# **IDLE TORQUE**





# JANUARY 2025

Edition No. 272

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

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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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#### THE ROAD LESS GRAVELED (OR GAVELED...)

If you were writing an article for a January edition of a social club newsletter, New Year resolutions would probably come to mind as an appropriate topic. Many people set goals around health, such as starting new diets and exercise routines, but end up quitting just a few weeks into the New Year.

So, what are the real challenges for senior car club members as we enter 2025 and what do we really need to be resolute about. I believe it is the ongoing issue of "coping with change".

Unfortunately, change is an inevitable part of life, and it's something we need to learn how to deal with. It can be fear of the unknown, mistrust, limited coping skills and difficulty with everyday tasks.

So how do I experience change.......I wake in the morning but there's no analogue bedside clock, so I prompt a device in the kitchen called a Google Nest which responds with "good morning Michael". Then it gives me a weather report and asks if I would like to hear the "thought for the day". I thank Google and prepare my breakfast and morning medication. I find my supply of one tablet has expired so I make a mental note to take my script to the pharmacy. But then I remember, there is no paper script, my GP sends it directly to the pharmacy and it is updated in MedAdvisor which is an App on my mobile phone.

After showering and cleaning my teeth with my electric toothbrush, which buzzes and permits me to stop after the mandatory cleaning period of 3 minutes, I decide to drive to the pharmacy and now commence the ever increasing "press button" routine. I press a button to unlock the car door, a button to raise the garage roller door, a button to fold out the car side mirrors, a button to wind down my window, a button to cancel various alert buzzers, then finally I can drive away. But wait, I nearly collide with my neighbour leaving his garage in his Tesla which I cannot hear, even with my hearing aids which I religiously insert each morning (must remember, red is right ear, blue is left ear). And don't get me going on these electric cars, or should I correctly say EV's. I am still coming to grips with carburettors being replaced with electronic fuel injection.

Before I arrive at the pharmacy, I am pulled over for a police random breath test. Hooray I say, I finally get an opportunity to use this fantastic new digital licence I have on my Services NSW App. Sadly, I had forgotten to put my mobile on the charger last night so I am in all sorts of trouble, even though I offer to recite my licence number for the Officer.

I finally arrive at the pharmacy and their computers are down due to the storm last night, Fortunately my pharmacist is there and he gets me to sign a little form, which thankfully doesn't require me to confirm I am not a robot. He then provides me with one days supply of my tablet to get me by. I guess he already knows I am not a robot by the way I walk and talk.

I am by now suffering technology overload and it is only 9.30am, so I head to my local café for a coffee where I am relieved to find another person who knows me by name and not by a password. I ask for a coffee and she personally makes it extra hot because the machine refuses to. We then have a lovely chat in plain English without the need to use any of those funny new adjectives, like "bespoke". She is also happy to accept real money so I don't have to 'tap here". I also get my non-electronic, genuine cardboard loyalty card punched and notice only 2 more symbols to go and I get a free coffee.

I now think I will stay here for a while, maybe buy the Telegraph newspaper as the television was probably also affected by the storm last night and will require me to a re-boot it when I get home. That is, provided I can remember my password with the required minimum of 10 letters (one capital) a number and a symbol.

I know we cannot stop change so I always rely on the old and proven ABC safe guard, Assume Nothing, Believe No One and Check Everything, just in case someone is out to scam me.

**EDITOR** 



## **EVENTS CALENDAR JANUARY 2025 - MARCH 2025**

DATE	DAY	JANUARY	CANUARY CONTACT	
		NO GENERAL MEETING		
Sawt-	5-	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 <u>iw09021948@gmail.com</u> 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	Mar	Port Macquarie Overnight Event See Next Page	thogurumous(a)hignond com	
19th	Wed	BYO MORNING TEA AT MYLESTOM Depart Bonville Service 9.30am	Bob Rushbrook <u>bob.rushy@gmail.com</u> 02 6658 8225 0431 445 311	NA



### Port Macquarie Overnight Adventure Weekend 8th March

Just a reminder that December 30th will be your last chance to join our group of 24 car club adventurers who have already enlisted for a great weekend in Port Macquarie.

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.

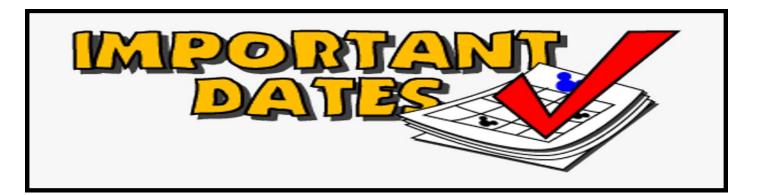
Although snacks are provided on the cruise, an option is available for dinner around 7.30pm at the nearby Westport Bowling Club or at the Waters Edge Motel, for those who wish.

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





# 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.

# Morning Tea Run to Anchors Wharf Urunga 18th December 2025

A large group of 36 revellers gathered at Anchors Wharf Urunga for coffee and to celebrate the last car club event for 2024. Good natured banter abounded and if you were to listen carefully, you would be able to hear an anvil drop.

Great to see our car club life members, Russ and Judy Phemister at the event.

Some of the older cars included, Bentley, Jaguar, Cortina, Mercedes, Morrie, Mx5, and the star attraction, the Bob Harris Rover.

Lucky draw winners for the wine and chocolates were Kath Gosbell and Laraine Carter.

#### **Editor**









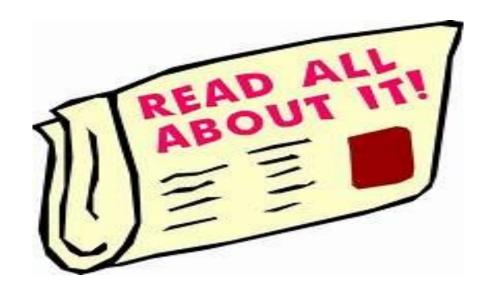


# Other Car Club Newsletters

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

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

## **EDITOR**



#### **Bathurst 1946**

In October 1946, the New South Wales 100-mile Grand Prix motor race was run at Bathurst, attracting a field of 32 cars, including five from Victoria and two from Queensland. On the day, around 30,000 people turned out for the race which was won by AS Najar of Sydney, with JP Hind in second place and AV Johnson third. This was a spectacular win for the first-time entrant, who drove a modified standard touring model MG, with a specially built monoposto (single-seater) body, shaped to fit the driver.

The over-1500cc handicap was won by F Kleinig, driving a Hudson Special. WB Murray, also driving a Hudson Special, crossed the line in second place. The track took its toll on the cars, with five of the 15 starters retiring with engine trouble.

Apparently the race also marked the first time a female driver, Joan Richmond, competed in the event. She was behind the wheel of a Q-Type MG fitted with a super-charged engine. Unfortunately, there are no recorded photographs in this collection.

In 2019 the Library completed the digitisation of 9000 negatives from the Pix magazine archive, bringing to life in vivid detail images only previously seen reproduced in half-tones in the magazine's pages. The Library has also digitised every issue of the original Pix magazine from 29 January 1938 to 25 December 1954. For the first time, thousands of original magazine articles can be matched to the high-resolution negative from which they were created. These are fully searchable online at Trove and through the Library catalogue. Both projects are part of the State Library's Digital Excellence Program a major initiative supported by the NSW Government.

For more images, click on the link below

#### https://www.flickr.com/photos/statelibraryofnsw/albums/72157711326542672/









#### 1. PRIORITIZE DAILY EXERCISE

Resolution: "I will engage in regular physical activity to maintain and improve my strength, flexibility, and overall health."

#### 2. NOURISH YOUR BODY WITH A BALANCED DIET

Resolution: "I will focus on a balanced and nutrient-rich diet to support my health and well-being."

#### 3. STAY SOCIALLY CONNECTED

Resolution: "I will prioritize social interactions to stay connected with friends, family, and the community."

#### 4. KEEP YOUR BRAIN ACTIVE

Resolution: "I will engage in activities that stimulate my mind and cognitive abilities."

#### 5. GET REGULAR HEALTH CHECKUPS

Resolution: "I will schedule and attend regular health checkups and preventive screenings."

#### 6. MANAGE STRESS

Resolution: "I will practice stress-management techniques to promote mental well-being."

#### 7. GET QUALITY SLEEP

Resolution: "I will prioritize good sleep habits to ensure quality and sufficient sleep."

#### 8. EXPLORE NEW HOBBIES

Resolution: "I will embrace new hobbies and learn new skills."

#### 9. PRACTICE FALL PREVENTION

Resolution: "I will assess my home for any hazards and make it a safer environment to ensure I don't fall."

#### 10. EMBRACE TECHNOLOGY

Resolution: This year, I won't be set in my ways and will embrace new technology, especially when it can help me safely age in place and enjoy a more stress-free life."

# 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 <a href="https://www.instagram.com/cexcarclub/">www.instagram.com/cexcarclub/</a> 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:

JANUARY 2025 Page 12 Click Next or Sign Up after entering your information.

Follow any additiona l'instructions, such as verifying your e mail address or phone number.

Set Up Your Profile:

You can add a profile picture and some information about yourse If 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.

Se lect 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 persona I information and be aware of privacy settings.

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

## THE "DOCTORS ABCD ACTION PLAN" FOR OUR CAR CLUB MEMBERS

# DRSABCD ACTION PLAN Danger Ensure the area is safe for yourself, the patient and others. Response NO Check for response by asking name and squeezing shoulders. Send for help Call triple zero (000) for an ambulance. **Airway** Open mouth and check for foreign material. NOT NORMAL **Breathing** BREATHING NORMALLY Look listen and feel for normal breathing. **CPR** Give 30 compressions followed by two rescue breaths, or commence compression only CPR. **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.





#### 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



Metal Car Badge \$15 25 available



Caps \$15 2 available

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





JANUARY 2025 Page 16

# STITCH EFFEX EMBROIDERY Northside Shopping Centre

Shop 14/81 Park Beach Road

## SUPPORT OUR SPONSORS

