

THE FOUR TWO SOCIETY

EMBRACING EVERYTHING THE COAST HAS TO OFFER

ISSUE FOUR | AUGUST 17 | I'M FREE TAKE ME



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CHICK AMY SHARK

BALI BACUS

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THE SHARK ISSUE

WRITTEN BY DUNCAN MCFARLANE

Amy Shark is hitting massive goals at the moment and we nabbed her for a few questions for the Four Two, this chick is as genuine as they come and we are stoked to have her on the cover.

You will probably of noticed migrating whales frolicking in the ocean up and down the coast. They are off north for there yearly migration, fortunately we have a heads up of the best spots to view these cheeky chappies.

After hitting 32 my metabolism took a dive and those days of smashing a KFC and rocking abs are way behind me, although "abs"

is a long shot! Needles to say it comes down to metabolism and its slowed down to a pensioner driving a Holden Barina. So how can you speed up that lagging metab? Well read on and find out the secrets

Enjoy x



Editor Duncan McFarlane

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BITS & PIECES FROM THE COAST

WORDS DUNCAN MCFARLANE

New Eats

We have had an influx of new eats hit the coast the past few months. Some of the exceptions that should be checked out is North Room in Mermaid, as well as Harijuku Gyoza, Main Street Burger Bar and Beachside Pavilion, all in Broadbeach.

Just Drink & No Food

A new bar has opened in Broadbeach called Soho place. After a recent law which passed on the coast allowing bars to serve exclusively alcohol without commanding a kitchen, this is no doubt the first of many to pop up.

The Island

Previously, The Islander was owned by Tom Tate and was an eyesore in Surfers with backpackers and schoolies running amok. Fortunately new owners have taken over and it's being changed into a boutique hotel with a rooftop bar and Italian restaurant - it's still not quite finished, but looks a million miles better than it did few years back

Six Star Main Beach Hotel

A new hotel is going to open at Narrownneck. Plans show a slim tower that will be 48 storeys tall, include more than 500 rooms and feature five world-class restaurants. You'll be able to dine up on a spectacular suspended glass-encased podium, or take a dip in a wraparound pool with ocean views. Sounds amazing!

Burleigh Tram Line Extension

It was always going to happen, but Burleigh is earmarked for stage 3 of the tram line. The discussion is

whether the stop is outside the Burleigh hotel (the current location of the bus stops) or have it behind the bowls club. A lot of naysayers have their moans but this is awesome for the coast! Look forward to day that you can just jump on the tram and get to the airport.

Turf Club Hotel

The turf club have allocated a space next to the track. It's a long way off but it would be awesome for the club. The GCTF is so under used - creating a hotel and more events at the centre will be awesome for anyone who enjoys a day at the track.

Tallest Town in the Southern Hemisphere

Feels like I'm saying this every issue? But the tallest tower in the southern hemisphere has been approved in Surfers, it's between Enderley and Markwell ave and is going to dwarf the Q1 at 103 storeys.

Sand Pumping

The council have brought in a barge to pump sand from the ocean and back into the surf. Why? Well it's to protect our coastline from cyclones and wild surf. You can't miss this beast of a ship somewhere in between the spit and Palm beach. A lot of local surfers have been getting giddy over the idea that the waves are gonna be all-time with all this extra sand. I bloody hope so!

The Star Brings a Wealth of New Offerings

Formerly Jupiters, The Star is dominating Broadbeach with its new 6 star hotel development. However a lot is going on internally with a revamp of its current eateries, plus a new state of the art sports bar and an outdoor terrace

will be added. All going well with presales, they'll also be adding a further tower on Broadbeach island.

Hot Tub Cinemas

It started as a group of friends and one hot tub in London, 2012. This September it hits the Coast, details are currently hush hush but we do know that only 8 sessions will be available and you can either book the whole tub or join strangers. Sitting in a hot tub with people you don't know might not be everyone's idea of a fun night out, but we're guessing it's going to book out anyway. Waiters will be on hand to tend to all your food and drink needs so you don't even need to worry about leaving the warmth of your tub or missing a second of the screen time.

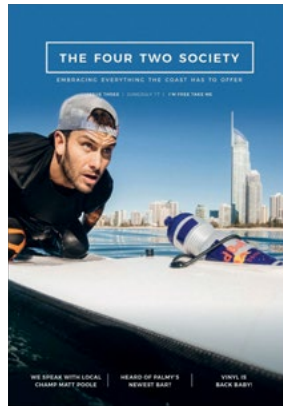
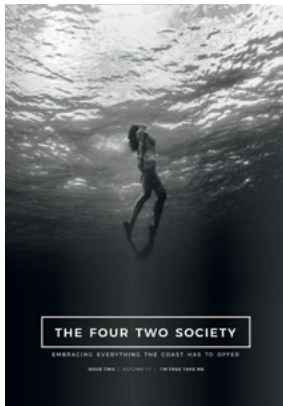
Axe Throwing

Recently opened up on Ozone Ave in Miami (around the corner from Miami Marketta) is Lumber Punks. This new local attraction is all

about the art of axe throwing. Basically you have a target similar to darts and aim for the bullseye. It's open most days except Tuesday and Wednesday.

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WE CHECK OUT MAIN STREET BURGER BAR

WORDS AND PICTURES KATIE BABE

So, what's been cooking? The hamburger, a simple, yet delicious invention that sees every man and his cow taking a stab at making their own mark on this historical dish. The continual culinary quest to reinvent and improve the burger isn't just about the taste any more, it's also about creating the right ambience, surroundings, accompaniments in which to enjoy the meaty treat.

Close chums and hospitality whiz kids William Ennis, Lawrence Rose, Chris Wright and Tahlia Ward are founders of Main Street Burger Bar in Byron Bay and luckily for us, their roaring success has led them across the border into the Gold Coast to open up their second casual dining branch. Since joining the burger scene in February 2016, they have already won an award in The Demographic and now with this recent expansion, could Main Street Burger Bar be the next big cheese?

Straight off the bat, I think anything born and bred in Byron already radiates a laid back, fresh, cool vibe and with aims to echo this on the Coast, I skipped breakfast (don't try this at home) and headed out to meet the new kids on the block and check out their gigantic, bewildering burgers!

It was full steam ahead to The Oasis Shopping Mall in Broadbeach, an impressive location considering their recent extensive refurbishment and with Main Street's perfectly timed opening, the restaurant and customers alike are set to benefit from the new fresh and clean outdoor dining areas with a more modern feel to enjoy.

Smiles welcomed me into the burger bar with cool kids sipping boozy shakes at the bar, families in the booths tucking into huge burgers and the laid back staff

conversing with customers giving the impression they actually love working there (I know, insanity!).

Edgy pictures hang on the walls keeping it fresh with hipster vibes felt as funky beats play in the background. It was beginning to hit me that this place wasn't just another burger restaurant but a trendy hang out too...you don't even need to eat a burger (although highly advised) to enjoy the atmosphere and if you are a foodie unscathed by lone-eating, the friendly staff here will welcome you with a conversation or two. And truth be told, I loved the staff so much I headed back solo in the evening for R&B Thursdays, \$5 ales and house wines with \$1 wings.

Okay, let's get into the well rounded menu and if you're not familiar with the Byron Main Street eatery, they only use the cream of the crop by sourcing local organic grass-fed beef (no bogan cows) the happiest of chickens (which sounds nice but surely impossible to determine), local eggs and local seafood. Vegans, DON'T look away now, you are of course catered for as are the kiddies or adults opting for smaller sized burgers.

There are 8 delicious hand-made burgers on the menu ranging from the Classic 10 Buck hamburger (actual bargain and easy eat), the popular Main Street beef which boosts double smoked bacon, caramelised onion, cheese, house-made barbecue sauce and garlic mayo but if you're prone to food envy, go big and beef it up and get the Ol' Joe's Got The Blues burger, a high rise double beef, double smoked farmgate bacon, truffle aioli, raw beetroot, lettuce and tomato.

There are two different types of chicken burgers with my favourite being the Troppo Chook with crispy



fried chicken tenderloins with double smoked bacon but if meat is against your "veligion", you can enjoy two different veggie burgers, the Vego Pattie and the Vegan Jackfruit. You can even choose your desired organic bun including rye, gluten free and low GI which shows some serious customer thoughtfulness on their side.

Additional to food, I was lucky enough to meet the Bar Manager, Chris, who wasn't just a bartender but more like the Harry Potter of drinks cooking up some potion like cocktails. This dedicated bunch take their drinks very seriously (no cheap brands) with one of the specialities being the home-made sangria which has a two day making process before being ready to serve. For me, all the drinks looked delicious and definitely made with passion; even soft drinks can be made boozy if you want to kick your day up a notch (or two).

There is definitely something seriously social about the burger and with the right atmosphere, I think we can all agree there is nothing better so well done to Main Street Burger for this exciting new venue, open every day 11.30am - 9.00pm. I am very excited to see where their third venue pops up!

BALI LIKE A BOSS

WORDS ALEX MITCHESON

As the days are short and the morning's crisp, Winter truly has us in her grasp.

Time for a holiday?

Bali, for many Australians, is the perfect getaway. Merely 6 hours from Brisbane and you will find the famous Indonesian Island that will cater for a lot of tastes. There is quite the array of tourists that flock to the island, Europeans, Chinese and American tourists are amongst the biggest visitors as well as native Indonesians from other areas. There are 5* exuberant resorts for those whose bank balances know no limit, right down to much cheaper homestay style accommodation; the perfect resting place of many a surfer on a budget. So what if you haven't been to Bali before or it might have been a few years since you have been there? Well, a lot has changed, and mostly in the last 5 years. We break down the main areas where most tourists frequent and give you some little inside tips on places to eat/drink/stay.

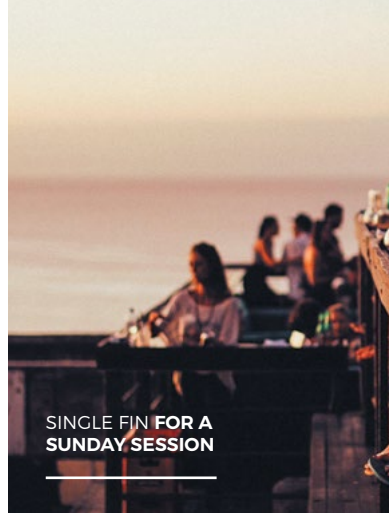
Kuta

The beating heart of Bali. A true tourist trap; in the past, this is where everyone would come to haggle the days away over fake designer bags and dance long into the night. In recent years though the area has lost some love as other areas gain popularity, but that hasn't changed Kuta at all. There are a number of small back lanes that define themselves with gritty and loud bars as well as places to eat relatively cheap. Jalan Poppies II and Jalan Benesari are worth finding, take a stroll along both of these in the evening and you are sure to observe some characters. The pick of the bars has to be Alley Cats, a cool hangout with a surprisingly good food menu, the kind of food you get at mum's but even better, seriously. There are some classier bars and resorts around here though, the main draw card is Bali's largest club, Sky Garden. 4 levels of different music and multiple bars mean there's a little chance you'll be bored. The

Beachwalk Shopping Centre has recently opened right off Kuta beach and is a highly modern complex with a number of top fashion brands, expect western prices but should you feel inclined to buy real designer clothes, this is the place. There is also have a fairly sizeable new cinema if you fancy catching a movie.

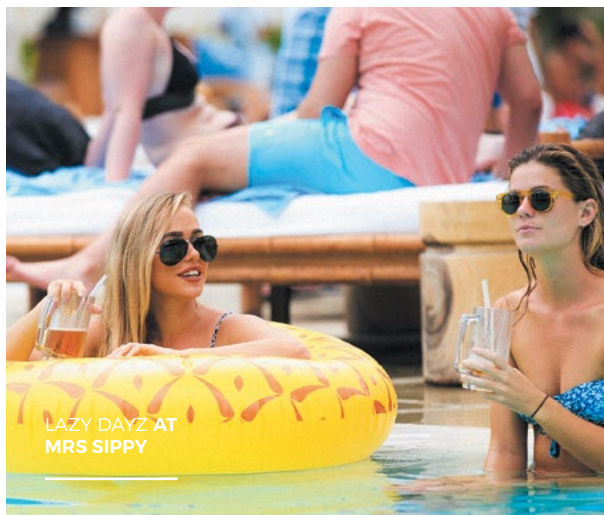
Seminyak/Legian

A little further North you will find Legian, before then turning into Seminyak. As mentioned there has been a move away from Kuta, and Seminyak has caught a lot of that shifting attention. There are some really amazing restaurants in both areas. Fat Bowl is a new addition to Jalan Melasti just off the beach in Legian, incredible food and excellent drinks with whispers amongst expats this could be one of Bali's best openings in recent times. On the main road from Kuta to Seminyak, Jalan Raya Seminyak 'Bo & Bun' is a really sophisticated and modern Vietnamese eatery, with 1st class service. Close by 'Eat Well' is a great burger/steak spot to get to get your meat fix. The centre of Seminyak is littered with bars, cafes and restaurants, yet a



SINGLE FIN FOR A SUNDAY SESSION

really cool back street worth noting is Jalan Drupadi, go check it out. The highlights are a great coffee shop called The Koop and Mexican Lacalaca Cantina - margaritas to die for. There a number of beach clubs along the beachfront here, by beach club we mean where you can literally sit, eat and drink all day if that's your thing. Potato Head is the biggest and best known, it's fairly easy to find and expect some really good cocktails, get there early if you want a sun lounger. Ku De Ta is another favourite, and newly opened Mrs. Sippy is worth seeking out; expect to pay Australian prices in all three of these venues though.



LAZY DAYZ AT MRS SIPPY



Canggu

Quite a different vibe to Seminyak and Kuta, this is how Bali used to be, expect a slightly more genuine setting, rice paddy fields, locals on push bikes and Scandinavian backpackers tearing around on vintage motorbikes... Er, hold on a minute. We'll be honest Canggu is quite the spot for some 'cool kids' to hang out, so do take that into consideration. That aside there is some really fine places to eat, Betelnut Cafe is amazing for breakfast and anything else, Crate Cafe does amazing coffee and is prime people watching territory. Montagu and Café Organic have next level breakfast menus and guess what...they will do breakfast past noon! Old Mans is a big bar on the beachfront at Berewa beach and it goes off on a Sunday and Wednesday; try to get in one of those nights. Echo Beach has the best surf when the conditions are right and a great place to watch the sunset, pull up a beanbag at one of the beach bars and sink some beers with friends.

Uluwatu/Padang Padang

This southern end of Bali is all about the surfing, and Uluwatu is the jewel in the crown. There are still some cool things to check out and do other than waxing your board. Go check out Uluwatu temple, the monkeys here are the highlight, BE CAREFUL they will

literally take the sunglasses off your face (this happened to us). Uluwatu is pretty much a cliff face that the locals have built little 'warungs' (restaurants) and a couple of bars on, a slightly questionable set of steps goes all the way down to the small beach at the bottom, if you scramble down there is a cave that all the surfers come in and out of - quite the iconic surf spot. Single Fin is the big bar here at the top of the cliff and on a Sunday afternoon/night the place goes nuts, people will come from near and far for the Sunday session here. Try to check out the smaller bar underneath it called Edge Bar, there's normally a few washed up middle aged Aussie surfers here and they are a good bunch and always laughing. Padang Padang is quite small, primarily a collection of hotels and homesteads with a couple of worthy food options. Kubu Container is an innovative and new accommodation option; put simply a collection of shipping containers in the forest that have been turned into individual living capsules, really well done and a little different. The beach here is fairly famous and relatively nice, you have to walk through a temple and a narrow cave corridor to get down, not your everyday. Further up the coast are the beaches of Balangan and Bingin, they are a little tricky to find. Both are similar to one another, they are quiet and have just a few warungs along the beach, again these are top surfing spots so when the waves are good they will come alive with surfers and spectators alike. North of these is Dreamland... unfortunately, it doesn't suit the name and is a huge collection of building developments and is really a mess, try to avoid.

Nusa Dua

Put simply Nusa Dua is really pretty and well presented. Expect manicured lawns and golf buggies whisking tourists around. There are some really big 5 star resorts here and the surrounding beaches, are really picturesque. A new toll road called Mandara Toll Road is really your only option if you're going to make the trip there.

Ubud

Is a different pace again to everywhere else and is actually cooler in temperature as it's at a bit of altitude. Heaps of arts and crafts stores, the place to get your shop on with some less aggressive vendors. White water rafting and quad bike tours are aplenty, we've done both- both were a good laugh with the rafting slightly more fun, don't pay more than \$50 for each person on either of these tours.

Prices will vary greatly for the same thing in different shops, around Bali, people will inevitably try their luck with prices. Upon asking somebody how much something is, you will almost certainly need to half this and then haggle the price down from there, stand your ground and be firm, it does work!

Bali does get a little bit of a bad rep from some people as a place with very little rules and it's fair share of questionable tourists. This could be true, even for a lot of other places as well. Try to take the road less travelled, get a glimpse of the true Balinese culture and you will discover an incredibly diverse island, which you are sure to leave with a smile on your face.



WHAT'S ON

WORDS DUNCAN MCFARLANE

Burleigh BBQ

5-6 AUGUST IN NORTH BURLEIGH

On the mornings of 5 and 6 August, it's not fog you'll see rising over Burleigh...it will be smoke from 50 of Australia's best BBQ competition teams battling it out for the highest honour in the annual Burleigh BBQ Championships.

Using low and slow cooking and BBQ techniques across five categories – chicken, lamb, pork ribs, beef and seafood – teams will present their plates to a panel of 50 judges for tasting.

The pit yard will be open to the public from 9am-4pm daily so you can mingle with the masters, check out some of the biggest smokers you've ever seen and watch the theatrics unfold.

There will also be a trade area and market stalls where you can suss out, and purchase, all of the BBQ equipment you need to start smoking at home.

Swell Sculpture Festival

8-7 SEPTEMBER AT CURRUMBIN BEACH

Experience monumental and memorable sculpture at the fifteenth Swell Sculpture Festival. Set amongst the iconic landscape at Currumbin Beach, explore over 50 large and small scale works built by distinguished local, national and international artists.

For 10 days, wander and weave amongst distinctive, thought provoking, intriguing and whimsical sculpted works. This magnificent outdoor gallery presents the occasion to enjoy guided twilight walks and artist talks. Visitors can take pleasure viewing small sculptures at the Swell

Smalls Gallery or participate in artist master classes and children's workshops. The Swell experience extends with festivities such as performance art, music, yoga amongst the sculpture and culinary delights.

This exhibition is free to the public and open all hours with a selection of sculptures revealing a new verve as they light up under the southern sky.

Oceanway Ride

9 SEPTEMBER

The Jewel Residences Oceanway Ride is a cycling event designed as an all-ages cycling event that will bring together the community, showcase our beautiful coastline and raise money for Mates4Mates.

The event will capture the energy of kids learning to ride, families coming together for a day out and the cycling enthusiasts of the Gold Coast enjoying a beautiful ride along our world famous beaches.

WHATS ON AT THE ARTS CENTRE GC

TUESDAY 8 TO WEDNESDAY 9 AUGUST
DRACULA

FRIDAY 18 AUGUST
THE ANDY FIRTH BIG SWING BAND

SATURDAY 26 AUGUST
QUEENSLAND SYMPHONY
ORCHESTRA PLAYS BEETHOVEN

THURSDAY 14 TO SATURDAY 16 AUGUST
COCKFIGHT

WEDNESDAY 20 SEPTEMBER
MANA WAHINE

WEDNESDAY 27 TO SATURDAY 30 SEPTEMBER
BLUE LOVE

MONDAY 11 TO WEDNESDAY 13 SEPTEMBER
DIARY OF A WOMBAT

THURSDAY 12 TO SATURDAY 14 OCTOBER
THE ARRIVAL

SATURDAY 14 OCTOBER
SYDNEY COMEDY FESTIVAL

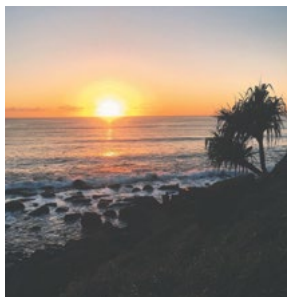
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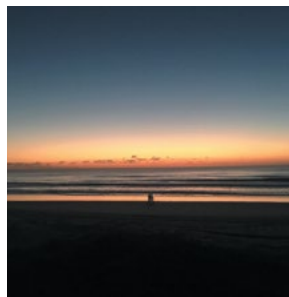
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TURF CLUB RACE DAYS

AUGUST

WEDNESDAY AUGUST 2
MIDWEEK RACEDAY

SATURDAY AUGUST 5
AQUIS PARK RACEDAY

SATURDAY AUGUST 12
CITY OF GOLD COAST CUP

SATURDAY AUGUST 19
OZ EXPERIENCE,
TICKETMATES RACEDAY

SATURDAY AUGUST 26
CNW RACEDAY

SEPTEMBER

SATURDAY SEPTEMBER 2
GOLD COAST SHOW

SATURDAY SEPTEMBER 9
MANNING MEMORIAL DAY

SATURDAY SEPTEMBER 16
SUEZ RACEDAY

SATURDAY SEPTEMBER 23
PINK RIBBON CUP

SATURDAY SEPTEMBER 30
STANDARD RACEDAY



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THE HIMALAYAN SALT CAVE OR **SALT OF THE EARTH?**

WORDS KATIE BABB

There's nothing quite like sitting on a tranquil beach watching the blue sky meet the ocean, beside a waterfall cascading down a mountain's edge or the rushing waves crashing effortlessly on the waterfront. I have never met a Goldie who didn't love living here - they tell me it's the stretches of sandy shores, the fresh air so easily breathed, the calmness they absorb from the atmosphere and the sunshine brightening any darkness. When asked to picture a dream location, this is what most visualise and there's a reason we all desire something similar when seeking calmness and clarity.

This mutual love is thanks to the amount of negative "cleansing" ions created by things like lightning storms, evaporating water, the sea-air and sunlight. They are known to reach their highest around moving

water, the ocean surf, waterfalls and the vibration exuded by the oceans. When Himalayan salts are heated, they actually disburse the same energising vitality to their surroundings allowing us to experience the same relaxed sensation we feel when near the wonderful seaside.

Despite the demand for these beautiful pink crystals soaring just recently, they were formed over 250 million years ago in the tallest mountains in the world, the Himalayans. At this time pollution didn't even exist so the salts remained pure impressively holding 84 of the nutritional elements we need daily.

Feeling intrigued and slightly fascinated by this concept, I headed down to Mermaid Waters to meet, Patrik Ujzaszi, the owner of



Goldies one and only Himalayan Salt Factory. With what appeared to be just a cute little shack, once inside, felt like I had stepped into a tardis - the interior was spacious and beautifully glowing with hundreds of quirky shaped lamps, salt inhalers, foot spas and detox massage bars. With prices starting from \$5.00, I couldn't help but earmark this exciting find for upcoming birthday presents!

Already gripped by his passion, Patrik introduced me to their very own hand-crafted salt cave giving me the opportunity to experience the many health benefits first-hand. Slipping my shoes off, I walked into the salt brick-stacked chamber embracing the smaller loose crystals between my toes. What felt like a tropical pink haven comfortably held over 3 tonnes of Himalayan crystal and a halo generator to pump the healing salts into the air. Calming music peacefully flowed amongst the low gravity chairs, the ambient lighting and the chunky rock-lit candles which were not only visually breathtaking but gently sedative too. This 45-minute salt therapy session allows you to breathe in minerals contained in their purest form clearing the lungs whilst absorbed by the skin to clear pollens, toxins, viruses and other pollutants.





TO FIND OUT MORE VISIT: WWW.HIMALAYANSALTFACTORY.COM.AU/THE SALT CAVE

Sensationally relaxed, I couldn't resist picking myself up a stunning salt lamp too. These fast becoming zen essentials not only cleanse and deodorise the air we breathe but when warmed up, water evaporates back into the air and traps particles of dust, pollen, smoke and air contaminants. Said to increase your energy levels by mirroring benefits provided by the sun, they also neutralise electromagnetic radiation caused by positive "pollutive" ions released by electronic devices like televisions and computers! By softly brightening your room at night, you can expect an improved sleeping pattern and an increased mood.

So it would appear that actually not all salt is bad for you despite the salt content warnings thrown onto food packaging disrupting our appetites without even suggesting an alternative. The Himalayan crystal salt is the purest on earth containing no pollutants, toxins or chemicals and besides being used in lamps and cave's, is also consumed in health products and in our food.

It's surprising what a little grain of salt can do so check out the products and therapies found at the Himalayan Salt Factory in Mermaid Waters.

WHATS HOT WHATS NOT

WORDS DUNCAN MCFARLANE

HOT!

SWELL FESTIVAL

For 15 years this festival has been dominating Currumbin every Spring. It's so good to see a cultural event like this on the coast. An absolute rad event.

WHALE SEASON

It's time they migrate north to mingle and make mini whales - 25,000 of these friendly giants are expected to pass our shores this season.

NEW EATS

The past few months have been going gangbusters on the coast for new eats. North Room, Main St Burger Bar, Beachside Pavilion & Harajuku Gyoza to name a few.

MEMES

Loving these hilarious little vids or images usually taking the piss out of modern day life. 11am is meme o'clock in the office.

CANNED BEER

It's easier to transport, it chills quicker and if you think it has a metallic aftertaste you need your taste buds looked at. All hail the can!

FOOTY FINALS

Late September and early October are sporting heaven thanks to the AFL and NRL grand finals.

NOT!

50C ON YOUR BOTTLES & CANS (WHY NOT QLD?)

This has been happening in the N.T and S.A for years so why not other states? It's clearly a positive - it encourages everyone to recycle and keeps a bit of spare change in your pocket. Get it sorted government heavyweights.

AVOCADO LATTES.

A mug or a glass should be your only choice - if you put coffee in an avocado skin, you're the only mug around here.

MAGPIES

As we creep into spring these kamikaze birds are on the hunt for more victims. Maybe add eyes to the back of your hat or walk down the street waving a big stick, methods my father has both attempted and failed with.

TOLL ROADS

We pay so much in taxes, in fact some of the highest in the world plus all the other vehicle expenses, then we get charged extra to cross a bridge or highway. Give us a break.

LACK OF CYCLE LANES

Considering we have such wide roads and a relatively flat city we seem to be behind the 8 ball with dedicated cycle lanes. It would be a big incentive for me to get on the pushy if I knew I wasn't gonna get mowed down by a car.

AMY SHARK: THE COAST'S MOST ICONIC SHARK

WORDS DUNCAN MCFARLANE

Unless you are living under a rock you will have heard all about the triumphant success our local gal Amy Shark has had the past 12 months - particularly after scoring 2nd in Triple J's hottest one hundred (who remembers what no.1 even was?).

Currently starting the Australian leg of her tour, you can catch her playing at everyone's favourite music venue Miami Marketta on August the 24th.

We were lucky enough to catch 5 with Amy whilst on her U.S tour to have a wee chat about what what makes her tick.

Where are you originally from?

Gold Coast born and bred

What do you love about living on the Goldie?

It's a place you can chill out and relax, but still take your life seriously. It's incredibly central and you can smell the golden sands from wherever you are.

Anything that gets your goat about living on the Goldie?

I get fairly pissed off when restaurants shut at 8pm. Not everyone finishes work at 4pm and can be at dinner by 6pm. Honestly, keep an apple in your bag if visiting the GC, they don't stay open long.

Do you have a favourite beach locally?

Burleigh Hill is special but there isn't a bad beach on the coast, they are all gorgeous.

When did you first discover your love for music?

I started playing guitar at 14, but didn't really sing much till I was 18. I think whether you play music or just listen to music, we all discovered our love in our early teens - its parallel with the emotions of growing up and learning who you are.

What's your schedule like at the moment?

Its hectic, but that's the way I want it. I want the world to hear my music. We have national and international tours planned but I don't really look too far ahead, I take a week at a time to ensure I am focusing on what's relevant at the time.

Do you get a buzz out of seeing people sing your lyrics at gigs?

I sure do, it's one of the most genuine feelings you get from the front of the stage.

After a gig do you like to have a drink to celebrate?

I don't really consider the feeling of post gig as a celebration. I am doing my job, and I just focus on giving the crowd the best show possible. I am very focused on ensuring they leave the venue feeling the way I felt when I wrote the songs. But yes, I do have a beer to chill post gig.

At what point did you decide, I'm going to do this as a career?

When my keycard stopped declining.

What advice would you give to any youngsters looking to become a musician?

Solely focus on the music. Nothing else. Not social media, radio, labels, fame - just focus on the songs. It's all that counts.

You must work very hard to be successful in the music industry, have you found it punishing at times?

It wasn't easy to even get to the position I am in today. I had more knock backs than anyone will ever know, but I believed in my songs. Eventually my determination was rewarded and now I just want to reward the team that believed in



me. I have so much more to give, I am just getting started.

Being a touring muso is an amazing job, but turning back the clock if you had taken a different path in life what would you of done for a career?

I have always worked in video. I love film. Either film or the local fish and chip shop.

Do you have 3 essentials items that you take whilst touring?

Muesli Bars, soda Water and head Phones.

When touring, what do you like to do in your down time?

Go out for brekkie, walk as much as I can, and see as much of the towns/cities I am visiting. I am a tourist at the end of the day.

Do have any upcoming gigs locally this year?

I always get in trouble for breaking our marketing plans! But yes, a full national tour is being announced soon I believe (This has now been

confirmed so check website for deets).

Do you have a pregig ritual? Or lucky charm you always have by your side?

I am very cruisy pre gig. I just go into my zone and think about giving the crowd the best of me.

What's been your biggest accomplishment by far?

Without a doubt, being Runner Up in the Triple J Hottest 100

What are your goals for the remainder of 2017?

Spread my music as far as it can go, and to renovate my broken shower door.

When back home on the coast do you have a favourite spot for coffee, eats & drinks?

Darcy Arms for a beer, Society of Florida for a Coffee, Romanos for the best Italian you will ever have.

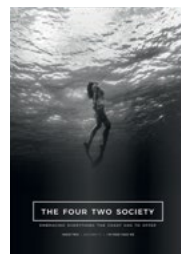
Any last words?

Goodnight x



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WHALE WATCHING

WORDS LAURA CARMELA SALVATORE

Whale watching season has kicked off with the first couple of humpbacks swimming passed our shores last month. Every year the iconic whales make their annual migration from the chilly Antarctic waters, where they have been gorging on krill, up to the balmy sub-tropical waters of Australia, where they mingle and make babies.

There are some epic vantage spots on our coastline where you can watch the spectacular acrobatic displays of these cheeky creatures. Humpback whales can grow up to 16 metres long, so to see one of them breach, throw their body almost completely out of the sea and come down hard slapping their fins and tail flukes, is breathtaking.

We are so blessed to be able to see these magnificent creatures, considering the murky history of whaling in Australia reduced their entire population down to only 100

or so individuals in the 1960s. But thankfully, with conservation efforts and public affection, their numbers have been steadily growing and we hope to see around 25,000 whales pass our shores this year.

Humpback whales are renowned for swimming closer to the shore than other migratory whales. Point Danger is a sweet lookout spot as you can see north towards to Gold Coast and south across the Tweed River. There's also café D'bar where you can stay cosy with a coffee and still keep an eye on the coastline.

Burleigh Hill is another goodie. It's twisty jungle trails leading over and around the headland have plenty of vantage points to spot the whales from. Just a bit further north along the beach, Miami Hill has good lookout where you can kick back on wooden benches and scan the sea. Pretty much anywhere elevated is best for whale watching, which includes the ballin' high rises in



Surfers Paradise if that's what you're in to.

Handy hint - Look out for big spouts of mist as they breach. They can hold their breath for up to twenty minutes though so don't look away if you don't see them come back up immediately. You might even catch a glimpse of the infamous albino humpback, Migaloo.

Happy whale watching!



YOU SHOWING OFF MATE?

LOCALS INDEPENDENT SURF CO

WORDS DUNCAN MCFARLANE

Every now and again you come across a story about a small guy taking on the big boys, perhaps a play on the the old fairytale david vs Goliath. This is something that resonates to the core of The Four Two.

I came across these guys online and the local rag and instantly knew that these Burleigh locals had something that needed covering. I mean there selling quality winter steamers for less than 300 bucks!

Independent surf co is run by two mates, Vin Ryan and Royce Lau.

Vin started at Billabong, when he was a groom. This was back when Billabong made their wetties in Australia. He'd graduated to the cutting room and was making the suits when the company went public and, shortly after, the manufacture of suits moved to Asia.

Operations changed. He liaised with suppliers in China. Organised the specs. Negotiated prices.

Then after 24 years with Billabong, as Billabong moved designers and managers overseas, Vin got the tap on the shoulder. Redundant.

Vin was paid the minimum, legal redundancy. A quarter of a century of loyalty counts for F*ck all when it's all about profits.

So he starts Independent Surf Co. Not just wetsuits but tail pads and legropes.

His angle is making suits with features that you'd find

on the big boys six hundred or seven hundred dollar suits: mesh panels, S-seals, a thermal lining, those little tech details you don't notice but you can certainly feel.

Vin, who is currently paying the bills working on a building site, now has a better understanding of making sure everyone gets better value from there wetsuits.

"You see how hard the average guys work for their dollars, to be able to go away and afford all these high-priced items, wetsuits up to seven hundred dollars," says Vin. "Instead we offer 'em for 270 bucks."



A FEW BOOKS TO CURL UP WITH THIS WINTER...

WORDS LAURA CARMELA SALVATORE

Into The Water

Paula Hawkins

This is the latest thriller from the author of the wildly popular *The Girl on the Train*, and it's as every bit as gripping, you literally won't be able to put it down. But it's far more eerie, a true noir tale, set in a town with dark secrets and a river pool that women have been drowning in for centuries. The story unfolds through multiple narrators and, of course, it has a wicked twist at the end that you won't see coming. If you scare easy, don't read this one alone at night!

Big Little Lies

Liane Moriarty

Another Aussie author nailing it with her sly humour and razor-sharp insights. This book unfolds with mayhem at a school trivia night and follows three women at crossroads in their lives, set in a suburban jungle of secrets and lies. It is laugh out loud funny in parts and the characters are so believable they could easily be old mates down the road. It has also been made into a wicked HBO miniseries with some big names, definitely worth a watch, but read the book first - as always!

Burial Rites

Hannah Kent

This book is captivating, it will stay with you long after you turn the last page. It is based on a true event, set in 1829 it tells the tale of the last woman in Iceland to be sentenced to public execution. Angas has been charged with the brutal murder of her employer, and is sent to work on a rural farm while awaiting her execution. A gorgeous debut novel by a young Aussie author, her writing is so rich and well-researched you will feel like you're there, alongside the characters in Iceland, just by picking up the book.

Coming into **Fashion**

A CENTURY OF PHOTOGRAPHY AT CONDÉ NAST
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#ComingIntoFashion

This exhibition has been organised by the Foundation for the Exhibition of Photography, Minneapolis/New York/Paris/Lausanne, in collaboration with the Gold Coast City Gallery. Image: Solve Sundsbo, Love, Spring/Summer (detail) 2011 © Solve Sundsbo/Art + Commerce.

THE BEST OF GOLD COAST'S SHOWERS!

WORDS KATIE BABB

Engagement parties, hen do's, weddings, baby showers and anniversaries (need I go on?) - that's a hell of a lot of parties for what are usually considered the standard relationship milestones without even mentioning wedding vow renewals and the soon becoming fashionable divorce parties thanks to Mr Brad Pitt. Whether you simply return to sender or attempt to close your black-out blinds claiming no one's home, when we enter our 20's and 30's, clear the calendar of your own menial tasks like vagazzling your favourite top or your weekly meeting at alcoholics anonymous because your friends are having babies and I'm pretty sure it's down us to arrange the baby shower!

With 814 babies born every day in Australia along with the likely probability you're lucky in life to have friends, siblings or relatives, we have been searching the coast high and low to find you the best ideas and venues saving you a little time and a little less panic for the continuation of baby boom!

The great outdoors brings the calm breeze and energising sunlight which is exactly what any expectant mother-to-be needs. Think picnic in a park, utilising the grid Australia has given us with park benches galore, beautiful surroundings and accessible toilets. You can even add those special touches with the coast's very own gourmet picnic hampers at picnic perfection. These personalised luxury baskets are everything you need for a classy occasion and yes, they will even delivery to your chosen digs with additional rugs and cushions for comfort.

If you're looking for something a little more official, you can hire your own spot in the many parks by contacting The City of Gold Coast and then rest assured the beautiful views and sunny skies are just yours to enjoy. Try Kurrawa Terrace if you're a budding events organiser or Regional Botanic Gardens for

a calmer setting amongst various nature gardens.

When sticking to tradition, host the shower in the humble home of a friend. The time and money saved on location hunting means you can get creative and invest into the theme and food ensuring the party is nothing short of spectacular.

Turn your garden into a tea party with Sugar and Spice events prop hire and theme consultations should you want to go that extra mile with a dash of glamour. Alternatively, have your high tea mobile with Sweet Teas, a unique delivery service offering a hire package including seating and decorations with a wide range of buffet food like sandwiches, quiches, scones and tarts! You could even throw your own theme into the mix with polka dot, all white, boho or storybook.

Last but not least, hire a venue on the coast and let others do the worrying. Check out Teavine House for a French provincial style venue with hanging teapots and only the finest china used. Tea and niceties is in a rainforest allowing majestic gardens views from their European-inspired tearoom. The Old Teahouse Gallery in Mudgeeraba has a beautiful tea selection and you are encouraged to bring some bubbly along if you want to make a day of it.



POKE-BOWL BAR!

WORDS AND IMAGES KATIE BABB

Pokè Pokè has finally arrived hitting mermaid beach harder than a coconut falling from a 100 ft palm tree. By effortlessly capturing the essence of the easy-going Caribbean vibe, customers can embrace the tropical atmosphere helped by colourful healthy eats and toothsome drinks that focus on the delicious tastes found in one of the most captivating islands on the planet, Hawaii.

Heading down GC Hwy in warp-speed eagerly anticipating my arrival, I was on a mission in the hope my fast-feet would be greeted with chance to take a load off and feel the metaphorical sand between my toes. I turned the corner and shining almost as bright as the sun was the unique bar everyone was talking about immediately commanding attention. I could feel the scorching hot vibes radiating from the banana bunches hanging to ripen, the tropical plants oozing relaxation and the carved out window claiming the position as the distinctive focal point. Absorbed was any sense of isolation felt by dining outside with the love united by the reggae music resounding throughout the mellow hang-out. The smaller serving shack nestled in plant pots allows customers to effortlessly order their all day roti or fruity cocktail and then sit back down and relax. Even a Caribbean brass band wouldn't have looked out of place here!

I was looking forward to meeting owner, Morgan Walsh – her hospitality ambition had now cast it's spell over 3 establishments in mermaid beach with the Mexican inspired Bonita Bonita and Bon Bon, the ultimate tequila bar. Her latest creation, Pokè Pokè, was inspired by her latest trip to Hawaii and by sharing their love for the vibrant freshness of the bowls, encouraged her to capture the concept bringing it back here for all to enjoy. As predicted, she was completely dedicated to her creation dressed head to toe in her chefs uniform, fully passionate

in driving the success of her captivating vision.

With what feels like a recent explosion to the scene, these trendy bowls have actually been around for centuries; a secret gem hidden (until now) in the depths of the aloha state without forgetting the Japanese twist. Excelling in their well-deserved spotlight, the flavoursome bowls at Pokè Pokè are served raw, hot and cold including fish, meat and vegetarian options like tofu which may not be conventional but by getting creative, means there's something for everybody. Rice, noodles and an array of add-on's like crispy shallots, pickled cabbage, avocado and plantain will bring the authentic flavours together creating a tropical mouth explosion. I was lucky enough to try the hot smoked salmon with brown rice, seaweed, avocado and pickled onion and the incredible chicken curry with potato, coconut rice and roti! I don't think my taste buds were mentally prepared for the energetic essence that flowed with every explosive spoonful.



And no matter how tasty the food, you'll always need something to wash it down with, right? Serving weekly special beers, wines and cocktails to healthy fresh smoothies and fruit juices, you won't go thirsty.

Ladies that lunch and friends that feast – all are welcomed here with no set clientele – just embrace the character Pokè Pokè have effortlessly perfected and you'll fit in fine! The impression etched by this joint will see friends flock in their plenty and not just for the bowls but for the cultured Caribbean vibe exuding from this bar! Open early enough to try their breakfast menu, plan your visit between 8.00am – 8.00pm, everyday!

 @pokepoke_mermaidbeach

 2375 Gold Coast Highway, Mermaid Beach



BEACHSIDE PAVILLION

WORDS AND IMAGES KATIE BABB

Build it and they will come – exactly the logic behind the recent refurbishment at Oasis Shopping Centre. Scoring the hat-trick for one of three recent restaurants flocking like seagulls – making a splash on the boardwalk is the new Beachside Pavilion – which by the way, totally does its name justice!

Originally occupying the beach end was long-standing Alto Cucina & Bar but now these giants have revamped, restyled and reopened giving us stomach rumbles when welcoming shiny and new all-day dining destination.

During my extravagant visit, I was lucky enough to meet one of the owners, Andrew Dimmantini, who gave me low-down on what inspired him to create such a seashore inspired venue. By telling me he had spent a lot of time in the states, specifically the Hamptons, it wasn't long before the penny dropped and I could see the eye-catching influences around me. Admiring his charming vision, the Hamptons inspired decor is complimented perfectly with the beachfront location and with oversized spaces, high ceilings, natural light flowing and muted chic pastel colours teamed with

eye catching features like the huge illuminated anchor – beachside pavilion have really nailed this classic decorative concept.

Not only has the space embraced a huge makeover, the menu has had a complete facelift too and I have a sneaky suspicion its overflowing with the freshest seafood around.

Equipped with a Ballina seafood supplier, the chefs are armed with the freshest prawns and scallops not to mention whole fish, mud crab, gummy shark and a variety of raw plates for their poke-bowls. In fear I'd bitten off more than I could chew, the wonderful staff succeeded at satisfying my appetite in all palatable aspects possible – the oysters kilpatrick and grilled octopus were an absolute treat and failed to stay on my plate for too long – the sashimi platter combined ocean trout, kingfish, tuna, yellow fish tuna and ponzi. And before I could catch my breath, rested on the perfectly laid table was a whole baked snapper with lemon mustard and when teamed with their confit garlic mash, my taste-bud were feeling a little spoilt. However, If you're not the biggest seafood lover, no biggy, get involved with their 4 juicy steaks, one being the angus scotch fillet or stick to what you know with the half roast chicken or the beachside burger.



If you're busy on-the-run or just beach frolicking with friends, their handy take-out fish and chips is easily accessible and with such a high quality dine-in menu, you can guarantee they have the freshest ingredients in the bag. Even breakfast is catered for and what a huge selection it is!

So if you're one of the vast majority who love to be beside the seaside, drop your anchor in the new timber decked alfresco area and dine in full glory whilst basking in the sunshine – positioned slap-bang on the corner, you can enjoy the blue ocean granted in eye-shot. Think big sunnies, exaggerated hats and your fanciest bloomers! Open 7.00am to 12.00am and 1.00am on Fridays and Saturdays.



THOSE OCEAN VIBEZ

f beachsidepavilion

Instagram @beachside_pavilion

www.beachsidepavilion.com.au

Beachside Pavilion, Beach end, The Oasis, Broadbeach, 4218

THE MID-YEAR SYSTEM REBOOT

WORDS KATIE BABB

The ever plummeting metabolism

– It's inevitable, isn't it? "When you reach my age you won't be able to eat like that" were comments I use to receive but thinking I was invincible, my body far more advanced than anyone else's I shrugged off the comments knowing I would be slim forever. Now, not only do hangovers leave us bed bound for days, the junk food we so relentlessly cram down our throats in an attempt to comfort are now even more damaging to our bodies.

Feeling like everything was hitting my system harder than a steam train absorbing calories faster than the speed of light; I sat down with Goldie's number one voted female personal trainer, Sally Priest, owner of Superior Strengths Systems in Coomera. After losing 25kg herself, she went on to open an award-winning Strength and Conditioning

facility to help those locally become the best versions of themselves.

I was determined to learn the secrets; get the real facts for some real results!

Interview with Sally Priest: What we Really Need to Know.

What was your purpose when opening Superior Strength Systems?

Throughout the years, I have found one common theme that many women face. They often feel alone. So many gyms are sterile, filled with meat heads but Superior Strength Systems is the opposite end of the scale. We base everything on science and proven methods. We focus on community and support!

When we reach our 30's, why do we tend to gain weight easier?

Muscle is the key to a fast metabolism. So all the while our muscles are starting to disappear, our metabolism will continue to slow. The only way to stop it is to do resistance training... and the BEST way to do that through the programs designed specifically for you in the Feminine & Fierce library, or by training at Superior Strength Systems.

Do you specialise in any training styles?

We focus mostly on strength training which is any type of movement or exercise that imposes an increasing demand on your muscles and central nervous system causing an adaptation. It's doesn't always involve lifting weights – it can be using your bodyweight to create resistance in an exercise. We love coaching in powerlifting (3 lifts – squat, deadlift and bench).



How important is cardio vascular training?

When people decide they want to "get in shape", the first thing they think to do is to start jogging. This is a mistake. If you don't have muscle mass to begin with, cardio may help you lose weight but you will not get the toned look. Unfortunately, the most common type of exercise is also the least important.

For people with a busy on-the-go life, how can they incorporate their work-outs at home?

All you need is a couple of simple things to have a successful exercise regime. A resistance band, a kettle bell (or 2 would be better), a couple of dumbbells for the fundamental movements (squat, hinge, push, pull, loaded carry).

Feminine & Fierce (launching within the week) has online at home workouts focusing on the "Minimum Effective Dose" approach: do only what you need to do to get the job done

Follow on FB <https://www.facebook.com/feminineandfierce> for details on the launch THIS WEEK!

How can we make exercising more metabolic?

High Intensity Interval Training can be a game-changer when it comes to fat loss. If programmed and performed correctly, HIIT burns more calories than low-intensity cardio per session (generally 4-20 minutes). The higher intensity periods create a metabolic demand that is very effective for long-term fat loss and overall conditioning.

What advice can you give when it comes to eating the right foods?

The best way for eating protein, fats and carbs in the right balance is by using your own hand.

A serving of protein = 1 palm
A serving of vegetables = 1 fist
A serving of carbs = 1 cupped
A serving of fats = 1 thumb

Active women do best with 4-6 servings of each food group per day (1,500 - 2,100 kcal).

Less active women eating 3-4 meals

would get around 1,200 - 1,500 calories each day.

Some easy guidelines to follow are:

Eat more Protein calories from meat, fish and eggs take the most energy to metabolise helping you burn off more calories - especially when paired with exercise that increases your muscle mass enhancing your metabolism.

Focus on fruits and vegetables most are nearly devoid of calories, they are very filling and contain tons and tons of health-sustaining micronutrients.

Go easy on the saturated fats occurred naturally in animal based foods such as dairy, fatty meats and packaged foods. Use lean meats, fillets not wings, skimmed milk and vegetable sprays not lard.

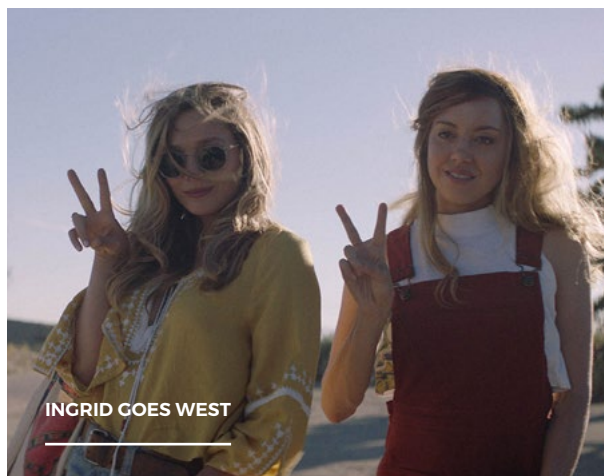
Cut down on refined carbs and sugar excessive consumption will store the calories as fat slowing down your metabolic rate. Swap white bread and rice for whole grain foods. Also try raisin toast to curb a sweet tooth!

Lastly, don't eat out of boredom! Turn the Television off, enjoy your food and naturally consume fewer calories.



FILMS TO SEE THIS AUGUST & SEPTEMBER

WORDS DUNCAN MCFARLANE



Ingrid Goes West

Following the death of her mother and a series of self-inflicted setbacks, young Ingrid Thorburn escapes a humdrum existence by moving out West to befriend her Instagram obsession, a Los Angeles socialite named Taylor Sloane. After a quick bond is forged between these unlikeliest of buddies, the facade begins to crack in both women's lives -- with comically malicious results.

The Hitman's Bodyguard

The world's top protection agent is called upon to guard the life of his mortal enemy, one of the world's most notorious hit men. The relentless bodyguard and manipulative assassin have been on the opposite end of the bullet for years and are thrown together for a wildly outrageous 24 hours. During their journey from England to the Hague, they encounter high-speed car chases, outlandish boat escapades and a merciless Eastern European dictator who is out for blood.

Polaroid

From the producers of the "The Ring" and "The Grudge," comes the next iconic horror franchise: "Polaroid." High school loner Bird Fitcher has no idea what dark secrets are tied to the Polaroid vintage camera she stumbles upon, but it doesn't take long to discover that those who have their picture taken meet a tragic end. Based on the award-winning short by Lars Klevberg, the story mixes elements of "The Ring" and "Final Destination" to create one of the most unique and scary films.

IT

New Line Cinema's horror thriller "IT," directed by Andrés Muschietti, is based on the hugely popular Stephen King novel of the same name, which has been terrifying readers for decades. When children begin to disappear in the town of Derry, Maine, a group of young kids are faced with their biggest fears when they square off against an evil clown named Pennywise, whose history of murder and violence dates back for centuries.

Battle of the Sexes

The 1973 tennis match between Billie Jean King and Bobby Riggs became the most watched televised sports event of all time. Trapped in the media glare, King and Riggs were on opposites sides of a binary argument, but off-court each was fighting more personal and complex battles. With her husband urging her to fight for equal pay, the private King was also struggling to come to terms with her own sexuality, while Riggs gambled his legacy and reputation in a bid to relive the glories of his past.

Flatliners

In "Flatliners," five medical students, obsessed by the mystery of what lies beyond the confines of life, embark on a daring and dangerous experiment: by stopping their hearts for short periods of time, each triggers a near-death experience - giving them a firsthand account of the afterlife. But as their experiments become increasingly dangerous, they are each haunted by the sins of their pasts, brought on by the paranormal consequences of trespassing to the other side.



LOVE ME, LOVE MY DOG!

WORDS KATIE BABB

Doggies that dine! A dog's dinner isn't just what most of us look like after a night on the town but our pet's most important time of the day. With their care-free enthusiasm and social nature, wouldn't it be great if we could take our pooch's with us everywhere? With 50,000 registered dogs on the coast, more and more activities seem to be popping up like doggy yoga (doga) and doggy day care - so it's no surprise restaurants are becoming increasingly adaptable when extending their doors to our furry friends. Whether you're both in need of a refuelling after a coastal walk or your puppy's new on-site needs showing off, never dine alone with you side-kick in tow. We know it's not always easy to detect dog-friendly dining so here are our favourite accommodating spots that not only embrace but cater for tail-waggers, no doggy faux pas committed!

Parc-bah Espresso

4/19 Alicia St, Southport

This popular Southport Cafe not only love our 4-legged friends but offer super cute treats for them also! Owner, Todd Cawe, offers a menu especially made for dogs

featuring mini-meals, frozen treats and snacks to go! For humans, the avo breakfast is popular and hearty pies, stuffed bagels or pulled ox for lunch! Don't forget to bring the doggy bag!

Raw Espresso

59/73 Meron St, Southport

This dedicated pooch parlour have gone above and beyond when catering for the doggies. Real love and appreciation felt from Raw Espresso who not only welcomes dogs but regularly promote dog activities and charities on their facebook page. Owner, Mark Fannin, has especially crafted their dog menu with homemade baked treats, dog sundaes and dog-friendly ice cream!

Cabukee

3029 The Boulevard,
Emerald Lakes

These fellow dog owners, Cabukee, understand what makes a feel-good cafe by giving you permission to bring your best friend along! While you tuck into your all day breakfast and hazelnut latte, your mate can be spoilt for choice with various treats and water stations!



And then burn it all off with all the nearby walking tracks.

All-Time Coffee

2478 Gold Coast Highway,
Mermaid Beach

This trendy coffee shop is not only dog-friendly but vegan friendly too and fast becoming famous for their plant based doughnuts! Additionally, all your favourite mid-morning pick-me-ups are under one roof from toasties to pastries and creamy Bellissimo coffee. Dogs are also looked after in their plenty so bring your pooch down for a play date!

Elephant Rock Café

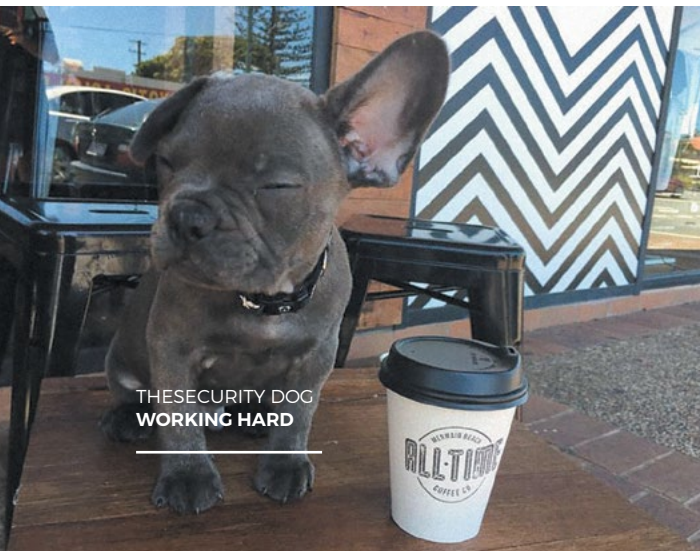
776 Pacific Parade, Currumbin

We can't not mention this one; it's the longest standing dog-friendly place on the coast. Overlooking the currumbin beach, the views are marvellous and the extravagant menu will keep you full all day long. Perfect place to chill and watch the sunset after a lengthy afternoon walk!

Q Super Centre

Bermuda & Markeri Street
Mermaid Waters

Q Super Centre is one of the limited shopping centres that not only welcomes dogs but caters for them too! You'll find dog watering stations along with waste-bags scattered all over the precinct. They love dogs so much they even have an annual doggie face competition with prizes - check out their website if you don't believe us!



THESECURITY DOG
WORKING HARD

TAKEAWAY COFFEE CUPS WAKE UP & SMELL THE COFFEE

WORDS DUNCAN MCFARLANE

Who doesn't love their morning coffee to go? With three million cups enjoyed each day, it's a real romance for most of us. Sadly, up to a billion takeaway coffee cups end up in landfill every year, and many find their way into our oceans. They take years to degrade or just break up into smaller pieces, causing damage on land and in the sea.

Here's some business, industry and packaging expert advice on how to make your next coffee guilt free...

Takeaway coffee cups are not recyclable

Due to the plastic resin inner lining (stuff called polyethylene) takeaway cups are not recyclable, even though they are mostly paper. It's almost impossible to sort them out for recycling. They look like cardboard and behave like cardboard, but they're not and they can't be mechanically separated, so they would have to be separated

by hand. This is obviously far too expensive to do but a massive pain in the arse.

Biodegradable cups are not guilt-free either

Generally, biodegradable cups are great if they are disposed of in a commercial grade composter, less so in a home compost bin. Generally, they cannot even go in recycling bins. If they are thrown in the general waste that goes to a landfill, they emit climate-damaging methane gas, the very worst of the greenhouse gases, as they break down.

Takeaway cups are 'out' and reusable cups are 'in'

Reusable cups are on the rise. According to Benjamin Young of Frank Green: "We have found that 50 per cent of our customers have



never used a reusable product before". Many do not go back to disposable cups once investing in a reusable one. You can customize the colours to suit your style, grab discounts, loyalty or reward points from some cafes, and you can even pay with your cup using Cafepay.

What can you do to help?

Aside from giving up coffee (never going to happen), the experts tell us to avoid using a takeaway cup – sit, sip and relax in your local café; reuse if you're having it on the go (some awesome products on the market are Frank Green, Joco or Keep cups) If you must use a takeaway cup, put in the general rubbish and not the recycling bin.

In the future

There are moves to shake up the recycling process to make it easier to separate out takeaway cups. Closed loop are trialling cup-only recycling bins in offices to create a single waste stream, which would attract a commercial market for them. This follows the success of Simply Cups in the UK, which collects and recycles coffee cups into second-life materials using cutting edge technology.



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MORE THAN JUST A G&T

WORDS DUNCAN MCFARLANE

Gin is always going to be a love/hate thing.

While some have a certain appreciation for the subtle flavours and aromas that make Gin unique, others are repulsed at the drink they always associated with bitter sips of Gordon's Gin and Schweppes Tonic Water they got from their parents.

At the same time though, the world of Gin goes so far beyond this, and in terms of the way it's made, few spirits rival it for the real skill it requires to create and finesse.

It's no wonder then that a slew of artisan distilleries are making it their mission to put Australia well and truly on the world map of spirit production, through the medium of Gin.

Delve a little beyond the middle aged wife reputation that Gin has, and you'll find that it's actually a spirit of incredible finesse, balance and complexity. Gin was originally invented in the Middle East and popularised in the port towns of England, where the rich access to spices and botanicals made for the

creation of a truly unique drink.

Starting life as a relatively neutral tasting alcoholic spirit, all Gins are then flavoured primarily with Juniper Berries as a rule, before being distilled multiple times with barks, roots, spices, and a range of other ingredients that impart a unique blend of tangy, spicy flavours to the drink.

With so much freedom afforded to those who make it, it's little surprise that so many styles of gin have arisen across the world (for example, Plymouth Gin has a distinctly different flavour to the London Gins of Tanqueray, Bombay Sapphire and Gordon's), and it's this freedom that has helped Gin become probably the most diverse and popular craft spirit in Australia today. Seriously, go and look at how many great Aussie gins there are out there. It's quite astounding. Here's a few belters!

Melbourne Gin Company, VIC

First of all, it's fair to say that Melbourne Gin Company's label is possibly the best looking of any bottle of alcohol made in Australia today. But it's not all style over substance. Distilled on the same bit of real estate as the esteemed Gembrook hill Vineyard, Melbourne Gin Company's Gin has been developed from the artisan stovetop experimentation of one man. Distilled with all the classic staples of Gin, Melbourne Gin Company also throw in Macadamias, Orange, Sandalwood, and a range of barks and roots to keep things thoroughly cosmopolitan and Australian.

Young Henry's Noble Cut, NSW

Young Henry's are not simply just beer. The latest venture by Young Henry's is to take a brewer's approach to the art of Gin Distillation. What do they bring to



the table that's unique? Hops. They are a craft brewery at heart after all. As one of the few distilleries in the world to add hops in their mixture of botanicals, they've created a truly unique Gin.

Lark Distillery Forty Spotted Dry Gin, TAS

Forty Spotted harks back to the traditional dry gins of London Town, with heavy flavours of juniper and rose petal forming the base of its flavour profile. What gives Forty Spotted a new world twist however is the addition of a rare, native Tasmanian spice that balances the traditional London bitterness with peppery, spicy flavours. Lark Distillery is also one of Tasmania's premier whiskey distilleries, and you can buy a barrel aged version of Forty Spotted for just a few bucks more.

Adelaide Hills Distillery 78 Degrees Small Batch Gin, SA

Adelaide Hills 78 Degrees is truly hand crafted, and the distillers actually hand designed their own column and basket still system to retain as many of the 12 unique botanical flavours as possible in their Gin.

To get the most out of this system, this grape-based Gin is never heated past 78.1 degrees (hence the name) and made with pure Adelaide Hills water, creating a punchy, almost savoury tasting Gin.



SO FAR SOUNDS COMES TO THE COAST

Founded in London and based... all over the place, launched on June 16th on the Gold Coast, Sofar Sounds is a global movement that brings the magic back to live music by hosting secret gigs in intimate and unique spaces for emerging and developing artists in front of passionate music fans, capturing shows in video and distributing across their channels.

We are having one gig per month our next gig is on August 18th, you sign up via the Sofar website and the day before the gig we will send you the exact location.

"Our first secret gig was hosted in Maverick Hair and Art Space and had some amazing local artists, Tommy Sheehan, Scott Dalton and Asha Jefferies who seriously blew our minds! It is such a pleasure to be able to bring this intimate music gig to Gold Coast audiences and

connect artists to a global platform, we are really excited about this project!"

– Mindy Davies
Co-Team Leader

Then on September 20th we are hosting 'Give a Home' which is a global day of music in partnership with Amnesty International to support the 20M+ refugees who don't have a home. www.sofarsounds.com/giveahome

As an international, mostly volunteer-led community, Sofar is about providing authentic cultural experiences and creating a sense of community around people's love for music in cities all around the world. Sofar's community - founded on openness, compassion and mutual respect - now spans over 310 cities in 60 countries around the world and runs about 500 shows per month.



DARTS IS SO 2016

WORDS DUNCAN MCFARLANE

We've chucked darts, bowled balls, golfed crazily and pinged pong.

What next, then, for the novelty-seeking Gold Coaster with a competitive streak?

You guessed it: throwing AXES!

Gold Coast, welcome to the world of axe-throwing. After winning hearts in City's all over the world Lumber Punks is about to open in Miami, to the delight of all those who want to have fun or blow off some steam, Viking-style.

Two teams can do battle in a head-to-head contest, but rest assured you're not throwing the axes at each other - unless things get massively out of hand.

Fortunately 'it's a skill rather than a strength game,' so waifs and weaklings have every opportunity to out-axe the brutes they call friends.

If you too have attracted disapproval by screaming 'I WILL FUCKING AXE YOU TO DEATH, SON!' in your bikram yoga sesh, this is the sport you were meant to be playing all along. Lumber Punks might just be the coast's sharpest pastime.

LOCAL MARKET DATES

CARRARA MARKETS

EVERY SATURDAY AND SUNDAY

WHERE: GOODING DRIVE, CARRARA

TIME: 7AM TO 4PM

THE SOCIAL MARKETS

EVERY 2ND SUNDAY

WHERE: MERMAID BEACH BOWLS CLUB

TIME: 4PM TO 9PM

SURFERS PARADISE BEACHFRONT MARKETS

EVERY WEDNESDAY, FRIDAY AND SUNDAY NIGHTS

WHERE: THE ESPLANADE, SURFERS PARADISE

TIME: 4PM TO 9PM

BUNDALL FARMERS MARKETS

EVERY SUNDAY

WHERE: GOLD COAST ARTS CENTRE

TIME: 6AM TO 11:30AM

BURLEIGH FARMERS MARKETS

EVERY SATURDAY

WHERE: BURLEIGH HEADS STATE SCHOOL, 1750

GOLD COAST HIGH, BURLEIGH

TIME: 7AM TO 12PM

MARINA MIRAGE FARMERS MARKETS

EVERY SUNDAY

WHERE: MARINA MIRAGE,

74 SEAWARD DVE, MAIN BEACH

TIME: 7AM TO 11AM

MIAMI MARKETTA

FRIDAY AND SATURDAYS

WHERE: 23 HILLCREST PDE, MIAMI

TIME: FRI: 5PM TO 10PM AND SAT: 4PM - 10PM

CHINA TOWN STREET MARKETS

SATURDAY 1 JULY, SATURDAY 2 SEPTEMBER,

SATURDAY 4 NOVEMBER

WHERE: YOUNG & DAVENPORT ST, SOUTHPORT

TIME: 5PM - 9PM

PALM BEACH FARMERS' MARKET

EVERY SATURDAY

WHERE: PBC HIGH SCHOOL,

THROWER DRIVE PALM BEACH

TIME: 6AM - 11:30AM

BROADBEACH MARKETS

FIRST AND THIRD SUNDAY OF EVERY MONTH

WHERE: KURRAWA PARK, OLD BURLEIGH ROAD,

BROADBEACH TIME: 8AM TO 2PM

BURLEIGH MARKETS

LAST SUNDAY OF THE MONTH

WHERE: 1ST & 3RD AVE, BURLEIGH HEADS

TIME: 8AM TO 2:30PM

GOLD COAST ORGANIC FARMERS MARKETS

EVERY SUNDAY

WHERE: MIAMI STATE SCHOOL, 2137-2205 GOLD

COAST HIGHWAY, MIAMI

TIME: 6AM TO 11:30AM

HELENSVALE FARMERS' MARKET

EVERY SATURDAY

WHERE: HELENSVALE HIGH SCHOOL, HELENSVALE

TIME: 6AM - 11:30AM

THE VILLAGE MARKETS

THE FIRST AND THIRD SUNDAY OF EVERY MONTH

WHERE: BURLEIGH HEADS STATE SCHOOL,

GC HWY BURLEIGH HEADS

TIME: 8:30AM TO 1PM

ABOUT US

The Four Two Society is locally owned and operated on the Gold Coast.

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If you are a local artist or photographer and want to see your work on the front cover please get in touch.

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IF YOU WANT TO FEATURE YOUR MARKET IN THE FOUR TWO SOCIETY PLEASE EMAIL US AT INFO@THEFOURTWOSOCIETY.COM.AU TO BE FEATURED.



The Four Two Society



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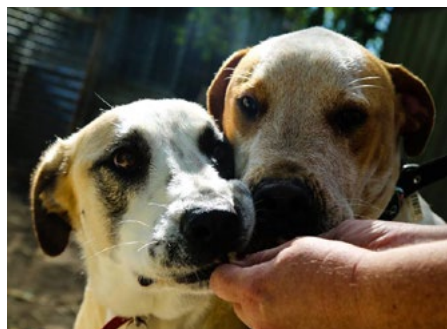
Keeping Pets Happier & Healthier

Established in March 2016, The Vet Collective is a family owned and operated full service small animal veterinary clinic. We offer the highest standards of care in a comfortable, low-stress environment. Rich and Dana Seymour have been caring for Gold Coast pets since 2007. They strive to improve the lives of pets and owners by keeping pets happier and healthier for longer.

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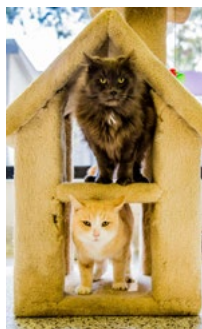


LOCA & HUDSON BONDED WITH EACH OTHER

Beautiful Loca and Hudson are the most adorable duo! This bonded pair are happy and playful and eagerly waiting to be rehomed into a family. Adopting two dogs (instead of one), means the lucky owner will have double the fun with this ready-made mini canine family... As the photo shows, Loca and Hudson adore each other and are perfect playmates...

Loca is a female Anatolian Shepherd and Hudson (or Huddy, as we affectionately call him) is a Bull Arab / Australian Cattle. Both dogs are two years old.

All AWLQ dogs and puppies are desexed, vaccinated, microchipped, treated for the prevention against fleas and worms and may be eligible for 3 months FREE pet insurance with RACQ. Conditions apply. www.awlqld.com.au/pet-insurance



SPIKE & CHEEZEL BONDED WITH EACH OTHER

Spike and Cheezel are 11 year-old 'brothers' who have lived together their whole lives...

Spike and Cheezel arrived at AWLQ through no fault of their own or their previous owner and have come to us for help find a second chance together.

These beautiful cats absolutely love each other but also have lots of love to share with people too.

Come down to our Gold Coast Rehoming Centre to meet these beautiful boys and provide them with the life they truly deserve.

You can meet all of these playful animals and more at our Gold Coast Rehoming Centre!

Shelter Road, Coombabah

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Would you like to adopt one of these pets? contact callcentre@awlqld.com.au

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