

ISSUE NO. 103 JAN 2016 CAIRNS

pakmag

LEISURE | FAMILY | LIFE

TIPS & TRICKS
PREPARING
FOR PREP

25 THINGS
TO TRY
THIS YEAR

FIND MORE TIME
AND LOSE
YOUR GUILT

JAN SUMMER FUN
2016 SCHOOL
HOLIDAY GUIDE

Free

KEEPING THEM BUSY
AFTER SCHOOL
ACTIVITY GUIDE



WHAT'S NEWS

in Business

MEET: MAI FROM LITTLE SNAPPERS



Mai Dalle Cort is one busy lady! Not only is she Mum to her two-year-old son, Fox, but, she, along with her husband, former footy player Mark Dalle Cort, also runs two businesses. Come and meet the mum behind Little Snappers Swim School and Aila Blue.

Tell us about Little Snappers Swim School.

Little Snappers Swim School is a franchise of Learn To Swim boutique educational facilities. Our flagship location in Smithfield is now in its fourth year of operation. We provide a boutique learning experience for families to love, laugh and swim throughout Australia.

What's coming up for Little Snappers in 2016?

We will be opening up three more franchises - two in Townsville and another in Gladstone. We also offer free newborn classes for mums and bubs aged two to three months old.

Tell us about Aila Blue.

Aila Blue is an international women's label of apparel and swim wear which I am designer and director. I design it here in Australia, produce in Bali and operate the business out of my office in LA. But I, of course, live here in beautiful Cairns.

What do you love about living in Cairns?

I'm a person who craves salt, sun and sand - minus the crowds. In Cairns I feel like I can breathe. I love that my son will grow up appreciating open spaces and running barefoot every day.

What advice would you give to other busy mums in business?

Find your balance. Life gets busy. I try to remember that my work does not define me. Sure, it's my passion and I'd be lost without it, but I'd be more lost if I didn't have my family or my health.

BIZ: BACKSTREET DANCE



Deborah Storer, or Dancing Deborah as her students call her, is known in the community for making a difference and for being highly positive. She has this energy about her that is infectious.

This is felt throughout her dance studio, Backstreet Dance. Her studio is filled with fun, positivity and confidence-building. Her unique philosophy focuses on self-acceptance, healthy body image and crazy energetic fun. There are no exams, no eisteddfods, no competitions and no comparing yourself to others. If you are keen to join the action at Backstreet Dance, she offers classes from two years old to adults in all styles of dance - open to all body shapes and sizes.

www.backstreetdance.com.au

HAVE YOU HEARD -LOCAL FAMILY'S

FLAVOUR CUBES COME TO CAIRNS



Adfresh Farms, the company behind Easy Cubes, are taking Cairns and the Tablelands by storm.

The basil, chilli, coriander and garlic cubes are grown and packaged on the Torrisi's farm in Mareeba and currently sold in supermarkets across Cairns and the Tablelands including; Cairns Bulk Meats, Jonssons Farm Market, Pease Street Discount Drug Store, Atherton Supa IGA and Piccones Supa IGA Edmonton and Manunda.

What the Locals Are Saying

"They are so fresh I find I am only using half the amount I would with inferior brands. Well done Adfresh. I can't wait for you to expand the range."
- Valerie, Cairns

"I love your products, I make sure I have plenty of "Easy Cubes" in the freezer at all times. No waste, no cutting or no peeling, just so easy!" - Elisha, Atherton

Visit the Adfresh website: www.adfreshfarms.com.au