

IDLE TORQUE

MARCH 2024
Edition No. 262

**Newsletter of the
C.ex Coffs Sports
Touring and Classic Car Club
PO Box 2068 Coffs Harbour 2450**

Email: cexcoffsstccarclub@gmail.com

Website: www.cexcoffsstccarclub.info

NSW Historic Motoring Association

<https://historicmotoring.com.au/>



***“More
than just a
car club”***

Disclaimer: The views and opinions expressed within this newsletter are not necessarily those of the C.ex Coffs Sports Touring and Classic Car Club or its Committee.

Whilst all care has been taken, neither the club nor its officers accept responsibility for the accuracy of information printed and the quality of any items or services advertised or mentioned in this publication.

The Committee reserves the right to edit contributions for publication.

JUDY PHEMISTER — NEWSLETTER EDITOR



Updates

Ladies and gentlemen, fellow petrolheads, and aficionados of all things with four wheels and an engine,

As we gather here today, let us take a moment to reflect on the profound dichotomy that exists in the world of automotive appreciation. For while some unfortunate souls see nothing more than a hulking mass of wires, glass, metal, and rubber when they cast their gaze upon a car, we, the few, understand that these magnificent machines possess a soul—a personality, if you will—that transcends mere mechanical composition.

Yes, my friends, to us, cars are not mere objects; they are living, breathing entities, each with its own distinct character and charm. The throaty burble of a finely-tuned engine has the power to bring a smile to even the most dour of faces, while a meticulously waxed and maintained automobile can elicit compliments and stories from passersby, transporting us not only from point A to point B but also back in time to places we hold dear in our memories.

It follows that our club stands as a bastion of automotive enthusiasm and camaraderie. Here, amidst the grease and the gears, we come together to share our knowledge, to lend a helping hand in the maintenance of our beloved machines, and to revel in the joy that comes from being part of a passionate community.

I must say, my fellow gearheads, that this past month has been nothing short of spectacular. From our spirited coffee gatherings at the Beach House Cafe in Woolgoolga, where 30 of us gathered to fuel our caffeine fix and swap tales of automotive conquests, to our exhilarating drive up to Woolli Tavern with 16 eager souls in tow—where the food was as delicious as the scenery was breathtaking—we have truly embraced the spirit of adventure and camaraderie.

But let us not forget our duty to spread the gospel of horsepower and torque to the uninitiated. I am proud to report that a contingent of our members recently ventured forth to the AVEO Retirement complex to regale the residents with tales of our club and our cherished automobiles, much to the delight of our captive audience.

Next month, there is the offer of a journey to Dorrigo, where our hosts Dave and Penny Norton have offered to provide our members lunch amidst the beautiful countryside. And fear not, for our caffeine fix shall be duly satisfied with a jaunt to the Link Cafe at Toormina—a club favourite.


So let us rev our engines, my friends, and set forth on this grand adventure together. For as long as there are roads to conquer and cars to cherish, the spirit of our beloved car club shall endure.

The journey awaits,
Your Committee.




GET
INVOLVED!

OFFICE BEARERS 2023-2024

PRESIDENT Ian Ward	02 6656 1029		iw09021948@gmail.com
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SECRETARY Tom Craven		0432 508 064	tomcraven52@gmail.com
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NEWSLETTER EDITOR Judy Phemister		0407 937 327	judenruss72@gmail.com
WEBMASTER VACANT- Nominations Welcome	TRAINING	PROVIDED	VACANT - Nominations Welcome
EVENTS COMMITTEE Judy Phemister Ian Ward Brian Carter	02 6656 1029 02 6653 4365	0407 937 327 0417 646 595	judenruss72@gmail.com ian921948@tpg.com.au brian@aicanc.com.au
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AV OFFICER & REGALIA OFFICER Russell Phemister	0409 525 077		judenruss72@gmail.com
PROPERTY OFFICER Dick Willis		0427 400 158	willisrg@smartchat.net.au
RAFFLE CO-ORDINATOR VACANT- Nominations Welcome			VACANT - Nominations Welcome
<p>The following members will also attend and participate in Committee meetings.</p> <p>Judy Phemister Brian Carter Jeff Clancy Ian Reynolds</p>			<div style="border: 2px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: auto;"> <p><i>“More than just a car club”</i></p> </div>

THE "DOCTORS ABCD ACTION PLAN" FOR OUR CAR CLUB MEMBERS

DRSABCD ACTION PLAN			
D	Danger Ensure the area is safe for yourself, the patient and others.		
R	Response Check for response by asking name and squeezing shoulders.	NO Send for help.	YES Monitor, make comfortable, check for injuries.
S	Send for help Call triple zero (000) for an ambulance.		
A	Airway Open mouth and check for foreign material.	NO Place patient on back. Tilt head & lift chin to keep airway open.	YES Place patient in recovery position. Clear airway with fingers.
B	Breathing Look listen and feel for normal breathing.	NOT BREATHING NORMALLY Place on back and start CPR.	NORMAL BREATHING Place in recovery position.
C	CPR Give 30 compressions followed by two rescue breaths, or commence compression only CPR.		
D	Defibrillator Apply defibrillator and follow the device's visual and verbal prompts. Continue CPR until help arrives.		

Simply Saving Lives

CPR/DEFIBRILLATOR QUARTERLY TRAINING SESSION PRESENTERS GUIDE

AUTOMATIC EXTERNAL DEFIBRILLATOR (AED)


Display the actual Defibrillator and explain features, operation, maintenance, and accessories.
Check the Readiness Indicator on the AED and quantity of other supplies.


DEFIBRILLATOR CUSTODIAN RESPONSIBILITIES – DEDICATED POSITION

Bring the defibrillator to every club event and advise members in attendance of the device location.
If the custodian cannot attend an event, he/she must appoint a relieving custodian.

DOCTORS ABCD ACTION PLAN

Presenter to explain all steps in the Action Plan.

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Simply Saving Lives 



EMERGENCY PLUS APP – All members are encouraged to download this App.

Emergency+ is a national app developed by Australia's emergency services and Government. It contains accurate information and up-to-date technology to identify a caller's location in an emergency. The app also contains numbers for SES and Police Assistance Lines, helping callers access the appropriate phone number for an incident.

EXTERNAL TRAINING

Advise members details of the next six monthly training session at the Sawtell Surf Life Saving Club and check nominations.

TRAINING VIDEOS

Presenter to select and play a video.

AED Authority 4.57

<https://www.youtube.com/watch?v=o-uHeD4Icq0>

Victor Chan (CPR) 3.51

<https://www.youtube.com/watch?v=Plse2FOkV4Q>

Victor Chan (Defibrillator) 1.52

<https://www.youtube.com/watch?v=2PJR0JyLPZY>

EVENTS CALENDAR

		MARCH 2024		RSVP
4th	Mon	COMMITTEE MEETING 6.00 pm GENERAL MEETING 7.00 pm		
10th	Sun	 Lunch at Dave and Penny Norton's Dorrigo Everything supplied. Depart Bonville Service Station 11am	Judy Phemister judenruss72@gmail.com 0407 937 327	Sun 3rd March
16th	Sat	LADIES BREAKFAST/ BRUNCH 9AM Park Beach Surf Club	Judy Phemister judenruss72@gmail.com 0407 937 327	Sat 9th
27th	Wed	 Coffee Run Link Café Hogbin Drive Meet there 10am	Judy Phemister judenruss72@gmail.com 0407 937 327	Wed 20th March
		APRIL 2024		
7th	Sun	 COMMITTEE MEETING 10am GENERAL MEETING 11am C.ex URUNGA (meet there) Lunch following at The SHANK INN (inside the club) for those who want to stay	Judy Phemister judenruss72@gmail.com 0407 937 327	RSVP Sun 31st March for those staying for lunch
17th	Wed	 Coffee Run Idle- In Café Nana Glen Depart Homebase 9:30am or meet there around 10am	Judy Phemister judenruss72@gmail.com 0407 937 327	Wed 10th April
		MAY 2024		
6th	Mon	COMMITTEE MEETING 6.00 pm GENERAL MEETING 7.00 pm		
8th	Wed	Morning Tea Butter Factory Bellingen Depart Service Station Bonville 9:30 am	Judy Phemister judenruss72@gmail.com 0407 937 327	1st May
15th	Wed	 INVITATION -BIGGEST MORNING TEA Women and Men most welcome. Run by Breast Buddies Coffs Harbour Great morning tea for a gold coin donation. Entertainment and lots of raffles. Botanic Gardens 10-am	Judy Phemister judenruss72@gmail.com 0407 937 327	Wed 8th May ,so I can reserve tables.
26th	Sun	 Amble Inn Lunch Run Depart Repco Homebase at 11:30 or meet up there around 12o`clock	Judy Phemister judenruss72@gmail.com 0407 937 327	Sun 19th

SUMMER BEACH HOP



WE WANT YOU & YOUR VEHICLE!

If you own a pre 1985 vehicle, we are keen to hear from you. We have 2 events where vehicles can be displayed, both on the Coffs Harbour foreshores near the historic jetty. They are:

- **Saturday March 18th** Coffs Jetty Foreshores from 10AM until 12 MIDDAY. A professional photographer will be on site to take a photo of you with your car or with one of our energetic dancers. But be quick numbers are very limited.
- **Sunday March 19th** Coffs Jetty Foreshores – 9AM – 2PM. Run in conjunction with the local Harbourside Markets, Sunday mornings are normally very busy. For Sunday we have 2 locations on the site. The inner circle is where most people want to be, close to the busy buzz of the markets. Cars must remain on site from 9am – 1.30pm. The top grassed area near the road is less stringent with cars required to be on site only from 10am – 1pm.

PLEASE NOTE:

- We **do not charge** for entry to the site, or to display your vehicle. You must remain on site however, for the time stipulated. On Sunday car owners will also receive 2 free passes to the Drivers Hospitality Tent with limited refreshments available at no charge.
- If from out of town we can also help with suggestions for accommodation.

WHAT DO YOU HAVE TO DO TO BE PART OF THIS?

CONTACT YOUR LOCAL CAR CLUB PRES OR SECRETARY – OR

Simply send us an email to john_jle@tpg.com.au

- Subject SUMMER BEACH HOP saying:
- I want to be part of this weekend.
- My car and I are available Saturday or Sunday or both.

YOUR NAME & MOBILE

- DETAILS OF YOUR CAR (e.g. make, model, year)

- SEND US A PHOTO.

We will reply as quickly as we can with exact location & site entry details on the day.

Phone number for enquiries is 02 66 528266 BH.

INVITATION EVENT

SUMMER BEACH HOP

March 16,17 - 2024

SATURDAY 10.30AM

CITY CENTRE

"SATURDAY SESSION"

Classic Cars-Music-Dance

Display from JRDS -FREE

SATURDAY 3PM

CEX COFFS

The Robertson Brothers

1960s Variety TV Show

ticketed event

tx @cex.com.au

SUNDAY 9AM

"THE MAIN EVENT"

HARBOURSIDE MARKETS

Classic Cars, Live music with BAD

SNEAKERS, Shannons Show n

Shine, full Sunday Market &

more. FREE.

**If you want to display your
pre 1985 car, email us now
on john.logan@ilent.com.au**



BEACH HOUSE WOOLGOOLGA

Gathering at our starting point for the run up the highway to Woopi to meet up with other members.





Emilios Bistro Wooli

The rain threatened a dry drive up to Wooli however thankfully it had cleared by departure time .A smallish group of 16 enjoyed pizza, burgers and kids fish and chips for Cynthia . The drive up gave our newcomers to Coffs, Ann and Gary a chance to explore our picturesque area.





Our club was approached by AVEO Aged Care in Coffs Harbour to participate in their CLUB CONNECTION that connects residents to organisations outside of the village. Several of our members took their cars for residents to admire and AVEO provided us with a delicious morning tea. Our president Ian Ward addressed the residents and gave them a bit of history and information regarding our club. Russell Phemister passed around photo books of his three cars for the residents to peruse as well as giving a short rendition on the piano. Some members took the opportunity to inspect the units for future options for retirement living . We were also presented with a cheque for \$500 that we will donate to one or more local charities. A delightful morning was had by all and once again our moto “MORE THAN JUST A CAR CLUB” was certainly put into action.



Early 1900's



1954 Morris Minor Saloon with Roof Top Camp Tent.



Great artistic talent



What year is this ?



Actress Brigitte Bardot posing with her 1954 Simca Aronde convertible!



And a closeup of Bridgette for one of our members who shall remain anonymous ???

Regalia and Shirts



Windscreen Sash \$22
6 available

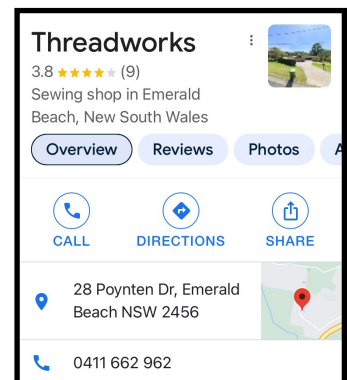


Metal Car Badge
\$30
26 available



Caps \$22
2 available

Purchase shirt at Jack Simmons-men's and women's style available .Contact Threadworks to get embroidery done



FOR SALE, 1984 Mercedes 280 CE, pillarless coupe, in very good condition with outstanding class and appeal.

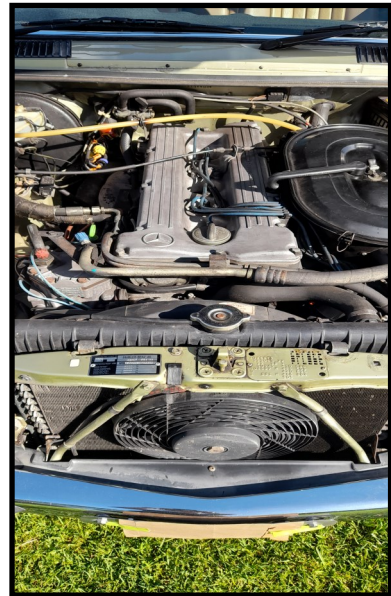
254,000 km. Engine number 11098822027160.

The W123 series were overly engineered and virtually indestructible.

Having a twin overhead cam motor, automatic transmission, power steering and cruise control, it drives and handles like a new car.

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Phone Neil on 0414560265 for more information, if interested.



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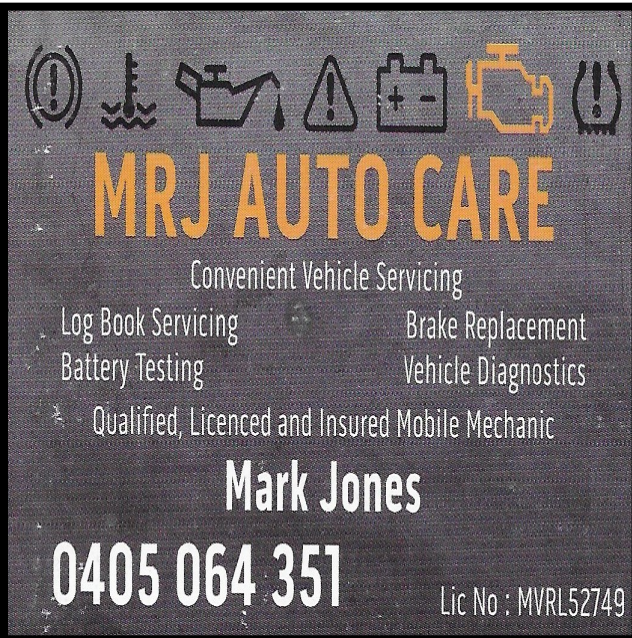
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