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

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NSW Historic Motoring Association

<https://www.nswhma.org.au/>



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

THE ROAD LESS GRAVELED (OR GAVELED...)

That's all Folks!

As we slam the garage door on another year, we're left wondering how 2024 managed to zip by faster than the Roadrunner escaping Wile E. Coyote. With the holiday season upon us, it's time to hit the brakes and reflect on the road we've travelled.

What a marvellous little club we have! Seriously, think about it: we've got members who are doctors, dentists, accountants, and auctioneers. We've got farmers and shipbuilders, songwriters and artists. Our roll call spans across Irish, Scots, Germans, Dutch, English, and true-blue Aussies. And what binds us together? A shared love of cars, community, and a hearty laugh along the way.

What a fabulous Club, who wouldn't want to belong, contribute and participate? Don't you agree? So why isn't there a path being worn down to the Coffs C.ex Club to enquire about our great car club? Who do YOU know who you haven't talked to about our club? Your checkout chick, plumber, postie, taxi driver, bank manager, policeman, traffic cop, and church member? A simple reference to our website or the handing over of one of our car club business cards (available from our regalia supplies), could result in a new membership.

Anyhow, enough pontificating.

A "Ben Hur" Christmas Extravaganza.

Speaking of stories worth telling, let's revisit the Christmas party. With 51 attendees, it was nothing short of epic—a real Bigger than Ben Hur production. The self-catered Christmas-style feast, priced at just \$25 per head, was both a culinary and financial masterpiece. A special thankyou to Pat & Glenda and all the volunteers involved in organising the party.

The air-conditioned venue kept everyone cool as cucumbers while President Pat steered the event as our fearless MC. We owe a huge thanks to our sponsors for the fabulous prizes, which added some sparkle to the evening.

Now, about the inaugural Bag Toss Competition—what a hit! Amid cheers and some questionable throwing techniques, the ultimate "Tosser of the Year" emerged: Steve Woods. Not only did he earn a perpetual trophy and two bottles of wine, but also a title to defend in 2025. So, sharpen your skills, folks. Steve's crown is up for grabs!

A Little Housekeeping.


A quick pit stop before we sign off: as mentioned at our general meeting, Michael Guymer is assembling a database for those interested in receiving newsletters from other car clubs. If you'd like to stay in the loop, email Michael and request to be added to the database. Let's keep the rubber on the road and steer clear of copyright hiccups!

Merry Christmas and Happy New Year!

As the year winds down, your committee would like to thank you for being part of this fantastic community. Here's to another year of cars, camaraderie, and a whole lot of laughs. May your holidays be as shiny as freshly polished chrome and your New Year filled with adventure.

Cheers,
Your Committee

EVENTS CALENDAR DECEMBER 2024 - MARCH 2025

DATE	DAY	DECEMBER	CONTACT	RSVP
1st	Sun	CHRISTMAS PARTY THE LINK TOORMINA	Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	Sun Nov 17th
2nd	Mon	COMMITTEE MEETING 6.00 pm GENERAL MEETING 7.00 pm		
18th	Wed	MORNING TEA ANCHORS WHARF URUNGA Depart Bonville Service Station 9.30am	Sandy Guymer theguymers@bigpond.com 0417 200 488	Wed Dec 11th
		JANUARY 2025 NO GENERAL MEETING		
1st	Wed	Some of our Morrie entries in 2024 	The street parade usually commences about 9.00am. Cars line up in Elizabeth Street and can be displayed after the parade.	Invitation Event
19th	Sun	LUNCH AT THE CORINDI BEACH HOTEL 7 Tasman St Corindi Beach (formerly Amble Inn) Depart Home Base 10.30am	Ian Ward iw09021948@gmail.com 02 6656 1029	Sun Jan 12th
		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 8.00am	Sandy Guymer theguymers@bigpond.com 0417 200 488	Sun Feb 2nd
19th	Wed	BYO MORNING TEA AT RED ROCK Depart Home Base 9.30am	Steve Woods stevewoods2@bigpond.com 0408 436 356	NA
		MARCH		
8th	Sat	PORT MACQUARIE OVERNIGHTER CONTACT SANDY GUYMER	Sandy Guymer theguymers@bigpond.com 0417 200 488	Mon 16th Dec
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

Morning Tea Run to Hungry Head 6th November



It was a beautiful clear sunny day at Hungry Head, in the distance there were young whales breaking the surface, which kept the observers focused on the water.

Around the shaded park tables were a dozen or so members enjoying the usual banter about club happenings and, as usual, current health issues.

Those who had never been there were suitably impressed with the views and amenity of the area and old hands sat back to enjoy the view. The parking area was a parade of gleaming ve-

hicles that were enjoyed by every random visitor to the lookout point.

All too soon the cars and their satisfied occupants ventured off to enjoy the remainder of the day.

Thanks to all those who made it a good day.

Gary



Many thanks to Gary for providing this run report and photos. EDITOR

Lunch at The Heritage Hotel of Gladstone

Sunday 17th November



Leaving Coffs around 10.30am, our group of twenty-five, including four "H Platers", drove to Gladstone for lunch at the Heritage Hotel.

It seems individual decisions had been formed along the way regarding what was the best route to take. But taking the low road rather than the high road does not necessarily mean you will be in Gladstone afore ye, as one (unnamed) member found out by taking a wrong turn to Hat Head.

On arrival we found sleepy old Gladstone to be not so sleepy as they were holding their regular market day, and it was busier than Pitt Street Mall with the Heritage Hotel the centre of attraction for drinks and a great lunch menu.

Despite the unexpected crowds, our event organiser Bob Rushbrook, had done an excellent job securing our group reserved seating in a nice area of the bistro. The kitchen was remarkably busy and warned of a 45-minute wait for orders, however they did a great job getting our meals out quickly and after a refreshing drink all members were soon enjoying their meals.

This event had a "Straw Hat" theme and produced a broad range of head wear from the humble Bunnings hat and cleverly self-decorated styles, right up to elegant fascinators.

The car club provided prizes for the best male and female hats with Sandra Guymer winning the chocolates and Steve Woods winning the bottle of wine.

Thanks again to Bob Rushbrook for organising a very successful event and one which was enjoyed by all.

EDITOR



2024 Christmas Party



Lucky Raffle Winners



The Inaugural Bag Toss Competition Tosser of the Year 2024 - Steve



COMMITMENT DEDICATION and LOVE

Anyone who attended the car club general meeting on 2nd December, and saw the presentation by Bob Harris on the trials and tribulations of restoring his Rover, will understand when Bob refers to the commitment, dedication and love you can build up with an old car.

Making a ***commitment*** involves ***dedicating*** yourself to something, like a person, a cause, or even the restoration of an old Rover.

When you make a ***commitment***, think carefully because it obligates you to do something.

Restoring an old car is also much like ***love***, you have to be patient and kind. ***Love*** does not envy, it does not boast, it is not proud.

Love is the deliberate act of valuing someone or something more than you value yourself.

Well done Bob.

EDITOR



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 colour from way back) over Sandalwood – two tone but only halfway up the bumpers like the VR/VS Statesman. The two colours were separated with a green and beige pinstripe. The regular VL Berlina hubcaps were painted to match.

As it was based on the Berlina, the vehicles also received the window frame blackouts, green-tint anti-sun glass and all the other standard Berlina fixtures, but above Berlina specifications. The inside was decked out with beige Calais seat fabric and full power options.

All 600 vehicles were RB30/Auto with Series 200 badging on the glovebox, boot and both front guards.

This Series 200 was purchased on 23 August 2016 from Mark Jackson, who lived in Hobart Tasmania, with the Tassie Number Plate No. ED6980. Mark owned the vehicle for approximately 8 years, purchased from 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.

Enquiries can be made by contacting
Maureen Mattinson 0482 972 585





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!

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.

DRSABCD ACTION PLAN 			
D	Danger Ensure the area is safe for yourself, the patient and others.		
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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>

Regalia and Shirts



Windscreen Sash \$15
6 available



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



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