

# ***IDLE TORQUE***



## ***MAY 2025***

**Edition No. 276**

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

Email: [cexcoffsstccarclub@gmail.com](mailto:cexcoffsstccarclub@gmail.com)

Website: [www.cexcoffsstccarclub.info](http://www.cexcoffsstccarclub.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**

# OFFICE BEARERS 2024-2025

<b>PRESIDENT</b> Pat O'Carroll	02 6653 5585	0448 017 048	<a href="mailto:theocarrolls@hotmail.com">theocarrolls@hotmail.com</a>
<b>VICE PRESIDENT</b> Albert Johnson		0418 968 004	<a href="mailto:albertwgjohnson@gmail.com">albertwgjohnson@gmail.com</a>
<b>SECRETARY</b> Tom Craven		0432 508 064	<a href="mailto:tomcraven52@gmail.com">tomcraven52@gmail.com</a>
<b>TREASURER</b> Mike Gosbell		0428 518 141	<a href="mailto:michaelgosbell2@bigpond.com">michaelgosbell2@bigpond.com</a>
<b>MANAGEMENT COMMITTEE</b> 1 Patrick Mathon 2 Bob Rushbrook 3 Steve Woods 4 Ian Ward	02 6658 8225  02 6656 1029	0418 430 401 0431 445 311 0408 436 356	<a href="mailto:p.mathon@bigpond.net.au">p.mathon@bigpond.net.au</a> <a href="mailto:bob.rushy@gmail.com">bob.rushy@gmail.com</a> <a href="mailto:stevewoods2@bigpond.com">stevewoods2@bigpond.com</a> <a href="mailto:iw09021948@gmail.com">iw09021948@gmail.com</a>
<b>NEWSLETTER EDITOR</b> Michael Guymer	02 6658 5028	0409 827 064	<a href="mailto:theguymers@bigpond.com">theguymers@bigpond.com</a>
<b>WEBMASTER</b> Michael Guymer	02 6658 5028	0409 827 064	<a href="mailto:theguymers@bigpond.com">theguymers@bigpond.com</a>
<b>EVENTS COMMITTEE</b> Steve Woods Sandra Guymer Bob Rushbrook Ian Ward	02 6658 5028 02 6658 8225 02 6656 1029	0408 436 356 0417 200 488 0431 445 311	<a href="mailto:stevewoods2@bigpond.com">stevewoods2@bigpond.com</a> <a href="mailto:theguymers@bigpond.com">theguymers@bigpond.com</a> <a href="mailto:bob.rushy@gmail.com">bob.rushy@gmail.com</a> <a href="mailto:iw09021948@gmail.com">iw09021948@gmail.com</a>
<b>PUBLICITY OFFICER</b> Brian Carter	02 6653 4365	0417 646 595	<a href="mailto:brian@aicanc.com.au">brian@aicanc.com.au</a>
<b>REGISTRATION ADMINISTRATOR</b> Patrick Mathon		0418 430 401	<a href="mailto:p.mathon@bigpond.net.au">p.mathon@bigpond.net.au</a>
<b>REGISTRATION INSPECTORS</b> Barry Habgood Albert Johnson		0419 691 513 0418 968 004	<a href="mailto:barrhabgood@bigpond.com">barrhabgood@bigpond.com</a> <a href="mailto:albertwgjohnson@gmail.com">albertwgjohnson@gmail.com</a>
<b>PROPERTY &amp; REGALIA OFFICER</b> Dick Willis		0427 400 158	<a href="mailto:willisrg@smatchat.net.au">willisrg@smatchat.net.au</a>
<b>RAFFLE CO-ORDINATOR</b> Ian Ward	02 6656 1029		<a href="mailto:iw09021948@gmail.com">iw09021948@gmail.com</a>



**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 Secunder 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**

---

# EVENTS CALENDAR MAY - JULY 2025

DATE	DAY	MONTH	CONTACT	RSVP
		MAY		
4th	Sunday Sunday Sunday Sunday	CEX URUNGA COMMITTEE MEETING 10.00am GENERAL MEETING 11.00 am <b>(Guest Speaker From Cancer Council)</b> LUNCH 12.00 -12.30pm	Pat O'Carroll <a href="mailto:theocarrolls@hotmail.com">theocarrolls@hotmail.com</a> 0448 017 048	Sun Apr 27th For Lunch Numbers
14th	Wed	MORNING TEA AND GUIDED TOUR WIIGULGA SPORTS COMPLEX WOOLGOOLGA	Ken Stanley <a href="mailto:kenstanley854@gmail.com">kenstanley854@gmail.com</a> 0438 396 987	Mon 12th May
25th	Sun	LUNCH AT THE HUNGRY PUKU FREDERICKTON <b>REFER FLYER ON PAGE 6</b>	Ann Bianco <a href="mailto:annbianco159@gmail.com">annbianco159@gmail.com</a> 0407 402 469	Sun 18th May
21st	Wed	BIGGEST MORNING TEA Botanic Gardens Coffs Harbour 10.00am - 2.00pm <b>REFER FLYER ON PAGE 7</b>	HOSTED BY COFFS BREAST CANCER BUDDIES	JUST TURN UP
		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 <a href="mailto:theocarrolls@hotmail.com">theocarrolls@hotmail.com</a> 0448 017 048	Wed May 28th For Lunch Numbers
7th	Sat	PORT MACQUARIE RIVER CRUISE OPTIONAL OVERNIGHT OR DAY TRIP <b>REFER FLYER ON PAGE 8</b>	Sandy Guymer <a href="mailto:theguymers@bigpond.com">theguymers@bigpond.com</a> 0417 200 488	Sat 10th May
18th	Wed	COFFEE RUN TO CORAMBA HOTEL Depart Home Base 9.30am	Bob Rushbrook <a href="mailto:bob.rushy@gmail.com">bob.rushy@gmail.com</a> 0431 445 311	Sun 15th 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 <a href="mailto:theocarrolls@hotmail.com">theocarrolls@hotmail.com</a> 0448 017 048	Wed July 2nd For Lunch Numbers
12th	Sat	LADIES BREAKFAST AANUKA RESORT COFFS HARBOUR	Sandy Guymer <a href="mailto:theguymers@bigpond.com">theguymers@bigpond.com</a> 0417 200 488	Wed 9th July
16th	Wed	BYO MORNING TEA VALLA BEACH RESERVE Depart Boambee Service Station 9.30am	NO RSVP REQUIRED	JUST TURN UP
		AUGUST		
3rd	Sunday Sunday Sunday	<b>ANNUAL GENERAL MEETING</b>		



## Roast Lunch at The Hungry Puku Frederickton

The Hungry Puku is a family owned and run café with a reputation for good food.



*The "Hungry Puku" (meaning stomach in Maori) first found life in the canteen of Frederickton Primary School where it operated as a takeaway with delivered, ready-made meals. Now the business has found a new home on Macleay Street, Frederickton located in what was formerly the famous Frederickton Newsagency, Take Away, Ice Creamery & Post Office"*

**When:** Sunday 25 May 2025

**Where:** 5/7 Macleay Street Frederickton (Opposite The Fredo Pub)

**Depart:** Bonville at 10.45am to arrive Fredo at 12.00pm.

**Menu:** A buffet comprising of roast Lamb studded with rosemary and garlic, roast chicken with tarragon Sauce, all with pan juice gravy and medley of roast vegetables, potato bake and finish off with bean salad with fresh coriander and mint.

**Cost:** \$30 per person.

Dessert cake (\$8.50) and Coffee (\$4.50) can be purchased at additional cost.

Soft drinks are available, but please note the venue DOES NOT have a licence for on site sale or BYO for alcohol.

**Contact Ann Bianco to make your booking:**

0407 402 469 or email [annbianco159@gmail.com](mailto:annbianco159@gmail.com)

Car club member, Judy Phemister, is seeking support for this very worthy event.

Several ladies from our car club have attended previous years. Judy has advised there is no need to RSVP, just turn up on the day.



HOSTED BY COFFS HARBOUR BREAST CANCER BUDDIES

**WEDNESDAY, MAY 21<sup>st</sup> 10am to 12 noon**

**BOTANIC GARDENS, COFFS HARBOUR**



Join us for a cuppa & lots of tasty treats!

Raffle prizes and Lucky Door gifts to be won

All funds raised will support Cancer Council programs

See you there!

CONTACT

Di (0423 336 048) or Debbie (0411 152 517)

# Port Macquarie Event Re-Scheduled - Saturday 7th June 2025



The Port Macquarie event planned for 8th March was cancelled due to Cyclone Alfred and in support of the 26 members who were disappointed, this event has been re-scheduled.

Our events committee always endeavours to cater for all members and due to the change in the cruise time, this event is now able to be held as a **day trip or overnight stay**.

All members can now check their calendars and consider the two options to enjoy this event. At this stage, from our original group, we have 7 couples staying overnight and 2 couples opting for the day trip.

The new itinerary is;

## **SATURDAY 7th JUNE**

**8.00am** - Leave Bonville Service Station

**10.00am** - Arrive Port Macquarie. Those staying overnight may be able to park at their motel, day trippers will find parking near the boat mooring. The 2 hour travel time allows for any quick individual comfort stops and our boat is moored close to the town centre if anyone wants a quick coffee etc before boarding.

**10.45am** - Board the Port Adventure for the 2 hour Dolphin Spotting River Cruise. A light lunch including wraps, fresh fruit, tea and coffee is provided. Alcohol is available at own cost. NO BYO.

**1.00pm** - Boat returns to mooring. Some optional sites to consider visiting are, The Glasshouse, The Museum, The Historic Court House, and Markets (all within walking distance of the boat mooring) or simply walk the breakwall, or relax on the Village Green.

**2.30pm** - Overnights to check into their accommodation, suggested accommodation is the Waters Edge Comfort Resort. Day Trippers will probably then leave for Coffs Harbour.

**3.30pm - 5.30pm** - Some indoor activities have been arranged.

**6.30pm** - Dinner will be held at the West Port Club which is walking distance from the Waters Edge Comfort Resort. Group to decide on breakfast options for Sunday.

## **SUNDAY 8th JUNE**

**9.30am** - Check out of accommodation

**10.00am** - Arrive at Ricardoes Tomatoes and Strawberries for morning tea. This may include a guided tour which we are trying to arrange.

**12.pm** - Leave for Coffs Harbour.

**RSVP to Sandy Guymer by 10th May**

**Email: [theguymers@bigpond.com](mailto:theguymers@bigpond.com) Mobile: 0417 200 488**

For members who are not holding a cruise credit from 8th March booking, the cost of the cruise will be the same, \$39.00 per head.

Accommodation at the Waters Edge is ranging between \$172 and \$212, depending on what room options and cancellation options you select.

***"More  
than just a  
car club"***





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

**\*INVITATION\***  
**CAR SHOW and COFFEE**  
**Saturday August 30<sup>th</sup> 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: [summerlandsportscarsclub@gmail.com](mailto:summerlandsportscarsclub@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)	

## Coffs Sports and Leisure Show Sunday 13th April 2025



## Bellingen Butter Factory 16th April 2025



Unfortunately, no photos were sent in from the 16th April event, so here is one from the archives, same venue 17th February 2017



## Ladies Breakfast at Donovans Toormina 26th April 2025



## COMMUNICATION



It appears some members may not be advising their partners of the Ladies Breakfast events.

Could you please ensure you pass such information on when you read the club newsletter.

Thank you.

Sandy Guymer



**Lunch at Lowanna Railway Station  
Sunday 27th April 2025**





# Lowanna Railway Station



1974



2025



Our car club recently reviewed our audio/visual equipment and found several items were now surplus to our needs.

The committee then approached the C.ex Coffs and suggested the surplus equipment be donated, and approval was given to donate to St Josephs Aged Care in Coffs Harbour.

A life member of our car club, who was our Audio Visual Officer, is now resident at St Josephs and with his knowledge of the equipment, all residents at St Josephs will benefit.

The donated equipment is all high quality and includes two large powered speakers, several mixers, and two remote microphones.

Our car club thanks the C.ex Coffs for approving this donation to such a worthy cause.



Pictured left to right, Pat O'Carroll (Car Club President), Amanda Hope (St Josephs), Russell Phemister (Resident), and Ian Ward (Car Club Member)

# 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](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>





## 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 & <b>AGM</b>
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.



*Regalia serves an important role in identifying and promoting our car club in the local community and gives valuable exposure to C.ex Coffs 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.*





## SUPPORT OUR SPONSORS



**Battery World**  
BATTERIES TO POWER YOUR WORLD  
24 HOUR  
Unit 3, 22 Keona Circuit North Boambee Valley  
**13 17 60** or **02 6650 9588**



**Octane**  
Darkest Legal Window Film  
**Tint-a-Car**  
Car. Home. Office.  
Ph: 6651 6466  
1/ 10 Marcia Street  
COFFS HARBOUR  
NSW 2450  
Call 13 TINT  
tintacar.com.au



**Repsco**  
It starts with the parts  
**HOMEBASE SHOPPING CENTRE**  
**252 PACIFIC HWY**  
**COFFS HARBOUR NSW 2450.**  
**TEL. 0266 521877**  
Show your Car Club Membership Card and get  
a discount  
(excludes catalogue & sale items)



**autObarn**  
COFFS HARBOUR  
**GETS YOU THERE FOR LESS!**  
**GREAT SERVICE & ADVICE!**  
**EXPERT INSTALLATION SERVICE!**  
**FREE EXTENDED GUARANTEES!**  
**GUARANTEED BEST PRICES!**  
**WE HAVE ALL YOUR CAR NEEDS COVERED!**  
• ACCESSORIES  
• SPARE PARTS & TOOLS  
• MOBILE ELECTRONICS  
• NAVIGATION SYSTEMS  
• CAR CARE  
• SEAT COVERS  
• OILS & ADDITIVES  
• PERFORMANCE GEAR  
Your Local Autobarn  
**OPEN 7 DAYS**  
**COFFS HARBOUR**  
UNIT 1, 3 NORTH  
BOAMBEE RD  
PH: 6651 8699  
**autObarn**