

# MyCarRules

What revs your motor? Take Amy Haydock for a spin [e rockymirror@capnews.com.au](mailto:rockymirror@capnews.com.au)



## Can't beat blue oval

Son's formal a special event for long-time car lover **Mick White**

**WHAT is your current job?**

Truck driver for Rockhampton Regional Council.

**When and where did your passion for cars start?**

When I was a baby. One story that has always stuck with me is when I was about four or five my mum asked myself and a friend to go to the shop and get her some matches. But my friend forgot what we were supposed to get and I remembered because I loved Matchbox cars.

**How many cars/vehicles do you own and how many have you owned?**

I've owned about 25 and currently own eight.

**What is your mechanical speciality?**

I do my own car detailing and general services. My friends also give me a hand. I like to drive all of my eight cars and give them all a run.

**What was your first car and why did you choose it?**

It was a HD Holden. I was 17 and I got it because it's the only thing I could afford,

I had a lot of good memories in it though.

**What has been your most memorable experience in any vehicle you have owned?**

Well taking my son to his formal in my XB GT was very special because it was a deal between us that I would take him if he finished school.

**Where is the best place to go in CQ for spin?**

Out on the straight stretches to Gracemere and Midgee.

**Tell me about your favourite car. What is it and why do you love it?**

It's a 1975 XB GT. When I was 13 and living in Western Australia I had a friend who was 18 and he got a job in the mines. And after a few pay slips he bought one, and I just fell in love with it. It's always been a car I've wanted and years later I was able to get one myself.

**How much do you think you have spent on your car obsession? It's not really about the money for me, it's**



**FORD FANATIC:** Mick White is proud of his 2003 Ford FPV GT.

PHOTOS: CHRIS ISON ROK231112CFORD1

more of a hobby and I like to do things properly and bring cars back to their original condition.

**How many hours each week do you get to work on your cars?**

Probably just a couple of hours a week cleaning them and general maintenance.

**What has been the best thing about anybody has ever said about one of your cars?**

A lot of young kids yell things out and say they love it and rev it up and things like that.



**Mick White shows off his pride and joy.**

**What about the worst?**

People say it's got the wrong badge but you can't beat the blue oval.

**What cars are on your**



**This mean machine is ready to hit the bitumen.**

**wish list and why?**

I'd love a 1971 XY Phase 3 because they're just a great car and one I've always wanted.



**Check out the colour co-ordination under the bonnet.**

## GREEN THUMB GUIDE

### PRODUCT OF THE WEEK:

Lucerne mulch hay enriches soil and is a beneficial garden mulch. It increases nitrogen and potassium levels and will reduce weed growth and evaporation. It should be applied approx. 70mm thick. Lucerne mulch hay is available from Tanby Garden Centre.



### Attracting birds to your garden

AUSTRALIA has some wonderful native birdlife and there are many ways to encourage our feathered friends into our gardens.

By choosing your plants carefully you can often bring the birds into your garden and their sounds, songs and colour add life to many gardens, as well as bringing a little piece of nature to our own back door.

Trees and shrubs in your garden not only provide food for the birds but also shelter for nesting, especially plants with prickly foliage.

#### Plant selection

Some trees and shrubs which are attractive to birds include the following:

**Eucalypts:** These trees often have hollows in their trunk or in branch forks which provide shelter and nesting sites for many birds.

**Banksias:** Most banksias are found to be attractive to birdlife especially to honeyeaters. There are banksias that will grow in most parts of Australia.

**Grevilleas:** Many species of grevilleas are highly attractive to birds because of the nectar produced by the flowers.

### GARDENING TIP

Indoor plants contribute to an improvement in air quality. Putting plants in offices can improve the mood, reduce stress, assist general health and wellbeing and even promote productivity. [www.plantlifebalance.com.au](http://www.plantlifebalance.com.au)

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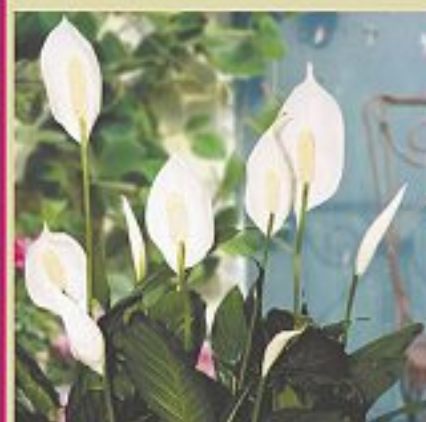


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## Tanby Garden Centre



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