

Fast Freddy Sims & the Blue Lava Blues Band

Bring Chicago & West Coast Style Blues to Maui!

WELCOME - BLUE LAVA BLUES BAND PRESS KIT



Fast Freddy Sims

Want a Blues Band with Decades of Experience & a Crowd Pleasing Show?

Dependable / Reasonable Rates!

CLUB DATES - EVENTS

PRIVATE OR CORPORATE PARTIES

415-871-6230



Click Here for questions or a Quick Quote from Freddy, or scan the code with your phone.

www.FastFreddyBlueLavaBlues.com

BOOK 'EM NOW!



Bruce Boege
Sax, Vocals

Josh Hearl
Lead Guitar, Vocals

Fast Freddy
Drums, Vocals

Matt Hefner
Bass Guitar, Vocals

Dave Fraser
Keyboards, Vocals

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INTRODUCING FAST FREDDY & THE BLUE LAVA BLUES BAND!

415-871-6230

fastfreddyblues51@gmail.com

Fast Freddy and the Blue Lava Blues Band is loved by their many fans for a number of reasons.

They play the kind of music that really speaks to people's hearts. Their energy fills the room and creates a special atmosphere that draws everyone in.

The band members have this incredible ability to make their instruments come alive. They're all talented musicians, and when they play together, it's like magic. The way they blend their sounds and create these soulful melodies is just amazing.

One of the things that fans really appreciate about this band is their genuine and down-to-earth vibe. They don't put on airs or try to be something they're not.

They're just a group of regular people who love playing the blues and sharing their passion with others.

Whenever they take the stage, you can't help but be captivated by their performance.

They have a natural presence that draws you in and makes you feel like you're a part of something special.

Their music has this timeless quality that transcends

generations, so it's not just older folks who love them. People of all ages can't resist tapping their feet and getting lost in the music.

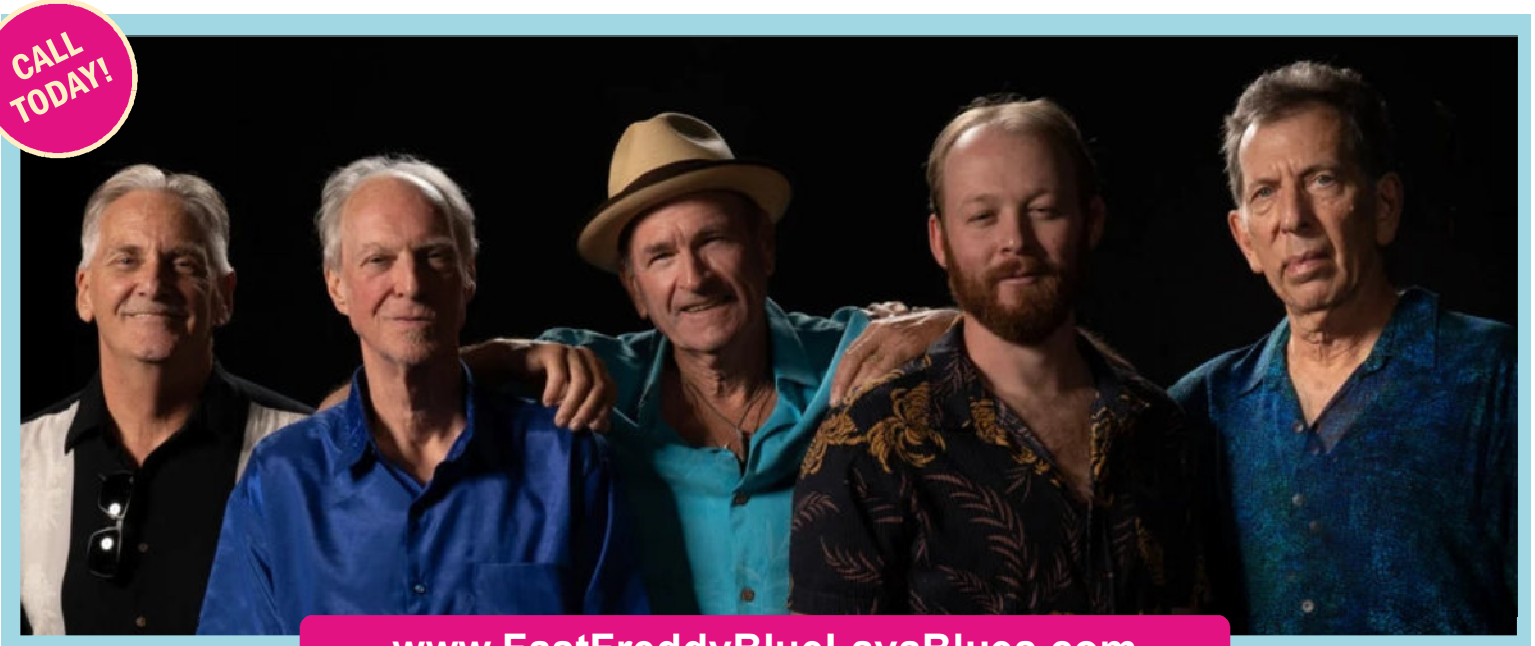
Fast Freddy and the Blue Lava Blues Band also has a strong connection with their fans. They're really good at making everyone feel included and valued.

Whether it's through their lyrics or the way they engage with the audience, you can tell that they genuinely care about the people who come to see them perform.

Attending one of their performances is a memorable experience. The band creates an atmosphere of camaraderie and shared joy.

Fans often find themselves singing along, clapping their hands, and dancing to the music. It's a community of people who love the blues and come together to celebrate that love.

In a nutshell, *Fast Freddy and the Blue Lava Blues Band* is adored by fans because they play music straight from the heart, connect with their audience, and create an unforgettable experience that leaves everyone wanting more.



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BLUE LAVA BLUES - SHORT BAND BIOS

[CLICK HERE FOR LONGER BAND BIOS](#)



Fast Freddy Sims,

Drums and Vocals

Fast Freddy was born in San Francisco. He started playing drums at the age of 16. At that time he

lived near Fillmore West and began to meet a number of well-known blues greats like Albert King, Luther Tucker and Willie Dixon.

They would have a big impact on Freddy's life and career as a blues musician and songwriter.

Willie Dixon inspired Fast Freddy to pursue his dream of becoming a blues songwriter.

In 2018 Fast Freddy moved permanently to Maui and married his beautiful wife, Elizabeth Gibbons, on June 24, 2019. As an artist and musician, Fast Freddy is very active in the Maui arts community.



Bruce Boege, Sax and Vocals

Bruce Boege, has been a professional musician for over 50 years, and owner of Limin Audio & Music Studio for over 35 years.

He grew up in Ridgefield, CT. He learned guitar at age 15 and was signed to RCA Records with a Connecticut group called The Ravens in the mid sixties.

Bruce is an accomplished vocalist

and songwriter and plays guitar, ukulele, keyboards and sax.

Bruce and his wife, Jill, have lived in Kihei, Maui since 2013. They love the beautiful island of Maui and the wonderfully diverse artists' community.



Dave Fraser, Keyboards and Vocals

Dave grew up in Sacramento and began his love of the piano at age 12.

He is an accomplished vocalist, plays keys, harmonica and accordion -- all self-taught. Dave's love of the blues led him to meet other blues loving musicians in Sacramento where they eventually co-formed the Sunland Blues Band in 1971.

Dave moved to Maui, Hawaii in May of 2017. He loves it so much he wouldn't want to live anywhere else. He is married to Rita Fraser, and they have two sons.



Matt Hefner, Bass and Vocals

Matt grew up in the San Francisco Bay area. He started playing music at age 7. Matt fell in love with the bass early on but also plays guitar and ukulele.

Matt is an accomplished vocalist and has fronted every type of band from Heavy/Prog Metal to Big Band Swing

to Country Western.

In 2016, Matt moved to Kihei, Maui with his now wife, Nancy. They enjoy riding their scooters and snorkeling the beautiful reefs of Maui on the weekends.



Josh Hearl, Lead Guitar and Vocals

Born in New Haven, Connecticut, his family moved to Kula, on the

beautiful island of Maui in 1999 when he was just 5 years old.

He started playing guitar when he was 12. He learned guitar from some of Maui's premier musicians. Josh's touch, feel and understanding of music make him one of the most talented guitarists in Hawaii.

He and his lovely wife enjoy living on Maui and love being a part of the thriving artistic community.

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BLUE LAVA BLUES - PRESS PHOTOS

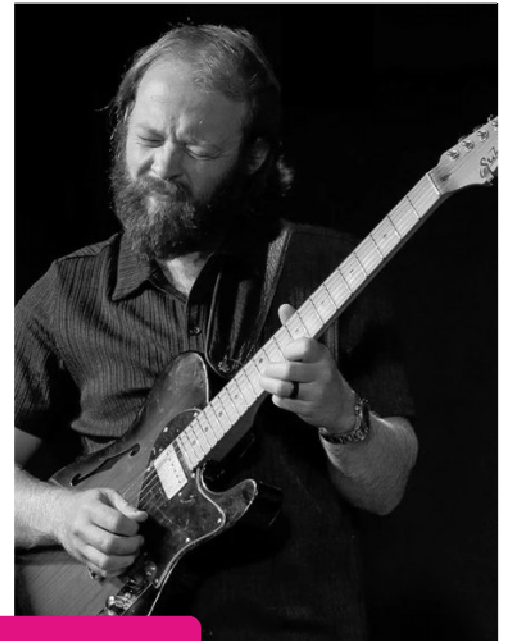


To see ALL of our Press Photos with the option to download them, please click here to go to our Electronic Press Kit Press Photos page, or scan the code with your phone.

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This is a sampling of the Press Photos available. Click or scan above for more.



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BLUE LAVA BLUES - AUDIO TRACKS

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To hear our Audio tracks, please click here to go to our website Electronic Press Kit Audio Track page.

Or scan the code with your smart phone.

Comin' Home



Louise, Louise



Up Above My Head



Hoochie Coochie Man



Help Me



Tramp



BLUE LAVA BLUES - SONG VIDEOS



To see and hear our HD Showcase Video tracks, please click here to go to our website Electronic Press Kit Showcase Videos page.

Or scan the code with your smart phone.

BLUE LAVA BLUES - SHOW DATES



To see our current schedule of Show Dates please click here to go to our website Show Dates page.

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BLUE LAVA BLUES - MEDIA REVIEW PROMPTS

415-871-6230

Feel free to use the following media review prompts in your promotions.

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Typical Set List

- Comin' Home
- Up Above My Head
- Help Me!
- Louise, Louise
- Hoochie Coochie Man
- Tramp
- Hide Away
- Mind Your Own Business
- Oh Pretty Woman
- Loan Me a Dime
- Midnight Blues
- River of Tears
- Got a New Car
- T99



Click Here for questions or a Quick Quote from Freddy, or scan the code with your phone.

"Fast Freddy has been inspired and even encouraged by some of the greatest blues legends of the past."

"Playing the guitar with remarkable versatility is Josh Hearl, whose skills embody the spirit of legendary blues guitarists."

"Matt Hefner's bass playing is effortless and impeccable, with powerful and passionate vocals."

"Fast Freddy and the Blue Lava Blues Band capture the very essence of Chicago and West Coast style blues."

"Blues sax player, Bruce Boege, is remarkable at creating soulful melodies that evoke deep emotions."

"Onstage, they exude a humble charm, creating an intimate and instant connection with the audience."

"With every note, Fast Freddy pours his heart and soul into singing the blues."

"Playing the blues with finesse and style is their impressive keyboardist, Dave Fraser with a voice to match."

"Their delivery is both soulful and authentic, drawing listeners in with their sincere and relatable interpretation of the music."

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HOW FAST FREDDY & THE BLUE LAVA BLUES BAND GOT IT'S "BLUE LAVA" NAME

Freddy: I was watching a documentary that talked about Blue Lava, with an erie, neon-blue color that can only be seen at night.

I thought, "That's the name for our band! *The Blue Lava Blues Band!*" And it worked.

Here is what Wikipedia says about Blue Lava:

"Blue lava" is an electric-blue fire that burns when sulfur combusts, producing a neon-blue flame.

Sulfur burns when it comes into contact with hot air at temperatures above 680 °F, which

produces the energetic flames.

Actual lava is red-orange in color, given its temperature. Truly-blue lava would require temperatures of at least 10,830 °F, which is much higher than any lava can naturally achieve on the surface of the Earth.

Contact Info

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That's HOT!!

Just like *The Blue Lava Blues Band!*

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Book 'Em, While They're Hot!



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BLUE LAVA BLUES - BAND STAGE PLOT

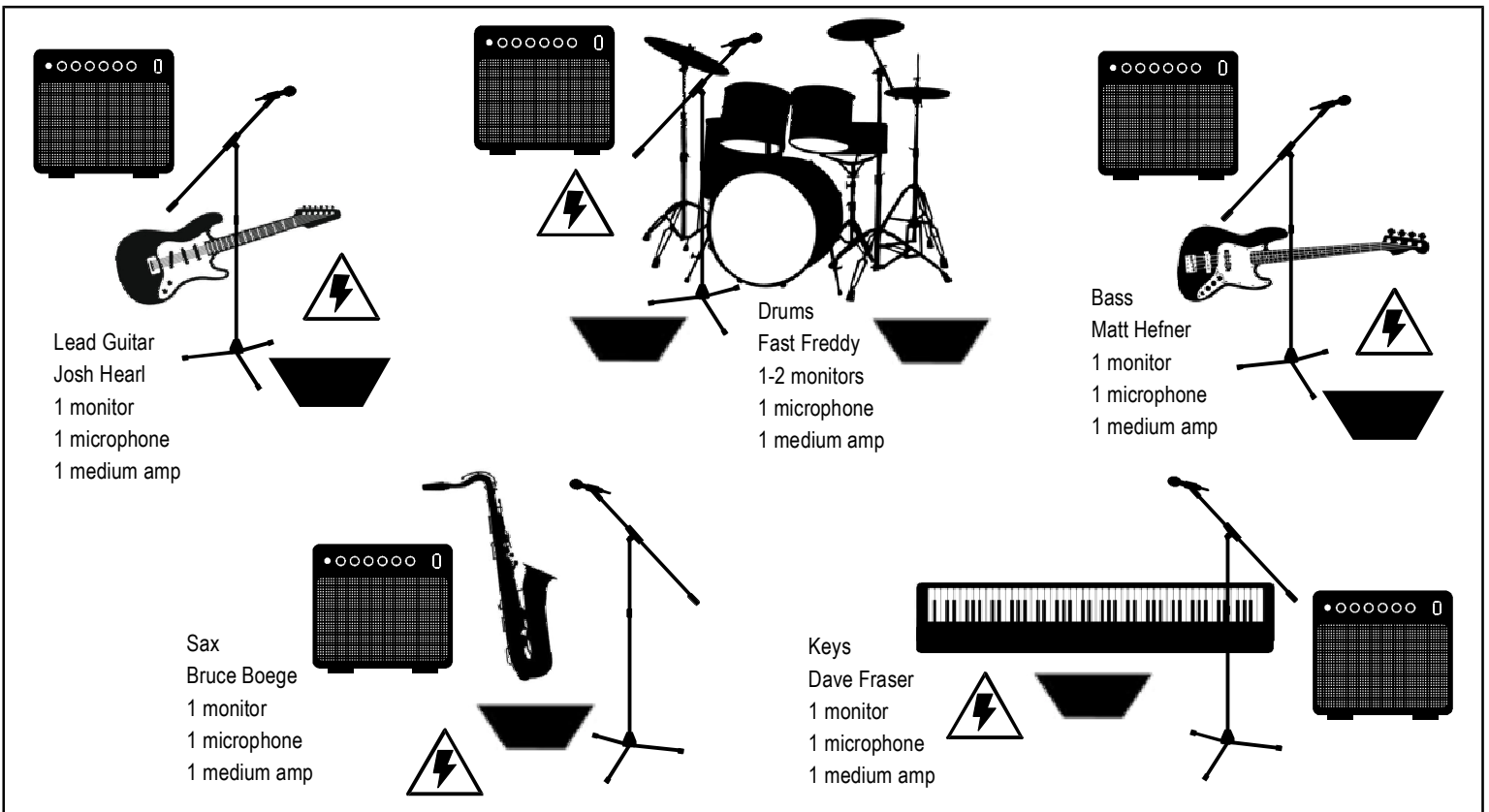


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If you want a crowd-pleasing event, you can't go wrong with Fast Freddy and the Blue Lava Blues Band. Contact them today to lock in your special dates.



Here is the band's general stage layout, instruments and power needs.

The band brings most of their own equipment shown above except for the following:

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