



In this issue we have an article on how cold effects the human body, which is thought provoking due to the chilly days ahead.

With Del Britton taking over the Chief Observer role he introduces the training team and puts forward WHAM's Training Team 'Mission Statement'.

At the end of September a group of WHAM members (26 of us) went over to France on 'Del's Battle Tour' I've tried a different take with this story, where I've asked a number of members to write of their experiences on the trip. So enjoy!

Rog Brooks

Notice is hereby given that the WHAM AGM will take place on Wednesday the 29th of January 2014 at The Falcon Hotel Bromyard starting at 8.00PM Further information such as known committee intentions and nomination forms will be printed in both the December and January newsletters.

The Chairman's Notes by Brian

As many of you will already know, Lynton had a bit of a tumble a couple of weeks back which led to him being carted off in an ambulance! I'm glad to report that he is now home, safe and well, and trying not to laugh (despite my best efforts) because, with 4 broken ribs and a broken collarbone, it hurts – apparently. Lynton has asked me to pass on his appreciation for a number of things – The 'Get Well' card, the numerous calls and enquiries about his welfare, the support he has received from the membership but mostly to those who looked after him on the day, particularly Rog' Brookes and Alex who even made the trip down to collect his bike and get it back home. So – on behalf of the man himself – many, many thanks friends.

Chief Observer.

We now have a brand, spanking, new Chief Observer in charge of WHAM's Training Team. I am delighted to inform you that Del Britton (Yep – Mr Snuffles himself) has agreed to accept this important role within the group. Del was asked to take on the role for a number of reasons including the fact that he is the first among us to qualify as a National Observer (replacing the old Senior Observer qualification), he is on the First pass register and has also undertaken the 'Masters' test. Apart from those qualifications, which require no small amount of dedication and ability, he is also vastly experienced in the provision of training activities – in other words, he was the ideal choice. I have no doubt that Del can look forward to the support of the membership in this new role and I would like to take this opportunity to thank him on behalf of us all.

Long day ride.

On Sunday 17th November we will be repeating the trip to The National Memorial Arboretum at Alrewas in Staffordshire where we intend laying a wreath on behalf of WHAM in memory of those who have fallen in defence of the freedoms we enjoy. This is a run that Del (Mr Snuffles) organised last year and it was decided to make it an annual outing which is well worth the effort. Full details of the route and timings can be found on the website.



Worcester and Hereford Advanced Motorcyclists. Affiliated to the Institute of Advanced Motorcyclists. Group No. 3260
DISCLAIMER: THE VIEWS EXPRESSED IN WHAM! NEWS ARE NOT NECESSARILY THOSE OF THE EDITOR,
THE IAM OR THE WORCESTER AND HEREFORD ADVANCED MOTORCYCLISTS



The Chairman's Notes continued

Natter night.

There have been various discussions about what to do for the November natter night and it looks like we're going to line up various members of the Committee and the Training Team for the members to throw some ~~vegetable~~ questions at. The idea behind this is that the usual natter nights often don't leave time for us to actually 'natter' and it was felt that it might be useful for us to have a few people on hand to answer any of those queries you might have about all things motorcycling. Bear in mind – if you think the question is daft, there is a fair chance that a number of others would like to ask it but are a bit shy – so don't be afraid, anything goes! If you prefer, feel free to e-mail me in advance and I will present the question(s) anonymously on your behalf. Topics ranging from wet-weather riding, night riding, overtaking – or anything to do with riding a motorcycle will be considered and they (or we if I can make it) will do their best to provide an answer. Hopefully, we can generate some debate and discussion which might entertain as well as educate us all.

Christmas Dinner.

Last Call – If there are any members out there who would like to join us at this year's dinner but who haven't yet been in touch, please do so now as time is getting short. If you need more details, please e-mail me at bam49@fsmail.net as soon as possible.



**Find us on:
facebook®**

To join just login to your Facebook account and type 'Worcester and Hereford Advanced Motorcyclists' in the search box at the top of the page, then click on the 'Join Group' button at the top right of the screen – one of our Admins will then approve your membership (we don't just let anyone in, only WHAM Members can join!). And if your not on Facebook, this is a good reason to join.



WHAM! Regalia

Have you bought your WHAM! clothing yet? We've got polo shirts and T-shirts in stock - for £12 and £10 respectively. You can also buy fleeces and other wham regalia - just let us know what you want. To purchase wham! polo or T-shirts Please contact: Alex Hoyle.

whamsecretary@trackdown.co.uk



Club Notice Board

Please send notices to whamnewsletter@gmail.com

Up coming EVENTS

- Natter Night, 27th Nov. Advanced riding question & answer session hosted by Del Britton
- Remember to check the 'Programme' section of the WHAM website for the SUNDAY ride out routes.

<http://www.wham-motorcycling.org/programme/>

This Month's 'YOUTUBE' moment from Paul Whitcombe

[What to do in the event of a bike crash!](#)

E-mail any bike related 'youtube' video's that you want to share to whamnewsletter@gmail.com

IAM Test Passes

Congratulations to the following members on completing their SKILLS for LIFE package!!!



Terry Hewitson

Observer; Ian Holmes

Pat Lewis

Observer; Alex Hoyle

Observers, please send a photo of your associate to the newsletter soon as possible after they have passed their test.

whamnewsletter@gmail.com



Stuart Wright

Observer; John Hodges



Colin Smith

Observer; Tim Wynne

Members' Articles

Please send your stories to whamnewsletter@gmail.com

With winter fast approaching I started to research how cold effect us. But as luck would have it I found the following brilliant piece. So keep wrapped up when on your bike and if you start to feel the effects, stop and warm up before carrying on.

Reproduced with the kind permission of Mike Sowden

The Human Scale Of Too Cold: How We Freeze (And How We Thaw)

by Mikeachim

What happens when you get too cold?

When we say "cold", we usually mean one of two things. The first is the foot-stamping, hand-rubbing, nose-blowing kind that [millions of us Brits are experiencing right now](#) as we trudge through the slush, or curse when the snow billows in our opened car doors.

Members' Articles

Please send your stories to whamnewsletter@gmail.com

And then there's the *other* kind.

You can be sure you're at your optimum core temperature because you're lucid and conscious. In fact, your ongoing survival is dependent on it, on hovering somewhere near 37°C every single day, for the rest of your life. Stray above or below more than a little, and you will start to die.

Luckily, you're amazing. You've been fitted with an incredible piece of biotechnology, a kind of super-advanced thermostat called a *hypothalamus*. This almond-sized marvel, buried deep inside your brain, is why you're alive today. Take a moment to say thanks. (I've just thanked mine). Your hypothalamus performs a range of invaluable and breathtakingly elegant roles, but the one we're giving thanks for is the maintenance of your good self as a *homeotherm* – an animal with a steady core temperature usually above that of its surrounding environment. Thanks to your thermoregulatory system (heroically led by the hypothalamus), you never need to worry too much about keeping just the right temperature – your body's got it covered.



Usually.

It takes a lot to overwhelm your hypothalamus's capacity to keep your core temperature stable. But once it's achieved, the effects are rapidly catastrophic.

So let's chill out a little and see what happens.

37°C (subzero-temperature air exposure)

There's a dark little truth about your hypothalamus – it doesn't care if you're feeling cold on the surface. All that matters is what's going on inside. So when the wind-chill starts

savaging your exposed flesh, your capillaries squeeze the blood out of your skin, driving it inward where it can assist in maintaining your core temperature. Your paled, cracked, pinched extremities are being offered up for sacrifice – and unless you're one of the lucky few who has a natural *hunter's response*, it's gonna start to hurt.

What's the common response to a surface chill? Vigorous exercise of the flexing, stamping, wiggling kind, and a tendency to increase your pace of movement. This works a treat in the short term, burning up inner stores of energy and elevating your overall body temperature until you're comfortable again. The contrast is delicious, so you keep moving, keep burning up – until you start to *sweat*. Sweat cools (that's its job) and before you know it, you're clammy with freezing perspiration that drags your temperature lower and lower.

Members' Articles

Please send your stories to whamnewsletter@gmail.com

Worse still, your skin is too cool to efficiently evaporate the sweat away, so it clings on, sucking the heat from your bones. (This is why moisture-wicking garments are quite literally lifesavers).

36°C

One degree down, and boy do you know it. Your muscles are tightening up (more formally, you're experiencing *pre-shivering muscle tone*). It's a forerunner of the muscle contractions that are shortly going to make you a clumsy invalid. Now's the time to adjust tricky straps and tie shoelaces – another core temperature drop and you'll be a juddering, uncoordinated mess.

35°C

You're a juddering, uncoordinated mess. As mild hypothermia sweeps through your body, your muscles leap to your defence with frenzied high-speed involuntary contractions, better known as *shivering*. Exercise generates heat – but with an unfortunate flip side. To spasm so violently, those muscles require an increased supply of blood – and so shivering can accelerate the rate of cooling at your core.

Plus, it's horribly unpleasant. All your muscles have already tightened up, and now they're shaking as well. This applies to *all* your muscles, even those around your eyes. Your basic senses are starting to go...



33°C

...but strangely, you don't care. Your body is responding logically and sensibly by hoarding its resources and making itself slower and smaller in every way it can (this may save your life later on) – and the effect right now is to dull your thoughts, drugging you into apathy and then a stupor. Whatever. Yawn. A little sleep before you get back to fighting the cold is just what you need, surely?

31°C

Shivering hasn't worked, so your body abandons it. (This helps you doze off). Your oxygen consumption has dropped significantly and your oxygen-starved brain is struggle to string a thought together – other than “*I really need to pee*”, thanks to all the inwardly-pushed body fluids flooding your kidneys.



WORCESTER AND HEREFORD ADVANCED MOTORCYCLISTS

<http://www.wham-motorcycling.org/>



Members' Articles

30.5°C

If a loved one rescued you right now, you wouldn't be able to recognise them.

30°C

Your heartrate is becoming arrhythmic, further restricting the amount of oxygen reaching the brain. Time for [Harvey](#) to make an appearance. In your stupified, thermal free-falling state, you're hallucinating wildly. You probably think you're being rescued. But then ...

29.5°C

...you're suddenly on fire. It's a bleak irony that as you freeze to death, there comes a point where your skin feels like it's alight, prompting you to struggle out of your clothes. This is called *paradoxical undressing*, and may happen because your ailing hypothalamus pops a fuse – or because it tries a last-ditch attempt at warming you, flinging all your capillaries open and giving you the mother of all full-bodied blushes. You'll also feel the urge to crawl into a small space (*terminal burrowing*), a mechanism that often makes it harder for rescue parties to find severe hypothermia victims. This is not the finest hour of your survival instincts.

28°C and below

You're down – but not necessarily out. Your skin may be blue and cold, your pulse undetectable and your heart may be beating too slow to keep you alive under normal circumstances...but these are *not* normal circumstances. Remember that your entire body has slowed down as you cooled, including the most critical part of it, your brain. Your oxygen supply is way down – but so is the demand for it. You're not dead: you're suspended between life and death. Or put another way, "you're not dead until you're warm and dead."



Photo; Angel Tarantella



WORCESTER AND HEREFORD ADVANCED MOTORCYCLISTS

<http://www.wham-motorcycling.org/>



Members' Articles

Now the key to your survival is rescuers who know how to revive you. If they warm you too quickly, this delicate balance between supply and demand will be broken and you're history.

In "rewarming shock," the constricted capillaries reopen almost all at once, causing a sudden drop in blood pressure. The slightest movement can send a victim's heart muscle into wild spasms of ventricular fibrillation. In 1980, 16 shipwrecked Danish fishermen were hauled to safety after an hour and a half in the frigid North Sea. They then walked across the deck of the rescue ship, stepped below for a hot drink, and dropped dead, all 16 of them.

- Peter Stark, Outside Magazine, 1997.

If you don't fancy trusting your life to the specialist medical knowledge of the first bunch of people (probably strangers) to stumble across you...I don't blame you. Ask yourself: what would *your* first instinct be if you found someone almost frozen to death? Warm them up as quickly as possible? Me too.

So keep yourself well-wrapped, plan journeys in advance, keep warm...and put your trust in the thermostat inside your head. After all, it hasn't done a bad job *this* far.

WHAM's Training Team 'Mission Statement'

WHAM's training team exists to maintain and improve the Riding standards within the group, its principal activities include:

- Training and qualification of Local Observers.
- Advising and assisting Observers preparing for the National Observer qualification.
- Advising in the training development and Riding standards of the group as a whole.

I feel very privileged to have been appointed as the Chief Observer (CO) of this prestigious club. I will endeavour to continue the excellent work of Brian Morgan as CO. Brian has not only had the responsibility and work load as the club's Chairman but also being the club's CO directing it through three successful Ashes win's, just about says it all. Thank you Brian for all the guidance and leadership you have given.

My intention as CO is to gain more knowledge of the clubs strengths and development issues, therefore please do not be surprised to see me both at Hereford and Worcester Sunday rides, I will also be accompanying Observers during the training year, this may also involve other members of the Training Team (TT) from time to time.



Del Britton



WORCESTER AND HEREFORD ADVANCED MOTORCYCLISTS

<http://www.wham-motorcycling.org/>



Members' Articles

The training team, John, Derek, Eric, Ant and Steve Edwards are part of the team who assists the CO in maintaining standards and developing training activity within the group. The team is assisted by some very experienced Senior Observers and Observers in the preparation of such activities as the Ashes competition, Observer training days and Natter night presentations, a big thank you to all of you for that, and your support to WHAM generally.



Ant Clerici



Derek McMullan

If any member of the group has any training requirements or question please do not hesitate to contact the TT directly or go through your observer. I strongly encourage any member (or Observer) who has

passed the advanced test to consider applying for the IAM 'First' qualification, information about the 'First' test can be found on the IAM web site, or ask your observer and or any member of the TT about preparation for the 'First'.



Steve Edwards



John Hodges

Looking forward to Riding with you soon, I cannot over-emphasise the benefit of attending WHAM Sunday rides. A Sunday ride gives you the opportunity to develop your riding skills in a controlled, planned ride with different riders with varying levels of experience, the breakfasts are great as well (ask our Secretary, Alex).

Del Britton
Chief Observer



Eric Reynolds



WORCESTER AND HEREFORD ADVANCED MOTORCYCLISTS



Members' Articles

Del's Battle Tour 2013

It all started with a simple conversation, with Del saying "I'm thinking of going over to pay my respects at the Normandy Beaches, fancy coming with". And as they say the rest is history, 26 WHAM members made the journey over to the continent.

With Del arranging the accommodation for most of us, preparing routes that even took us down some poor French farmers driveway, the amount of planning and effort involved in putting this all together only Gerry and Del will know. From all of us a huge thank you (Can I pre-book next year?)

Various meet points were arranged by groups of friends, I did hear a rumour that the guys who met at Derek's house were treated to breakfast, not that I'm jealous or anything!!!

So as promised at the start of this months newsletter, Paul, Derek & Del have put pen to paper so to speak. Ali and Alex will tell their stories next month.



By Paul Whitcombe

Following weeks of excitement and anticipation we finally meet. We head for Portsmouth for a ferry to Normandy – in anticipation of Del's epic tour to the historic sites of D-Day, with a little bit of prior knowledge (no I wasn't born then, I've just read about them, watched films and listened to grandparents passed). This was an opportunity to bring it to life!



of polished plastic and metal. As we park at the terminal, I hear him mutter "Don't they provide seagull shelters?"

The group is complete, as those who took the scenic route arrive and take up position in the row. We are waved on to thankfully dry deck and then reality hits We are stuck on the ship for several hours. What could we do? (please ask Will for tips and ideas). The rest of us proceed to talk, drink coffee and talk – and get to know each other a little better. It bodes well for the weekend! Ian, following one of his many great tales, decreed, "treat every day like a school day." For the next few days that exactly what we do; immersing ourselves in living history, meeting characters, visiting museums and cemeteries, riding on fantastic quiet roads, drinking coffee and having the odd

We see Mike Frantzen, from afar, a red beacon I hear him mutter "Don't they provide seagull



Alex & Ali fuel up while Lawrence & Ian get planning

Members' Articles

What can be said about the accommodation? It had such an impact on Will he chose to share with Lynton rather than Angel and her tent. The focus of events were 2 long tables – one outside next to a fridge full of complimentary beers, the other indoors where we shared stories over breakfast and dinner. Both were well used.

Del organised a day ride of some of the best roads in the area. We travelled in small groups meeting for ice cream and drinks on the way. The villages were far too relaxed to be concerned about 20 British bikes poodling (!) around the French countryside. We split into groups and



committed to riding on the right.

With sharpened

senses we made the most of the dry, open roads. We also took full advantage of the excellent hospitality en route. The views were incredible and the roads ripe for discovery. You could go back for several years and ride a different 'epic ride' each time. As small groups during the day, it enabled us to relay our adventures to others over a beer and excellent food in the evening. A real shared experience.

There were several key learning experiences. For example Derek now understands you don't drink Calvados by the ½ pint; Del now understands that if he mistakenly travels ½ km down a dirt track to a field in the dark everyone will follow; Lawrence now understands that to truly test the limits of your bike – you pass it to Ian and close your eyes; Alex now understands that a teddy bear is a

nocturnal animal that can fly. Every day is a school day!

On the final morning we were privileged to meet some veteran paratroopers. One of their sons commented that if asked, his father would not remember what he had for breakfast, but if asked about 1944 he could recall every detail. It reinforced the impact D-Day and Normandy had on individuals and the debt we owe for their bravery.

The days and nights were filled with laughter, epic rides and excellent banter. Being in Normandy, visiting the sites as an adult, with knowledgeable colleagues, was a moving experience. It provided a real roller coaster of emotions. I believe that our experience will stay with us for a long time.

Excellent friends, excellent roads, excellent hospitality, incredible history. Happy days. Bring on 2014!

By Derek McMullan

Normandy

A bit of a first this: a WHAM overseas trip without me doing a lot of the organisation - that's a great start! Even better all riders arrived in time for the Ferry and it glided smoothly across the Channel. Only a short trip to Arromanches from the Ferry Port so what could go wrong now?

I was the last bike away from the Port, the briefing said "Easy journey, we're taking the direct route via the coast road". Immediately in front of me Lawrence Arms and Mike Franzen sprinted past an artic approaching our right-turn junction I thought better of it having seen the glowing red eyes in the cab mirrors; sure enough he positioned the trailer beautifully to block the junction and trucks behind me were in no mood to stop. OK, I'll go straight on and Garmin will sort it out for me - ha! As soon as I cleared the town I was "making good progress" but saw no bikes other than a 50cc Frantic (well on the rev-limiter it certainly sounded like a Frantic).



Members' Articles



Garmin did get me to Arromanches and I rolled into the B&B alone - still not a bike to be seen. I'm sure someone who was in the main Group will pick up their "Garmined" story, I'll just say the Group riding principles should be followed up to a point and no further!

What more can I say?
Fascinating history, good food (bar a last-night steak or two), copious supplies of alcohol, and lashings of good company! Where's the next one Del?



By the man himself Del,

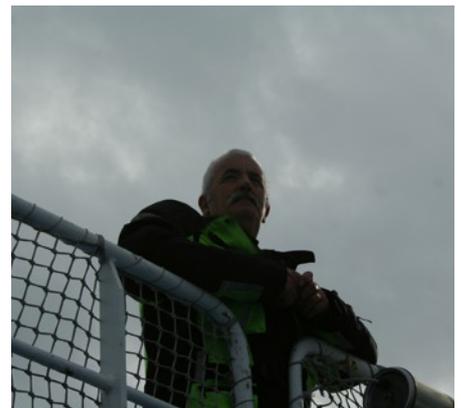
After taking an early morning walk along the lovely beach just down the road from our hotel in Arromanche contemplating all that must have happened on this beach (known as Sword beach) on June 6th 1945 looking as the sun was raising over the Mulberry harbours left after the Normandy landings I walked back to the B&B hotel wandering if I would see Brian, yet again in his slippers and 'Tank-top' smoking his pipe as I had the previous morning. I thought to myself, was that the hotel Ian Rivers and Derek was staying at, it



was right next door to ours as they mentioned, the down-stairs lights were on. I thought Ian must have been up just finishing his early morning swim in the sea, (having just survived the previous mornings swim when he nearly lost his swimming trunks to the astonishment of the local French ladies bird watching fraternity).

Walking up to the window and peering in I saw what must have been Ian or Derek sat down in the chair, head

forward reading some papers, I instantly recognised it was either one because as with myself they were 'follicley challenged' in the hair department, I began to knock on the window, pulling stupid faces and shouting 'what you up to, you nutter being up this early', I was just about to turn around and do a Mooney in the window, when suddenly he raised his head and with this 'I am not impressed' look on his face some unknown Frenchman started to shout something back at me as I made a hasty retreat to the hotel, leaving Brian in his 'Tank-top and slippers to take any stick from any annoyed Frenchman who followed me.



Thanks every one for a great trip, if there is interest may be plan one for September 2014 after the Ashes competition.

Del B

Members' Articles



Caught on Camera!!! Send in your 'WHAM' photo's



Lynton looking for CAKE



The gang on Arromanches beach



Ali and Ian



A&G's Mobile camera unit



Will & Angel



Angel's fantastic group photo

Photo's Angel Tarantella, Paul Whitcombe, Mike Franzen



Ant & Gill



The dining room