



Rejects News

The Newsletter of the Cockney Rejects
Centre 14 of the Virago Star Owners Club

April 2006

www.vsoc-centre14.co.uk



What's on April

April 1st Jumpstart party
Caldarrium Egg Run
Thurs April 6th Club Night
Sat 8th Outriders party
Sun 9th Surrey Harley Boot Fair Dorking
Fri 14th Wheels Day Rushmore Arena



Friday 14th/Sun 16th Dartmoor
Weekend (Contact Paul)
Monday 17th Ace Café Southend
Shakedown
Wednesday 19th Club Night

The date of the Redhill airshow is Sunday 20th
August 2006
Flyer is here <http://www.redhillairshow.co.uk/>



From the Editor



Honest Spring is out there somewhere
And for those of you digging your bikes
out from hibernation we look forward to
seeing you out and about on the runs and
at club meets.

Pictures of members and bikes always
welcome, and any events you attend.

The committee now welcomes Nick on as
Merchandising Officer, with Julie (a.k.a
Chimp) ably assisting, there will be links
for merchandising items from the
website shortly.

Steve has tidied up the main site, take a
look and find out what's on soon.

You will have noticed that we won a
certificate for newsletter items to
Clatter the closing date for the next
issue is the end of April so keep sending
those articles in.

Happy riding

I an

Rejects News are the views of the respective authors
And do not necessarily reflect the views of the Cockney Rejects or the VSOC

Pioneer run

19th march 2006

A gloriously sunny day, starting at 8 o'clock from Epsom Downs the 68th Pioneer run was blessed by a cool and windy day. as ever an eclectic mix of bikes amongst the veterans.

346 Bikes set off, most pushed furiously and some enthusiastically ridden

Leaving the start I headed to the Reigate view point to meet with the rest, already there were some broken down bikes on the road.

With the wind dropping and the sun coming out we mused life and ate Bacon butties.

It was nice to have 2 new members along Tony, and Dave with his son Tony both on 650's, all glinting away happily in the morning's sun.

I lead the first part of the ride until just outside Brighton, there we watched some of the older bikes chuff their way into the town. Then following Paul we cut across the downs to Rottingdean where we parked up and sat supping ales watching the world go by.

"What to do next?" well Dave and Tony under orders for lunch headed via Brighton Home

The rest of us headed back via pretty roads , glorious little villages to the A22 and finally to the Well House

Where the rest ate Sharon's hot Chilli and I rode home, sunburnt and happy

another great ride out

Bosun

Pic's of Tony and Dave opposite

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First Aid Course for Motorcyclists

My computer all but gave up the ghost at Christmas but then I got a man in and he fixed me up good and proper! Amongst the hundreds of emails was one from Dave Kenway asking Nick and I if we fancied doing a first aid course aimed at motorcyclists that our RoSPA SMART group had commissioned through the St John Ambulance. Well, I have to say, I wasn't really that keen, but Dave was really excited, so we agreed to go along and keep him company. Sarah managed to get a place too, so then there were four of us.

We pitched up at 9.00am for the four hour course and were given a PowerPoint presentation about accidents – sorry, collisions - and what to do if we came across one or were involved in one, namely, look out for your own safety first before tending to others.

Then we moved onto how to assess the casualty and see whether or not they are breathing. This dictates your next course of action. You don't want to give mouth-to-mouth on someone who is breathing. (Or perhaps in some circumstances you would?!) At this point, the training session really picked up and we were soon practising techniques on each other and on the Resusci-Anne.

We also learnt how to put someone into the recovery position, how to deal with an open wound, what to do if someone gets a nose bleed, (this one was dropped on the last few that still had to treat a casualty and Saz played a blinder, coming straight in and dealing with it whilst everyone else pretty much stood around umming and erring whilst looking at their casualty), and how to resuscitate using CPR.

By far the most useful thing we learnt though was how to remove a crash helmet from a casualty. Obviously the advice is not to do so unless absolutely necessary. We practised first on the Resusci-Annes and then on each other. It's amazing just how much pressure you need to exert to remove it and it is certainly a two-person job as you need to keep the head still whilst doing it. I've always had an idea about how to do this, as I'm sure most of us do, but I've never actually tried. I'm just glad I've now had an opportunity to do so in the calm of a classroom.

So was it worthwhile? At £15.00 for a four hour session, most definitely! It was an excellent refresher and interesting to see how things have changed since the last course I did about eight-ten years ago. I'll be encouraging my centre to go along to a session, as it's something we should all really know, given the vulnerabilities of motorcycling. And it's fun! So, why not get in touch with your local St John Ambulance and get your centre along too. You never know when it could come in handy...

Anne Hodson
Centre 14