

KENDAL & SOUTH

ADVANCED



LAKES GROUP

MOTORISTS

## KASLAM NEWS No. 5

Christmas 2009

Welcome to the 5th<sup>h</sup> edition of KASLAM NEWS.

### WEB SITE:

The IAM web site has been re-vamped to make it easier to navigate: please visit it at [www.iam.org.uk](http://www.iam.org.uk)

And a reminder of our web site. [www.kaslam.org.uk](http://www.kaslam.org.uk)

[Don't forget to put these sites into your "Favourites" box for easy access.](#)

### IN THE NEWS

#### *Tired drivers: don't wing it with energy drinks*

High mileage drivers who use "high energy" drinks to keep them going have been warned by the IAM (Institute of Advanced Motorists) that there could be a hidden danger in relying on caffeinated drinks, which can even lead to increased weariness behind the wheel.

The US National Safety Commission (NSC) has issued an alert for those driving under caffeine intoxication, similar to warnings associated with drinking alcohol and driving. Research has shown that just an hour after drinking a highly caffeinated and sugared drink, tired drivers can experience serious lapses in concentration and slower reaction times as the drink wears off.

Excessive caffeine consumption can cause similar symptoms to alcohol intoxication. The American Food and Drug Administration (FDA) has attributed symptoms such as irritability, nervousness, irregular or rapid heartbeat, muscle twitching and rambling speech to what it terms "caffeine intoxication".

Neil Greig, IAM Director of Policy and Research, said: "Energy drinks are good as a quick fix, but they're no substitute for regular breaks. Having a high-caffeine drink is a one-off hit – you can't repeat it, as this type of drink does not produce the same effect in a couple of hours' time".

In order to beat fatigue on long drives the IAM advises the following:

- Consider stopping overnight on long-haul journeys
- Share the driving with someone else – don't do it all yourself if you don't have to
- Stop every two hours
- If you start to feel tired while driving, don't rely on air con or an open window: find a safe place to stop
- Only get back behind the wheel when you are properly refreshed
- Remember, tiredness can be a killer as it affects reaction time and concentration

**Make frequent checks to avoid tyresome fines, says IAM**

If you're planning a long drive, take a quick but thorough look at your tyres.

According to the IAM (Institute of Advanced Motorists), around 10 per cent of cars on the road have at least one tyre with an illegal tread depth. This reduces braking effectiveness, increases risk of collision, and could lead to a hefty fine and points on your licence.

The IAM's Head of Technical Advice, Tim Shallcross, says: "As tyres have only the area of the sole of your shoe in touch with the road at any one time, it's a safety 'no-brainer' to keep them in top condition - extra care is needed in autumn when sudden heavy showers can profoundly affect tyre performance".

Stopping distances double on wet roads and the risk of a skid can be trebled if the tread depth is only at the legal minimum of 1.6 mm. This risk increases seven-fold when the tread depth is less than 0.5mm. And if you have to brake hard on one of the 10 per cent of road surfaces with below average skid resistance, the skid risk rises by around 50 per cent.

**IAM Tyre Advice**

**Inspect**

- Check the general state of the tyre for cuts, bumps and uneven wear: worn shoulders indicate under-inflation; if worn in the centre indicates over inflation and wear on one side indicates wheel misalignment
- Check the tyre air pressure (an IAM survey found that only 18 per cent of men and 4 per cent of women check tyre pressures weekly)
- Under inflated tyres affect road grip, increase fuel consumption and tyre wear, and in hot weather they're more likely to suffer a 'blow out'

**Adjust the tyre pressure**

Check that your tyres are correctly inflated (ideally when they're cold)

## **Know the law**

- The penalty for driving with one illegal tyre is a fine of up to £2,500 and three points on your licence.
- While the legal minimum tread depth is 1.6mm, consider replacing the tyres soon after the tread depth reaches 3mm, and always replace them once the tread is down to 2mm

## **Fitting new tyres**

- When replacing two worn tyres, the new ones should be fitted to the same axle, preferably the rear axle
- Also make sure the tyres are suitable for the vehicle and the wheels they are being fitted to

\*\*\*\*\*

## **Check your mate - the pitfalls of lending your car**

Peter Rodger, IAM Chief Examiner said: “We’re coming up to the season of designated driving, and car owners should make sure they understand their responsibilities before handing over their keys.

*“As a car owner, it’s your responsibility to ensure your car is roadworthy, correctly taxed and insured. You will also be the one to bear the brunt of certain parking offences. You also need to make sure the person borrowing has a valid driving licence, is insured and is not under the influence of drink or drugs. It’s also worth bearing in mind that as a driver you have certain responsibilities for your passengers, for example making sure those under 14 are strapped in.”*

### **Owners are responsible for:**

1. Knowing who is driving the car
2. Parking penalties
3. Being insured

### **Drivers are responsible for:**

1. Seatbelt wearing by passengers under 14
2. Having the right address on their driving licence
3. Being insured

---

---

### **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.

## **GROUP NEWS:**

### **Publicity**

The group attended the County Show this year, complete with a bright red gazebo & lots of display material.

Leaflets promoting *Skill for life* and IAM were handed out. There was some interest but no firm takers for *Skill for life*, however the publicity was good for the group.

### **AGM**

This years AGM was held at the Athenaeum Hall, Heversham, and about 30 people attended. Following the usual business a very interesting & entertaining talk was given by Geoff Woods on the *Life & Times of a Sewer Rat*. Refreshments were then served

### **Posters**

IAM HQ have embarked on a new poster campaign to advertise *Skill for Life*, it is the group's intention to promote within our area as soon as our stock is received

### **DriveCheck 55**

Drive Check55 is a 60-minute drive with an IAM qualified examiner in your own car at a time to suit you. On completion you will be given a comprehensive driving report. Take advantage of DriveCheck55 - make all your journeys safer and more enjoyable for you and your passengers too.

### **CONGRATULATIONS**

Nobody has passed the test since the last <i>Kaslam News</i> so it is to our regret that no congratulations are due. Why not get a friend or family members name in this box, treat them to Skill for Life as a Christmas present
---

## **Adelaide Insurance Services Ltd**

Register your insurance renewal date by telephone (0845 603 1355) or on the Internet ([www.iamsurety.co.uk](http://www.iamsurety.co.uk)) and the company will provide you with a quotation. The cover provides many extras and often cheaper insurance. The company also sells House and other insurance.

### **WHO'S WHO:**

Chairman:

Dave Petty - Tel: 015395 64804 [chairman@kaslam.org.uk](mailto:chairman@kaslam.org.uk)

Secretary:

Eddie Harrison - Tel: 01539 724410 [secretary@kaslam.org.uk](mailto:secretary@kaslam.org.uk)

Treasurer & Membership Secretary:

Terry Simpkin - Tel: 015242 71276 [membership@kaslam.org.uk](mailto:membership@kaslam.org.uk)

Drive Co-ordinator:

Eddie Harrison - Tel: 01539 724410 [drive.coordinator@kaslam.org.uk](mailto:drive.coordinator@kaslam.org.uk)

News Editor:

Mike Wolfenden - Tel: 01539 568919 [newsletter@kaslam.org.uk](mailto:newsletter@kaslam.org.uk)

Committee Member:

Jan Dawson - Tel: 01539 725379 [jan@kaslam.org.uk](mailto:jan@kaslam.org.uk)

***IT COULDN'T HAPPEN TO A NICER PERSON!***

**My darling husband,**

**Before you return from your overseas trip I just want to let you know about the small accident I had with the pick up truck when I turned into the driveway.**

**Fortunately not too bad and I really didn't get hurt, so please don't worry too much about me.**

**I was coming home from Sylvia Park and when I turned into the driveway I accidentally pushed down on the accelerator instead of the brake.**

**The garage door is slightly bent but the pick up fortunately came to a halt when it bumped into your car.**

**I am really sorry, but I know with your kind-hearted personality you will forgive me. You know how much I love you and care for you my sweetheart.**

**I am enclosing a picture for you.**

**I cannot wait to hold you in my arms again.**

**Your loving wife.**



***Anonita***

**P.S.**

**Your girlfriend phoned!**



**MERRY CHRISTMAS & HAPPY NEW YEAR**

**Special Christmas offer on IAM branded merchandise**

**£10** off IAM merchandise ordered before Christmas!

Simply order over £30 (excluding postage costs) of IAM merchandise  
Before Christmas and we will take **£10** off the total price!

For a great range of ideal Christmas gifts and stocking fillers see pages 68 and 69 of  
Advanced Driving magazine. This offer applies to all branded merchandise including  
pins, jackets, warm fleeces, the ever popular biker neck scarves, caps, umbrellas,  
tank and helmet stickers. Our high visibility reflective jacket is also included.

**This offer is available on telephone orders only so please call  
0871 911 1730 quoting ADM7.**

Offer ends 1st January 2010 and excludes IAM and other listed books and DVD