



Stay Heavy.....it's on again... The 'I choose to have Heamorroids' tour 2003

The Planet Cafe
386-388 Brunswick St., Fitzroy
ph.: 9417 1389
6th December 2003
From 7:30pm till 3am
no cover charge*
drinks at bar prices

Click on the band members faces and watch in amazement as absolutely nothing happens.

New look email....just added this blue stripe and put some text in it...wow!!

What really happens at Stay Heavy Rehearsals.

OK folks, the guys of Stay Heavy practise once a week and some people have questioned really how much of this time is spent actually being constructive. So we have compiled a breakdown of a usual thursday or friday night practice session with the band.

6:30pm : Rob J arrives at Tony's place and sets up his cymbals on Tony's Drum kit. Note: Tony has an awesome kit setup in his downstairs lounge room that Iron Maiden would be proud of. Only hours before, Tony sends Rob an email saying '...you better bring your own f\$ck&#g cymbals Rob or you will be playing air cymbals'

7:00pm : Rob B and John arrive. Before saying a word John asks if Tony has ordered pizza yet. Priorities are important.

7:30pm : The guys have all finished setting up their equipment. Note: during this time Rob J has not stopped bashing the drum kit constantly. Everyone wants to kill him.

7:45pm : Rob B has finally controlled the feedback screaming from his guitar amp.

7:50pm : Pizza delivery man arrives after ringing the doorbell for 10 minutes. Everyone runs upstairs pushing each other out the way on the way up.

8:30pm : Dinner finished, Rob B comments how awesome Bacchus Marsh pizza is (again!) and they guys actually start to discuss what the plans are for tonight.

9:00pm : The first songs played for the evening. Rob B and Rob J complain that there is not enough beer in the fridge and discuss who should buy the next slab. The band continues.

10:30 pm : After an hour and a half of running through as many songs as they can. They all look at the time and suggest bringing this session to a close. Rob B suggests doing a couple more Metallica songs. Rob J throws two broken drumsticks at him.

11:45pm : The boys have packed their instruments and are making their way home. Tony is left to clean up the empty beer cans, doritos, extra hot salsa dip and empty pizza boxes. All is done.



Pizza delivery...always welcome.



Post-pizza consumption discussion.



Rob B's amp with 'essentials'



Rob J having a go on guitar - it's best he plays drums!



Ozzy and Kermit drop in on the lads rehearsal session at Tony's place



John: we thought he was busy?

Lead vocalist and beer connoisseur John has been known to hire his body out to various institutions for science research and product testing, however, seen here on the streets of Fitzroy in his latest quest for the bettering of humankind, John shows us the lengths he will go to in the name of science. John's been rather busy lately, doing some big gigs with another band, or so he tells us, hence leaving the three other members going hard at learning all the songs before he returns this week. This photo taken by our spies reveals the truth. John will be doing some explaining this week I think, that is if he sobers up!



John last week



John this week

Rob J mysteriously shrinks or is this a new drummer for Stay Heavy?

We have a few friends who are going to be a part of the entertainment on Dec. 6. Special guest guitar spots, band member instrument changes, crowd participation, all part of the fun really! Shown here in these photo's is pint sized Brayden B (son of Rob B), you may remember him from last weeks email involving that disgusting scandal!! Anyway, Brayden who is 4.5 years old quotes his favorite bands as being 'Tallica, Ozzy and Black Sabbath and says that Mums music is 'too slow'. Shown here giving Rob J some advise on the finer points of drumming, Brayden left last Sunday's rehearsal (with his Dad of course) leaving the other members of Stay Heavy contemplating replacing Rob J on the skins. Unfortunately Brayden has since declined the offer telling us his Mum won't let him stay up that late on Dec. 6.



Rob J's reaction to his replacement news



Young Brayden 'goin nuts'

The Queer Eye for the straight guy Alternative.

Ten Things You Can Do Instead Of Watching Queer Eye:

1. Go outside and shout at a tree.
2. Bake a cake using only ingredients you find in your underwear draw.
3. Learn to drive one of those huge mining trucks with the big wheels.
4. Play a game of scrabble using only Q's, Z's and X's.
5. Go out and buy the new Celine Dion album . Bring it home and throw it in the bin. (Well worth the \$29.95, and you'd be doing the world a favor.)
6. Trim your toenails. Keep the cuttings and put them in your Christmas pudding instead of coins. The kiddies will love this.
7. Invite your least favorite friend over for dinner. When they arrive make them watch Queer Eye. Meanwhile, you should just go to bed.
8. Sit down and write a list of all the things you could do to Holly Valance if you had a pair of pliers and a goat.
9. Stick needles under your fingernails. This is slightly less painful than actually watching Queer Eye.
10. Force yourself to vomit by drinking old milk.



Stay Heavy...album release??