

AUGUST 2019

haven

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Magazine

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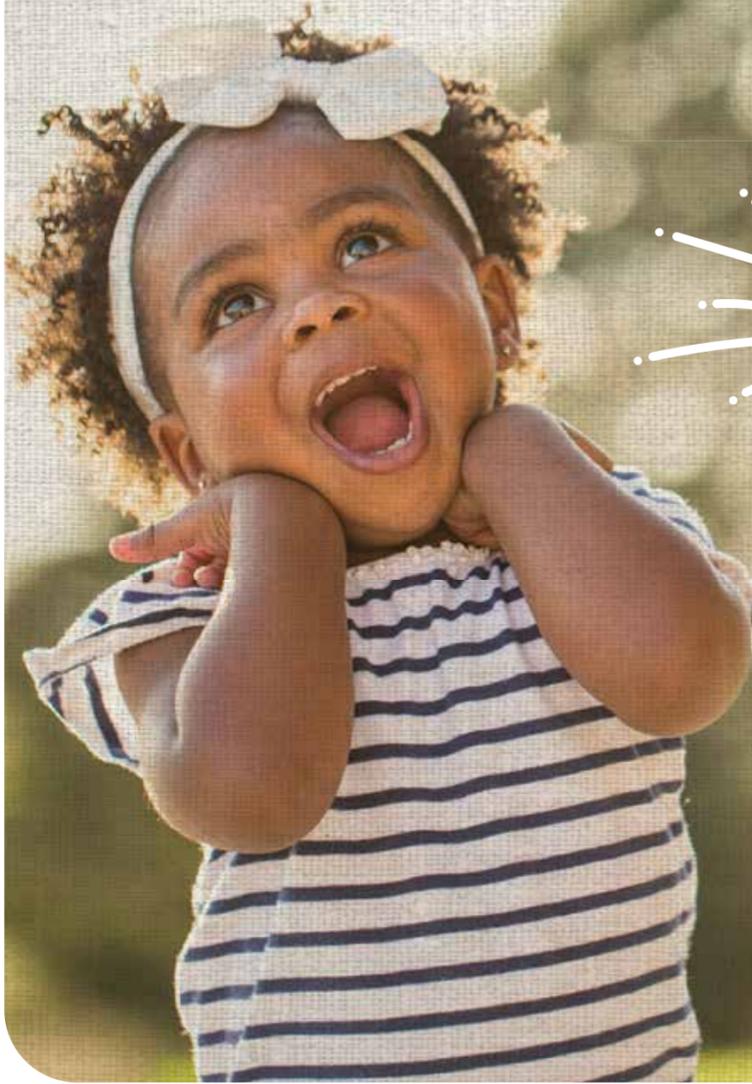
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'Shout out to that one parent who steps up and plays with the kids at a party so the rest of us can talk in peace.'

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havenhub



What we're talking about each week in our e-newsletter

Let's talk parties, people

Welcome to *haven's* annual party edition. We've thrown a little sparkle on our pages and hope you can take away one piece (there I go - already thinking about cake) of inspiration and nail your next party.

This one is for the kids, because I can start my own party simply with a cheese platter and cocktail any day #easytoplease

On the other hand, there are only 87 days until my 11 year old has her birthday and we've already started talking plans, venues, invite lists, sleepovers and presents. See, kids just LOVE a party and every trip around the sun is well worth the celebration! It sure is the highlight of the year when you don't have wrinkles!

Maybe gathering the neighbours' kids over for a piece of cake after school is your thing? Or you want to host your own Coachella-inspired 'Kid-chella' party (yes, that's a thing too!)? Maybe you want to keep calm and pick a venue that'll do all the hard yards for you? Either way, read on for our fave party picks, hints, tips, advice and more!

Once the party ends, we also have loads of events to check out (as winter draws to a close) and ideas on where to get out + about and eat cake #justbecause

This issue really takes the cake for your party planning... see what I did there!

Happy reading,

Keeley

editor@havenmagazine.com.au

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FOR A WEEKLY DOSE OF HAVEN STRAIGHT TO YOUR INBOX INCLUDING A WEEKLY WHAT'S ON!
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Have you checked out our sister little, scout magazine?
www.scoutmagazine.com.au



GIFT GIVING THE EASY WAY

It can be super-hard to come up with just the right gift idea for that hard-to-buy-for uncle, or your Dad, or your boss. Rather than it be a physically taxing mission at the shops or even an epic Google/online-shopping session, why not hit up one of the many experts in gift giving?

Red Balloon: The obvious go-to for any type of gift – especially for that person who already has #allthethings. If you can't find a fitting experience/voucher on this website for your gift recipient then you don't have a heartbeat. www.redballoon.com.au

Yellow Octopus: Crank up the quirk-o-meter to 10 – this Aussie website has some crazy fun gifts that are as memorable as they are inexpensive. Tick, tick. Our tip? Head straight to the "WTF!" category tab. www.yellowoctopus.com.au

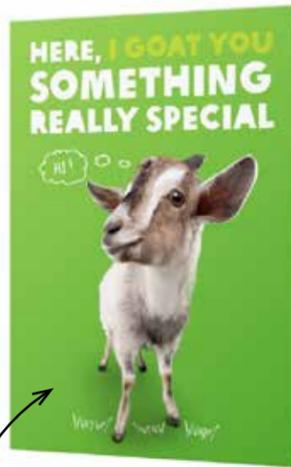
"A party without cake is just a meeting" - Julia Child

Movies under the stars

Hooray! OpenAir Cinemas is back in Brisbane and August's line up offers some fun for families. Catch *Spider-Man: Far from Home*, *The Secret Life of Pets 2* and *Toy Story 4*, for example. Or go old-school and enjoy *The Wizard of Oz* on August 13. www.openaircinemas.com.au/brisbane

The gift that keeps on giving – all year!

OK, so we'll admit from the get-go that we are biased here. We LOVE print magazines for a load of reasons, but they are also the perfect gift. An annual magazine subscription gives your gift recipient a full year's worth of love – and every time a new edition hits their mailbox, they think about you! Lovatts Magazines' "Breathe" and "teen Breathe" make ideal gifts. www.lovattsmagazines.com.au



Oxfam Unwrapped: Sometimes the best gift is not a thing, or even an experience, it's more about the actual giving. Oxfam Unwrapped lets you buy and send a birthday card to your gift recipient but the gift itself is a donation to an Oxfam project. You can shop within the category of your occasion, choose the perfect card and decide on your preferred level of donation. Your donation might be buying a goat or a chicken or even just clean water for someone in poverty in Zimbabwe or Vanuatu, for example. Perfect. unwrapped.oxfam.org.au

So Kind: We love this gift registry and wishlist service website because it encourages the giving of homemade gifts, charitable donations, secondhand goods, experiences, time, day-of-event help and more. It's all about more fun and less stuff! Nice. www.sokindregistry.org

Insta *awesome* #Cake Artists

WE CAN'T TELL YOU HOW MANY TIMES WE'VE CAUGHT OURSELVES SCROLLING THROUGH CAKE-RELATED HASHTAGS ON INSTAGRAM, MESMERISED BY MARZIPAN AND 'THAT SPINNY THING' THAT CAKE ARTISTS DO WHILE THEY ICE (YOU KNOW WHAT WE MEAN). HERE ARE FIVE OF OUR FAVES.



@sweetbakes_ is your self-described "friendly neighbourhood cake girl", who will bring a spot of sunshine and a sugar-filled injection of colour to your newsfeed on the daily.



Who needs therapy when you can scroll through @rosiesdessertspot's feed for an hour instead? With a cake for every occasion, you'll never get bored of her posts.



Bakery owner @sweetlayers_ puts the 'art' in cake artist, with mind-boggling creations that she makes look oh so easy to make. Don't be fooled, however – what she creates takes serious skill.



@thepurplecupcake_ is something of a legend in the cake creation community. With her own YouTube channel and almost 350k devoted followers, it's not hard to see why.



If ridiculous cake towers are your thing, @milkmoonkitchen is the account for you. These gravity-defying, mouth-watering creations are like nothing you've ever seen before.

We *love!*



Kids' backpacks

Whether they're heading off to a sleepover, spending the day with their grandparents, or running around at sports camp or the theme parks, the Mini Elwood Backpack has your kids covered – wherever they adventure. It has a zipped front pocket, adjustable straps, easy grab zip pulls, a top carry handle and most importantly it's water resistant and can be wiped clean inside and out. RRP \$68 www.tibaandmarl.com



Iconic Purses

These over-the-top cute little purses can fit lots of things including your keys, loose change or hairclips. They make great gifts and are easy to find when chucked in your handbag. So totally cute and totally divine! RRP from \$19.99 www.makemeiconic.com



Photo: @spell

Sipping sustainably

When your fave clothes brand and the creators of the most Instagram-able coffee cups work together, something amazing happens. We're obsessing over Desert Ochre and Desert Sand, the first collab between Pottery for the Planet x Spell & The Gypsy Collective, aren't you?! RRP \$33 www.potteryfortheplanet.com

Don't miss this...

The Hunting

If there's one place parents of tweens and teens need to be in August, it's in front of the TV for SBS's mini series "The Hunting". Described as "Intense, compelling and timely", *The Hunting* is about how teenagers traverse the complexities of relationships, identity and sexuality via technology.

Starring Asher Keddie (*Offspring*, *The Cry*) and Richard Roxburgh (*Rake*, *Hacksaw Ridge*), *The Hunting* intimately and dramatically imagines the lives of four teenagers, their teachers and families throughout the lead up, revelation and aftermath of

a nude teen photo scandal. Tackling themes of misogyny, privacy, sexuality and sexualisation, online exploitation, masculinity and gender, the series uses this singular event as a way of exploring some of the most pressing issues of our time and offering a vital portrait of modern, multicultural Australia.

Tween and teen expert, Brisbane's Rebecca Sparrow calls *The Hunting* "hands down the best drama I have ever watched". Rebecca says schools and parents should watch this series to gain a better understanding of what's happening in the world of our teenagers. "I know way too many stories of Year 7 kids sharing nude photos and then being devastated by the fall-out. If we want to address this problem we have to face it head on," she says. The four-part series premieres on SBS at 8.30pm August 1.

Gold Coast SHOW

Way too much fun!

Gold Coast It's your Holiday. Enjoy!



Broadwater Parklands Southport

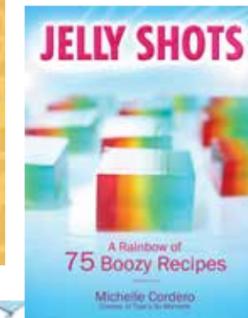
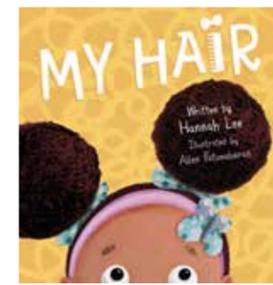
2019 Show Dates August 30, 31 & September 1



Book reviews

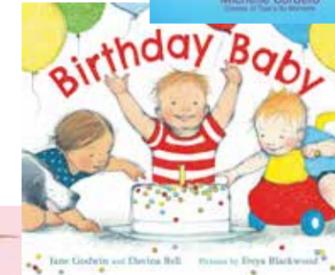
My Hair Hannah Lee

This book is about one girl's search for the BEST party hair - as demonstrated by her family and friends. "My birthday's coming up so soon, I'll need new clothes to wear. But most of all, I need to know - how shall I style my hair?" Joyous and vibrant, this captures perfectly the excitement of getting ready for a celebration, as well as showcasing a dazzling array of intricate hairstyles (to be published in September 2019). Faber, \$15.99



Jelly Shots: A Rainbow of 70 Boozy Recipes Michelle Cordero

Everyone's searching for creative and inventive new ways to serve drinks at parties and Jelly Shot Queen Michelle Cordero has the perfect solution. Ditch those boring wine glasses and beer mugs - *Jelly Shots* is a colorful collection of inventive new jelly shot recipes that has turned the shoddy little plastic shot cup into a stunningly beautiful party treat. Quarto US, \$22.99



Birthday Baby Jane Godwin and Davina Bell

Today is baby's birthday. Here come baby's friends. Hello! Shy baby. Friendly baby. Sunny baby. Lazy baby. Who else will we meet? This delightful story, from a winning team, perfectly captures a baby's birthday party. Allen & Unwin, \$24.99



#Team Bride

Look no further for the perfect hen party keepsake for your #teambride! Perfect for party bags, this cute book is packed with quizzes and games, party planning inspiration, checklists and décor ideas, advice for the bride-to-be, disaster management solutions for last minute wobbles, rude recipes and a memory section to tell the story of your friendship and capture those once-in-a-lifetime hen's party memories. The essential handbook to ensure your BFF has the hen's party of her dreams! HarperCollins, \$11.25



Poh Bakes 100 Greats Poh Ling Yeow

Poh owns and runs Adelaide destination cafe and bakery Jamface, with her bestie, Sarah. She describes the Jamface baking philosophy as the love child between a Parisian patisserie and the Country Women's Association. Here, she shares recipes for 100 of her favourite baked delights - perfect for your next party. Murdoch Books, \$39.99

Your party bible

THIS EDITION OF HAVEN MAGAZINE IS SUMMED UP IN THE WISE WORDS OF TWO EPIC MODERN-DAY PHILOSOPHERS, WAYNE AND GARTH: "PARTY TIME. EXCELLENT!"

JUST LIKE IN WAYNE'S WORLD, THE HAVEN TEAM LOVES A PARTY AND WE HAVE MARSHALLED ALL THE BEST TIPS, PRODUCTS, VENUES AND ADVICE INTO THE FOLLOWING PAGES SO YOU TOO CAN CELEBRATE LIKE A PRO. EXCELLENT.



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Party picks!

WHATEVER YOUR THEME OR CAUSE FOR CELEBRATION, WE'VE NO DOUBT FOUND THE PERFECT FIT FOR YOUR NEXT BASH. KEEP THIS RAINBOW RANGE OF PARTY SUPPLIES CLOSE AT HAND WHEN YOU'RE NEXT IN PARTY-PLANNING MODE.



1. Ruby Rabbit giant kissy lips balloon \$12.95, www.rubyrabbit.com.au
2. Costume Box fluffy hanging decoration (3 pack) \$19.99, www.costumebox.com.au
3. Ruby Rabbit giant French fries balloon \$14.95, www.rubyrabbit.com.au
4. Ruby Rabbit lip stickers \$9.95, www.rubyrabbit.com.au
5. Kmart flamingo party gift bag \$3, www.kmart.com.au
6. Costume Box blush pink paper fan decoration \$5.99, www.costumebox.com.au
7. Ruby Rabbit giant pink flamingo balloon \$12.95, www.rubyrabbit.com.au
8. Blushing Heart Plates (8 pack) \$11.95, www.rubyrabbit.com.au
9. Ginger Ray mini donut-shaped pinata \$7, www.gingerray.co.uk
10. Kmart pink 'Yay' cups (24 pack) \$3, www.kmart.com.au
11. Perfect Party Supplies pineapple loot bags (25 pack) \$6.99, www.perfectpartysupplies.com.au
12. Spotlight anagram party script gold foil balloon \$7, www.spotlightstores.com
13. Ruby Rabbit giant yellow sunshine balloon \$12.95, www.rubyrabbit.com.au
14. Ruby Rabbit geo pineapple tags (6 pack) \$8.95, www.rubyrabbit.com.au
15. The Party Cupboard tropical palm paper napkins \$8.95, www.thepartycupboard.com.au
16. Sunnilyfe ice bucket in banana palm \$69.95, www.sunnilyfe.com.au
17. Ruby Rabbit tropical leaf balloon \$9.95, www.rubyrabbit.com.au
18. Ruby Rabbit giant cactus balloon \$12.95, www.rubyrabbit.com.au
19. Ruby Rabbit blue and mint confetti \$6.95, www.rubyrabbit.com.au
20. Ruby Rabbit giant shark balloon \$12.95, www.rubyrabbit.com.au
21. Spotlight lantern favour box \$30, www.spotlightstores.com
22. Kmart cactus novelty cup \$3, www.kmart.com.au
23. Paper Eskimo blue spot baking cups (25 pack) \$6.95, www.thepartyparlour.com.au
24. Discount Party Supplies party bags (10 pack) \$5.99, www.discountpartysupplies.com.au
25. The Party Cupboard pop fizz small napkins \$9.95, www.thepartycupboard.com.au
26. The Party Cupboard polka dot plates (12 pack) \$6.95, www.thepartycupboard.com.au
27. Ruby Rabbit noir hexagon dessert plates (8 pack) \$9.95, www.rubyrabbit.com.au

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- www.rubyrabbit.com.au
- www.partysavers.com.au
- www.kmart.com.au/category/gifts-&-party
- www.discountpartysupplies.com.au
- www.costumebox.com.au
- www.spotlightstores.com

Shop the look: **Kid-Chella**

WITH CUSTOM LANYARD INVITATIONS, A DREAMY BOHO AESTHETIC AND AN EQUALLY AS STELLAR MUSIC PLAYLIST, GUESTS ARE SURE TO FEEL THE COACHELLA VIBES AT YOUR KID'S BOHO BIRTHDAY BASH. HERE'S HOW...

What to do

What's a Coachella-inspired kid's party without activities to match? Try:

- Kids' karaoke. You could even set up a mini stage for the kiddie performances
- Face painting
- A craft station for making flower crowns
- Musical chairs, on the grass with cushions.

Kmart round cushion, \$8, www.kmart.com.au

Ginger Ray hoopla cactus game, \$12.40, www.gingeray.co.uk

Lilly & Lolly Pearly Grey Teepee \$189, www.lillyandlolly.com.au

Habitat Opulent cushion in gold (also available in rose gold and silver), \$24.95, www.pillowtalk.com.au

Spotlight ombre desert rose planter, \$30, www.spotlightstores.com

Grandado ferris wheel eight cupcake stand, \$52.99, www.au.grandado.com

Zazzle DIY lanyard, \$6.27, www.zazzle.com.au



Shop the look: **jungle fun**

BOY OR GIRL, YOUNG OR OLD – EVERYONE LOVES A JUNGLE PARTY. NAIL YOUR NEXT RUMBLE IN THE JUNGLE WITH THESE ACCESSORIES, ACTIVITIES AND APPETISERS.

Go Wild snake cups 8pk, \$15.95, www.rubyrabbit.com.au



Giant round balloon in winter green and emerald green, \$7.95 each, www.rubyrabbit.com.au



What to do

Go wild with these party game ideas:

- Put on some beats and limbo – decorate the stick like a vine for maximum jungle fun
- Host your own safari by handing out binoculars and hiding animals in obscure places
- Set up your own wild photo booth

Giant zebra balloon \$14.95, www.rubyrabbit.com.au



Animal masks 8pk, \$12.95, www.rubyrabbit.com.au



Feed the pack

- Make a lion dipping plate out of hummus and veggie sticks (add olives for the eyes and nose!)
- Tiger bread rolls
- Chocolate crackles = elephant poop!
- Add a jungle juice dispenser to stay hydrated



Photo: We Create Perth

Troppo napkins 20pk, \$7.70, www.rubyrabbit.com.au



Green party



IF YOU'VE EVER HAD TO HANDLE THE POST-PARTY CLEAN-UP, YOU'LL KNOW THAT IT MOSTLY ENTAILS TOSSING USED OR BROKEN PLASTIC TABLEWARE AND DECORATIONS IN THE BIN. MAKE YOUR PARTY GREENER – AND MINIMISE THE CLEAN-UP – WITH THESE TIPS.

According to the World Wildlife Foundation, each Australian will use 130kg of plastic each year – of that, only 12 per cent is recycled. In the WWF's list of the Top 10 worst plastic items, seven can be commonly found at parties: plastic plates, containers, cups, cutlery, balloon sticks, drink stirrers and straws.

Throwing our used plastic partyware into the recycling bin isn't enough. It ends up in landfill, on the side of the road and, most worryingly, up to 130,000 tonnes of plastic finds its way into our waterways each year – studies show it's even started to enter the food chain and onto our plates. But changing our approach to partyware and decor doesn't have to be hard – there are a number of businesses already blazing the trail, with sustainable solutions to your go-to party purchases already readily available. Where there

aren't, there are means and ways for you to avoid bulk buying items that you'll only use for one night. Here's what we mean...

Buy sustainable or re-usable party décor

The simplest way to cut down on unnecessary waste is to purchase things you'll use time and time again. Instead of a 'Happy 4th Birthday!' banner, why not get something more generic like 'It's party time!' that you can use for future celebrations? Tea lights, flower petals and plant garlands are a few examples of re-usable decorations that deliver the 'wow' factor in spades, but if you absolutely insist on opting for single-use décor and partyware, ensure it's biodegradable – natural materials like wood and sugarcane pulp are the perfect plastic alternative.

Plan your menu

Food waste should be avoided too, and all it takes is a bit of clever planning. To avoid the need for plastic plates and cutlery, consider serving finger food so that you don't need to worry about the clean-up afterwards – opt for a reasonably-sized platter or hors d'oeuvres. Ensure you've supplied the right amount of food to reduce waste, and only top up your food stations when they're empty. Anything you haven't taken out of the fridge yet can go straight into school or work lunches once the party's over.

Get your guests to go plastic-free

Kids' parties are notorious for creating a tonne of unnecessary waste, and that's in part to do with the presents. Consider asking your guests to wrap their presents in pre-used wrapping paper, colourful sections of the newspaper or even sheets of hand-drawn artwork from kindy/school. For party favours, consider providing your guests at the start of the party with a cool reusable cup or drink container (labelled with the guests' names to save confusion) that they can use throughout your event and take home at the end. Instead of throwaway plastic party favour bags, maybe a cheap pencil case, or the like, would be a more practical reusable option?

Party guide



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[f rawartworkshops](#)



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Level Up Arcade

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Strawberry Fundaes Kids' Parties

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Epic Skate

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Slumber party 101

A SURE SIGN THAT YOUR KIDS ARE GETTING OLDER IS THAT SLEEPOVER PARTIES BECOME A THING. WE WENT TO A LOCAL EXPERT TO TAKE US THROUGH YOUR SLUMBER PARTY 101.

It's a funny thing – many parents will find there's a direct inverse correlation between their child's birthday number and the number of attendees at the birthday party. You'll remember that their 1st birthday was akin to a wedding with every friend, neighbour and family member (and their dogs) in attendance? Then the kindy and/or Prep birthday party was a class-sized invitation list. By the time they're tweens, it's generally down to inviting a handful of the select few 'chosen ones'. At about the same time, the slumber party becomes a legit thing.

For many of us, hosting 6-8 kids overnight can raise the anxiety levels to epic proportions, but with a little planning this can also be one of the most memorable parties of them all!

Sara Croft of Goodnight Slumber Parties on Brisbane's southside is the guru when it comes to setting up for a memorable sleepover. She says the key is choosing a relevant and fun theme that you can sprinkle across everything



starting from the invitations you send out, to your actual sleepover set-up, to the movies you choose to play, to the take-home party bags at the end. In Sara's experience, her hottest girls' themes are boho/feathers, mermaids and unicorns. For the boys, she says she's been asked to do everything from Star Wars and Justice League to an old-school camping theme.

Continued right >>



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SARA'S TOP 5 TIPS FOR SLUMBER PARTY SUCCESS:



1. Sleep sanctuary. While it can be easy to throw mismatched mattresses and sleeping bags in a pile on the lounge room floor and let the kids go nuts, setting up teepees or mini tents takes your sleepover to the next level. Your party attendees will love having their own private, separate, sleep sanctuaries. This may also help the more inexperienced or newbie slumber party attendees feel a little more night-time security than being somewhat lost in a big, strange, dark house. Teepees and tents are actually the basis of Goodnight Slumber Parties' ongoing success – don't spend a fortune buying them for one-off use when you can hire them cheaply from event planners like Sara.

2. Food, glorious food. OK, party planner. Think about this. A house filled with energetic and over-excited kids do not (we repeat, DO NOT) require any additional sugar! You want these cherubs to actually sleep at some point. Healthy sugar-free party treats will be your game plan. And popcorn of course. Loads of it.

3. The movie. Once you've played some afternoon games and fed your party people their dinner, night-time movies are the big-ticket entertainment item at any sleepover. It's important to know the ratings for the movies you are screening and ensure they are suitable. Err on the side of caution here – play movies that are acceptable for an audience younger than your party attendees and you can't go wrong. A Pixar flick is always solid gold.

4. Overnight. Once the party contingent is settled enough to actually go to bed, make sure there's a clear path from the sleepover location to the toilet and bathroom. Make sure everyone knows how to find those amenities. Remember to leave a few lights on to help them navigate their way around your home without tripping over something in the dark.

5. The little details. Finally, Sara says details define a successful slumber party. She suggests personalising every teepee/tent with each child's name on a cute sign to make them feel welcome. A bed tray table for each child gives them a place to marshal all their things throughout the night – it'll already be chaotic enough! Fairy lights always add ambience and sparkle. Battery-operated tea lights can be great subtle night lights. Your take-home gifts might include an inexpensive sleep mask or reusable plastic cup (themed, of course) that the guests can use during the slumber party. This also makes them practical reminders of the amazing slumber party experience they've had at your place!

www.facebook.com/Goodnight-Slumber-Parties

FREE FAMILY FUN

Little Paccas is Pacific Fair's Kid Club which hosts 2 FREE kids events each month!



FREE KIDS COOKING CLASS | Tuesday 13 August

Make your own watermelon pizza and edible bracelet plus receive a chef's hat and apron to decorate and keep. Suitable for children from 2 years.



FREE FATHER'S DAY CRAFT | Tuesday 27 August

Get the kids ready for Father's Day with this card and cardboard tie present making craft workshop.

Bookings essential for all events. Limited spaces available. Sign up to Little Paccas Kids Club to gain exclusive invites to these events: pacificfair.com.au/littlepaccas

Follow us [facebook.com/littlepaccas](https://www.facebook.com/littlepaccas)



Your party entertainment guide

Words: Nat Faulkner

YOU'VE DECIDED TO THROW A PARTY AND BOOK AN ENTERTAINER. CONGRATULATIONS! THIS MEANS YOU CAN ACTUALLY SIT BACK AND GET TO ENJOY YOUR LITTLE ONE'S BIG DAY.

A good party entertainer keeps the kids busy so you can mingle and watch the happiness unfold, instead of running around like mad, wrangling kids or trying to wrap your own pass the parcel. But sometimes it can be confusing knowing what to consider. There are so many entertainers out there and they all offer different and unique packages and skills.

Here are my Top 5 tips to consider when choosing and booking your party entertainer.

1. Theme

With a definite party theme in mind, you can narrow down your search for entertainers. Maybe you want a magician, balloon twister, face painter, a craft facilitator, a particular princess or super hero character etc. Your first stop is chatting to your child to see what theme they love.

2. Budget

I recommend calculating the full party budget (food, venue, how many kids, if you will have party favours etc) to make sure you are on track before making any promises to your little one that Spiderman will be attending. Budget can also determine the duration you have your party entertainer for.

3. Vision

We all have these grand visions when it comes to party planning (I know I do)! We want it to be perfect. Make sure you clearly communicate your party vision and expectations to your party entertainer so you make sure you are both on the same page. Children's entertainers all have very different skills and offerings. Some can sing exceptionally, some can face paint really well, others do magic, balloon twisting or facilitate awesome fun games. Some do it all! But make sure you ask. Never assume.

4. Location / date / time

If using an external or hired venue, make sure your entertainer has permission to attend the venue. They might need a copy of the party entertainer's public liability insurance certificate to allow them to attend. Is the venue OK for an entertainer to perform if it rains? Imagine all your guests being huddled under a rotunda at the park with no room to even face paint just because it's raining. Party times are important too. Make sure your guests know there will be a party entertainer and that might make them arrive on time. You

5. Clear communication

The biggest piece of advice I can give is that communication is key. Us party entertainers are super approachable (that's why we are good at our jobs - we are fun and friendly, right?!). If you have questions just ask. Be clear on location changes if there is rain. Know your entertainer's T&Cs. Tell them what you want and expect for your party and they will also be clear on what they offer. Party entertainers are very flexible on the day because kids can be unpredictable, but the more info we can share with each other before the party the better!

www.strawberryfundaeparties.com



Where's the party?

AFTER ALL THE PARTY PLANNING, PREPPING, HOSTING AND MORE, YOU DON'T WANT TO THEN HAVE TO DEAL WITH ALL THE PACK UP AND CLEAN UP. WHY NOT LEAVE IT ALL WITH THE EXPERTS - GET YOUR PARTY HOSTED AT ONE OF THESE GREAT LOCATIONS!



With all the thrills and chills of a gothic theme park, Drax 4 Kids at Dracula's will transport your children into another dimension of exciting entertainment jammed into an afternoon they will never forget. Hosted every Saturday from 12 noon until 2pm at Dracula's Cabaret on Hooker Blvd, Drax 4 Kids steps the under-12 crowd into a party zone that teems with the paranormal in an hilarious and 'just for kids' style show all of its own. The supercharged show includes chart topping songs, state-of-the-art special FX and spectacular costumes, crazy interactive games, a 3D ghost train ride and a slammin' dance party which all combine to create the best ever party atmosphere. Included in the ticket price for each child are hot and cold party treats, unlimited soft drink and Dracula's will cater for specific dietary requirements. Hot food platters are also available for chaperoning adults.

For more information or to book, go to: www.drax4kids.com.au or phone 1800 DRACULAS

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

Phone 5523 9660 or book direct on www.epic skate.com.au



RACV Royal Pines Resort

Let RACV Royal Pines Resort take care of your next party. We offer a variety of party venues including Waterpark, playground and party packages starting from just \$25* per child with 2 times available each Saturday and Sunday.

Get in quick to secure your spot! www.racv.com.au/royalpines or call 07 5597 8700



Make your child's next birthday one to remember at Paradise Resort Gold Coast. Choose from an Ice-Skating or Water Park party and let them take care of your food and entertainment so you can sit back, relax and enjoy the party.

Enquire now on the email via parties@paradiseresort.com.au or visit www.paradiseresort.com.au/parties/packages/

KID'S BIRTHDAY PARTIES

at Event Cinemas

BOOK YOUR PARTY TODAY!

For more information, enquire at the box office or email qld_promotions@evt.com

PACKAGES START FROM \$20* pp

EVENT

C I N E M A S

*Packages vary per location



Featuring the very best (and most awesome) play equipment around including their very own toddler section and indoor train - this is party central for little people! From high teas to hosted dance parties Doodlebugs keeps it easy to organise and hassle-free for parents. Each party comes with your very own party host. Choose your theme, food, decor from their easy to pick packages or hire the whole venue.

Email info@doodlebugs.com.au or visit www.doodlebugs.com.au



Book a Movie Birthday Party at Event Cinemas for maximum entertainment! Movie tickets, popcorn, choc tops, a dedicated area for cake - there are endless party package options. Upgrade to the luxury of Gold Class for a party to really impress!

Enquire at the box office or email qld_promotions@evt.com

EVENT

C I N E M A S

Giveaways

WIN 1 of 5 KIDS' PARTIES!

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



WIN A PARTY FOR 10 (8 KIDS/2 ADULTS) AT DRAX 4 KIDS

Drax 4 Kids will transport children to another dimension where fantasy becomes a reality, with all the thrills and chills of a gothic theme park! The Drax 4 Kids stage spectacular includes song and dance, interactive games, special FX, spectacular costumes, a ghost train ride, hilarious comedy, and a massive dance party to top it all off. Party goers receive hot and cold party treats and unlimited soft drink. Birthday cakes can also be ordered!

RRP \$350

www.drax4kids.com.au

 drax4kids  draculascabaret



WIN A WATER PARK PARTY FOR 10 AT ROYAL PINES RESORT

Let RACV Royal Pines Resort take care of your next party in true resort style with a Water Park party package. Your party will include access to the water park complete with three waterslides, water cannons, water spouts and water tip buckets together with a separate heated pool, spa and toddler area. Food and drinks included, with several package options available to choose from, and served in the stunning Kalinda Terrace area.

RRP \$400

www.racv.com.au/royalpines

 racvroyalpinesresort

 racvroyalpines



WIN A VIP HOSTED PARTY FOR 10 AT DOODLEBUGS INDOOR PLAY & PARTY CENTRE

There ain't no party like a Doodlebugs party, because a VIP Doodlebugs party includes: party host, party bags, balloon arrangements, all-day general train passes, cordial, table decorations (confetti included), framed themed posters, themed poppers, blow-outs, plates, napkins and themed hats and masks.

RRP \$380

www.doodlebugs.com.au

 doodlebugs-indoor-play-party

centre-471647186259711

 doodlebugspartycentre



WIN A PARTY FOR 10 AT EPIC SKATE RINK

Want your party to be EPIC? Epic Skate have (literally) the coolest kids' party packages. The lucky Epic birthday kid and his/her 9 guests will receive a lolly bag, helium balloon and a FREE pass to come back to skate, plus every Epic birthday boy/girl gets their own announcement and birthday song on the skating rink.

RRP \$180

www.epicskate.com.au

  epicskaterink



WIN A PARTY FOR 10 AT PLANET CHILL ICE-SKATING RINK

The coolest place in Paradise! Your Planet Chill party will include two hours of ice-skating for up to 10 children, large pizzas and hot chips, unlimited soft drink and water, a Paradise Resort Party Bag for each child and your own downloadable invitations.

RRP \$400

www.paradiseresort.com.au

 planetchillgoldcoast

 paradiseresortgc

For your chance to win, 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 September 10, 2019. Only winners will be notified. Good luck! Entrants' details may be shared with giveaway sponsors and then kept under haven's lock and key.

Party invites: pros & cons



FROM TELEGRAMS TO TEXTS, INVITATIONS HAVE CHANGED A LOT OVER THE YEARS. WHAT IS YOUR PREFERRED MODE OF INVITATION? WE'VE NARROWED DOWN THE PROS AND CONS OF THE FOUR MOST POPULAR ONES TO HELP YOU DECIDE.

Printed snail mail

Pros: Printed invitations are a keepsake for you and your guests, and they're a fun way to flex your creative muscle if you choose to design them yourself (websites like Snapfish, Canva and Vistaprint are some of our favourites). They're also a great way for you to reach people who may not be on Facebook or even a computer (sorry, Grandma) and make people more likely to RSVP as the event seems more important since you've gone to the trouble to physically make each invitation.

Cons: They're the most expensive of the four options, but by 'most expensive' we really just mean 'not free'. They're also not environmentally friendly – though we'd like to think they won't end up in landfill – and run the risk of getting lost in the post.

Email PDF

Pros: It may sound kind of dorky, but emailing a beautifully-designed invitation to your guests is the next best alternative to printed snail mail. You still get to be creative and, in the event that an email bounces, you can just send it again. People are also more willing to give out their email addresses than their postal address, so rounding up your guests' contact details isn't as much of a hassle.

Cons: Your email may not send or could wind up in a junk mail folder. Also, unless your guest prints out the invite themselves (wasting paper in the process) it's unlikely that it will stay front of mind enough to ensure an RSVP. But, even in that case, it's easy enough to send a follow up email to the non-repliers when you need to confirm numbers.

Facebook group/event

Pros: This is certainly the most popular option for the younger generation – most 21sts these days are organised on Facebook. It's a great way to see who's seen your invitation (which makes people more likely to respond) and you can easily change the details without too much confusion. And, when the party is over, people can post their happy snaps to the event for all to see (which may be more of a con depending on how wild you get...)

Cons: Swinging people an event notification on Facebook doesn't exactly scream 'intimate gathering', so if you want your party invites to have a personal touch, this isn't the way to go. Your guests can also see who else is invited, which in some cases could dictate who ends up coming and who doesn't.

SMS

Pros: Invitations by text seem a bit impersonal, but they're actually a great way to reach out to the select few people you want at your event and hash out any necessary details – particularly if it's a kids' party. You can (usually) get a direct response within an hour or two and, if you want to make it fancy, you can always create an invitation and just send it as a photo via text rather than email. Best of both worlds.

Cons: If it's a special event you're organising, a text invite will be too casual.



Children's Birthday Parties at RACV Royal Pines Resort

Let us take care of your next birthday party with a variety of party venues and birthday party packages starting from just \$25* per child.

Waterpark Party - Includes access to our water park complete with 3 waterslides, water cannons, water spouts and water tip buckets together with a separate heated pool, spa and toddler area.

Playground Party - Includes a variety of menu options and access to a fully equipped covered kid's playground featuring a massive jumping pillow, climbing area, swings and slide.

High Tea Party - Create a tea party of your own with our Kids High Tea Birthday Party option including high tea towers, beverage package and access to the playground.

For bookings phone 07 5597 8700

Discover more at www.racv.com.au/royalpines

RACV Royal Pines Resort

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

*Conditions apply.



Party pieces

EVERYONE LOVES A PARTY OUTFIT – THOSE SPECIAL ITEMS OF CLOTHING YOU RESERVE FOR EXCITING EVENTS AND CELEBRATIONS. HINT: IF YOU'RE EVER IN DOUBT, JUST ADD SEQUINS!

- 1.** Harper Bee charm bracelet in hot pink (also available in gold), \$44.95, www.harperbee.com.au
- 2.** Colette silver glitter geometric large clutch bag \$59.99, www.colettehayman.com.au
- 3.** Seed Heritage girl's sequin star dress \$79.95, www.seedheritage.com.au
- 4.** Country Road boy's white shirt \$49.95, www.countryroad.com.au
- 5.** Country Road girl's glitter sneaker \$89.95, www.countryroad.com.au
- 6.** Steve Madden Daisie court heel \$129.95, www.davidjones.com
- 7.** Pixie's Bows Golden Girl, \$9, www.pixiespix.com.au
- 8.** J. Crew Yams grosgrain-trimmed sequined crepe skirt \$324.40, www.net-a-porter.com
- 9.** Christie Nicolaides Aniella earrings in gold \$289, www.christienicolaides.com.au
- 10.** Next boys leather lace-up shoes from \$35, www.next.com.au
- 11.** Lioness Make Your Move mini dress \$109, www.theiconic.com.au
- 12.** ASOS Phantom high heels, \$56, www.asos.com

Winning *ain't everything*

WHEN DID PARTY GAMES LIKE PASS-THE-PARCEL BECOME SO DAMN POLITICALLY CORRECT? THERE IS GENERALLY A CONSOLATION PRIZE IN EVERY LAYER AND THE MUSIC-PERSON WILL ENSURE EVERY PLAYER GETS A TURN. BUT WHY? WHY CAN'T WE JUST LET KIDS LOSE SOMETIMES AND EVERYONE BE OK WITH IT?

Just like the 'everyone's a winner' mentality when it comes to birthday party games, participation ribbons for every kid at the school sports carnival (so no one gets sad because they missed out) seems to be our modern-day reality. But why, just like in the good-old days, can't we be OK with celebrating just one winner? With having a pile of 'losers' instead of a pile of participation-ribbon recipients?

haven spoke with Dr Aaron Frost of Benchmark Psychology about the psychology of the win.

"I think this represents a real underlying confusion that parents have about what the experts have been telling them with regards to helping children build self esteem," he says.

According to Dr Aaron, self esteem can be defined as a pretty simple math formula:

Self esteem = Expectation + Achievement.

"That is to say, if you have healthy expectations and a healthy set of achievements, you will have solid self esteem. The problem is when achievement is low and expectations are high. Kids who are getting Cs at school and know they are working really hard for those passing grades, feel pride in their achievement. Kids who are getting A grades but feel they are letting their parents down by not getting the A+ grades feel shame," Dr Aaron says.

"The really important thing is acknowledging the effort that the child puts in rather than the result they get. It doesn't matter how hard some kids try, they are never going to win the 100m sprint, but if they run their hardest and do better than they did last time, then we should feel proud of them and praise their hard work.

"Somewhere in the past, the idea of praising effort got mis-translated into 'never comment on achievement, and only tell them that they did a good job'. But what if they didn't?"

"My own daughter started playing hockey a



couple of years ago. The first game she played, one of her friends and she were too busy doing the robot dance with each other to notice a player from the other team run past them both and score a goal. At the end of the game should I praise her for her effort?" Dr Aaron asks.

"If at the end of the game I say 'Well done sweetheart, I can see you tried really hard' I am teaching two dangerous lessons. The first is that I am a liar and she cannot trust my opinion (she knows she was doing the robot and not paying attention). The second is that I am teaching her that praise comes without effort. I am unrealistically boosting her expectation that she will be praised regardless of how little she tries. Maybe that is true with me, maybe I will always see her strengths and always say kind things, but that will not be true for every teacher, friend, teammate, or boss she has in her life.

"I do her a bigger favour by speaking the truth. Not saying 'You were rubbish and until you get your head in the game you will keep being rubbish'. But, maybe, 'It looked like you and your friend were having a lot of fun, but it didn't look like the dancing was helping the team. I'd love to see how well your team could do if you were both concentrating.'"

We asked Dr Aaron some quick-fire questions to some of our most pressing party-related quandaries. And his advice can be related to loads of other everyday situations...

Q Many parents go out of their way to ensure every child wins. Is this bad for children?

A Yes, I think deliberately rigging games to ensure they are 'fair' is not good for children. Having said that, it depends on the age. For a group of 5 years olds, I would try and make sure the games that are played don't have winners and losers but that everyone gets something fun or nice out of them. For older children, I think it is fine that sometimes they win and sometimes they don't.

Q Is it more important to experience winning or losing?

A Both are important. Winning is a great sensation and one that children should aspire to. But learning humility in defeat is also important. The key thing about losing is not to take the lesson to give up, but rather to take the lesson of how to improve next time.

Q Are emotions heightened in a setting like a birthday party and should parents adjust their expectations?

A Yes, but it's not about being in front of their peers - it's about the copious amounts of sugar we shovel down their throats during the birthday party. A few chocolate crackles and some birthday cake are fine, and it's good for kids to not be denied treat food. But letting them eat and drink their body weight in marshmallows and Fanta is a far better explanation for why we see children completely inconsolably melting down when things don't go their way at a party. Try some crackers and hummus, a few grapes, lots of watermelon and then one or two true treat foods. Also, please don't send my daughters home with half a kilo of sugary booty!

Q What should we say when children are struggling with losing?

A Be honest about why they lost. If they lost because the other kid was bigger, taller and stronger, tell them that. If they lost because they didn't understand the game, tell them that. If they lost because they weren't trying, tell them that. It is important for us to learn what is within our control and what is beyond our control.

Q Does everyone need to be a winner?

A Yes, but not for actually winning. In the bigger picture, the only person we are competing with is ourselves. We win every time we work hard and do better than we thought possible. That is the best lesson we can teach our children.

What's on!

AUG 9



ST HILDA'S SCHOOL OPEN MORNING (PRE-PREP-YEAR 12)

9am - 12 noon

St Hilda's School, Southport

What makes St Hilda's the perfect school to help your daughter flourish? Find out at their Open Morning on Friday, August 9. Your family will have the unique opportunity to explore the school, meet leadership staff and teachers, while learning all about the curriculum, extra-curricular activities and the benefits of an all-girls' education.

www.sthildas.qld.edu.au/tours-and-open-days

AUG 30
~
SEP 1



2019 GOLD COAST SHOW

9am - 9pm

Broadwater Parklands, Southport

The Gold Coast Show will be held at Broadwater Parklands Southport from August 30 to September 1 and will be completely FREE to attend. Catch all of your favourites such as equestrian, dogs, side-show alley, woodchopping, baby animal farms, pig racing, arts and crafts, camel rides on the beach, live music, show food, incredible roving dinosaurs, a not-to-be-missed circus, the gigantic Showbag Pavilion and nightly fireworks illuminating the city.

www.goldcoastshow.com.au

SEP 14



EDGE FAMILY FUN DAY

9am - 12 noon

Edge Early Learning Centres, Brisbane, Gold Coast & Sunshine Coast

Edge Early Learning Centres are all about creating awesome experiences that allow children to laugh and learn. Bring the whole family along to the Edge Family Fun Day and enjoy free entertainment, children's activities, face painting, balloons, a sausage sizzle and more! Hosted by Edge Early Learning Centres in Pimpama, West End, South Brisbane, Milton, Strathpine, Peregrin Springs and Peregrin Beach.

www.edgeearlylearning.com.au

SEP 12-13



HITLER'S DAUGHTER

With special guest Jackie French*

7.30pm & 11am
HOTA, Surfers Paradise

The powerful children's book by Australian author Jackie French is brought to life by Monkey Baa Theatre Company. The play poses powerful questions and examines moral issues in relation to society's fears and prejudices in a fresh, compelling light, for ages 10 +. *On Sept 13, special guest Jackie French will take part in a special talk and Q&A after the 11am performance.

www.hota.com.au

SIGN UP NOW



LITTLE PACCAS KIDS' CLUB

Pacific Fair Shopping Centre, Broadbeach

Free kids' club for preschool aged kids and parents offering two free kids' events each month. Sign up to our Little Paccas Kids' Club to receive exclusive access to event bookings a few days before bookings are open to the public. Plus, you'll receive a range of great offers and discounts! Bookings are essential with limited spaces available.

www.pacificfair.com.au/littlepaccas

HOTA HOME OF THE ARTS

Coming soon to HOTA



Thu 3-Sat 5 Oct

KIDS TAKE OVER

A fierce and fun mini fest where kids can create, explore and let their imaginations go wild.

Presenting Partner
Bendigo Bank
Bigger than a bank.
Paradise Point
Community Bank Branch

On now...

NOW - AUG 11

MUSICAL // SCHOOL OF ROCK
QPAC, South Bank
www.qpac.com.au

NOW - AUG 17

STAGE SHOW // STORM BOY
QPAC, South Bank
www.queenslandtheatre.com.au

NOW - AUG 18

AMERICAN EXPRESS OPENAIR CINEMAS
City Botanic Gardens, Brisbane City
www.openaircinemas.com.au/brisbane

August

AUG 1 - 3

GLOW
5pm - 9pm
HOTA, Surfers Paradise
www.hota.com.au

AUG 2 - 3

THE YOUNG KING
HOTA, Surfers Paradise
www.hota.com.au

AUG 3

VARSITY WINTERFEST
3pm - 8pm
Various locations, Varsity Lakes
www.varsitywinterfest.com.au

AUG 3 - 4

BURLIEGH BBQ CHAMPIONSHIPS
North Burliegh Beach, Burliegh Heads
www.burlieghbbq.com

AUG 4

BUBBARAMA
9am - 2pm
Carrara Markets, Carrara
www.carraramarkets.com.au/bubbarama

BOTANICAL BAZAAR

9am - 4pm
Country Paradise Parklands, Nerang
www.botanicalbazaar.com.au

GOLD COAST MULTICULTURAL FESTIVAL
FAMILY DAY

10am - 4pm
Broadwater Parklands, Southport
www.goldcoastculturalfestival.org

BRISSTYLE // SIP AND SHOP POP-UP
11am - 4pm
City Winery, Fortitude Valley
www.brisstyle.com.au

AUG 5 - 6

LINDISFARNE PRINCIPAL'S TOURS // MAHERS LANE CAMPUS & SUNSHINE AVENUE CAMPUS 9am
Lindisfarne Anglican Grammar School, Tweed Heads South
www.lindisfarne.nsw.edu.au

AUG 7 - 11

ZIRK! CIRCUS
Northshore, Hamilton
www.zirk.com.au

AUG 9 - 18

EKKA
Brisbane Showgrounds, Bowen Hills
www.ekka.com.au
NATIONAL SCIENCE WEEK // GOLD COAST LIBRARIES SCIENCE SPECTACULAR
Gold Coast Libraries
www.goldcoast.qld.gov.au/library

AUG 10

ARTLAB // PAINTED POCKETS WITH LOLA
10am & 1pm
HOTA, Surfers Paradise
www.hota.com.au

QLD MUSEUM // NIGHT AT THE MUSEUM
5.30pm - 8.30pm
Queensland Museum, South Bank
www.qm.qld.gov.au

AUG 10 - OCT 5

MY HAMSTER IS A GENIUS
Brisbane Arts Theatre, Petrie Terrace
www.artstheatre.com.au

AUG 10 - MAR 15

CHILDREN'S ART CENTRE // ISLAND FASHION GOMA, South Bank
www.qagoma.qld.gov.au

AUG 11

THE CRAFT PARLOUR'S FIFTH BIRTHDAY
2pm - 5pm
The Craft Parlour, Miami
www.thecraftparlour.com.au

AUG 13

LITTLE PACCAS KIDS CLUB // FREE KIDS COOKING CLASS
10am - 3pm
Pacific Fair Shopping Centre, Broadbeach
www.pacificfair.com.au/littlepaccas

AUG 14

PRINCIPAL'S TOUR
9am - 10am
King's Christian College, Pimpama
www.kingscollege.qld.edu.au

LITTLE ARTLAB // NATURE TREASURES
10am & 1pm
HOTA, Surfers Paradise
www.hota.com.au

AUG 16

PYJAMA PARTY
6.30pm - 10pm
Warner Bros. Movie World, Oxenford
www.movieworld.com.au

AUG 17

BRISBANE BURGER FEST
11am
Stratton St, Newstead
www.facebook.com/thetriffid
THE GRUFFALO'S BIRTHDAY PARTY
11.30am - 1pm
Currumbin Wildlife Sanctuary, Currumbin
www.currumbinsanctuary.com.au

AUG 18

THE COLOR RUN LOVE TOUR
7am - 1pm
Broadwater Parklands, Southport
www.thecolorrun.com.au

AUG 27

JAPANESE CULTURAL DAY
10am - 3pm
Brisbane Botanic Gardens, Mt Coot-tha
www.brisbane.qld.gov.au

AUG 24

CRUSTY DEMONS // RISE OF THE DEMONS WORLD TOUR
6pm
Ballymore Stadium, Herston
www.crusty.com/worldtour
BLK PERFORMANCE CENTRE COMMUNITY SPORTS EXPO
9am - 12pm
BLK Performance Centre, Runaway Bay
www.sportssupercentre.com.au

PAWS AT THE PARK 9am - 2pm
Mudgeeraba Showgrounds, Mudgeeraba
www.pawsatthepark.com.au

AUG 25

BABYOLOGY BABY SHOWER
11.30am - 1.45pm & 2.45pm - 5pm
Sofitel Brisbane Central, Brisbane City
www.babyology.com.au

AUG 25 - 29

MERCEDES-BENZ FASHION FESTIVAL
Various locations, Brisbane
www.mbff.com.au

AUG 26 - 27

ROALD DAHL'S THE TWITS
Logan Entertainment Centre, Logan
www.loganentertainmentcentre.com.au

AUG 27

LITTLE PACCAS KIDS CLUB // FREE FATHER'S DAY CRAFT
10am - 1pm
Pacific Fair Shopping Centre, Broadbeach
www.pacificfair.com.au/littlepaccas

AUG 30

FREE COMMUNITY PRESENTATION // PARENTING BEHAVIOUR TIPS
Fabric Behaviour Clinic, Carrara
www.fabric.com.au

AUG 31

LINDISFARNE FUNFEST
Lindisfarne Anglican Grammar School, Tweed Heads South
www.lindisfarne.nsw.edu.au

September

SEP 1

FATHER'S DAY

GRILLFEST BRUNCH AT BAZAAR 11am - 3pm
QT Gold Coast, Surfers Paradise
www.qthotelsandresorts.com/gold-coast
LAD'S HIGH TEA 11.30am & 2pm
SkyPoint Observation Deck, Surfers Paradise
www.skypoint.com.au

SEP 5

0-5 LANGUAGE TO LITERACY FORUM
8.30am - 12pm
Gold Coast Libraries
www.cityofgoldcoast.com.au/storytime

SEP 6 - 28

BRISBANE FESTIVAL
Various locations, Brisbane
www.brisbanefestival.com.au

SEP 7

ARTLAB // MUSIC & MOVEMENT WITH UMWELT COLLECTIVE 10am & 1pm
HOTA, Surfers Paradise
www.hota.com.au

SEP 7 - 8

MAIN BEACH SPRING FLOWER FESTIVAL
Tedder Avenue, Main Beach
www.mainbeachflowerfestival.com.au

SEP 8

GREEN HEART FAIR 8am - 2pm
Carindale Recreation Reserve, Carindale
www.greenheartfair.com.au

SEP 11

LITTLE ARTLAB // ROUGH PAINT
10am & 1pm
HOTA, Surfers Paradise
www.hota.com.au

SEP 12

COOMERA ANGLICAN COLLEGE // PRINCIPAL'S TOUR
9am - 10.30am
Coomera Anglican College, Upper Coomera
www.cac.qld.gov.au

LITTLE PACCAS KIDS CLUB // FREE ANGRY BIRDS SHOW & WORKSHOP
9.30am - 1pm
Pacific Fair Shopping Centre, Broadbeach
www.pacificfair.com.au/littlepaccas

SEP 13 - 15

OUTDOOR X
The Marine Village, Sanctuary Cove
www.outdoorx.com.au

SEP 13 - 22

SWELL SCULPTURE FESTIVAL
Currumbin Beach
www.swellsculpture.com.au



Sat 5 Oct

DAN SULTAN - NALI & FRIENDS

Join Singer-songwriter Dan Sultan in a musical tale about unconventional, oddball animals from different parts of the world inspired by his journey through Uganda and Kenya.



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Intolerance

explained

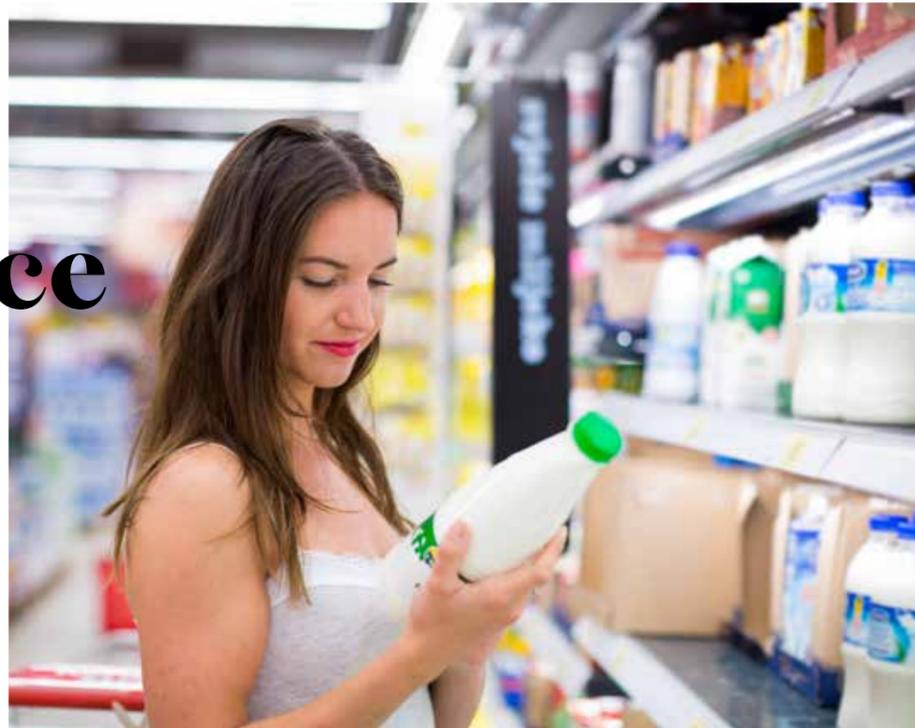
Words: Georgia Harding

FOOD INTOLERANCES ARE BECOMING EPIDEMIC. HOW PREVALENT THEY ARE IS DIFFICULT TO DETERMINE, AS MANY PEOPLE ARE NOT AWARE THEY ARE SUFFERING FROM INTOLERANCE, AS GEORGIA HARDING DISCUSSES.

Before I begin, I just want to clarify that I'm writing of food intolerance, not allergy. Food allergies are acute, easily identified immune responses and quite different from intolerance. Intolerance involves a reaction to chemicals (either natural occurring or synthetic) and sometimes cause delayed reactions, occurring even days after exposure. The symptoms may be chronic and ongoing and not easily related to a specific food. Because intolerance is quite different to allergy (ie, doesn't involve an immune response), allergy testing is of little use in determining what foods to avoid.

The types of symptoms that commonly occur when intolerance is an issue includes (but not exclusively) headache, migraine, skin rashes, abdominal discomfort, nausea, bloating, wind, diarrhoea and/or constipation, aches and pains, fatigue, weight gain, heartburn or indigestion, sinus and nasal congestion, anxiety and mood disorders. In babies and children, there may also be restlessness, irritability and behavioural problems may be exacerbated. These symptoms cause varying degrees of discomfort and are very often not related to food as their source.

If you feel you may be suffering from an intolerance, you need to seek the advice of a health practitioner. I am not going to, at this point, explain the complexities of determining if food allergy may be causing your symptoms. The most common approach to determine if you are suffering an intolerance is via an elimination diet. Once you have determined the offending food or foods, then you will be advised to avoid them.



How to resolve food intolerance

1. Improve your digestive function. This is quintessential to resolving food sensitivities and being able to jump off the roundabout that food intolerance often becomes. This will involve seeking the help of a naturopath or herbalist. Getting to know your digestive system, understanding common irritants and the things you can do to support its function is important. If you have any type of food intolerance or even suspect that this may be the case, then the most critical thing you need to do is support your digestive system in every way possible. It is not enough to simply avoid the irritant food/s.

2. Clean up your diet. Eating a S.L.O.W (seasonal, local, organic, wholefood) diet is critical. Yes, even naturally occurring chemicals can cause of food intolerance. But if you reduce your overall chemical exposure, you may find you are able to tolerate small quantities of them.

3. Avoid GMOs. I have read that there has been a 400 per cent increase in allergies since GMOs were introduced. I have spoken to so many naturopathic friends in clinical practice over 20+ years and we can all clearly recognise a massive increase in the development of food intolerance (in both adults and kids). As labelling laws are so crappy, the only way you can be sure you are not consuming GMOs is to avoid all packaged and processed foods. Especially avoid vegetable oils, including soy, corn and canola (though these are often just labeled as 'vegetable' oils). Also avoid any corn derivative including high fructose corn syrup (sugar). Please also consider

what you eat, eats, that is, the meat you eat needs to be fully grass-fed (no grain supplement feed) as this is most often from GMO crops.

4. Lots of variety. By rotating foods, you will automatically reduce your exposure to any one chemical and thus reduce your symptoms. Poor dietary variety I feel is a common cause of the escalating occurrence of food intolerance. I find this is a catch-22 for many people, who eliminate one food only to replace it with a less irritating food, which they then eat too much of and subsequently develop a new intolerance. Variety is SO important, even nutritionally.

5. Herbal medicine. When professionally prescribed, herbal medicine is amazing for supporting and rebalancing the systems of the body involved in the development of the intolerance. This can vary from person to person, so herbs need to be skilfully selected after a full health assessment. I'm a huge fan of herbal medicine for restoring health in a safe, effective way.

6. Stress less. Many people when on holiday or celebrating an occasion, find they are able to tolerate foods they wouldn't ordinarily tolerate in everyday life. Stress management is critical.

Don't just accept that you are, and will always be food intolerant. By nurturing and rebuilding your digestive system, you can significantly improve your tolerance threshold and enjoy a wide range of delicious whole foods.

www.wellnourished.com.au

Coconut caramel slice

A HEALTHIER TWIST ON THE CLASSIC, THIS COCONUT CARAMEL SLICE SUITS LOTS OF DIETARY INTOLERANCES. CHECK OUT THE VARIATIONS BELOW THE RECIPE TO MAKE IT SUIT YOUR DIETARY REQUIREMENTS.

Ingredients

Base

- 100ml coconut oil (½ cup), melted
- 115g rice malt syrup or maple syrup (½ cup)
- 125g almond meal (1¼ cup)
- 140g desiccated coconut (2 cups)
- 1 free-range or organic egg-beaten
- 60g cup pecan or walnuts (½ cup) optional

Caramel

- 300g coconut butter (1 cup)**
- 250g rice malt or maple syrup
- 1 tsp tapioca flour
- Pinch sea salt (optional)

Chocolate

- 150g dark chocolate
- 30g coconut oil

** Coconut butter is sometimes called creamed coconut. It is different from coconut oil and coconut milk/cream. You'll find it at a health store.

Method

Pre-heat the oven to 180°C. Start with the base. Place all of the ingredients into a bowl and mix until well combined and a glossy dough forms. Press firmly into a slice tin lined with baking paper. Bake for 15 minutes. When the base is cooked, remove from the oven and allow to cool.

To make the caramel, stand the jar of coconut butter in a jug of boiling water to soften it. In a small pot combine all of the caramel ingredients and heat over a high heat, stirring constantly for 3-4 minutes or until the mixture forms a thick caramel. Top the cooled base with the caramel and spread over evenly. Melt the chocolate and coconut oil by placing it in a bowl over a pot of

boiling water. Stir until melted and then pour over the caramel. Place in the fridge to set (about an hour). To slice, allow to sit at room temperature for 5 minutes, then slice with a very sharp large knife. Wipe the knife between each cut for clean slices.

Variations

Gluten-free: Replace the spelt with almond meal.

Fructose friendly: Choose rice malt as your sweetener.

Egg-free: Replace the egg with a chia or flax egg.

Dairy-free: Choose a dairy-free chocolate to top it with.

Vegan: Use the dairy and egg-free variations.



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Mocktail to cocktail

WHEN CATERING KID-FRIENDLY PARTIES, GET CLEVER WITH YOUR OFFERINGS SO THAT BOTH THE KIDS AND THE CHAPERONING ADULTS KEEP REACHING FOR MORE. WHEN IT COMES TO BEVERAGES, A MOCKTAIL (TURNED COCKTAIL) IS YOUR PERFECT SOLUTION. THESE RECIPES MAKE TWO SERVES EACH.

Ginger Lime Fizz

Combine roughly 350ml ginger beer, 120ml soda water and juice of one freshly-squeezed lime in a jug with ice. Add lime slices to garnish.

For the adults, spike it with: Spiced rum

Frozen Peach Bellini

Freeze two ripe, sliced peaches for one hour, then blend with one cup of sparkling apple juice, two teaspoons of simple syrup and juice of half a lime. Top with a splash of sparkling apple juice, and garnish with peach wedges.

For the adults, spike it with: Prosecco

Mojito Mixer

Mix eight fresh mint leaves, juice of one lime and 30ml of agave in a jug. Then add ice, 30ml of blood orange puree and top with soda water.

For the adults, spike it with: White rum

Honey Berry Kombucha Blend

Over medium heat, combine one cup of fresh blueberries and two tablespoons of honey in a saucepan for four to five minutes (until berries are bursting). Add to a jug, top with one cup of fresh raspberries and half a cup of berry kombucha. When serving, top each glass with kombucha and ginger beer. Garnish with fresh basil or mint and extra berries.

For the adults, spike it with: Vodka or gin



These take the cake



LOOKING FOR EASY AND HEALTHY CELEBRATION CAKES THAT'LL ALSO BE MEMORABLE? LOOK NO FURTHER. AND CHECK OUT "THERE'S A CARROT IN MY PINATA" COOKBOOK FOR MORE HEALTHY PARTY FOOD IDEAS.



RASPBERRY TORTE

Makes one large round cake.

Ingredients

SPONGE

- 4 egg whites, whisked
- pinch of salt
- ¼ cup rapadura sugar
- 4 egg yolks
- ¾ cup light spelt flour
- 1 tsp baking powder

CREAM

- 400ml cream, whipped
- 2 tbsp rapadura sugar
- 2 cups raspberries

Method

Preheat oven to 160 C. Mix the egg whites and a pinch of salt with an electric mixer until white and fluffy. Gradually add sugar and then the egg yolks. Sieve flour, combine with baking powder, and mix into batter by hand. Pour into a cake tin lined with parchment paper. Bake for 20-25 minutes or until a skewer comes out clean. Let cool completely then slice into two even pieces. Whip cream with rapadura sugar until stiff, and spread one layer onto both halves. Then add one layer of berries onto bottom half and stack both pieces on top of each other. Once completed, use remaining cream to cover the outside and refrigerate for at least 2 hours.

TROPICAL ICE-CREAM CAKE

Makes one large cake

Ingredients

- 3 cups mango
- 2 cups overripe banana, mashed
- 4 cups Greek yogurt
- 2 tbsp vanilla essence
- pinch of salt
- 1 cup desiccated coconut

Method

Sprinkle half of the desiccated coconut onto the bottom of a spring tray. Leave some for top of cake decoration. Place all other ingredients in a high-speed food processor and mix until thoroughly combined. Add mix to tray. Freeze overnight and slightly thaw before serving. Note: Fine strips of parchment paper can help to get the cake out of the tin. Pineapple or strawberries add great flavour and colour.



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HUGE RAFFLES

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The fun starts here!

LOOKING FOR SOME WHOLESOME LOCAL FAMILY FUN AND THE CHANCE TO WIN A CAR?! KILL TWO BIRDS WITH ONE STONE HERE...

On Saturday, August 31, Lindisfarne Anglican Grammar School will hold its biennial FunFest, a community fete held at the school's Sunshine Avenue Campus in Tweed Heads South. The event will feature a fun-filled family day of live music, food stalls, rides, tiny tots play area, face painting, giant auction, beer tent and the drawing of the major raffle prize - a brand-new Volkswagen Polo car. The major fundraiser for Lindisfarne, FunFest is a great day out for the whole community drawing thousands of people and has something for everyone says event organiser and member of the Lindisfarne Parents and Friends Association, Madonna Kucharski.

"The Lindisfarne community rallies to offer an amazing day of fun with students in different year groups organising activities like the cent auction, face painting, games and raffles, which provide activities for people of all ages," Madonna explains.

The event has been running since 2011 and started as a small fete to bring the school community closer. Now, the Lindisfarne FunFest has grown exponentially and attracts families from right across the region.

"It just keeps getting bigger and bigger. Students travel to Lindisfarne from Robina in the north, from Byron Bay in the south and everywhere in between, so, we really do have a community event that is open to everyone in the community. It goes well beyond our Lindisfarne students."

A major raffle is run in conjunction with the event and the prize this year is a Volkswagen Polo, thanks to the support of Tweed Volkswagen and Frizelle Sunshine Automotive.

"The raffle is drawn on the day, and with only 1000 tickets available, there is a great chance to pick up a brand-new car. This is the second time we have run a raffle of this size and it certainly creates a real buzz on the day when someone is guaranteed to walk away with a new car," Madonna says.

But you don't have to be there to win. Tickets for the raffle can be purchased via www.trybooking.com/516655 or from Reception at Lindisfarne Anglican Grammar School.

FunFest starts at 10am and finishes at 6pm, with the major raffle drawn at 4pm, followed by a live band. All-day ride passes cost \$40 and are available online or at the gate. Lindisfarne Anglican Grammar School can be found on Sunshine Avenue, Tweed Heads South.

www.lindisfarne.nsw.edu.au

Fundraising how-tos

LOOKING FOR EFFICIENT WAYS TO RAISE FUNDS FOR YOUR SCHOOL OR COMMUNITY GROUP? START HERE...

Fundraising can be pivotal to any school or community group's success, but it can also be such a challenge when managers, educators and parents are all pushed for time and resources.

haven has spoken to various school administrators and parent committee experts for their valuable first-person advice on hosting a humble fundraiser and here are the best tips we've uncovered in the process...

Look for low overheads

Avoid activities with start-up costs or schemes where an initial investment is needed to make money. Inexpensive options are almost always easier to kick-off. And there's nothing wrong with keeping it simple. An option with low overheads, such as a cake stall during recess, is a great way to raise a few hundred dollars. Do the math on every potential fundraising activity to ensure you are focusing your efforts wisely.

Conserve time and effort

Between work life and raising a family, those on any fundraising committee generally have even less time and energy left. Some activities are just not practical so look for low impact options. Organising the school fete is exhausting. Running a raffle might be more achievable? If you don't bake, try a sausage sizzle.

Get the kids involved

Ideally, your students or group members should get involved in your fundraising effort. A little friendly rivalry between year levels, classes or houses, for example, can work wonders. This is a great way to use available resources, and students experience the responsibility and reward of contributing to a cause.

Be purpose-led

Be clear about the purpose of your fundraising - whether for a veggie patch or the volleyball team, you'll get better support from your school community if they can visualise the goal. You can also add incentive to your fundraiser by supporting a broader purpose. Consider donating some of the funds raised to a local charity as this can provide motivation to give generously.

Mamas that Rock!

OWNER/DIRECTOR OF MEDICAL ON MIAMI AND BURLEIGH COVE MEDICAL, HEATHER MCLELLAN-JOHNSON, IS ONE MAMA WHO ROCKS. FROM JUGGLING A STELLAR WELLNESS BUSINESS AND A UNIQUE FAMILY UNIT, SHE'S LIVING PROOF THAT WELLNESS IS, WELL, THE NEW BLACK.

You

Full name: Heather McLellan-Johnson

Married to: Widowed - booooo. My beautiful mother, Barbara lives together with us - and thank god, because she cooks!

Mum to: Kai (17) and Che (13)

Title, company: Owner/Director, Medical on Miami and Burleigh Cove Medical

Business

Tell us about your business? Our business is about evidence-based healthcare. We are a General practice and combine this with Complementary Professionals, such as Psychologists, Physios, Dieticians. We have a GP who is also a Qualified Naturopath, as well as Doctors who are able to prescribe Medicinal Cannabis.

Where did the concept for this come from? Dr Mark Spanner (my business partner) and I discussed this idea over 10 years ago. We wanted a place where people can come to, to feel well even before they sit down. The team, the surrounds, chairs, plants and artwork are all orchestrated to make people feel just that little better even before they see the doctor. We're in the business of wellness and we want people to feel that.

What's your business background? I've been in the Management and Leadership for 30 years, 28 of those in the Medical Industry.

How is it different to anything the Gold Coast has seen before? Our points of difference for our crew are that we've built something people enjoy working in, with light and air and laughter. For the Professionals they are enjoying a non-corporate company - the buck stops with me and my business partner! For clients we wanted to build something joyful and peaceful.



Home

What time does a typical day start for you? 5am up with the birds, straight to the coffee machine. Quick breakfast and I like to drop my son to school. It's a lovely catch up time together.

Who does the cooking and cleaning at your house? My fantastic Mum, Barbara, does all the cooking - I swear to god we would starve if it was left to me - or bankrupt with Uber-Eats! We have a cleaner, a gardener, a pool guy - it takes a village!

If you have 10 minutes to yourself, what do you like to do? Watch the sunset. Be very still. Acknowledge my day and be peaceful.

Kids

What sort of one-on-one activities do you do with your children? I take my boys on individual dates. That way I can focus on just them and how they are going - it's a kind of 'checking-in' but privately. Since their father passed we have all laughed and cried and endeavoured to maintain good mental health. To that end the children are very resilient, open and honest about their grief. I never once held my tears from the kids and that gave them much permission to grieve as well.

What do you do for fun as a family? Giggle, play in the pool, build campfires, go for dinner, go to every movie ever made by Stan Lee, dance around the kitchen to Will Smith.

Fun

What is your favourite local place to visit? The Alley - Currumbin

How about favourite place to eat out as a family? We are mad on Balboa (Palm Beach), and love Man on the Bike Pizza (Tallebudgera). There's an Italian theme going on here...

Girl Stuff

Where do you head to when you get time for a girls' night out? We've been loving Grandad Jacks of late. We also do sleepovers at the Casino so we can indulge in the Day Spa there and dance the night away at the Garden Bar later on.

What is your best health tip for mums? I can only speak of mental health - you know if you are doing your best. If you are not doing your best, pick up your game. Go see someone, have a really good chat and a cry if you need, in a safe space.

Favourite way to enjoy some 'me' time? Head to toe massage...nothing better. I go and see Gemma from Earth Essence upstairs at CornerStone, Currumbin.

Tips

Must-have parenting tip or tool? Understand that they are the future of the world. They deserve the best leg-up we can muster, with a little dash of humility and to learn that 'entitlement' is a dirty word.

Can you share any tips on finding the right work/life balance? LOL...people tell me to lock in going to and coming home times. I'm working on that. Our baby - Medical on Miami - is still a toddler...it needs a bit of extra help right now. It's only just started on solids!

How do you stay motivated in your career? It's usually pretty easy! The crew are so wonderful they keep me buoyant. I put one foot in front of me every day. Some days that foot is only a toe long and other days it's a stride. I chant to myself "keep going".

The Container Store Palaset piggy bank, \$8.52, www.containerstore.com

Cashcow

HAS YOUR KID GOT MORE BIRTHDAY PRESENT CASH THAN THEY KNOW WHAT TO DO WITH? TRY THIS IDEA...

Money and birthdays go hand in hand – slipping a 'lobster' or even a 'pineapple' into a birthday card has been the go-to present idea for extended family members around the country for decades. But it's what our kids do with that money when the party's over that really counts.

"Approximately one in five 15-year-olds do not have basic financial literacy," says Dr Justin Coulson, parenting author and speaker. "This trend is only going to get worse as we move closer to becoming a completely cashless society."

Now is the time to teach money management skills to our children, to prepare them for the financial challenges they will face as adults. And the key could be that juicy pineapple Aunt Margaret just gave your 9-year-old for their birthday. That "money for nothing", as Scott Pape (the Barefoot Investor) calls it, has real value – not for spending, but as a tool for financial education. Scott suggests kids invest their money in three



ZAAP bands, from \$9.95, www.get.zaap.com.au

Spriggy, from \$2.50/month per child, www.spriggy.com.au

see-through jars (or piggy banks, or any kind of container): one for spending, one for saving and one for giving.

"Kids need to learn how to become savvy shoppers, but also how to save for stuff – saving is the cornerstone of an effective financial education, and pays lifelong dividends," says Scott. "The final container, done well, is a life lesson in contentment – after all, the happiest people on the planet are those who give."

While Scott's idea is a great one, you don't necessarily need to have physical jars for your kids to save with. There are a number of products out there that can act as each 'jar' – like ZAAP, the low-cost, pre-paid card for kids which may be a good way to handle their spending.

"Products like ZAAP give children the chance to learn about and control their finances in a safe environment, and this is crucial for building strong financial skills for life," says Justin.

Spriggy offers a similar service, with inter-connected parent and child accounts to help you manage your children's money – with them, not for them. Different Spriggy features can help them allocate their money to spending, saving and giving. And, when all else fails, you can always rely on the humble piggy bank (just make sure it's see-through).

Out & About

LET THEM EAT CAKE – AND SIP COCKTAILS, CHILD-FREE. IN THIS ISSUE, WE'RE SHARING OUR FAVOURITE PARTY-INSPIRED PLACES AROUND TOWN. BECAUSE IT ISN'T A PARTY WITHOUT CAKE AND A COCKTAIL.

Places to eat...



Cake & Bake

If Jocelyn Hancock has her name on it, you know it's going to be good. The Brisbane baking legend may have moved on from her first bakery, James Street's Jocelyn's Provisions, but her new venture, Cake & Bake in New Farm and West End, is just as mouth-watering. Eat in or take it home for your next celebration – one of Jocelyn's provisions will be the icing on the cake. www.cakeandbake.co



5B2F Bakehouse

This Southport bakery is as classic as they come, offering a smorgasbord of mouth-watering pastries and cakes from the cabinet alongside all of your usual suspects. Seriously, you'll have a hard time deciding which cake to enjoy alongside your tea or coffee at breakfast, brunch or lunch – but no matter which one you choose, you're sure to love it. Not only that, but they also do stunning custom cakes for special occasions, whether it's a wedding, birthday or family reunion.



Scratch Patisserie

Named for the way they make their breads, pastries and cakes – 'from scratch' – Scratch Patisserie is a relatively well-kept secret. Situated just 25 minutes north of Byron Bay in Mullumbimby, Scratch makes for the perfect road trip pit stop when your sweet tooth takes the wheel. With each creation brought to you by a team of traditional bakers and pastry chefs, you can literally taste the difference. www.scratchpatisserie.com.au

Places to play



Streetcorner Jimmy

Any bar that garnishes their cocktails with fairy floss is alright in our books. Streetcorner Jimmy is the relatively-new kid on Teneriffe's Vernon Terrace block, but with cocktails named things like 'THE best espresso martini you'll probably maybe, who knows, ever have!' and 'Awww you guys made me ink', they've already made quite the impression. They also do epic daily specials (which means you can totally justify footing the bill for a babysitter). www.streetcornerjimmy.com.au



Cowch

Cowch don't just deal in sprinkle-covered crepes and next-level ice cream – they also offer a couple of 18+ menu items, too. Their 'Guilty Pleasures' include a range of spiked desserts – the Drunken Bananas are a must-try – and they've also got an impressive cocktail menu of drinks that live up to the colourful names they've been given. A way to sip cocktails in a kid-friendly environment? Sign us up! You'll find Cowch at Pacific Fair and South Bank. www.cowch.com.au



Loft

Newly-renovated with a Grecian beach club vibe and an exciting cocktail menu to match, Loft is fast becoming one of Byron Bay's most popular sundowner spots. With so much to try, we recommend working your way through their cocktail list – starting with the lychee chilli coconut martini all the way through to their 'Key Lime Pie' – over a few visits... or all at once, if you're feeling ambitious (we're totally kidding – drink responsibly, people!). www.loftbyronbay.com.au

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