

# Stan Coster.... The Man, The Book

**This Book is a 'Must Have' for all Aussie Country Music fans.**

**Stan Coster** spent time in several occupations - ringer, fencer, horse-breaker, roo shooter, shed hand - and he drew on all of these experiences when writing his many ballads. Here is an overview of his career in music.

**Stan** began his career in **Country Music** at the age of 25, writing songs about the bush land he loved so much. **Slim Dusty** recorded **71 original Stan Coster songs**.

In 1979 **Stan** began recording and touring. In the years that followed he was to achieve great success, recording a total of **12 original albums**.

In 1977 **Stan** was inducted into the **Hands of Fame at Tamworth**

1977 he won the **Golden Guitar for Best Composition with Three Rivers Hotel**.

1982 he won the **Songmaker Award for the Tamworth Songwriters Association**.

1987 he won the **Golden Guitar Song of the Year** with **'He's A Good Bloke When He's Sober But'**.

1989 he was awarded **The Order of Australian Merit in the Queens Birthday Honours**.

1990 he was elevated to the **'Roll of Renown'**

1995 he won the **Golden Guitar for Bush Ballad Heritage with Lawson's Loaded Dog**.

If you were to ask him, **Stan** would say the greatest awards in his life was the love of his family and friends; the pleasure he gained from each and every town he played; his mates around the country, his yummy beer and the music he wrote and performed with such patriotic passion.

**Stan** was a gentle and honest man; who had a way of making everyone he met feel special, and he touched the lives of everyone who knew him.

**Stan** moved to **Tamworth** and then **Manilla** in the late **1970's**, and began his singing career at **Joe Maguire's Pub**. **Slim Dusty** recorded **Stan's** songs **'Three Rivers Hotel'**, **'He's A Good Bloke When He's Sober'** and **'By A Fire of Gidgee Cole'**. Other artists to record **Stan's** originals include **John Williamson**, **Lee Kernaghan**, **Brian Young**, **Rick and Thel**, the **Webb Brothers**, **Buddy Williams**, **Johnny Chester** and **Gordon Parsons**.

In his own words, **Stan** explains, "I have intended to write a book on my life, a lot of people told me I should, so, about 15 years ago I got an exercise book and started writing... I have started what I hope will be an interesting story". .....It is now available.



**Stan Coster Autobiography - Travelling My Own Track - the Book**

Price: \$29.95

<http://store.countrymusic.com.au/store/products/item1302.inetstore>

If you are a true Country Music fan, why not consider purchasing a copy of Stan's Autobiography.

Approved by Tracy Coster and Contributed by Gawler Country Music Club Member Dot Burke

# Ma's Country Kitchen (Beef and Guinness Stew)

Hey Guys...Ma has come up with this special treat. Good onya Ma!



## Ingredients (serves 4)

- 2 tablespoons plain flour
- 800g chuck steak, trimmed, cut into 3cm pieces
- 1/4 cup olive oil
- 2 sticks celery, chopped
- 1 brown onion, chopped
- 1 carrot, peeled, chopped
- 200g Swiss brown mushrooms, chopped
- 2 tablespoons tomato paste
- (4 Pints Guinness...Ha Ha! Only kiddin') 1 cup Guinness beer
- 2 cups beef stock
- 2 bay leaves
- 1/2 cup flat-leaf parsley leaves, finely chopped

## Method

Place flour and salt and pepper in a snap-lock bag. Add steak and shake to coat. Heat 2 tablespoons oil in a saucepan over medium heat. Cook steak, in batches, for 3 minutes or until browned. Transfer to a plate.

Heat remaining oil in saucepan over medium heat. Add celery, onion, carrot and mushrooms. Cook, stirring, for 5 minutes or until tender. Add tomato paste. Cook, stirring, for 2 minutes.

Gradually stir in Guinness. Add stock and bay leaves. Bring to the boil. Reduce heat to medium-low. Return steak and any juices to pan. Cover and simmer for 1 hour.

Remove lid. Simmer, uncovered, for 30 minutes or until steak is tender. Remove bay leaves. Stir in parsley. Season with salt and pepper. Spoon mashed potato into shallow bowls. Spoon over stew and serve.

## 3 Days of Country in Clare

**In The Historic "Bungaree Station Woolshed" Main North Road Clare SA**



**Friday Free with Ticket 15th August**  
6pm to Midnight Walk Up Artists SAUSAGE SIZZLE 7PM

**Saturday 16th August 2008, Dinner Dance**  
Cost \$40.00 per person Includes 2 Course Meal Saturday Night

12pm to 2pm Walk Up Artists & DJ JJ  
2pm to Late Compere Singer...Kristal Collins  
Bands.....Compact Country... Bluebush Limestone Balladeers..... Cross  
Country... Lee Brocky & Outback Overdrive Solo Artists....Tiffney  
Stroh... Chooka Williams ...Guido Davis.....Slim Connor  
Poet..... Cobby Bob DJ..... JJ

**Sunday Free with Ticket 17th August** 9am to 12am  
Gospel & Walk Up Artists

Proceeds Benefit "THE ROYAL FLYING DOCTOR SERVICE"  
Contact Bob 08/88422912 or Barry 08/88373407 for tickets  
or Email: [outbackwings@hotmail.com](mailto:outbackwings@hotmail.com)

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**While Stocks Last**

**Join in the Fun!**  
**Enjoy the Music!**  
**Some surprises!**  
**Don't Miss Out!**

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**Promoted by RFDS Bungaree Station Support Group**