

THE FOUR TWO SOCIETY

EMBRACING EVERYTHING THE COAST HAS TO OFFER

ISSUE THREE | JUNE/JULY 17 | I'M FREE TAKE ME



WE SPEAK WITH LOCAL
CHAMP MATT POOLE

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NEWEST BAR?

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THE WHEELS KEEP TURNING

WRITTEN BY DUNCAN MCFARLANE

To be honest winter on the coast is probably one of my favourite seasons. Why? Well I don't sweat buckets as soon as I leave my car and the humidity threatens me with sweat patches that could be mistaken for the ice bucket challenge.

It's actually a pleasure to throw a jacket on at night time in the hope of feeling some actual "cold" weather.

However, if you do like a bit off the cooler climate you should read about the best spots in oz and nz to get that white powder fix. We still need to venture to south N.S.W for our nearest slopes, but with budget air travel turning into a bus with wings, it's becoming increasingly cheaper to go anywhere for a ski trip.

We also had a great chat with local legend Matt Poole, he gave us a great insight into his training schedule. It's no surprise he's winning medals with that commitment. Makes me feel like I need to start training more and lay off the beers a bit.

Also we have been celebrating a in the office as we have now gone bi-monthly already! We started as a quarterly magazine but have now taken the plunge to give you the good stuff every other month. If we get as much support as you legends have given us already, we may even be going monthly by the years end...time will tell.

We're really excited about The Gold Coast. New shops, bars and restaurants continue to open, cultural festivals and markets seem to be on every weekend and there's always something happening we haven't even begun to hear about yet.



Editor Duncan McFarlane

IF IT ISN'T WORTH KNOWING ABOUT, WE DON'T WRITE ABOUT IT.

FRONT COVER PHOTOGRAPHY:
RED BULL AND TYNAN HOLMES

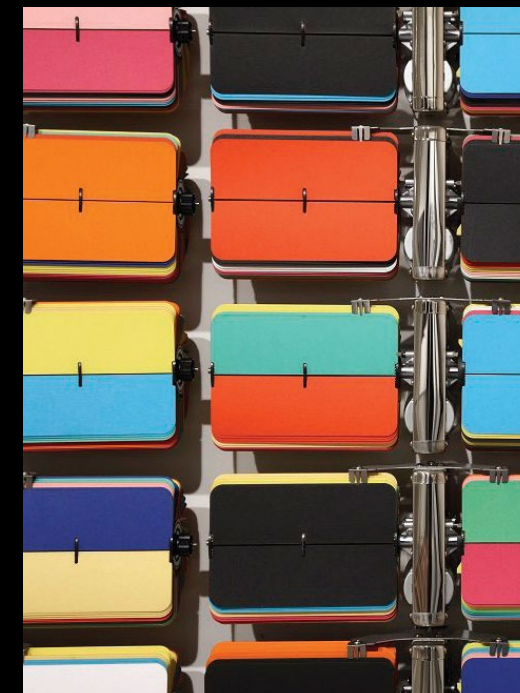
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THE VEGE-LUTION
HAS HIT THE COAST

GOLD COAST CITY GALLERY



Black Mist Burnt Country

27 MAY – 9 JUL

Black Mist Burnt Country is a national touring exhibition of artworks by over 30 Indigenous and non-Indigenous artists which commemorates the little known story of the British atomic tests in Australia in the 1950s.

A Burringin Touring Exhibition. With thanks: Australian Government – Visions of Australia, NETS Victoria/EDF, Creative Victoria and Gordon Darling Foundation. This event is part of our Indigenous Program, proudly presented by Bond University.

Image: PAUL OGIER, *One Tree*, 2010, carbon pigment on rag paper, copyright: the artist

Primavera at 25: MCA Collection

15 JUL – 3 SEP

The Museum of Contemporary Art Australia celebrates twenty-five years of *Primavera* – the annual exhibition dedicated to showcasing the work of young Australian artists – with *Primavera at 25: MCA Collection*.

Primavera at 25 is organised and toured by the Museum of Contemporary Art Australia. This project has been assisted by the Australian Government through the Australia Council, its arts funding and advisory body.

Image Credit: Rebecca Baumann, *Automated Colour Field* (detail), 2011, flip-clocks, paper. Image courtesy and © the artist.

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THE VINYL RESURGANCE

WORDS LAURA CARMELA SALVATORE

You just can't beat that authentic sound, or that giddy feeling you get when you take a crisp record carefully out of its cover slip for the first spin. Its addictive.

The thrill of excitement on charity store hunts for epic bargains, looting your olds collection and finding gold, or the internal arguments with your bank balance to justify buying that newly minted Bowie record - these are all things to look forward to once you become a vinyl junkie.

Vinyl sales were sadly crushed in the early 90s to make way for cassette tapes and discs, and then they were subsequently abandoned for digital downloads and streaming services. But thankfully a love affair with vinyl has sparked again, its popularity is soaring and revenues are on the up.

Legendary artists works such as Oasis, Bob Dylan, The Rolling Stones are all being reissued and selling like pricey little hot cakes. And newer artists, including a load of talented Australia musicians, are starting to press their tunes onto some pretty mint vinyl.

And if that authentic sound wasn't enough for you to become a convert, the epic cover art alone is worth the purchase. From The Beatles iconic pedestrian crossing on their abbey road record, to Nirvanas Nevermind record featuring the naked baby underwater grasping at a dollar bill. The record sleeve has become one of the most powerful canvasses for artistic expression.

Due to the boom in popularity of vinyl you can find records in the shelves of almost any music or electronics shop these days. But if you want to avoid the soulless corporate chain giants and get some decent customer service from true music lovers, we suggest checking out these sweet digs on the coast.

WE HAVE SOME **RAD VINYL STORES ON THE COAST**. KEEP SEARCHING AND YOU WILL FIND A GEM



THAT FRESH VINYL FEELING

Beatniks Records

@beatniksrecords
Neicon Plaza, Broadbeach.

Independent music store that opened last year and specializes in new and pre-owned vinyl. It also stocks mint record players, check out the new vintage look Crosley tables.

Atlantis Music

@atlantismusic
78 Scarborough St, Southport.

This joint stocks new every type of music you can think of and its sweet second hand stock gets replenished almost daily so you can find some real gems. The staff are total music veterans and lovers, will help you find your tune no bother.

Rare Groove

2241 Gold Coast Hwy,
Nobbys Beach.

The oldest record store on the coast, opened just over twenty years ago and kept selling vinyl even when vinyl wasn't 'cool'. This is the place to go if you're looking for that hard to find record!

Butter Beats

@butterbeatsgc
21 Davenport St, Southport.

Crammed full of not only vintage records, but also figurines, band shirts, posters, books, all music and pop culture memorabilia. This place is full of bargains if you're willing to hunt and boasts an impressive rainbow of spray paint cans, sold for 'artistic' purposes only.



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BITS & PIECES FROM THE COAST

WORDS DUNCAN MCFARLANE

Southport The Latest Supertower

A vertical city is planned for Southport where residents could be born, learn and then retire in the Southern Hemisphere's tallest tower. Still awaiting approval this trio of towers sitting on the corner of Ferry Rd and Meron St (currently the location of Raw espresso and sushi train amongst other business). If approved and completed this trio of towers would include the tallest on the coast, it doesn't stop there it would also house a hospital, shopping centre, eateries, gym etc. I can see Southport massively changing over the next decade and building like this will be at the forefront.

Spit Resort (ASF Consortium)

From what I have seen, I can't see what the fuss is about. We aren't losing the "spit" as this resort is earmarked for land that isn't even being used. The benefits seem to outweigh the negatives by amount of jobs, tourism and money it would bring in locally. You go to Sydney and visit Darling Harbour and it's a game changer. We should be trying to encourage growth not discourage it.

Steampunk

This fancy new bar opened in Surfers back in April - it's an interesting mix of olde style Victorian revolution style. The décor has lots of brass, cogs, steel and large industrial fans. The location is under the Hilton facing Surfers Paradise Boulevard. It's an interesting mash up of décor definitely worthy of a peek, and you have to try the chicken ribs, yes ribs! Not wings.

Wilderness

The southern end of the Gold Coast is preparing for a new social

playground, with Palm Beach's al fresco dining destination Wildernis Café and Bar opening a contemporary rooftop bar. It's a Mediterranean-inspired, open-air space - perfect for soaking up afternoon rays and sipping on sunset drinks. Connected to the already-established eatery below, the Wildernis Rooftop Bar will be accessible via a secret laneway, adding to the venue's vibe and intrigue.

Komune

This Coolangatta Sunday session icon could be saying goodbye and may come back even better than before as they look to build a new luxury health and hotel complex to replace the current building. There is a number of concerns with the height limit and nearby parking, but if their Bali resort is anything to go by, I think this would be a pretty epic treasure to add to the southern end of the coast.

Snow Park

Well if you like snowboarding but don't actually enjoy being cold we could have the answer. It looks like we may be getting our own outdoor downhill ski/snowboard snow park, but you won't be freezing your t***s off as it's not snow but a synthetic material called neveplast. It is currently pending council approval, but given the green light we could be dusting off the board locally before the Commonwealth games kicks off!

Loose Moose Expansion

Hatch & Co in Broadbeach has been bought out by the owners of Loose Moose and it looks like it will be a new lounge bar. If it is anything as awesome as the Loose Moose I envisage it to go gangbusters. Rumours are flying that it may have a Great Gatsby kind of vibe...

Beer Festival

Imagine our reaction when we heard the very first rumblings of a new craft beer and cider event coming to our coast this November. Cries of joy you might say! Not a lot of detail is available at present, but the Crafted Beer and Cider Festival will run for the afternoon and evening on Saturday 4th November.

The location is set as Pratten Park, Broadbeach. The event will showcase craft beers from far and wide, as well as a plethora of the very best food trucks and top local/national music acts as the cherry on the cake.

New Brewery

Another brewery seems to be joining the already tight knit crew of breweries we have on the coast. Lost Palms Brewing Co will be hopefully on the cards for a Spring opening. Currently the brewery is still sourcing all the 20hl capacity brewing equipment from N.Z and finalising all their tasty ales. Exact location is yet to be disclosed, however it will live in a warehouse nearby to Miami Marketta.

Small Bar Push

Gold Coast City Council recently passed a move that now allows small bars to operate without providing food or a kitchen. Scotty who runs Bine in Nobbys has been at the forefront of this and already has his finger in a couple of different pies. A British themed little boozer in Broadbeach and another one in Burleigh. This is gunna add so much culture to the city and a great step forward for the Council.

Isle of Capri Bridge

Another bridge will ease the traffic via Isle of Capri and Surfers - hooray! This is awesome and exactly what a city needs to grow, however I would of thought the bridges at Chevron Island would be at the top of the agenda? 5pm through Chevron Island is gridlock.

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MATT POOLE OUR KURRAWA CHAMPION

WORDS
DUNCAN MCFARLANE

Without a shadow of a doubt the last 12 months of Matt Poole's career have been an awesome achievement since becoming a nipper at age 5 then going professional at 18. This will be his 10th year on the Kellogg's Nutri-Grain professional Ironman series and we finally saw Matty bring home the title! We spoke to Matt about Coast living, his training and what makes him tick.

Where are you originally from?

I was born and raised in Manly, Sydney till I was 18 years old.

What made you move to the Gold Coast?

I moved to the Gold Coast to pursue my Ironman career. The warm winters and huge surf clubs are a lure for any Surf Ironmen.

WHEN ALL THE HARD WORK PAYS OFF

What do you love about living on the Goldie?

I love being close to the amazing beaches and being able to train in the ocean right through winter. Sydney winters are very tough to stay on the watercraft and keep fit outside of the gym. The relaxed people and lifestyle here are very much at home for me now

Anything that gets your goat about living on the Goldie?

Not really. To be honest the only thing that frustrates me is all the traffic lights on the Gold Coast highway. But if that's the worst I can complain about I think we've got it pretty good.

Do you have a favourite beach locally?

Kurrawa. I train and compete for Kurrawa SLSC and my earliest memories from the Australian titles were on this beach. The surf there always seems to be very fun and challenging for Surf training.

What's your training program like?

Very loaded. I swim train four mornings a week at Miami pool covering between 4-6km each session, throughout the day I do gym or running sessions which generally last around 30mins. Then in the afternoon I'm in the ocean depending on time of year on any of my crafts surf ski, paddle board, downwind board 12ft or 18ft. and even my SUP board. Through summer my program is specifically just Ironman training but winter I cross into downwind paddleboarding and waterman events, which include SUP.

How many hours a week do you train?

Depending on the time of year usually between 20-30hrs, Sunday is my rest/ recovery day.

How many kilometres do you swim in the pool a week?

In winter I will swim as many as 30km's a week for fitness/ volume, through summer it is more sprint specific and will usually cover between 15-20km.

With all that hard training do you take it easy with the diet or is that fairly strict?

I'm usually pretty relaxed with my diet. We do so much training that we can be a little more lenient. I try eat lots of food but keep it as healthy as possible. The more fuel in the tank, the better the body will perform. Good fuel always makes a car perform better. Its similar concept for our bodies.

After an event do you like to have a drink to celebrate?

Definitely! We work hard, mentally and physically so when we finish up a major event its always good to celebrate and have a few drinks so that you can re-focus and get ready for the next challenge. Its very easy to overtrain and burn out if you don't let your hair down every now and then.

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

At 18 I won a junior Australian Ironman title and was awarded automatic qualification into the



@matt_poole1



professional Ironman series. From this point onwards I haven't missed a year in the series, this year being my 10th season and my first Ironman series title win.

So now the season is over do you just grab a beer and relax or do you have a busy off season schedule?

I have a 2 week break where I literally will not train at all and definitely enjoy a few beers. After this, beginning in May I have a very busy schedule travelling and racing in Sydney, Melbourne, Malaysia, Tahiti, Hawaii, USA and Denmark finishing in September. Then I will get back into my Surf Ironman training and get ready for summer.

What advice would you give to the nippers who want to become the next Ironman champ?

Enjoy yourself! I always did and it has been a huge factor for my success and longevity in the sport. You need a lot of discipline, mental and physical toughness and will have to make sacrifices in our sport, if you don't enjoy what you're doing it will become a battle.

What's the best advice you have ever been given?

Enjoy yourself! When I'm happy I'm performing my best. I was told that

a long time ago and its always been the best advice during tough times.

Being an ironman 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 job?

I was always very active and athletic growing up so no doubt some sort of athlete. I loved surfing and footy growing up which took up most of my spare time, a professional surfer or AFL player would have been fun. I'd say given my size now AFL player would have been more suited.

What will you do when your ironman career comes to an end do you have a backup plan?

I'm making a career and have out of Ironman for almost a decade now. No doubt there will come a time when I get to the end of the Ironman road but for now my full focus is on my training and racing. I've been very fortunate to have some amazing opportunities and sponsors that support me and make this possible so hopefully the life after will include something still in the sporting/media world.

Do you ever see yourself moving back to Sydney?

I wouldn't say never, but definitely not right now. I love living here on the Gold Coast but I grew up in Sydney. My family is still there so if the right opportunity popped up I would have to consider it strongly.

When racing do you a pre-race ritual? or lucky charm that you always have by your side?

Music. I always listen to music, a very old school playlist. It calms me down and relaxes me before big races.

How many Kellogg's Nutri Grain Professional Ironman seasons have you competed in so far?

I have competed in 10

Ironman series thus far.

What's been your biggest accomplishment by far?

This year I won the Kellogg's Nutri-Grain professional Ironman series title. It was my first. In previous years I have placed on the podium but not won.

What's your goals for the upcoming 17/18 season?

I want to defend my Ironman series title, Ironmana Tahiti title, ISA paddleboard World title in Denmark and win back my Molokai 2 Oahu world title from 2014.

What's your biggest strength as an athlete?

My ability to Never give up! I'm extremely tough mentally and physically from over a decade of hard training. No matter what race I'm in, my expectations are always very high and very rarely will I accept defeat.

Any favourite local haunts for coffee, eats & drinks?

Coffee sisters in Broadbeach Waters.

TIME TO CELEBRATE



PICTURES RED BULL AND TYNNAN HOLMES

7 FILMS TO WATCH OVER JUNE & JULY

WORDS DUNCAN MCFARLANE

The Mummy

Universal has its sights set on a shared cinematic universe, a universe of monsters, and it all starts with The Mummy.

Forget Brendan Fraser's roguish charm. Forget Rachel Weisz's damsel in distress (we know she's done her best to). Tom Cruise has this covered

The studio is bringing its classic, bandage-wrapped monster back again for another go around. Expect more walking corpses, curses and plagues of [insert your least favourite insect here].

Seeing as we don't really know the details of its main character, it will probably come as little surprise that the rest of the plot is being kept under wraps (no pun intended) at the moment.

The mummy is Ahmanet, a long-dead princess who is disturbed from her resting place and - because what Mummy film would be complete without it - casts a curse over the modern world. The action will take place at least in part in London, a focal point of fictional

curses thanks to the British Museum.

Annabelle Wallis (Peaky Blinders, Grimsby) is a scientist type who oversees the transport of the titular mummy until something goes horribly wrong because what else were you expecting? The Rabbitho's main man Russell Crowe will show up as a character you may have heard of before, one Dr Henry Jekyll... (We mentioned the shared universe, right?)

All Eyez On Me

TUPAC Shakur was an iconic American rapper, record producer and actor in the 90s. His life was cut short when he was shot dead at the age of 25, but he's still ranked as one of the greatest and most influential rappers of all time. (Basically a musical bloody legend)

To mark the 20th anniversary of Tupac's death, a biopic called All Eyez On Me is coming to the big screen. The film, which is named after his hit album, will chart the rapper's rags-to-riches life up until the fatal shooting.



| DUNKIRK

The film follows Shakur from his early days in New York City to his evolution into being one of the world's most recognized and influential voices before his untimely death. Against all odds, Shakur's raw talent, powerful lyrics and revolutionary mind-set propelled him into becoming a cultural icon whose legacy continues to grow long after his passing. Lookalike newcomer Demetrius Shipp Jr. plays the lead role - and he couldn't look any more like him.

The House

After losing their college fund, Scott (Will Ferrell) and Kate (Amy Poehler) must figure out a way to earn some cash so their daughter (Ryan Simpkins) can go to school. With help from their neighbour Frank (Jason Mantzoukas), the couple start an underground casino in the basement of their house. As the money rolls in and the good times fly, Scott and Kate soon learn that they may have bitten off more than they can chew.

While many people turn to student loans to afford college tuition, Will Ferrell and Amy Poehler's characters in the comedy The House choose to open an underground casino to pay for their daughter's college tuition.

MR. FERRAL IS BACK AGAIN, **EXPECT HOWLS OF LAUGHTER**



The outlandish scheme includes a nail salon, a strip club room, a club-styled pool area, boxing matches and an 11-year-old DJ. Their "life of crime" prompts Poehler to "feel like a badass bitch."

Will Ferrell seems to have the Midas touch with come dy and turns everything to gold. I am expecting another one that will actually be watched over and over again, particularly as Amy Poehler is cast alongside Will (remember Parks & Recreation?)

War of the Planet of the Apes

War for the Planet of the Apes is an upcoming American science fiction film directed by Matt Reeves and written by Mark Bomback and Reeves. It is a sequel to the 2014 film Dawn of the Planet of the Apes and the third installment in the Planet of the Apes reboot series.

Following the events of Dawn of the Planet of the Apes, Caesar and the apes are embroiled in a war against an army of humans. As the apes suffer heavy losses, Caesar wrestles with his darker instincts as he resolves to avenge his kind. The war pits Caesar against the humans' leader, a ruthless Colonel, in an encounter that will determine the fate of their species and Earth's future.

If you enjoyed both the prequels then I would highly recommend this, however if you are not familiar to the previous films it may be worth watching them first. I'm sure there is an ape style pun I can use in here somewhere...

Valerian

The ambitiously titled sci-fi film Valerian and the City of a Thousand Planets. Based on a French comic book called Valerian. Writer & director Luc Besson advances this iconic French comic book into a contemporary, unique and epic science fiction saga.

Valerian (Dane DeHaan) and Laureline (Cara Delevingne) are special operatives for the government of the human territories charged with maintaining order throughout the

universe. Valerian has more in mind than a professional relationship with his partner—blatantly chasing after her with propositions of romance. But his extensive history with women, and her traditional values, drive Laureline to continuously rebuff him.

Under directive from their Commander (Clive Owen), Valerian and Laureline embark on a mission to the breathtaking intergalactic city of Alpha, an ever-expanding metropolis comprised of thousands of different species from all four corners of the universe. Alpha's seventeen million inhabitants have converged over time: uniting their talents, technology and resources for the betterment of all. Unfortunately, not everyone on Alpha shares in these same objectives; in fact, unseen forces are at work, placing our race in great danger.

Luc Besson is making this one. You might remember Besson from things like The Fifth Element and Lucy. Another sci-fi epic I'm sure.

Dunkirk

Acclaimed auteur Christopher Nolan directs this World War II thriller about the evacuation of Allied troops from the French city of Dunkirk before Nazi forces can take hold.

Dunkirk is an epic war film about the desperate evacuation of Allied

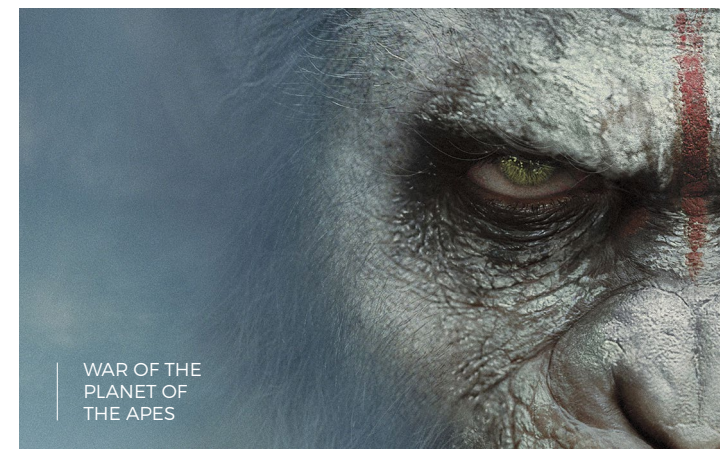
troops at the peak of Hitler's hold on Europe in May and June 1940. Christopher Nolan the director of the Dark Knight trilogy, sci-fi thriller Inception, and of the equally far out space adventure Interstellar is the creative genius behind this blockbuster and with a previous history of such great films I would expect this to be another cracker!

Dunkirk stars Tom Hardy and Mark Rylance to Kenneth Branagh, Cillian Murphy and ... ahem ... Harry Styles from One Direction.

An Inconvenient Sequel: Truth to Power

A decade after "An Inconvenient Truth" brought climate change into the heart of popular culture comes the follow up that shows just how close we are to real energy revolution.

The film reviews some of the progress made since Al Gore's Oscar-winning documentary. An Inconvenient Truth, came out in 2006. In the trailer we see how Gore recalls being criticized about a scene from the first film that showed "that the combination of sea level rise and storm surge would flood the 9/11 Memorial site and people said, 'What a terrible exaggeration.'" The next scene shows 2012's Hurricane Sandy causing exactly what was predicted. I would expect a lot more harrowing truths on what is happening to the world in this film.



WAR OF THE PLANET OF THE APES

WHO WANT'S TO LIVE FOREVER?

WORDS AND PICTURES
KATIE BABB

The famous lyrics by the late Freddy Mercury were unfortunately rhetorical and not an open ended question we could contemplate as an option.

I hate to be the bearer of bad news and although researchers have contributed astounding results to modern medicine, unfortunately, that potion fantasised on the classic film, "Death Becomes Her" is purely fictional and the likelihood of cults of secret beautiful people living off the grid is sadly untrue or extremely well hidden. We can all relate to the prospect of being presented with a potion to tighten our derriere.

HAVE EGG ON
YOUR FACE
AND FEEL
SOPHISTICATED
DOING IT

smooth our wrinkles and make our hair shine indefinitely but fortunately for us, we know how the film ends.

Before scientists receive funding for such an antidote, we will continue to age gracefully as God intended so despite being unable to offer you immortality, we can help you look forever young, just like Peter pan and Michael Jackson, before, ahem, it became them!

With news breaking the oldest known lady in the world has died aged 117 (that's right woman, we live longer!) it got me thinking, should we go back to basics and save our pay checks for the things we enjoy doing? Not the overly priced face creams stashed at the back of our bathroom cupboards.

It is claimed that Emma Morana, the oldest known lady to live, ate

several raw eggs daily, however, if like me the thought of sculling a shot of potential salmonella turns your stomach, I've investigated some alternative methods into benefitting from the phenomenon that are eggs, also allowing you to digest your daily allowance, cooked.

The sun is responsible for up to 80 % of skin aging and with the soaring summer temperatures of the Gold Coast making it easy to sun worship, why not spend the winter trying our top 6 homemade rejuvenating Egg Masks to make yourself glow!

Egg whites help brighten up and tighten the skin treating oily skin and soothing wrinkles, while egg yolks are rich in vitamin A, pure proteins and nutrients for moisture and hydration.

So there you have it, the best ways to use eggs as a beauty product at a fraction of the cost, tried and tested by myself! You don't have to be an egg-head to know these home-made remedies work so get raiding those kitchen cupboards!!



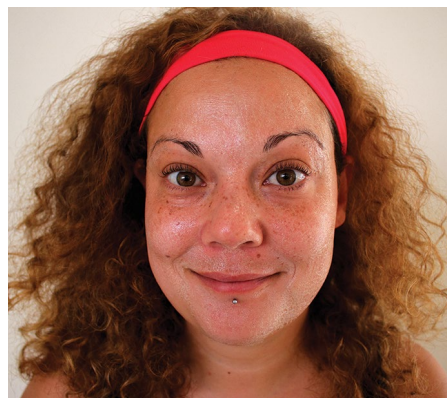
3. For Pore Shrinking

If like me you suffer from large pores, this fast and easy face mask will really come in handy. You will need to mix a tablespoon of corn flour with one egg white. The apply to your skin for about 10 minutes until almost dry. Again, wash your face with warm and then cold water to stimulate blood circulation in your skin and to help close pores. This mask will make your pores less visible whilst cleansing.



4. The Egg Yolk Face Mask

That's right, we can use the yolk too! The protein found in egg yolks will maintain the skins elasticity, whilst the B vitamins work as powerful antioxidants and will encourage hydration. It is also very effective in treating acne which is thanks to the Zinc killing off acne germs and bacteria. You can also add honey and olive oil to the egg yolk which will focus on hydrating the skin and help anti-aging. Be sure to cover it up with a slightly warm towel and wash off after 5-10 minutes!



1. For Sun-Damage and Skin Tightening

Accidentally spent too much time in the sun? This homemade remedy has been used to calm inflammation to successfully soothe sunburn by providing a cooling sensation providing immediate relief. Another benefit of the egg white is the astringent properties which when complimented with a splash of lemon juice also help tighten the skins. Separate your egg whites, add fresh lemon juice and apply to the whole face, leave for 15 minutes.



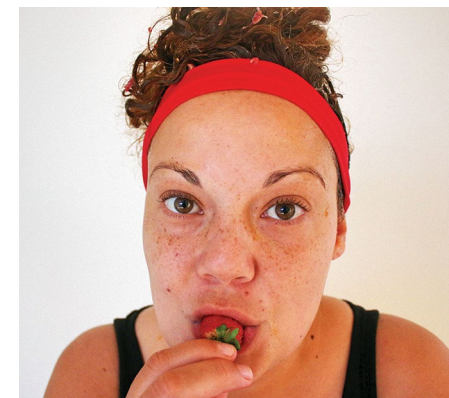
2. The Eye Wrinkle Blaster

Blink and they're gone! This combines the nutrients found in egg whites and carrots creating a double effective under eye wrinkle blaster. The beta-carotene in carrots is converted to retinol helps regenerate cells when applied to skin. Beat together one egg white and grated carrot and then apply to the eye area from anywhere to 15-30 minutes.



5. For Refreshed and Nourished skin

Who doesn't want fresh feeling skin! For this recipe, mix one egg yolk with a tablespoon of thick plain cream and add a tablespoon of freshly made carrot juice. The healthy fats will maintain a lubricant for the skin leaving your skin nourished and smooth. You will need to apply this mask to your face for 5-10 minutes and then wash off with warm followed by cold water stimulating blood circulation. Your face will feel refreshed and nourished!



6. The Egg and Strawberry Hair Mask

I can't be the only one who finds keeping my hair healthy in the Gold Coast challenging? I have spent hundreds of dollars trying to find a solution to sun damaged hair until I read about this hair mask! If you blend a few strawberries and two table spoons of olive oil to egg yolk, blend together and add to hair, not only will your hair smell delicious, it will deeply moisturise. Leave for half an hour and wash out with shampoo.

WHAT'S ON

WORDS DUNCAN MCFARLANE

Gold Coast Food and Wine Festival 2-4 JUNE AT NIGHTQUARTER IN HELENSVALE

The Gold Coast Food and Wine Festival returns for the second year on the first weekend in June.

The festival will be held over three days on the first weekend of June to celebrate the quality and variety of eating experiences on The Gold Coast. It will celebrate the Gold Coast's exciting and expanding foodie scene, the abundance of local fresh produce and wide ranging wineries and breweries.

With a focus on shared dining experiences, there will be social and interactive events all the way along the Coast. This will include food truck meet ups, barbecue wars, outdoor dining experiences and unique experiences within renowned Gold Coast restaurants.

Cooly Rocks

7-11 JUNE DOWN IN COOLY

For the first time ever in 2017, Cooly Rocks On daytime entertainment will be completely free – presenting a star-studded line-up of rock'n'roll and rockabilly bands, plus all the usual festival favourites. Get along to as many events as you can squeeze in and make the most of the party-fuelled atmosphere.

Gold Coast Airport Marathon

1ST - 2ND JULY IN SOUTHPORT

Join 27,000 participants of all ages and abilities from Queensland, interstate and overseas in eight races including the Gold Coast Airport Marathon, Wheelchair Marathon, ASICS Half Marathon, Wheelchair 15 kilometre, Southern Cross University 10 kilometre Run, 5.7 kilometre Challenge and Zespi Junior Dash (4 kilometre and 2 kilometre).

The weather is traditionally great for running with low humidity, little or no wind in the morning and mild temperatures - ideal if you're striving for a personal best time.



Viva Surfers Paradise

7TH - 16TH JULY IN SURFERS

Over ten days, enjoy amazing live performances, rock 'n' roll dancing, show 'n' shine for vintage car-lovers, the annual renewal of vows ceremony and of course the ever-popular Ultimate Elvis Tribute Artist Contest! Don't miss out on the biggest Tribute Artist music festival to hit the Coast!

Broadbeach Country Music Festival

28TH - 30TH JULY IN BROADBEACH

Broadbeach Country Music Festival is going international for the fifth annual Festival with the band America headlining the free event.

Joining the iconic US act will be Australian Country Music stars Kasey Chambers, Troy Cassar-Daley, Shane Nicholson, Fanny Lumsden and Traveis Collins and many more still to be announced.

WHATS ON AT THE ARTS CENTRE GC

THURSDAY JUNE 1
INTERMEZZO

FRIDAY JUNE 2
THE STAMP SESSIONS

FRIDAY 9 JUNE
GOLD COAST JAZZ AND BLUES CLUB

THURSDAY 22 TO SATURDAY 24 JUNE
THE TURN OF WINSTON HAGGLE

FRIDAY 23 JUNE TO SATURDAY 1 JULY
THE ADVENTURES OF PETER PAN AND
TINKERBELL IN RETURN TO PANTOLAND

SATURDAY JULY 1
QLD BALLET WORKSHOP

THURSDAY JULY 6
THE PINK FLOYD EXPERIENCE

SUNDAY JULY 9
GOLD COAST SPEECH FESTIVAL

WEDNESDAY JULY 12 TO THURSDAY JULY 13
BAKERSFIELD MIST

FRIDAY JULY 14
JAZZ & BLUES - AN EVENING IN PARIS

FRIDAY JULY 14 TO SUNDAY SEPTEMBER 3
PRIMAVERA AT 25

SATURDAY JULY 15
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WE CHECK OUT WILDERNIS CAFE AND BAR

WORDS AND PICTURES KATIE BABB

Andy Canfield and Josh Bailey, tradies turned restaurateurs, extend their already successful Cafe and Bar, with a Mediterranean style rooftop bar which really captures the surfing lifestyle we love here on The Gold Coast.

Two weeks after the grand opening of the Wildernis Rooftop Bar, I headed down to seventh Ave. in Palm Beach to see how the duo were getting on. I couldn't help my initial thoughts being that these guys were seriously cool, they live, breathe and yeah, even drive this bar!

The self-confessed bachelors wasted no in utilising their building and design skills when constructing this open air, ocean view hangout. I made my way from their ground floor Cafe to the attached rooftop via the hidden lane-alley and with each step through this long, wooden corridor growing my anticipation. I walked up the stairs and was pleasantly surprised when welcomed by the bright, coastal feel of the Hamptons. With a lot

of clean, white space contrasting with dark timber floors, I was immediately drawn to the large bi-fold windows which open up allowing the evening sunsets to be exposed whilst customers sip on their Moscow Mule and Lychee Martini's! Also on offer to help wash away your hard week at work is Ink Gin, produced by Husk Plantation Distillery, which is served on tap here for the first time!! With European wines, craft beers and weekly cocktails on offer, the only thirst you'll have will be to visit this place again and that's before I even get started on the new rooftop menu!

The chef has put together a second menu opting for tapas style dishes from marinated olives, salt and vinegar fries to seafood sharing platters and meats and cheeses to compliment the laid back communal vibe. There's nothing quite like gathering around a table with friends and family and tucking into local fresh produce and with the elegant twist on these hot and cold dishes, each tapas looks

and feels exciting (even the house dips with crusty bread looked fancy!) Served are simple classics to the more glamorous of tapas' including a selection of mignonette champagne oysters and porcini and truffle arancini.

The clientele attracted on this particular night was anything but pretentious and I can confidently say, the versatility in the bar was a great asset for them. All under this one retractable roof were girlfriends letting their hair down after a long week, lads having a cheeky beer en route home and the more mature couples enjoying each others' company with a nibble or two. When speaking to the owners, who are born and bred in Palm Beach, they told me they wanted to create a place for the community that would live on for years to come, giving something back by providing more local jobs and having the opportunity to start sponsoring a local football team.

I also got the inside scoop from Andy and Josh that soon they will be hiring out the 80 seated venue for weddings and events which will make a beautiful setting for locals to use. So if a laid back rooftop in the heart of the community, relaxing in the sunshine with ocean views is right up your alley, visit the Wildernis Rooftop Bar where I am sure the friendly staff will welcome you. The venue will be open Friday to Sunday 3.00pm 'til late.



LOCALS THE UNDERCURRENT

Move over lame t-shirts that say "Surfers Paradise Lifeguard" or some grim t-shirt that will be used for painting your dad's shed. We now have our own iconic clothes brand that's gonna get peeps frothing! Local brand THE UNDERCURRENT has some of the raddest designs going all with a local flavor, the brand is also on a mission to do good things and helps local charity surf lifesaving Qld. We spoke to the chief in charge of this project local legend Carly Snodgrass about this sexy new brand.

Those tees look rad, who helped with the design?

There are some super awesome artists on the Gold Coast who are sometimes not visible to your general Gold Coaster, unless you go searching for them. I wanted to give these guys the exposure they deserve. I'm certainly no artist, so the local Gold Coast artists we have employed for our first series are Sarah Beetson (designed Surfers Paradise t-shirt), Claudio Kirac (designed Mermaid Beach t-shirt), Eric Koo (designed Burleigh t-shirt), Kiel Tillman (designed Currumbin t-shirt) and Byron Coathup (designed Coolangatta t-shirt). This is just round one though, we will be looking for more Gold Coast artists shortly.

What inspired you to start creating your own clothing line?

Firstly, you only do something like this if you have a love of the Gold Coast, like I do. It can get such a bad rap, even from locals. I wanted to do something positive, that both locals and visitors can also share in. The inspiration really came from my own personal travels around the globe, where I would always try and bring artwork back. It can be quite difficult to get framed artwork on a plane or expensive to send back, so I always end up coming back with clothing, easy to pack. I now have so many tourist t's and it's a nice reminder of where I've been attached to some great memories.

I simply wanted the same for the Coast while promoting local artists.

The artwork on the clothes are incredible, can you pick a favourite?

Ooh you're asking to pick a favourite child. To be honest, I'm a Miami girl, so no doubt that one will be my favourite when it's created.

Can you tell us what you love about the living on the coast?

Our lifestyle is second to none and the opportunities here are boundless for entrepreneurs. I've lived in three other cities around the world, and while the job opportunities are amazing, you get over it when your life is just about work. The Gold Coast is an absolute playground. Work hard and play even harder.

Any favourite local haunts for coffee, eats & drinks?

Coffee: Caffeine Kings (Miami), Niche Espresso (Miami), Commune (Burleigh) or Canteen Coffee (Burleigh).

Eats: Justin Lane, Etsu and Hellenika.

Drinks: Cambus Wallace (order a Sailor Jerry with fresh apple juice or a Moscow Mule), Après Surf (order the Caramello Lemonchello, you won't stop at one).

Understandable its early days for The Undercurrent, but what's some of the biggest challenges been so far?

Surprisingly, we haven't had any yet. Everyone has been so supportive of the project from day dot, it's just moved really quickly and here we are with a pretty cool brand. All the people involved along the way have dropped other things they were working on to assist us in this project, because they believe in it too! That's a fantastic validation that we are on the right path and we've created something that resonates with people.

Can you enlighten us on how The Undercurrent supports surf lifesaving QLD?

It's hard to put into words what Surf Life Saving Queensland (SLSQ) mean to the Gold Coast. They are intrinsically linked to this city. SLSQ serve both visitors and the locals of the Gold Coast daily by saving lives and protecting our beaches. SLSQ also play an important role in young Gold Coasters who may have grown up participating in nippers. So due to this organisation watching out for our visitors AND creating a culture for locals, of course, we wanted to give something back to them. \$2 from every shirt sold is donated to SLSQ, providing them with funding for their important work. Every little bit helps.

Where can you purchase some of those sweet threads from?

Currently they are only available online, but we will be getting into Gold Coast stores ASAP. We will update our stockists on our site when these are available.

What's next for The Undercurrent?

This is just the beginning. There have only been five suburbs featured for the launch (chosen by the artists), but we do plan on doing a few more in the next series. After suburbs, we'll look at other series that define the Gold Coast, be that sub-cultures, slogans, iconic Gold Coast personalities, the list goes on.

f theundercurrentofficial

ig @theundercurrentofficial

WORDS DUNCAN MCFARLANE
PICTURES THE UNDERCURRENT



LET IT SNOW

Winters on the perpetually sunny coast are a funny thing. At the beginning there is a lot of predictable chat 'Ooh isn't it lovely the weathers cooled' and you reply with 'Ooh I know right, it's so nice.' And you get weirdly excited about sleeping with a doona again, or pulling out that hardly worn cute jacket from the closet.

Then you will start getting invites for the token midwinter Christmas parties, searching for that old Christmas jumper you bought on your gap year in the UK, attempting to make mulled wine and accidentally boiling off all the booze.

But eventually you start craving those true winter feels. When you can see your breath turning into frosty puffs and there's that bone chilling cold kept at bay by your cosy winter threads. Oh and most of all, that white magic powder! Waking up after a fresh dusting, hitting the slopes and shredding - getting your hipster beard all frosty for that cool Instagram snap.

I want to say there are a couple spots to make snow angels not too far from the Goldie but sadly, I can't. Although there are a couple spots that're pretty easy to get to when you're hanging for that winter fix.



Australia

The closest big ski resorts to the Gold Coast are Perisher and Thredbo, both found in NSW. It would be a stretch to call them local digs though, it's a solid 14 hour roadie south, or a flight to Sydney and 6 hour roadie. Perisher is a huge resort, heaps of different runs and most suited for intermediate skiers. Thredbo is a bit trendier, European-esk village with good nightlife. Although Australia is not renown for its snow quality, if you catch a good week at these resorts it can be super fun with all those good wintery feels.

FANCY SOME SNOW THIS WINTER?

New Zealand

I know I know, jumping the ditch seems to have one-way traffic only and the census just told us that Queensland's most numerous and loved immigrants are the Kiwis. And while we might beat them on the beaches, they kind of smash us in the snowy peak department. Jetstar have cheap as chips direct flights from the Goldie to Queenstown - a picturesque party town, nestled lakeside surrounded by peaks and instaworthy views. The hills Cadrona, The Remarkables and Coronet Peak are all less than an hour's hoon away from Queenstown. And if you tire of the fresh powder, no worries bro, Queenstown is the adventure capital of the world. You can hit up bungy jumping, canyon swinging, sky diving, white water rafting, jet boating, river boarding and so much more to get that adrenaline pumping.

Japan

Alright, this is getting pretty far from the Goldie but I can't not mention Japan. I mean surely everyone knows Japanese snow is second to none. But it's something else to experience it. And now getting to Japan is easy peasy with direct flights out of Coolangatta airport, no more pesky drive up to Brizzy fighting the M1 traffic. And once you're in Tokyo you can grab a bento box, a couple Asahi's and hop on the wickedly fast bullet train to your choice of epic resorts.

WORDS LAURA CARMELA SALVATORE PICTURES FLICKR



COOLY ROCKS ON 2017

SPONSORED

Buckle up for the ride of your life at Cooly Rocks On, Australia's favourite celebration of 50s and 60s nostalgia, held beachside at Coolangatta and Tweed Heads from 7-11 June 2017.

Beaches, parklands, shops and cafes provide the perfect backdrop for around over 1,000 custom and classic cars and hot rods, outdoor music stages, rock'n'roll and rockabilly bands, buskers, Miss Cooly Rocks On and Miss Rockabilly pageants, retro markets, and the much-loved Cooly Rocks On Street Parade.

Brand new free events have been added to the Cooly Rocks On mix this year, with fireworks for the kids, drive-in movies under the stars at Jack Evans Boat Harbour, pinball

competitions, a skydiving display and a giant 20 x 10 metre skating rink, erected right alongside the boat harbour.

If you enjoy listening to some of Australia's best bands, dancing in the sunshine, shopping for vintage treasures and reliving the 'happy days' of the 50s and 60s, get along to Cooly Rocks On 2017.

IS THIS THE COOLEST PICTURE TO EVER GRACE THE PAGES OF THE FOUR TWO SOCIETY?



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SOUTHERN GOLDCOAST™

LOCALS JACK SMITH

WORDS DUNCAN MCFARLANE

We recently had a chat with local personal trainer and business owner Jack Smith of Vision P.T in Southport, typical of Jack he tackles both in his stride whilst being an all round cool cat.

Where are you originally from?

Bundaberg. Moved to the GC at 18 to study Exercise Science at Griffith University and have loved it ever since!

What do you love about living on the Goldie?

Everything. There is so much diversity and space to things. I love being outdoors running, playing golf, triathlons and being at the dog park so our climate is just perfect for that. Being an economically growing place it's exciting seeing businesses grow and prosper, trying to make a mark in a young marketplace. I've met so many great people in Business on the Coast that I'm learning so much from.

Anything that gets your goat about living on the Goldie?

We are so blessed with amazing weather and location that the rare rainy/cold/windy day everyone shuts up shop and hides.

Do you have a favourite beach locally?

It's not a beach but I love taking my dog Hank to James Overall Park on the Broadwater and running along the sand. Best way to get away from work and stress.

Do you get a buzz out of seeing clients get results?

It's what I wake up every day for. The buzz I get from seeing each individual's results are so fulfilling, the best part is everyone has slightly different ideas of their goals so seeing little milestones reached constantly is awesome. I've helped some people lose 50kg and others completely rid themselves of diabetes and osteoporosis. They

simply have got better lives and are happier people because of that process, which just perpetuates into all aspects of their life and it's cool to think they can attribute some of that to my guidance.

Do you have any role models you have looked up to in your career?

Definitely. They are people I work with regularly in Business that I aspire to be like. People whose values align to mine and have found success in that. I read a lot also, so people like Jim Rohn, Napoleon Hill, Dale Carnegie, Simon Sinek I look to grow from.

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

I always loved the job, but then when the opportunity came to have my own business it was too enticing to not take serious. I'm slightly competitive, so I definitely like proving people wrong that say Personal Trainers are all dumb Gym Junkies with their own agenda. Also seeing that over 2/3 of Australia is overweight and unhealthy, I have a mission to help try change that for as many people as I can.

What's the best advice you have ever been given?

To never stop learning (reading, listening, watching) but more importantly: never stop implementing that learning!

What do you like to do in your down time?

Beach with my dog Hank and girlfriend Tamsin. Triathlons. Playing Golf, watching footy. Reading

What's been your biggest accomplishment by far?

Having a house and business by 26

What's your goals for the remainder of 2017?

To Help a further 100 people in Southport to lose weight and learn how to take control of their health.



@visionptsouthport

Do you have a favourite spot for coffee, eats & drinks?

Raw Espresso is just across from our studio, so coffee and a brekky wrap is a bit of a favourite for my team! I'm a massive burger fan too so Longboards, Easy Street Diner, Obsessions are all regular spots if I want to relax a bit with my food.

DAY IN THE LIFE

3.50am: Alarm goes off

4.10am: Get to studio, check emails, write to-do list for day, do cardio

5-9am: PT sessions and walking around studio floor talking to clients

9-12pm: Individual/team meetings, trainer development, lunch etc

12-3pm: Office work, client calls, marketing, bills
3-4pm: weights

4pm: Home time, walk hank with Tamsin along Broadwater

6-9pm: Make dinner, read, go to bed

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THE VEGO-LUTION

WORDS KATIE BABB

Unless you've been hiding under a rock or your daily communication is limited to a McDonalds takeaway window, you will know that this universal diet is trending thick and fast with the Gold Coast being no exception.

"Veganism" is a new craze catching on worldwide through celebrities like Ariana Grande and Jared Leto, right? Wrong! Vegans can actually be traced back to almost 2,000 years ago despite the phrase being coined in 1944 by Donald Watson, founder of the Vegan Society (we all knew that!). This isn't just a diet, but a lifestyle chosen by many rapidly making it become mainstream in our own civilisation today.

BUT WHAT EXACTLY IS IT TO BE VEGAN AND WHY IS IT SO POPULAR?

To be vegan, you avoid meat and any animal related products including eggs and dairy produce. For many, the choice is based on ethical reasons and personal efforts to protect our planet but also tipping the scales worldwide are the well known health benefits including better skin, lower cholesterol and higher energy levels (to name just a few). Also

ranking high at the other end of the spectrum, when sun and sea are on your doorstep daily, are the extra pounds you can effortlessly shred making loitering those stretches of golden beaches more desirable.

It's evident we are loving the hippy atmosphere on the Gold Coast with vegan eateries popping up more frequent than twin pregnancies and customers flocking like pigs to the slaughter (terrible joke). But thanks to the demand for this food sky-rocketing, our earth-loving locals have been relentlessly cooking-up new plant based contributions and their accomplishments are fast becoming real game changers!

The Coast's Game Changers

FLOUR OF LIFE BAKERY
20 Siganto Dr. Helensvale QLD 4212

Gold Coast's first vegan bakery in Helensvale are whipping up not so naughty treats and tasty pastries without adding eggs, butter or any other animal products!

Custard tarts, galaxy doughnuts and apple pies are some of the sweet eats offered and claimed to taste and feel like the real thing. Now I'm no chef either but I hear and concur your initial thoughts - how on earth is this possible when eggs and butter are staple ingredients? The owner, Steve O'Brien, said he has found an unusual product called aquafaba, made from chickpea brine, which froth up and successfully double as egg whites when making these traditional treats. Also an easy replacement for butter is sunflower oil amongst other fats. These cakes certainly are intriguing not to mention delicious and when I popped in for a couple myself, I spotted them baking hot pies and sausage rolls for the more savoury tooth! Still think this a half baked idea?? There's only one way to find out!

BLENDOVE (SAY CHEEZE!)
Shop 1, 253 Ferry Road, Southport

White Choc Peppermint, Peanut butter and Jelly, Wild Orange and Goji Berry are just a slice of the "cheezecake's" tantalising our taste buds in the Gold Coast. This unique eatery was founded by two chic's aiming to make a difference in people's health and they've certainly made it look like a piece of cake! From a small market stall to their first shop in Southport, Blendlove pride themselves on serving up the tastiest, freshest & healthiest food without the use of refined sugars, artificial colours or preservatives.

The 19 plant-based cheesecakes served are nutritious, vegan, gluten free, dairy free, and refined (cane sugar) free. They are good for your health, friendly to the environment and absolutely stunning to look at. The pair also score brownie points for donating anything not sold to Oz Harvest - a local charity that feeds the underprivileged community of the Gold Coast. Well done girls, top marks for their earthy contributes.

SERABAR
Shop 2/2-14 The Esplanade, Burleigh Heads QLD 4220

Recently opening their doors in April, these are the newest kids on the meat-free block. Remember the colourful food fight in the movie "Hook", well this food is nothing like that, for a start, I can assure you it's real and although orders do seem to be flying out the kitchen, it should be noted the food in this establishment should only be consumed responsibly. (Just like how it's made!) Okay, so maybe the colours are similar but we are totally loving how fresh and vibrant these meals look! The boutique style vegetarian and vegan cafe is run by a dedicated green family radiating a friendly and welcoming vibe. By day an eatery and music hotspot by night (with BYO) they serve up colourful smoothies and juices, mushroom and falafel burgers, loaded vegan nachos and tofu skewers with cous cous.

If that's not impressive enough, they have a wide breakfast menu with their vegan benny (sourdough

toast, wilted spinach, mushrooms, avocado eggs and veganise sauce) being the most popular dish. For energetic and innovative food, passionate and dedicated hosts, head here for the real deal.

FEED THE EARTHLINGS
6/2723 Gold Coast Hwy, Broadbeach QLD 4218

The burger - a genius culinary invention that has been imitated globally for centuries. Feed the Earthlings have just topped the poll for Gold Coast's best burger, and it's not even meat!! O.M.G, right? That is a game changer! There is nothing more satisfying than chowing down one of these bad boys and despite adding no animal products. Feed the Earthlings have still got it right on the money with this creation. The takeaway joint also replicate meat products such as bacon, sausages and even chicken so you can still enjoy the striking resemblance in taste and texture whilst keeping your cholesterol in check.



GOLD COAST TURF CLUB RACE DAYS

JUNE

SATURDAY JUNE 3
TREASURY WINES RACEDAY

SATURDAY JUNE 10
CORDNER ADVISORY RACEDAY

SATURDAY JUNE 17
STANDARD RACE DAY

SUNDAY JUNE 25
STANDARD RACE DAY

JULY

SATURDAY JULY 1
TITANS RACEDAY

SATURDAY JULY 8
GARRARD'S HORSE & HOUND RACEDAY

SATURDAY JULY 15
GRIFFITH UNIVERSITY RACEDAY

SATURDAY JULY 22
STANDARD RACE DAY

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IT'S A DOG'S LIFE

Taking the decision to own a dog is no easy one; for the most part, it shouldn't be. The list of factors that you need to take into account is quite lengthy. The very first hurdle you will need to navigate is the accommodation aspect. Own your own home? Not a problem. But if you are like a lot of residents here on the coast then renting your home is the norm. Finding a rental that actually allows pets is no easy feat to say the least, in fact, it's a tough ask. Here we break down the pros and cons to owning a four-legged companion here on the Gold Coast, perhaps giving you the answer to the quandary.

"Should I get a dog?"

PROS

EMPATHY

Dogs undoubtedly have a strong ability to read their master's moods. Meaning that the next time your laptop freezes or you can't find the TV remote, they can sense your frustration and imminent rage. Cue smiling, glassy-eyed pooch with a wagging tail and all of that can melt away in an instant.

LOYALTY

I once had a cat as a kid. It would come around 4 pm every day for its meal, proceed to eat at light speed and then disappear. You would

sometimes catch glimpses of it licking its crotch on the front porch or curled up in a flowerbed out the back garden. On occasion, you could be rewarded with the chance to give him a stroke or two before deciding he was off somewhere else more interesting. Dogs are nothing like this. To them you are their world; they will do anything to be slap bang right in the middle of it.

NEVER ALONE

If you live by yourself or your partner happens to work opposite shifts then coming home to an empty home isn't always great. Being greeted by your furry friend who has been waiting for your return, is surely going to stop you feeling lonely?

YOU GET TO HAVE A DOG!

There's something cool about that Saturday morning coffee, perhaps after a surf or jog along the beach. Imagine your canine friend nestled beneath a table as you catch up with friends, Latte in hand and blue skies for days, sorry folks- for us nothing could be better.

SECURITY

The crime rate here on The Coast is by no means worryingly high, but burglaries will and do happen from time to time. A dog of any size has the ability to bark, and that on most occasions is enough to deter a would-be home invader. If your dog is medium to large sized you have the added assurance that should someone actually decide to break into your home they may have really bitten off more than they can chew!

EXERCISE

Depending on the breed of dog you



actually decide on going for you will have to give it regular and sometimes plentiful exercise. Meaning that early morning run that sounded good last night as you fell asleep, cannot be simply forgotten about with the tap of the "sleep" button.

DOGS ARE CHEAPER THAN KIDS

That's right, you thought it, and we said it. Sure your dog eats food, needs a collar and will visit the vet once and a while. But a dog won't eat the entire contents of your fridge, demand handouts, grow out of shoes within 2 months and expect you to buy them a moderately priced second hand Holden as soon as they get their L plates. Dogs don't go on Schoolies either.

CONS

POOP

There is no hiding it and there is certainly no sugar coating it either, dogs have the ability to do little 'accidents' from time to time. Not for the faint of heart or the weak of stomach.

ATTENTION

Again dependent on breed your dog may need quite a fair bit of attention and ultimately your time. Whether its walks, playing, grooming and trips to the vets expect to spend several hours of your week devoted to your four-legged friend.

EXERCISE

A two sided sword. Obviously, a great way to be motivated to achieve your own personal fitness goals, after all, your dog relies on you for the chance to get out and about. Motivation, therefore, to get out for that walk/run is aided by the presence of a dog. But, how about when there is simply no time? You've already been to the gym perhaps, or you get home hours late from work after being stuck in traffic? Fido will still be there and will still need to get out for some exercise.

ALLERGIES

We all know at least one person who is allergic to dogs. It can mean uncomfortable and awkward situations particularly when in a social setting such as a gathering or say a backyard barbecue. It is estimated that around 15% of people are allergic to dogs. For asthma sufferers that figure is then doubled. Medication and regular pet grooming will mitigate the suffering of those prone, inevitably though it won't fully prevent it.

COST

Gold Coast Registration fees for dogs vary yearly from around \$60 - \$250 depending on the type of dog you wish to own. Add to that that an average of \$450 per year vet bills, dog food, doggy treats plus that brand new pair of Nike trainers that are chewed beyond recognition, and you have yourself a tidy sum.

LIFESPAN

It is a fact of life that dogs do not live a great deal of time. Anywhere from 7-12 years is mostly normal for everyday breeds. Meaning that when the time comes you will be left heartbroken at the loss of your close friend/family member. Having a baby is perhaps a wiser option as these will actually outlive you and if you are lucky enough, will eventually put you in a retirement home and come visit once every 6 months.

WORDS ALEX MITCHESON

WHATS HOT WHATS NOT

WORDS DUNCAN MCFARLANE

HOT!

LOST PALMS BREWERY

Rumours are rife of another new brewery opening up opposite Miami Marketta. We simply cannot get enough of craft beer... keep 'em coming.

AMY SHARK

Local chick Amy is rocking the nation with those slick vocals and came 2nd in triple j's hottest 100. She is for sure the only shark I wanna see at the beach.

GOLD COAST MARATHON

One day...just one day I wanna smash a marathon. If you fancy 24 miles of running up and down the coast this sugar daddy is for you, unfortunately that's my laundry day.

JUMPER WEATHER

The novelty will no doubt soon wear off, however for those brief months it's a pleasure to rug up and wear those clothes from the back of the closet.

OCEAN POOLS

These things are amazing after a recent trip to Sydney I was loving the one in Bronte, few laps up and down and awesome for the older people who wanna just have a chill rather than get battered by the surf, our old ones have long gone. But bring them back GCCC!

NOT!

ELECTRICITY PRICES

Up, Up, Up it's unbelievable they just seem to keep rising and I'm literally living in the dark and my bill still keeps going up. Modern day robbers.

INSTAFAMOUS

Sorry not sorry, but being famous on Instagram is basically like being rich in Monopoly.

SECURITY GUARDS

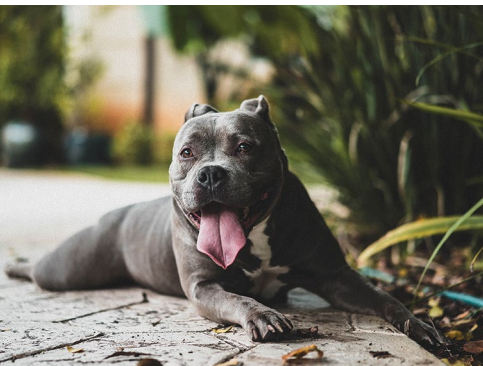
There is plenty of them about and I'm surprised they manage to walk through doors with their egos.

FLU SEASON

It's on and already it's taken a few members of the 42 team down. Flu, cold or just general under weather whatever you call it, it's on the prowl and wants more victims.

FERRY RD TRAFFIC LIGHTS

Stop, Start, Stop, Start, Stop, Start. That's ok, I actually enjoy sitting at the lights watching my life disappear.





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.

(07) 5568 7001

8/110 Mountain View Ave, Miami

www.thevetcollective.com



NARLA ID58343
Staffy/Boxer | \$150

Two years old | AWLQ Gold Coast Rehoming Centre - Shelter Road Coombabah

Nala has a wonderful exuberance for life and looking to just getting out and experiencing the big wide world. She would love regular adventures where she can explore new surroundings and take part in fun activities like going to the beach, kayaking, camping, hiking and getting her nose to the ground!



MAMBO ID58021

Staffy Bull Terrier/
Australian Kelpie | \$150

BELLA ID58022

Staffy Bull Terrier/
Labrador | \$150

BONDED WITH EACH OTHER

Both Two years old | AWLQ Gold Coast Rehoming Centre - Shelter Road Coombabah

Mambo and Bella are the best of friends and are looking to find a new home together as they are bonded and rely heavily on each other.



BELLATRIX ID56505

Domestic short hair blue cream
Tortoiseshell | \$50

Two years old | AWLQ Gold Coast Rehoming Centre - Shelter Road Coombabah

Her name may suggest she is a wicked witch from Harry Potter but Bellatrix the cat has no mean bones in her body! This girl has been waiting for a VERY LONG TIME now for a new home, she has been in the shelter since November 2016!!



PIXIE ID57946

Domestic short hair
Tortoiseshell | \$50

Two years old | AWLQ Gold Coast Rehoming Centre - Shelter Road Coombabah

Pixie will make an easy to care for cat with someone looking for a single only, low maintenance pet. She is a quiet, affectionate girl who prefers a quiet home. She enjoys warming your lap and likes head rubs and pats but on her terms.

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

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

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

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

THE SOCIAL MARKETS:

MERMAID BEACH BOWLS CLUB NIGHT MARKET

THE MARKET IS HELD EVERY OTHER WEEKEND AND THE UPCOMING DATES ARE:

10 & 24 JUNE, 8 & 22 JULY

WHERE: MERMAID BEACH BOWLS CLUB

ABOUT US

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

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Please email all your feedback to info@thefourtwsociety.com.au

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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DISCOVERY SPORT

**ADVENTURE.
IT'S IN OUR DNA.**



ABOVE & BEYOND



If your more adventurous side chooses the scenic route, Wade Sensing will safely guide you across. Inside, clever 5+2 seating offers room for either more explorers or 1,698 litres of stowage for more provisions. Little wonder Discovery Sport is considered one of the most versatile compact SUVs on the road, or off it come to that.

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