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LOUNGE*

SPRING

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THE ABSOLUTE BEST BBQ Chicken Marinade

by Jill Slater

INGREDIENTS

½ cup olive oil
 1 teaspoon sea salt
 ½ teaspoon ground black pepper
 ½ teaspoon paprika
 ½ teaspoon chilli flakes
 2 cloves garlic, chopped
 1 small onion, chopped
 ½ cup chopped fresh herbs
 1½ cups beer

Prep Time: 10 minutes

This is the best recipe for a smoky barbeque chicken marinade ever! Use it to coat chicken drumsticks, wings or chicken breast fillets – whatever you like!

I used this fabulous recipe to make chicken kebabs because that is my children's favourite. They love eating things off sticks with a passion, so we eat a lot of kebabs. And fairy floss, Pluto pups and toffee apples now that I think of it...

Anyway, here's what you'll need to make this amazing marinade.

1. Pour olive oil into a 500ml measuring jug.

Mix together salt, pepper, paprika, cumin, and chilli flakes and add to olive oil. Add garlic, onions, and herbs.

2. Mix together well with a fork. Slowly add beer and continue to stir.

3. Add chicken to a ziplock bag and pour the marinade over the top. Remove as much air as possible from the bag and seal. Turn the bag from side to side to make sure all chicken has been coated with the marinade.

4. Refrigerate the marinating chicken in the bag for up to 1 hour or overnight if possible, turning the bag over every few hours to keep the chicken coated.

5. Remove chicken from the bag and cook as desired. Throw leftover marinade away immediately.

Shop all the ingredients
you need here!

BEST EVER Pasta Salad

by Jill Slater

INGREDIENTS

250g spiral pasta
1 large tin of corn kernels, drained
250g green beans, trimmed, cut into 3cm pieces
250g leg ham, cut into short strips
1 red capsicum, diced
1 punnet cherry tomatoes, halved
1/4 cup flat-leaf parsley leaves, finely chopped
1 avocado, peeled, stone removed, chopped
1 green onion, finely chopped
1/4 cup French salad dressing

Everyone has a favourite 'bring a plate' recipe up their sleeve, and this is mine. My pasta salad is always a hit at family barbecues and entertaining events, and for good reason too – it's delicious!!

Packed with fresh vegetables, pasta salads well known for their versatility, happily sitting alongside barbecued meats and crusty bread on many an Aussie backyard menu.

INSTRUCTIONS

1. Cook pasta in a large saucepan, following packet directions, until just tender. Drain. Rinse under cold water and drain again. Transfer to a large bowl.
2. Bring a small saucepan of water to the boil and add the beans. Cook for 1 minute or until bright green. Drain and rinse under cold running water to refresh. Drain.
3. Add corn, beans, ham, capsicum, tomato, shallots and parsley to warm pasta. Toss until well combined. Add avocado, dressing and salt and pepper. Toss gently to combine. Serve.

[Shop all the ingredients you need here!](#)



8 WAYS TO SPEND QUALITY Family Time Together!

by Jill Slater

It's the school holidays here in my house at the moment, and I have come up with some fun ideas for my family to spend some quality time together.

I'd like to say that it's because I want my four children to have a full and exciting childhood, but I am more motivated by wearing them out and putting an end to the daily questioning of "what are we doing today?" as if I were a professional events planner or something!

Apart from the fun activities of Cleaning Our Rooms and Tidying The Garage, here are some ideas to spend quality time together as a family, not just during school holidays, but all the time.



1. Saturday Night is Movie + Munchie Night

Every Saturday night, we gather in the lounge room to watch a family movie on DVD. There are loads of pillows, beanbags, blankets, and freshly bathed, pyjama-wearing children. We open a big bag of potato chips and carefully divide a family-sized block of chocolate among us all.

This is a family tradition that none of us ever want to give up, and we are always on the look out for more movies to add to our growing collection.

2. Sunday Afternoon Walk or Bike Ride

We like to hit the pavement on a Sunday afternoon sometimes, either with our feet or on our bikes and scooters. Plan out a little circuit through your suburb, stopping at a park for a play, or pile in the car and head somewhere new and explore. Maybe buy some ice creams? Or grab some hot fish and chips for dinner and head home tired and happy at sunset. We need to do this more often, that's for sure!



3. Make Your Own Pizza Night

Who doesn't love a fresh, home-cooked pizza? We like to make our own pizzas for dinner every now and then, and when we do, of course, the children want to make their own! So we split the dough evenly, arrange all the toppings neatly like the cooking shows do and get them to make their own creations. They each place their masterpieces on a baking paper lined tray ready to be baked. We write their name on the baking paper so they know which pizza is theirs. ►

Shop everything you'll need here



4. Backyard Olympics

About once a year or so, we like to organise a family Olympics in our backyard. It's really nothing too fancy – a mini handball tournament, a few games of totem tennis, running races and soccer. But we all get in and play together. Okay, so after a while mum might go and get herself a glass of wine and a folding chair, but we're all joining in, laughing and having fun!

5. Local Free Stuff!

Check your local government area Facebook pages for free events and festivals you can all attend. There is always something on, especially during seasonal and school holidays. Our local library and art gallery holds free school holiday activities like a zombie morning of face painting, scary stories and puzzles!



6. Go on a Public Transport Adventure

Top up everyone's Opal passes and hit the tracks for a day of sightseeing on public transport! Try and tick off as many different types as possible – take a train into the city, a ferry across the harbour and then a bus to the beach! Explore a new area, grab some fish and chips for lunch, then turn around and go back home again. The fun is in the journey, not the destination. And leave the iPads at home!

7. Have a Baking Day!

We like to bake yummy goodies and get our kitchen good and messed up! Each person gets to choose a different recipe (or I just choose three and be done with it), then we figure out what we'll need, get it all out and go for it! It's a great learning experience for the kids and we get to eat scones and biscuits and things together.



[Shop all the ingredients you need here!](#)



8. Go Camping in Your Backyard

There's nothing cooler than camping in your own backyard! Especially if you have a fire pit, lots of bread to toast (with lots of butter!), marshmallows, torches, music and blankets. Tents aren't as expensive as they used to be, so we picked up a cheap one from a discount department store, grabbed our sleeping bags and hit the backyard for some night time fun.



Salmon and Parmesan FISH CAKES

by Jill Slater

INGREDIENTS

500g potatoes, peeled and cut into large chunks
 440g can salmon, drained with skin and bones removed OR 1 packet hot smoked salmon, skin removed and flaked
 1 Zest of lemon
 Juice of **half a lemon**
 1 spring onion, finely chopped
 3 tbsp fresh parsley, chopped
 100g parmesan cheese, finely grated
 1 egg, beaten
 125g fresh breadcrumbs
 Canola oil for frying

Prep Time: 30 minutes

These salmon and parmesan fish cakes were a real hit in our family — crispy on the outside and light and fluffy on the inside with flavours of lemon, parmesan and smoked salmon. What's not to love?

It's perfect when you serve with a salads for a fantastic, delicious spring meal!

1. Boil the potatoes in a large saucepan until tender. Mash with butter and milk.

2. Combine the mash, salmon, lemon zest and juice, spring onions, parsley and parmesan cheese in a bowl. Season with black pepper and shape into eight patties.

3. Dip each patty in the egg, then coat in breadcrumbs.

4. Heat the oil in a large frying pan. Add the fish cakes and fry in batches for 4-5 mins on each side until crisp. Serve with a salad.

Coles on eBay is a super easy way of getting the ingredients you need, delivered straight to your home!

Shop all the ingredients you need here!

HOW TO: BRIGHTEN YOUR SMILE FOR LESS!

by Jolene Humphry

Who doesn't want to flash a row of sparkly white teeth when they smile, right?

Unfortunately, there are many factors that can come into play that can discolour our teeth. The main culprits being poor oral hygiene, certain medications, smoking cigarettes, tea, coffee and red wine. But, (as if fine lines and grey hairs aren't enough to worry about), our teeth also naturally discolour as we age. This is caused by the natural thinning of our tooth enamel which reveals the less-than white layer of dentin beneath it. This can leave us with pale grey or yellow teeth that only deepen in colour as the years tick by.

Fortunately, our obsession with having pearly whites has fuelled a plethora of at-home teeth-whitening products, meaning it doesn't have to be a costly process. However, with so many products available, navigating the different types of tooth whitening product can be confusing.

Knowing which products target what dental concerns will help you to choose the most effective teeth whitening product for you.

Whitening Toothpastes

Whitening toothpastes are mildly abrasive formulas that often contain tiny, miniscule particles that work to gently scrub debris from your teeth, polishing them to remove built up stains and restore colour. Some also contain chemical agents designed to lighten the colour of your teeth below the surface of the enamel, giving your teeth a whiter appearance. ▶



Colgate Optic White Enamel White Whitening Toothpaste

This whitening toothpaste delivers 3 shades whiter teeth^ and fortifies enamel. It is the only toothpaste with the whitening ingredient dentists use* to remove surface and deeply set-in stains. The high fluoride formula fortifies enamel's weak spots for a strong white smile. The must-have toothpaste for your daily beauty regime, this whitening toothpaste contains all the benefits of a regular daily use toothpaste plus a whiter, brighter, bolder smile.

[SHOP HERE](#)



White Glo Deep Stain Remover Activated Charcoal Whitening Toothpaste 150g

Whitening toothpaste with Activated Charcoal Particles helps to detoxify your mouth and removes deep stains and discolouration. The highly absorbent Activated Charcoal Particles penetrate and draw out stubborn stains, traps colour particles, fights bad breath and whitens teeth enamel.



Oral-B Gum Care & Whitening Toothpaste 110g

Oral-B Gum Care & Whitening Toothpaste Mint revitalises your gums in 2 weeks with gentle, enamel safe whitening. Oral-B Gum Care & Whitening promotes healthy gums by fighting plaque bacteria along the gumline and slowing its re-growth. The polyphosphate technology removes surface stains to gently whiten teeth.

WHITENING STRIPS

Whitening strips are made of flexible plastic that mould to your teeth, and are a very popular method of teeth whitening due to affordability, ease of use, and effectiveness. They contain a bleaching gel that breaks down and oxidises into the teeth to whiten them.



Oral-B 3D White Luxe Advance Seal 14 Whitening Treatments

- Removes up to 10 years of stains (in as little as 14 Days)
- For Up TO 12 MONTHS of naturally RADIANT WHITE SMILE (Before use)
- Enamel SAFE DENTAL WHITENING Kit
- All Oral-B 3DWHITE Whitestrips use the same enamel-safe whitening ingredient as used by dentists.



WHITENING GEL

Whitening gel can also come in tube form, often as a two-step process combined with a whitening toothpaste.

Together they work to remove the surface stains (the toothpaste) and whiten the internal layers of your teeth (the whitening gel).



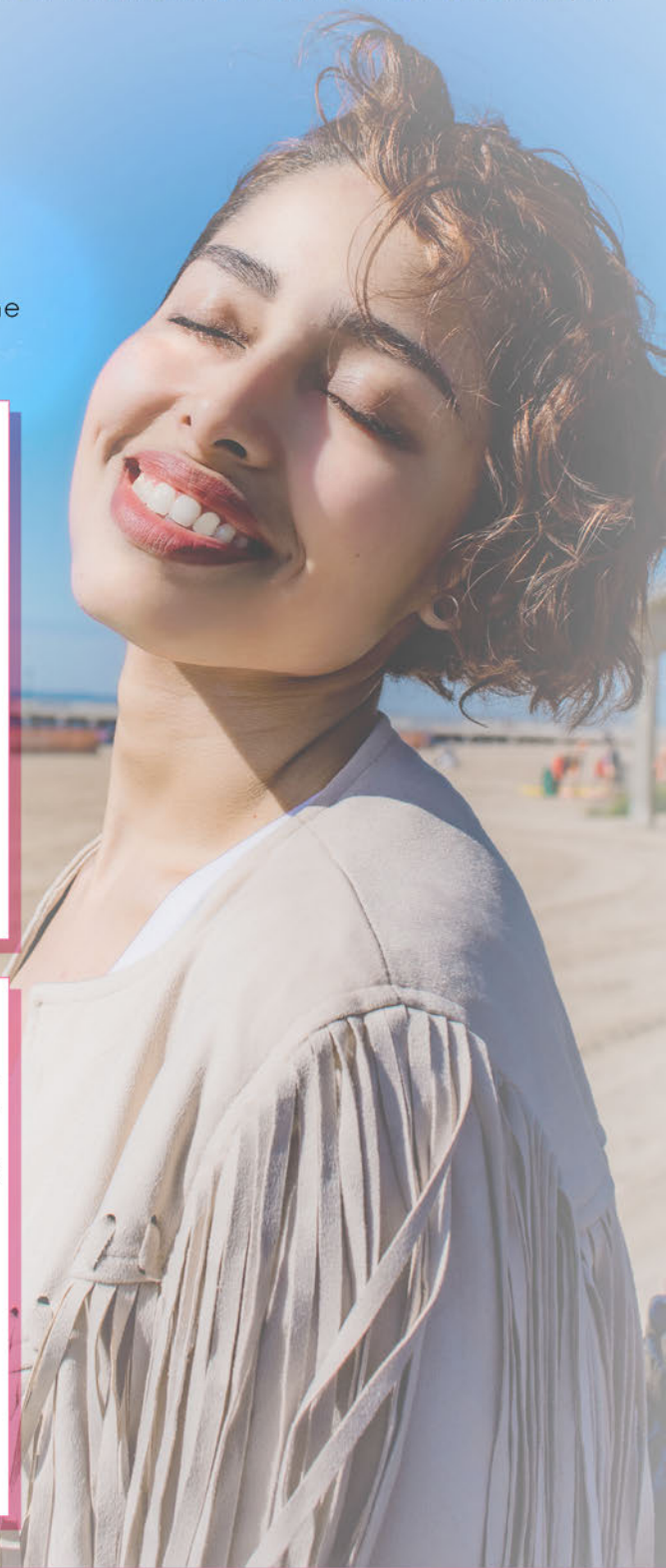
White Glo Diamond Series Whitening System

The White Glo Diamond Series Whitening system lifts stains and removes yellowing on the surface of your teeth enamel safely - without abrasion! Formulated by dentists with the same ingredients they use in clinics to achieve fast effective results for a smile that shines bright like a diamond.



Oral-B 3D White Brilliance 2-step Whitening Kit Toothpaste and Whitening gel

Oral-B 3D White Brilliance Kit has a fluoride toothpaste for anticavity and whitening gel for daily cleansing & whitening system. Upgrade to a 3d white smile! Deep cleans & keeps your smile up to 99% as white as a professional polish (with daily use. Stain assessed 4 weeks after dental cleaning.)



TIPS FOR MAINTAINING TEETH AFTER TEETH WHITENING

What many people fail to realise is that your teeth may be especially susceptible to staining in the hours and days directly following a teeth-whitening procedure.

1. Avoid foods that can stain the teeth (coffee, tea, red wine, soft drinks, etc) and smoking cigarettes.
2. Brush twice a day and floss once a day.
3. See your dentist for professional cleanings.

THE ULTIMATE Spring Cleaning Checklist!

by Joshua Snares

Okay, we're all guilty of letting the house get a bit out of control, especially during school holidays!

With this handy checklist, you can make sure that your house is the best it'll ever look, well until the kids come home at least.

LIVING ROOM

- ☐ Open windows
- ☐ Dust ceiling fans and light fixtures
- ☐ Wash curtains and throw pillows
- ☐ Vacuum couches
- ☐ Dust all furniture
- ☐ Dust electronics
- ☐ Wash windows and screens
- ☐ Shampoo carpets
- ☐ Mop/Vacuum floors
- ☐ Wash or vacuum vent covers

KITCHEN

- ☐ Clean inside of drawers and cabinets
- ☐ Declutter items you don't use
- ☐ Clean doors & knobs
- ☐ Remove out of date items from pantry/fridge
- ☐ Clean inside oven, stovetop, microwave, dishwasher, fridge and freezer
- ☐ Vacuum under fridge
- ☐ Clean countertops and backsplash
- ☐ Wipe down sink & clean drain
- ☐ Dust decor, switches and light fixtures
- ☐ Sweep and mop flooring

LAUNDRY

- ☐ Wipe down washing machine and dryer
- ☐ Clean & dry the lint trap
- ☐ Clean inside the washing machine

BEDROOM

- ☐ Clean out drawers
- ☐ Organise clothes, store or donate old clothing you don't wear
- ☐ Wash pillows and duvets
- ☐ Dust ceiling fans and lighting fixtures
- ☐ Wipe down windows and window sills
- ☐ Wash curtains.
- ☐ Dust down furniture
- ☐ Wipe down vent covers
- ☐ Vacuum floors or shampoo
- ☐ Mop hard flooring

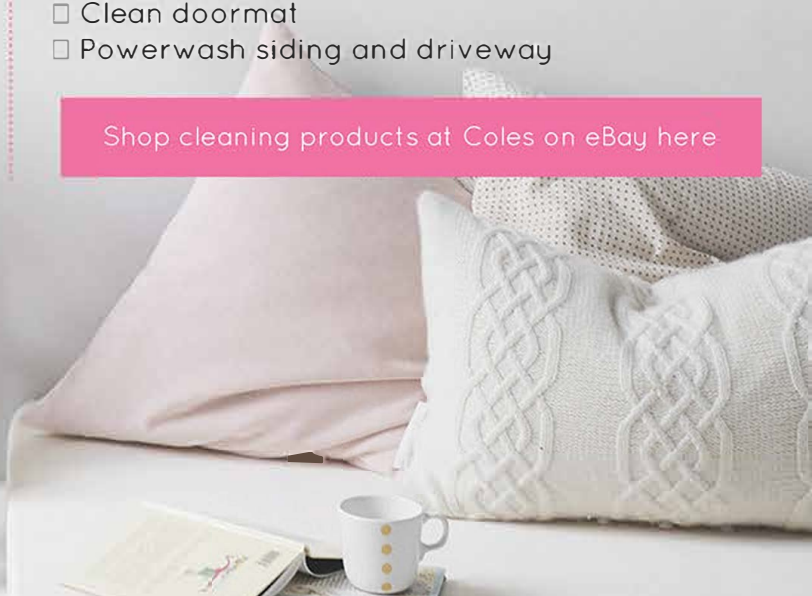
BATHROOM

- ☐ Empty & wipe down cabinets and drawers
- ☐ Remove items you don't use/out of date
- ☐ Dust light fixtures
- ☐ Clean mirrors, sink, drain, bathtub, toilet, shower
- ☐ Sweep & mop floors
- ☐ Reseal grout if needed

OUTDOORS

- ☐ Sweep/clean deck & walkways
- ☐ Clean doormat
- ☐ Powerwash siding and driveway

Shop cleaning products at Coles on eBay [here](#)



WIN A \$200 VOUCHER

TO SPEND AT COLES ON EBAY

by Jolene Humphry

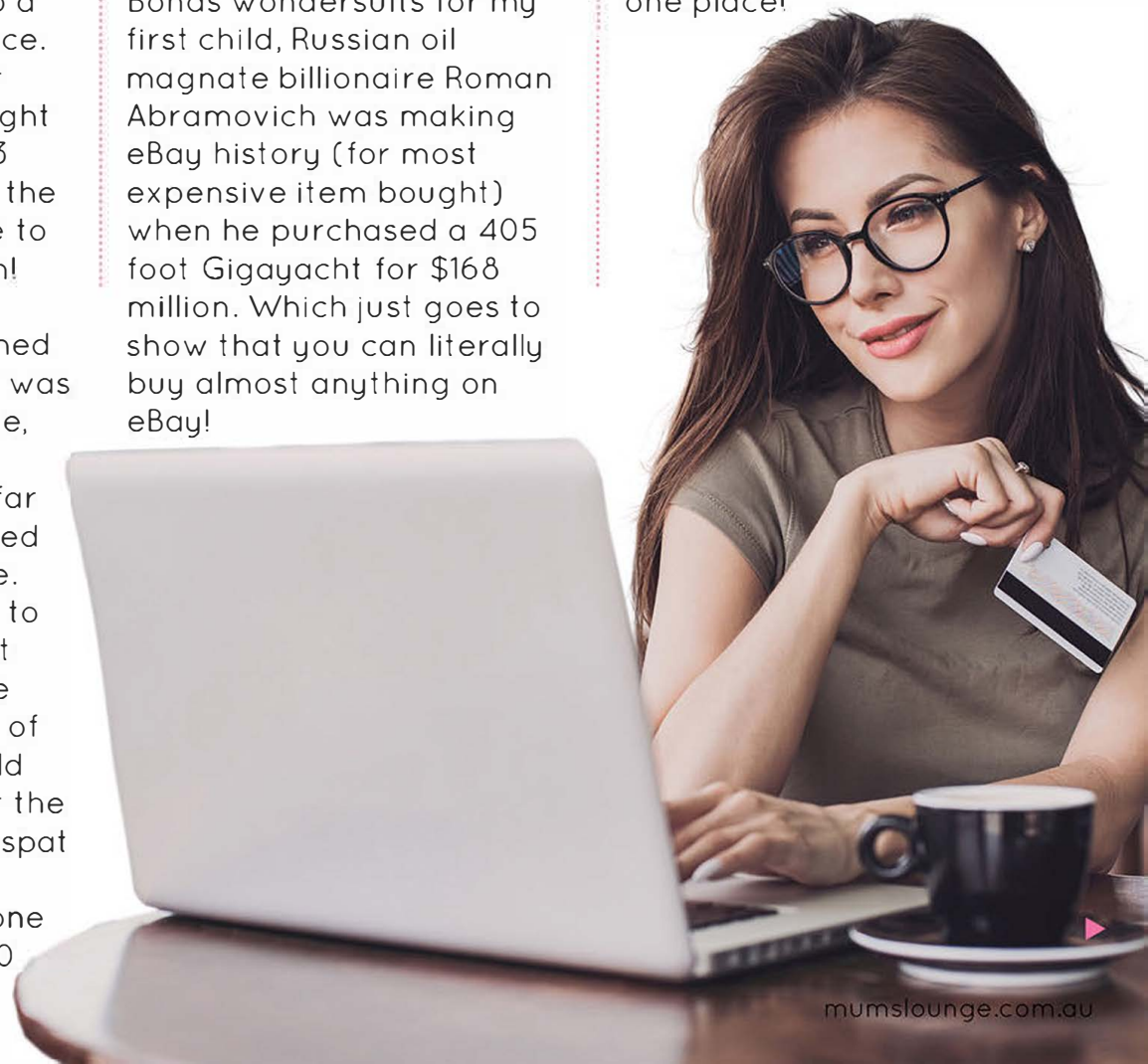
eBay: From Second Hand Treasure Auction Site to Ultimate Online Shopping Destination

It was Labor Day weekend 1995 in San Jose, when entrepreneur Pierre Omidyar wrote the code and launched the 'experiment' he'd dubbed 'AuctionWeb' from his living room. He wanted to know what would happen if everyone had access to a single global marketplace. He listed a broken laser pointer, which was bought by a collector for \$14.83 and the website, which the world would later come to know as eBay, was born!

A week later, autographed Marky Mark underwear was sold for \$400 on the site, there have been no shortage of weird and far whackier items auctioned off in the 24 years since. Those of us old enough to remember will no doubt recall the grilled cheese sandwich with the face of the Virgin Mary that sold for \$24,000 in 2004, or the piece of gum allegedly spat out by Britney Spears during a concert, that one fan coughed up \$14,000 for. Crazy, huh?

It wasn't long before we were all eagerly trawling the treasures of eBay, placing our first bid and watching the auctions excitedly for a few days to see if we'd won. We could now buy things we'd never thought of, from places we'd never heard of, from people we'd never met! How exciting! Even the rich and famous were at it! Back in 2006 while I was buying Bonds wondersuits for my first child, Russian oil magnate billionaire Roman Abramovich was making eBay history (for most expensive item bought) when he purchased a 405 foot Gigayacht for \$168 million. Which just goes to show that you can literally buy almost anything on eBay!

These days of course, eBay has even more to offer. Whilst it still offers the thrill of buying second hand items via auctions, a whopping 93% of items listed in Australia are brand new, with the large global and local brands getting in on the action. No wonder it is the most visited retail site in Australia - it's your one stop shop to browse all of your favourite brands in one place!





You Can Now do Your Grocery Shopping on eBay

In fact, things got just a little more convenient for us eBay shoppers this week, with the launch of Coles on eBay. Whilst Coles has had some listings on eBay since March this year, the offerings consisted mainly of pantry items, beauty products and baby item such as wipes and nappies. The exciting new launch has seen Coles on eBay extend their range of products.

Senior Director, B2C and Advertising, Kristian Haigh, says of the Coles deal, "We're thrilled to enter the next phase of our partnership with Coles. As Australia's number one online shopping destination we pride ourselves on offering the best value and selection from grocery to tech and homewares."

"The addition of fresh fruit and frozen food including everything from milk to bread, means customers can now do their full shop on eBay from the comfort of their own couch." Customers will also be able to select a timeframe for their order to be delivered, ensuring that your groceries stay fresh!

How to Get \$49 off Your Next Coles Grocery Shop

Between 1 October 2019 and 16 October 2019, eBay Plus customers can get \$49 off their first Coles on eBay order over \$99. eBay Plus customers will also enjoy a further 5% off every subsequent shop.

To qualify, you must be an eBay Plus member. You can sign up for your free 30-day trial [here](#).

If you decide to continue using the program after this time you will be charged \$49 for an annual membership (which given the saving on your first shop equates to being free).



The Benefits of Being an eBay Plus Member

- Double Flybuys points
- Free delivery on orders over \$49 from Coles
- Free shipping and returns on millions of eBay Plus items
- Exclusive deals and discounts
- Premium customer service
- Free 30 day trial

WIN A \$200 ebay GIFT CARD



Win \$200 to spend on eBay
on anything from Coles groceries
to home goods

Click the above graphic to enter!

Good luck!

PRINT ME Spring Word Search!

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WORD LIST

SEPTEMBER FRIENDS FLOWERS FAMILY
GREEN NOVEMBER OCTOBER SPRING

