



ESSEX ROSPA ADVANCED MOTORCYCLISTS

ERAM NEWS

www.rospariders.co.uk

Issue 3 — Nov 2008



MERRY CHRISTMAS
&
HAPPY NEW YEAR

The Committee

Post	Name	Phone	Email
Chairperson	Ashley John	07825 401120	chairman@rospariders.co.uk
Secretary	Sandra Murphy	01375 482767	secretary@rospariders.co.uk
Treasurer	Steve Webb		
Membership	Sandra Murphy	01375 482767	member-ship@rospariders.co.uk
Training	Paul Collins	01245 381526	training@rospariders.co.uk
Publicity	Gary Crane		n/a
Refreshments & Raffle	Jane Wilson		n/a
Webmaster	Chris Davey		web@rospariders.co.uk
Ride Outs	Peter & Chris Layley	07899 951547	followme@rospariders.co.uk
Newsletter Editor	Elke Turner	07745 647760	news@rospariders.co.uk

Group Activities

Group Social Night	Essex Police Sports Pavilion, St Margaret's Road, Springfield, Chelmsford, Essex CM2 6DN 7:30pm on the 3rd Thursday every month
Social Rides	Usually Sunday, meeting places / times will be announced at Group Night. Please see our website and/or our newsletter
Newsletter Advertising	Please contact the Treasurer for rates to commercial advertisers on small, half or full page sizes. Please contact the Editor to change contents. Personal small ads are free to members. Please send them to the Editor.

Editorial

Welcome to Issue 3 of the ERAM Newsletter!

We finally have our own group logo. Isn't that great!

Don't miss out on buying the first ERAM T-Shirts from Jane.

Phil and I had a great time touring in Europe this year. With the Euro getting stronger we're thinking about staying in beautiful UK visiting some of the National Parks in the North and the South of England.

If you had a great bike experience this year and want to share it with the group members please forward your write-up to me.

Thanks for all your contributions this year!

Elke

Articles in this issue include:

- Membership Report by Smurf
- My first ride with ERAM by Gary Carter
- Hearing by Steve Webb
- Community Safety Forum by Smurf

Don't miss the Event Calendar on page 14/15 or check our website for the latest updates:

www.rospariders.co.uk

Front cover: The groups brand new Logo!!!

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Disclaimer Notice: The articles published hierin do not necessarily represent the views of the Essex Rospa Advanced Motorcyclist Group. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interest.

Membership Report by Smurf

It's been a bumper period for membership since I last wrote, a warm welcome to all our new members, and thanks to those who have paid their 2008 subscriptions.



Can I also ask that if you have recently passed your advanced test, please let me know so that I can amend the database, but more importantly that we can sing your praises and pass on our congratulations.

Unless you have joined since October 2008, your membership renewal for 2009 will be due from January. As this is the last ERAM News for 2008 I've enclosed a membership renewal form. I'll be taking subscriptions from December Group Night, or you can mail it to me by 31st March 2009.

As at 27th October our membership figures are:

Associates: 22

Full: 24

Total: 46

You'll be pleased to know that this is our highest membership figure ever, and it continues to grow daily.

Membership Report by Smurf

WELCOME NEW MEMBERS

Simon Tandy

Adam Hewes

Christopher Gardiner

Ian (*the bucket, Ed*) Taylor

Gary Carter

Alan Hawes

Roy Bowron

Hugh Bernard

Greg Macken

Alan Ferry

Stuart Roat

Ulas Demiradag

Congratulations on the following test passes...

Name	Rospa Grade	Tutor
Colin Snow	Silver	Gary Crane
Dave McLean	Silver	Peter Layley &
Gary Crane	Gold (Retest)	n/a
Brad Pearman	Gold (Retest) &	n/a
Keith Dunn	Diploma	n/a
Jane Wilson	Approved Tutor	n/a
Sandra Murphy	Approved Tutor	n/a

My First Ride With ERAM - Sunday 21 Sep 2008

Hi, my name is Gary Carter and I am a new member of our ERAM group.

I attended my first meeting on the evening of Thursday 18th September at Chelmsford Sports and Social Club where we spoke about the ROSPA advanced motorcycling. I found it very interesting and had a very enjoyable evening.

At the end of the evening a ride out on the following Sunday, the 21st, was being discussed and I was invited to go along.

We all met at Boreham Services i.e. McDonalds rear car park around about 9.00am. Altogether there were twelve riders, riding varying motorcycles

We had a team brief by the ride leader Gary Crane. He spoke about the route, markers and Health and Safety which was most informative and reassuring of a safe ride out.

We left Boreham Services and took the back routes through various country lanes to St. Ives. On setting out I have to say that I had no clue as to our destination. I was just following the other riders. We arrived at St. Ives main town centre, parked up our bikes and headed off to the local restaurant / café for breakfast. While eating we commented on each others riding and ability.



Before departing Gary said when we arrive at the first set of traffic lights to turn left which we did. I assumed we were going back to Chelmsford, but no! Off we went through many more lanes and country roads and finally arrived in Thetford! Here at a cabin (Walkers Burger Bar *Ed*) in the woods we all had a cup of tea and a Kit Kat.

Afterwards they said we were heading back home, but no! This time we arrived in Finchingfield, where we stopped for ice cream.



After this we all left and went our own ways. I have to say that for my first ride, it was absolutely brilliant and I would recommend it to anyone and I am really looking forward to the next ride.

I would like to finish by saying thank you to Gary for all the hard work that must have gone into the planning the day

Gary

Dates For Your Diary

International Motorcycle and Scooter Show, NEC

28th Nov – 07th Dec 2008

ERAM January Group Night—potential evening out!

TBA by Smurf!

15th Jan 2009

The London Motorcycle Show

29th Jan – 01st Feb 2009



Tried & Tested

Group Members recommending... Companies, Services and Websites

Previous recommendations:

Wickford Motorcycles 01268 271596

These guys fitted a new chain & sprocket for me, are friendly and took time to clean up the inside of my swing arms after I'd been using a jet wash to clean the bike (don't do it, it causes all sorts of problems). They also offered free advice and treated my bike with care. The downside is that you have to make the tea!

County Radiators, Basildon 01268 727005

If you get a hole in your radiator don't assume you have to buy a new one. These guys repaired a hole in Elke's Versys radiator for a fraction of the cost of a new radiator.

Sean Davies Motorcycle Services, Tel 01206 366 066

Honda Trained Mechanic based in Colchester

Excellent Service, Great Value, polite, helpful and all round good guy.

Woods Tyres, Tel 01702 479234

843 London road, Westcliff on Sea, Essex

Good service, reasonable Prices. Loose wheels only.

Hearing by Steve Webb

I recently attended a talk on 'information' where the speaker mentioned use of the senses in the context of Take, Use & Give. Hearing was one of the senses discussed, in that it is obviously desirable to be able to hear what's going on around you. I started to think about the debate that occasionally crops up in the motorcycling community about hearing protection, or 'earplugs vs. being able to hear'.

I guess there are some people who habitually ride without earplugs and have never tried to use them. I imagine there are a number who have tried earplugs and discarded the notion, but I reason that the majority of riders prefer the protection that earplugs offer. That's not to say that they will offer perfect protection. There will always be some noise that gets into your ear canal as, even if your ear canal is completely blocked to the outside world, it doesn't preclude external, mechanically induced noise impinging upon the eardrum.

I became aware of the benefits before I got back into bikes on an occasion when I travelled on a long journey on a hot day in a car without air-con (which was the norm in those days). I had the windows open and could hardly hear the radio for the wind & road noise. I hadn't previously considered the car to be a particularly noisy environment but I used some tissue (kept handy in the glove compartment) as temporary earplugs. Voila – the radio became audible once again. I recounted this story to a friend who subsequently took a long journey in a noisy van. He remembered my story and found that he had similar results. I have since measured the noise level of a car at motorway speeds with the window open and it is not good news. I reasoned that the improved ability to hear in those circumstances was due to the fact that your eardrums actually distort under the pressure waves and reduce the ability to readily distinguish the smaller signals. Audiophiles and engineers will understand the concept of limited dynamic range that I believe explains this phenomenon.

For occupational health reasons, I have had my hearing tested on a couple of occasions, about 15 years apart, and there was a response 'dip' in the middle of the audio band in my right ear on each occasion and which has worsened with time. I was asked what sort of long term noise I had been exposed to and I couldn't think of any, as I am essentially an office worker. Now, I believe that it was probably due to many years of commuting in the car with the driver's window open.

So. Getting back to bikes and my message for those who won't use earplugs. Using earplugs won't stop you going deaf but it sure as hell will slow down the process and I warrant that you will not be as isolated from the outside world as you might imagine. An example: on one occasion, when I had stopped to let my pillion passenger use a cash machine several yards away on the pavement, I could quite clearly hear the keypad beeps through the helmet and earplugs, as she keyed in the pin code.

If you are in any doubt about the protective qualities of earplugs, just ride a few miles with only one in, then stop and remove it. The comparison is immediate as the ear that had the earplug fitted is obviously more sensitive to ambient sounds. Then see how long it takes for the other ear to 'catch up' - you can make your mind up after that..



South Woodham Ferrers Community Safety Forum

Saturday 30th August 2008 by Smurf

On Saturday 30th August 2008 ERAM had a stand at South Woodham Ferrers Community Safety Forum. Ashley, Geoff Preston and myself attended the stand, giving out leaflets and goodies (RoSPA pens, balloons, leaflets and numerous freebies from Essex Police to attract youngsters).

The event was very well attended – an estimated 900+ during the course of the day. We chatted to numerous people who were interested in what ERAM are doing within Essex – hopefully we will see a few new members from the day.

The weather was glorious sunshine, and visitors were able to see and chat to other stands (the IAM Car Group as well as all the emergency services were present). Youngsters were encouraged to sit a police car, and much to our annoyance switch on the blues and twos.... Our stand was directly opposite, and each time it made us jump out of our skins, as well as deafening us!

Smurf

We also received the following letter of thanks from the organiser:

Hi Ashley,

Many thanks for supporting the SWF Community Safety Day (Town Council & ROSPA), would you also please pass on our appreciation to your ROSPA colleagues - *I'm very grateful to you.*

People are now actually talking about 'NEXT' year, so it must have been a reasonably successful event! I hope the 'Day' was a worthwhile experience and that you had an opportunity to visit the other venues. We estimated that 900+ people attended (*600 were actually logged going into the Police Custody Suite and Museum*), this also included people from the surrounding communities.

I don't intend having a debrief, but any comments, observations or ideas you may have will be gratefully received.

Thanks again for your dedication to the cause and community commitment!

Kind regards

Barry.

Barry Smith Community Safety Forum Vice Chair.



EVENTS DIARY 2008

Date	Time	Event	Comments
NOVEMBER			
Thursday 20 Nov 2008	7:30pm	ERAM Group Night Roadcraft Talk from Ashley + GAP Rep tbc	Essex Police Sports Pavilion, Chelmsford
DECEMBER			
Thursday 18 Dec 2008	7:30pm	ERAM Group Night Talk by Essex Police tbc by Ashley	Essex Police Sports Pavilion, Chelmsford
Sunday 21 Dec 2008	9:30am	ERAM Social Ride	McDonalds, Boreham Services
JANUARY			
Thursday 15 Jan 2009	7:30pm	No usual Group Night - may be evening meal planned - tba	
Sunday 18 Jan 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
FEBRUARY			
Thursday 19 Feb 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford
Sunday 22 Feb 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
MARCH			
Sunday 15 Mar 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
Thursday 19 Mar 2009	7:30pm	ERAM Group Night AGM	Essex Police Sports Pavilion, Chelmsford
APRIL			
Thursday 16 Apr 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford
Sunday 19 Apr 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
MAY			
Sunday 17 May 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
Thursday 21 May 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford

EVENTS DIARY 2008

Date	Time	Event	Comments
JUNE			
Thursday 19 Jun 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford
Sunday 21 Jun 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
JULY			
Thursday 16 Jul 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford
Sunday 19 Jul 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
AUGUST			
Sunday 16 Aug 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
Thursday 20 Aug 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford
SEPTEMBER			
Thursday 17 Sep 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford
Sunday 20 Sep 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
OCTOBER			
Thursday 15 Oct 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford
Sunday 18 Oct 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
NOVEMBER			
Sunday 15 Nov 2009	9:30am	ERAM Social Ride	McDonalds, Boreham Services
Thursday 19 Nov 2009	7:30pm	ERAM Group Night	Essex Police Sports Pavilion, Chelmsford

HELP!

We need help printing the ERAM Newsletter.

If you know someone in the print / publishing trade that would be willing to print our Newsletter free of charge in return for free advertising space please contact myself or any committee member.

Your help will be very much appreciated.

Elke

Newsletter Editor

