paul) with a third generation of Newmans now also coming up the ranks of the business.

"I have such strong memories of being side of stage watching my parents perform when I was a kid and they taught me all about theatre etiquette. I spent 16 years performing in the Dracula's show as well, so I'm in a good position now to direct it," Haydie says.

"It's been a terrific life filled with absolutely crazy people!"

You can catch the Drax 4 Kids show every Saturday at noon.

Visit www.draculas.com.au

It's showtime!

Words: Anny White

WHEREVER YOU LIVE, AUGUST SCREAMS "SHOWTIME!". WILL YOU BE HEADING TO THE EKKA OR THE GOLD COAST SHOW THIS MONTH? OR BOTH!

THE EKKA

I was 11 months old when I first attended the Royal Queensland Show – or the 'Ekka' as everyone knows it. I can remember every item in every show bag since, from my Saddle Club satchel to the pink inflatable chair that sat in my room for three years until my mum finally decided enough was enough and "accidentally" punctured it. In primary school, coolness was measured by how many showbags you were allowed to get. My measly three (one novelty, two confectionary) paled in comparison to the 12 or 15 my classmates would sometimes bring to school. Two decades on and I still get \$15 from my Grandma to "buy something special" at the Showbag Pavilion.

Going to the Ekka has become so routine that me and my family barely question how we will spend our day (or days). My sister wants to go to the Woolworth's Pavilion, Mum wants to see the dogs and Dad is just happy not to get the flu. We were all personally offended when the layout was changed due to renovations, and are still getting over the new strawberries and cream ice

cream recipe. I have nearly 20 years of memories of feeding the baby animals, marvelling at the agricultural displays and being blown away by just how huge the bulls are. At the end of the day we always sit on Machinery Hill, surrounded by inane inflatables and copious amounts of lollies to watch the fireworks. The only major change is that now us kids can sit through the show without crying in fear and making Mum and Dad take us home.

This year's Ekka runs from August 5-14. Highlights will include the Ekka Fashion Retrospective, Cooking Stage, Country Music Showdown competition and more.

THE GOLD COAST SHOW

2016 marks the 110th year of the Gold Coast Show and there's a lot to celebrate. From August 26-28 head on over to the Gold Coast Turf Club for all kinds of family fun. From whip-crackers and sheep-shearers to hip-hop dance crews, there really is something for everyone. There's delicious food – both to look at and to eat. The cake competition will blow you away, and if you're feeling inspired you can try a cooking or cake



decorating class. And there are all the classic show favourites, like dagwood dogs, jam-packed showbags and all the animals - from dogs and poultry to goats, cattle and horses. Enjoy hours of entertainment in Sideshow Alley, or witness something a little different like laser mapping or wood chopping. If that's not enough, there will be live singing, dancing, beat boxing, stilt walkers and everything in between.

Visit www.ekka.com.au

Visit www.goldcoastshow.com.au

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PARTIES

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Special offer for Haven readers, book in August and enjoy **10% off** any party held in 2016!

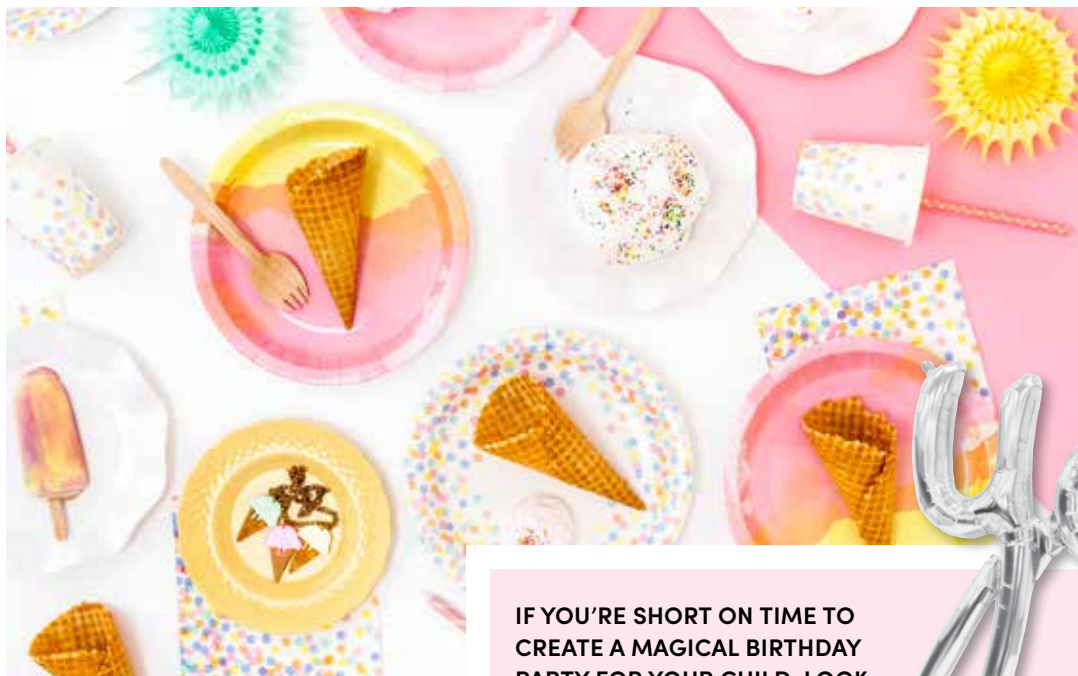
Party must be booked by 31st Aug 2016 and party must be held before Dec 31st 2016.

Super friendly host - private party room - fully catered

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**IF YOU'RE SHORT ON TIME TO
CREATE A MAGICAL BIRTHDAY
PARTY FOR YOUR CHILD, LOOK
NO FURTHER THAN LARK.**

For 10 years, this Aussie online store has been taking the stress out of parties with its on-trend, affordable party goods and easy online ordering. We spoke with Lark's owner Allison Jones to get her top tips for planning a simple yet memorable event that your child will love.

- 1** Rather than choosing a theme, create a party based on your child's favourite colours. Plain coloured party products are often cheaper and easier to find at the last minute.
- 2** Choose decorations that will double up as bedroom decor when the party's over, for example garlands, party lights, tissue balls or paper lanterns.
- 3** You can NEVER have too many balloons at a party.
- 4** Don't fuss over the cake. Decorate a simple sponge with coloured buttercream, then add a fancy cake topper and some fun candles to make it amazing.
- 5** Get creative if you're on a budget and make your own party hats and masks, or customise store bought ones.

Visit www.larkstore.com.au

 www.instagram.com/larkstore



Mamarazzi

YOUR KIDS, OUT & ABOUT IN YOUR FAVE LOCAL PLACES

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This month's
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SPRINGBROOK NATIONAL PARK



Eleanor
PALM BEACH



Beth 5, Holly 2
NERANG



Louie 2
CURRUMBIN WILDLIFE SANCTUARY



Zara 3 mths
GILSTON



Mariah 7
CURRUMBIN

winner



Connor 3
UPPER COOMERA



Andrew 4
CURRUMBIN



Lilly-Summer 5
PALM BEACH



Jacinta 3 mths
YARRABILBA



Jordy 3
SOUTHPORT



Frankie 4
SOUTHPORT

**LITTLE
PACCAS**
KIDS CLUB



JOIN THE CLUB

Pacific Fair's Little Paccas kids club is great fun for little ones, with special shows, events and offers held each month.

To find out what's coming up or how you can join, visit pacificfair.com.au



PACIFIC FAIR

Send us your snaps of the kids out and about enjoying the town! One lucky family will win a \$100 gift card from Pacific Fair each month! Email us and include "mamarazzi" in the subject line: editor@havenmagazine.com.au Please include your child's name, age and location.

August

13

NOW - 3 OCT

EXHIBITION // AH XIAN:
NATUREPHYSICA
GOMA, Gallery 1.4, Cultural Precinct,
Stanley Pl, South Bank
www.qagoma.qld.gov.au

NOW - 9 OCT

EXHIBITION // DINOSAUR DISCOVERY: LOST
CREATURES OF THE CRETACEOUS
QLD Museum, Touring Exhibition Gallery,
Level 3, Cnr Grey & Melbourne St's, South Bank
www.qm.qld.gov.au

NOW - 12 FEB

EXHIBITION // THE GABORI SISTERS -
GATHERING BY THE SEA
GOMA, Children's Art Centre,
Cultural Precinct, Stanley Pl, South Bank
www.qagoma.qld.gov.au

ON
NOW

CREATIVE WORKSHOPS // HENNA
9.30am - 12pm
Wynnum Community Centre (Old Wynnum Central
School), Level 1, 105 Florence St, Wynnum
www.brisstyle.com.au

6 - 7 AUG

DISNEY FAIRYTALE FILM FESTIVAL // MALEFICENT (M)
Various locations, Event Cinemas
www.eventcinemas.com.au

PARKS ALIVE FESTIVAL
Roma Street Parkland, Brisbane City
www.parksalive.com.au

BRISBANE MARATHON
Goodwill Bridge, Alice St, Brisbane City
www.brisbanemarathon.com

BYRON WRITERS FESTIVAL // KIDS BIG DAY OUT
8.30am - 3pm
Greenstone Partners Marquee, Elements of Byron
Resort, 144 Bayshore Dr, Byron Bay
www.byronwritersfestival.com

PAWS AT THE PARK 9am - 1pm
Central Park Oval, Central Park Dr, Varsity Lakes
www.pawsatthepark.com.au

YOUR LOCAL WEDDING GUIDE // BRIDAL EXPO
9am - 3pm
GCCEC, 2684 - 2690 Gold Coast Hwy, Broadbeach
www.weddingguide.com.au

GOLD COAST MULTICULTURAL FESTIVAL
10am - 4pm
Broadwater Parklands, Marine Pde, Southport
www.goldcoastculturalfestival.org

8 - 10 AUG

CREATE 2016 ARTS FESTIVAL //
FREE AFTER SCHOOL WORKSHOPS
3.30pm - 5.30pm
St Hilda's Junior School Campus, Cougal St, Southport
www.sthildas.qld.edu.au

**PEOPLE'S DAY //
BRISBANE PUBLIC HOLIDAY**

HAVEN HUB EVENTS // BAD MOMS
6.15pm
Event Cinemas,
Pacific Fair Shopping Centre,
Hooker Blvd,
Broadbeach
www.havenmagazine.com.au

OPEN DAY // ST HILDA'S SCHOOL
9am - 12pm
St Hilda's School, Cougal St, Southport
www.sthildas.qld.edu.au

SOUTH GOLD COAST BUSINESS EXPO
10am - 4pm
Tallebudgera Leisure Centre, 1525 Gold Coast Hwy,
Palm Beach
www.goldcoastbusinessexpo.com.au

CHALK BOARD TYPOGRAPHY
WORKSHOP 9am - 12pm
The Craft Parlour, 1059 Gold Coast Hwy,
Palm Beach
www.thecraftparlour.com.au

DISCOVERY IN THE GARDENS
10am - 2pm
Gold Coast Regional Botanic Gardens,
258 Ashmore Rd, Benowa
www.cityofgoldcoast.com.au/dig

13 - 14 AUG

DISNEY FAIRYTALE FILM FESTIVAL // INTO THE
WOODS (PG)
Various locations, Event Cinemas
www.eventcinemas.com.au

ZOO RUN 6am
Sea World, Seaworld Dr, Main Beach
www.zoorun.com.au

PARKS ALIVE FESTIVAL
City Botanic Gardens & South Bank Parklands
www.parksalive.com.au

LITTLE PACCAS KIDS CLUB
Pacific Fair Shopping Centre,
Hooker Blvd, Broadbeach
www.pacificfair.com.au

MOVIE WORLD PYJAMA PARTY
6.30pm - 10.30pm
Movie World, Pacific Hwy, Oxenford
www.movieworld.com.au

19 - 21 AUG

INSPIRATIONAL LIVING RETREAT //
WEEKENDS FOR WONDERFUL WOMEN
Numinbah Valley, Gold Coast
www.debbiehogg.com

20 - 21 AUG

DISNEY FAIRYTALE FILM FESTIVAL //
CINDERELLA (G)
Various locations, Event Cinemas
www.eventcinemas.com.au

20 - 21 AUG

BROADBEACH JAZZ WEEKEND
Various locations, Broadbeach
www.broadbeachjazz.com

BIGGERA WATERS STATE SCHOOL FETE
10am - 3pm
Biggera Waters State School, Morala Ave,
Biggera Waters
www.biggerawaterssss.eq.edu.au

STEAM TRAIN SUNDAY
10.15am & 11.40am
Roma Street Station, Roma St, Brisbane City
www.theworkshops.qm.qld.gov.au

CREATIVE WORKSHOPS //
BRUSH LETTERING 6.45pm - 8.30pm
Wynnum Community Centre (Old Wynnum
Central School), Level 1, 105 Florence St,
Wynnum
www.brisstyle.com.au

2

7

14

16

19

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12

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24

3

3 - 4 AUG

LAST CHANCE HUMANS!
PLAY THE GAME
8pm
Brisbane Powerhouse, Visy Theatre,
119 Lamington St, New Farm
www.brisbanepowerhouse.org

PRINCIPAL'S TOUR // LINDISFARNE
(PRESCHOOL - YEAR 4)
9am
Lindisfarne, Sunshine Avenue Campus,
Sunshine Ave, Tweed Heads South
www.lindisfarne.nsw.edu.au

MOVIE RELEASE //
ABSOLUTELY FABULOUS THE MOVIE
Various locations, Event Cinemas
www.eventcinemas.com.au

5 - 14 AUG

EKKA // ROYAL QUEENSLAND SHOW
Brisbane Showgrounds, 600 Gregory Tce,
Bowen Hills
www.ekka.com.au

ONE DAY WORKSHOP //
PERFECTIONISM - THE HIDDEN &
HARMING EPIDEMIC
9am - 3pm
Fabic Centre, Suite 34 Worongary Town Centre,
1 Mudgeeraba Rd, Worongary
(also available online via webinar)
www.fabic.com.au

4

5

6

25

FREE COMMUNITY PRESENTATION // UNDERSTANDING THE IMPACT OF LOSS, SADNESS, GRIEF & DEPRESSION
5pm – 6pm
Broadbeach Branch Library,
61 Sunshine Blvd, Mermaid Waters
www.fabic.com.au

25 AUG – 15 SEP

FREE PARENTING COURSE // BRINGING UP GREAT KIDS 9.30am – 12pm
Oxenford & Coomera Community & Youth Centre (OCCYC), 25 Leo Graham Way, Oxenford
www.youthcentre.org.au

27

ONE DAY WORKSHOP // ANXIETY – BRINGING UNDERSTANDING & LASTING CHANGE 9am – 3pm
Fabic Centre, Suite 34 Worongary Town Centre,
1 Mudgeeraba Rd, Worongary
(also available online via webinar)
www.fabic.com.au

27 – 28 AUG

DISNEY FAIRYTALE FILM FESTIVAL // PETE'S DRAGON (CTC)
Various locations, Event Cinemas
www.eventcinemas.com.au

27 AUG – 11 SEP

REDCLIFFE FESTIVAL
Various locations, Redcliffe
www.redcliffefestival.com.au

PARKS ALIVE FESTIVAL
Brisbane Botanic Gardens,
Mt Coot-tha
www.parksalive.com.au

KIDS WATERMELON CUSHION WORKSHOP
10am – 12pm
The Craft Parlour, 1059 Gold Coast Hwy, Palm Beach
www.thecraftparlour.com.au

CREATE-X 10am – 8pm
QUT Creative Industries Precinct, Cnr Musk Ave & Kelvin Grove Rd, Kelvin Grove
www.createx.qut.edu.au

28 – 29 AUG

REDCLIFFE KITEFEST 9am – 4pm
Pelican Park, Hornibrook Esplanade, Clontarf
www.redcliffefestival.com.au

Sport

28

21 AUG

BRISBANE LIONS v GEELONG CATS 3.20pm
The Gabba, Vulture St, Woolloongabba
www.lions.com.au

27 AUG

GOLD COAST SUNS VS PORT ADELAIDE
Metcon Stadium, Nerang-Broadbeach Rd, Carrara
www.goldcoastfc.com.au

1 AUG

TITANS VS SHARKS 7pm
Cbus Super Stadium, Centreline Pl, Robina
www.titans.com.au

7 AUG

TITANS VS WARRIORS 2pm
Cbus Super Stadium, Centreline Pl, Robina
www.titans.com.au

12 AUG

BRONCOS VS EELS 7.50pm
Suncorp Stadium, 40 Castlemaine St, Milton
www.broncos.com.au

18 AUG

BRONCOS VS BULLDOGS 7.50pm
Suncorp Stadium, 40 Castlemaine St, Milton
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27 AUG

TITANS VS PANTHERS 5.30pm
Cbus Super Stadium, Centreline Pl, Robina
www.titans.com.au

AFL

6 AUG

GOLD COAST SUNS VS GWS GIANTS 4.35pm
Metcon Stadium, Nerang-Broadbeach Rd, Carrara
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13 AUG

BRISBANE LIONS v CARLTON 1.45pm
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Blackwood St, Mitchelton
Every Wednesday 8am – 6pm
Queen St Mall, Bridge End, Brisbane City
Every Saturday 6am – 12pm
Brisbane Powerhouse, 119 Lamington St, New Farm
www.janpowersfarmersmarkets.com.au

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7 AUG 10am – 4pm
Little Stanley St, South Bank
www.youngdesignersmarket.com.au

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www.suitcaserummage.com.au

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Every Sunday 9am – 4pm
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www.collectivemarkets.com.au

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28 AUG 8am – 2pm
Justins Park, The Esplanade, Burleigh Heads
www.artandcraft.com.au

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Burleigh Heads State School Oval, 1750 Gold Coast Hwy, Burleigh Heads
www.thevillagemarketsgc.com.au

ISLE OF CAPRI MARKETS 13 + 27 AUG 8am – 1pm
Surfers Paradise State School, Via Roma, 42 St Andrews Ave, Isle of Capri
www.isleofcaprimarkets.com.au

THE GOOD VIBES MARKET 20 AUG 9am – 2pm
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www.goldcoastdesigncollective.bigcartel.com

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OCTOBER 2016

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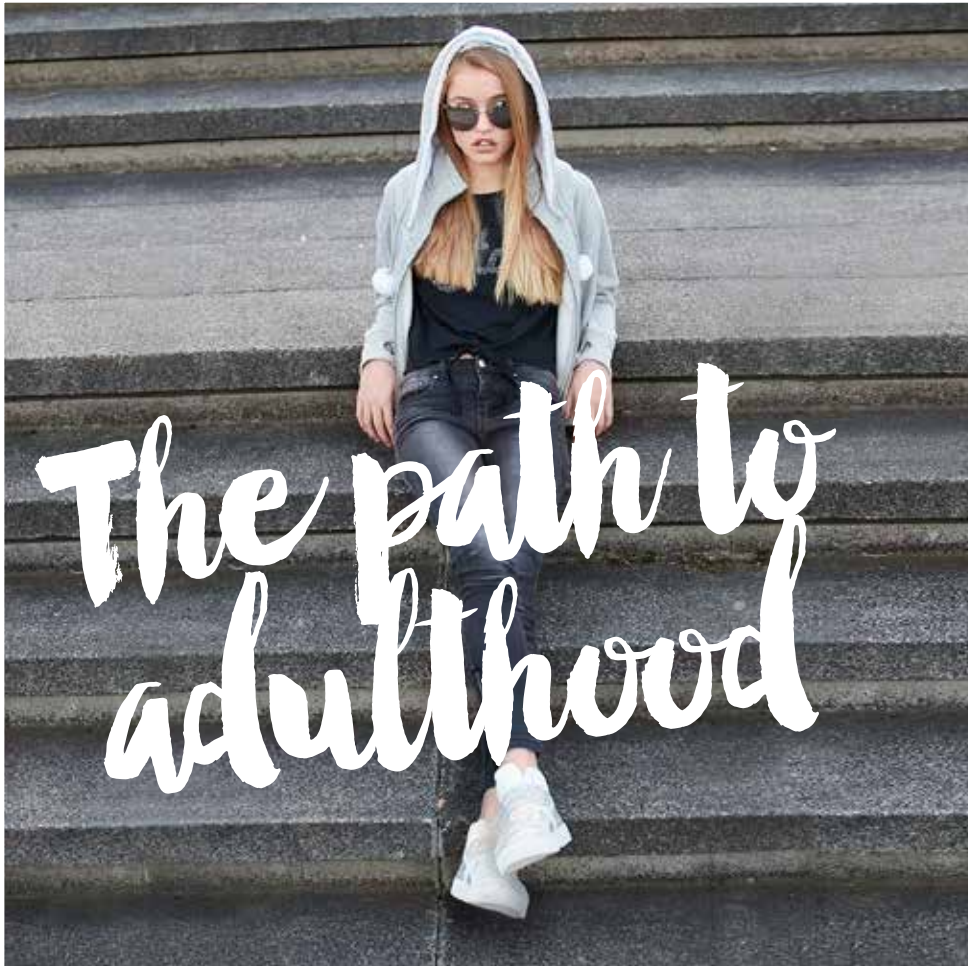
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The Tween theme

Words: Belinda Glindemann

THE 'TWEEN YEARS' IS THAT AWKWARD PERIOD OF TIME WHERE KIDS GO FROM CUTESY AND CHILDISH TO HORMONE-RAVAGED PIMPLE POTS. NAVIGATING THE HORMONES - AND WARDROBES - CAN BE A NIGHTMARE FOR ALL INVOLVED.

Do you remember being a tween? One moment you are into Disney characters, scented felt pens and collecting erasers and the next minute it's all about boy bands, boy-band posters and lipgloss.

While most of us can still remember our own tween years without too much fuzziness, many are also now facing the parenting onslaught that is the tween years – for our kids. When the topic arises among tween-endowed parents, especially those of girls, the biggest questions are always around fashion. The tween fashion market is an interesting one. Tweens aren't cutesy kids anymore, but they are still too young to be dressing in typical teenager garb. Add to that the fact that kids in this bracket are developing at very different rates – some will be larger and starting to mature and forced to go into adult sizes, while others are still firmly at the Size 8-10 rack. Many will admit that tweens are also more fashion-conscious these days. They are online and aware of trends and are following what their celebrity favourites are wearing. Kids are exposed to so much more than we were as kids and you can see how it is easy for them to grow up too quickly. But what parent really wants that? Tweens really are still children, who should dress like children.

Pacific Fair Shopping Centre resident stylist and blogger Kirsty Ashe agrees. She was a guest speaker at *haven* magazine's recent 'Puberty Blues' high tea event. A high school teacher by trade with more than 13 years' experience, and a mum to kids aged 6 and 8, she's an expert when it comes to tweens. Kirsty suggests that mums and tween daughters should sit down and have a good conversation about body image and fashion, when the time calls for it.

"Mums should sit together with their daughters and Google or Pinterest



fashion images and talk about what's appropriate," Kirsty suggests. "It's also really important that mums are modeling a positive body image themselves as girls of this age group really mirror their parents."

Kirsty suggests the typical tween girl's wardrobe, just like her mum's, should consist of a good pair of jeans, a key dress or two and go-to shorts.

"There should be no mid-drift tops and no short shorts allowed," Kirsty states. "The pockets of your shorts should not be hanging down lower than the leg length. It's just not right."

Kirsty says that this is the time for "tasteful" accessories to be introduced to inject personality and individuality into your tween's style. Think scarves, belts, statement necklaces and a cute shoulder bag, or the like. Among the retailers that Kirsty says are her choices for tween fashion are Seed, Witchery, Valley Girl ("The store at Pacific Fair is the best I've seen," she says), Sportsgirl, Cotton On, Glassons, Forever New and Bardot.

As for makeup, Kirsty says tweens should go only as far as lipgloss – and that's it. She does encourage parents to educate tweens from the age of 11 or 12 (depending on their skin type) to keeping on top of a regular cleansing-toning-moisturising facial routine.

"Tweens should not be wearing makeup. My opinion is that makeup is not appropriate until the age of 15 or 16. From my teaching days, I've seen so many girls who one day find black eyeliner and then that's it – they go to the dark side and never come back!" she laughs.

Visit www.kirstyashestyle.com

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Smiles with style



Get fit quick via Hiit

Words: Fe Taylor

THE WEATHER IS WARMING ALREADY. SOME OF THE LAYERS ARE COMING OFF. IT'S TIME TO REMOVE THOSE SNEAKY JIGGLY BITS THAT ARRIVED OVER WINTER.

Whether you are a runner or a walker, a gym junkie or have a home-based gym, I encourage you to get active because summer is on its way. Everybody knows that your summer body is built during winter. The most simple way to start is to download a tabata or round timer app and give your normal workout a makeover - Hiit style!

Hiit, or "High Intensity Interval Training" may be a new concept to some but this training method has been effective for decades. Short bursts of high-intensity exercises followed by a rest period means quicker results, less time allocated to workouts and greater gains. This is a fantastic option for those people short on time. The exercises can range from running to bodyweight exercises (push ups, lunges, jump lunges, mountain climbers) to weighted exercises (free weights and bicep curls/shoulder press or pinned weights and lat pull downs/seated row etc.) You can do a Hiit workout anywhere and in just 15 minutes, three times a week to see results in as little as four weeks – depending on the intensity of your workout.

Fitness professional, naturopath, dietitian and Hiit Fitness owner Dan Nimmo told me that the major benefits of Hiit include:

- Dramatic increases in anaerobic fitness (the ability to go harder for longer).
- Greater tolerance to lactic acid build-up within the body and therefore an enhanced venous system resulting in an improved ability to rid the body of waste products.
- A stronger heart resulting in fewer, more forceful heart beats and enhanced sensitivity to insulin, carbs and proteins resulting in better gains and more energy.
- An increase in human growth hormone production as a direct response to the lactic acid and thus a reduction in cortisol which makes us fat around the belly.

If you can't make it to the Hiit gym, what does a good Hiit at home workout look like? Interval training has been around since the dark ages and many runners start out this way as they build their endurance by running for a minute and walking for 2 minutes. Whatever cardio you choose, have periods of intensity followed by a



slower pace. You can run or cycle, you can get outdoors, use hills or stairs, or a stationary bike or treadmill. Applying this principle will see your endurance and fitness increase.

After warm up, build intensity. Choose your level: 30, 45 or 60 seconds at high intensity then 20, 30 seconds of rest. Choose the exercises for each workout and complete eight rounds of each exercise using these suggested exercises:

Cardio: Jog, high knees, skip, mountain climbers.

Legs: Squats, jump squats, lunges, jump lunges, step ups, stairs.

Arms: Push ups, tricep extensions or dips, bicep curls, shoulder press, handstands against the wall. No dumbbells? Look to the pantry for bags of rice or simply fill drink bottles with water!

Abs: Crunches, bicycle crunches, plank.

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PARTIES MAKE GREAT CLASSROOMS

Words: Tanya Curtis

PARTIES APPEAR TO BE SOMETHING THAT WE ALL LOOK FORWARD TO... OR DO WE?

Parties are often filled with emotions of varying intensity from one spectrum to the other – complete sadness for some, yet overwhelming joy for another – all in one place.

We may hear the giggles, laughter and squeals of delight from some, yet can feel the total despair, sadness and even frustration and anger from others. Why the extreme, why the polar opposite? Is it not our picture that parties are fun for all? If so, then why the anxiety, why the tantrums and why the frustration for some? What are parties presenting that we may not feel equipped to respond to?

Strange as it may seem, parties are an opportunity to learn – they are part of the classroom of life. No, there is no academics or formal teachers, however parties are without any doubt a classroom filled with countless opportunities for children (and their parents) to learn and develop new skills to respond to the demands of life.

At Fabic, we understand that no matter what behaviour looks like, it is happening for a reason. Our approach is that before we 'change' behaviour, we must first 'understand' the reason for behaviour. We know that every tantrum, feeling of frustration, anger, sadness etcetera is simply a person's way of communicating how they are experiencing life. Fabic's approach is:

- All unwanted behaviour is a result of anxiety first.
- Anxiety is a result of a person not feeling like they have the skills to respond to a part of life they have been presented with.
- A person's body is simply a form of communication. From our body comes our behaviours, words, thoughts, feelings.

Sometimes what the body expresses is thumbs

up (ie. wanted behaviours, words, thoughts and feelings) and sometimes what is expressed from the body is thumbs down (ie. unwanted behaviours, words, thoughts and feelings). A person's body must never be judged, rather understood. To understand, we simply ask "I wonder why that unwanted behaviour, word, thought or feeling is being expressed?". I wonder what part of life the person does not feel like they have the required skills to respond to? I wonder what skills this person would benefit from developing to help them change their own experience of life to be one they feel more equipped to respond to?

Hence, once a person has the required skills to respond to life, we know their body will express wanted behaviours, words, thoughts and feelings. Thus the tantrums, frustrations, withdrawals and tears of despair etcetera in the playground or at a party are simply the child expressing "there is a part of life I don't feel like I have the skills to respond to. Please help me develop the skills".

What if we approached any party in the following way: Let me identify the parts of life my child may benefit from learning skills to respond to and then I will help my child develop the skills so they feel equipped to respond to life.

To list the 'life lessons' a party presents is endless but some include:

- Initiating, continuing and ending an interaction with another child.
- Loud noises.
- Lack of structure with things, impromptu activities.
- Not getting prizes, eg. when playing pass the parcel and I don't win.
- Other kids not doing what I want them to do.
- There is a pre-existing group or game and I want to be included. How do I do this?



- When I win, I like to let everyone know. How do I win tactfully?
- I hate losing. How do I lose graciously?
- Others kids think they are better than me and I don't like.
- There is lots of party food to choose from – what do I choose that will support my body for the rest of the day, long after the party has finished?
- I don't like making mistakes.
- I'm not very good at identifying what my body feels like when I need a break and need to come and sit out for a rest. Please help me learn this.
- Sometimes I'm having so much fun in my play that I don't realise I need to go to the toilet.
- Things don't happen the way I want them to.
- I'm not yet ready to leave, but you are saying it's time to go.

Once we identify the parts of life at a party a child may not feel completely equipped to respond to, we are able to support them to develop the skills. Once a child feels like they have the required skills to respond to whatever a party presents, you will see the signs of enjoyment increase in this classroom of life and thus the rollercoaster of emotions will reduce. You, as a parent, are forever a teacher of life to your child who is your life student.

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Pretty as a picture

Words: Georgia Harding

WITH A GROWING LIST OF ALLERGIES AND FOOD INTOLERANCE IN KIDS TODAY, CREATING HEALTHY FOOD FOR YOUR CHILD'S NEXT BIRTHDAY PARTY, THAT'S VISUALLY FUN TO BOOT, IS NOT AS TOUGH AS IT SOUNDS.

It does take a little creativity in the kitchen to come up with a healthy party spread, and one that is visually appealing too because, let's face it, the food table is generally the focal point of the party.

Luckily the Internet (and especially Pinterest!) abounds with ideas to inspire and guide you. Here are a few of my favourite party ideas to make your kid's next party food table a huge and memorable hit.

1 Fruit pops: Cut shapes out of your favourite fruit and thread them onto a stick. You can even add a dipping sauce like pureed fruit, yoghurt or melted plain chocolate. Little girls also love fruit 'wands' - fruit cut into stars on a skewer. Decorate the skewer by threading blueberries on it and tying a pretty ribbon at the base. Boys love 'rocket' skewers - thread fruit with a triangle shaped skewer at the top. You can tie tassels on the handle to make it look like it's taking off.

2 Veggie trains: These trains are a beautiful way to present veggie sticks and dip. Cut one side of a capsicum, remove the seeds then use slices of cucumber to make the wheels (attach with a toothpick). Fill the capsicum carriages with dips and veggie sticks. Add a 'sail' made from a



toothpick and paper and your carriage becomes a boat.

3 A mountain of meatballs: Stack mini-meatballs to make a mountain, just remind kids to start at the top to avoid an avalanche!

4 Handmade pies: Make shapes from pastry, fill with mince or spinach/feta and seal around the edges with a paddle pop in one end and bake.

5 Watermelon pizza: Check out my recipe for details, right.

6 Rainbow cake: Melon makes the best rainbow cake. Simply cut your melon (watermelon, honeydew and rockmelon) into large circles and layer. Cover with whipped cream and decorate with berries. Alternatively you can just use watermelon.

Now to the party bag... How can you follow a healthy, whole foods party feast with a bag full of sugar and additives? You can't. So here are some food-free party bag alternatives that kids (and parents) will love.

- A small book, notebook or colouring-in book with a thank-you message written inside.
- A small pot with a packet of seeds for the kids to take home and grow their own flowers or something edible.
- Play-dough. You could even make your own and save lots of money.
- Trinkets. A bubble wand, hair ties, key rings, toy cars etc. There are so many great party trinkets available in stores.
- A smoothie jar (glass jar with a lid and straw). You could fill it with popcorn or another homemade treat.

I hope I've demonstrated that parties can be fun and even nourishing celebrations. With these very visual party food suggestions, your party table will look amazing, the kids will be happy and their parents will be sure to thank you afterwards for the healthy food and the sugar-free take home treat.

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Watermelon pizza



Recipe: Georgia Harding

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INGREDIENTS

- Watermelon, sliced into triangles
- Greek yoghurt
- Fruit to decorate, your pick of berries, kiwi fruit, pineapple pieces, rockmelon (great to make shapes with), orange segments, stonefruit slices, mint leaves, edible flowers etc.
- Honey to drizzle over (optional)
- Chocolate buttons (optional)

METHOD

Simply smear your watermelon pizza bases with yoghurt and decorate with fruit. Drizzle with honey and arrange on a plate or platter. Easy.

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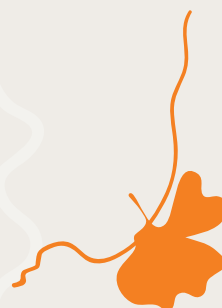
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PARTY FOOD PROWESS

Cassi Cowlam, BHSc(Nat)

EVER BEEN TO A CHILDREN'S PARTY WHERE THE DELIGHTFUL SOUND OF CHILDREN GIGGLING AND SQUEALING CAN TURN INTO A FIASCO OF SHRIEKING AND YELLING, WHICH USUALLY THEN RAPIDLY TURNS INTO TEARINESS? READ ON...

Party excitedness can quickly turn to party over-excitedness, crankiness and teariness in a blink of the eye due to one factor: Sugar - and being fed enormous amounts in a short space of time. Eating sugar in various forms can promote 'sugar highs' and children may be more sugar sensitive than adults. A study comparing the sugar response in children and adults showed that the adrenaline levels in children remained 10 times higher than normal for up to five hours after a test dose of sugar, and that children with ADHD may be even more sugar sensitive.

Research also indicates that sugar sensitivity is more pronounced in younger children. Remember, their body weight is lower and their metabolism is faster, so they are getting a very high sugar rush, then insulin (the hormone that helps to remove sugar from the blood into the tissues) comes in to get rid of all that excess and they get the 'sugar drop'.

Combine excess sugars with artificial colours, flavours and preservatives commonly found in most party food and you're asking for trouble. Studies link food preservatives (such as Sodium Benzoate 211), additives and colours with hyperactivity in children. Some of the colours observed to have adverse effects were Sunset yellow (110), Quinoline yellow (104), Carmoisine (122), Allura red (129), Tartrazine (102) and Ponceau 4R (124), but be wary of anything artificial.

HERE ARE SOME IDEAS TO GET YOU STARTED ON A HEALTHIER PARTY FOOD SPREAD:

- Children love colour and so much is found in nature. For example, instead of using red food dye, use fresh beetroot juice or strawberry juice. If you want blue, then some blueberry juice is amazing, peas to make green, even a little turmeric can give you a wonderful yellow. You don't need much, so the flavour they bring is not such an issue.
- Instead of using sugar-based icing for cakes, use cream cheese or make cashew nut cheese (soak cashews overnight, then blend well) and colour with the above juices.
- Substitute coconut flour or almond flour instead of wheat flour. They're easy to get from a health food shop, low allergy and they taste great too.
- Use cacao powder with stevia to get that chocolate flavour without the sugar hit.
- Use coconut cream instead of cream. It whips up just the same and if you add in a little vanilla, it is delicious.
- Carve out a watermelon into a shark or dinosaur and fill it with cut fruit - you won't be able to keep up with the demand. Make rocket shaped fruit kebabs, or fruit trees.
- Homemade popcorn is easy. Make your own chicken nuggets crumbed with linseed-almond-sunflower (LSA) meal. Homemade meat balls instead of party pies are a better option. If you have a dehydrator you can make your own banana chips or other dried goodies.
- All additives have 'codes' - download an App on your phone such as "The Chemical Maze" or similar, so that you can look up codes whilst you are shopping and check if they are safe.

If you are not sure if your child has a problem with food, but is displaying issues with sleep, behaviour, digestive disturbances, mood disorders or other health issues, it may be worthwhile seeing a qualified health practitioner to assess their health and see if food intolerances are contributing.

Visit www.medsan.com.au

Ask Dr Aaron

YOU ASKED THE QUESTIONS, CHILD PSYCHOLOGIST DR AARON FROST GIVES YOU THE ANSWERS. EMAIL YOUR QUESTIONS TO EDITOR@HAVENMAGAZINE.COM.AU

Q My tween-aged kids are always keen to do chores for pocket money but they seem to lose interest quickly. I'm not pushing them to earn money, but I'd like to think they could at least commit to completing a list of chores each week. If anything, I think I'm helping them prepare for the 'real' world. How do I keep them motivated?

A This one comes up a lot, and is usually a question of economics rather than psychology: It's all about supply and demand. What is it they want and what do they have to do to get it. If they have everything they want anyway, why would they bother doing chores for money that they can't imagine what to do with. On the other hand, if it takes them the best part of a year of chores to get a magazine they want, why would they bother? The trick to keeping them motivated is to know what they want and then give them the opportunity to earn enough pocket money in a short enough time period to get it, while making sure that they aren't so showered in gifts and 'stuff' from well-meaning relatives.

Q I'm a single mother of a 6yo and have found a great partner who I really like. He also has a 6yo child from a previous marriage. The problem is that the kids fight so much when they're together. They simply dislike each other. I really want this relationship to work so how do I encourage the kids to get along?

A Each family has a pecking order and one of these kids is about to step one rung down that pecking order. As a rule, no one likes doing that and the fact that they are so close in age means that there is no immediate answer as to who is dominant. I think they will continue to dislike each other until they figure out who is the boss. Unfortunately that is not something either you or your new partner can help with, you just need to sit back, watch it happen and intervene if it looks like either of them could hurt each other. In the meantime though, the focus is making sure that both of them know that they are loved by their biological parent and that they haven't been replaced by the new partner and if this relationship is going to work, then they each need to feel loved and protected by the new partner as well.

Q I really don't like the friends that my 13-year-old daughter hangs out with. I feel there are such nicer kids in her cohort that she could be friendly with. Should I step in?

A Yes, but she can never know. Friends are a really important predictor of future risk and protective factors for kids at this age. They are who is going to be there when someone first offers them a cigarette, alcohol or drugs. They will be there when they are deciding whether or not to get into a car with a boy who has been drinking. They will be the ones who are there when they start clubbing and all the risks that entails. So yes, you are right to be concerned about who your daughter hangs out with. Having said that, the most important thing in the world for a 13-year-old boy or girl is to be treated like an adult, so the best way to get her to tune you out completely is to meddle in her social life. All you can really do is become friends with parents of kids you like as well as the kids you don't, and gradually try and shape up a circle of social opportunities for her. She will still ultimately make those decisions, but you want to give her every chance to make better choices.

Dr Aaron Frost is a clinical psychologist and director of Benchmark Psychology at Mount Gravatt. Visit www.benchmarkpsychology.com.au



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Out of the box

Words: Anny White

GADGETS ARE A BIG PART OF OUR KIDS' DAYS. WHILE SOME SAY TECHNOLOGY ADDICTION IS AN EPIDEMIC, OTHERS SAY IT HAS OPENED DOORS FOR LEARNING AND PLAY. CHRISSY BYERS BELIEVES THAT KIDS NEED TO REDISCOVER THE OLD-SCHOOL FUN OF GETTING OUTSIDE, GETTING DIRTY AND GETTING CREATIVE. AND HER SOLUTION IS CERTAINLY OUT OF THE BOX.

Over a decade of interacting with kids has taught former teacher and mum of two Chrissy Byers a lot about how they learn. Playing creatively and getting outdoors is very important and isn't really happening anymore, she says. And the research shows that overusing technology reduces children's ability to imagine.

"I think it becomes difficult for children to write creatively because they can't conjure things up in their mind as well as they should be able to," says Chrissy. "I think there's a real danger of losing creativity, particularly vocabulary – it's not as great as it used to be."

But Chrissy found that when children were encouraged to visualise and verbalise their imaginative adventures, they became more confident in other areas like writing and socialising. This realisation inspired her debut, self-published children's book, *The Magic in Boxes*. The book sets out to help kids find the fun in creative play using materials as simple as cardboard boxes.

"A part of play is copying and re-enacting experiences that you've had and you can see – that's the aim of *The Magic in Boxes*. I've noticed that after I've read the book to groups of children, that's what they want to go and do."

Trading the Xbox for a cardboard one is something that Chrissy felt would appeal to children and adults alike, but she admits it was a long time coming.

"I loved drawing and illustrating as a child and in high school it was something I really wanted to do but I was discouraged because it's such a competitive industry," Chrissy says. "It's taken me until this stage in life to dare to dream."

Chrissy began the book project four years ago when her sons were aged 2 and 3. While

the concept for the book came from years of interacting with children, the two who inspired her most were her sons.

"It was their story, it was what they played with – just with boxes. My son, who was six when the book came out, told the librarian 'You'll have to put this with the non-fiction because it actually happened'," she laughs.

Chrissy originally met with publishers who were concerned the story wouldn't sell, and eventually decided to self-publish.

"I think I'm a little bit before my time. But if I did go down that road, I wouldn't have been able to make choices of integrity."

One of those choices was to manufacture the book completely using recycled materials and, despite it being a lengthy and costly process, she says it was more about the message than the money. The book encourages creativity and sustainability, but Chrissy's personal story also has important messaging.

"I'm hoping my story might inspire other mums. Those who have always wanted to do something but have never had the time or the means," she says. "Also, if we want well-adjusted adults, we need to skill them with all the good stuff. Those things can't be achieved by sitting on an iPad. Technology is only going to become more and more important in our lives, so children have to be exposed to it. But it is the parent's responsibility to decide how much and what their kids are doing. There's a bond when a child sits on your lap and your arms engulf the child, and the book is in between your child and your arms. It's magical, it's so very important."

Visit www.chrissybyers.com



Kid review

Grace's mum tells us that Grace, 7, is obsessed with cardboard, sticky tape and box construction, with thanks to the amazing kindy teachers she had some years ago. "There's no doubt Grace will turn her obsession into a career one day – she'll become an engineer or architect or come up with some amazing new way to build affordable, sustainable, eco-friendly homes out of recycled breakfast cereal boxes," her mum laughs. Which is why this book was the perfect one for Grace to 'kid review' for *haven* readers...

"I like this book so much because it involves box construction and I have made lots of things from boxes like the time when I made a camera, a frog, a llama and when I made a city out of some big boxes when we got a new lounge. I like the pictures in this book because they're hand drawn and they have joined in photos of real life objects too."

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Words: Belinda Glindemann

ANIMALS ARE HEIDI MACKAY'S PASSION. SHE'S LIVED AND BREATHED HORSES FROM AN EARLY AGE AND IS NOW TURNING THAT EXPERTISE INTO IMPRESSIVE SHOWS FOR AUSTRALIAN OUTBACK SPECTACULAR AUDIENCES.

As far as interesting people go, Heidi Mackay is up there with the most compelling. Resident 'Horse Master' at the Australian Outback Spectacular, Heidi oversees the day-to-day care of the show's horses and dogs, their ongoing training, the buying and selling of horses across the country as well as coordinating the show's 25 cast members each night. But this very modest and humble animal enthusiast has a life story of impressive depth and celebrity.

Heidi says, as a kid growing up in New Zealand, horses were simply in her blood. Horse posters adorned her bedroom walls and she'll proudly tell you she's seen the movie *Phar Lap* 21 times. When she was 6, Heidi received every six-year-old girl's dream Christmas present – a pony. Coco was of the Welsh Mountain variety and "really naughty".

"He ran away even before I received him on Christmas Day!" Heidi laughs.

While her working life started in a solicitor's office, it was through a chance opportunity that her real career would unfold. Heidi was invited to spend three months travelling around Australia working as a horse trainer on the mid-1990s film *In Pursuit of Honor* starring Don Johnson. The production required the management of 300 horses – the largest cast of horses of any movie at that time. The film would open doors for Heidi in the United States and see her spend a big chunk of her career training and managing animals on sets of movies such as *Dances with Wolves* and *Gladiator*.

She's even trained ferrets for the US TV series *BeastMaster* ("One thing about ferrets is that when they bite, they don't let go!"), hybrid wolves for *The X-Files* ("I don't get starstuck much - what I do remember about *The X-Files* was how big the food trucks were!") as well as other tigers, elephants, dogs and even wedge-tailed eagles. Among her other film credits are *Inspector Gadget* and *Little Rascals*.

Back on the Gold Coast, Heidi's claim to fame is as an original cast member at the Australian Outback Spectacular. Previous to this, she was an animal trainer for the Animal Stars show at Warner Bros. Movie World. She's been with Village Roadshow theme parks for 22 years now. While she's worked with some quiet exotic creatures over the years, horses and dogs are Heidi's all-time faves.

"I'm that crazy dog lady!" she laughs.

Heidi says that one of the most memorable and rewarding moments of her career so far was when her own beloved Beagle, Scooter, was chosen to star as 'Brains' in the *Inspector Gadget* movie.

"I was just so proud of him," she says.

"I really am working in my dream job and I do know how lucky I am. I really love going to work everyday and I know not a lot of people can say that and mean it."

Visit www.outbackspectacular.com.au



He said, she said

**MEN AND WOMEN ARE GEARED VERY DIFFERENTLY (AND WE WON'T HOLD IT AGAINST THE MEN FOR THAT!).
HERE ARE HAVEN COLUMNISTS ANTHONY SHERRATT AND MOYRA MAJOR'S RANDOM VIEWS ON MODERN FAMILY LIFE.**

Me and them!

DADDY DIARIES

Words: Anthony Sherratt

When my girls were born, amidst the emotion and tears and wonder, I set myself some lofty goals. First and foremost I wanted to be not just a good parent, but the best I could be. To do this, I set myself noble goals: to protect them, nurture them, and teach them... all to perfectly prepare them for the world. It seemed pretty simple: teach them the basics of being a good human being through simple lessons and easy to follow rules. It has not been that simple. So far it's been less of an educational journey and more like a torturous game of Chinese whispers. Apparently what I say isn't what they hear. For example, when I say "7pm is bedtime" what they hear is "7pm is more like a rough guide. Perhaps this is when you could start getting ready for bed. Or even just thinking about getting ready. There's at least another hour if you can drag it out properly." It doesn't matter how well-meaning or philosophically sound my intended lesson is, there's always a way for it to be taken differently. Do any of these sound familiar to you?

ME: Don't raise your voice when you disagree. Resolve things amicably. Discuss and compromise. **THEM:** Try to resolve things amicably. If you still don't get your own way; get very, very loud until you do.

ME: Listen to Daddy. You may not always like what he says but you need to trust him. **THEM:** Listen to Daddy (Magistrate's Court). But if you don't like it you can take it to Appeal's Court (Mummy) where you should get your way. If not, there's always the Supreme Court (Grandma) where you WILL get your way.

ME: Always be honest. The truth might sometimes hurt in the short-term but will strengthen everything around you in the long-term. **THEM:** Always be honest. Unless you think you're really getting in trouble. Then fudge, misdirect or downright lie. What is this 'long-term' you speak of?

ME: Manners are important. Always say please and thank you. **THEM:** People like it when you say please and thank you - you get more stuff, and they'll usually pick you first. It's great being first and having more stuff. What does 'thankful' mean?

ME: Winning isn't everything. It's ok to try to be first but if you don't win then that's ok too. **THEM:** BUT I WANNA BE FIRST, WHY CAN'T I BE FIRST? (Seriously these twins argue about whose hair gets done first in the morning)

ME: I will always acknowledge your jokes with laughter to encourage you. **THEM:** If it's funny the first time, it's funny the thousandth time.

ME: Never worry about what other people say. **THEM:** "But you're someone else. Does that mean I don't have to listen to you?"

I guess I should be thankful that they've learned the truly important lessons: don't be afraid to try new things, Daddy is the best, be kind to people: try to understand how others feel, superheroes rock and peas are the devil.

They're ready for the world - but is it ready for them?



My party rules

MAMA MEMOIRS

Words: Moyra Major

With the magazine theme of 'Celebrations' this month, I thought I'd share with you my new-age rules for planning a children's birthday party. Here goes:

1. If your child can't walk they probably aren't going to remember the party. Make the photos look amazing and don't stress out if they sleep through the event.
2. Serve takeaway/pre-made or heat-up food... If it has sugar or pastry in it, or at least looks bright and yummy and unhealthy, it's usually a winner.
3. Don't invite more kids than you can handle. It's not a popularity contest and there's no need to be overrun by little people just as the cake arrives with flaming candles.
4. Remember that if you invite a child along to the party, there is every chance your kid will be invited to their celebration - no tooty horns in the lolly bag.
5. Make the lolly bag impressive but not boring - you don't want your kid to be remembered for the barley sugars in the bag.
6. Teach your child to be thankful for gifts, and don't let them rip the present apart before it hits the table. A crazed child covered in wrapping paper and sticky tape clutching at a gift is not a grateful child.
7. Serve food, tea, coffee/hard liquor to the parents.
8. Outsource children's entertainment. No one needs to see your impersonation of Iron Man or The Hulk... Especially if you're the mum.
9. Have already visited the bottle shop and stocked the fridge for when the party ends.
10. Take a game idea from my father in law: Get a jar of 5 cent pieces, throw them in the air and scatter them in the backyard. Sit back and watch the "Finders Keepers Game". Fun.
11. Think about whether or not you really need to admit you bought the cake.
12. If you've been invited to a play centre party with large slides and inflatable things, make sure your eldest child (husband) knows that the activities are just for the kids.
13. Put an end time on the invite, so everyone knows how long they've got.
14. If your child is under the age of around 12, it's not right or polite to dump them at the party and head off to the gym/piano lessons/pub/bed.
15. If having the party at home, block off areas or even the whole house. It'll mean less cleaning, less worry and less stress.
16. Try not to play favourites during musical chairs or pass the parcel, even though your personal opinion might want to sway you a bit. Just because you don't like little James doesn't mean he should miss out.
17. Know that things will go wrong and something will break, spill or pop. Expect the unexpected.
18. Remember your smile - the party is also a celebration of the fact that you got this far as well!



Salvation in pages

Words: Belinda Glindemann

GOLD COAST AUTHOR SARINA THOMPSON PROVES THAT HARD WORK PAYS OFF AND DREAMS REALLY DO COME TRUE.

Sarina Thompson has vivid memories from when she was a young child of one day becoming an author - someone she saw as "wildly famous" who produced the kinds of books she, as a child, would find her escape in. Sarina, of Nerang, has proved that perseverance and persistence pays off by recently self-publishing her first children's books. And funnily enough, in a case of life coming full circle, they were inspired by her own children. As a young child, Sarina says she felt great excitement and expectation when visiting the library, which her mother ensured she did often.

"It was on these days I would immerse my senses in the rich smell of well-loved books and settle into the journey that awaited me, as I turned each page," Sarina says. She was hungry for the escape into her imagination and learned early on that each book created a broader horizon and endless possibilities in her growing mind.

"It was like going on a holiday albeit from the comfort of the small armchair I favoured, in my section of the library. The tapestry of endless words and stories ignited a fire in my belly that would take years to fully understand."

Sarina started her career studying criminology at uni. While the content was initially interesting, she yearned for more colour in her life and so transferred her study to professional writing. One of her lecturers saw potential in her work.

"It was then that I found clarity for what I really wanted to do with the rest of my life," she recalls.

The mother of three children (aged 15, 9 and 6), Sarina's latest title, to be released this month, is called *Sapacoot Ate My Boot*. She describes the story's main character, Sapacoot, as "a mischievous bat who represents curiosity in tactile exploration". The title is filled with amazing hand-drawn illustrations that provide lots of interest and talking points for mini readers. It is one part of a proposed six-title series that will be completed by Sarina in early 2017.

"All my stories are told through fun, playful, rhythmic rhyme and are accompanied by vibrant imagery," she explains. "All my books will offer interactive learning tools and art and craft activities to follow on from the printed version via an interactive website."

Visit www.sarinathompson.com



SARINA'S TITLES TO LOOK OUT FOR

- Sapacoot Ate My Boot
- Fadley the Frozen Frog
- Fuji-Arma from Mt Panorama in his black silk pyjamas
- Tazney the Tortoise from a town called Morrice
- Hecki-O'Deck from Flat Water Plain who walked with a Cane
- Odessa from Tessa, the Magical Assessor

CHECK OUT BOOK REVIEW ON PAGE 6.



VISUAL ARTS AND STEM FESTIVALS



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business

TELL US ABOUT YOUR BUSINESS/CURRENT ROLE? Earth and Skin is an organic beauty spa. We are passionate about beauty without toxic chemicals or harm to animals and the environment. Previously in Miami, we have just opened our gorgeous brand new organic beauty spa in Mudgeeraba.

WHERE DID THE CONCEPT FOR THIS COME FROM? I became more interested in what I was putting on my skin after having the kids and couldn't really find an organic beauty salon on the Gold Coast. I wanted somewhere I could buy great quality, local organic beauty products. I wanted to talk to someone knowledgeable about how to care for my skin without compromising my health or the environment and somewhere that I could go to have a beauty treatment done, knowing it was safe.

I decided to open what I had been looking for. After two years operating my boutique salon, I saw a need for expanding the range of services that led us to build our new organic beauty spa. Now we can offer treatments such as Full Body Organic Sugar Scrubs, French Green Clay Body Cocoons and my favourite - the Rose Milk Foot Spa.

WHAT'S YOUR BUSINESS BACKGROUND? My parents are classic entrepreneurs. They owned a nightclub in Surfers Paradise in the late 1970s just before I was born and after that had a broad range of successful businesses. My mum ran a clothing manufacturing business behind the scenes for some big swimwear and cyclewear labels and my dad did everything from running a garden centre to mower shop to the stockmarket and real estate.

I thought I'd buck the trend and decided to study to be a dentist but I got to my third year of uni and realised maybe it wasn't for me. I finished that year with a degree in Oral Health Therapy. After having the kids, I found it difficult to find flexibility working for someone else. My sister (another entrepreneur) had just started her beauty salon so we worked together for a little while until I decided to open Earth and Skin. I think being an entrepreneur is in my blood, it feels natural.

WHO WERE YOUR MENTORS ALONG THE WAY? I have always been able to get advice from my family - the conversation often goes towards business at family gatherings. My biggest mentor though has been my husband. With a successful web design agency that he has owned and run for 10 years, he has provided lots of sound advice and has always been someone I look up to. We make a really good team.

home

WHAT TIME DOES A TYPICAL DAY START FOR YOU? Well it's usually still dark and depends on which child wakes up first and demands breakfast. We try to start the day slowly and calmly but sometimes it is just pure chaos trying to get everyone out the door. One day my son went to kindy with two left shoes...

WHO DOES THE COOKING AND CLEANING AT YOUR HOUSE? I learnt a long time ago that putting systems in place sets you free so being super organised is a must. I write a roster system that plans ahead including pick up and drop off, cooking meals, childcare and making lunches. That way everyone knows what is going on from the beginning and it eliminates some of the craziness.

IF YOU HAVE 10 MINUTES TO YOURSELF, WHAT DO YOU LIKE TO DO? Mums all know that 10 minutes to yourself doesn't just happen. You have to make that time - you have to schedule it in. I've just started boxing one-on-one with Dan from KO fitness and I love it. Boxing is such a mental and physical release and I always end on a high. Time to myself is a rarity so I enjoy taking a walk, reading a book or enjoying peace and quiet cooking something in the kitchen. Many days I wish I was on the receiving end of one of our treatments. I'm sure everyone thinks I must get facials or my nails done all the time but we are always so busy it never happens.

kids

WHAT DO YOU DO FOR CHILDCARE? We are extremely lucky to have an amazing au pair who lives with us. Helene takes care of the day-to-day tasks that would otherwise take us away from spending quality time with the kids. We use after-school care and kindy as well which the kids really enjoy.

WHAT DO YOU DO FOR FUN AS A FAMILY? The kids (and Jon) love the skate park and we have a really good one near us that we go to every weekend. They are just getting confident on their bikes so we often go along the beach at Burleigh or to one of the parks near us.

fun

WHAT IS YOUR FAVOURITE THING TO DO FOR DATE NIGHT WITH YOUR PARTNER? Jon and I love eating good food so you'll usually find us at a

new restaurant on a date night. We are so lucky that there are so many new amazing restaurants popping up everywhere it's difficult to choose which one to try next.

WHAT IS YOUR FAVOURITE LOCAL PLACE TO VISIT? We often take the kids to Currumbin Wildlife Sanctuary. We also love going to Burleigh Headland and Mudgeeraba has some really nice family friendly walking tracks.

HOW ABOUT FAVOURITE PLACE TO EAT OUT AS A FAMILY? Breakfast is my favourite meal and we try to eat out as a family on the weekend. The kids and I love the ricotta hotcakes at Barefoot Barrista! If we go for an early dinner we love Cha Cha in Broadbeach. I've been going there for years!

girl stuff

WHERE DO YOU HEAD TO WHEN YOU GET TIME FOR A GIRLS' NIGHT OUT? It's been a while but it usually involves a night in Brisbane. Dinner, drinks and dancing.

WHAT IS YOUR BEST BEAUTY TIP FOR MUMS? Wash your face every night and floss daily! Your skin will glow and flossing daily will do more than improve the health of your gums. Reducing the bacteria in your mouth will reduce the bacteria in your blood stream which is good for every part of your body. Also, people who floss live five years longer...

tips

MUST-HAVE PARENTING TIP OR TOOL? Pick your battles. I remember my Dad and I having a really tense relationship when I was in my early teens because I didn't keep my room clean. He said to me a few years ago that looking back, he wished he just kept the door closed. So now I try to take a deep breath and focus on what really matters. And by the way I am obsessively tidy now...



CAN YOU SHARE ANY TIPS ON FINDING THE RIGHT WORK/LIFE BALANCE? I feel more on top of things when I'm organised. I'm a chronic list-writer. Jon and I decided a couple of years ago that if it is taking us away from spending time with the kids, it gets outsourced. I used to spend all day Sunday doing the family washing. Now our au pair does it during the week which leaves all weekend to spend quality time with the kids.

HOW DO YOU STAY MOTIVATED IN YOUR CAREER? I love what I do and it is always changing so I always find it interesting. Work no longer feels like work and my clients are like friends. I can't wait to hear what they have been up to between visits. I really do feel like I have the best job.

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Life is a celebration

BUT HOW MUCH DO WE CELEBRATE?

Words: Debbie Hogg

LIFE CAN BE FULL OF PRESSURE, PRESSURE, PRESSURE. WE CAN OFTEN FEEL LIKE A PRESSURE COOKER STEAMING AND UNDER PRESSURE TO FULLY COOK. SOMETIMES WE EVEN POP WHEN THE PRESSURE GETS TOO MUCH.



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If your life is not a pressure cooker, maybe it could be described as a washing machine? Open up the door, get inside, click on the wash cycle, wash it all about, push and pull, up and down and around and around (makes one feel dizzy and out of control). Next comes the rinse cycle and we are dumped on and drowned. Then the drain cycle (oh, how draining can things be, we feel it, we walk it and even talk it at times). Then there is the spin cycle where we are squeezed, we are spun and we are spat out at the end. We feel exhausted.

When was the last time you took the time to stop, be silent and still for a moment? When did you last celebrate all you had in life, instead of comparing, striving for more, blaming and complaining? When was the last time you really took stock of where you are?

When we operate from a very high-speed place, it's often difficult to feel 'the moment' or the joy it brings because we are too busy being busy. We feel pressured to cater to the family needs and responsibilities of being the best parent we can be, to being the CEO of the household, taxi driver and much more. Interestingly enough, we look for things to do to support these roles we have taken on. Parent role, partner role and work role, often forgetting our 'self role'. We ask ourselves what else can we do and we go around and around gathering momentum and pressure to get whatever it is done. It's a fascinating learned behaviour.

The space for us to do for 'ourselves' and put ourselves at the top of the pile appears way in the distance. We can often get headaches, mood fluctuations, low motivation, negative thoughts, tasks never being completed and the list goes on. We get cross, crabby and sometimes depressed. Being in the washing machine cycle is all our systems overloaded. Nothing is being received, nothing is being sent and there is no celebration or joy in the moment. We can feel loneliness come tapping on the door, we become down and frustrated, even sad and a little lost. We might start wondering 'Why me, what did I do to deserve this?' Anxiety may start to build up and we end up going down the spiral or the plug hole and we start asking ourselves, 'Where to from here, what can we do?'. Staying locked into this mindset and mulling over these types of questions

"The more you praise and celebrate your life, the more there is in life to praise and celebrate"

- OPRAH WINFREY

will lead to more negative thoughts. The knock-on effect or ripple to these thoughts are the attitudes following directly behind them. By continuing on this route we are guaranteed to get sick, cause friction in our relationships, lower our self-esteem and confidence and lose necessary balance in our life. The ripple continues.

Turning things around - to be in celebration of our life instead of struggle - a shift of state is necessary. Like flipping over fried eggs, changing our thinking is very important and the only way to leave the pressured behaviour behind.

FIVE TIPS TO TAKE TIME OUT, CELEBRATE LIFE RIGHT NOW AND BE IN THE MOMENT

- 1 Let other people's stuff bounce off - let it go, it's their business. There are only three businesses: God's, yours and mine.
- 2 Take a bath and relax with candles, bubbles (in a glass and/or in the bath), music or a book.
- 3 Use support people to keep yourself on track. Work with a coach for a couple of hours a month, allowing you to see the big picture and strategise goal-setting plans.



- 4 Reconnect with your true spirit, with personal development books/movies, understand how the true you operates.
- 5 Get clear on what you truly want and visualise your day/week/life.

If you want to have something different from what you have right now, you must make a decision right now to do something different. If you continue to do what you have always done, you will continue to get what you have always got. The choice is yours. Your mindset is your responsibility - choose it wisely.

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PRESENTS ... 'BAD MOMS'

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WHEN: Thursday August 11, 2016

TIME: 6.15pm start with champagne and canapés
Q&A with our 'bad mamas that rock' panel
7.15pm movie starts

WHERE: Event Cinemas Pacific Fair

COST: \$55 +GST (+ booking fee)

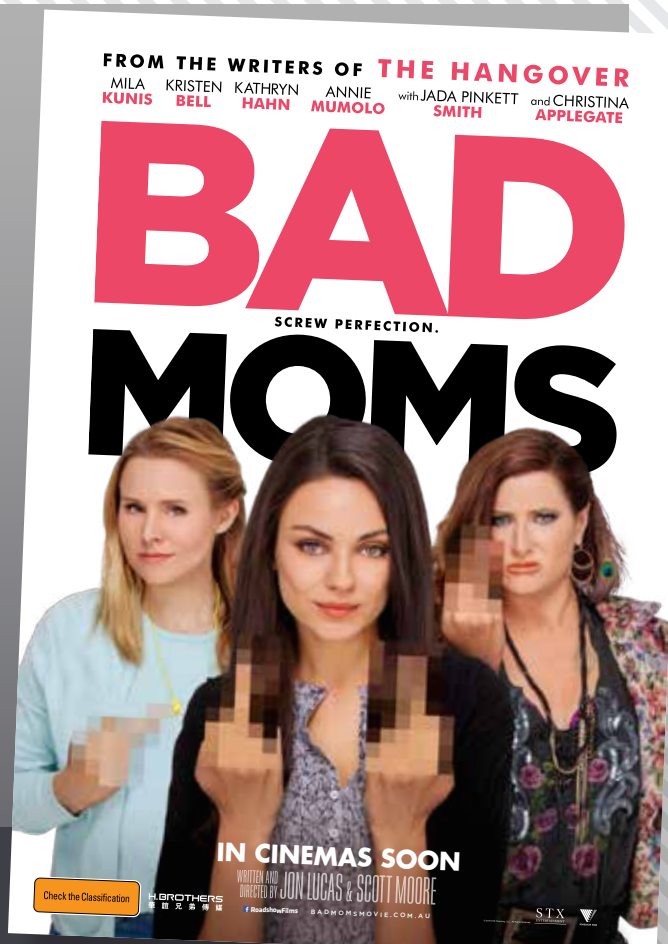
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