



DEDICATED TO THE
FREEDOM OF THE ROAD

ABATE of New York Long Island Chapter

Promoting Motorcycle Safety, Awareness & Education

www.longislandabate.org

VOLUME 22, ISSUE 4

APRIL 2010

Hotline 1 888 LIABATE
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1ST ANNUAL SHARE THE ROAD RIDE

Sunday April 11th 2010

IN CONJUNCTION WITH LONG ISLAND ABATE'S ANNUAL BIKE BLESSING

TO BRING PUBLIC AWARENESS TO MOTORCYCLE SAFETY

Presented by LI ABATE, Full Throttle Magazine, On the Road Again Motorcycle School, Suffolk County Legislator - Jack Eddington, and the Brick House Brewery

Registration at the H. LEE DENNISON Building, on Veterans Memorial Hwy, Hauppauge, NY 9am-12noon

Safety Speakers and Demonstrations start at 11am, KU at 12:30

\$20/rider... \$ 10/passenger... \$5 discount for all Abate members

Free T-Shirt & Bumper Sticker for the first 150 to register!

Ride ends at The Brick House Brewery on Main St. in Patchogue for: Vendors, Food & Music

Proceeds to support Long Island ABATE's Motorcycle Awareness Campaign

LONG ISLAND ABATE

ON THE ROAD AGAIN
Motorcycle School
(631) 862-RIDE

BRICK HOUSE BREWERY & RESTAURANT

Campout tickets now on sale call Joe 631-445-5132 or 1-888-LIABATE

A B A T E is American Bikers Aimed Toward Education

The main purpose of the ABATE organization is to work toward continued freedom of the road by insuring that motorcyclist's point of view is presented to our legislators and to promote motorcycle safety, rider education and awareness. We are trying to alleviate the very real possibility of "Big Brother Government". We encourage all our members to be informed registered voters. We write letters to our elected officials and stay aware of what is going on with motorcycle legislation, education, and other transportation issues. We welcome interested persons to any of our activities or to join our organization.

LONG ISLAND ABATE CHAPTER OFFICERS:

PRESIDENT: JIM BARR / LONGISLANDABATE@AOL.COM
VICE-PRESIDENT: JOE BILLOTTI / HARDTAIL101@AOL.COM
MEMBERSHIP: KAREN HARTMANN / KARENHARTMANN@GUILLOCONTRACTING.COM
TREASURER: BILL QUINN 821-8037 / NEVALNUT@AOL.COM
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CHAPLAIN : JOE (SKI) MARCHELEWSKI / SKIMANTLE7@AOL.COM
RIDER SAFETY: MANNA CALI / SAFEONThEROAD@AOL.COM
WEBSITE: RAYBUD/RAYBUD@OPTONLINE.NET

HOTLINE

1-888-LIABATE

**May be used to contact any Officer, or
any Information ABATE needs to know, or
any Information that you need to know**

LONG ISLAND ABATE

P.O. BOX 22

YAPHANK, NY 11980

**Classified Ads free to
all current members.**

Long Island ABATE encourages all members to submit letters, articles or cartoons they feel may be of interest to fellow ABATE members. ABATE of Long Island supports the rights of ALL motorcyclists, however Long Island ABATE does not endorse any products or services other than its own. All articles and photo's within the contents of this newsletter and our website are property of Long Island ABATE. You may not use them without express written consent of the newsletter editor, webmaster or the board of Long Island ABATE.

01/2010

CHAPTER MEETINGS START AT 7:00PM FOR FOOD

THE MEETING STARTS AT 7:30PM

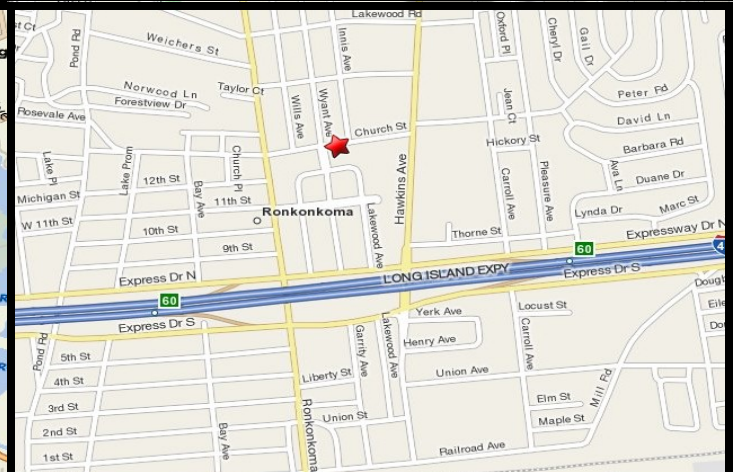
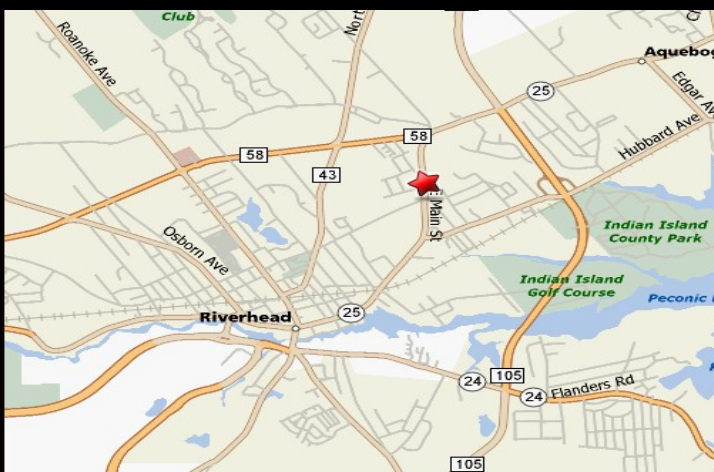
NEXT MEETING DATE IS TUESDAY APRIL 13, 2010 AT:

THE AMVETS HALL

DEADLINE FOR MAY 2010 NEWSLETTER IS THE 15th OF APRIL

RIVERHEAD ELKS LODGE, 1239 E. MAIN ST. RIVERHEAD, NY

AMVETS, 115 CHURCH STREET, RONKONKOMA, NY



GPS : N40° 55.56' W72° 38.58'

GPS : N40° 49.72' W73° 06.92'

LONG ISLAND ABATE

EVENT SCHEDULE FOR 2010

All event signups begin at 10am-11am unless otherwise noted.

DATE	EVENT	STARTING POINT	DESTINATION
APRIL 11TH	SAFETY & AWARENESS BIKE BLESSING	H Lee Dennison Building 100 Veterans Memorial Highway Hauppauge, NY	THE BRICKHOUSE BREWERY 67 WEST MAIN STREET. PATCHOGUE
MAY 17TH	FREEDOM RALLY	Ride to the Capital. <u>All</u> Motorcyclists Welcome. Come fight for your rights! Details will be posted when available	ALBANY
JUNE 13TH	VETERANS RUN	Riverhead Court Complex 210 Center Dr (Rt. 24 & Rt. 51)	MONTAUK
JULY 24TH	UPSTATE NY RIDE	MORE INFO TO FOLLOW	NICKS WATERFALL HOUSE GILBOG, NY
AUGUST 1ST	MYSTERY CARD RUN	MORE INFO TO FOLLOW	MORE INFO TO FOLLOW
AUGUST 21ST	CAMPOUT	CATHEDRAL PINES COUNTY PARK YAPHANK-MIDDLE ISLAND RD.	CATHEDRAL PINES COUNTY PARK MIDDLE ISLAND
SEPTEMBER 26TH	TREASURE HUNT	RIVERHEAD ELKS 1239 E. MAIN ST. RIVERHEAD	RIVERHEAD ELKS 1239 E. MAIN ST. RIVERHEAD
OCTOBER 10TH	BIKETOBER FEST	RIVERHEAD ELKS 1239 E. MAIN ST. RIVERHEAD	THE MAPLES MANORVILLE
NOVEMBER 7TH	ST MARYS TOY RUN	RIVERHEAD ELKS 1239 E. MAIN ST. RIVERHEAD	ST. MARYS CHURCH HAMPTON BAYS
DECEMBER 11TH	HOLIDAY PARTY	MORE INFO TO FOLLOW	MORE INFO TO FOLLOW



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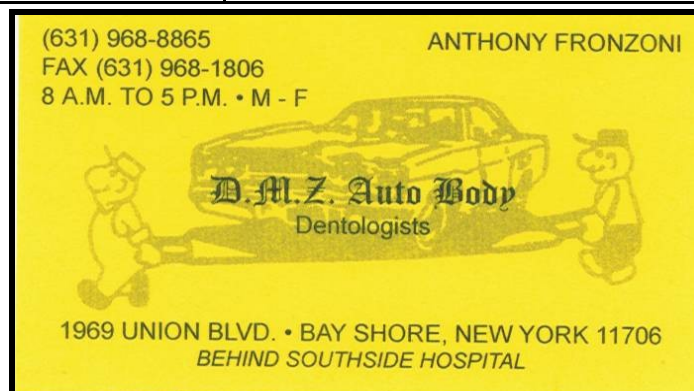
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Membership Applications available at all Events

Watch for future updates or
check our website for further information.

www.longislandABATE.org

Hotline 1-888-LIABATE

President's Page

Hello Members,

I would like to start by thanking everyone for coming to the membership meetings. It was great to see over 50 members at a winter meeting! I'm sure April's meeting will have even more members. Those that attend will be in for a delicious treat! It is being catered by Wayne and Kim Piro from Bucci's Pizza in E Patchogue. The meeting is Tuesday, April 13th at the AMVETS Hall on Church St in Ronkonkoma. Food is served at 7:00 and the meeting starts at 7:30pm.

I went to Albany on March 19th and attended a "Motorcycle Safety Discussion Group" that was hosted by the NYSGTSC (New York State Governors Traffic Safety Committee). It was a great opportunity for us to have some input into the upcoming motorcycle safety campaign that NYS will be implementing this year. I commend the NYSGTSC for reaching out to ABATE and the several other motorcycle oriented groups to participate in this discussion. I am confident that ABATE's participation will have some impact on the program results. I invited them to utilize ABATE to help them distribute their motorcycle safety information, such as literature, bumper stickers etc. Unfortunately, the Governor is still planning on designating June as "Motorcycle Awareness Month" in NYS. On a Federal level, May is recognized as the "Motorcycle Safety Month" which helps to get the message out earlier in the season. Fortunately for us in Suffolk County, Legislator Jack Eddington sponsored legislation that recognizes April in Suffolk County. Once again, thank you Legislator for helping us get out the awareness for motorcyclists message!

Speaking of safety messages, as you probably already know, LI ABATE has started a dedicated fund that we will utilize to promote motorcycle safety and awareness. I'm happy to report that our first act was to adopt 2 sections of

highway for the "litter Removal Program". We have contracted with New York State Sanitation who will remove litter along the highway 3 times per month and bill LI ABATE for the service. As a result of our sponsoring this service, they will erect a sign with our name on it. However our goal is not to get motorists to hear about us, it's to get them to **watch** for us, so we requested that the sign reads "WATCH FOR MOTORCYCLES". Unfortunately, the NYSDOT doesn't permit any form of advertising on the sign other than a company name. We have asked the Suffolk County Traffic Safety Board to contact NYSDOT on our behalf and request an exception, due to the safety message and public benefit that will be accomplished with the signs. One sign will be on the eastbound side of RT 347 just north of RT 25 (near the Smithaven Mall). That sign will be seen by 45,000 motorists a day. The other sign will be on the eastbound side of RT 27 (Sunrise Hwy) near Locust Ave in Oakdale. That sign will be seen by 100,000 motorists per day. It is my hope that by the time you read this, our appeal will have been resolved and the signs will be posted.

April 11th is our Bike Blessing combined with a "Share The Road Ride". This ride is a result of the "Share The road", committee. The committee consists of Legislator Jack Eddington, Lee & Greg Sheridan of Full Throttle Magazine, Jim and Maude of the Brickhouse Brewery and LI ABATE. Please try to attend this event! This will be a tremendous fund raiser for our safety and awareness campaign! This fund will be utilized to sponsor PSA's, bumper stickers, billboards, radio ads etc. **Please join us on April 11th!**

As always, I thank each and every one of you for the tremendous support you are providing to LI ABATE!

Jim Barr



ABATE OF NEW YORK

14th Annual

FREEDOM RALLY

"Ride to the Capitol"

ALL Motorcyclists Welcome!

ABATE of New York is
American Bikers Aimed Towards Education
a motorcycle rights organization

It is critical that we peacefully demonstrate our determination
to protect our freedoms both as citizens and as motorcyclists.
It is also necessary to impress upon Albany (in numbers) that we ride ...
and we vote ...

If you are concerned about the issues of
roadblocks, loud pipes, and where our money has gone,
then you need to attend this event!

This is your opportunity to speak directly with the politicians
who have the power to make decisions that effect our rights.

Ride to Albany, and make a statement.....

MONDAY, MAY 17TH, 2010
ALBANY, NEW YORK

THIS IS TO BENEFIT YOU THE RIDER AND YOUR RIGHT TO RIDE

Ride Leaves at 11:00AM Sharp
From Wholly Cow Ice Cream & BBQ
Intersection of Routes 9 & 20, Schodack, NY

INFORMATION: www.abateny.org or ABATE of NY State Office 888-344-4400

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YRS M/C EXP _____ PRIOR M/C INS _____ YRS DRIVING EXP _____

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YEAR _____ MAKE _____ MODEL _____

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Treasurer's Report

The Chilly Run was a financial success for our chapter. Between those that went on the run from the Riverhead Elks and those that showed up at Finnegan's Wake in Jamesport we had over 100 attend. The chili and food were delicious. Many thanks go out to Karen and Jim Hartman for putting on a very successful event and all their kind hospitality. If you have not been to their place you are missing out. It's a nice ride out to where there are still farms on Long Island.



625 Horseblock Road
Farmingville, NY 11738

Tel. 631-732-1131
Fax 631-732-1144

Our treasury remains in wonderful shape. Our next event will be the Blessing MC Awareness run on April 11th. Most of the funds from this run will go to our new MC Awareness and Safety Fund. These funds will be used solely for motorcycle safety, awareness and education. Come on out on the 11th it should be a great event. Your support will make a difference in the motorcycling community.

I am moving forward on the Veterans Run on June 13th. We have been approved by the Town of Southampton to travel through on our way to Montauk. I am still working on the other required permits. If you would like to help on this run please let me know. I would also like to form a committee to plan the run. Contact me if you would like to participate. We need your ideas and help to make this a successful run for our Veterans.

As always I thank you for your support of our Chapter. Please let me know if you have any concerns related to the treasury. Contact me at 631-821-8037 or Nevalnut[aol.com](mailto:Nevalnut@aol.com). The books are always open.

Your Treasurer

Bill Quinn

Motorcycle Safety & Awareness Fund

Long Island ABATE has started a new campaign. It's called THE MOTORCYCLE AWARENESS CAMPAIGN. It will be used to increase motorcycle awareness by purchasing bumper stickers, lawn signs, billboards, radio ads, etc. All those that donate to this dedicated fund will be listed in our newsletter as people or businesses that care enough to help improve

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rider safety for all of us. Donations will be accepted at all Long Island ABATE functions or they can be mailed to;

L I ABATE

PO Box 22

Yaphank NY 11980

These our the people who have donated to the fund as of this month.

Raybud, Stavros, Carmella, Jim & Roseann

WE NEED YOUR SUPPORT TO TURN A BIKE INTO A TRIKE

**SPONSORED BY DEADWOOD CHOPPERS NY
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FUNDRAISER FOR A FRIEND

APRIL 17th

RAIN OR SHINE

STARTS @ 12:00 NOON



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YOUR SUPPORT

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GARY PAVLOVSKY WAS STRICKEN WITH RHEUMATOID ARTHRITIS A FEW YEARS BACK. THE DISEASE HAS GOTTEN PROGRESSIVELY WORSE OVER THE LAST YEAR. HE CAN NO LONGER HOLD HIS ROAD KING UP. WE AS A GROUP OF CLOSE KNIT FRIENDS DON'T WANT TO LOSE OUR RIDING PARTNER. WE HAVE THE FACILITIES TO CONVERT THE BIKE INTO A TRIKE, WE JUST NEED YOUR HELP WITH THE FUNDS TO BUY THE KIT. DEADWOOD CHOPPERS IS GOING TO DONATE THE FIRST \$1,000.00 TO KICK THIS OFF.....

THANK YOU FOR YOUR SUPPORT

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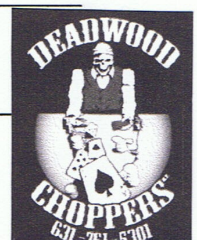
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: 50-50 : GIVEAWAYS**



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IT'S NOT JUST THE METAL THAT GETS TWISTED

It's a beautiful winter day, and we're heading west on 25A through Northport, into Huntington. The weather's so nice and it's just so great to be enjoying a ride on this beautiful day. And then it all goes bad!

I go into a turn late, panic, and before I can take my next breath I feel the handlebars against my chest. I feel myself flying over the bike, and the impact of my body slamming up against a street sign. I hit the ground. I am lying face up on the ground in pain, like I've never felt in my life. I can't take a breath because of the fractures to my ribs and sternum. I lie there working up the courage to see if I can move my fingers and toes. I had heard the bones in my neck break, and the vertebra in my spine shatter upon impact. All I can think is that I don't want to die, but I don't want to live if I am going to be paralyzed! My fingers and toes move. Okay, no more thoughts of dying allowed; it's time to start the fight to survive!

Then I hear a woman, who had been behind us in a car, telling me that she's a medic. Rescue has been called and is on the way.

I sense the crowd that has formed; I can hear the comments about how bad I look. I am so



scared and in so much pain that I black out and then come to, many times. The medics are demanding a helicopter to medivac me out of there. The next thing I know, I'm being moved from the back of an ambulance into the helicopter. I know

I am in good hands.

Its two weeks until I wake up, and I'm in so much pain! There are a lot of other things that I remember from my medically induced coma but they are very hurtful to recall.

The pain is unrelenting; my body is shot! I've lost almost thirty pounds in two weeks, and my neck is in a collar. I can't move without increasing the level of pain, but I am alive, and alive is good! I can see the relief on the faces of my sons, my girlfriend and my brother. I'm surrounded by friends and family all trying to encourage me and care for me. I'm lying there feeling useless. I can't even feed myself or use the bathroom, and I am dependent on others to do everything for me. I get transferred to Saint Charles Hospital for rehab, and spend the next eight days there.

Home is where things get more twisted than the bike ever did! Emotionally, I shut down; all I can do is feel sorry for myself. I reject offers of help from most people and isolate myself as much as possible. I am scared out of my mind, and I hate feeling weak and dependent on others. I am now rude, short tempered and downright vicious to some. I drive away my ladies love because I no longer feel like a man. I am now fighting with the same people that did all they could to help me. What an ungrateful bastard I've become!

I write this with the intent of reinforcing why all riders should read safety articles and work on their skills, so that they do not have to share my experiences. Now I pay very close attention to articles on cornering, target fixation, spot light /flood light vision, looking through the turn and simply being aware of conditions at all times. Now that I learned the hard way, I work hard to improve my handling of my motorcycle. Crashing my motorcycle cost me much more than physical pain and suffering.

In a crash, it's not only the bike that gets twisted; sometimes it's harder to straighten out the rider than the frame!

Thank You for readingBill

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MAY 22, 2010
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14th Annual Freedom Rally??

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The Weldon House/Blackthorn Resort, in East Durham, NY, home to
Catskill Mountain Thunder!!!!

The Weldon House is ABATE's exclusive retreat for the entire weekend—***no other guests allowed!!***

State Chapters Meeting starts 1:00 p.m., Sunday, May 16, 2010

Friday - Monday Rooms \$60.00/night for 2 adults including
continental breakfast the following morning.

Book at least one night sleep over Monday night no charge!!

Camp/RV sites available Great food - Great booze - cheap prices,
bands Friday & Saturday

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HUGE bonfire party Sunday night

Ride out together Monday morning to the meet at the Wholly Cow
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2. Strategical alliance awareness

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First Last

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Street Address

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Organization: _____

_____ \$75.00 Full Convention Registration (includes Silver Spoke Awards Banquet)
Main course choice (circle one) Chicken Beef Vegetarian

_____ \$40.00 Convention Registration (banquet not included)

For more information contact 800/531-2424

Make checks payable and mail to: Richard M. Lester, 21054 Sherman Way, 3rd Floor, Canoga Park, CA 91303

Meeting Minutes

ABATE membership meeting 3-9-10 at the Riverhead Elks. 54 members present. Heroes, salads, coffee and soda served. Meeting began 7:40 with the Pledge of Allegiance.

New Business

3/21 Chili Run and party @ Finnegan's Wake in Jamesport. Prizes awarded in our chili contest.

4/11 Bike Blessing: The "Share the Road Run", a motorcycle safety and awareness campaign, will be combined with our bike blessing. Sign up and blessing will be from 9 - 12 at the H. Lee Dennison Building in Hauppauge. A safety seminar will begin at 11:00. Presenters will include SCPD, On The Road Again Motorcycle School, and New Beginnings Head Trauma. An escorted run to the Brickhouse Brewery will follow.

5/15 Wounded Warrior Run will be leaving out of Bald Hill. ABATE will set up a booth to sign up new members and to pass out literature.

5/17 NYS ABATE Freedom Rally: Ride to the Capitol in Albany where we will have the opportunity to converge on the Capitol steps, hear guest speakers then meet with individual politicians to lobby for motorcycle issues. This is an

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important event in our efforts to fight for motorcycle rights.

3/19 Governor's Traffic and Safety Board Meeting in Albany: Jim, our president, was invited to attend to offer input on how this board and NYS Dept. of Motor Vehicles could promote motorcycle awareness. At last Suffolk County Traffic and Safety Board Meeting, Manna, our safety officer, suggested airing a "Share the Road" commercial on the monitors in DMV.

6/6 NASCAR Race at Pocono Speedway: A ride to Pocono is being put together by an ABATE member, Phil. LI ABATE is not sponsoring this ride but would encourage members to participate as a social event. Tickets to the

race as well as pre-race activities and tailgate party will be included in cost.

7/24 Ride to Nick's Waterfall House: Come take a ride to upstate NY, interact with members from other ABATE chapters, enjoy BBQ and beautiful mountain riding. Campgrounds nearby for those who wish to stay overnight.

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Officer's Reports

Joe (Vice-President) advised members they are not required to fill out insurance cards received in the mail detailing a \$2000 ABATE accident benefit. These cards are used for solicitation purposes. All current ABATE members automatically receive this benefit. Joe also asks for **reliable** volunteers to help at LI ABATE events, including upcoming bike runs, campout, ABATE booths, etc. If you can help, please sign up at any ABATE meeting or e-mail us with your name and phone number. Campout tickets are now available. Contact Joe to purchase your tickets (the first 200 sold are only \$25 each!)

Karen (Membership) reports that 5 new members signed up at tonight's meeting!

Manna (Safety Officer) is optimistic about increased motorcycle safety and safer road conditions due to feedback from her attendance at the Suffolk County Traffic and Safety Board. Remember, please call local towns to report potholes and excessive sand on the road. In Brookhaven the highway superintendent's # is 732 - 3571. To report potholes on state roads, the # is 1 - 800 - POTHOLE.

Steve (Road Captain) asks for volunteers to be road guards during our runs. Please contact Steve if interested. Bill (Treasurer) is also our chairperson for the Veterans run 6/13. He asks for volunteers specifically for this run. Please help to make this event a great success for our Veterans. All proceeds from this run will go directly to our Veterans.

Next meeting will be 4/13 @ AmVets in Ronkonkoma.

Motion to Adjourn (seconded). Meeting adjourned @ 9:06

Roseann

Legislative Officer

Patrick Henry said, among other things, "Those that surrender freedom for security, deserve neither."

Fast forward 235 years and look around you. Bikers, and most others are content, even in the midst of a recession that has emptied nest eggs, forced retirees back into the work place, taken once secure jobs away and placed our children into financial debt to the Republic of China for years to come. This isn't a Republican or Democratic issue. Both parties are to blame.

Maw and Paw Kettle will piss and moan about one issue or another and go crying to a politician for help. Said politician wastes no time drafting legislation that makes the Kettles life rosey, and works deals left and right to make it law, before holding a press conference with the Kettles to show what a great person he is and what he can do for us. Horsecrap. Every time a law is passed, someone, somewhere losses a bit of freedom. Like wind blowing on sandstone, over time the sandstone deteriorates to the point where it is no longer recognizable to anyone in its original form. An analogy can be made to living in America. The country we live in now in no way reflects the freedoms and liberties intended by our founding fathers.

After 235 years as a nation, haven't we addressed damn near every issues conceivable? How many more laws do we need?

Perhaps it is time to start looking at the laws on the books and start repealing them. We've all seen

those quips about laws that prohibit donkeys from wearing hats on the Sabbath, prohibitions against shepherding pigs and cats together etc, etc, etc. As ridiculous as those laws are, I can't imagine any of them were ever the intent of Patrick Henry and his colleagues. The environment we currently live in has endless rules and laws, often at odds with each other. Where does it all end? Insurance companies tell politicians what to do and they in turn tell us what to do. It just ain't right!

While I wasn't crazy about President Reagans' hard right stand on labor issues he was the right guy at the right time. When he said, "The govern-

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ment that governs least, governs best" well, he had me at Hello.

The government has no place on my P-pad, in my bedroom, or in my garden. Its time we all start thinking like the patriots that formed our great nation. We owe it to them and everyone who had ever served our country.

This November when a politician asks for your vote (and you ARE registered, aren't you?) ask him or her what laws they will REPEAL not pass!

Terry



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Windshield: Not for me

I know this seems to be a debatable issue with some people who ride. But I don't particularly care for the idea of a windshield on my bike. I used to have one when I first started to ride, but after getting my next bike, without a windshield, I really don't see going back anytime soon. To me it takes away from the whole idea of the freedom of being "In the wind". It is part of the exhilaration of riding. I can feel the subtle differences in the world around me, the changes in temperature are much more identifiable even a degree or so. The reason I enjoy riding is it brings me into a oneness with God's creation. Much of that is being able to see much more than while riding in a cage, but also to me that means the feel of the world around me. The wind has medicinal property when you can feel the changes. A sudden pocket of warm air that comes out of nowhere for a few seconds then suddenly disappears. Or a cold blast that just as suddenly gives you goose bumps, then the soothing warmth of the breeze that follows right after it. What is the big deal for people who like to ride fast, when the windshield is absorbing the force that makes the speed enjoyable? Speed on a bike is a dare for the wind to try to throw you off your ride, and the satisfaction that you get from feeling yourself winning the battle of wills with the wind. Personally, I rank windshields right up there with GPS's and radios on bikes. When I ride I want to put the world behind me, be at one with my God and his creation and elements. Bikes with windshields, radios, heaters, cruise controls, and the such is like bringing the world you are trying to escape from right along with you. Why not sit at home in a warm lounge chair and veg, or take the cage next time. Maybe I'm a minority, and a purist, but that's how I feel.

We also have windshield in our ride through life. They are walls we build between us and the feelings and emotions we were created to experience. Some are good; in fact some are awe inspiringly great. But also some are not so good. Too many people ride through life with their emotional windshields on to avoid the not so good feelings that

come by once in a while, like that big bug that hits you in the face while you're riding sometimes. But they miss out on the exhilarating feelings that affect you like that cool breeze on warm day. They never feel the goose bumps of that little chill that heightens the senses and makes the ride a bit more exciting. This is what God created us to enjoy, the swings of feelings like the wind that changes direction, changes strength, changes from warm to cool. That is why in God's word the Holy Spirit is compare to the wind. Why when the spirit first fell on man at Pentecost it came as a rushing wind. It is

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feelings that make us real, what life really is. Take off the windshield you have put on your life and you will experience life to the fullest. That is a promise from God.

Any Question you know where to find me. See you on the road.

Ski man – New York State Elder, Bikers for Christ, Pastor, Rushing Wind Biker Church, Middle Island

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18 Riders of Fire Bike Blessing see page 16 for more information	19	20	21	22	23	24
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