



**Congratulations this month go to -  
Rachel Coulter & Robert Johnston  
on becoming Members of the Institute.  
Good luck and safe driving to any Associate(s)  
approaching their test.**

We usually meet (unless otherwise stated) at 7.00pm on the second Tuesday of each month (except July) at the Boathouse, in the harbour carpark, at Groomsport . For more details of our programme please see the section entitled "Dates for Your Diary".

If anyone has recently done their test, don't forget to contact John (07967 010443) for a debrief. Observers, please keep John acquainted with the progress of your Associate(s).

### **November Group Meeting - AGM 10 November, 2009**

Ivan started off by welcoming everyone to the November Group Meeting. After the initial announcements he welcomed Dr Fred McSorley to our Group. Fred is a practising GP from Lurgan who seems to spend every free hour either attending motorcycle race meetings or preparing equipment for the bike that he rides to speed to the scene of any incident, or training others to help him or going to foreign countries to spend days perfecting his riding skills so that he can get to an incident quickly and in one piece.

I looked up on the Internet to see if I could find out more about this man. He is (and I don't know where he gets the time for it) also interested in another form of two-wheeled sport only this time the motive power is provided by pedal-power rather than some massive petrol-guzzling engine. But the most enlightening thing I found was part of an article written by Gordon Adair for a series of reports he was doing on people involved with the North West 200. The whole report can be found at [http://www.bbc.co.uk/newsline/content/articles/2009/05/08/biking\\_doctors\\_feature.shtml](http://www.bbc.co.uk/newsline/content/articles/2009/05/08/biking_doctors_feature.shtml) along with a short video entitled 'Biking Doctors' but in the written report I found this phrase about Fred - "I am in awe of the man's dedication and professionalism" and also Fred and his doctor colleague, John Hynds - " I doubt if there is anyone involved in any aspect of racing held in higher esteem by the biking community that these two men and their colleagues."

After listening to Fred's talk and seeing his presentation we all felt that this is indeed the case.

We all found Fred to be a great speaker. He made a talk that could have been very dark and macabre very much matter of fact. He took great pains to retain the dignity of those who had lost their lives or had become seriously injured due to their love of the sport but he also found lots of humour in little incidents that he quoted throughout his talk.

He started off by concentrating on how he and his colleagues get to an incident. Safety is uppermost in all that they do, whether it be riding around after the riders on their opening lap or speeding to an incident where every second counts. His team also always have to be aware of the reactions they themselves engender on the track with bystanders and marshals. He trains the team to remember that concentration and attitude are key factors. They must also always be aware of distractions e.g. GPS, radio transmissions in their helmets, mobile phones.

They carry a lot of equipment on a belt system around their waists so that when they leave the bike to attend to injuries which may be in a field (or even someone's garden as we saw in the presentation) the equipment goes with them. On the bike they also carry oxygen and a defibrillator all neatly packed in specially strengthened panniers to prevent accidental damage. All this equipment either pannier mounted or belt mounted, allows the whole package including the rider and motorcycle to maintain a low centre of gravity which is a must for getting round corners at speed.

We could have listened to Fred all night but Ivan eventually had to call a halt to the proceedings. He thanked Fred on the Group's behalf and then wished everyone a safe journey home.

### **IAM flood advice for drivers**

19 November 2009

Advice for motorists considering driving in flood conditions:

1. Don't go in if the water's obviously too deep or flowing too quickly:

- consider an alternative route.
2. If you have to drive through water try to drive in the highest section of the road and don't set off if a vehicle is travelling in the opposite direction. Leave time and space for each other, so you don't swamp other drivers.
3. Drive only fast enough to create a small bow wave in front of the vehicle - driving at speed may be dangerous to other vehicles or pedestrians.
4. Keep going once you have started - make sure you have a clear run, put the car into first gear, keep the revs high and set off. Don't go in if you can't see a way out on the other side.
5. Do not take your foot even slightly off the accelerator, as this will allow water to travel up the exhaust pipe. As you go through the water, slip the clutch if you can. After you come out, dry brakes gently before you need them - the best way is to lightly apply the brake as you drive along for a few seconds.
6. At the other side, keep moving and continue to rev the engine to clear any water from the exhaust.

### **Misuse of satnav means business drivers are 'driving blind' says IAM**

10 November 2009

Many people in rural areas will have seen or heard of lorry drivers getting stuck in narrow lanes after blindly following their satnav's cheerful instructions.

A recent survey ([motoring.co.uk](http://www.motoring.co.uk) <<http://www.motoring.co.uk/>>) said that 20% of women and 30% of men have blindly followed a satnav into the middle of a field, and Network Rail has experienced damage to railway bridges and level crossing collisions as a result of drivers' failure to use their initiative.

Peter Rodger, IAM Chief Examiner, said: "Satnavs can be a real aid to road safety, providing the driver already has an idea of the route.

"Your satnav aids your own navigational abilities. It should not replace them. Have a map as a fall back and remember satnavs are no more infallible than the person who uses them, so do have some idea of your route before you set out."

"Drivers using satnavs for the first time should be prepared to familiarise themselves with it before setting off on a journey." Mr Rodger added.

The IAM recommends:

- \* Always programme your satnav before you set off, not while you are driving.
- \* Use the audible instruction to guide you and only use the screen for a quick glance as a confirmation.
- \* Certain routes may be closed for whatever reason, and sometimes the data on the satnav itself is old - with a map you can find routes around problems more easily. Pull over and look at your map at the first safe opportunity if you get confused.
- \* Drivers should also think about the position of the unit - the satnav unit shouldn't obstruct your vision or be put where an airbag could be deployed.
- \* Weight and height restrictions apply to some routes which is worth bearing in mind if you are driving a hired vehicle that is larger than one you are used to.
- \* Remove the unit before leaving the vehicle and make sure that all visible satnav mounting marks are removed from the windscreen before you leave the car - they encourage thieves. Also don't programme in your 'home' details - thieves have been known to use these to commit further offences after stealing the satnav unit.
- \* Although there is currently no legislation for the correct use of satellite navigation equipment, the police have a number of offences they can apply if they believe the driver to have been 'driving without due care' or 'failing to have proper control'. These could result in endorsements of between three and nine penalty points on your licence.

### **Dates for Your Diary**

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|----------------|---|
| 1st Dec, 2009  | STAC 18/8 Classroom and Driving Practice Session  |
| 8th Dec, 2009  | Group Night - Christmas Dinner at Daft Eddie's. (Send orders to <a href="mailto:wendymccormick145@yahoo.co.uk">wendymccormick145@yahoo.co.uk</a> ASAP please) |
| 12th Jan, 2010 | Group Night - Graham on "How manufactures test new technology" Also STAC 19 Enrolment   |
| 2nd Feb, 2010  | STAC 19/1. Classroom and Driving Practice Session   |
| 9th Feb, 2010  | Group Night - "Night at the Movies" - Comber Cinema   |