

The SAM Observer

July 2010



IAM Group No. 7219



Registered Charity No. 1067800

www.suffolk-advanced-motorcyclists.com

Caption Competition

Come up with funniest caption for this photo tonight and win a bottle of wine. Write your caption on a slip provided and post it in the competition box.

Good Luck! - One entry per person please.



Judging will be performed by the Editor, with help from the committee and the winning caption will be announced at the end of the evening.

No-one entered June's caption competition so Mrs Editor enjoyed the glass of wine:



Please send your photos, electronic or hard copy (which will be returned) to the Editor for selection in next month's edition.

P.S. Please don't send images sourced from publications / the Internet, as they are Copyright protected and SAM can't afford the law suit!

Picture provided by Tony Argent. If you would like your picture here please send them in.

Your Committee

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No Calls After 9pm Please

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To see 'The SAM Observer' in it's full colour glory, visit the website

WEBSITE ADDRESS

<http://www.suffolk-advanced-motorcyclists.com/>

*SAM is a registered
charity – No. 1067800*

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Disclaimer

The articles published herein do not necessarily represent the views of the Institute of Advanced Motorists or the Suffolk Advanced Motorcyclist Group. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interests.

Next Issue

Closing date for copy - **1st of the month**. Send via e-mail or on a USB memory stick (which will be returned) or even hand-written, not a problem. The editor reserves the right to edit, amend or omit as he feels fit.

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Annual Advertising Rates:

£50 for half page and £75 for full page. Advertise on the SAM website for an additional £25.

Chairman's Chat



Welcome to the July edition of the SAM Observer magazine.

What a month of sport we have had. World Cup, Wimbledon, One day cricket and of course the Isle of Man TT.

It was almost addictive watching the on-bike footage of the racers blasting round the 37 mile mountain course at an average speed of around 130 mph. Tackling the never ending series of bends with dry stone walls either side and then reaching almost 200 mph on the straights requires skill, bravery, heaps of concentration and course, you need to be slightly mad. Mad or not, you have to take your hat off to them and especially Ian Hutchinson for being the first ever rider to bag 5 victories at the same TT meet.

Back in the real world it has been a great month for motorcycling. The weather has been superb and I know there have been many trips organised amongst our members. Don't forget to register and visit the SAM web site regularly. The forum has a specific section where members can post intended ride outs and automatic notification can be e-mailed to those who have subscribed to that feature. A great excuse to get out when you would otherwise have been doing some non-essential chore!

Please see the details on page 42, about the forthcoming First Aid course being held here at Fynn Valley. If the truth be known, most people wish they had a better knowledge of what to do in an emergency – now here is your chance. If you would like to take advantage of the special deal we have with Frame First Aid Training then please register by email to richard.toll@ntlworld.com

I hope you have a good month and I look forward to seeing a full house in August for the SAM Summer BBQ. Should be a good night with live music from our very own Ralph Fogg.

Hope to see you then.

Richard.



Secretary's Scribbles

July 2010

June was a busy month for me with almost 1,000 miles put on the clock of the bike with the promise of even more this month. It's also a busy time for SAM with ride outs and events happening almost every week.

June's chip run to Rickingham was well attended, but then it was a warm and sunny evening. Karl Hale's guided tour of the World War II airfields was particularly well received (see several complimentary notes in this magazine and on the SAM web site). Sadly I missed Karl's event due to a clash with a superb British Superbike round at Mallory Park. This also clashed with the England football team's crash out of the World Cup. I think those who attended Karl's run or Mallory Park got the best deal! Holidays prevent me from attending the next two rounds of BSB (Snetterton and Brands Hatch GP circuit) but if you're up for Cadwell Park (part two) on August Bank Holiday Monday then give me a ring (or email) as it's always a great day up in the Lincolnshire Wolds.

Although the test ride evening at Lind BMW Motorrad had to be cancelled due to problems of getting enough people up to Norwich for a 6 pm start (apologies to Chris Smith for working so hard on this) but the disappointment was more than made up for by the open evening at Lings Motorcycles of Ipswich. Thanks must go to the two Seans of Lings and our own Derek Barker (see photo below) for arranging an excellent evening. I finally got to try out Triumph's gargantuan Rocket III after a three year wait, and have to say I was a little disappointed. It was great fun to ride but nothing like as much fun as the Triumph Street Triple which costs less than half as much as the Rocket. This is the second time I've ridden this fun bike and if it were not for the fact that I need a bike to tour long distances, I'd be down at Ling's showroom door tomorrow.

Have fun in the sun and if you're thinking of having a ride and want to share it with others then don't forget the SAM web site forum. I'm considering a long weekend to Wiltshire and/or Somerset in September or possibly October. Does

anyone know of any good hotels or B&Bs I could use? Would anyone like to join me? Again, why not use the forum?

Martin



Gorgeous Triumph Street Triple in the background, not so gorgeous Derek Barker and Fireblade in the foreground.

samsecretary@fsmail.net

New Observer Passes

I am pleased to announce that

Luke Milbourne

Has completed his training and passed his observers test,
Congratulations

Derek Barker
01473327555

IAM Test Passes

This month seven members have passed their advanced test.
Congratulations to:

Ian Bishop Paul Griffiths Terry Hunt Dik Langan
Mike Illingworth John Reah Thomas Whitton

When you pass your advanced test please let Derek Barker or Susan Smith know.

New Members

A warm welcome is extended to our most recent new associate members:

Alexander Das Nick Richmond Antony Greaves
Gary Smith Peter Bird

If anyone else has joined us and not had a mention yet, let the Editor know and we will put that right.

Club Letters, Dear Sam



Dear Sam

Came across this youthful photo of me in my racing days & thought you might like to put it in SAM Observer sometime.

Can't remember which year but it's got to be mid 90s (when I was about 30). The bike is a mixture of Yamaha's RD/TZ's and was supplied by Glen Woodham Motorcycles. The picture is taken in the pit area at Cadwell Park.

Safe & Happy motorcycling

Chris Jackson

Senior Observer - SAM

SAM LUCKY LOTTERY

A great chance to get next years (renewal) SAM membership for free. All you need to do is turn up on club nights, write your name on the attendance sheet (having paid your £1 entry) when you come in.

Random numbers will be drawn out on the night. Each name is numbered on the entrance sheet.

If your numbers are drawn out you are the winner (so long as your membership is paid up for this year).

Lucky Winners to date:

May 2010 – Richard Tyler

June 2010 – Mike Illingworth

Dear Sam

What to take to bed with you: This is not a joke. Pretty neat idea. Never thought of it before. Put your car keys beside your bed at night.

Tell your spouse, your children, your neighbours, your parents, your Dr's office, the check-out girl at the market, everyone you run across. Put your car keys beside your bed at night.

If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighbourhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain.

It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around.

After a few seconds all the neighbours will be looking out their windows to see who is out there and sure enough the criminal won't want that.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

P.S. I am sending this to everyone I know because I think it is fantastic.

Would also be useful for any emergency, such as a heart attack, where you can't reach a phone. My Mom has suggested to my Dad that he carry his car keys with him in case he falls outside and she doesn't hear him. He can activate the car alarm and then she'll know there's a problem.

Graham Bryant

Please pass this on even IF you've read it before. It's a reminder.

Reports

Breakfast Run ~ June







Pictures taken by Susan Smith



Steve Gocher sent his report in via Facebook.

Went to Cromer, Returned (mostly) along the coast, 202 miles on the clock.

Folembray 2010

2 Cancellations

The dates for ELAM's (East London Advanced Motorcyclists) track day at Folembray, France are Saturday 14th to Monday 16th August. The date on the track being Sunday 15th August. The exact price is yet to be firmed up but Chris assures me that it will not exceed £250 per person. This includes return ferry (Dover – Calais), hotel on a B & B basis (doesn't include evening meals) and the track day which includes instruction.

For those that have not been before this is a road based track day with full instruction by Elam Observers. The instruction can be ongoing during the day for those who feel the need. The afternoon sessions are generally open pit lane. This may well be divided into groups of ability.

Currently Chris Mitchell has just informed me that there are **2 cancellations** which he is holding for SAM members. It is important that if SAM members wish to go to Folembray they must contact Chris ASAP by e-mail to reserve a space. He would prefer SAM members to take the remaining places before going to other IAM groups.

Chris' e-mail address is:

clmitch68@googlemail.com

Keith Gilbert

Suffolk Constabulary BikeSafe

The dates for the BikeSafe events for 2010 are Saturdays on:-

August 14th

If you'd like to help out by promoting SAM at this event then please contact either Nigel Chittock (01473 737356) or Bill Dunham (01473 659449)

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MIRRORS, ETC.

01473 257515 www.ipswichmca.co.uk
41 UPPER ORWELL STREET, IPSWICH, IP4 1HP

Motorcycle Dexterity & Control Days

(a.k.a. Slow Riding Days)

For every motorcycle spill that makes the local papers, there are many more which never get much publicity. How many of you in your time riding have never struggled to keep your bike upright while manoeuvring in a parking area, or had to take a big dab with either foot while negotiating queues of commuter traffic? Not many (if any). Very often in these situations the rider grabs a handful of front brake, shortly followed by the resulting sound of expensive plastic and metal making contact with the ground.

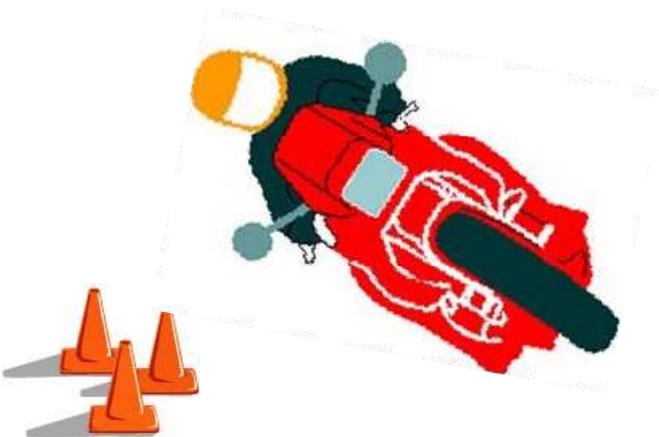
The SAM MD&C Days give you the opportunity to practice the art of riding a motorcycle slowly, and to learn the techniques that will help you do it.

This year the venue will be the playground of Sidegate Primary School, Sidegate Lane, Ipswich. IP4 4JD (Map in the Calendar on the SAM website).

Please contact the Senior Observer to book your place for the date you are interested in attending.

<u>Date</u>	<u>Time</u>	<u>Senior Observer</u>	
Saturday 18th September	09:00	Chris Jackson	01787 315628
Sunday 17th October	09:00	Derek Barker	01473 327555
Saturday 27th November	13:00	Derek Barker	01473 327555

Each session starts promptly at the stated time and lasts up to 4 hours depending on numbers attending.



Please bring a drink and something to eat as we will have a break and there are no cafés nearby.

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27.6.10. WWII Airfields of Suffolk Ride.

What an excellent ride, organised by Karl. I had no idea there were so many Airfields in Suffolk used in WWII. At each stop, Karl provided detailed information about the Airfield, with anecdotes which really brought the information to life. I certainly learned a lot from his presentation which was enhanced by a home made table-top/Top-box presenter, complete with laminated pictures!

Thank you Karl for a fantastic day; huge amounts of information about WWII, plenty of breaks and amazing weather! I am sure you put a lot of time & effort in, & it really showed.

It was the hottest day this year, & I was grateful for a top tip I learned recently: soak your neck tube in cold water, before putting it on (& re-soak it through the day), what a difference! If anyone else has any other top tips, please share them!

Thanks again Karl for a great day.

Deirdre Siddaway



Dear Sam,

Just a quick note to thank Karl Hale and the other Sam members who so brilliantly presented, organised, and escorted two dozen of us across Suffolk last Sunday, in a mini '*friendly SAM invasion*' of American Airforce bases c. the second WW.

As a would-be member, I was very impressed with the courtesy and patience of the whole group. Despite the summer heat and the donning / stripping of motorcycle regalia, and even though the stretched trial of bikes caused delays for the leader bikes over the 95mile round trip and half a dozen or so stops, I never heard a single word of frustration.

In truth I haven't enjoyed riding with others before, in large because there always seems to be one or two who quicken the pace, until those



with lesser machines, reaction times, eyesight, &/or ability are simply pushed beyond their comfortable (and safety) limit. Hands-up, sometimes it's been me whose been impatient and quickened the pace. I guess part of what SAM and the IAM is about is leading by example. You guys

and girls are a credit to the organisation. (.., I sent off my application form on Monday). Of the trip itself ; I found Karl's presentation with photo clipboard clear and informative. I had not previously



thought too much about the logistics of thousands of airmen, then thousands of tons of bombs, fuel and provisions all squeezing through quaint 1930's single track railway stations (or even the risk !) - each week. It was that sort of human dimension, balanced with just a few statistics to put a figure on the scale of events, which made it so much more than a cold fact tour. Very well done Karl.

Of the riding ; As implied above, I was impressed by the patience and kindness of advanced riders on some very impressive machinery.., and so began to learn by example. The pace would have been easily achieved two up on a 250cc motorcycle or an aged classic, but still the typically 50mph through open Suffolk country lanes was enough to go places on a hot summer's day. The route was scenic and, save a few quaint villages, the traffic minimal. Yet more credit ; to the route planner(s). Lunch at the Waterside Café, just off the A12 offered a timely break, good value refreshments, and a welcome chance for me to meet a few of you.

Although several members peeled off for other afternoon commitments, the remainder of us were led to Parham Airfield <http://www.coleshillhouse.com/auxiliary-museum.php>

which house a museum commemorative to the American 309 squadron and another to the Special Auxiliary Units : British secret / underground (sabotage, guerrilla warfare) force. Although tightly squeezed into a control tower and nissan hut, the true gems in each museum were the volunteers - who welcomed



conversation and the opportunity to share all sorts of tit-bit stories. It was like have a one-to-one guide wherever you found interest. They also had a mess hall - which poured one of the best cup of teas I've had in many a year. Reminded me of me' dear ol' Nan !

So there you are. I could have written a lot more but I overheard Karl saying that if there was an interest he would run the same again, so I'll simply recommend you drop him a line. Until the next time. My thanks to Karl and others who gave us a great day out. Better we gather than the world-cup football !

Peter Bird

Dear Sam,

Really enjoyed Sunday's ride, clearly the result of huge hard work by Karl, and it was a thought-provoking day out.

I didn't take many pix, and hope that others will pool some of theirs too...

Finally, Karl, booking the great weather was yet another master-stroke!

John Morgan



Karl Hale

July Chip Run

Thursday, 29 July, 18:30 – 20:30

Mark's Fish Shop

32 High Street,

Southwold

IP18 6AE

Tel: 01502 723585

Meet at **Beacon Hills Services** (Junction of **A14 / A140**)
at 6:00pm for a 6:15pm departure

Ride Co-ordinator: John Sillett (01473 219488)

Leave the services and head North on the **A140**

Turn right onto the **B1078** to **Coddenham**

Continue on **B1078**

At T junction, turn right onto **B1078/B1079**

Turn left back onto **B1078**

Continue on **B1078**, crossing the **A12**, to **Tunstall**

In **Tunstall** T/L onto **B1069** through **Snape**

At T junction T/R onto **A1094** to **Aldeburgh**

T/L onto **B1069** to **Leiston**

Continue through **Leiston** onto **B1122** through **Theberton**

T/R onto **B1125** **Westleton / Blythburgh**

At **Blythburgh** continue North onto the **A12**

T/R onto **A1095** to **Southwold**

The chip shop is on the left, approximately 50 metres after the right hand junction of '**Field Stile Road**', before you get to the promenade.

August Breakfast Run

Sunday , 1 August, 9.30~15.00

Lighthouse Café,
Lowestoft,
NR32 1UL
Tel: 01502 588791

Ride coordinator: **Tim Spence** **07941 803550**

Meet at **Beacon Hill Services (A140/A14 junc)** at 09.30 am

Leave on the **A140** for **1/2 mile** T/R

B1078 S/P Coddendam, go through' **Wickham Market** at R/A join

B1078 S/P Campsey Ashe, at **Tunstall** T/L around bend T/L

B1069 S/P Snape, at junction T/R

A1094 approx 2 miles T/L

B1069 S/P Leiston, through' **Leiston** onto

B1122 approx 1/2 mile through' **Theberton** T/R

B1125 Westleton - Blythburgh at junction T/R

A12 Lowestoft. In **Lowestoft** cross bridge, bear right to large R/A, exit with **John Grose** on your right,

North beach, Cafe 1/2 mile on your Left, park opposite

I hope that you have been enjoying the reports that members who go on the runs have written, and as you can see it doesn't have to be a wordy passage, so feel free to scribble a few words down, few pictures and next month you will have another great magazine to read.

Thank you from all the readers of the Observer.

Social Rides

Please note that it is you, the rider, who is deemed to be in control of the vehicle at all times during an Observed Run and during all other Group activities and that the Committee of Suffolk Advanced Motorcyclist cannot and do not accept any liability whatsoever for any injury to person or damage to vehicle occurring in the course of any rally or other event organised by the Group. Any member attending such an event does so entirely at his or her own risk and must maintain their own insurance to cover any said injury to person or damage to vehicle and must be riding a road legal vehicle, having valid road tax, insurance and MOT certificate (if applicable).

Participants on S.A.M social rides are advised of the Events Committees guidelines as follows:

You will be expected to provide a suitable means of carrying a map / the route

- ✓If possible, have breakdown cover for your machine.
- ✓Be responsible for your own safety
- ✓Rides will commence promptly at the published departure time.
- ✓Have a FULL tank of fuel
- ✓No more than 5 in a group

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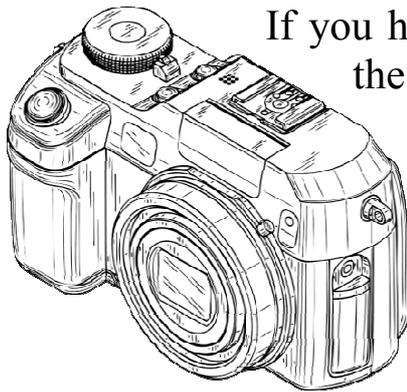
Includes the current issue of "How to be a Better Rider" and your IAM Test fee for new members.

Expenses to Observer for observed rides is £10.00

Joint Full Members £23.00

Membership entitles you to 1 Newsletter per couple and to attend monthly Group meetings which will encompass both riding and safety techniques, speaker on interesting and varied subject, Group rides at weekends and evenings and the fellowship of like-minded people.

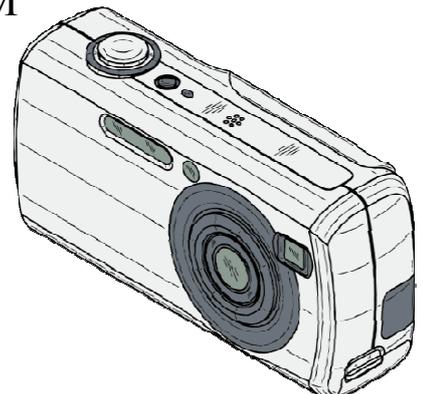
The SAM Photo Gallery



If you haven't seen the SAM Photo Gallery you can find it on the SAM website. Just hover your mouse pointer over the Gallery menu item, then Photographs, and then select one of varied Albums to view from the alphabetical list. Recent additions have been the St Elizabeth Hospice Charity Ride, the Associates Only Ride, and the Suffolk Airfields Tour.

I'm always on the lookout for new sets of photos from SAM events. So if you have something suitable please send/give them to me, on a CD or a memory stick. You don't need to be an expert photographer, and I'll do all of the editing/cropping/sharpening etc., but I do need the original files. Not ones you have already manipulated.

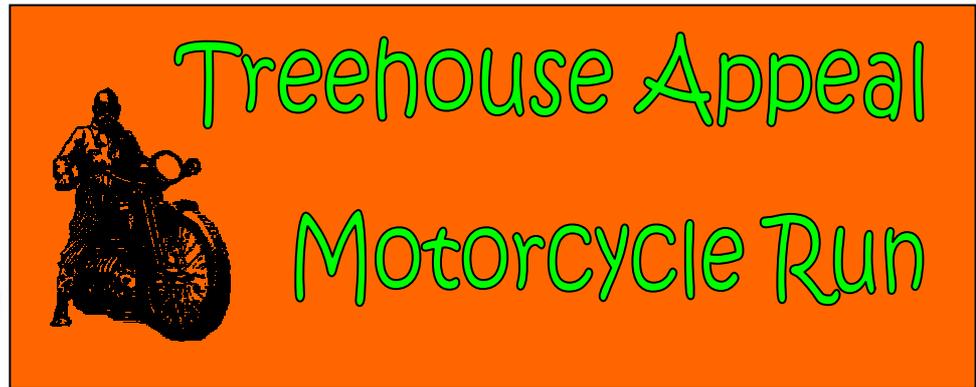
Photos are also required for 'The SAM Observer' cover, which I am sure you have spotted is now in full colour. So if you have a cracking shot that has one or more motorcycles in it (preferably from a SAM event/ride) and you think it would look good on the cover, again I'd be very pleased to receive it. You can send these photos via email to mike.j.roberts@btinternet.com (please don't send 100s of MBs as both our email systems probably won't like it!).



Mike Roberts – SAM Website Administrator



Increasing Children's Hospice Care
for Suffolk & North Essex



THE WASHBROOK MOTORCYCLES

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OLD

SUNDAY AUGUST 8TH 10:00am

AT WASHBROOK SERVICE STATION, THE OLD A12, COPDOCK, SOUTH OF
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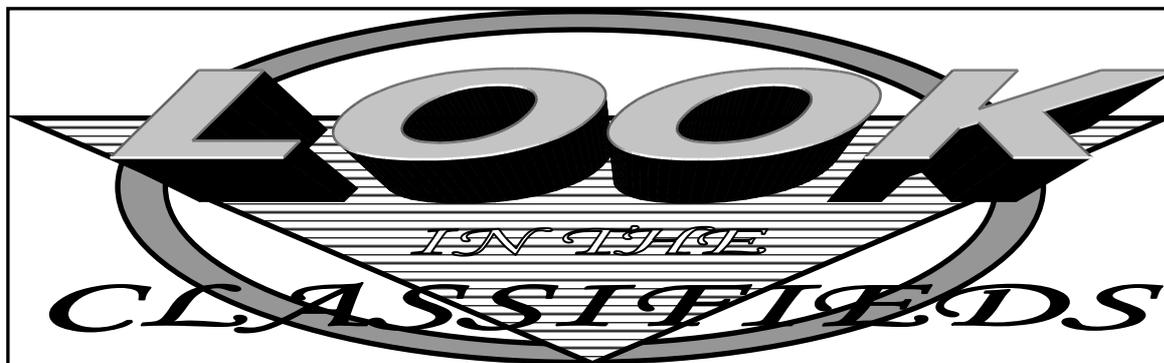
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For Sale and Wanted

You can also post your sales and view items wanted on the SAM Forum under 'BUY & SELL' - 'For Sale and Wanted'.

Just visit the SAM website and follow 'Extras' – 'SAM Forum'.

<http://www.suffolk-advanced-motorcyclists.com/>

All adverts will be valid for one month, If the editor is not told the following month that the item is still for sale the advert will be removed.

Send your classified items to the Editor, contact details on page 3.

Price for non-member classifieds is £5

BMW Atlantis2 gloves (mens)

BMW Atlantis2 mid-season gloves for sale, size 9 - 9 1/2. Full leather with Goretex X-trafit technology (the goretex is bonded to the leather so the lining doesn't come out or bunch up when you have wet hands). Brand new, only used a few times after which I decided they didn't fit me after all. D'oh! Cost £90 new, selling for £50.

Contact Tim 07941 803550

Honda magnetic tank bag

Genuine Honda magnetic tank bag for sale. Approx 13 litres, about the size of a small briefcase. Includes rain cover and shoulder strap. Ideal for commuting (unless you have a GS with a plastic tank like me!) Costs over £100 new, selling for £50.

Contact Tim 07941 803550

For Sale



Liquid Logic - Lil'Joe

£375 ono

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Contact Chris on

Mobile 07905003510

Home 01787315628

chrisj.jackson@virgin.net

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Contact Glen Mures
on 07748 195179



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- **Consultancy** service to assist organisations to develop their road risk management policy and procedures
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*****LAST CHANCE ONLY SEVEN PLACES REMAINING*****

*Cannon BMW French ride out and Exclusive track day at the French Circuit "Folembay"
Friday 6th - Sunday 8th August 2010*

- ✓ *Want to learn more about your bike and ability in one day than you could in one season?*
- ✓ *Want to ride some awesome roads, with like minded people and experience great French food and hospitality together with a track day experience you will never forget?*

Well here's your chance to do all of the above by attending our very own **TRACK DAY** in Folembray, France. Working in Partnership with **Eurotrax** we've secured a very competitive deal for an exclusive **CANNON BMW trackday!**

- **Return Ferry Crossing from Dover to Calais***
- **2 Nights accommodation Bed & Breakfast rate****
- **1 Full day on circuit exclusive to CANNON BMW and limited to only 45 riders!**
- **4 course evening meal (Sat 7th August) inc. half bottle of wine per person**
- **Coaching by Eurotrax guides**
- **Personal photographer**
- **Dedicated guides to and from ferry, circuit and hotel*****

*Additional cost for pillion. **Based on twin or double room with 2 people sharing. ***Optional not compulsory, riders can make own way as comprehensive maps and directions will be supplied.

Just £285.00!



Please e-mail or telephone Karl, Richard or Adam at info@cannon-bmw.co.uk or 01376 324600 to register your interest.

We will do the rest !!!

*****All Makes and Models of Bikes Welcome*****

*******Last Chance 7 places remaining*******

SAM Discount Scheme

- 🏍️ **Motorcycle Clothing Centre, Wymondham** - 10% off full price stock.
- 🏍️ **Orwell Motorcycles, Ipswich.** - Discounts always available, please ask + Discounted MoTs.
- 🏍️ **Dave Barkshire Motorcycles, Norwich,** - 10% off parts & accessories etc.
- 🏍️ **London Road Inc, Lowestoft.** - 10% off all stock
- 🏍️ **MaxMoto, Bury St Edmunds,** - 10% off parts, clothing, accessories.(Not tyres). 5% off workshop jobs. Certain exceptions may apply!
- 🏍️ **Bowers Motorcycles, Bury St. Edmunds** - 10% off full price stock, accessories, clothing etc.
- 🏍️ **Lind Motorrad BMW, Norwich** - 10% off parts & accessories.
- 🏍️ **Washbrook Service Station** - At least 10% off accessories in stock, (not tyres), + discounted Mots.
- 🏍️ **Davey Bros Motorcycles** - Discounted Mots.
- 🏍️ **Ipswich Motorcycle Accessories** - 10% off all stock.
- 🏍️ **Autofit Ipswich Ltd** - Discounts available, ask for Adrian Fitch,
- 🏍️ **Lings, Ipswich** - 10% off Helmets, 5% off clothing, 5% off parts. Items must be in stock,
- 🏍️ **Mototechniks, Stowupland** - 10% off clothing, helmets, accessories, oils, (not tyres), 5% off workshop jobs.
- 🏍️ **Chris Self Motorcycles** who is offering SAM members the following package:-
 - MOT's £25
 - Non-OEM service items, oils, plugs, filters batteries etc - 10% discount
 - Pairs of ZR rated tyres, fitted and balanced to bike - 10% discount
 - ZR rated tyres fitted to "loose" wheels -15% discount
- 🏍️ **Parkinson Motorcycles, Colchester,** - 10% off accessories & clothing.

Proof of identity will be required, e.g. IAM and SAM membership cards to be shown.

If any other dealers would like to be included, please contact either Nigel Chittock or Bill Dunham.



SAM has two online shops where you can purchase garments and gifts with the SAM logo on them. In both cases you can save on postage costs by getting together with other SAM members and combining your purchases.



The first shop is with a company called Spreadshirt. All the items in this shop use one of three types of “printing”. With the flock or flex “printing” the logo is cut from a sheet of material and then applied to the item. Flock is similar to a fine felt, and flex is a plastic/nylon type material. For the digitally printed items the logo is printed on to a special transfer sheet and then applied to the item.



The second shop is with a company called SewPersonal. All the items in this shop have the SAM logo embroidered on them in a choice of Green, Silver or Gold. *NB. The initial prices you see displayed within the shop do NOT include the cost of the logo. This will be added once you select your colour option.*

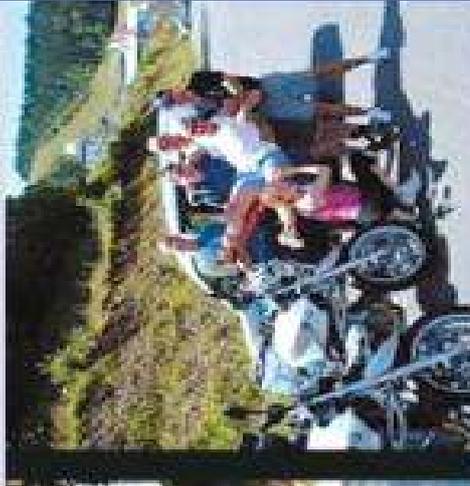
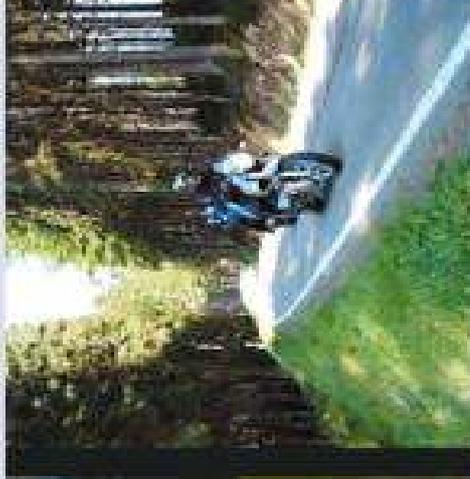
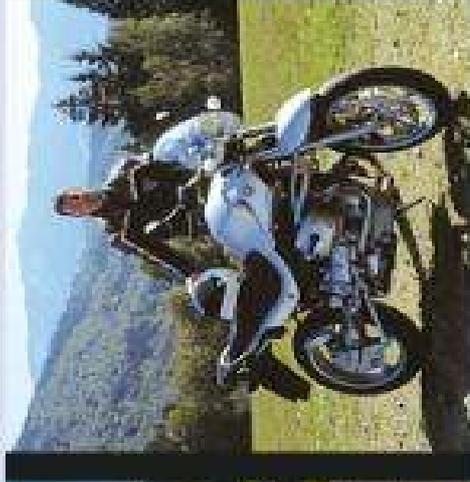


You can visit either shop online via SAM’s website

<http://www.suffolk-advanced-motorcyclists.com/sam-shop.html>

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SAM Publicity Page

July 2010

Phew! June was a very busy month with members of the team involved on each and every weekend. Let's hope the work produces results for the club.

Dealing chronologically, we began the month at the Bury Bike Show. This is a compact event, held at the Greene King premises. We found ourselves alongside the Ridesafe/Bikesave caravan, with our friends from ROSPA on the other side. We directed various enquiries to them, whilst they returned the compliment. Quite a lot of interest expressed, so probably a show worth repeating next time.

BikeSafe was held the following weekend, and once again it was good to see a full attendance at this, including a couple of old friends from Ipswich Rider Training. Nice to see that even the professional trainers find it worthwhile to do Bikesafe from time to time. We distributed the usual "welcome packs" and were delighted to see two of the attendees at the clubnight a couple of days later. I believe I am right in saying that both have now joined.

After two fairly active events, I suppose it was inevitable that we should see matters slow down somewhat, and sadly that was the case on the following weekend when Nigel and I went to London Road Motors Open Day at Lowestoft. Our first visit to this event, but the elements were against us and it was an unseasonably cold, windy and showery day. Clearly most bikers stayed at home to watch the footie, because we saw very few customers for the shop or for our services. Probably not a show to repeat, based on this experience.

The final event for the month was the two-day "Wings, Wheels & Steam" show at Rougham. Here we were greatly assisted by Geoff and Helen Reed who nobly volunteered to handle the arrangements and led the team over the weekend. This is an interesting show, but, after two years attendance it seems as though the audience it attracts are not really likely to be candidates for SAM.

More progress has been made on the DVD which is rapidly taking its final shape. We hope to be in a position to give more information at the Clubnight later this month. Don't miss it.....

As always, we have had great support from numerous members of the team, and our thanks go to all those who have helped during the month, and those who continue to offer up their valuable time. It's much appreciated by us all.

Nigel Chittock

Bill Dunham

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July's Editorial

Last month has been a bit hectic and I've only been out a few times:

👉 June 5th Visiting clients (50 miles)

👉 On Sunday 20th I took part in the London to Brighton sponsored bicycle ride in aid of the British Heart Foundation. (66 miles) with my two brothers. Fantastic day out and not that hard on the old Bot, biggest draw back was that I was one of 30,000 other cyclists and the route was fairly congested so at the difficult bits one couldn't cycle as everyone was walking.



👉 Anyone who would like to sponsor me can at: <http://original.justgiving.com/felixoliver>



Thank you to:

- 👤 Chris Smith for providing the cover picture.
- 👤 Tony Argent of the Caption Competition picture
- 👤 Chris Jackson his picture of his youth.
- 👤 Graham Bryant for his article on Safety.
- 👤 Susan Smith for the pictures of the Breakfast run.
- 👤 Steve Gocher for his report
- 👤 Deirdre Siddaway, Peter Bird, John Morgan for their reports on the America is Suffolk run.
- 👤 John Morgan and Chris Smith for his pictures on the America is Suffolk run
- 👤 Mike Roberts for his article on photgarphs
- 👤 Bill Dunham for the SAM publicity page
- 👤 Nigel Chittock for the SAM discount scheme

Also I've started a letters page so if you would like to write to SAM about anything then send it in. I'm afraid that I can't use anything photocopied or fished off the net, but there's nothing stopping you writing about something that you have seen or read.

Group Night sees the chance to win a free bottle of wine, by way of the caption competition. Do you have a photo (or two) that you've taken of a motorcycle-related topic (all the better if they include SAM members) that could be suitable for the caption competition or for the front cover. If so, please email / post them to the editor email / address shown on page 3.

Safe Riding

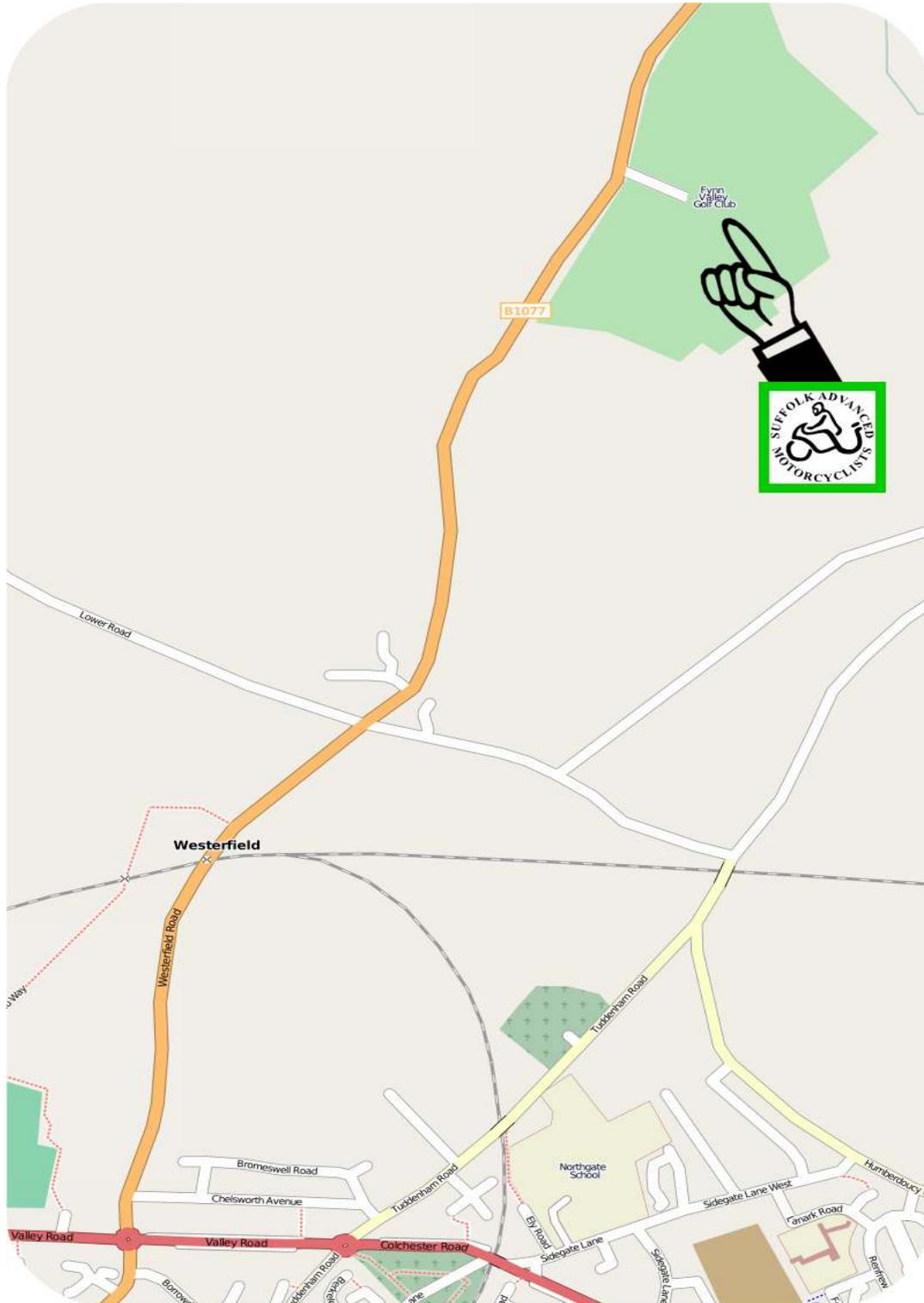
Felix Oliver.

If you'd like to help save the group on the printing and postage costs of your monthly 'hard copy' of the 'SAM Observer' by opting to receive an email notification instead, then please give me your email details on group night or send me an email.

Our Venue

Group Nights start at 7:30 pm on the third Tuesday of every month at The Valley Restaurant, Fynn Valley Golf Club, Witnesham. IP6 9JA

All facilities, including bar and restaurant are available from 6pm.



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Observer Associate Charter

Purpose

The purpose of the Charter is to make clear the definition of what is expected in Observer / Associate relationship.

The Observers

Have made the effort to train, not only for the IAM test but have taken part in extensive Observer training to become Observers for the group. They are a valuable asset to the group and give of their time freely, except for a small contribution from the associates for their expenses. Observers attend regular refresher training sessions with Senior Observers, support theory nights and Riding Dexterity days.

The Associates

- 🐾 Are expected to have an equal commitment with the goal being the IAM test.
- 🐾 Are to be available for regular observed rides ideally every two weeks with at least 100 practice miles being covered in that period. Continuity cannot be maintained with regular gaps of three weeks or more or no miles between observed rides.
- 🐾 Must agree the dates of the next runs at the debriefing and must practice any improvement recommendations between the runs.
- 🐾 Will where possible attend a riding Dexterity Day to improve their slow speed manoeuvres and control.
- 🐾 Must make an effort to study the theory by reading 'How to be a better rider' and the Highway Code plus attend club Theory Nights when possible.
- 🐾 Cancellation of a planned run due to poor weather conditions will be at the discretion of the Observer. If after a period of one month, an Observer has not heard from the Associate it will be assumed that interest has been lost and the Associate will be placed back at the bottom of the waiting list.
- 🐾 When the Observer feels the associate is riding consistently at the test standard a Cross check will be arranged with a Senior Observer.
- 🐾 The Observer will give as much help and encouragement as possible but the onus is on the associate to endeavour.

Dates for your Dairy

- Tuesday 20th July **Group Night** Announcements at 20:00 followed by "Natter Night".
- Thursday 22nd July **Theory Evening.** Topic: Roadcraft. Topic: Cornering Fynn Valley Golf Club 7:30 pm
- Thursday, 29th July, **Chip Run**, 18:30 – 20:30
Mark's Fish Shop, Southwold, IP18 6AE,
- Sunday 1st August **Breakfast Run**
Lighthouse Café, Lowestoft,
- Saturday 7th August **First Aid Course** Fynn Valley
- Sunday 8th August **Treehouse Appeal Motorcycle Run.**
Washbrook service station, The Old A12,
Copdock 10am
- Weekend
14th ~16th August 2010 **Folembrey Track Weekend**
Circuit de Folembrey, Aisne, Picardie, France
- Tuesday 17th August **Group Night** Announcements at 20:00 followed Summer BBQ with music by our very own Ralph Fogg.
- Thursday 19th August **Theory Evening.** Topic: Roadcraft. Topic: Brakes, Gears & Acceleration. Fynn Valley Golf Club 7:30 pm
- Thursday, 26th August, **Chip Run** 18:30 – 20:30.
Fish & Chip Shop, Sudbury.
- Sunday, 5 September **Breakfast Run.** Riverview Cafe, The Quay,
Wells-next-the-Sea, NR23 1AH (
- Saturday 18th September **M/C Dexterity & Control.**
Sidegate Primary School, Ipswich 9.00am

First Aid Course for SAM Members

On **Saturday 7th August** there will be a First Aid Course held in the conference room at Fynn Valley for SAM members. The course will cover potential situations that are specific to Motorcyclists as well as general first aid knowledge. The topics covered will be:

Bleeding.

Casualty movements.

Communication and hygiene.

Cardiopulmonary resuscitation.

Crash helmet removal.

"C" Spine immobilisation.

Log roll.

Emergencies in public, scene management

Head injury.

Primary/Secondary survey.

Shock.

Unconscious casualty.

The course is being run by Neil Frame of Frame First Aid Training who is travelling from Dereham. The course will take about 4.5 hours and costs just £25. If you would like to attend then you must register by emailing Richard Toll on richard.toll@ntlworld.com

There will be a maximum of 16 on the course. If we are oversubscribed then we will run 2 courses on the same day. This is a first come first served event and so please register early to reserve your place. All attendees will be contacted approximately a week prior the event for final timings and details.

come on down we've got a lot to offer

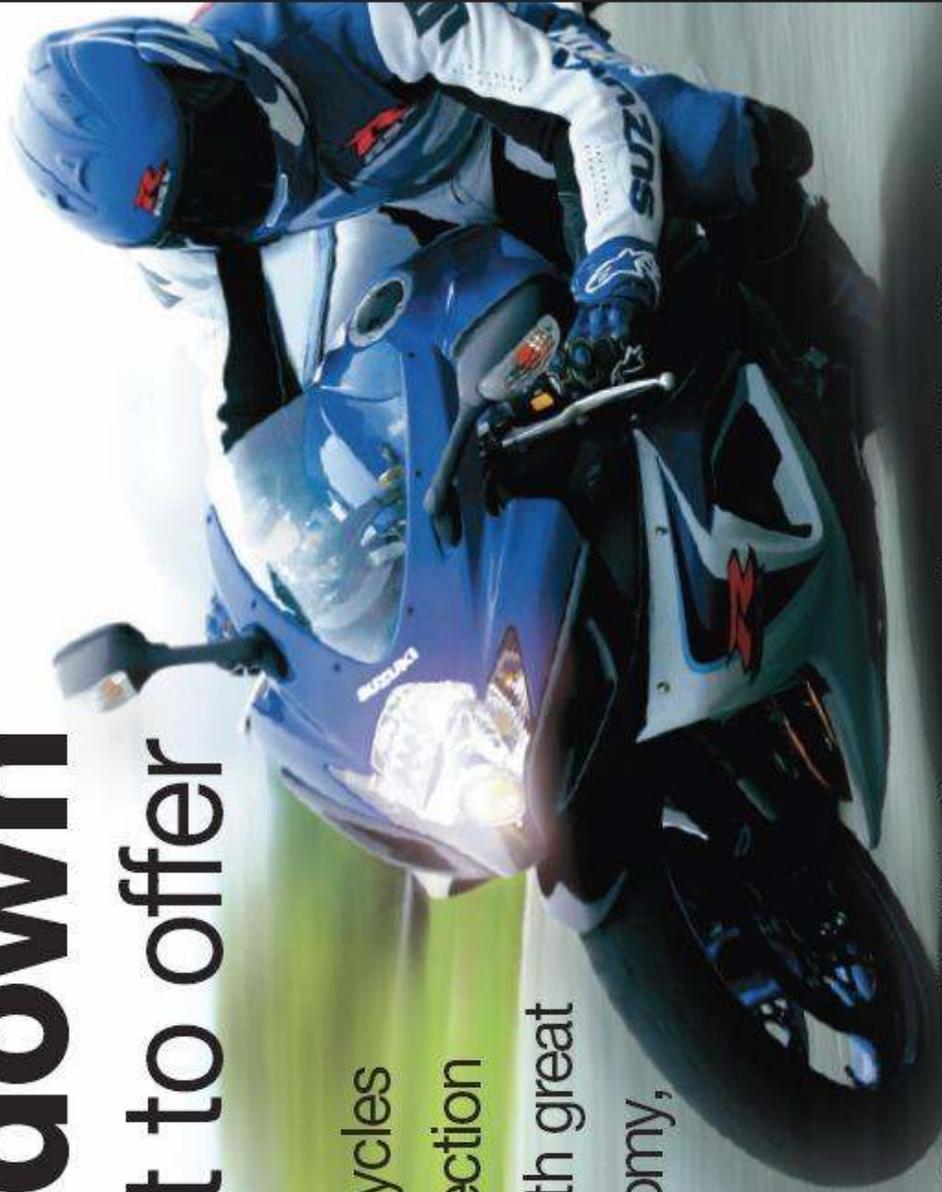
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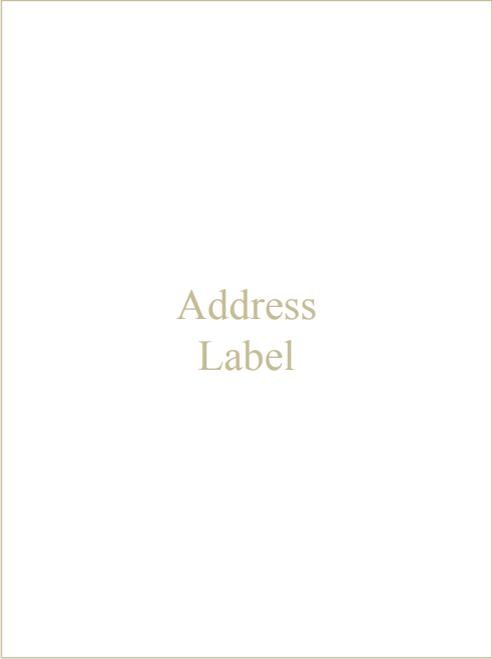


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