

# ARE WE THERE YET?



Mid Yorkshire Advanced Motorists Newsletter

April 2018

**iam**  
RoadSmart

Group Number 4178  
Registered Charity Number 1053843





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### **Cover Photo – The Cow and Calf**



The Cow and Calf rocks on Ilkley Moor are a popular location for walkers and climbers with spectacular views over the town of Ilkley and the nearby Cow and Calf country pub is dog friendly.

According to local legend, the Calf was split from the Cow when the giant Rombald was fleeing an enemy, and stamped on the rock as he leapt across the valley.

## FORTHCOMING GATHERINGS

Date	Meetings	Location
<b>Sunday 8th April 9:30 am</b>	<b>Sunday Driving Sessions</b> Assessment runs for all Associates & Members. Look for the caravan.	B&Q Car Park, Aspen way, Glasshoughton, Castleford. WF10 4TA
<b>Monday 9th April 8 pm</b>	<b>MYAM Social Evening</b> Andrew Walker from the West Yorkshire 4x4 Volunteers (Postponed from March)	Carlton Social Club Main Street Carlton WF3 3RW See page 7
<b>Sunday 15th April 10 am</b>	<b>Sunday Driving Sessions</b> Assessment runs for all Associates & Members.	McDonalds car park On the roundabout with Oakwood Lane and Easterly Road LS8 2RB
<b>Sunday 29th April</b>	<b>American &amp; Classic Car Show</b>	Wakefield City Centre
<b>Sunday 6th May 9:30 am</b>	<b>Sunday Driving Sessions</b> Assessment runs for all Associates & Members.	B&Q Car Park, Aspen way, Glasshoughton, Castleford. WF10 4TA
<b>Monday 14th May 8 pm</b>	<b>MYAM AGM</b>	Carlton Social Club See page 7

Everyone is welcome at these events and they are an ideal opportunity to meet new people socially, find out about what is going on within the Group and listen to an interesting talk on a variety of topics, sharing our skills with other serious drivers and keeping up-to-date on club and driving matters.

Will any Member wishing to have an item, article or picture included in the newsletter please submit it to the editor no later than the 15th of the month, these may be edited to save space. Thank you.

### **ISSUES OF 'ARE WE THERE YET?' ARE ON THE GROUP WEB SITE**

#### **Disclaimer**

The items contained in this newsletter are the views of the Members who contribute and not necessarily the views of the Institute of Advanced Motorists (I.A.M.) or MYAM.

#### **DATA PROTECTION ACT**

MYAM holds Membership detail records on computer, these are confidential and for club use ONLY. The information is used to run the Group and consists of various details such as class of Membership, date of joining & subscription expiry dates. It is also used for the production of address labels for the distribution of the newsletter and recording training for Observers.

## FROM THE EDITOR

As I start writing this we are still experiencing snow and low temperatures. I've written elsewhere on my experiences during the first week of the bad weather. At least it hasn't lasted as long as the winter of 62/63, which for me was great fun but as I was only 10 I didn't have to worry about driving and we actually walked to school on our own without any help from our parents.



I hope you were well prepared if you did have to drive in the adverse conditions and weren't caught up in any of the road closures. If you have taken any pictures of the snow send them to me and I'll publish them in the next newsletter. The picture on the left, taken at around 1pm on 27th February, shows our road in all its snowy glory.

It's one thing we are not very good at in this country, coping with snow. In other countries where snow in winter is more predictable they are ready with their winter tyres, which are compulsory in some countries, etc. and with drivers used to the wintery conditions they usually cope very well. In the UK bad winters are not the norm so drivers, especially new drivers, do not necessarily have the experience or training to cope with the conditions. Do we need to make changes, and if so what changes, to be able to better cope with bad weather?

We had to hurriedly change our March meeting as the speaker couldn't make it, indirectly due to the weather. I have to congratulate Janice for stepping in and giving an impromptu talk which turned out to be quite interesting and thought provoking.

With this newsletter you should have received a nomination form for the upcoming AGM at our May meeting. Should you wish to join the committee or nominate someone for the committee please fill in the form and send it to Andrew. As is usual the Chairman, Secretary and Treasurer all have to stand down but have offered themselves for re-election. Three of the other committee members are also offering themselves for re-election and we will be formally electing Bill Jackson to the committee.

**Keith**

## MYAM Regalia

If you wish to purchase any MYAM regalia, as advertised in last month's newsletter, could you let Janice have your order by 30<sup>th</sup> April.

# Welcome to the Group

## New Associates

Ben Harton, John Hotowka  
Keven Skelton, Peter Scott

# Congratulations

## On passing the Advanced Test

Elizabeth Backhouse - Observer Alan Jones  
Simon Bilton - Observer Andy Brown  
Clive Dresner - Observer Lesley Pollard  
Aleksandra Puchala - Observer Les Horsman  
Julie Watson - Observer Alan Jones

Congratulations to Aleksandra who passed with a F1rst

# Happy Birthday this month goes to

Ghazanfer Ali, Susan Appleton, Jerry Bauer,  
William Beacroft, Philip Beaumont, Michael Beardsall, Sally Burton,  
John Chadwick, Pauline Coburn, Garry Coldwell, Kimberley Ellis,  
Emily Grange, Sheila Hemingway, Stella James, Gill Knowles,  
Peter Mirfin, Peter Rowley, Andrew Simpson-Laing, Ann Slinger,  
Barrie Slinger, Lindsay Tanner, Andy Twaites, Julie Tyler,  
Jon Vaines, Martin Webster, David Wilford, Nicola Young

# MYAM Online

## MYAM COMMITTEE MINUTES NOW AVAILABLE TO MEMBERS

The Committee has now agreed that in the interests of transparency the minutes from the MYAM Committee meetings will now be available to Members on the Group website once they have been accepted as a true record by the Committee. So please feel free to check them out. They can be found on the Committee Members page under Our Team. The minutes are located at the bottom of the page.



**FACEBOOK** provides details of events and local news. Go and visit [www.facebook.com/midyorkshireiam](http://www.facebook.com/midyorkshireiam) and like our page. How about inviting a few of your Facebook friends to like our page too. It helps getting our name out there.

**WEB SITE** As part of the changes at IAM to introduce the new IAM RoadSmart branding, we now have an all new look website and a new website address. If you use the old address you will be redirected to the Local Groups page on the new IAM RoadSmart website. To go to our new page enter:-

[www.iamroadsmart.com/groups/midyorkshire](http://www.iamroadsmart.com/groups/midyorkshire)

or use the QR code.



On the website you'll find details of our events, courses, the latest news from the group and copies of previous newsletters.

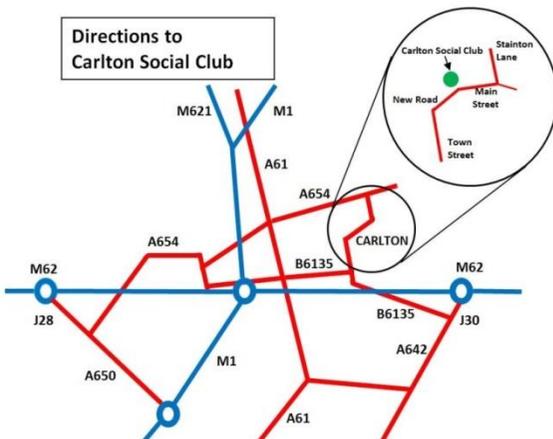


**TWITTER** We now have our own Twitter account which can be found at [twitter.com/MYAM4178](https://twitter.com/MYAM4178).

The Group Telephone number is 0113 314 9969

# Directions to the Carlton Social Club

Main Street, Carlton, Wakefield WF3 3RW



From the M62 West leave at Junction 28 and take the A650 towards Wakefield. At the next set of traffic lights turn left onto the A654 toward Rothwell. Follow the A654, turning left in Thorpe on the Hill. Cross the A61 and continue into Carlton. Turn right into Stainton Lane then turn right into Main Street. The Social Club is on the right immediately after the Unicorn pub.

From the M62 East leave at junction 30 and take the A642 towards Wakefield.

Take the next right, B6135, towards Lofthouse. Follow the B6135 under the M62 onto Ouzlewell Green towards Carlton and Rothwell. Follow the road past Carlton Primary School and the Social Club is on the left just before the Unicorn pub.

There is a car park with overspill parking available on the grass area opposite the club.

# Annual General Meeting

Notice is hereby given by order of the Group Committee  
that the Annual General Meeting of

## **Mid Yorkshire Advanced Motorists**

will be held on

Monday, 14th May, 2018, at 20.00 hrs.

at the

Carlton Social Club, Main Street, Carlton, Wakefield WF3 3RW

The Trustees of the Group (Registered Charity No. 1053843) will present the Annual Report and Accounts for the year ended 31st March, 2018, for approval by the Group Full Members and to conduct an election.

All Group Full Members, Associates, and Friends are invited to attend, but only Group Full Members may vote.

A Member entitled to vote at the General Meeting may appoint a proxy to vote in his/her stead. A proxy need not be a Group Full Member.

### **Current Officers:**

All Officers retire annually and may offer themselves for re-election.

The current Officers are:

<b>Chairman</b>	<b>Janice N. Haigh</b>	<b>Will stand</b>
<b>Secretary</b>	<b>Andrew Simpson-Laing</b>	<b>Will stand</b>
<b>Treasurer</b>	<b>Rosemary Bricis</b>	<b>Will stand</b>

**Please do come along to the AGM**, show your support to your Committee, and let us know your views.

We are always keen to welcome additional Members to the Committee to support the Group. If you are interested and wish to be nominated for the Committee or any position, please use the Committee Nomination Form.

**N.B. All Committee Nomination Forms must reach the Group Secretary by the 30th April, 2018. (Rule 3.5)**

Please remember you can also offer yourself to join the Committee at the AGM.

Only paid up Members of IAM RoadSmart and of the Group may either nominate Committee Members, be nominated to the Committee or as an Officer, or vote at the AGM. **You may not stand if the law debars you from being a Charity Trustee.**

**Members who receive the newsletter via the post: –**

You will have been sent a Committee Nomination Form with the newsletter. Please complete and return to the Group Secretary.

**Members who receive the newsletter via e-mail: –**

Attached to the e-mail containing your newsletter will be a Committee Nomination Form. Please print, fill in, complete, and return to the Group Secretary.

Address details for the Group Secretary are on the Nomination Form.

If you have not received your Committee Nomination Form, please inform the Group Secretary, Andrew Simpson-Laing

E-mail: [andrewasl@ntlworld.com](mailto:andrewasl@ntlworld.com)

Telephone: 0113 229 9522 or 07743 306654.

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**Mid Yorkshire Group of Advanced Motorists**

The current details of the Committee are as follows: -

<b>Position</b>	<b>CURRENTLY HELD BY</b>	<b>STATUS</b>
<b>Chairman</b>	Janice N. Haigh	Offering to stand again for re-election
<b>Secretary</b>	Andrew Simpson-Laing	Offering to stand again for re-election
<b>Treasurer</b>	Rosie Bricis	Offering to stand again for re-election
<b>Membership Secretary</b>	David Rockliff	Due to stand again for re-election 2019
<b>Web Site Editor</b>	David Rushfirth	Offering to stand again for re-election
<b>Youth Liaison</b>		Position vacant
<b>Newsletter Editor</b>	Keith Wevill	Due to stand again for re-election 2019
<b>Committee</b>	Alan Jones	Offering to stand again for re-election
	Julie Langham	Offering to stand again for re-election
	Bill Jackson	To be elected to the committee

N.B. In addition to the Officers, at least one third of the remaining Committee must be offered for re-election even if they were for re-election the following year.

Copies of the minutes from the previous year's AGM and the Group accounts will be available at the meeting.

After the AGM, a light buffet will be provided. Everyone is invited to stay.

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## March Meeting

# Are You Sitting Comfortably?

Then I'll begin. No it's not Listen With Mother (for those of you who remember the radio programme on the old Home service). We were to have had a talk from the West Yorkshire 4x4 Volunteers but the previous week we had a little bit of snow so the volunteers were kept busy and as a result were unable to make it to the meeting. However they will be able to talk at next month's meeting on 9th April (Weather permitting!).

Instead our chairman Janice gave an impromptu talk / question and answer session on a couple of topics that we rarely think about when we're driving.

Firstly do you suffer from back problems or headaches after driving for any length of time? If so it may be your seating position that needs adjusting. No two people are the same when it comes to their driving position so it's important to adjust the seat correctly especially if more than one person drives the car. Janice suggested that the seat base should be level and went on to say that if the seat back was at the wrong angle this could result in neck problems and demonstrated the three curves of the spine on a "willing" volunteer.

The position of the steering wheel is also important for a comfortable driving experience. Fortunately most modern cars have adjustable rake and reach for the steering column in addition to better seating compared with cars from 20 – 30 years ago.



**Janice demonstrating the three curves of the spine on a "willing" volunteer**

It's also important to have the correct seat position for the passenger, again to avoid back problems.

Do you feel stiff when you get out of the car? Try stretching your body and walking around the car a few times after getting out.

The second aspect covered by Janice was do you drink enough water? It may seem contradictory but not drinking enough water could actually lead to more frequent toilet stops as your bladder wants to get rid of the concentrated urine. Drinking water dilutes the urine leading to a lower need for your bladder to be emptied.

Failure to drink sufficient water can cause your body to start drawing water from parts of the body such as the discs in your spine leading once again to back problems. Drinking plenty of water can also help with gout which is caused by a build up of uric acid in the joints. The water dilutes the blood which can help disperse the uric acid.

So getting the driving position correct and drinking plenty of water can improve your comfort on long journeys. It certainly gave me something to think about.

**Keith Wevill**

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## **IAM News Releases and Tips**



### **A Checklist to Towing a Trailer Safely**

On average there are 4,809 towing incidents annually which commonly occur on motorways and major A-roads. So to help you stay safe on the road, this month's tips are packed with towing advice, courtesy of the [National Trailer and Towing Association](#).

#### **Towing a vehicle**

The trailer operator or the driver of the towing vehicle, if different, has the responsibility for the safe operation of the trailer and needs to carry out the following checks:

Be sure to check that your driving licence entitles you to tow the combination of a vehicle and trailer.

Have you checked the weight? Remember to ensure that the load you intend to carry is within the trailer's official payload.

Bear in mind that the actual gross weight being towed needs to be within the towing vehicle manufacturer's recommended maximum towing limit (whether braked or unbraked).

## Trailer checks before each journey

If the trailer is laden, is the load correctly distributed and secure? To stop your trailer from being unstable, spread the load across the board and avoid having too much or too little nose weight. Even a heavy load will need to be strapped down, as gravity itself is not enough.

Before you set off, check that your lights are working correctly and are damage-free. Whilst doing this, also check that the lighting cable and plug are in good condition.

Be sure the correct number plate is fitted. This should be the same registration number as your vehicle and needs to conform to DVLA Standards.

Check that your breakaway cable or secondary coupling is undamaged and connected correctly to a suitable point on the tow bar or towing vehicle. As well as inspecting for damage, make sure that the trailer is correctly coupled to the towball or pin.

The tyre pressure must be correct and all tyres free from cuts, bulges and with adequate tread (including the spare). Remember, tyres must have a continuous tread depth of at least 1.6mm on cars, light vans and trailers, across the centre three-quarters of the width.

It's crucial that the wheel nuts and bolts are tightened to the correct torque for safety and for a smooth journey.

If required, are the mudguards secure and in satisfactory condition?

Take into consideration the size of your vehicle and the trailer. Is the coupling height correct? Check that your trailer is not excessively nose down or nose up. If your vehicle and trailer don't align, get an adjustment plate to accommodate this issue.

Be aware of the national speed limit for a vehicle towing a trailer. The maximum speed limit on a single carriageway road is 50mph, and 60mph on a dual carriageway or motorway.

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Many manufacturers offer a tow bar as an option on a new car but if you are fitting or are having a towbar fitted to a modern car often the electrical connections will have to be coded to the cars electrical system. This will usually include the trailer into the cars stability system, disable the car's rear parking sensors and transfer the rear fog light from the car to the trailer and often the trailer will be included in the cars alarm system.

Ed

## A Week in The Life of.....

How did the recent spell of arctic weather affect you? We had a busy week carefully planned to coincide with the snow and low temperatures.

**Thursday 22nd February** – Take David to Halifax station to start his weeks holiday in France and Spain. Wave him goodbye promising to pick him up from Manchester airport the following Friday. Drive to Hardcastle Crag / Gibson Mill to take the dog for a walk. Take a few pictures to accompany an article in a future newsletter. Dog jumps into the river and cannot get out so is dragged out and promptly shows her appreciation by shaking water all over me.

**Friday 23rd February** – Having decided to spend some of my pension lump sum on replacing the windows in the house and updating our old, obsolete and sometimes unreliable, alarm system it's time to clear space around the windows and find somewhere to store all the items moved.

**Saturday 24th February** – Continue moving stuff around and note that the weather forecast is not looking good for next week.

**Sunday 25th February** – The usual Sunday shop plus a visit to the petrol station in preparation for next Fridays trip to Manchester.

**Monday 26th February** – Up early as the alarm people are coming to install the new alarm. It's cold but the alarm is installed and demonstrated by the early afternoon. One sensor to be fitted later on a window due to be replaced.

**Tuesday 27th February** – David's birthday. Send him birthday wishes by text. It's also snowing, so not looking good for tomorrow when the window fitters are due. Our school teacher daughter arrives at school to be told the school is closing for the day.

**Wednesday 28th February** – Daughters birthday. Up early as the window fitters are due between 8 and 10am. More snow outside. Start clearing snow from the drive and road when the fitters walk down the road and begin clearing snow a lot faster than me. They reverse their two vans down the road and start installing the upstairs windows. It's cold with occasional snow but they get on with the job leaving early afternoon promising to return tomorrow to fit the remaining windows. Daughter calls to say she is coming over as she's going to see War Horse at the Alhambra in the evening. She starts walking here and we agree I'll pick her up at the Keelham Farm shop. Her boyfriend will come over later when he's finished work. Take both of them to the Alhambra and pick them up after the performance. No problems with the roads although they are covered in slushy snow.

**Thursday 1st March** – Even more snow, up to 12" drifts in front of the house. Up early and start clearing snow. It's soon obvious that the window fitters will not be coming. Ring the window company who have been having problems with scheduled installations. They'll try again tomorrow. Weather conditions cause the M62 to be closed stranding hundreds of motorists. One route to Manchester airport is closed so start looking for alternatives ready for tomorrow. It's either up the

A646 to the A56/M66, M60, the long route, or the shorter route A58 to the M66/M60 or David can catch the train from the airport to Halifax.

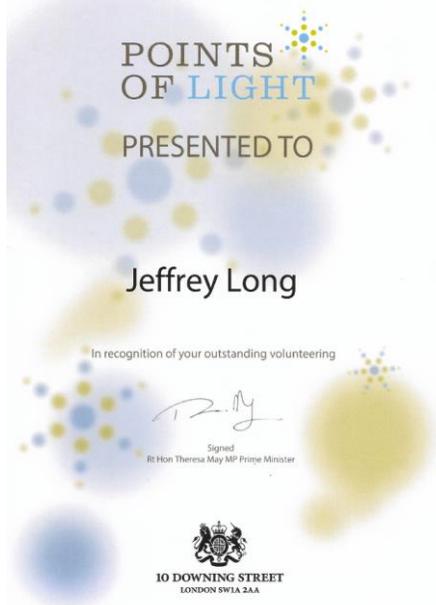
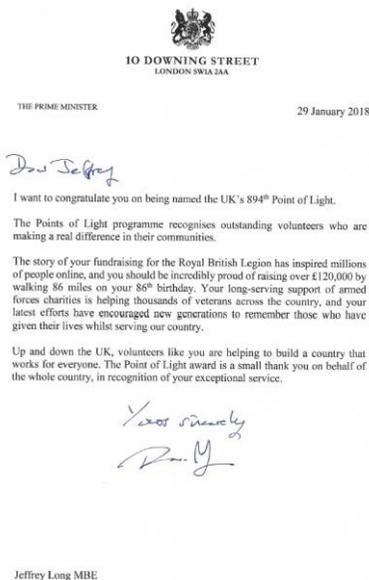
**Friday 2nd March** – Up early again. No overnight snow so road remains fairly clear. Window fitters turn up and start installing the downstairs windows and new porch, in between trying to thaw their frozen hands. Text David to tell him of the alternative ways to get home. Track his flight from Barcelona to Manchester which lands around 3pm. The fitters are just about finished when David calls. He's ready to be picked up, there are no trans-Pennine trains running so it's pick up by car or spend the night in the airport and hope it's better in the morning. The window fitters leave so I set off to Manchester at 4pm. Decide to try the A58 route but get to Riponden to find signs informing me that the A58 is closed. Take an alternative road that runs alongside the M62 only to find that is also closed. So turn round and back to Sowerby Bridge and get onto the A646 which is busy but moving. At Todmorden take the A6033 to rejoin the A58 then onto the M66 and the M60(W), M56 to the airport. Pick up David and return home following the same route noting there was very little snow on the other side of the Pennines finally arriving home at 8:30pm.

I had been prepared for the journey with a fully charged phone, flask of tea, wellies, shovel and some food but didn't need them. The emergency services managed to clear the M62 which finally re-opened early on Saturday morning.

Keith Wevill

## Congratulations Again to Jeffery

We have to congratulate Jeffrey Long once again as he has been presented with a certificate in recognition of his outstanding Volunteering activities by the Prime Minister.



# And Finally.....

While checking the RAC website, <https://www.rac.co.uk/route-planner/traffic-news/m62/>, for the state of the M62 during the recent bad weather I spotted this slight error.

There is also a section of the motorway, between Manchester and Leeds, that runs through the Pennines and rises to over 300 miles above sea level in places.

I knew that one section of the M62 is the highest motorway in the country but I didn't realise it was that high! Someone is getting their metres and miles confused. Must remember my oxygen mask next time I travel that way. (The highest point on the motorway is actually 372m (1221ft) above sea level) (Note that the error has now been corrected)

I also found a useful website for tracking aircraft flights. So if you are picking someone up from the airport try <https://uk.flightaware.com/live/> for the status and current location of the flight before setting off.

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## This Month's Teaser

I'm sure we all listen to music either at home or in the car but for this month's teaser what has been the most recorded, post 1950, song with over 4000 recorded versions?

## Last Month's Teaser

Last month I asked "Where was the subject of the cover photo taken?"

The statue is one of the two lions at the mainland side of the railway track on the Britannia Bridge which crosses the Menai Straits. Following a fire, which severely damaged the original rail bridge, it was extensively modified in the 1970s adding a road bridge above the railway track.

# Your Committee

<b>Chairman</b>	<b>Janice Haigh</b>		Contact via the secretary
<b>Secretary</b>	<b>Andrew Simpson-Laing</b>	01132 299522 07743 306654	andrewasl(at)ntlworld.com
<b>Treasurer</b>	<b>Rosie Bricis</b>	0113 2534528	rbricis(at)live.co.uk
<b>Membership Secretary</b>	<b>David Rockliff</b>		Membership.myamcar(at)jamGroups.org.uk
<b>Youth Contact</b>	<b>Position Vacant</b>		
<b>Speaker Secretary</b>	<b>Position Vacant</b>		
<b>Events Manager</b>	<b>Alan Jones</b>	07714 444595	alan.j909(at)btinternet.com
<b>Website</b>	<b>David Rushfirth</b>	01924 211510 07966 134045	myam.webmaster(at)outlook.com
<b>Newsletter</b>	<b>Keith Wevill</b>	01274 815281	kcw2hwc(at)tesco.net
<b>Chief Observer</b>	<b>David Rushfirth</b>	01924 211510 07966 134045	myam.webmaster(at)outlook.com
<b>Ex officio</b>	<b>Bill Jackson</b> <b>Julie Langham</b>		

Due to computer hacking and high levels of spamming we have had to remove the hyperlinks to our e-mail addresses and have replaced the @ symbol with (at) so you will need to retype the address in the correct e-mail format, i.e. replace (at) with @, with no spaces.

## URGENT REQUEST

**We now have a Group Secretary however we also need a Speaker Secretary to organise the social meetings. To find out more contact the Secretary.**