



LONG ISLAND ABATE

AMERICAN BIKERS FOR AWARENESS - TRAINING - EDUCATION



**MAY IS
MOTORCYCLE
SAFETY
AWARENESS
MONTH**

MAY
NEWSLETTER
2023

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SUZUKI



"IT DOES NOT MATTER
WHAT YOU RIDE
WE ALL RIDE FOR
FREEDOM OF THE ROAD"

We Want You



To Ride With Us!

**MAY IS
MOTORCYCLE
SAFETY
AWARENESS
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Long Island ABATE



AMERICAN BIKERS for AWARENESS TRAINING & 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 public 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, and other transportation issues. We welcome interested parties to any of our activities or to join our organization.

NOTICE

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Long Island ABATE

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MAILING ADDRESS

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ABATE HOTLINE

Call the **ABATE HOTLINE** anytime for any info or to contact any officer

1-888-LIABATE

*Long Island ABATE encourages all members to submit letters, articles or cartoons they feel may be of interest to fellow members.
Long Island ABATE supports the rights of ALL motorcyclists.
Long Island ABATE does not endorse any products or services other than its own.*

DISCLAIMER

The thoughts and opinions expressed in this newsletter are those of the individual contributors alone and do not necessarily reflect the views of the Long Island ABATE board and it's members.

President's Message

Hello Everyone,

As always, I hope all are well. It's hard to believe that May is upon us already. The weather has been amazingly nice and more and more of us are out and about. Spring is an amazing time of the year. Spring brings life to so many things it also adds more and more people on the roads in or on various modes of transportation. I urge everyone on the road to pay attention no matter what you ride or drive. As we know on a motorcycle, motorcyclists are very likely to sustain bodily harm from even the slightest crash. There have been too many crashes already. Left turns are the biggest cause of serious and fatal crashes. Knowing that this is such a big contributor to crash statistics we must ride accordingly. Always stay alert, keep your head on a swivel and anticipate the possibility of a situation happening. I recommend that everyone practice all areas of skills, especially emergency braking and maneuvers and don't do it alone. If you are not sure of how or what to practice look up a school in your area. There are many in our area there to help you. We have been to a few events already from Bike Blessings to Bike nights as well as community events. We also Hosted our Own Motorcycle Awareness Run. There will be pictures and an article next month.

April's Membership meeting we had a few guest speakers including Sergeant Brendan Pilkington from SCPD Highway Patrol and Brian and Debbie from Twisted Cycles as well as Ira Dunne from the Social Brain. Sergeant Pilkington had a Motorcycle Crash Statistics Presentation for us. His presentation included a breakdown of Suffolk County Motorcycle Crashes. In the year 2022 there were 311 recorded Crashes 27 of which were Serious or Fatal. Of the 27 crashes 14 were Fatal and 13 has Serious injury. Of the Fatal and Serious Crashes 48% were unsafe speed and 30% were Unlicensed or driving Out of Class. His presentation broke down the Crashes even further as to what precinct, what time of day as well as age group. 18-40 years old is the major age group of Crashes. There were many questions asked and answered.

Next up was Brian from Twisted Cycles Presentation on what to check on a motorcycle prior to riding it. Brian reviewed the importance of checking tires, lights, fluids, controls, brakes and more. Also discussed were the current NYS Inspection requirements. Also discussed were fuel requirements and when to use additives as well as fuel stabilizers. Brian discussed the importance of proper maintenance.

Ira Dunne of the Social Brain spoke about his organization and the Protect your Melon Program. They collect Kids and Adult Bicycle Helmets and distribute them free to the public. In the past 2 years they have given away 800 helmets and are looking to do at least 400+ this year.



We have a lot of events coming up including Bikers in the Beltway May 15th-17th. There we will go to the Capital along with many others from across the country and lobby our politicians to protect our rights and express our views on current and upcoming legislation. Pictures and article to follow.

Talking about Legislation I would like to give a shout out to Debbie Stondell our Legislative Liaison for with the help of Legislator Leslie Kennedy, passing Motorcycle parking in Clean Pass parking spots at Suffolk County Buildings and Parks.

Long Island ABATE is also working on updating our Drivers Education Motorcycle Awareness program. We plan on getting back in the schools over the summer.

I hope to see everyone at the upcoming events.

Long Island ABATE is still looking for a Recording Secretary and a Donations Coordinator. If you're interested, please send me an email, or give me a call.

As always Long Island ABATE is looking for input and participation from members to better the organization as well as volunteers to help us maintain and grow the organization, while protecting the rights of motorcyclists and trying to keep us safe. If you would like to get more involved or have ideas, please reach out to myself or any Board Member. We would love to have you and or your input.

Thank You for your continued support.

Ride Safe and Be Well

Chris Beckhans,

President of Long Island ABATE

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INTERNATIONAL FEMALE RIDE DAY

On the first Saturday in May, International Female Ride Day celebrates women motorcycle riders. The day also encourages and empowers other women to get involved in powersports.

In 1970, there were 5 million registered motorcycles in the United States. Most of these motorcyclists were male. As a result, it became quite common for men to operate a motorcycle with a woman going along for the ride. Eventually, however, more and more females began buying and riding their own motorcycles. In 2009, 10 percent of all motorcycle owners were female. In 2018, that number increased to 19 percent. This statistic translates to 1 in 5 motorcycle owners being a woman.

There are many reasons motorcycles are beginning to become more popular for women. Riding a motorcycle is a great way to help women conquer their fears and increase their confidence. Women also enjoy the fact that riding a motorcycle helps them burn calories and stay physically fit. Getting together with other female riders also provides a way to build friendships and connect with others.

HOW TO OBSERVE #FemaleRideDay

Participate in Female Ride Day by taking a ride and encourage other women to join you. Just ride! Other ways to participate include:

Learn about famous women motorcyclists, such as Effie and Avis Hotchkiss, Augusta and Adeline Van Buren, Dorothy "Dot" Robinson, and Bessie Stringfield.

Check out the [Itchy Boots](#) YouTube channel, which highlights the worldwide travels of a female biker named Noraly.

Go to your local motorcycle dealership and look at the different kinds of motorcycles. Plan to go to a motorcycle rally.

May is also [National Motorcycle Safety Month](#). Take a refresher safety course, spread the word about motorcycle safety, and encourage motorists and other riders to be on the lookout for motorcycles. Use #FemaleRideDay or #IFRD to spread awareness for this fun day on social media.

INTERNATIONAL FEMALE RIDE DAY HISTORY

Vicki Gray, a lifetime motorcycle advocate and road and race instructor, created International Female Ride Day in 2007. Her purpose is to profile and highlight women who enjoy motorcycling. In addition, her mission is to build awareness of female motorcyclists and encourage women to take up the sport. Today, women in more than 120 countries participate. Motoress, a motorcycling lifestyle community and motorcycle resource, oversees International Female Ride Day.



THE ONLY THING YOU SHOULD LOVE
MORE THAN YOUR BIKE...

YOUR MOTHER



HAPPY
MOTHERS
DAY

Long Island



Shiny Side Up:

Watch Out for these Hazards on the Road

Slick Surfaces

Debris like this can leave road surfaces can be very slippery, especially when wet:

- Leaves
- Crosswalk lines
- Trolley tracks
- Other painted surfaces
- Anti-freeze or oil

Rough Roads

Rough and bumpy roads, either from disrepair or construction work, can cause motorcycle accidents.

Gravel on the Pavement

Gravel is one of the trickiest hazards to navigate and is common on winding backroads.

Animals

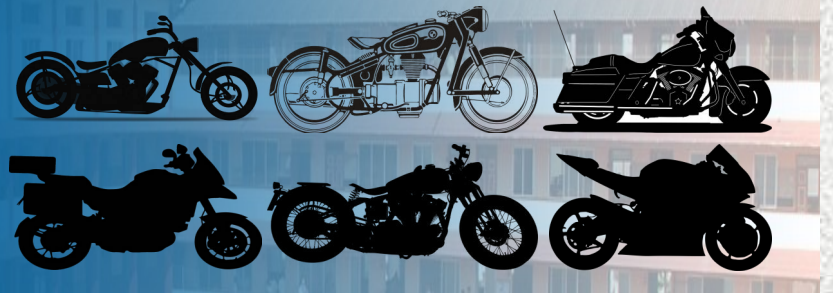
Live animal crossings can be difficult to anticipate, and even more difficult to avoid.

Railway Tracks and Crossings

Not only can tires get caught in the track, but areas between the tracks can become slick when wet.

MOTORCYCLE 
AWARENESS MONTH

LEGISLATIVE NEWS



Greetings ABATE Members,

We finally have some good news. We have been working with Legislator Leslie Kennedy and Legislator Anthony Piccirillo for "A Local Law To Provide Parking For Motorcycles at County Facilities". On April 4, 2023, Resolution 1247-2023 was finally, unanimously passed.

This will Allow Motorcycles to Park in Spots Designated for Clean Pass Vehicles. The Legislature has recognized that New York State has over 360,000 registered motorcycles, found and determined that motorcycles are actually some of the most fuel-efficient vehicles on the road and that even the least fuel-efficient motorcycles are more likely more economical to operate than a regular car.

The Legislature further determined that Suffolk County adopt this forward-looking policy at County-owned and operated facilities.

This was Long Island ABATE's first piece of Legislation that we initiated, helped write, supported and had passed. It is a true VICTORY for motorcyclists in Suffolk County.

Once we receive the bill signed by County Executive Steven Bellone we will be doing our research for Nassau County and seeing if we can do this across the entire Island and then State of New York.

We have work ahead of us but we never gave up in Suffolk and even though it took over a year to get it completed.....We Did It!!!!

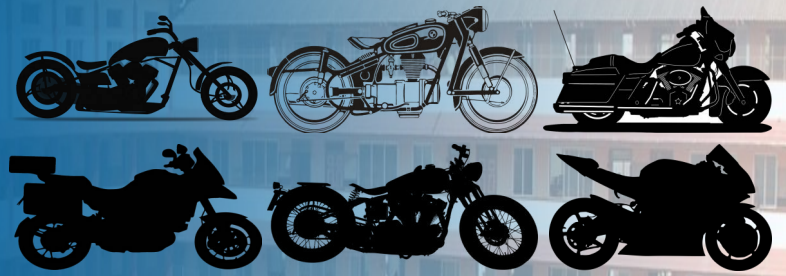
Looking forward to the next steps.

Stay Safe,

Deborah Stondell

L.I. ABATE Legislative Liaison

LEGISLATIVE NEWS





Emily knows she made the honor roll



Emily also learned that getting straight A's is easier when you can finally hear your teachers.



Be like Emily—call today for customized hearing devices that will help send your child to the head of the class. May's Better Hearing and Speech Month is the perfect time to focus on your family's hearing needs.

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H.E.A.R.S.
AUDIOLOGY



THERE IS NO APP FOR THIS

Nutrition and Hearing Health

Did you know that the foods you eat can support your hearing health? And for those who suffer with tinnitus (“ringing in the ears”), the foods you consume can either help combat your tinnitus or make it worse.

In recognition of May’s **BETTER HEARING MONTH**, here is a list of what you should eat to support hearing health:

Folate / Folic Acid, which supports healthy hearing and reduces the risk of age-related hearing loss, is found in many foods such as broccoli, asparagus, spinach, liver, chickpeas, lentils, and many fortified grain products. If you are low on folate, consult your physician about supplementing with vitamin B9 or a vitamin B complex.

Omega-3 Fatty Acids are believed to help maintain blood flow to the ears and can reduce the likelihood of age-related hearing loss. Fish is high in omega-3s, but you can also find omega-3 fatty acids in walnuts, chia seeds, flaxseed, and soybeans.

Potassium is a mineral well-known for its hearing health enhancing properties. In fact, low potassium levels have been linked to age-related hearing loss. The fluid in the inner ear, which translates sounds into electrical impulses for the brain to interpret, is dependent on a rich supply of potassium. Additionally, potassium-rich fruits are particularly helpful for relieving tinnitus. These include bananas, pears, apricots, raisins, oranges, melons, pineapples, papayas, and mangoes. Other foods rich in potassium include potatoes, spinach, lima beans, tomatoes, milk, and yogurt. These foods help lower blood pressure and promote proper blood circulation to the ears. But, be careful not to over-indulge, as too much potassium can cause health issues.

Zinc is a mineral known to support the immune system, cell growth, and wound healing. It may be effective in fighting ear infections and relieving tinnitus. Zinc is abundant in seafood such as oysters (more than any other food), crab, and lobster, as well as red meat such as veal, beef, pork, and lamb. Vegetarian sources of zinc include spinach, beans, split peas, lentils, almonds, cashews, and dark chocolate. Tinnitus can be caused by a zinc deficiency; ask your physician if a zinc supplement is right for you.

Vitamins C & E contain antioxidants that prevent damage to healthy cells, including those connected to hearing. You can get vitamins C and E from eating citrus fruits, almonds, peanut butter, and sunflower oil. Additionally, ask your physician about taking a vitamin supplement.

Garlic can support hearing health and help combat tinnitus. Garlic can improve blood flow and decrease inflammation. Improved blood flow means more oxygen-enriched blood to your ears, which translates to better hearing and reduced risk of tinnitus. You can get your garlic intake by eating a clove of raw garlic each morning, adding garlic daily to your regular cooking, or opting for daily supplements of odorless garlic.

AND ... LAST, BUT DEFINITELY NOT LEAST ...

Magnesium packs a powerful punch to protect against noise-related hearing loss. Researchers found that people treated with magnesium prior to exposure to noisy environments were protected from noise-induced hearing loss. It is believed that magnesium protects your inner ear hair cells from damage by fighting the effects of free radicals that are emitted during loud sounds. A lack of magnesium also can cause the blood vessels in the inner ear to shrink, depriving it of adequate oxygen. Good sources of magnesium include bananas, potatoes, broccoli, spinach, tomatoes, artichokes, black beans, brown rice, peanut butter, and almonds.

NEXT STEPS

Taking steps to modify your diet to include more nutritious foods could help to preserve your hearing and ward off tinnitus. If you already have some hearing loss OR if you are over 50 years old, be sure to have your hearing checked each year. If you do not have hearing loss or tinnitus, a hearing screening every 2-3 years is a good idea to make sure hearing loss doesn’t creep up on you.

*Article written by: Kathleen Page, NYS Licensed and Board Certified Audiologist
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Tel: (631) 360-4327 Email: info@hearsny.com www.hearsny.com*

We encourage our readers to contact us with any questions.

A.B.A.T.E. CHARTER GOAL

1)... To initiate, endorse and sponsor educational programs such as rider safety, public awareness, legislative and affirmative action and, individual freedoms and rights.

2)... To create and promote a positive public image of motorcyclists and motorcycle groups and to dispel and disprove media hype, unfounded propaganda and the "Hollywood" image.

3)... To encourage goodwill and mutual understanding among motorcyclists, law enforcement personnel and the general public.

4)... To serve as an information source on matters pertaining to current laws, pending legislation, personal rights, political inclinations of elected officials and their constituents, and voter awareness.

5)... To act as a central responsive agency to devise and coordinate recreational, legislative, educational, and charitable activities



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May 15 & 16, 2023

Educating members of Congress with a focused message regarding issues impacting motorcyclists and the future of motorcycling!

Pre-event briefing: May 15, 2023 • Event: May 16, 2023
Pre-register (FREE) at www.mrf.org (cut-off May 1)

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SCAN FOR MORE
ABOUT THE WAY



Motorcycle Riders Foundation



Battle Lines Being Drawn

In August 2022 California Governor Gavin Newsom announced, and the California Air Resources Board (CARB) approved, an executive order requiring sales of all new passenger vehicles be zero-emission by 2035. While the California directive doesn't include motorcycles yet, motorcyclist advocates in the Golden State have warned that motorcycles will be an obvious next target.

Unsurprisingly, other states quickly followed suit and enacted similar policies. Massachusetts, Oregon, Washington, New York, New Jersey, and Maryland have all sought to put similar restrictions in place. In total 17 states have laws that bind their emissions regulations to those of California.

However, leaders in many states, including those that are obliged to follow California's lead, are pushing back. In Colorado, the Energy Office said, "While the governor shares the goal of rapidly moving towards electric vehicles, he is skeptical about requiring 100% of cars sold to be electric by a certain date as technology is rapidly changing."

Virginia governor Glenn Youngkin was even more forceful, "I am already at work to prevent this ridiculous edict from being forced on Virginians. California's out of touch laws have no place in our Commonwealth."

This month the New Hampshire House of Representatives voted down a bill that would have forced New Hampshire to match California's emissions goals.

Congressional Republicans are also joining the fight against the California policies. Last week H.R. 1435 was introduced, titled the "Preserving Choice in Vehicle Purchases Act." H.R. 1435 would amend the Clean Air Act to prevent the elimination of the sale of internal combustion engines, effectively overruling California's move. Within just a week, 66 cosponsors from 26 different states joined in support.

The movement isn't contained to the United States. Last month, the European Parliament formally approved a law to effectively ban the sale of new gas and diesel powered vehicles in the European Union starting in 2035. But Europe, too, is seeing pushback. Farmers in the Netherlands have taken to the streets in protest of emissions regulations. Member nations of the EU are also expressing a desire to make changes to the newly enacted policy. Germany, the Czech Republic, Hungary, Italy, Poland, Romania, and Slovakia are discussing what changes they'd like to see to the European Union's 2035 plan.

This issue is not new to the MRF. Our 2023 legislative agenda includes this priority: "Work against any efforts by the California Air Resources Board (CARB) that endanger the future of motorcycling."

We are ready for this fight and will work with partners across the country to defend the future of motorcycling and the lifestyle we cherish!



Motorcycle Riders Foundation



Just before the end of 2022, Rep. Tim Walberg of Michigan and 26 of his colleagues in Congress sent a letter to the National Highway Traffic Safety Administration (NHTSA) regarding recent crashes that involve motorcycles and cars believed to be in self-driving mode. The response from government regulators has some key takeaways:

“NHTSA is actively working to educate consumers and the media that automated driving system (ADS) technologies are not self-driving technologies, and that drivers must always remain engaged in the driving task.”

“Crashes involving motorcycles account for less than 2 percent of all reported crashes involving ADS.”

“NHTSA is conducting research on how vehicles equipped with crash avoidance technologies react to motorcycles, bicyclists and other vulnerable road users in various scenarios.”

The Motorcycle Riders Foundation is committed to aggressively working with lawmakers to address obvious safety gaps in the deployment of this new technology. While we appreciate that NHTSA is conducting research on this topic, on this topic, motorcyclists are not “vulnerable road users”, motorcyclists are simply road users.

Additionally, it's unacceptable that consumers falsely believe this technology, deployed on our roads, allows them to sit back and relax while in the driver's seat. The safety of the nearly 10 million bikers on our nation's roadways requires that all roadway users act in a responsible manner. The Motorcycle Riders Foundation (MRF) 2023 legislative agenda includes a diverse set of issues that strike at the core of who we are as bikers.

Historically, the MRF has fought many battles to defend individuals and the aftermarket motorcycle businesses' rights to customize and repair motorcycles. Our successful defense against the EPA's “Color and Chrome” only initiative and the regulations/enforcement related to it helped define the MRF and what we stand for to this day.

The MRF has long supported the Recognizing the Protection of Motorsports Act (RPM Act), which would ensure that modifying motor vehicles into racing vehicles used for competition would not violate the Clean Air Act. We anticipate an updated version of the RPM Act will be introduced this Spring. The MRF and our partners will work diligently for passage of this commonsense piece of legislation. Importantly, some of these parts and technology we are looking to protect are used in the EPA allowances for one-per-lifetime custom bikes and Tier 1 eligible motorcycles we fought for two decades ago.

The MRF agenda also strongly supports the desire to protect a consumer's right to repair, and ownership of data related to their vehicles. A recently introduced bill, H.R. 906 The Repair Act, helps protect consumers ability to utilize independent repair shops and aftermarket parts to work on vehicles, including motorcycles.



SEPTEMBER 21-24, 2023 HARRISBURG, PENNSYLVANIA

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Hotel Room cost \$109/night (cut off date September 6, 2023)

Call 717-939-7841 (mention the MRF MEETING OF THE MINDS)

Pre-registration for conference through the MRF, PO Box 9090, Peoria, IL 61612

Pre-registration (must be received by Sept. 6, 2023): \$100.00 (current member) / \$120.00 (non-member)

Registration rate after Sept. 6, 2023: \$110.00 (current member) / \$130.00 (non-member)

Registration includes all workshops, workshop materials, and Saturday banquet.

Registration questions call the MRF at 202-546-0983, or email Fred Harrell at fred@mrf.org.

RIDE WITH THE LEADERS!



Thousands of motorcyclist rights activists have attended MRF sponsored annual regional and national workshops since 1985. These workshops provide the nuts and bolts, "user friendly" subjects and training to assist motorcyclists in defending, building, and strengthening their grass roots organizations.

Motorcycle Riders Foundation is proud to present their annual conference for politically motivated motorcyclists! Spend the weekend with some of motorcycling's most educated and dedicated activists. Learn what issues will impact bikers today and in the future!

Use the applications below to join and support the Motorcycle Riders Foundation and to pre-register for the **39th Annual Meeting of the Minds, September 21-24, 2023.**



MRF MEETING OF THE MINDS 2023 PRE-REGISTRATION

(Must be received by September 6, 2023 to qualify for discounted rate)



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Send check or money order to: MRF, PO Box 9090, Peoria, IL 61612 before Sept. 6. After Sept. 6 registration fee increases \$10 per person.
For room reservations call 717-939-7841 (mention Motorcycle Riders Foundation) \$109/night (room cut-off date, September 6, 2023).

PRE-PURCHASE YOUR MRF MEETING OF THE MINDS 2023 T-SHIRT NOW!

39th Annual Meeting of the Minds T-shirts can be pre-ordered now with your registration. Guarantee your shirt size, color, and style now, by ordering today!

SHORT SLEEVE: \$25, CHOOSE COLOR Black Gray Yellow | **LONG SLEEVE:** \$30, CHOOSE COLOR Black Gray

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Mail to: Motorcycle Riders Foundation — PO Box 9090 — Peoria, IL 61612 — Phone 202.546.0983 — www.mrf.org — mrfoffice@mrf.org

Annual Individual Members \$35

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Protect Your Home and Life Savings with a Medicaid Asset Protection Trust (MAPT)

Long-term care insurance is the preferred option for protecting assets from nursing home costs, since it helps keep clients out of the nursing home – by paying for home care. The trend today is to “age in place.” Many clients over the years were forced to spend their final days in a facility simply because they ran out of money to pay for home health aides. Additionally, for married couples, the home care option may protect the spouse from compromising their own health and finances with the heavy burden of care giving in their later years. Too often, it is the caregiver spouse who dies first. We sometimes refer to the situation as a “perfect storm”. The spouse caregiver is often in their eighties or nineties, the job is 24/7/365 and it is a very hard one.

When the client is turned down for long-term care insurance, or is unable to afford the premium, the next best option is the Medicaid Asset Protection Trust (MAPT). Making assets joint with adult children offers no protection since Medicaid considers all of the jointly held assets to be available for the care of the ill parent, except to the extent the child can prove the amount of their actual contribution. Additionally, outright transfers to children are generally inadvisable since those assets then become exposed to the child's debts and liabilities, divorces, etc. In addition, some children spend the money, refuse to give it back when needed or die before the parent and pass those assets on to their heirs. One exception to the inadvisability of outright transfers to children is when long-term care is imminent or at least foreseeable. In such a case, the assistance of an elder law attorney is essential since the amounts to be transferred, the order of assets transferred and where to transfer the assets all require the advice of counsel. The object here would be to protect as much of the assets as possible and to qualify for Medicaid benefits at the earliest possible moment.. If someone is just getting older, can't or won't get long-term care insurance and wants to plan ahead to protect their assets, the best option is to create a Medicaid Asset Protection Trust (MAPT).

Known as an irrevocable “income only” trust, the MAPT names someone other than you or your spouse as the trustee, usually one or more adult children, and limits you to the income. The principal must be unavailable in order for it to be protected. These trusts are ideal for the family home as well as for assets the client is only taking the income from or is simply reinvesting. The client's lifestyle is not generally affected since they continue to receive their pension and Social Security checks directly, they keep the exclusive right to use and occupy the home and they preserve all the property tax exemptions on the home. The trust may sell and trade assets through the trustee. Nevertheless, the parent retains some measure of control by reserving the right to change the trustee in the event of dissatisfaction for any reason.

Transfers to the MAPT are subject to a look-back period of up to five years for facility care and potentially a new two and a half year look-back period for home care services. This means, for example that if assets are transferred to the MAPT, and the client needs nursing home care any time after five years have passed, the assets in the trust are protected. Nevertheless, it always pays to get started, since you get credit for the time you accumulate, even if you don't make the five years. For example, if the client needs nursing home care, say, after only four years, then they would only have to pay for the one year that's left on the look-back.

The Medicaid Asset Protection Trust is also flexible. You may sell the home, the money is paid to the trust, and the trust may buy a condominium, for example. The condo is still protected since it is owned by the trust and the five year look back does not start over since nothing was transferred to the trust. The trust simply sold one asset and purchased another, as it is permitted to do.

The trust may buy, sell and trade stocks and other assets. IRA's and other qualified plans stay out of the trust since the principal of all such retirement plans are exempt from Medicaid. These types of assets also avoid probate as they go directly to the designated beneficiaries at death.

The MAPT is called “irrevocable” because you, the grantor, may not revoke it yourself. However, in New York we may still revoke the MAPT provided all the named parties agree in writing. Since this is most often just you and your immediate family, it is generally not difficult to revoke an “irrevocable” trust.

SAVE THE DATE!

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Sunday June 11th, 2023

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End Site: Southampton Elks Lodge #1574
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All proceeds go to the Veterans *(All contributions to be matched by private donors)*

For more information contact 1-888-LIABATE or visit us at www.longislandabate.org

It's Never To Late

What a life we have!!! We have friends to be with and things we can use and play with.

We are blessed with all that we see and a lot that we don't see. Everything that is in front of us that is for us, was created, though someone, for us. We have cars that start, run and go. We have bikes that start, run and go. We have the means to make money to pay bills, and hopefully, have a little to share and play with. We have hobbies like boats, cars, bikes, model cars and trains, and even model planes. We can sew, knit, crochet, or whatever. We are blessed compared to many in this world.

We also have things that we know about and take for granted. We get light when it's dark by turning on a lamp or hitting a light switch. We have water by turning a knob or handle. We have cool air by turning on an air conditioner and heat by turning on a heater, sometimes by just adjusting a thermostat. We have roads, although not always smooth, that we can ride and drive on. We have sidewalks to walk on that keep you safe from cars, trucks, and bikes. If you grew up in a city or village, there are sidewalks.

Are you wondering where I'm going with this? I'm getting there.

I don't want to bring anyone down but with all that we have, we also have expiration dates. Cars, bikes, shoes, clothes, food, and yes, we expire too. We are not labeled like food is. We don't know when we'll expire. We've all lost friends and family at times that we were surprised by. And many of us don't know where we're going after this life...up or down or anywhere. I ask that you live your life to it's fullest, but not to the point of bankruptcy or exhaustion. We're here today but could be gone tomorrow. So what do we do? Let's be better to each other. Love your neighbor as you love yourself. Let's settle issues with others and do for them too. Make amends, forgive others as you've been forgiven. Try to fix relationships that have gone south or gotten lost in time in or lost because of location. I always say that we're not created to live this life alone. I also suggest that you seek hope, seek peace, seek joy, and seek love...True love.

Where? Well, my love and hope comes from God. He gave His Son to pay for all of our sins so that we may have eternal life. I want you all to have eternal life and go up with me. Believing in Jesus and accepting as your Lord and Savior is the first step that will assure that. Everyone has sinned and fallen short of the glory of God. Someone has sinned not than you have so your not the worst. God loves all of us and He wants us to have eternal life. You'll be with some that you know and some that you don't after this life expires. But, the hope of accepting Jesus is love, hope, peace, and joy. As you trust God more, you will feel these things. I tell you that you'll feel more hope and love than you've ever felt before.

So what is never too late? It's never too late to come to Jesus for hope and help. Accept Him today. Accept Jesus as your Lord and Savior, repent, and be forgiven of your sins. You'll go through trials and issues, and many mistakes, but you won't be alone as you have been in the past. You can give Him your burdens and He'll give you peace. Ask me about it.

Ride safe everyone.

God bless you all.

Gerry Waldron Chaplain Long Island A.B.A.T.E.

Pastor

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the Fallen
and their Families*

**Memorial
Day**



Helmet Laws

As we enter another riding season here in the North East, it's getting a little warm on and off and as I go to meetings, have conversations with folks both that ride and don't ride, the conversations inevitably come up on helmet laws. I think there will always be a debate on whether to wear a helmet or not. But I think it doesn't take rocket science to figure out you are safer if you wear a helmet if something were to happen while riding. And also that a helmet [that has more protection would not in theory be a bad thing.](#)

There is a challenge of thought that brings conflict is the thought of freedom. Being free to have the right to choose whether to wear a helmet or not. And I get that. We are tired of having our freedoms infringed on. For myself, since I started riding I have had my thoughts. Fueled in part because I had a friend I grew up die after going down doing 10MPH when cut off, hitting his head on a curb with a skid lid on. A DOT helmet would not have just saved his life but he would have gotten right back on the bike and continued on.

But that's not the point here. Our helmet protects our head, therefore our brain, the microprocessor of our entire body. The part of us that informs, educates, motivates and facilitates every action and thought we will ever have or do. So the protection of our processing center really is the most vital protection to our life in general.

In the thoughts of faith. Faith in God that is. How we think, how our mind processes all the information that we take in. Through our eyes, our ears, what we feel and experience with our senses, our heart and mind. What is inside our head dictates how we experience life. God in His grace wants to save us from all the dark, unhealthy, life taking or shortening things this human realm can come at us with. Saving us from heartache, anxiety, fear, anger, anguish and the painful emotional burdens of this life is what Jesus came to accomplish.

In the bible there is part of our spiritual armament that protects and empowers us to not give in to the harsh influences of this life, called the helmet of salvation. What on earth is that talking about. (I'm glad you asked. lol). Well having God in your life as the source of information, understanding and persevering, we are "saved" from the emotional, spiritual, and psychological efforts of this life to steal our peace, hope, purpose, love, joy and rest. When this "helmet" is firmly in place to guard your microprocessor (head), you can cruise through life, and its rocky roads, pot holes, unexpected accidents and detours without "losing your head" as the saying goes.

If we are honest with ourselves, if you are on your ride and on a rough patch of road, with potholes, erratic traffic, unexpected turns and barriers, even the chewed up asphalt when they are roughing it up to put another layer on, you will ride a bit more comfortable with a helmet on that when not. It's just the way it is. You know that come what may you're protected. Well that is part of the package that comes with faith in God. Peace of mind in a chaotic world. Not letting whatever comes damage your microprocessor (brain). Jesus said: "I come to give you peace, peace that passes all comprehension." No matter the condition of the road of life, THAT helmet, the helmet of salvation gives peace to the soul, peace of mind no matter how rough the road gets. Then you can experience what true freedom is. "Whoever the Son sets free, is free indeed."

God Bless, ride safe, and God Bless America.

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Senior Pastor Rushing Wind Biker Church
Chapter Elder Bikers For Christ MM





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CONTACT

Pastor Ski (aka Joe
Marchelewski)
Senior Pastor Rushing
Wind Biker Church
Chapter Elder BFCMM

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BIKE/PARTS HERE
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MERCHANTS IN THE SPOTLIGHT

Hello Ladies and Gentlemen

Every month we try to feature a merchant who will provide members with discounts on merchandise or services

Here is a list of merchants who provide Long Island ABATE members and their families with special pricing on products and or services. This month I would like to review with you some of our supporting merchants.

Advertising, Signs, Banners, Truck Lettering and T-shirts and Glass Etching.

Wayne Blast Customs, phone (631) 643-3333/ Website- www.wayneblastcustoms.net 118 Lamar St. West Babylon. Wayne provides Members with a 10% discount

Automotive Repair and Services

Master Muffler phone (631) 345-5500 website- www.mastermufflerandbrakes.com 395 Middle Country Rd. Middle Island Joe provides Members with a 15% discount and performs NYS Inspections on cars trucks and motorcycles

Executive Detailing. Phone (516) 406-3468 Website- <http://executivedetailinged.com> Email - generalinfo@executivetailed.com Eric and Danielle provide Members with a 30% discount on mobile detailing services on cars, trucks, motorcycles, boats and Rvs

Camper Rentals

CDL Rentals. Phone (631) 805-6595 Instagram. www.instagram.com/CDLRENTALS Email Cdlcampers@gmail.com Dominick and Caitlyn give 15% off to Members

Cutlery and Jewelry

Keys Cutlery & Keys love Jewelry. Phone (631) 379-1781 (631) 379-2565 Website- www.keyscutlery.com www.keyslovejewelry.com @ 2860 Middle Country Rd, Lake Grove, NY 11755. Key and Theresa provide Members with a 15% on Cutlery and Jewelry

Hair and Beauty

Hair Force One. Phone (631) 467-9800 website www.hairforceoneny.com 1232 Grundy Ave #2 Holbrook NY 11741 Vinny provides Members with a 10% discount on goods and services

Motorcycle parts, service and accessories including apparel.

Port Jeff Motorcycle store. Phone (631) 476-0722 Website- www.pj-mc.com Email- Rydemc@aol.com 201 Main St. Port Jeff. Ken provides Members with a 10% discount on most purchases
First MFG Co. Phone (516) 992-7914 Website- www.firstmfg.com 389 W Sunrise Hwy, Freeport NY 11520
First Mfg provides Members with a 30% Discount

Thunder Bikes. Phone (631) 509-6264 Website- www.thunderbikesli.com 72 Jayne Blvd. Port Jefferson station. Ron provides members with a 12% discount on purchases

Twisted Cycles (888) 539-2408 Website- www.twistedcyclesllc.com 177 Old Medford Ave. (Rt. 112)
Patchogue Chris, Debbie and Brian provide members with a 10% discount

Towing

Northeast Towing. Phone (631) 474-5355 Address 14 Industrial Rd.

Port Jefferson Station NY 11776. Website- <https://northeasttowingli.com> Email- Northeasttowingli@gmail.com Tommy treats Members like a Motor Club and has the proper equipment to tow Motorcycles safely

We at Long Island ABATE are continuously looking for merchants or service providers that are willing to provide members with a discount in exchange for exposure to all our members. if you're interested in getting involved please reach out to me at chrisliabate@gmail.com

Ride safe, be careful and have fun. Chris Beckhans, LI ABATE

LONG ISLAND ABATE MEMBERSHIP APPLICATION

NAME: _____

ADDRESS: _____

EMAIL: _____

PHONE: _____

YEAR BORN: _____

I agree to comply with L.I. ABATE Inc.'s by-laws and promote motorcycle awareness, & education.

MC/Organization Name: _____

CHECK ONE BELOW:

New or Renew Junior FREE _____

1 Year \$25.00 _____ 5 Year \$100.00 _____

Life Membership (25-years paid) x \$16. = \$ _____

SIGN: _____

SIGN DATE: _____ AMOUNT PAID: _____

CIRCLE ONE: Cash or Check# _____

CC# _____

CVC# _____ EXP: _____ Billing ZIP: _____

ANNUAL MEMBERSHIP DUES

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Q&A ...What are the membership rewards ?

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When you join you receive your ABATE patch, window sticker, membership card, welcome letter and insurance.

ENJOY THE BENEFITS OF MEMBERSHIP



Join the cause & become a member today !

The Rally LIST

Looking for Motorcycle Rallies in 2023?

Below are the dates and locations of the major rallies around the United States .

Myrtle Beach Bike Week...May 12–21 ... Myrtle Beach, SC

Americade Touring Rally... May 31– June 4 ... Lake George, NY

Republic of Texas Biker Rally... June 9–12 ... Austin, TX

Laconia Motorcycle Week... June 10–18 ... Laconia, NH

Women on Wheels Ride-In... July 4-6 Harrison AR

Sturgis Motorcycle Rally... August 4–13 ... Sturgis, SD

Four Corners Motorcycle Rally... Sept 1 –Sept 3 ... Durango, CO

Bikes Blues & BBQ... September 20-23... Fayetteville, AR

Texas Lone Star Rally...November 2-5 ... Galveston , TX

Did We Miss Any?

If you have a favorite that's not on the list
Submit it to your newsletter editor and we'll add it!

The MRF's primary goals include:

- Monitoring and influencing federal legislation for any impact on the motorcycling community at large
- Representing street motorcyclists by participating in federal research and advisory committees
- Protecting street motorcyclists from unfair or burden some federal agency restrictions and regulations
- Ending discrimination against street motorcyclists
- Providing all street motorcyclists with direction and information to protect their motorcycling rights
- Promoting motorcycling safety, training, education, licensing and public awareness on American roads



WHO WE ARE

The Motorcycle Riders Foundation is the Nation's premiere motorcyclists' rights organization that is chiefly concerned with issues at the national and international levels that impact the freedom and safety of American street motorcyclists. We are also committed to educating rights advocates to improve effectiveness at the state and local levels. The MRF works together with street motorcyclists, State Motorcyclists' Rights Organizations (SMROs), the motorcycle industry, the media and other organizations, assisting them with state and local agendas as well as working with them to influence action and policy in Washington, DC - from the Congress to government departments and agencies to the Office of the President of the United States. We also work with allies in Canada, Europe and Asia to influence talks on vehicle globalization and harmonization that are proceeding under the United Nations and the World Health Organization.

JOIN THE MRF TODAY!

OUR RIGHTS AND FREEDOMS FEDERALLY DEPEND ON IT!

MRF.ORG

The Motorcycle Riders Foundation
 P. O. Box 9090
 Peoria, IL 61612
 202-546-0983
mrfoffice@mrf.org Ride with the Leaders.

- Annual Individual Membership \$35
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- Annual Industry Council Membership \$100



- 3-Year Individual Membership \$95
- 3-Year Joint Membership \$140
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www.mrf.org

Fax: 202.546.0986
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**It's time you did something more to protect your rights!
 Join and Support Motorcycle Riders Foundation...**


- New
- Renewal
- Referred by _____
- Please Check if you are a US Citizen
- Check here to NOT receive Patches and Pins
- Check here to NOT receive MRF Email Alerts
- Check here to receive MRF Reports electronically (email)

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MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 CINCO DE MAYO	6
7	8	9 LI ABATE SUFFOLK MONTHLY MEMBERSHIP MEETING 7:30PM Pt. Jefferson ELK's 41 Horseblock Rd. Centereach	10	11	12	13
14 HAPPY <i>Mother's</i> DAY	15	16 LI ABATE NASSAU MONTHLY RECAP MEETING 7:30PM Marine Corp League 99 New York Avenue Massapequa	17	18	19	20
21	22	23 LI ABATE BOARD MEETING	24	25	26	27
28	29 	30	31			

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