

IDLE TORQUE



MARCH 2025

Edition No. 274

**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://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

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>

EVENTS CALENDAR MARCH 2025 - MAY 2025				
		MARCH		
3rd	Mon	COMMITTEE MEETING 6.00 pm GENERAL MEETING 7.00 pm		
8th	Mar	PORT MACQUARIE OVERNIGHT EVENT 26 CONFIRMED 4 PLACES LEFT	Sandy Guymer theguymers@bigpond.com 0417 200 488	4 Places Left
19th	Wed	BYO MORNING TEA AT MYLESTOM Depart Bonville Service 9.30am	Bob Rushbrook bob.rushy@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 COFFS HARBOUR SHOWGROUNDS FOR EXHIBITORS ENTRY IS FREE GATES OPEN 7.30AM-09.00AM DEPARTURE 4.00PM FOR THE PUBLIC ENTRY BY DONATION GATES OPEN 10.00AM	INVITATION EVENT IF YOU INTEND TO EXHIBIT A CAR PLEASE ADVISE PAT O'CARROLL Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	Sun Mar 30th
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
		MAY		
4th	Sun	CEX URUNGA COMMITTEE MEETING 10.00am GENERAL MEETING 11.00 am (Including Guest Speaker) LUNCH 12.00 -12.30pm	Pat O'Carroll theocarrolls@hotmail.com 0448 017 048	Sun Apr 27th For Lunch Numbers
		SOME SUGGESTIONS FOR MAY		
		TOUR OF WIIGULGA SPORTS COMPLEX WOOLGOOLGA		
		LUNCH AT THE HUNGRY PUKU FREDERICKTON		
		SOME SUGGESTIONS FOR JUNE		
		MORNING TEA AT RALEIGH WINERY		
		LUNCH AT OSPREY RESTAURANT COFFS HARBOUR SENIOR COLLEGE		



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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 and Mini Golf at Crescent Head Golf Club

Sunday 9th January 2025

This event attracted 31 members with 22 electing to compete in the inaugural Cex Car Club Mini Golf Tournament. Unfortunately, Dave and Penny Norton had mechanical problems near Kempsey and had to call the NRMA. Thankfully the problem was fixable and they were able to make it safely back to Dorrigo. The course was magnificently manicured and lunch was held in the club's Chinese restaurant. Mini golf results are recorded on the next page.



Lunch and Mini Golf at Crescent Head Golf Club

Sunday 9th January 2025

After some close scrutineering by event organiser, Sandy Guymer, the results were announced. Overall winner was David Kennedy with a record breaking score of 47. David already has a trophy cabinet showcasing his sporting prowess in the athletic arena and this just adds another string to his bow. In a close second place and keeping David on his toes was Eric Watkins with a brilliant 48. Most surprisingly, the hot favourite who will remain anonymous (but is in the photo below) had a “shocker” posting the highest score on the day.

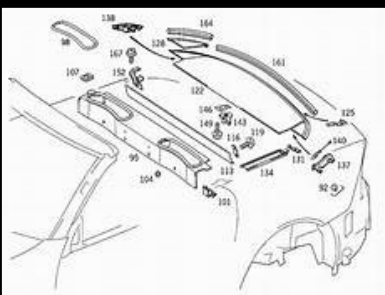


BYO Morning Tea Red Rock Wednesday 19th February 2025



A nice sunny morning at Red Rock and a good opportunity to give some of the club cars a run





Thanks Peter for sharing this story and what great support you received from all those car club mates.

This is another example of members embracing our club motto

“More Than Just A Car Club”

PETER THOMSON’S MERCEDES BENZ 230SLK COMPRESSOR 1996 MODEL REPAIR

I’ve had it a few years and it is a great car to drive. Fifteen months ago the top would come down but wouldn’t go back up. The hydraulics had stopped working. I took the car to my mechanic who was able to get the top back up, and, on making enquiries found that there were no parts available.

I started making enquiries at the various hydraulic specialists in Australia, but no one was prepared to overhaul the hydraulics. My mechanic was also checking and found a person who was overhauling hydraulics for Jaguars. After speaking to him he gave me the name of an American Co. who was servicing these cylinders. I ordered them and after 6 weeks they arrived. My mechanic offered to replace them in my car..so I gave them to him and he started disassembling the car. Unfortunately, the mechanic was involved in a head on accident and was advised never to work on cars again! His workshop told me they couldn’t repair my car and I took it home in a disassembled condition. It stayed in my garage for quite a few weeks.

I spoke to another mechanic in Woolgoolga and he told me that they refer their Mercedes work to two different workshops in Coffs. The first was not interested in the work, but the second one agreed to look at the car. I had it towed to his workshop. They kept the car for a week, then told me they couldn’t fix it because it was so pulled apart. I managed to drive the car back home.

I told Ken Stanley, Neville Hoy, Dennis Thomas, Terry Nutland, Albert Johnson and Steve Woods whom I meet on Tuesdays at Woolgoolga for lunch what had happened and asked if they could tell me what to do. We arranged a day for them to come to my house and assess the condition. I had by this time sorted out most of the trim from the boot and passenger area, the trim, bolts, and screws into various sections. The first day they came over, they worked on the front seat trims and seat belts which had been disassembled by the mechanic. Ken and Neville then worked on the boot trying to work out where all the screws, brackets and clips went. We found the Rams for the boot lid were disconnected. After reconnecting the boot Rams and trying to operate the roof mechanism, we found that one of the Rams was leaking. At this point we decided to stop as I had to find some new Rams.

After a few phone calls around the country I was told by a Mercedes wrecker in Melbourne to try a sun roof installer there. He gave me their name and phone number. I spoke to them and found out that they do repairs on hydraulic hard top convertibles and had access to the Rams I needed. Two weeks later they sent me re-conditioned Rams.

We all then met again, installed the new Rams, tidied up all the pipe work, but couldn’t get the hydraulics to work! Steve checked all the relays in the car and found one that one didn’t work. They got the hydraulic pump working and found that one of the boot Rams was going up instead of down so we couldn’t shut the boot lid.

On the third day Ken, Dennis and I finally agreed that the hoses to the Rams were the wrong way around, so we swapped the two hoses on the pump and found that the boot lid would shut and all the windows worked correctly. We found that the numbers on the hoses on the Rams from Melbourne were back to front! All the Rams have numbers, one for each hose. We reattached the trims and now, finally, the car was repaired!

This was a difficult repair and, thanks to the combined experience of Ken, Dennis, Terry, Neville, Steve and Albert, who worked together enjoying the challenge of working it out.

I am very grateful for their help.



A big thank you to Gary Addison and Martin Mulhal for their kind donations of various items for our monthly meeting raffles.

These items will greatly supplement our raffle prizes stock and in turn enable us to increase the funds we are able to raise.

Later in the year, the car club Committee will decide on a local charity in consultation with the membership, and make a donation from the funds raised.

Thanks again Gary and Martin.



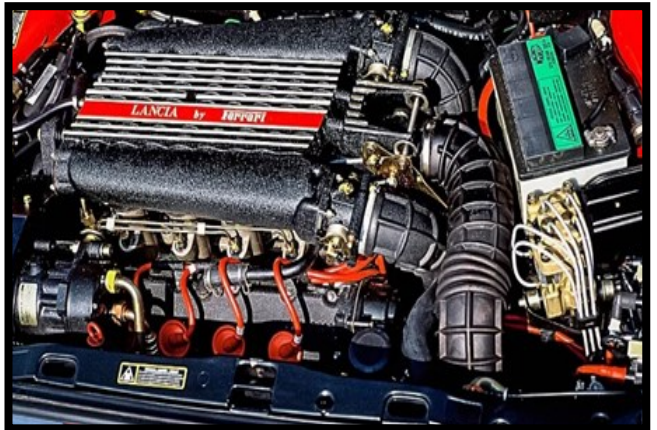
This brilliant 1972 BMW 3.0 CSL E9 claimed overall Best of Show honours from a field of over 200 premium vehicles, including vintage to modern supercars, at the November 2024 Motors & Masterpieces automotive festival.



The Worlds Fastest Front Wheel Drive Sports Sedans Cars Were Secretly The Same Car

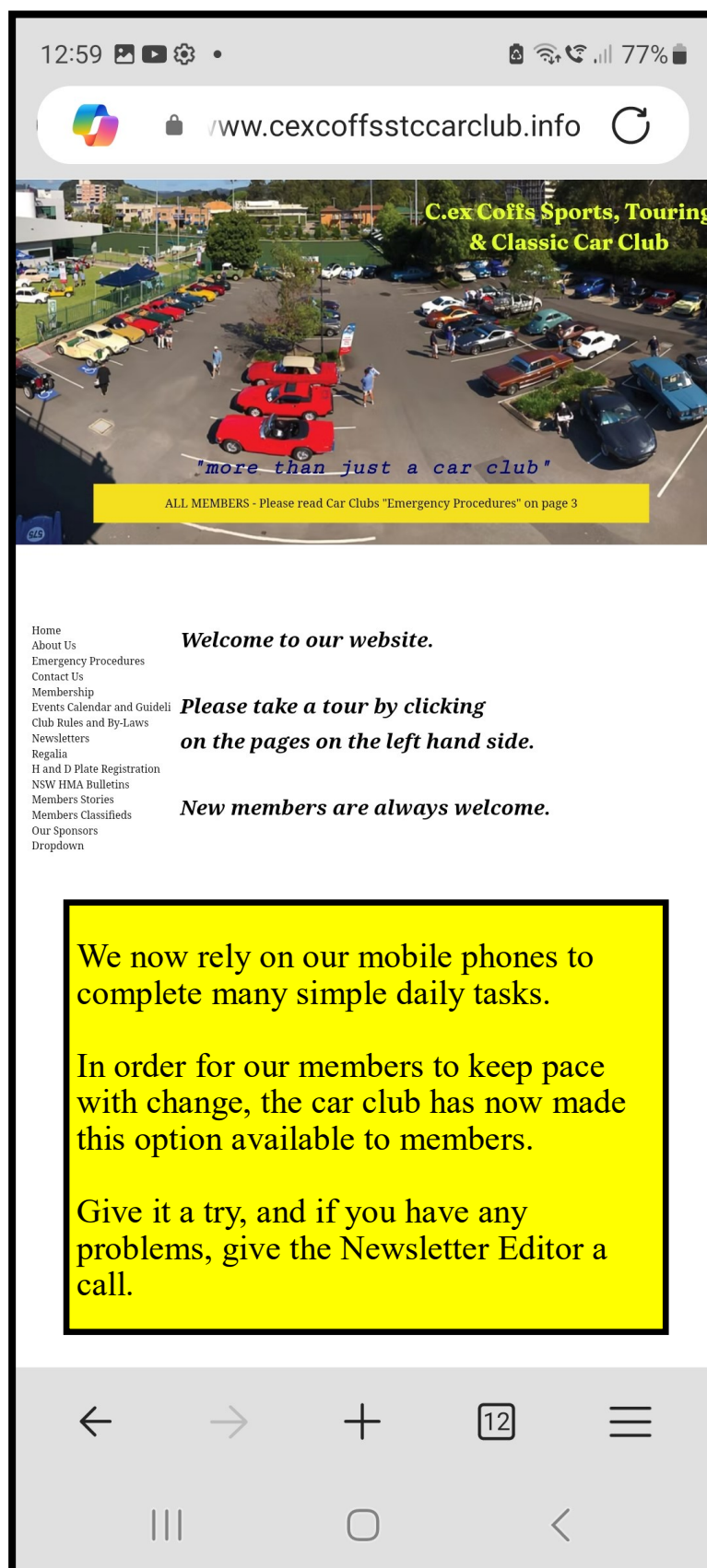
This is a great video of how 3 car manufacturers had to work together due to limited finances and which resulted in unexpected triplets, separated at birth. Click on the link below to view the video.

<https://www.youtube.com/watch?app=desktop&v=G71uIVvnzvw>



Club member and SAAB owner Tom Craven, advised me the SAAB 9000 Aero's in-gear acceleration was strongly emphasised, and period advertising boasted, *"The 5-speed Saab 9000 Aero will streak from 50 to 75 mph faster than a Ferrari Testarossa or a Porsche Carrera 4."*

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



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



Club Shirts Embroidery
at Caba's Drapery
127 High Street Coffs Harbour

You may purchase your shirt here and have the embroidery done or take an existing shirt along for just the embroidery to be completed.

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