

IDLE TORQUE



FEBRUARY 2025

Edition No. 273

**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

FEBRUARY 2025

Page 1

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Russell & Judy Phemister
Life Members August 2024

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 can be accessed from the **Car Club Newsletter or the Car Club Website.** This page will be published in all editions of Idle Torque and to access from the website simply open page 3 “Emergency Procedures” and click on the icon.

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>

EVENTS CALENDAR FEBRUARY 2025 - APRIL 2025

DATE	DAY	MONTH	CONTACT	RSVP
		FEBRUARY		
3rd	Mon	COMMITTEE MEETING 6.00 pm GENERAL MEETING 7.00 pm		
9th	Sun	CRESCENT HEAD GOLF CLUB MINI GOLF (optional) \$16 per head THEN LUNCH IN CHINESE RESTAURANT Depart Bonville Service 8.30am So far total of 31 Starters - 21 playing Mini Golf	Sandy Guymer theguymers@bigpond.com 0417 200 488	Wed Feb 5th
19th	Wed	BYO MORNING TEA AT RED ROCK Depart Home Base 9.30am	Steve Woods stevewoods2@bigpond.com 0408 436 356	NA
		MARCH		
3rd	Mon	COMMITTEE MEETING 6.00 pm GENERAL MEETING 7.00 pm		
8th	Mar	PORT MACQUARIE OVERNIGHT EVENT 26 CONFIRMED 4 PLACES STILL AVAILABLE	Sandy Guymer theguymers@bigpond.com 0417 200 488	
19th	Wed	BYO MORNING TEA AT MYLESTOM Depart Bonville Service 9.30am	Bob Rushbrook bob.rushby@gmail.com 02 6658 8225 0431 445 311	NA
		APRIL		
7th	Mon	COMMITTEE MEETING 6.00 pm GENERAL MEETING 7.00 pm		
13th	Sun	COFFS COAST SPORT & LEISURE MOTOR FESTIVAL RSVP TO PAT WITH CAR DETAILS	INVITATION EVENT Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	Sun Mar 23rd
16th	Wed	COFFEE RUN BELLO BUTTER FACTORY Depart Bonville Service 9.30am	Ian Ward iw09021948@gmail.com 02 6656 1029	Wed Apr 9th
26th	Sat	LADIES BREAKFAST LINK CAFÉ 9.30am	Sandy Guymer theguymers@bigpond.com 0417 200 488	Mon 21st Apr
		EASTER BREAK 18th, 19th, 20th, 21st April		
27th	Sun	RUN TO LOWANNA With BYO picnic or BBQ lunch on the old Station Platform. A member of the Glenreagh Mountain Railway will be on hand to answer all our questions about the line. Depart Home Base at 10.30.	Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	Thu Apr 17th



FROM MODEL TRAINS TO RACE WINNING CARS!



If it **has** **OR IS A** **MOTOR** and it's **FUN**
it's
WELCOME



Coffs Coast Sport & leisure MOTOR FESTIVAL

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Steam Powered, Weird and wonderful.....

13th
April



Exhibitor Sign Up

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to
Exhibit

Coffs Harbour Showgrounds

Nominated charity
Coffs Harbour



More Information

coffsmotorfestival@gmail.com

0499 358 162

[coffscarclub](#)



CoffsCarClub



includes



SHOW'N'SHINE

Lunch at Corindi Beach Hotel

Sunday 19th January 2025



Well, our first event for 2025 was certainly a huge success and if this was any indication of how 2025 is shaping up, then this year is going to be one of the best for our car club.

With a total of 50 in attendance this would have to be some sort of a record, particularly considering the less than favourable weather. The weather didn't bother Bob Rushbrook though turning up in his recently acquired NA MX5, or was he simply checking for water leaks?

We also welcomed Mark and Anne-Marrie Benson as visitors on the day and we are hoping they will decide to join our great car club. President Pat took advantage of the occasion to present three awards in recognition of various levels of attendance at club events in 2024. The members acknowledged were Dick Willis, Bob Rushbrook, and Ian Ward. Congratulation to these members.

Speaking of club awards, or should I say a possible upcoming club award, Ian Ward's Ford Territory experienced the dreaded "failed to proceed" on it's maiden outing half way back to Coffs. Several members, including a fellow Territory owner, were on hand to provide moral support while Ian waited on the NRMA.



Port Macquarie Overnight Adventure Weekend 8th March



**26 CONFIRMED ATTENDING, ONLY 4 PLACES REMAIN,
CONTACT SANDY GUYMER TO SECURE YOUR PLACE.**

The highlight of the weekend will be a beautiful 2 hour sunset cruise aboard the Port Adventure on the Hastings River.

But that's not all, your weekend will commence with a great morning tea at Sea Acres Rainforest Centre and the opportunity to explore this pristine area. Then, between checking in to your accommodation and cruise time at 5.00pm, you may like to visit the Port Macquarie Glasshouse, the Port Macquarie Museum or simply have a quiet lunch and a nanny nap.

Although snacks are provided on the cruise, an option is available for dinner around 7.30pm at the nearby Westport Bowling Club or at the Waters Edge Motel, for those who wish.

Then, on Sunday morning we will stop in at Ricardoes Tomatoes on our way home for morning tea and a stroll around this interesting location.

Get on board now by contacting Sandy Guymer

Email: theguymers@bigpond.com Mobile: 0417 200 488



Modern Classic Cars Foundation



ENHANCING, RESTORING & MAINTAINING CLASSIC CARS WHILST TRAINING THE FUTURE GENERATION.

With a passion for preserving the beauty and history of classic cars while improving their performance and drivability, Modern Classic Cars offers a wide range of services tailored to make your classic vehicle more enjoyable to own and drive. From brake upgrades and suspension improvements to bespoke vehicle builds and restorations, the Modern Classic Cars team provides the finest care to ensure your car is not only a joy to drive but also retains its original charm and value.

<https://modernclassiccars.com.au>

Title: "Retirement: A Retirement Gift to Remember"

You know, when I was a kid, I thought retirement was this grand event. You work your whole life, you show up on your last day, and they give you a gold watch and a handshake. If you're lucky, a cake that hasn't been sitting in the breakroom fridge for two weeks.

But times have changed. My mum recently retired after 38 years. Thirty-eight years! And instead of the gold watch, they gave her... a framed paper certificate. And not even a good frame, mind you. This thing was the kind of frame you find in the bargain bin at Officeworks. It looked like it would crack if you sneezed near it.

Now, I saw this, and I thought, "Well, this is a cosmic injustice! Thirty-eight years, and all she gets is a lousy piece of paper in a frame made out of recycled toothpicks?" So I did what any good son would do—I decided to get her something more meaningful. Something that screamed, "Mum, your decades of dedication deserve something grand!"

So naturally... I bought her... a 30-year-old Swedish car.

Not just any car mind you—a vintage SAAB 900 Turbo. Cherry red. A real beauty. And where did I find this prestigious retirement gift? Some luxury car dealers? A high-end auction house? No, I found it on Facebook marketplace, sitting up in the Sunshine Coast, looking all majestic in pixelated glory.

Now, buying a 30-year-old European car sight unseen is a bit like adopting a retired greyhound—you don't know if you're getting a champion or something that's going to collapse on your lawn after 10 minutes. But I was committed. So, after scraping together some money with the family, we called the guy, struck a deal, and set off to collect our Swedish masterpiece.

When we arrived, things took a turn. The seller didn't invite us to his house. No, no. That would be too normal. Instead, he told us to meet him in the middle of a suburban car park near my sister's house. Just us three, the hot Queensland sun, and the eerie feeling that we were about to be in a Quentin Tarantino movie.

We wait. And we wait. Finally, he pulls up—with the SAAB on the back of a trailer. I don't know what I was expecting, but it certainly wasn't this! The car was covered in dust, looking like it had just been dug up from an archaeological dig site. The trunk was full of car parts—just loose parts, like an Ikea flat pack with no instructions. Still, we all pile into this tiny little coupe like a clown car, and to my amazement, it actually drives. The deal is done. No going back now—we are the proud owners of a 30-year-old car that may or may not have been assembled properly.

As the day wears on, doubts start creeping in. Had we made the right choice? Was this a good car, or were we just the proud new owner of a very expensive lawn ornament?

Later that night, we all decide to go out to dinner at a place called Marquette, this is a massive bustling food hall with every type of cuisine you could imagine. And when I say bustling, I mean *packed*. There was music on and not single table free.

We roam around for 15 minutes, looking like lost tourists, when we finally spot a table... but there's a guy sitting there alone.

Now, we don't know his story. Maybe he's down on his luck. Maybe he's going through a divorce. But we sit down next to him anyway and start making conversation.

"So, what are you up to?" he asks.

I tell him, "Oh, we just came up here to pick up a vintage car."

He nods. "Oh yeah? What kind?"

I say, "A SAAB 900."

Now, I was expecting a polite, "Oh nice." Shrug of indifference or a quip of "Geeeee they saw you coming" Instead, his face lights up like a kid on Christmas morning.

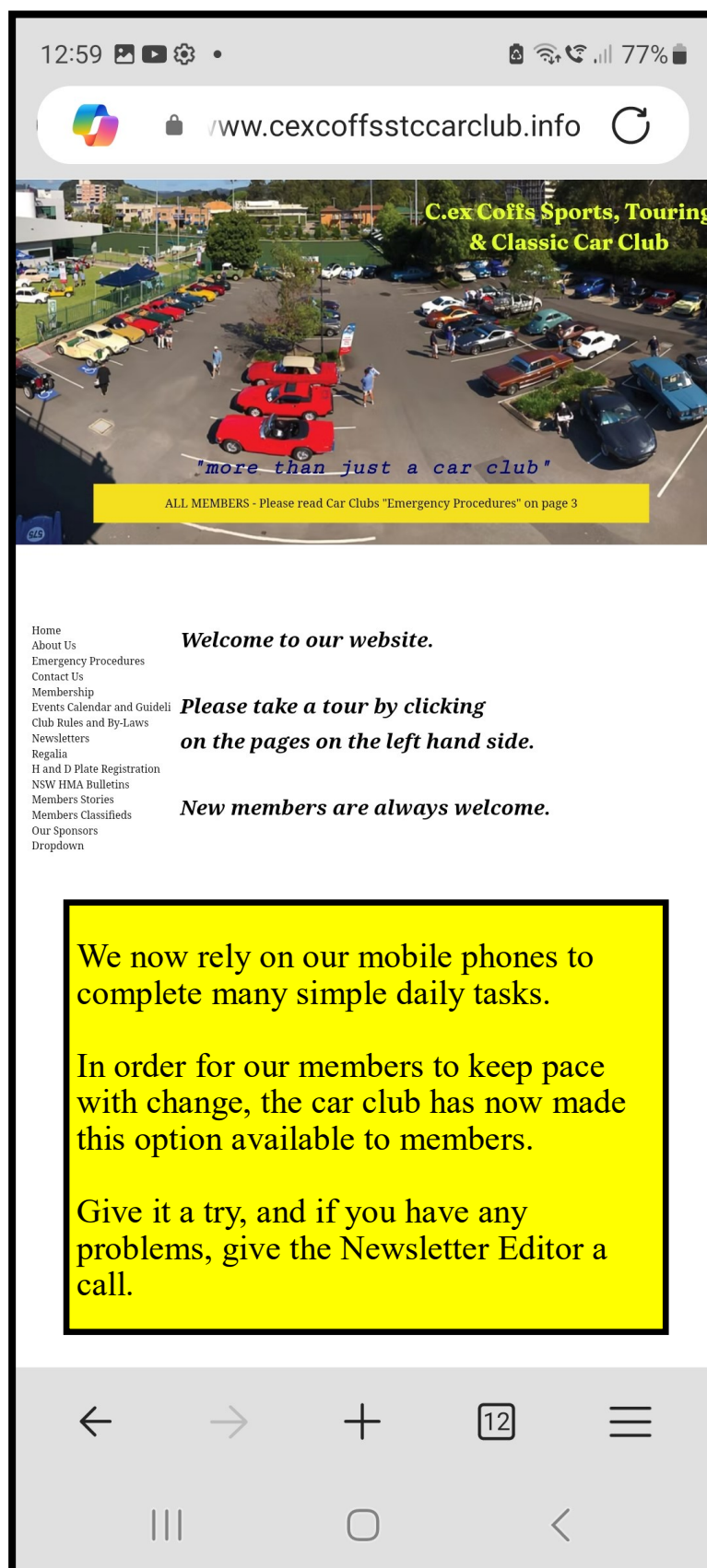
"A SAAB 900!?" he repeats in pure disbelief. "My wife and I had one of those for *30 years*! We drove it all around England, we went camping in it, towed caravans with it, moved pavers around in it, we absolutely *loved* that car! " And suddenly, this guy—at this random guy at a food hall—starts telling us everything there is to know about the SAAB 900. Turns out, he was a retired British Airways captain who now *races performance cars for a living*. And guess what? He and his wife were on the desperate hunt for another SAAB as there's had finally succumbed to the salty roads over in the UK.

Of all the restaurants, in all the towns, in all the world, he walks into here, what are the chances?

After a few rounds of cocktails he told us where to look for rust, where to get parts and we exchanged email, the cherry on top he said "I bought myself a brand new Porsche 911, but if I could swap it out for a Saab 900 I would" You couldn't have imagined a stronger endorsement, we almost looked around the room in disbelief for the candid camera, after all, this is a guy who races Ferrari's and Lamborghini's for a living, and he is waxing lyrical about the comparatively humble SAAB and on the hunt for another. So, after this we were beaming and feeling confident about our purchase of the quirky Swedish stallion.

So, what's the lesson here? Buy the ticket, take the ride, take risks and don't judge a book by its cover. And if you ever find yourself buying an old Swedish car in a mysterious car park... well, maybe bring a mechanic.

The car club website is now accessible from your mobile phone



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.

Other Car Club Newsletters

Would you like to receive newsletters from other regional car clubs and special publications of interest from further afield.

If so, please advise Michael Guymmer who will add you to the data base so you receive a copy by email each month.

EDITOR





**Service Repair Manual for
Model J Vauxhall 1948 Supplement**

Shop Manual for HK Holden

Contact Editor 0409 827 064

FOR SALE
1988 VL COMMODORE SERIES 200

There were only 600 built and released March 1988 for the Australian Bi-Centenary which makes this a rare and collectable car.

Based on the VL Berlina but fitted with the option code of V5B, which is stamped

on the compliance plate.

All vehicles had the unique colour of Chardonnay Gold (a Holden col-
Sandalwood – two tone but only halfway up the bumpers like
The two colours were separated with a green and beige
The regular VL Berlina hubcaps were painted to

our from way back) over
the VR/VS Statesman.
pinstripe.
match.

As it was based on the Berlina, the
the window frame blackouts,
all the other standard
specifications. The
seat fabric

vehicles also received
green-tint anti-sun glass and
Berlina fixtures, but above Berlina
inside was decked out with beige Calais
and full power options.

All 600
glovebox,

vehicles were RB30/Auto with Series 200 badging on the
boot and both front guards.

This Series 200
mania, with the
purchased from

was purchased on 23 August 2016 from Mark Jackson, who lived in Hobart Tas-
Tassie Number Plate No. ED6980. Mark owned the vehicle for approximately 8 years,
another Tassie resident.

The original Series 200 wheels have been changed to Calais mag wheels by a previous owner. The owner had replaced the radio
with a more modern CD player but fortunately still had an original Holden radio/cassette player which has now been installed.

Went to Sydney today and to a good home. He was 13 when the Series 200 came out and wanted his father to purchase one but he was a Ford man so David has kept his eye open in more recent years and, although had seen at a couple in Sydney they hadn't been looked after – is very happy with his purchase today and will be keeping it original!





Instagram

"Well, it's one small step for man, one giant leap for clubkind. Folks, we're finally on social media with our new Instagram account @cexcarclub. This follows the proactive nature of our club keeping up with the times, from adopting internet banking to building a website. For those with existing Instagram accounts, go ahead and follow the handle @cexcarclub. For those without an account, there are instructions at the end of this week's newsletter – and it might be best to grab a young relative to give you a hand.

The account should help us share photos and short videos from the club runs, give us another platform for potential new members to find our club, and provide another medium to help promote our events like the car show.

Now, there's not much to see there at this time, but as time goes on, it should provide a wonderful picture book of all our adventures."

All the best,

Tom

How to View the @cexcarclub Instagram Page (Easy: Without having a Instagram Account)

Viewing the Instagram Page with a Web Browser (No Account Needed)

Open Your Web Browser:

Click on the icon for your web browser (e.g., Chrome, Safari, Firefox) to open it.

In the address bar at the top, type www.instagram.com/cexcarclub/ and press Enter on your keyboard.

You can now scroll through the photos and posts on the @cexcarclub page. Note that without an account, you might see a prompt to sign up or log in, but you can still view the content by clicking the X to close the prompt.

Creating an Instagram Account (More difficult: Grab a young relative to help if possible!)

Open Your Web Browser:

Click on the icon for your web browser (e.g., Chrome, Safari, Firefox) to open it.

Go to the Instagram Website:

In the address bar at the top, type www.instagram.com and press Enter on your keyboard.

Sign Up for an Account:

On the Instagram homepage, you will see options to Log In or Sign Up.

Click on Sign Up.

Enter Your Information:

You will be asked to provide some information to create your account.

Mobile Number or Email: Enter your mobile number or email address.

Full Name: Enter your full name.

Username: Choose a username (this will be your Instagram handle).

Password: Create a password.

Complete the Sign-Up Process:

Click Next or Sign Up after entering your information.
Follow any additional instructions, such as verifying your email address or phone number.

Set Up Your Profile:

You can add a profile picture and some information about yourself if you like.
Search for @cexcarclub:

Once your account is set up, click on the search bar at the top of the page.
Type @cexcarclub and press Enter.
Select the @cexcarclub Page:

You should see a list of results. Look for the one that says @cexcarclub and click on it.
Follow the Page:

To keep up with updates from @cexcarclub, click the Follow button on their page.

Tips for Using Instagram

Navigation: Use the icons at the bottom of the screen to navigate (Home, Search, New Post, Activity, Profile).

Liking Posts: To like a post, click the heart icon under the photo.

Commenting: To comment on a post, click the speech bubble icon and type your comment.

Safety: Be cautious about sharing personal information and be aware of privacy settings.

With these steps, you should be able to view and follow the @cexcarclub Instagram page with ease. Happy viewing!

Regalia and Shirts



Windscreen Sash \$15



Metal Car Badge
\$15



Caps \$15

Purchase shirt at Jack Simmons or Cabas - men's and women's style available .



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