



# Motor Mouth

February 2023

MRADMC

The Voice of the Macedon Ranges and District Motor Club

**1983 to 2023 - 40th Anniversary**

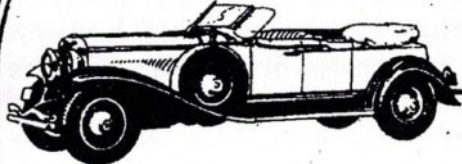
This is the actual advertisement George Porter placed in the Telegraph on Tuesday 15 November 1983.

The Club was founded on the evening of 23rd November 1983 with a founding membership of 12 members.

The membership was open to people "to encourage the restoration, preservation and operation for all classes of stationery engines and motorised vehicles"

The initial fleet of vehicles ranged from hearses to vintage cars to vintage motorcycles.

Page 10 - TELEGRAPH, Tuesday November 15, 1983



**WANTED**

1931 DUESENBERG 12 PHAETON

**MEMBERS WANTED FOR  
CAR CLUB**

- Veteran
- Vintage
- Classic
- Post War Cars of Historic Value
- Motor Bikes

Any persons interested in forming a Car Club in the Sunbury, Gisborne, Woodend, Riddells Creek, Lancefield, Macedon areas (or other interested parties)

**PLEASE CONTACT  
MR. G. PORTER**

on  
**(054) 28 6336**

ISSUE: V39 - 21 - February 2023

A00038005

**Macedon Ranges & District Motor Club Inc.**

[www.mradmc.com.au](http://www.mradmc.com.au)

**Clubrooms:** 10 Webb Crescent, New Gisborne

**Phone:** 5428 1062

( please contact one of the committee listed Below)

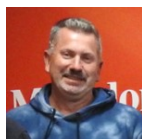


**Correspondence:** PO Box 84 Gisborne 3437

**President: Adam Furniss**

0404 034 841

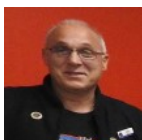
[president@mradmc.com.au](mailto:president@mradmc.com.au)



**Vice President: John Parnis**

0425 802 593

[vicepresident@mradmc.com.au](mailto:vicepresident@mradmc.com.au)



**Secretary: Richard Stewart**

0400 899 607

[secretary@mradmc.com.au](mailto:secretary@mradmc.com.au)



**Treasurer: Drew Jessop OAM**

0412 085 624

[treasurer@mradmc.com.au](mailto:treasurer@mradmc.com.au)



**Membership: Michael Camilleri**

0432 718 250

[membership@mradmc.com.au](mailto:membership@mradmc.com.au)



**Head Scrutineer:**

**Brian Jayasingha**

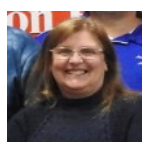
9330 3331 B.H. Mon-Fri



**Sales: Lina Bragato**

0432 583 098

[sales@mradmc.com.au](mailto:sales@mradmc.com.au)



**Events Co-Ordinator:**

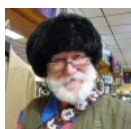
**Clara Tine**

[events@mradmc.com.au](mailto:events@mradmc.com.au)

**Welfare/ Grievance: Alec Mead OAM**

0418 566 384

[wellbeing@mradmc.com.au](mailto:wellbeing@mradmc.com.au)



**AOMC Delegates:**

**Robert Green**

**Don MacGregor**

0408 532 603



**Mid-Week Run Committee:**

0427 804 803

[blackkatnoir@gmail.com](mailto:blackkatnoir@gmail.com)



**Property Officer: Joe Mediero**

0432 810 202

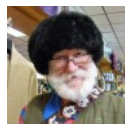


**Webmaster: Kate Tabone**

[webmaster@mradmc.com.au](mailto:webmaster@mradmc.com.au)

**Librarian: Alec Mead OAM**

[Librarian@mradmc.com.au](mailto:Librarian@mradmc.com.au)



**Liquor License Nominee:**

**Trevor Elliott**

**Raffle Co-Ordinator: Yvette Brandi**

**Editor: Trish Martino**

[editor@mradmc.com.au](mailto:editor@mradmc.com.au)

**Catering: TBA**

**PAHR Committee - Alan Martin  
Kate Tabone**

[Pahr@mradmc.com.au](mailto:Pahr@mradmc.com.au)

**Club Objective:** To encourage the restoration, preservation and operation of motorised vehicles.

**Meetings:** **We're now back to Wednesday meetings from February, meetings start at 8pm.**

**Disclaimer:** The opinions and ideas expressed in this magazine are not necessarily those of the club or the committee. All care, but no responsibility can be taken for the accuracy of submissions.



# Editorial

Hi Everyone

Welcome to 2023.

I've been lucky to have been given a copy of the book that Robin Fletcher wrote about the club on it's 20th Anniversary.

This year is the Club's 40th Anniversary, as you would have noticed from the front cover. Over the next few editions of MM you'll see either on the cover or in the pages snippets from this book. I've read half the book and it's amazing how the club started and it's fund raising efforts and different stages of the club.

As you can see this edition is fairly well packed and I'm sure the next one will be too thanks to our Hanging Rock event.

But if there's room I'll try to squeeze some historical information about the club in there.

Cheers

Trish  
Editor

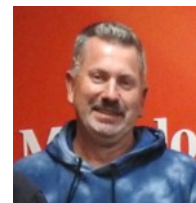
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Below are the photos taken during the meeting in December. The President awarded badges to:  
10yr - Simon Palmieri; John Campani; Peter Osborne; Keith McDougall; Ian Buckingham.  
20yr - John Johnson (plus his 10yr badge)  
30yr - Brian Jayasingha



**DEADLINE FOR  
SUBMISSIONS FOR  
THE MARCH  
MOTOR MOUTH  
19th FEBRUARY**

# President



Welcome to the February Motor Mouth.

Happy New Year, and welcome back.

2023 is a special year for the Macedon Ranges and District Motor Club as we are celebrating our **40th Birthday**. George Porter placed an advertisement in the Telegraph newspaper on 15th November 1983 wanting members for a car club. On 23rd November the first meeting was held and the rest is history. Looking forward to celebrating this occasion with you all later in the year.

**December Christmas** meeting / Luncheon was held on a Sunday 4th. We had favourable weather and we enjoyed a great turnout of club vehicles in the car park. It was quick meeting, handing out membership badges to deserving members, then into lunch. Guest speakers that spoke at a meeting throughout the year were invited to join us including David Frake, Colin Russell and Rod Sedgman. Thank you to those members who helped make the day a success.

**January 2023** –Coffee and Cars, Mid -Week Run to Lancefield and a cruise to Court House Hotel in Smythesdale have started the year off with a bang.

The Hanging Rock Committee held a meeting at the venue and advise that there will be some changes to the lay out of the park due the Council's Environmental Policy. More details to follow at the February meeting.

**February 1st** is the first club meeting starting at 8 pm. It's the Hanging Rock meeting, this event is the only one on the club calendar where we require you to give the club your support, so please make sure your name is on the sheet at this meeting. Remember to pick up your club membership card as this is your entry to the event. This club event has been running for 36 years thank you to the membership for their participation.

**March 5th** A Sunday meeting. Meeting will start at 11 am followed by a BBQ. The clubrooms will be open from 8.30 for Red Plate inspections

Reminder – when attending the clubrooms **please leave your pets at home**, bring your club cars  
See you on the road.

Adam



# Vice President



Hi everyone, welcome to 2023.

We're looking forward to another big year around the club.

I hope you all had a very happy and Merry Christmas and a safe New Year.

It was nice to have a break, chill out and take it easy for a few weeks, me personally I really enjoyed my time at home with my family taking it easy. Finally, we are getting some nice warm days after a cold wet winter and spring.

Not a lot to report on over Christmas. I went to Coffee 'n' Cars on Sunday, it was great to see the regular faces there even though it was slightly overcast in the morning but all in all it was a nice day.

The first quarter of the year is always quite busy around the club with Hanging Rock preparation.

The committee met earlier this month to discuss and set an agenda for 2023, we looked at setting out the regular events we run as a club. it was great to catch up with the committee as we hadn't seen each other over the Christmas period as well.

Alyce Vella from Sons of the West contacted me via e-mail to say that Phil Edwards is no longer working for Sons off the West, so it will be difficult for her to find a guest speaker, I'm hoping to re book later this year.

I have a few things I'm currently hoping to have ready to go soon.

If anyone has a topic of something of interest, they wish to share with the club let me know.

Take Care, Stay Safe & Enjoy your Classic







# Secretary's Report



**Minutes of General Meeting of**  
**Macedon Ranges and District Motor Club, inc.**  
**Held at the clubrooms, 10 Webb Crescent. New Gisborne**  
**On Sunday 4th December 2022**

Present: As per attendance register

Apologies: Gerry Backhouse; Michael Camilleri; Alec Mead; Viv & Allen Richards;  
Peter Stewart; Rob Green; Peter Reid.

Guests: Greg

President Adam opened the meeting at 11.12am and welcomed all present.

**Minutes:** Minutes of the meeting held 6th November 2022 have been distributed. Moved: Trish Martino, Seconded: Don Crompton that the minutes be accepted. Carried.

**Matters arising:** Nil

**President:** President Adam detailed his report as summarized in this month's Motor Mouth.

**Vice President** VP John gave his report as summarized in this month's Motor Mouth

**Secretary:** Normal administrative activities have been undertaken. Looking at new email system to avoid problems many members are experiencing not receiving MailChimp emails. Liquor licence renewed. We were rated 5 star operators by Liquor Control Commission!

**Treasurer's Report:** The Treasurer thanked all who assisted in the set up to the Christmas function and advised that bills due in the ordinary course of the club's activities have been paid. 15 bills totalling \$3,650.50 have been paid. These were mainly catering costs and Insurance. Moved: Drew Jessop, Seconded: Norm Salter that the payments be approved, the Treasurer's Report be accepted and that bills continue to be paid in the normal course of Club business as and when they fall due. Carried.

**Sales:** Nothing to report.

**Membership:** Nothing to report.

**Technical Officer:** Good turnout of cars for inspection today. Next Red Plate Day to be advised in early 2023.

**Webmaster:** Nothing to report

**Welfare:** Everything OK at present. A few with health issues are being monitored.

**Librarian:** Nothing to report.

**Mid Week Run:** Thanks to those who attended our last run and the runs during the year. Next run is 25th January 2023. Meeting at Burkie's Bakehouse at 9am. Run to Lancefield for a picnic.

**Property:** Nothing to report.

**AOMC:** No report

**Bar:** Nothing to report.

**Hanging Rock:** All organization in hand. Roster filling up, more volunteers would be good.

**Editor:** Nothing to report.

**Webmaster:** Update of web page well underway.

**General Business:** Adam urged members to make themselves available to help at Hanging Rock. Graham Williams advised that Noel Smith former President of the Steamies had passed away. Club voted an expression of sympathy. Graham advised that he had been elected President of the Steamies.

The President awarded badges to:

10yr - Simon Palmieri; John Campani; Peter Osborne; Keith McDougall; Ian Buckingham.

20yr - John Johnson (plus his 10yr badge)

30yr – Brian Jayasingha

The President declared the meeting closed 12.05pm for the Christmas lunch.

Richard Stewart  
Secretary  
5 December 2022

# Treasurer



Hello everyone,

I trust you are enjoying the improved summer weather – it was nice to start the ‘driving year’ to go on the mid-week run to Lancefield and have a meal and chat with everyone there under the old trees (thanks Pam for arranging!).

## The year ahead

As I mentioned in the December Edition, the Committee is looking to match and expand the benefits to members this year, including -

- Continuing the Coffee Van at meetings
- Matching members' contributions to the Biggest Morning Tea (Cancer Victoria) charity
- Catering at meetings
- Subsidising member's entry at Midweek Run destinations, where appropriate
- Hanging Rock volunteer T-Shirts (to thank everyone for their contribution)
- Other Charity donations, which we will consider later in the year
- The Bowling Night and Chrysler Challenge where we ‘compete’ against other clubs, and of course,
- The perennial favourite of a Christmas Party at the clubrooms!

In addition there will be our 40 year anniversary in 2023, so this has been budgeted for as well.

With all this, we hope to better the \$18,000 spent on members' benefits in 2022, and the Committee is always open to suggestions from members – please give us a tap on the shoulder.

Thanks again for reading, and an especial welcome for any new members reading all this.

I look forward to seeing you at the club, and popping the bonnet of a few more members' classic cars out there. Safe motoring... and have a great year ahead.

Drew Jessop  
Treasurer

I went to the Psychiatrist today. She told me I had a split personality and charged me 160 dollars.



I gave her 80 Dollars and told her to get the rest from the other idiot!!

I often wonder  
who Pete is and  
why we do  
things for his  
sake...

# Macedon Ranges & District Motor Club

## XB GT Falcon Quiz - Questions

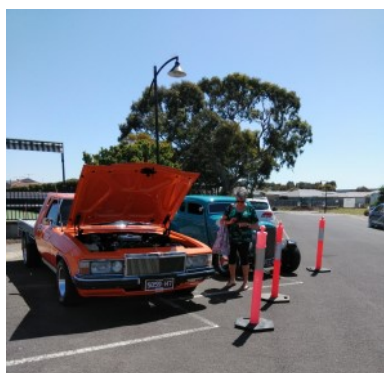
|   |  |
|---|--|
| <p>1. Name the manufacturer, model and size of the carby fitted to a manual XB GT?</p> <p><b>Motorcraft 4300 605 cfm 4 Barrel</b></p>   | <p>2. What was the price for a standard manual XB GT sedan in October 1973 ?</p> <p>A) <b>\$5200</b> B) \$5250 C) \$5300</p>   |
| <p>3. Name the six interior colours offered on a XB GT?</p> <p><b>Black, Chamois, Brown, Parchment, Saddle &amp; White</b></p>  | <p>4. Front <math>\frac{1}{4}</math> vent windows were an option on XB GT?</p> <p><b>True</b> or False?</p>  |
| <p>5. How many XB Gt coupes were built?</p> <p>A) 929 B) 959 C) <b>949</b></p>  | <p>6. What did Option 07, Outback Pack include?</p> <p><b>Guards fitted under the sump and differential</b></p>  |
| <p>7. In total how many XB GT sedans and coupes were built?</p> <p>A) 2889 B) <b>2899</b> C) 2988</p>   | <p>8. What was the claimed top speed for a manual XB GT in 1973?</p> <p>A) <b>120 mph</b> B) 124 mph C) 116 mph</p>  |
| <p>9. What was the standard fuel tank capacity in a XB GT sedan?</p> <p><b>17.5 Gallons</b></p>   | <p>10. What was the exterior color of the XB GT coupe shown crossing the floodway on Ford promotional material?</p> <p><b>Yellow Blaze</b></p>   |
| <p>11. What was the retail price of a standard automatic XB GT coupe in 1973?</p> <p>A) \$5396 B) <b>5316</b> C) \$5286</p>   | <p>12. How many ft/lbs of torque were available from an XB GT?</p> <p><b>380 ft/lbs @ 3400 rpm</b></p>   |
| <p>13. When did XB GT production finish in 1976?</p> <p>A) May B) July C) <b>June</b></p>   | <p>14. How many XB Gt's both sedans and coupes were built in 1976?</p> <p>A) <b>409</b> B) 399 C) 419</p>  |
| <p>15. The XB GT was available with the widest exterior color choice of any GT model to date. Name all 45 colors offered.</p> <p><b>Blue steel, polar white, yellow sand, onyx black, skyview blue, stratosphere grey</b></p> | <p><b>Sandstone beige, frosted lime, banana blush, tropic gold, tango, mushroom beige, yellow blaze, port wine, emerald fire, cool mint green, copper bronze, burnt orange, apollo blue, blaze blue, russet, red pepper, tropicana green, deep ivy, deep aqua, mulberry, walnut glow, snow white, Kelly green, Sherwood green, Neptune blue, antique beige, satin brown, brambles red, new look grey, new England green, outback bronze, ultra white, lime glaze, Euclid green, light orange, kwikasair violet, vintage burgundy, STC yellow and corporate blue.</b></p> |
| <p><b>Answers will be published in the next Edition of Motor Mouth</b></p>  |  |
| <p>Many thanks to Rick Beales for his time &amp; efforts in producing these really interesting quizzes on the Ford GT's.</p>  | <p><b>All questions &amp; corresponding answers are Provided by the Author. Any questions in Relation to this quiz or answers are to be Directed to him.</b></p>   |



# Around the Club

Brian J organised a visit to the Bridgewater Lake Retirement Village before Christmas.

Photos courtesy of Neil & Leesa Bryant



## News from the outside world



*The Echuca & District  
Historic Vehicle Club Inc.*

**ECHUCA SWAP MEET ROTARY  
PARK, ROSE STREET ECHUCA**

**Saturday, 22nd April, 2023**

Automotive Parts & Collectables welcome  
Show & Shine open section as well as ladies  
only section, prizes will be awarded.

**200 PLUS SITES AVAILABLE AT \$20 PER SITE.**

**ON SITE CATERING,**

**\$5 PER PERSON ENTRY,**

**No EFTPOS facilities on site Cash Only**

**CHILDREN UNDER 15 FREE**

**Gates Open: Sellers: 5:00 am Buyers: 7:00 am**

**ENQUIRIES: 0483230908, [echucaswap@outlook.com](mailto:echucaswap@outlook.com)**

**\$500.00 Donated to a local charity**



## **The Aussie B40 Rally 2023 Hamilton, Victoria March 24-26**

**A rally for people under 40 years old,  
driving cars built prior to 1940**

For further details contact Stuart McCorkelle  
on [events@vdc.org.au](mailto:events@vdc.org.au) or scan the QR code  
below





# News from the outside world

## ALL DAY



**All Ford Day is returning on Sunday, March 19, 2023**

Date: Sunday 19th March, 2023

Time: 9am - 3pm

Location: Eastern Park, Geelong



FLORENCE  
THOMSON  
*Tour*

**FRIDAY 28th - SUNDAY 30th  
APRIL 2023**

Based around Wangaratta

Is proudly brought to you by the  
Association of Motoring Clubs (AOMC) on behalf of the RACV

To celebrate the pioneering spirit and  
contribution of Women to Australian motoring

*So, Ladies, please put the date in your diary so you don't miss out*

Enquiries to  
florencehomsontour@gmail.com



# News from the outside world

## BRITISH & EUROPEAN MOTORING SHOW

SUNDAY 26TH FEBRUARY 2023

Event Central at Caribbean Park

Entry from Ferntree Gully Road, 1km north east of the Eastlink junction



Proudly Presented by  
THE ASSOCIATION OF  
MOTORING CLUBS

Featured this year will be the state Concours D'Elegance for the MG Car Club of Victoria

*You do not have to be a club member to attend this show*

### Gate Opening Times

Gates open from 9.00 am for display cars, from 10.00 am for spectators.

### Admission

Display cars & trucks \$15.00 (includes all occupants)

Motorcycles \$10.00

Spectators \$8.00 Children free

Please bring the kids they will be tomorrow's enthusiasts.

**Club Displays** are welcome and encouraged. A trophy for the best club display will be awarded. To park together it's a good idea to arrive together. Please contact the Association to reserve your area.

### Trophies

Trophies will be awarded for a number of categories and the presentation will be held at 1.30 pm.

### General

Food and refreshments will be available.

There will be Childrens entertainment. There will also be trade stalls.

(Further enquiries for trade stall sites are welcome. Please call 0473 832 277 to book your site)

Watch our website for up to date information about the event.

Dogs are allowed into the display area subject to them being restrained on a lead at all times.

For updates, maps and information [www.aomc.asn.au/britishandeuropean2023](http://www.aomc.asn.au/britishandeuropean2023)

For more info contact 0473 832 277 [fb.com/infoaomc](https://fb.com/infoaomc)

Proudly Supported by  
THE RACV 



**46<sup>th</sup> HISTORIC WINTON**  
**27th and 28th May 2023**

[www.historicwinton.org](http://www.historicwinton.org)  
Winton Motor Raceway, Benalla, Victoria

Austin Seven Club Inc. A0003290N | Photos - C. Rosewarne and SDPics



# News from the outside world

## ROB ROY REVIVAL 18 -19 March 2023. UPDATE

### Welcome to the 'Hill'

We will be very excited to welcome you to the inaugural Rob Roy Revival.

Rob Roy Revival will be held at Australia's oldest Hill Climb Track. This event is for invited pre 1980 Historic cars. The event will be staged in the style of the famous UK Revivals.

#### Track works update

The redevelopment of one of Australia's oldest historic tracks is expected to be completed by December 2022.

Works include, complete resurfaced track and return road. The dip at the approach to turn 2 is to be re shaped to eliminate under body damage. A new chicane between turns 2 and 3 will be an option for the track, plus a new tyre cleaning area before the start line.

The entry road from the front gate is also being sealed.

#### Rob Roy Revival

This event is more than just the sound and smell of historic race cars taking on one of Australia's most significant Motorsport venues. Spectators will be encouraged to dress in pre 1980 period fashions, a full weekend of activities, including fashion shows, music, food vans, trade vendors and more.

#### 2023 featured Marque

We are proud to celebrate Elfin and the legacy of Garrie Cooper, the designer, builder and driver of one of Australia's most successful race cars, with a minimum 10 Elfins competing.

#### Pit Area

The pits area will be recreating the 50s 60s golden era of Motorsport with all cars garaged and security after hours.

This is an Invited Event for all pre 1980 race cars, including Early Pre War GP cars, sports cars, open wheel race cars and touring race cars.

For an expression of interest to compete, please contact Rod Cooper ([rodcooper@westnet.com.au](mailto:rodcooper@westnet.com.au))

**Please Note: All existing expressions of interest will receive an email shortly with Revival entries to open 10th November 2022.**

Please visit Rob Roy Revival trade site at 2022 Sandown Historics.  
For further information contact Rod Cooper. Event Director 0409138899



25TH FEBRUARY 2023

# TONGALA

## CAR & BIKE SHOW

**LIVE MUSIC**  
Scotty Baker  
and the Long Cone Moondoggies

11am to 5pm

**Cars \$10 Bikes \$5**    **Licensed Bar and Food Stalls**

Tongala Cruiser Club Inc

Follow us on Facebook

Made with PosterMyWall.com

# Shannons RetroAutos

## Vale Ken Block 1967-2023

The Shannons Club was saddened by the recent death of professional rally driver and global motorsport megastar Ken Block in a snowmobile accident. He was 55.



*Please stay safe and healthy,*

<https://www.shannons.com.au/club/news/shannons/vale-ken-block-1967-2023/>

## Chargers you NEVER saw. Secret styling proposals revealed!

Retroautos recently revealed previously secret, styling proposals for the Valiant and Chrysler by Chrysler. This edition showcases many never-before-seen proposals for the iconic Charger.



*Please stay safe and healthy,*

<https://www.shannons.com.au/club/news/retroautos/chargers-you-never-saw-secret-styling-proposals-revealed/>

## Melanie and Martin Campbell's Classic Adventure: A Magnificent MG TF

Melanie and Martin Campbell derive enormous joy from their 1955 MG TF 1500, the first classic car they have owned.



*Please stay safe and healthy,*

<https://www.shannons.com.au/club/news/member-spotlight/melanie-and-martin-campbells-classic-adventure-a-magnificent-mg-tf/>

## Pat Dwan's Holden EJ: when Special is all you need

Pat Dwan clearly remembers his first glimpse of the exciting new EJ Holden. 'I first saw one at Central Motors in Stanthorpe and was really taken with it, especially the rear end which I thought was really lovely.

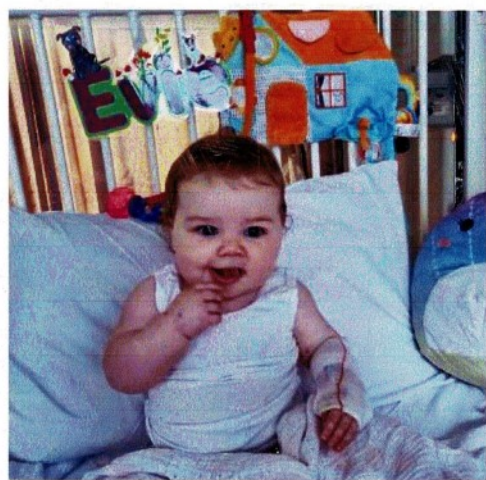


*Please stay safe and healthy,*

<https://www.shannons.com.au/club/news/member-spotlight/pat-dwans-holden-ej-when-special-is-all-you-need/>



# Help us provide support for **Evie's Battle with Cancer**



## **Support the Moorhouse family as their 8 month old daughter Evie battles Leukaemia**

On October 11th, 2022, the Moorhouse family of Gisborne received the shocking news that their 8 month old daughter Evelyn (Evie) has an aggressive form of Leukaemia. Evie was immediately admitted to the Intensive Care unit at the Royal Children's Hospital where the team is working to get Evie well enough to start chemotherapy.

Evie has a long road ahead of her, with at least a month of intensive treatment and then two years of ongoing care. We are raising money to help ease the financial pressure on the Moorhouse family as Evie's parents will be unable to work so they can be by her side. Any donation will help Evie and her family throughout this heartbreaking time.

Please donate by scanning  
the QR code or visiting  
<https://gofund.me/ec8c7621>





# COFFEE 'N' CARS

**December** Coffee N Cars pictures courtesy of John Parnis



**January** Coffee N Cars, Pictures courtesy of Jim Stewart





## The mid-week run - January



The January Mid Week Run was a drive up to Lancefield with a small diversion through the countryside on the way. The weather was on the warm side but we had a lovely cool breeze for most of the day.

We set ourselves up under a very large, beautiful old tree, so there was plenty of shade for everyone. We had 19 people come on the run, most met up at Burkies in Woodend, but some chose to go straight to Lancefield and meet us there. We had one special visitor who has not been at any of the runs for quite a while, Lindsay Elliott.

Newer members of the club may not be familiar with Lindsay, he has in the past carried out many tasks for the club, not least of which was being the right hand man, for John Van Groningen ( the previous Mid Week Run Coordinator )

Map maker, navigator, Life Member, and many years on the committee in various roles.

Some of our members had prior engagements in the morning but came along when they were free, John Armstrong was one of these people that popped in for a while with his Capri, checked out the cars, had a chat and then left. We also had others coming and going after a while, but I think everyone had an enjoyable day and most people managed to partake in some celebratory Australian sweets given that it was the day before Australia Day.

Pam Amezdroz.



# Upcoming Events (See Calendar)

| <b>FEBRUARY</b>         |   |
|-------------------------|---|
| Club Meeting            | 1st - at the club rooms, starting 8pm<br><b>WEDNESDAY NIGHT</b> |
| Picnic At Hanging Rock  | 19th - Hanging Rock   |
| Coffee N Cars           | 19th - BP Calder outbound 9am                                   |
| Mid Week Run            | 22nd - keep an eye out on the emails for details                |
| Tongala Car & Bike Show | 25th - see the flyer in this edition of MM                      |
| <b>MARCH</b>            |   |
| Club Meeting            | 5th - Club Rooms<br><b>SUNDAY MEETING</b>                       |
| Coffee N Cars           | 19th - BP Calder Outbound - 9am                                 |
| Mid Week Run            | 22nd - keep an eye out on the emails for details                |
| B40 Rally               | 24th - see flyer in this months MM                              |

## EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.



# February 2023

Mon Tue Wed Thu Fri Sat Sun

|    |    |                     |    |    |    |                                     |
|----|----|---------------------|----|----|----|-------------------------------------|
|    |    | <i>Club Meeting</i> | 2  | 3  | 4  | 5                                   |
| 6  | 7  | 8                   | 9  | 10 | 11 | <i>Picnic At Hanging Rock Event</i> |
| 13 | 14 | 15                  | 16 | 17 | 18 | <i>Coffee N Cars</i>                |
| 20 | 21 | <i>Mid Week Run</i> | 23 | 24 | 25 | 26                                  |
| 27 | 28 |                     |    |    |    |                                     |

# March 2023

Mon Tue Wed Thu Fri Sat Sun

|    |    |                     |    |    |    |                      |
|----|----|---------------------|----|----|----|----------------------|
|    |    | 1                   | 2  | 3  | 4  | <i>Club Meeting</i>  |
| 6  | 7  | 8                   | 9  | 10 | 11 | 12                   |
| 13 | 14 | 15                  | 16 | 17 | 18 | <i>Coffee N Cars</i> |
| 20 | 21 | <i>Mid Week Run</i> | 23 | 24 | 25 | 26                   |
| 27 | 28 | 29                  | 30 | 31 |    |                      |

# Carz 'n' parts

## For Sale

1: Steel plate work table or welding table.

840mm x 790mm x 900mm high with one shelf. Professional built with 5mm plate including gussets. Perfect condition in red oxide undercoat (hardly been used) \$50. Could possibly deliver.

2: 4 x Honda steel wheels with good tyres and wheel trims 195 x 65 x15 91H. \$50.

Allen Bridges - 0409 135900

## For Sale

- 149 Motor, number H193849 - \$100
- 327 chrome rocker covers - \$30
- Holden M20 gear box - \$150
- 2 Bell Housings suit 179 Holden - \$50 ea.

Mick 0439 214 015

## For sale -1954 Holden FJ

About this vehicle

- Driven 29,000 km
- Manual transmission
- Exterior colour: Off\_white

Seller's description.

- The car needs a full Resto.
- Both sills need replacing.
- All panels come with the car.
- Seats and engine included.
- Inspections welcome.
- Pick up from Gisborne 3438

Contact: Cam Jackson 0412 286 008



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It was the yellow one!!

2015

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