

NORTHUMBRIA ADVANCED MOTORCYCLISTS



2015 Issue 2 Newsletter



In this issue



The views expressed in this Newsletter are not necessarily those of Northumbria Advanced Motorcyclists or the Institute of Advanced Motorists and should not be interpreted as such.

NAM is supported by Northumbria Fire & Rescue Service And Northumbria Police



A word from the Editor

relcome, to the latest newsletter. I am Barry Bullas the editor and as always I would like to particularly welcome anyone reading our newsletter for the first time.

After 3 years as Newsletter editor i am sad to say this edition will be my last. I have really enjoyed my time and i hope you have enjoyed reading it. I am handing the baton to Tom Ivison who has volunteered to take over. I'm sure you will all give him as much support and encouragement as you did me.

This newsletter is only as good as the contributions from our members. Hopefully you are all out enjoying the summer and trying to squeeze in an adventure or two. If you are, please share your adventure with us. Members stories are one of the things everyone loves about the newsletter. As well as being interesting to read they can also enspire members to go and do something they have always wanted to do. So write it up and send any photos you have to newsletter@nam-online.org
Barry Bullas

Chairman's remarks

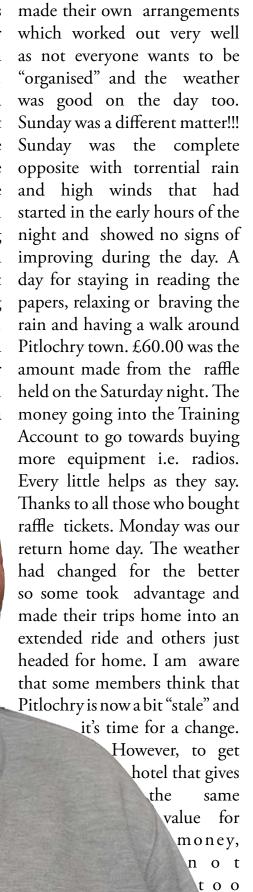
Tello everyone, once again it's time for I me to put fingers to key board and say a few words for the 2nd Newsletter of 2015. Where to start? We have had a brilliant first four months when it comes to new S.F.L. Associates. Sixteen new members giving us an average of 4 per month whilst the Regional Average is 2.1 per month. In the last twelve months we have had 38 new S.F.L. join N.A.M. whilst again the Regional Average is 22.6. Also there were twenty two passes and three of them were 1st's. Congratulations' to our Observers for achieving such a good results. We must be doing all the right things as a club to be so successful. The I.A.M. are putting a great amount of emphasis on Social Media to attract new members but our recruitment tends to be word of mouth, recommendation's, members chatting to people they have met at cafés, "visits" to our website and invites to our monthly Members Meetings. I think that says a lot about our club the you, and Members. L don't know any of

regardless of their pursuit / hobby that consistently has 80'ish members attending their respective club meetings and 100 + attending their A.G.M. All of the afore mentioned work for us and long may it continue. Pitlochry was once again a great success. The Hydro Hotel and the staff were as they all ways are, cheerful and friendly. The swimming pool is a big plus for me and this year I noticed that a lot more of N.A.M. were taking advantage of the amenity. Michael Sutherland organised a rideout on the Saturday for those who didn't want to travel

long

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distance [80 mls] and others

c l u b

distance travelling for me, roads that are not too busy could be quite a challenge to find. But, we are always happy to hear from anyone that can come up with any suggestions for 2016. The first Social Meeting in March when we had no Guest Speaker was well attended [60 +]. The thought behind it was to let Members have the opportunity to socialise generally, swap biking tales and have a bit of a laugh. As it was at my suggestion I would like to have any feedback on Although we did the idea. have two representatives from the local I.A.M. Cars Group. They were invited in response to some members wanting more information on how to have car advanced training. that attendance and From information given members are following it up with further advanced training. The Guest Speakers with their presentations respective our Monthly Meetings all been well received and they themselves have expressed how pleased they were to have such large audiences in attendance. Between Michael Wilkinson and myself we have arranged Guest Speakers for forthcoming meetings which we are sure you will enjoy. PAGE TWO Then came along the I.A.M. Trustee Representative, Mike Lyne and Operations Manager, Toby Shaw. Don't know what they expected but I don't think it was the response they got

at the Q & A session!!! It was very lively to say the least. I personally was very pleased that some of you rose to the and occasion asked some pertinent questions voicing your views and opinions. For me the I.A.M. seems to have forgotten just how much work the Members and Committees' do bearing in mind it is voluntary and at no cost to I.A.M. Let's hope that other Groups let them know their views and that some good will come from these Group The Stephenson meetings. Railway Museum invited us to attend an open day at the museum on Sunday 12th July arriving 11:00am till 15:00pm. They are offering for those who wish complimentary tickets to ride the trains on the day. The plan is to meet in the car park of B & Q @ 10:30 / 10:45. If you have a Classic bike come on that and show it off. As a club we have always endeavoured to support other charities so come along and have an enjoyable day. As our A.G.M. is only 6 months away your committee needs to do some forward planning there will be vacancies for the following positions. Rideout Co-ordinator, Ian-Du-Rose is stepping down. Newsletter Editor, Barry Bullas is stepping down. Both having done 2 years' service. If you would like to make a contribution to the running of your club please give some thought to putting yourself forward for

one of those positions. Come along to one of our Committee Meetings as a guest and see what we are about. Rideouts. If you have recently passed your S.F.L. Test give some thought to joining a Rideout Recce as a guest and see what is involved with the view of being a "Back Marker" on one of our monthly Rideouts and eventually organising a rideout yourself. You will get plenty of advice and encouragement to get involved in these social events from those who have done them in the past. my view that this lets new members see that they are an appreciated member of the club and not just "a number". Give it some thought. There is lots of information on the N.A.M. Website relating to forthcoming events and training sessions take a look to keep yourself upto date and there is also the N.A.M. Forum. Sign up which is easy to do. If you have a problem doing so Email webmaster@ nam-online.org asking That's it from me. I help. look forward to see you at our Monthly Members Meetings and Rideouts.

David Henderson

Chairman.

Meet your training team

Chief Observer: Geoff Spencer



Geoff co-ordinates the training group, with the other members he has the job of organising the training programmes that our associates will follow.

Geoff has the highest civilian qualification you can have after passing his Masters test.

Convenor: Mick Goodwin



Mick has the job of helping organise our class room based training events.

Mick understands the importance of good communication and presents training and facilitates training given by others.

Training Team Leader: Terry Murphy



Email: training_team_leader@nam-online.org

Terry is our observer team leader. He has the responsibility for all the Observers he aims to ensure they have what they need to help them remain motivated and continue to enjoy the essential task they are performing. Terry has the job of allocating the best observer for a particular associate taking into account location, machine type and other factors to make the training

process a success.

Training Team Member: Paddy Jarvis



Paddy is a key member of the training team.

His strengths are on the practicalities of riding he helps run the slow riding sessions explaining what needs to be done and how best to do it.

Amongst other things Paddy brings in a different perspective as away from NAM he trains people to pass their CBT.

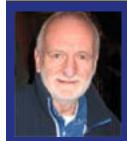
Meet your training team

Training Team Member: Eric FitzPatrick



Eric has a wealth of riding experience which he is keen to share. You'll find him at most training events, keen to pass on his extensive knowledge.

Training Team Member: Jack Stewart



Jack an experienced rider who has led many a rideout. Jack is actively involved in the training events helping others improve their riding.

Training Team Member: Mel Leitch



Mel has been a driver in much of the innovation which is happening in NAM's training program. He has been heavily involved in producing the training section of the website including the demonstration videos showing aspects of advanced training.

Did you know NAM has a Costco card?



Costco is a membership warehouse club, where members can buy quality goods and services at low prices. They also sell and fit standard car tyres as and winter tyres. Contact David Henderson, for more information.

Rideouts & Events

For up to date information on our Rideouts & Events, including times, starting locations and what you need to bring please visit our website http://nam-online.org/rideouts.html

All monthly rideouts employ the 'Dropoff' System to ensure we don't have any riders go astray. You can find an explanation of the Dropoff system on our website here http://nam-online.org/dropoff-system.html

Date	Who	What & Where
05 July		Associates Ride Out.
		This is open to all members.
11 July (Saturday) 12:00	Training Team	Bike Controls Skills at Albermarle Barracks
12 July	David Henderson	Stephensom Railway Museum Rally We've been asked to take part in a small event where we bring our bikes along to a day with the steam trains.
		Link to <u>Stephenson Railway Museum</u>
18 -> 19 July	Ian Du Rose	Bowlands Trip
		Link to Bowlands Trip
26 July	(to be confirmed)	Senior rideout
02 August		Associates Ride Out.
		This is open to all members
16 August	Michael Wilkinson	Senior Ride Out. A trip to the National Museum of Flight, East Fortune, Scotland. Members have the option of a 'ride out' in the usual manner or a 'ride in' where they meet up at the Museum. It is envisaged that we will take a direct route to East Fortune using the A1 (94 miles approx), stopping for coffee and arriving at the Museum for lunch (good cafe and picnic facilities). Those who wish to look around may do so and those wanting to ride on may do their own thing. The ride will return later in the afternoon taking a route via Duns, Coldstream and the A697 ending at Heighleygate Nursery
06 September		Associates Ride Out.
20.0		This is open to all members.
20 September		Senior Ride Out.

Rideouts & Events

Hi everyone, just a reminder that the Stephenson Railway Museum situated on Middle Engine Lane, North Shields has invited N.A.M. to attend their open day. The date is SUNDAY 12th JULY, 2015. Arriving at the museum at 11:00am till 15:00pm. They are offering those attending on the day free complimentary tickets to ride on the trains and perhaps some refreshments. If

you have a "classic" bike come on that and show it off. They have invited Tyne Valley Classic Motorcycle Club so that will be something that will also interest us as well as the trains. I suggest we meet in the B&Q car park 10:30 / 10:45 and make our way to the museum as a group. As a club we have always endeavoured to support other charities so come along and have an enjoyable day.

David Henderson Chairman





NAM has it's own Facebook page



AM now has it's own facebook page. It is a great place for sharing pictures of rideouts, details of upcoming events and attracting new members.

Our page along with our pictures, videos and stories can be viewed by anyone, even if you don't have a facebook account. If you do have a facebook account then not only can you view the content but you can also comment on our content or add your own for your fellow members to view. It only takes a minute to set an account up if you do want one.

You can view our Facebook page by clicking the link below www.facebook.com/NorthumbriaAdvancedMotorcyclists

easyfundraising .org.uk

1. Start at easyfundraising

Let's say you want to buy a pair of shoes from John Lewis. Instead of going to johnlewis.com directly, you first go to easyfundraising.org.uk.



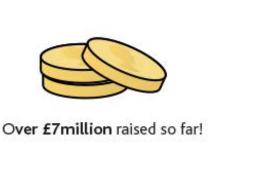
2. Make a purchase

From the easyfundraising website, click through to John Lewis to make your purchase. This tells John Lewis you came from easyfundraising. The price of the shoes is exactly the same.



3. Get a donation

After you buy your shoes, John Lewis will give you a cash reward that you can turn into a donation for your good cause. easyfundraising collect this and send it on at no extra cost.



4. Get the easyfundraising Donation Reminder

You can skip steps 1 and 2 with the easyfundraising Donation Reminder. Just click the reminder when you shop to receive any eligible donations. You'll never forget a free donation again!



Sign up for Free and help raise money for Northumbria Advanced Motorcycles

A Trip to Ireland - May 2015

¬ollowing several visits to Pitlochry **♦** with NAM and despite the undoubted attractions of Scotland, a group of us fancied a change. But where to go? "Norway" suggested one of the gang. "No, that's too far, what about Devon" said one and another suggested Yorkshire (??). The discussion raged! After what seemed like an age some wit suggested "I suppose rainy Ireland is out of the question". Hmm - We thought about - a ferry crossing, always an excitement; using foreign money adds to the allure; strange accents - definitely more mysterious and the clincher - Guinness as she was meant to be tasted. A decision was made, its Ireland for us!

Funds were allocated, dates agreed upon, permissions sought and costs estimated. It was a GO - and the bookings were made. A crossing to Ireland from Stranraer, well more accurately it's from Cairnryan just up the coast, a tiny village which seems to exist to be a destination for ferries but no doubt it was there for a long time before Stena, P and O decided to base themselves there, followed by the first and last nights in Antrim with three nights at Letterkenny, Donegal in between.

As the trip had been envisaged as an alternative to the Pitlochry weekend we decided to go at the same time as NAM were in Scotland - not as some wags have suggested - to preclude NAM members from joining us, but more because we had tacit permission to have a bike adventure at that time (the domestic precedent having been set over the past couple of years). We booked to sail on Friday and to return the following Wednesday.

Long enough to do some exploring and not too long if it rained every day!

I guess that many of you reading this are much more experienced at motorbike touring than we are (although there doesn't seem to be many







parts of the world Bob Scott hasn't visited on two wheels). I'm sure you'll agree that the ferry is always an exciting part of the trip but there is always that little bit of apprehension. Will I drop it on the wet and greasy ramp? Will I be able to strap the bike down securely? What about my alarm, locking the bike and my helmet.

All of these questions are in the mind yet they disappear as if Irish Mist when you find that riding up the ramp actually presents no problem at all. Of course, there's no need to lock the bike - it can't go anywhere. The alarm? not a problem (except for Tom Furlong who likes to activate the alarm of his Honda at every opportunity and sometimes more frequently than that). Strapping down? Easy, no problem - as long as

you can work out how that quick release on the ratchet operates!

Unusually, in my experience, we were loaded first. For a short while we had the ferry to ourselves before heading upstairs for another coffee.

We enjoyed an uneventful, smooth and very pleasant two hour crossing with P and O. During the crossing we experienced our first taste of what was to become a definite trend of the trip - the charm and Page 14

friendliness of the Irish people. Staff on board seemed to be drawn some several parts of Europe but all had clearly been to Blarney School - an Irish accent mixed with an Eastern European one in interesting. Good Service by the waiter in the coffee shop! We enjoyed it.

So to Foreign Parts!

We booked had ferry departing 1pm at so disembarked about two hours later in Larne. It wasn't raining; the sun was in evidence and the roads normal. However, we all felt that we were 'abroad' despite that fact that we were still in the UK. Our schedule had been arranged to make it a relaxed trip and on that first afternoon we were heading for the Holiday Inn Express at Antrim. The journey, only a few

between Larne and Antrim.

After what seemed like hours of someone in my intercom saying "Make a U turn when possible" we reached our destination, unpacked, changed, congregated and Guinessed* (a couple of times if the truth be known)

* a verb meaning to enjoy a glass or two of the black stuff

About now I'm guessing you've reached the point in this tale where you are thinking that this is going to be another holiday report which details every mile, every meal and every musing by every member.

But, it's not. The rest of the report will be a model of brevity, a few sentences to set the scene and then some photos and we're done. Easy to write, easy to read.

Our itinerary for the next three days involved a change of location to Donegal. We were booked to spend three nights in The Mount Errigal Letterkenny Hotel, and from there enjoy day ride-outs to explore surrounding the countryside (and

cafes). We decided upon a route from Antrim to Letterkenny which would include the Giants Causeway and the Dark Hedges (apparently featured in Game of Thrones)

miles, gave us time to enjoy the cafes).

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uncertainty of Mr Garmin and from
Mr Tom Tom as they struggled which

miles, gave us time to enjoy the uncertainty of Mr Garmin and Mr TomTom as they struggled to direct us across what they insisted were fields but was in fact a new dual carriageway



Page 15

The Giant's Causeway

The Giant's Causeway is an area of about 40,000 interlocking basalt columns, the result of an ancient volcanic eruption. It is also known as Clochán an Aifir or Clochán na bhFomhórach in Irish and tha Giant's Causey in Ulster-Scots. Wikipedia

Everyone knows about the Giants Causeway - free to National Trust members, £9 to the rest of us but well worth it ... The fantastic creation of basalt columns created by the giant Finn McCoul who, according to the guides, still lives in the area (more evidence of Blarney, I think) The admission price includes an audio tour which gives a great deal of detail about the geology, the history and of course the Blarney. As usual with National Trust locations there is a shop and a cafe ... and on the day we were there, lots of Americans who were loudly 'doing the Geeiaants Causeway" yeehaa!

It's strange crossing between Northern Ireland and Eire. The roads are the same but the signs change into Gaelic. Speed limits change in to Kilometres and the petrol prices vary dramatically. In one location you'll see unleaded at £1.14, yards down the road at another garage it becomes €1.14 or €0.70! What's all that about we wondered and whilst we never really got to the bottom of it suffice to say it's something to do with the fact that the Euro isn't worth what it was and there is a 35-40% discount for buying petrol in Eire if you pay with sterling.

I was also struck by the fact that we were riding in what had not too long ago been known as 'bandit country' and every place name seemed to evoke memories of some incident during the Troubles

Before we left for Ireland everyone told us two things. firstly they said that we would love it and we did. Secondly they said that journeys take a long time, and they do. But it isn't a problem. Allow a little more time, make the journey the important thing rather than the destination and





all will be well. Allowing time to stop to admire the scenery is an absolute imperative. It's simply too beautiful to ride by.

Slieve League, sometimes Slieve Leag or Slieve Liag, is a mountain on the Atlantic coast of County Donegal, Ireland. At 601 metres, it has some of the highest sea cliffs on the island of Ireland. Wikipedia

Another natural attraction well worth visiting is the dramatic coastal scenery at Slieve League, Donegal. A narrow twisting road with some tight hairpins leads from the village of Carrick to a stunning clifftop location. Someone had arranged for a rainbow to greet us!

The Joey and Robert Dunlop Memorial Gardens, Ballymoney

I'm sure everyone will know the name of Joey Dunlop who, along with his father, Robert, before him, won just about every significant motocycle race but who sadly died whilst racing. We visited the Memorial Garden established to commemorate Joey and Robert which is in Ballymoney. Impressive and moving.

Incidentally, there is also a memorial to Joey in Tallinn, Estonia near to where he died

And Home without incident

This brief report has set out to give a flavour of the trip



Page 17

enjoyed by us all rather than a full description (you'll be pleased about that I'm sure) and any of us will be glad to share our experiences at length.

However for anyone contemplating Ireland we can certainly say that it is an excellent place to motorbike. The roads are great, the scenery is great, the people and the food are both great. The costs are about the same as at home although in Eire we found that prices

were less as the exchange rate was very favourable - prices quoted in euros were usually about the same as quoted in sterling at home. By the way, the weather was kind. The forecast before we set off had been for rain every day and we were prepared to get wet but as it turned out we only had to ride in rain on a couple of brief occasions.

We consider ourselves to be fortunate indeed

We are already thinking about next year, Perhaps some NAM members may wish to join in!

Michael Wilkinson





Page 18

Your photos

Did you know the NAM has it's own Flickr page?

Flickr is an image and video hosting website. It allows people to share their photos and videos with others (either the public or just people you choose). NAM uses Flickr to store pictures taken from our rideouts, events and foreign trips.

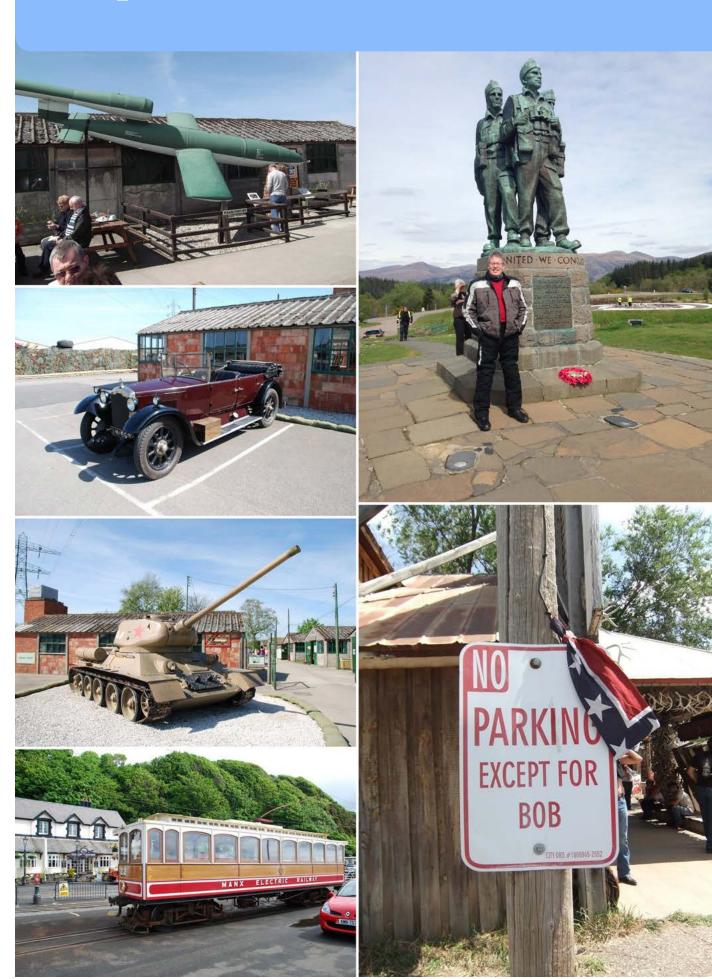
You don't need to sign up or register to be able to view the images, just go to NAM's Flickr page. www.flickr.com/photos/flickr-nam/albums

While looking through NAMs photos it made me realise just how varied the activities and places we have been. I thought i would share some of them in this editon of the newsletter just to remind those who attended of the good times that were had and also to encourgage any members who have not been on a rideout or event to join us on a future event.

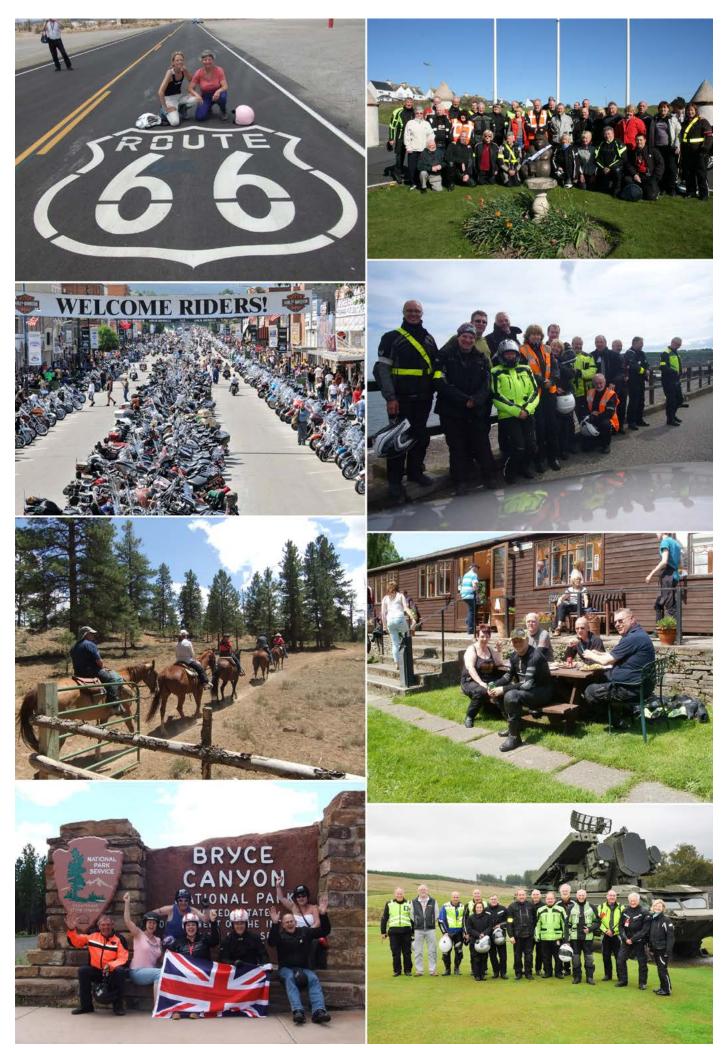
Barry Bullas



Your photos



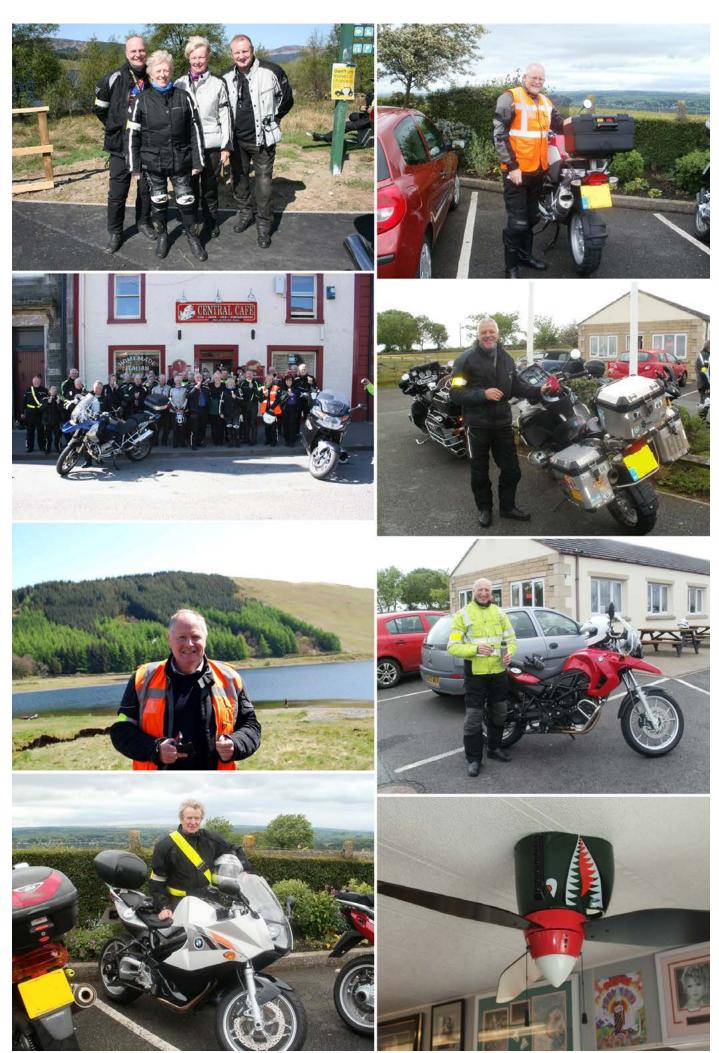
Page 20



Page 21



Page 22



Page 23

Northumbria Blood Bikes

I thought i would take this opportunity to give you an update on Northumbria Blood Bikes.

Patrons

We are very fortunate to have not one but three patrons.

- BBC Presenter Carol Malia
- 2. Professor Bob Jarman Consultant in Emergency Medicine
- 3. Heidi Mottram, CEO of Northumbrian Water.

Fleet

We now have a fleet of 9 vehicles

- 2 Triumph Trophy motorcycles
- 2 Honda Pan European motorcycles
- 2 Yamaha FJR motorcycles
- Skoda Yeti 4x4
- Vauxhall Mokka 4x4
- Renault Kangoo 4x4 van

Statistics

In the last 12 months we have completed over 1,700+ jobs for the NHS.

In the four months since we started providing blood daily to the Great North Air Ambulance their doctors and paramedics have used it 11+ times. (once every 1-2 weeks). The blood is used to treat patients suffering severe trauma, at the scene. At least four people who received blood at the scene have survived.



VAT

It was great news when George Osborne, the Chancellor of Exchequer, announced in his budget that he would, from 1 April, extend the VAT refund scheme that already covers hospices, search and rescue and air ambulance charities to cover charities that deliver blood by motorbike. This means we can make considerable savings particularly with fuel.

Events

Funding is really important for us. Without it we couldn't keep our fleet on the road.

Our members regularly attend

events to raise both funds and awarness of who we are and what we do. You can catch us at the following in July

- Sunday 5th July we will be at the MG Classic car show in Corbridge
- Saturday 11th July we will be at the Durham Miner's Gala
- Sunday 19th July we will be at Bikewise in Durham. We will also be at the North Shields Fish Quay bike show
- Friday 24th July till Sunday 26th July we will most likely be at the Sunderland Air Show.

Hospitals

We now cover every hospital with an A&E in Northumberland, North Tyneside, Newcastle, Gateshead, Sunderland, Durham and Darlington.

Members

Our number have grown over the last 12 months with new riders, drivers and fundraisers joining. However as our service has grown to cover the whole of the North East we are always in need of more members. Can **You** help us make a difference to the lives of the people of the North East?



Want to help us make a difference?

We are always looking for people who can volunteer their time to help us make a difference for the people of the North East.

We have a number of volunteer roles including Rider, Driver, Shift Controller (taking the calls from the hospitals) and fundraisers. Riders and Drivers need to have an advanced qualification such as IAM and be able to volunteer for two shifts a month.

It's a really rewarding experience and we have a wide range of volunteers including retired people, taxi drivers, photographers, police officers and paramedics.

Questions

For anyone thinking about volunteering and making a difference, please have a read of our Frequently Asked Questions page on our website. http://www.northumbriabloodbikes.org.uk/faq

Still got questions?

You can also email any questions to me at

membership@northumbriabloodbikes.org

Ready to join now?

Complete a membership form on our website www.northumbriabloodbikes.org.uk/membership form

Want to keep up to date with what Northumbria Blood Bikes are doing?

Check out our public Facebook page (you don't need to sign up to Facebook to view it), twitter account and website using the links below.

Barry Bullas



www.northumbriabloodbikes.org.uk



membership@northumbriabloodbikes.org.uk



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The workshop what do you keep in yours?

tyres are, Lnot doing their job properly if they're not inflated to the correct pressure.

they're

Tyre temperature, contact patch size and rigidity are crucial for good handling and tyre affects pressure every one. That's why it's important to have an accurate tyre pressure guage.

I received a Blue-Point pressure guage for my birthday a few years ago and wouldn't be without it.

I must confess the gift did not happened accident. by had done some before research 'suggesting' the pressure guage to my wife and suitable

When looking tyre pressure guage looked magazine whose testing and awards i have section always relied on when purchasing equipment.

owever good your The Blue Point guage received a Ride magazine Recommended award after being tested in labratory conditions.

> Gauges were tested on various bikes

> > with different types wheels to find how easy they are push a n d

seal onto

the valve. whether they can get past two large discs on the front wheel of a sports bike, how easy they are to read and whether they're small enough to carry Ultraconvenience around. comes with gauges that enable the user to bleed air out of the tyre while leaving the gauge on

Marks were awarded for gauges fitted with some form of protective finish, to help them survive a bit of clumsiness.

the valve.

kids

Ride

gift.

for

Where appropriate, they wiped plastic windows with petrol to see if they fogged up.

The Blue Point guage good gave

accuracy over the entire range during testing with an average error of 0.3psi.

It's dial is graduated in 1psi intervals over a range of 4-60psi, and easily readable to 0.5psi. The sturdy design includes a brass bleed valve which is really handy for letting out a little air to get the pressure spot on. It also has a 'reading hold' feature were the needle will hold at the

highest measured reading even when you take it off the valve. It's easy to locate and seal onto the valve with a flexible hose that swivels at both ends.

> At £35 then (they have since increased to £50 including P&P) it wasn't cheap but Bourdon the brass mechanism will give accurate readings time and time again over years. You can buy the guage from the Snap On website www.snapon.com

If that's too expensive you need compact something to keep with the bike then check out the Ride test for other options.

Barry Bullas

New members

- Stephen Allport
- Garry Conolly
- Jonathon Earnshaw
- Ian Garrow
- April Goodwin
- Owen McArdle

- James Moore
- Ian Perks
- Neil Potts
- Alexander Renwick
- Paul Senior

Paul Waters

• Darren Sowerby

Awards

- Simon Ambler
- Colin Blacklock
- Brian Douds
- Stephen Gooch
- John Meech
- Dr David Stanley

F1RST recognises excellence during the IAM test

• Christopher Murphy

