

# ***IDLE TORQUE***

**FEBRUARY 2022**

**Edition No. 236**

**Newsletter of the  
C.ex Coffs  
Sports, Touring & Classic Car Club**

**PO Box 2068 Coffs Harbour 2450**

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

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



***“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.

**SANDY GUYMER — NEWSLETTER EDITOR**

# Meet Your Committee 2022



**IAN WARD**  
President



**JEFF CLANCY**  
Vice President



**MICHAEL GUYMER**  
Secretary



**IAN REYNOLDS**  
Treasurer



**Kevin Ingersole**  
Webmaster



**Mike Gosbell**  
Committee Member



**PATRICK MATHON**  
Registration Administrator



**ALBERT JOHNSON**  
Registration Inspector



**JUDY PHEISTER**  
Events Co-Ordinator



**SANDY GUYMER**  
Newsletter Editor



**Brian Carter**  
Publicity Officer

# President's Message



*Three very successful and well attended events were held in January.*

- ♦ *Morning tea at Red Rock*
- ♦ *Lunch at the Clock Tower Hotel in Grafton*
- ♦ *Australia Day celebrations at Urunga.*

*Unfortunately, the Sawtell Fun Day was cancelled due to Covid concerns but there is always next year.*

*Also, the trip to Wauchope to the Winery and Maze did not draw enough starters, however this would be a good run and maybe our timing was not right, so we will keep this on our radar for a future event.*


*Thanks to the quick thinking of the Events Committee in organising a replacement event at Bellingen.*

*Some excellent events planned for February so check your calendar.*

*Regards,  
Ian*

**WHEN I'M OUT WITH MY NON-CAR  
FRIENDS AND I HEAR A SICK EXHAUST**



DATE	DAY	EVENT	CONTACT	RSVP
		<b>FEBRUARY 2022</b>		
5th Feb	Sat	<b>LADIES BREAKFAST</b> Coffs Harbour Yacht Club	Email invitation issued 27th Jan for RSVP 3rd Feb	
7th Feb	Mon	<b>FIRST AID / DEFIBRILLATOR TRAINING</b> For All Club Members & Volunteers <b>Postponed</b> 10.00 PM		
7th Feb	Mon	<b>GENERAL MEETING</b> <b>C.EX COFFS 7.00 PM</b>		
9th Feb	Wed	<b>LUNCH &amp; MAZE AT BAGO WINERY WAHGA</b> <b>Changed to Bellingen Butter Factory</b>	Judy Phemister	<b>Wed 2nd Feb</b>
20th Feb	Sun	<b>BYO LUNCH AT VALLA BEACH RESERVE</b> Bring picnic lunch or BBQ's available. Bring a chair and table in case. Depart C.ex Stadium. Stadium Dr Coffs Harbour 11.30am	Ian Ward	NA
		<b>MARCH 2022</b>		
7th Mar	Mon	<b>COMMITTEE MEETING 6.00PM</b> <b>GENERAL MEETING 7.00PM</b> <b>C.EX COFFS</b>		
9th Mar	Wed	<b>WAHGUNGURRY ALPACA STUD</b> Enjoy a unique experience sitting in the paddocks with the Alpacas enjoying morning tea along the Clarence River Lower Southgate Gold Coin Donation Depart Homebase 9.30am	Judy Phemister	<b>Wed 2nd Mar</b>
20th Mar	Sun	<b>BYO MORNING TEA AT NAMBUCCA HEADS</b> <b>BELLWOOD PARK</b> Depart C.ex Stadium in Stadium Drive at 9.30am	Ian Ward	
		<b>APRIL 2022</b>		
4th Apr	Mon	<b>COMMITTEE MEETING 6.00PM</b> <b>GENERAL MEETING 7.00PM</b> <b>C.EX COFFS</b>		
13th Apr	Wed	<b>PUMPKIN SOUP IN DORRIGO</b> <b>"MINE HOSTS" DAVE AND PENNY NORTON</b> 114 Old Coramba Rd Dorriggo Depart C.ex Stadium in Stadium Drive at 10.30am <i><u>Everything supplied courtesy of Dave &amp; Penny</u></i>	Judy Phemister	<b>Wed 6th Apr</b>
24th Apr	Sun	<b>LUNCH AT STAR HOTEL MACKSVILLE</b> Depart C.ex Stadium in Stadium Drive at 10:30	Ian Ward	<b>Sun 17th Apr</b>



# BAGO

MAZE & WINE



A fun new venue with lots of options.  
Maze, Coffee Shop, Cellar Door.  
Bring your own morning tea or purchase from the coffee shop.  
Also bring a picnic lunch to enjoy in the lovely surroundings.  
Bring a chair just in case it is needed.

## PLEASE NOTE THE EARLY START

**Departing** C.ex Coffs International Sta-  
due to the **1hour 43 minutes** travel  
direct, **no stops planned.**

*Follow Pacific Highway  
Take the exit to-  
ons  
(A1)*

*1 hr 31*

*Follow Bago  
12 min (9.1 km)*

*Please note there is  
spot, the road is re-*

**Changed to Bellingen Butter Factory  
Due to lack of numbers  
This would be a great event, maybe we can  
do it later in the year?**

**dium Carpark at 9.00am  
time and travelling di-**

*(A1) to Herons Creek.  
wards Bago Road Her-  
Creek from Pacific Highway*

*min (156 km)*

*Road and Milligans Road to Lambs Road*

*about 4 kilometres of dirt road but as this is a very popular  
portedly well maintained.*

## WHAT TO EXPECT

Wander, run and get lost in Bago Maze. A stunning architecturally designed native Lilly Pilly hedge maze. A magical place for all to seek out hidden walkways, sunken pathways and musical instruments. With beautifully landscaped gardens and lookout towers to take in the serenity. It's one of the world's largest hedge mazes with over 2000m of pathways and hedges, making it the perfect place for the entire family to explore.

Admission \$12/person

Bago cellar door offers a generous range of wine available as tasting paddles at cellar door with a choice of 4 wines. Paddles are \$8 per each with no bookings required.

## CHEESE & MEAT PLATTERS

Swirl, smell and taste...

Experience our assortment of locally sourced cheeses and condiments accompanied with a glass of Bago wine of your choice. Discover the subtle and refined characteristics of our coastal varieties.

Platters have limited numbers available per day so bookings are recommended to



**A Good Roll-Up For Our First Club Event In 2022**  
**Morning Tea at Red Rock 9th January**







# Clock Tower

HOTEL







**What rain?**



**Bob keeping an eye on the weather**



**Thanks to Noelene and Jeff for making it a great day**



**Best Dressed Awards**



*I love lamingtons.....  
how did you guess??*

**Morgo Park Urunga Australia Day 2022**





## ***FEBRUARY BIRTHDAYS***

**2nd Robyn Reynolds**

**10th Robert Partridge**

**14th Graeme Johnson**

**15th Toby Tyson**

**17th Ken Stanley**

**19th David Lee**

**20th David Kennedy**



## **Welfare Watch**



*Brian Carter will be commencing some treatment next week and we wish Brian well for a speedy recovery. If you need any assistance with anything Brian, just let the Committee know as we are always available to help fellow members out any time.*

*We were saddened to hear of the passing of Warren Moules.*

*Warren was not a current club member, however he had a very long association with our club and was in fact one of the founding members.*

*He was a close friend of club member Russell Phemister and Judy Phemister is arranging for a card to be sent to Warren's family on behalf of our club.*

*If you know of any member or partner who is not well or may need some support, please advise one of the Committee members so the matter can be addressed by the Committee.*

*Those we are aware of and are happy for the Editor to mention, will be included in this section of our Newsletter.*



## Local Community News

Car Club members, Robert and Margaret Chapman have always been strong supporters of the Coffs Harbour Health Campus and recently donated a state of the art trauma bed to the Emergency Department.

Emergency Department Nurse Unit Manager, Carolynn Worthing, said;  
*“the trauma-specific beds are very functional with features that meet the needs of a diverse range of patients and their individual circumstances, this equipment will support patients when they first arrive in the Emergency Department and may even save lives.”*

Well done Rob and Margaret for your work in supporting such a worthy cause in our local community.

**Editor**





## Motor Vehicle and Motorsport News

*We hope to make this section a regular feature in Idle Torque so we keep in touch with our members new cars and members motorsport activities.*

*If you have any interesting news or views, please send a copy to the Newsletter Editor.*

Laurel is just 13 years old, and her likes include motor bike racing, cricket, knitting and cooking.

### Goninan Combination Wins Saturday's Rally



Pictured are Tony Goninan, Graham Hockey, Mrs Toni Goninan, Ken Godfrey and Miss Ann Marie Wood, after the Rally held last Saturday.

The combination of Mr Tony Goninan (Driver) and his wife (Navigator) easily whitewashed their 13 opponents in the Car Navigational Rally held last Saturday in aid of Miss Ann Maree Wood, Braidwood candidate for the coming Miss Australia Quest.

The rally attracted 14 entrants and was run over 51 miles. A definite credit to the organisers, Mr Bill Collett and Mr Ken Godfrey, the rally was voted by all who participated as being the best afternoon spent in a long while.

The course which took the contestants over hills and down dales, started at Braidwood, continued down and around through Reidsdale, came on to the Araluen Mountain at Bells Creek, and then finished up at Majors Creek. (This information is for the drivers who were lost).

With the rally being well policed, there were no incidents, and nearly all completed the course. Most drivers are keen for another rally in the near future.

Many thanks must be extended to all those workers who helped to make the rally successful and the barbecue dance which followed. Also many thanks to Mr Ken Lewis for the use of his woolshed for the dance.

Mr Darcy Romer won the dressed pig which was kindly donated by Mr Max Prothero.

***Members are encouraged to dig through their archives and see what stories from the past may be interesting to include in future editions of Idle Torque.***



## Management of Snakebites



**This article was written by Rob Timmings and is definitely worth reading!**

Rob runs a medical/nursing education business Teaching nurses, doctors and paramedics. It's well worth the read

3000 bites are reported annually.

300-500 hospitalisations

2-3 deaths annually.

The average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

While not new, the management of snakebites (like a flood/fire evacuation plan or CPR) should be refreshed each season. Let's start with a basic overview.

Five genera of snakes will harm us (seriously) Browns, Blacks, Adders, Tigers and Taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood). This venom can not be absorbed into the bloodstream from the bite site. It travels in a fluid transport system in your body called the lymphatic system (not the bloodstream). Now, this fluid (lymph) is moved differently to blood. Your heart pumps blood around, so even when you are lying dead still, your blood still circulates through the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking/exercise etc. Now here is the thing. Lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

Back to the snake bite site.

When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues). The only way that the venom can get into your bloodstream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten. Stay still!!! Venom can't move if the victim doesn't move. Stay still!!!

Remember people are not bitten into their bloodstream.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the bloodstream.

A firm roll bandage is applied directly over the bite site (don't wash the area).

**Technique: Three steps: keep them still**

Step 1: Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2: Then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin. The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3: Splint the limb so the patient can't walk or bend the limb.

**Do nots:**

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants – just bandage over the top of the clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important. In the hospital we NO LONGER NEED to know the type of snake; it doesn't change the treatment.

5 years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti-venom can be used. BUT NOW...we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient. Read that again- one injection for all snakes! Polyvalent is our one-shot wonder, stocked in all hospitals, so most hospitals no longer stock-specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding – internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain.

In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

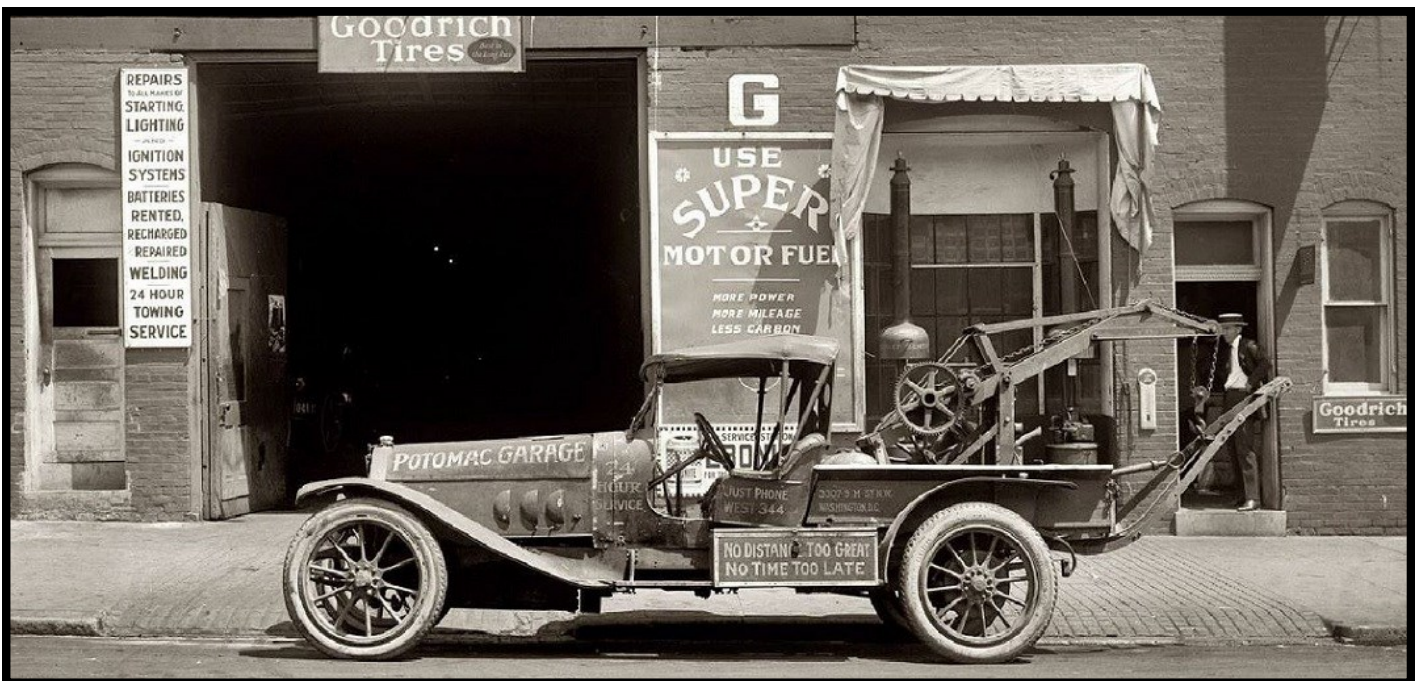
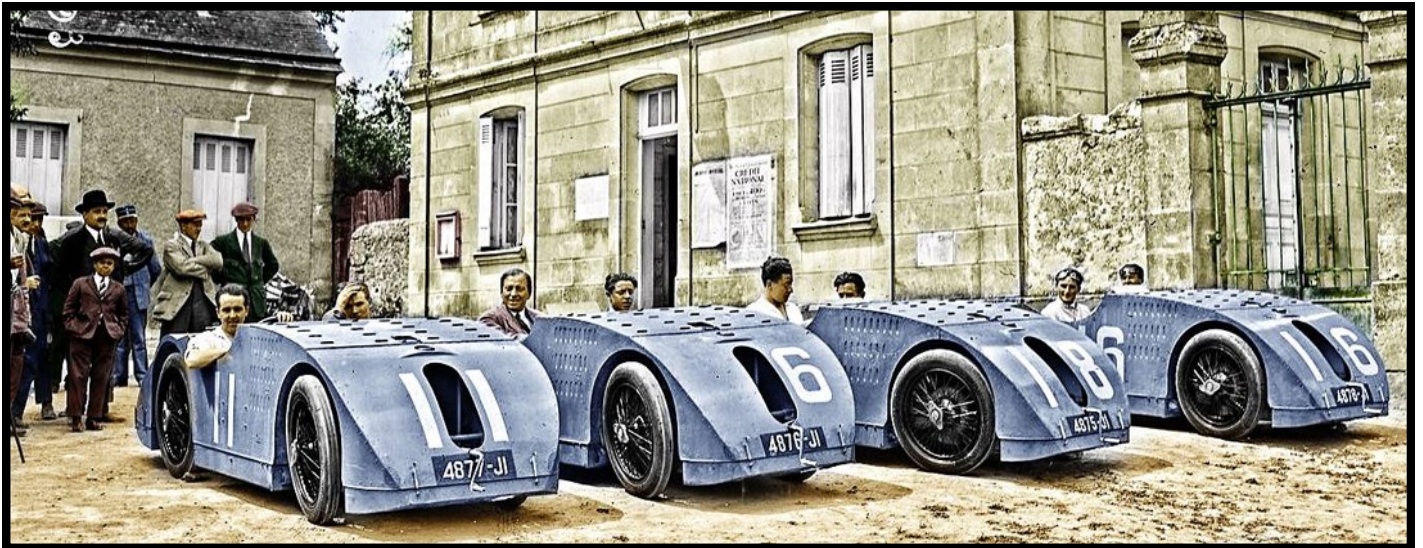
Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

**Did I mention to stay very still?**

~Rob Timmings



# ***GREAT PHOTOS FROM THE PAST***









***Yes, you can even make a Cortina look good!!!***



 **"You picked a fine time to leave me, loose wheel"** 





# FOR SALE

One of the best series 1 Austin Lancers you will see. Sold by Winterbottom Motors Perth in 1959.

Owned by a tradesman 1959 / 91. The new owner, an English Professor, professionally restored this car over the next two years.

We purchased the car in November 2020 and had it transported to the East.

I have been slowly doing some small jobs needed to bring the car into the condition that it is today.

**Price \$15,000**

Genuine enquiries phone;

**Mike Gosbell 02 6651 8141**





**C.EX COFFS SPORTS TOURING & CLASSIC CAR CLUB**

**MINUTES OF COMMITTEE MEETING**  
**MON 7 FEB 2022 6.00PM @ C.EX CLUB**

**PRESIDENT**

Opened meeting @ 6.05pm

**APOLOGIES**

Michael & Sandy Guymmer

**ATTENDANCE**

Ian Ward, Jeff Clancy, Ian Reynolds, Mike Gosbell, Kevin Ingersole, Albert Johnson, Pat Mathon, Brian Carter, Judy & Russ Phemister

**PREVIOUS MINS. & BUSINESS ARISING**

President reported that mins received and no business arising

**TREASURERS REPORT**

Ian Reynolds gave details of finances for months Dec. & Jan details to be in Idle Torque

**ITEMS TABLED**

**Website**

Kevin Ingersole suggested that the last three copies of the Idle Torque be published on the web site so that recent club details available to all who access with the exception that office bearer details not shown access to club by email only

**Events**

Judy Phemister reported on future runs up to April, the Bago run postponed and replaced with run to Bello butter Factory, possible clash with Vintage and Veteran club as same venue at Valla, Ladies breakfast very successful with 16 ladies attending.

**Registrar**

Pat Mathon reported on the letter received from the Historic Motor Assoc. re court case against person driving an historic vehicle when not the owner.

**MEETING CLOSED AT 6.35PM**

**MINUTES OF GENERAL MEMBERS MEETING**  
**MONDAY 7 FEB 2022 @ C. EX CLUB 7.00PM**

**PRESIDENT**

Opened meeting @ 7.05pm

**Attendance**

22 members

**Apologies**

Michael and Sandy Guymmer, Rob Chapman, Andy Gibson, Dave Norton

**New Members**

No new members attending

**Visitors**

No visitors attending

**MINS OF PREVIOUS MEETING**

Previous mins accepted and no business rising

Moved Mike Gosbell, Seconded Dick Willis

**CORRESPONDENCE IN/OUT**

Other car club newsletters

Cex Coffs general emails

Letter from Historic Motoring Assoc.

**TREASURER**

Treasure Ian Reynolds reported on finances for Dec & Jan details to be in Idle Torque

Moved Peter Thompson, Seconded Pat Mathon that report be accepted

**GENERAL BUSINESS**

There was no general business arising

**OFFICE BEARER REPORTS**

**EVENTS**

Judy Phemister details events up to April, Bago trip postponed, replaced with coffee/ brekky at Bello Butter Factory, ladies' breakfast very successful with 16 ladies attending Yacht Club, possible clash of venues with Vintage and Veteran club at Valla. Full details of events calendar in Idle Torque

**REGISTRARS**

Pat Mathon reported on the letter received from the Historic Motoring Assoc. re the court case relating to a driver of an historic vehicle not being the owner of that vehicle result that any person with a valid licence can drive an historic or classic vehicle. He reminded owners of such vehicles to always carry all the necessary paperwork when driving their vehicles

**WEBMASTER**

Kevin Ingersole recommended that the last three copies of each Idle Torque be published on the website so that viewers can see the current activities of the club, the exception being that the details of the office bearers not included, the only contact to the club being via our email address

**WELFARE**

Judy Phemister reported that Warren Moules one of the founding members of the club had passed away, Judy will arrange to send a sympathy card to the family on behalf of the Club

**PUBLICITY OFFICER**

Brian Carter had nothing to report

**RAFFLES**

Won by Pat Mathon, Peter Thompson, Ian Ward, Dick Willis

**MEETING CLOSED AT 7.33PM**





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