

IDLE TORQUE



JUNE 2025

Edition No. 277

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

Email: cexcoffsstccarclub@gmail.com

Website: www.cexcoffstccarclub.info

NSW Historic Motoring Association <https://www.nswhma.org.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.

MICHAEL GUYMER— NEWSLETTER EDITOR

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**Russell & Judy Phemister
Life Members August 2024**

An Important Message From Your Committee

Dear Fellow Members,

We are writing to you as your club needs your assistance.

At our last monthly meeting our current Secretary and Treasurer gave notice that they would not be able to stand for re-election at the AGM in August. We are required by the clubs Rules of Operation to elect a President, Vice President, Secretary, Treasurer and at least one Management Committee position.

That means we effectively need only 5 members (or 6%) of our current 76 membership, to continue to operate. The problem is a small percentage of the membership have been carrying these important roles within the car club for many years now and we need to refresh our committee.

Our club has always been “*More than just a car club*” and with such a long history, it is in every member’s best interest for the car club to continue to grow and prosper. However, this cannot be done unless the work required to meet our obligations as an Intra-Club of C.ex Coffs, and enjoy the many financial benefits this provides, is shared more equally within our membership.

As we are about to enter our 25th club year, it is timely we look towards our August AGM. We are now seeking help from members who have the time and energy to take on the required roles, or have the time and are willing to learn, with full support being provided by members leaving the roles. The current Committee jobs are now much simpler and less time consuming than before, thanks to the introduction of three club laptops, on-line banking, and an active website. Many other changes are also being considered to further remove or reduce existing administration.

Please remember if we cannot fill Committee positions the club cannot continue and we will lose the benefits of such a great club.

If you are able to help or would simply like to discuss any roles without obligation, please contact the President, Pat O’Carroll on 0448 017 048.

Regards,

Your Committee





C.EX COFFS SPORTS TOURING AND CLASSIC CAR CLUB

COMMITTEE ELECTIONS NOMINATION FORM 2025 – 2026

Please return completed Nomination Forms to the Club Secretary by **30th June 2025**

If you are nominating someone for a position, the nominee must agree and sign the form. You must then sign as Proposer and have a Seconder sign also.

Members may self-nominate if they wish and further nominations will be taken from the floor by the Receiving Officer at the Annual General Meeting.

	CAR CLUB POSITION	NOMINEE NAME	NOMINEE SIGNATURE
1	PRESIDENT		
2	VICE PRESIDENT		
3	SECRETARY		
4	TREASURER		
5	COMMITTEE MEMBER		
6	COMMITTEE MEMBER		
7	COMMITTEE MEMBER		
8	COMMITTEE MEMBER		

NAME & SIGNATURE OF PROPOSING MEMBER

NAME & SIGNATURE OF SECONDING MEMBER



Membership Fees 2025 - 2026

Your annual membership renewal of \$35.00 per member, is due by
Monday 14th July 2025

(The increase of \$10.00 to \$35.00 was passed at our AGM in 2024)

As in previous years, please direct credit our car club account, including your C.ex Coffs membership number and surname in the reference or description field.

Example ***“12345 Smith”***

Account details to credit are:

BSB Number: 533000

Account Number: 10652729

Reference Field: **(Please don't forget)**

Please ensure your membership renewals are paid by the due date as only financial members may vote at the AGM on 3rd August 2025.

If any member cannot pay by direct debit, please give our Treasurer a phone call so he may organise your payment.

Phone Mike Gosbell 0418 518 141

New members who have joined in May, June or July 2025 are not required to pay a renewal fee.

Thank You

COMMITTEE

EVENTS CALENDAR JUNE - AUGUST 2025

DATE	DAY	MONTH	CONTACT	RSVP
		JUNE		
1st	Sunday Sunday Sunday Sunday	CEX URUNGA COMMITTEE MEETING 10.00am GENERAL MEETING 11.00 am LUNCH 12.00 -12.30pm	Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	Wed May 28th For Lunch Numbers
7th	Sat	PORT MACQUARIE RIVER CRUISE OPTIONAL OVERNIGHT OR DAY TRIP	Sandy Guymer theguymer@bigpond.com 0417 200 488	Thu 5th Jun
18th	Wed	COFFEE RUN TO IDLE INN CAFE NANA GLEN Depart Home Base 9.30am Travel north turning off at Moonee and proceeding up Bucca Road.	Bob Rushbrook 0431 445 311	Wed 11th June
		JULY		
6th	Sunday Sunday Sunday Sunday	CEX WOOLGOOLGA COMMITTEE MEETING 10.00am GENERAL MEETING 11.00 am LUNCH 12.00 -12.30pm	Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	Wed July 2nd For Lunch Numbers
12th	Sat	LADIES BREAKFAST AANUKA RESORT COFFS HARBOUR	Sandy Guymer theguymer@bigpond.com 0417 200 488	Wed 9th July
16th	Wed	BYO MORNING TEA VALLA BEACH RESERVE Depart Bonville Service Station 9.30am	NO RSVP REQUIRED	JUST TURN UP
		AUGUST		
3rd	Sunday Sunday Sunday Sunday	ANNUAL GENERAL MEETING	Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	FRIDAY 25TH JULY
13th	Wed	BYO MORNING TEA RUN MORGOPARK URUNGA	NO RSVP REQUIRED	JUST TURN UP
30	Sat	SUMMERLAND SPORTS AND CLASSIC CAR CLUB INC. OPEN DAY CELEBRATION INVITATION EVENT REFER FLYER ON PAGE 8	Ian Reynolds ianandrobrynreynolds@gmail.com 0417 473 029	



Presents...

The Long Lunch

A Blokes gathering to have a chat
about Men's Mental Health

SAWTELL
RESERVE HALL
Sunday June 15
from 1pm



"Life's Better When
You're Laughing!"

FEATURING...

- Special Guest Speakers
- Long Table Lunch from the Hilltop

Tix \$40...





**OPEN DAY CELEBRATION
LISMORE PCYC
& SUMMERLAND SPORTS & CLASSIC CAR CLUB INC.**

INVITATION
CAR SHOW and COFFEE
Saturday August 30th 2025 9:00am – 11:30am

Where: PCYC Lismore Cnr. Orion & Dawson Streets, Lismore

What: All vintage, veteran, classic, sports and unique cars and bikes welcome

Entry Cost: \$10 per vehicle

Cars and bikes assemble at PCYC from 8.00am
Judging will commence at 10.00am
Trophies presented from 11.00am

We would appreciate your promotion of our event to your members
and its inclusion in your Club calendar for this year.

Coffee and food will be present on the day.

Summerland Sports & Classic Car Club has joined PCYC to help raise monies for their
Safer Driver Courses for Learner Drivers.

Thank you. We look forward to sharing our day with you.

For additional information, please write to Summerland Sports & Classic Car Club,
PO Box 761, Lismore, NSW 2480.

or telephone: Jeff Johnston 0419 006 302 or
Terry Goldman 0429 380 381

or email: summerlandsportsclassiccarclub@gmail.com

PLEASE NOTE the entry charge of \$10 per vehicle

Trophies on the day will be awarded under the following categories:

Best Australian Car	Best Vintage or Veteran Car
Best American Car	Best Sports Car
Best British Car	Best Hot Rod
Best Japanese Car	Best Competition Car
Best European Car	Best Commercial Vehicle
People's Choice (by popular vote on the day)	



**C.ex Coffs Sports Touring & Classic Car Club
2025 Annual General Meeting
C.ex Woolgoolga Club - Sunday 3rd August 2025**

Car Display 9.45am to 10.15am

Members Car Display in C.ex Woolgoolga Club rear carpark.

Morning Tea 10.15am to 11am

Morning tea provided by the Car Club and catered for by C.ex Woolgoolga

Annual General Meeting 11am to 12.00pm

Welcome by President

Apologies and signing of the attendance record

Confirmation of minutes of previous 25th August 2024 and business arising

Presentation of the Treasurers Report 30th June 2025

Election of Committee – Returning Officer Dick Willis

Questions from the floor

Closing Address by President

Meeting closes 12:00pm

12.30pm Lunch in Bistro (Optional and at members own expense)

IF YOU ARE ATTENDING THE AGM

We require your RSVP no later than Friday 25th July for morning tea catering purposes.

IF YOU ARE STAYING ON FOR LUNCH

We also require your RSVP no later than Friday 25th July to advise Bistro staff.

Early replies will be appreciated and assist your Committee organising this event.

Please RSVP to Pat O'Carroll

thecarrolls@hotmail.com

02 6653 5585 0448 017 048

JOIN AN ADVENTURE WITH PURPOSE

**BATHURST TO DUBBO
VIA PORT MACQUARIE
6TH - 13TH SEP 2025**



**REGISTER
TODAY**

**Whether you're Kruising or Rallying, The Kidney Kar Rally
has something to offer all motoring enthusiasts.**

**The Kidney Kar Rally raises money for kids living with
kidney disease, ensuring they get the care, treatment
and support they need.**

**
Kidney Kar Rally**

General Meeting and Lunch at C.ex Urunga 4th May 2025



General meeting gets under way.



President Pat O'Carroll thanking Kerry Piper, Community Co-ordinator Coffs Cancer Council, for attending the meeting as our guest speaker.



Lunch is served



Another rainy day

**Morning Tea & Guided Tour
Wiigulga Sports Complex
Wednesday 14th May 2025**



Lunch at The Hungry Puku Frederickton 25th May 2025

Happy to see a clear sky after days of rain, 17 members set out for the Hungry Puku Cafe at Fredrickton, situated on the Macleay River. The township was shielded from the flooding by a well designed levee bank. Our hostess Tracey prepared a sumptuous buffet of lamb, chicken, quiche, vegetables, tater bake, bean salad, home made scones and of course gravy with all the necessary accompaniments. BYO was allowed so it was all washed down with a cooling drop. To top off an excellent meal we had choices of deserts and coffees. Pat presented Ann with a beautiful bunch of flowers in thanks for putting the event together. The food was very tasty and enjoyable and it was vowed we return for more PUKU offerings.

Thanks to Gary Bianco for his report.





FOR SALE



The car is a **1999 C200 ELEGANCE**, driven 373,00km, was always serviced in Sydney & here in Coffs by a Mercedes specialist & is in excellent condition.

We are selling because my wife of 82 has difficulty getting in & out of it. I will include a brilliant roof rack with the sale. We live at Bonville and my asking price is \$7,000, which is negotiable.

An interested party is requested to **text me (Michael) on 0422 044 420** in case I do not recognise the number & am willing to bring the car to anyone who is interested.



THE LATEST NEWS

Welcome to our April-May 2025 Newsletter

Our car club receives this publication regularly and I have selected a link which members may find interesting.

Clicking on the link below will provide access to the history of many different makes of vehicles.

Then, simply click on the make of vehicle you wish to read about.

Regards,

EDITOR

<https://historicvehicles.com.au/historic-car-brands>

IMPORTANT DATES



2025 Car Club General Meeting Dates

MONTH	DATE	DAY	LOCATION and TIME	TYPE
February	3	Monday	Coffs @ 7.00PM	General
March	3	Monday	Coffs @ 7.00PM	General
April	7	Monday	Coffs @ 7.00PM	General
May	4	Sunday	Urunga @ 11.00AM	General
June	1	Sunday	Urunga @ 11.00AM	General
July	6	Sunday	Woopi @ 11.00AM	General
August	3	Sunday	Woopi @ 10.30AM	General & AGM
September	1	Monday	Coffs @ 7.00PM	General
October	7	Tuesday	Coffs @ 7.00PM	General
November	3	Monday	Coffs @ 7.00PM	General
December	1	Monday	Coffs @ 7.00PM	General

Members please note.....

In 2025 we will be trialling 2 day time meetings at C.ex Urunga and 2 day time meetings at C.ex Woolgoolga.

These meetings will include the option for attendees to stay on for lunch at the respective clubs, at their own cost. The AGM will again still include the traditional free morning tea.

These changes are a Committee initiative to provide some options for members who are unable to attend evening meetings, particularly in the winter months.

Committee members meet for their Committee Meeting one hour prior to the General Meeting commencement time.

CEX COFFS CAR CLUB EMERGENCY PROCEDURE

SELF TRAINING MODULE FOR ALL MEMBERS



The car club emergency procedures have been restructured and reduced to one page.

Six important “Need to Know” topics have been selected and are supported by six short training videos.

As with all activities in the car club, participation is not compulsory, however this new procedure will provide those club members wishing to improve and retain their knowledge of the emergency procedures with ready access to a user-friendly self-training module.

The procedure is accessed from the **Car Club Website**.

Open the “Emergency Procedure” page and there are instructions explaining how to access the Self-Training videos.

Regular follow up by Committee, including feedback from participants, will be conducted at monthly club meetings.

KNOW THE DOCTORS ABCD ACTION PLAN "DRSABCD"

St John Ambulance Video – Duration 3 Minutes

https://www.youtube.com/watch?v=yBDk_dlzvaQ

KNOW YOUR CLUB EQUIPMENT – CUSTODIAN, LOCATION AND OPERATION

AED Authority Video – Duration 5 minutes

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

KNOW HOW TO DO CPR

Victor Chan Video – Duration 4 minutes

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

KNOW CORRECT CHEST COMPRESSIONS - BEATY METRODOME

Medical Feedback Technologies – Duration 3 minutes

<https://www.youtube.com/watch?v=Ntm4b4TCz50>

KNOW HOW TO OPERATE THE DEFIBRILLATOR

Victor Chan Video – Duration 2 minutes

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

KNOW HOW TO DOWNLOAD THE EMERGENCY PLUS APP

First Aid Accident and Emergency Video – Duration 2 Minutes

<https://www.youtube.com/watch?v=p3WI27nxJ-c>

Club Regalia

Regalia serves an important role in identifying and promoting our car club in the local community and gives valuable exposure to C.ex Coff's in recognition of their support.

Our car club has accumulated a large range of regalia over the years however, there has been a noticeable recent decline in demand from members.

It is therefore timely that our Committee review the current range of Regalia by seeking feedback from members.

Members are encouraged to offer suggestions regarding what items of Regalia our car club should remove, retain or consider introducing.

As no feedback has been received from members to this notice after appearing in two editions of Idle Torque, this matter will be passed to the new Management Committee in August 2026 to conduct a review and make any changes they deem necessary.



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