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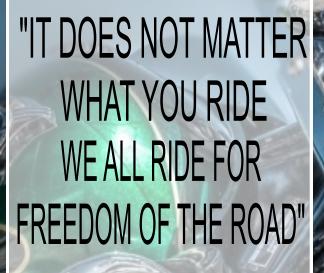












We Want You



To Ride With Us!

Long Island ABATE



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.

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Long Island ABATE

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MAILING ADDRESS

P.O. BOX 22 YAPHANK, NY 11980



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.

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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,

Here we are in 2025 and last year seems like a blur. I hope Everyone had a Happy and Healthy Holiday Season as well as a Happy New Year. We did so many things last year and here is the recap. The year started out with the swearing in of the Board at our January meeting, some of us attended ABATE of New York's Business seminar, immediately following that some of the Board attended ABATE of Pennsylvania's L&L (legislative & leadership) seminar. Both events are Network-



ing and Educational opportunities where we get together with many other likeminded individuals and discuss current and upcoming legislation as well as sharpen our skills at various workshops. After that we had various speakers at our membership meetings including a Crash Statistics report from Suffolk Count Highway Department Officers. April was our Motorcycle Safety and Awareness at the H. Lee Denison Bldg., where we teamed up with OTRA and Big Apple Motorcycle Schools as well as Suffolk Count Police department, the Shark Radio station and Twisted Cycles for a day of education and an Escorted ride to the Riverhead Elks Lodge. The event was great, and it helped raise money for our awareness campaign. May was busy as well, we attended the NCOM (National Coalition of Motorcyclists) convention in Kansas City Missouri. There we met with many Motorcycle Clubs and organizations from around the country as well as members of the MRF and the AMA. There were many breakout sessions there as well as information shared by all. Next up we met with representatives from over 35 states in Washington D.C. for Bikers in the Beltway led by the MRF (Motorcycle Riders Foundation), there we lobbied our congressmen and senators with our issues with current and upcoming Motorcycle related legislation. We had a record turnout there and we encourage others to get involved and see how the system works. With the blink of an eye June was upon us. We held our Veterans Appreciation Run in which we raised funds for our Veterans distribution. The ride went well thanks to Southampton police and all the helpful volunteers. The following weekend we had a visit from the USA Patriots AKA the Wounded Warrior Amputee Softball Team. With the help of others, we were able to escort the team to the ballfield in Moriches from their hotel in Hauppauge, truly a great experience and is very recommended if you have never met them or attended their games. In between all these and other events we had many booths set up and spread Motorcycle Awareness in the community. We planned and held our Annual Campout at Cathedral pines park, which was a great event. Over 200 people attended and had a great time. We Had Live Music, a Chili cookoff, and Motorcycle games. If you haven't attended, I highly recommend it, even if you don't camp, it is an awesome event. September was not only back to school for the kids, but it was also back to business for us. We attended the MOTM (Meeting of the Minds) Conference in St Louis Missouri. There we met with many Motorcycle Rights organizations from across the country and the MRF to confirm the 2025 Legislative agenda for this year's Bikers in the Beltway, as well as attend more workshops to sharpen our skills. November was Kicked off with our St Mary's Food and Toy Run.

The attendance was great as well as the generosity of the attendees. Suffolk County Sheriffs and Southold police department provided us with a Safe escort to St Mary's church from the Riverhead Elks Lodge. The following week, at our Membership Meeting we held our Veterans Appreciation Dinner at the Elks Lodge in Centereach. The Elks sponsored the food for the event, and we had the honor of having Lyza Paradise sing our National Anthem and God Bless America at the event. We, with the help of the biker community and others were able to raise and Distribute \$110,000 Dollars this year to local Veterans here on Long Island. Right after the dinner we held our Membership meeting closing out nominations and had our election. I am pleased to announce the Board was reelected for 2025. There will be some new appointed positions including Donations coordinator and Seargent at Arms. Our first meeting will be held January 14th at the Elks lodge in Centereach, doors open 630, meeting begins at 730.

December was our Holiday party hosted by Frogzz Bar and Grill in Yaphank. We had a great evening with many people in attendance and music was provided by Todd the Guitar Man and Caitlyn. It was a great way to end the year with friends and our motorcycle family. The following day many attended our National Cemeteries to lay wreaths on the graves of our Veterans. Immediately after we took the ABATE Truck and picked up toys for Robin from Frogzz's Toy Drive around the Lake. We filled the truck completely with toys and bicycles from many local establishments in the community to benefit the children of Sachem Schools.

We continue to attend and present at High School Drivers education classes. We presented at over 75 last year and are on track to do 100 this year. It is such a great thing to reach these young drivers" Before the Bad Habits Form". We Have a 90 min Power point presentation thanks to Bruce LePorte from The Traveling Memorial Wall for Fallen Bikers, which shows many driving situations, and we discuss them in detail including how to avoid them, making them better drivers and making the roads safer for motorcyclists as well. If you would like to be part of the presentation crew and make a difference please reach out, we would love to have you. If you would like to see us in your school reach out to us as well.

I would like to thank each and everyone for your support and I am looking forward to this year. We have a few things in the works for some social activities as well, keep an eye out for emails and Facebook for updates.

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 me or any Board Member. We would love to have you and or your input.

Thank You for your continued support.

Together we can make a Difference

Ride safe and Be Well
Chris Beckhans
President of Long Island ABATE
chrisliabate@gmail.com / (516) 381-1531





As the website manager for Long Island ABATE, I am proud to reflect on another year of dedicated service and community impact. Volunteering my time and skills to this organization has been a deeply rewarding experience, and I am continually inspired by the collective efforts of our members and supporters.

Why I Volunteer

My journey with Long Island ABATE began with a simple desire to give back to my riding community and support a cause that resonates with my values. Long Island ABATE is more than just an organization; it is a family of passionate individuals committed to advocating for the rights and safety of motorcyclists. Our mission to promote motorcycle awareness, safety, and education is crucial in ensuring that all riders can enjoy the freedom of the open road while staying safe. Volunteering for Long Island ABATE allows me to contribute to a cause that directly impacts the lives of motorcyclists in our community. Whether it's through organizing events, raising awareness, or providing resources and support, every effort we make helps to create a safer environment for riders. The camaraderie and sense of purpose I feel when working with fellow volunteers and members is unparalleled, and it motivates me to continue dedicating my time and energy to this cause.

Looking Forward to 2025

As we look ahead to 2025, I am filled with optimism and excitement for the future of Long Island ABATE. We have several initiatives and projects in the pipeline that promise to further our mission and expand our reach. Here are a few things I am particularly looking forward to:

- 1. **Enhanced Safety Programs**: We plan to introduce new safety programs and workshops aimed at educating both motorcyclists and the general public about road safety and best practices. These initiatives will help reduce accidents and promote a culture of mutual respect on the roads.
- 2. **Community Engagement**: Strengthening our ties with the community remains a top priority. We will be attending more community events, rides, and fundraisers to bring people together and raise awareness about our cause. These events not only foster a sense of community but also provide valuable opportunities for outreach and education.
- 3. **Advocacy and Legislation**: Continuing our advocacy efforts, we aim to work closely with local and state legislators to push for laws and regulations that protect motorcyclists' rights and enhance road safety. Our goal is to ensure that the voices of motorcyclists are heard and considered in policy-making processes.

Membership Growth: Expanding our membership base is essential for sustaining our efforts and achieving our goals. A larger membership base means more resources and a stronger collective voice.

In conclusion, volunteering for Long Island ABATE has been an incredibly fulfilling experience, and I am grateful for the opportunity to contribute to such a meaningful cause. As we close out this year and look forward to the next, I am confident that with the continued support of our dedicated members and volunteers, we will achieve even greater success in 2025. Together, we can make a difference and ensure that the roads are safer for all motorcyclists.

Thank you for your continued support and commitment to Long Island ABATE. Here's to a safe and prosperous new year!

Margaret "AKA" Momma Duke's

My name is Lisa Sheil and I have been Abate's Secretary for the last year. This last year has shown me what this organization does and how it opens its hearts to Veterans as well as our community. From our own Awareness Run to the Veteran's Run, Abate has not only raised awareness in the community but is now raising awareness at Driver's Education classes for the next generation of driver's and motorcycle enthusiasts. While the road may be long and have many ups and downs, together we can make a difference.

Wishing you and your family a very Merry Christmas and a healthy and prosperous New Year.

Lisa Sheil

Abate Secretary.



Hello everyone. My name is Donna Fowler I have been your membership officer since 2023. This position is to maintain our current membership database, as well as answer any questions or concerns in a timely manner.

I cannot believe that 2024 has come to end. It was great seeing everyone at the Abate Christmas Party. We would like to say thank you to all that volunteered their help and support this past year. I would like to thank everyone for allowing me continue to be your membership officer gain for 2025.

Should anyone have any questions or concerns please contact me at the following:

membership@longislandabate.org

call or text me: 6311-897-4242

We look forward to seeing everyone out in the community this year.

LET'S MAKE 2025 AMAZING



Greetings all members of Long Island ABATE!

By the time you read this Christmas will be over, but the good cheer and kindness of the holiday will still be with us!

As we enter the new year 2025 I want to wish you and your family my best wishes for a very good year ahead! As a recap of some of the meetings I attended was the Nassau County Traffic and Safety Board meetings. There I met with all the law enforcement officers from the various villages within Nassau County. They all gave their opinion on traffic violations, particularly DWI and DUI.

But currently the law as written for DUI is poorly written and therefore hard to enforce. Motorists must be aware of safety zone speed cameras too!

I also attend the Suffolk County safety and traffic board meeting which are somewhat different than the Nassau counterpart! The meeting is better structured and representatives from Suffolk County Departments participate.

I'm sure most of you attend our monthly meetings and many attend the different runs we have. They are all very successful but the St. Mary's run was maybe the most outstanding! We raised and donated over \$12,500 dollars worth of food and toys!!

I attended a Veterans holiday celebration and met a 100-year-old WWII guy, Wow he was in great shape! The year wrapped up with attending the LI ABATE Holiday Party! What a great event where all motorcyclists can enjoy an evening out! My last duty was to lay wreaths on graves of our deceased veterans in Calverton National Cemetery!

Hoping you all have a Happy and Healthy New Year! Until next month,







*RECENT CLIENT SETTLEMENTS \$750,000 SETTLEMENT \$850,000 SETTLEMENT

MOTORCYCLE ACCIDENT

CONSTRUCTION ACCIDENT

MOTORCYCLE MIKE HAS SUPPORTED THESE CHARITY EVENTS:

TIER RATS NY TOYS FOR TOTS - NASSAU COUNTY FIRE RIDERS XMAS IN JUNE - LT MICHAEL P. MURPHY NAVY SEAL MUSEUM - BIKERS FOR CHRIST DOWNED BIKER RUN- SSGT LOUIS BONACASA MEMORIAL FUND RIDERS OF FIRE MC BIKE BLESSINGS - RED KNIGHTS NY CHAPTER XXV - ABATE VETS RUN - MELISSA'S WISH - 911 RUN FOR RICHIE NYC PUNISHERS LEMC - STICKY FINGER RUN - COLD FINGER RUN - TOUCH-A-TRUCK - VETS ROCK - ANGELA'S HOUSE - WARRIOR RANCH FOUNDATION - AIDAN'S RIDE NY

INVITE HIM TO SPEAK AT YOUR NEXT CLUB MEETING,
AND LEARN HOW TO PROTECT YOURSELF BEFORE IT'S TOO LATE!

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Hello everyone! Happy 2025!

I can't believe another year has passed us by! I hope everyone enjoy the holidays with their family friends and loved ones! I'd like to take a quick step back to 2024. A year in review because it went by so fast and we were at so many different events! We had started off the year picking all our calendar events and getting all our dates in order as we usually do. Then it was start working on the handbook making sure all events and flyers were in for the year. Then we kicked the year with the Safety and Awareness Run and kept hitting the ground running! Here are some pictures that I hope everyone enjoys from some of the highlights of the year. They included the Safety and Awareness Run, the Veterans Run that we do every year, our Annual Campout, distribution of our funds to the Veterans organizations, St Mary's Toy and Food Run, and let's not forget our Holiday party! I saw through many pictures that it was a great success again! Sorry I missed it! And in between all that was going on there were bike night events, and just being out in the community supporting events! I would like to thank everyone in the motorcycle community for always coming together and always showing support when needed! I feel very honored being a part of this community! I look forward for new and exciting things to come in 2025 as we kick off yet another year together!



















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A.B.A.T.E. of Pennsylvania



LEADERSHIP & LEGISLATIVE SEMINAR JANUARY 24 · 25 · 26, 2025

L&L TICKET SALES WILL OPEN OCTOBER 1, 2024

SEMINAR REGISTRATION FEE:

Early Registration

\$85.00 per person

Early Registration Deadline: Dec. 31, 2024

Registration - After Dec. 31, 2024 \$95.00 per person

Mail-In & Online Registration Deadline: Jan. 10, 2025

LOCATION:

Red Lion Hotel, 4751 Lindle Road, Harrisburg, PA 17111 (717) 939-7841

Make your own room reservations: Reduced rates.

Single \$96, Double \$96 Plus all applicable taxes

Room reservations deadline: January 9, 2025

All Motorcyclists Are Welcome
"With Freedom Comes Responsibility"



REGISTRATION INCLUDES:

- All Workshops
- Handouts
- General Sessions
- Saturday Breakfast Discount
- Saturday Lunch
- Saturday Night Awards Banquet
- Audion

Please bring your RED Binder from the 2024 L&L.

Updated seminar information will be handed out at registration.

A \$10 contribution to BikePAC is requested at the Friday Night reception. [The reception is not a meal; it will feature appetizers only]

NEW FOR 2025: ONLINE, MAIL-IN AND CREDIT CARD TICKET ORDERS ARE WILL CALL ONLY.

For more information, call 717-731-8955 • Registration Deadline: December 31, 2024

REGISTRATION FORM

A.B.A.T.E. OF PENNSYLVANIA - LEADERSHIP AND LEGISLATIVE SEMINAR

REGISTRATION FEE: \$85.00 per person / After Dec. 31, 2024: \$95.00 per person

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POSITION:				A.B.A.T.E. of P	
POSITION.				P.O. Box 619 • Shippensburg	, PA 1725
EMAIL:			Order ticket	ets online at www.abatepa.org or call St	ate Offic

Did you attend the L&L in 2024? (Circle one) Yes No











2025 ABATE of NY Seminar

Saturday January 18th, 2025

At the **Buffalo Airport Hotel** 4600 Genesee Street Cheektowaga, NY 14225

(716)634-6969

www.BuffaloAirportHotel.net



8am - 9am - Complimentary continental breakfast.

9am – 5pm – New ABATE chapter officers sworn In, guest speakers, break out meetings for chapter officer roles.

Includes complimentary lunch buffet sponsored by the Kantor Gullo Law Firm

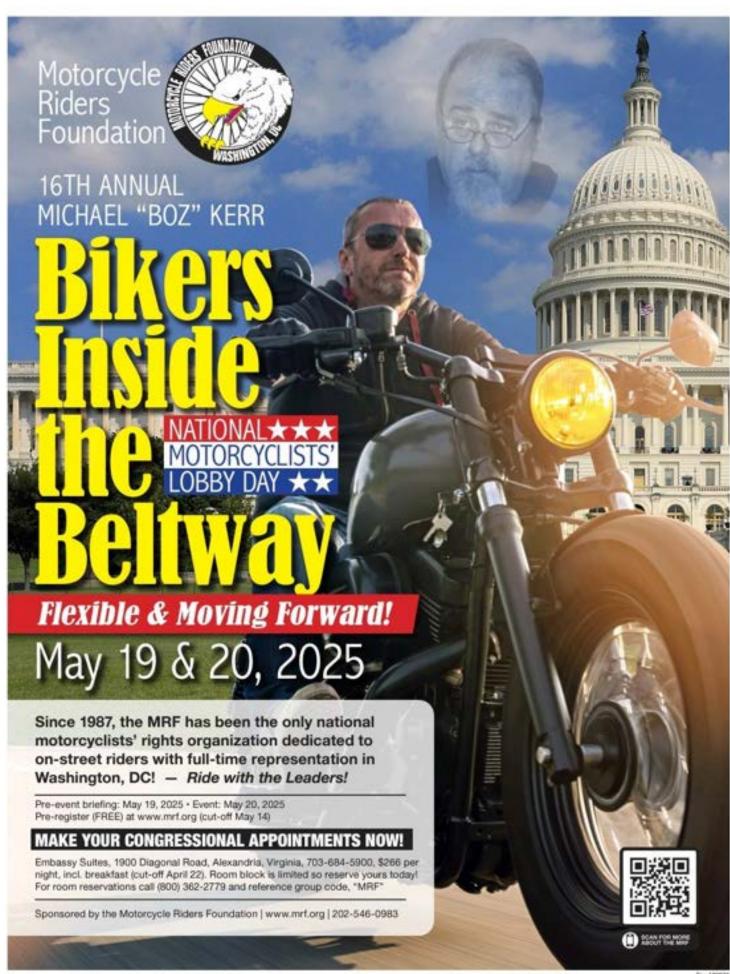
Call the hotel <u>ASAP</u> at (716) 634-6969 to reserve your room(s)!

\$89 – special ABATE Seminar room rate. Mention ABATE when you call!



< NEW bar opening at the Buffalo Airport Hotel on January 4th. Check out @wingnutz-buffalo on Instagram

Questions/Concerns - contact Legislative Coordinator, Chris Genovese at 716-220-8001 or cgenovese@kantorgullolaw.com





NATIONAL NEWS

CARB

Withdraws Electric Motorcycle Plan

December 6, 2024 - Washington DC

Friday, in a dramatic move, the California Air Resources Board (CARB) announced they would not be proceeding with proposed standards requiring half of all new motorcycles sold in the state be electric within the next decade. In a statement, CARB said, "The proposed amendments to on-road motorcycles (ONMC) emission standards and test procedures and adoption of new provisions relating to ONMCs have been withdrawn."

This is a major victory for those who believe consumers should be free to choose whatever engine type they want. This move to withdraw the proposed plan comes after two hearings, one in January and one in October on this topic were canceled.

The Motorcycle Riders Foundation (MRF) is pleased by CARB's decision to withdraw its plan to mandate the sale of electric motorcycles. MRF President, Kirk "Hardtail" Willard stated, "It's nice to see policymakers admit a mistake and withdraw a plan that was flawed from the outset." He also added a note of caution, "Let's remember CARB reserves the right to adjust, amend and resubmit similar plans like this in the future. We won a battle, but the war rages on. We must stay vigilant, in defense of the internal combustion engine."



















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WREATHS across AMERICA

Calverton National & Long Island National Cemetery











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ABATE MEMBERS

Watch your Emails for Our Time **And Location**

SAVE THE DATE FOR WREATH RETIREMENT

JANUARY 18, 2025

To Donate Wreaths go to - Support Committee for Calverton National Cemetery.com



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Twelve Motorcyclist New Year Resolutions to Consider

It's early January and not many motorcyclists are riding these days, especially those living in the Northern States. Maybe some of those riders engage in snow-related activities like snowmobiling, downhill or cross country skiing, or snowboarding. Most are just dreaming of days with clear roads, mild temperatures, no rain, light winds, and a few hours to exercise their right wrist.

So, if you're home-bound due to the season and can't even get out to the garage to just sit on your ride and dream of warmer days ahead, what can you do?

How about making (and keeping) one or more New Year resolutions related to motorcycling?

Of course, browsing paper or online catalogs of motorcycle accessories is a favorite time-killer for many, but just adding more chrome or more lights doesn't really improve the quality of your ride, does it?

And watching an endless stream of YouTube video clips or streaming channels about motorcycling doesn't necessarily make you a better rider, does it?

So perhaps it comes down to this – what can you do in the dead of winter to improve the riding season ahead? Glad you asked; here are a few suggestions.

Resolution #1: Training. Perhaps the single most important resolution you can make to improve your riding season is to complete some form of two- or three-wheeled training. We are fortunate to have several excellent training courses available in Georgia from the Department of Safety, Division of Motor Vehicles Motorcycle Rider Training (MRT) Three hands-on courses, such as the Basic RiderCourse (BRC), Intermediate RiderCourse (IRC), and Experienced RiderCourse (ERC), offer motorcyclists of all skill levels opportunities to learn more and ride better under the watchful guidance of seasoned Rider Coaches.

Resolution #2: Coaching. Speaking of Rider Coaches, the MRT Program is always in need of more experienced motorcyclists willing to share their knowledge and expertise as Rider Coaches in the three courses.

Resolution #3: Supporting others. Consider taking rider education to another level by offering to cover the BRC, IRC, or ERC course tuition for a relative or a friend. Especially for young novices, the BRC is an excellent introduction to two-wheeling. Early training helps guide riders to more enjoyable motorcycling adventures.

Resolution #4: Your riding gear. Get your riding gear ready for the new year. Face it, gear in your closet, garage, or saddlebag could use some attention and perhaps replacement. With so many sources for quality riding gear out there, getting a jump on a clean it/fix it/replace it routine now leaves more time for riding come spring.

Resolution #5: Your ride. Get the bike ready for the 2025 riding season while the weather and roads prevent you from enjoying any saddle time. While mental and physical skills improvement is vital to reducing stress while riding, so is a properly maintained motorcycle. The winter months provide ample time to review what needs attention before the new riding season begins. It's not just oil, filter, and tires – how about the chain/belt/shaft drive, steering head bearings, lights, fuses, cables, and anything else that might wear out as your ride ages?

Resolution #6: Another or new ride. Is there another bike or a replacement ride in your future? If you're considering a new ride, now might be a good time to visit the dealer(s) you trust to determine availability, cost, and delivery. Planning modifications now to improve what you already have makes sense when the weather keeps you inside.

Resolution #7: Insurance. Could changes you made during the last riding season impact your insurance rate during the coming riding season? If you modified your existing bike, you may have to increase your insurance coverage to protect your investment in case you experience a loss. And some insurance companies offer a discount for motorcyclists who have completed a rider education course. Check your policy and call your agent or company if you have questions.

Resolution #8: Trip planning. Maybe a friend, magazine, or online video suggested a multi-day journey that caught your attention. Well, it's never too early to start planning, especially if the ride is to a popular event or destination that fills up quickly when warm weather arrives and other riders catch the fever.

Resolution #9: ABATE membership. If you're reading this article, there's a good chance you're already a member of ABATE). If so, thank you. If you aren't, why not join with fellow riders who care about motorcycling and its future? Not only will you help the organization grow, but you'll be adding your voice to those representing motorcyclists on legislative and regulatory issues in the capital. There is strength in numbers and many voices make for more influence.

Resolution #10: ABATE gift membership. OK, you're already a member and wondering what else you can do to grow ABATE – how about a gift membership? If you ask around, you're sure to find riders that aren't members or that have never even heard of the ABATE. Invite them to a meeting, give them our web address, or put a membership application in their hand. Don't have a spare application? Grab a few at the next meeting and put them in your saddlebag.

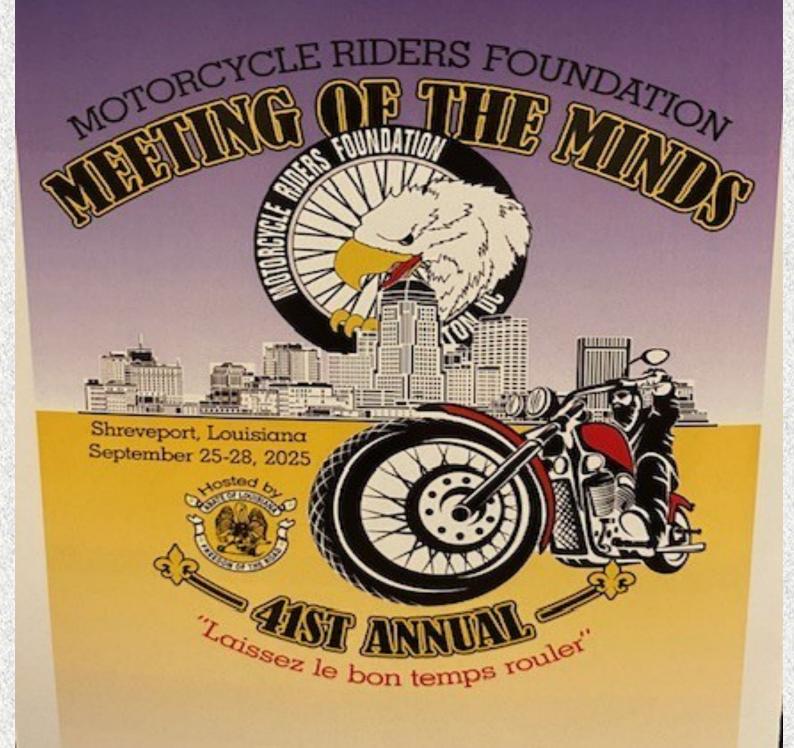
Resolution #11: MRF membership. As important as membership in the ABATE is to protecting your right to ride, renewing or joining in the MRF (Motorcycle Riders Foundation; www.mrf.org) is just as critical to ensuring you, your children and grandchildren, and the entire riding community have a strong voice in Washington, DC. MRF events such as Bikers Inside the Beltway provide motorcycling activists a chance to lobby face-to-face with their US senators and representatives (and just as importantly, their staff) to make sure they know your position on topics of national and international interest, such as autonomous vehicles, ethanol-ladened fuels, highway infrastructure, and dozens of other topics that directly impact your safety and future. If you can't join with fellow riders in Washington, DC in May, simply joining and supporting the MRF helps others lobby in your place.

Resolution #12: Rolling up your sleeves. Among the many competing activities for your riding time, one that could pay back dividends to you, your organization, and the entire riding community is investing some of your time and talents in assisting the ABATE during events and other motorcycle-related events. No matter how much time and talent you can spare, there is always room in the ABATE tent for more hands to lighten the load for all. And if you find yourself wondering how you can support ABATE at a higher level, consider running for an elected position or joining the Board of Directors. Any currently-serving officer or Board member can provide information to assist you in making an informed choice to step up.

Tired yet? Maybe, but you have several months of non-riding time to think and act on any number of the potential resolutions offered here. After all, not all can do everything, but all can do something to make things better for themselves, others, and the riding community in the year ahead.

Happy Holidays!

Join us in Shreveport!



A New Year's Resolution

A new year offers a fresh start—a time to reset and begin anew. For many people, coming up with a New Year's resolution or two is an annual tradition. We have a suggestion that often is overlooked but can be a major game-changer in improving your health and quality of life.

Stay Healthy With Optimal Hearing

When it comes to your overall well-being, ensuring you can hear well is just as important as engaging in regular exercise, getting a good night's rest, and eating balanced meals. Study after study has shown that people with untreated hearing loss are at greater risk for a whole range of conditions that can influence their physical, mental, and emotional health – including falls, cognitive decline, and depression.

Having any of these conditions can significantly impact your quality of life. Fortunately, treating hearing loss can make all the difference, helping you stay healthy and thriving. Research shows that people who wear hearing devices experience improved balance, slow their rate of cognitive decline, and report improvements in their mental health and relationships.

Find More Happiness by Hearing Your Best

What brings you joy? For the majority of people, the connections they have with friends and family are at the top of their list. Good relationships make navigating life's ups and downs easier while also providing meaning and purpose to your days.

Untreated hearing loss can make it harder to keep the bonds with your loved ones strong. You may find it difficult to communicate, participate in conversations and feel close to the important people in your life. Hearing loss treatment can help change all that, often in dramatic fashion. According to one large study, patients who wore hearing devices reported significant improvements in their social lives, self-confidence, and relationships.

However, hearing devices aren't the only way to strengthen your social ties. You can also bolster your communication skills by employing strategies to reduce your listening effort.

- **Give specific guidance to the talker on how they can make communication easier.** Ask them to speak a bit louder, slow down, face you and get your attention before they start speaking.
- **Listen with your eyes, not just your ears.** Watching the speaker's lips and facial expressions can help you better understand what they are saying.
- Concentrate on the thought the speaker is trying to express rather than attempting to understand every word. Speech is fairly predictable—don't worry if you miss a few words.
- **Verify what you think you heard.** Don't pretend you understand when you don't—getting confirmation could save you embarrassment later.
- Modify your listening environment. Reduce background noise by turning off the TV or radio, or move to a
 quieter location.
- Request a table away from the kitchen at restaurants farther away from the loud bangs and clangs.
- Don't hide your hearing loss. Let people know to speak clearly and look at you while talking.

Start 2025 Off Right with a Simple Hearing Fitness Check

Ready to make this year one of your best? Get a baseline or updated hearing test to check the current status of your hearing. Since hearing loss occurs gradually, it can be easy to overlook subtle changes. Finding and treating any hearing loss as soon as possible can help you reach your goal of living a happier, healthier life—and that's a resolution worth keeping!

Article written by: Kathleen Page, NYS Licensed and Board-Certified Audiologist

H.E.A.R.S. Audiology, P.C.

732 Smithtown Bypass, Suite 301, Smithtown, NY 11787

Tel: (631) 360-4327 Email: info@hearsny.com www.hearsny.com

We encourage our readers to contact us with any questions.



New Year, New Sounds

Discover life's vibrant moments with clarity and joy in 2025 by embracing the beauty of sound!



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13 Points of Riding

Understanding That "Caution" Isn't a Dirty Word

In the motorcycling world, caution can seem uncool-until it saves your life. Motorcycle training reinforces that being careful doesn't make you a scared cat; it makes you smart. Cautious riders avoid situations that lead to accidents, and as a result, they ride another day.

Group Riding: It's Fun if You Know What You're Doing

Riding with your buddies is fun until one person misjudges a turn and disaster befalls the group. A training course teaches you how to ride in formation, maintain safe distances, and communicate with signals, so your group rides are more "easy cruising" and less "group disaster waiting to happen."

Recognizing When You're Just Not That Good

Motorcycle training courses have an excellent way of reminding you that there's always something to learn. Maybe you don't know everything about riding, and that's okay. It is better to be humbled in a controlled environment than to find out the hard way with a paramedic telling you what you did wrong.

Balancing the Ego and the Throttle

We all like to think we're invincible but twisting that throttle too hard out of ego or impatience can end in disaster. Training teaches restraint, reminding you that the road doesn't care how good you think you are. It's a hard lesson that might save your skin literally.

Surviving the "Helmet Hair" Dilemma

Yes, helmets mess up your hair, but they also keep your brain where it belongs in your skull. Motorcycle training drives home the importance of protective gear. It may not look cool, but wearing that helmet ensures you'll be around to complain about helmet hair rather than becoming a tragic fashion statement.

Pre-Ride Rituals are a Form of Life Insurance

Riding without checking your bike's condition is like walking a tightrope with blindfolds on. A motorcycle course drills the habit of pre-ride checks-tires, brakes, lights-so you're not halfway down the road when your brake lever decides to take a vacation, leaving you hurtling toward an early retirement.

Don't Let Lane Splitting Turn into Life Splitting

Lane splitting may shorten your commute to your destination, but it may also shorten your lifespan by sandwiching you between two cars. Training courses teach you the correct and safest way to navigate between vehicles, reducing your chances of becoming the filling in a metal pancake.

Know When to Slow Your Roll

That adrenaline rush is addictive, but speeding through heavy traffic is a fast track to disaster. Motorcycle training helps you understand when it's safe to go fast and when to slow down, balancing thrill and caution. After all, enjoying the wind in your hair is hard when sailing through the ER.

Avoiding the "Invisible Bike" Syndrome

Even the loudest bikes seem to disappear from drivers' awareness. Courses like these teach you to maximize visibility through intelligent positioning and defensive riding tactics. They ensure you're seen before a distracted driver changes lanes without checking their blind spot, saving you from becoming a highway ghost story.

Understanding the Weather's Intentions for You

Rain, fog, and wind can make your ride go from smooth to terrifying in seconds. A good motorcycle course covers how to safely ride through the elements-whether learning to maintain traction in the rain or avoid getting blown off course in high winds-but Mother Nature doesn't stand a chance

The Art of Reading Other Drivers' Minds

Some motorists often act like they're the only ones on the road, oblivious to motorcycles. Training teaches you to anticipate their unpredictable behavior, whether a sudden lane change or an unsignaled turn, so you can avoid becoming another hood ornament on their car-or worse, the latest tragic news headline.

Know How Not to Ride Like You're in a Video Game

If you think weaving through traffic at high speeds is like playing "Need for Speed," think again. Unlike in video games, there are no saving points in real life. Motorcycle training shows you how to safely navigate congested streets instead of treating them like a racecourse-without losing your life.

Braking: More Than Just a Panic Move

Grabbing the brakes too hard can send you skidding or flipping, making for a very short and painful ride. You will learn how to brake smoothly and efficiently without losing control in these courses, turning what could've been a crash into a well-executed stop and sparing you from taking flight.



Independent Motorcycle Aftermarket

PROTECT YOUR BUSINES!

It's time for independent aftermarket motorcycle businesses to unite and join the *Independent Motorcycle Aftermarket*. The IMA is a growing network of aftermarket shops and suppliers who believe in unity in purpose toward common goals.

Unity in purpose includes:

- ✓ Passage of Right to Repair legislation
- ✓ Protect the right to modify
- ✓ Protect the internal combustion engine
- Maintain the availability of fuels not harmful to motorcycle engines
- ✓ Fight End of Life Directives

Join your independent motorcycle business owning peers to protect our investment and the future of motorcycling. The *Independent Motorcycle Aftermarket* works with the Motorcycle Riders Foundation and has your back!





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- 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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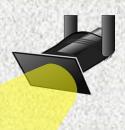
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MERCHANT THE SPOTLIGHT



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.

Adult Games (Bingo)

Holly, A.K.A. Madame'O phone (631) 877-8276 / (631)-974-9140 Email- Madameo@monaughtybingo.com Instagram- @madameonaughtybingo Facebook- Madame O's Naughty Bingo \$5.00 Discount with Membership Card

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

Audiology (hearing treatment)

H.E.A.R.S. Audiology Phone- (631) 360-4327 Website- https://hearsny.com Address- 732 Smithtown Bypass, Smithtown, NY 11787 Email- info@hearsny.com 10% Discount with Membership Card

Animal Hospital, Pet Care

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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 tucks and motorcycles

Executive Detailing. Phone (516) 406-3468 Website- http://executivedetailinged.com Email - generaling-fo@executivdetailed.com Eric and Danielle provide Members with a 30% discount on mobile detailing services on Cars, Trucks, Motorcycles, Boats and Rvs

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Griff Wolz Phone (631)839-0037 P.O. Box 248, Centereach, NY 11720 Email- 4672130@gmail.com

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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 Pet Crematory

Legacy Pet Crematory Phone Suffolk- (631) 800-pets (7387) Nassau- (516) 500-pets (7387) Websitewww.legacypetcrematory.com Address- 21 Eads St, West Babylon, NY 11704 Email- info@legacypetny.com Present Membership Card for Special Pricing

Towing

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

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

Transportation - (Car service/ Limo/ Airport)

Connections Car Service- Phone (631) 495-2099 Kevin Email- limoconnectionkevin@gmail.com
Present Membership Card for Discount

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 over 1500 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

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Join the cause & become a member today!

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 globalizationand harmonization that are proceeding under the United Nations and the World Health Organization.



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

- ☐ Annual Individual Membership \$35
- ☐ Auto-Renewal Annual Individual Membership \$35
- Annual Joint Membership \$60
- ☐ Auto-Renewal Joint Membership \$60
- ☐ Annual Sustaining Membership \$100
- ☐ Annual Independent Motorcycle Aftermarket Membership \$100
- ☐ 3-Year Individual Membership \$95
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12	13	MONTHLY MEMBERSHIP MEETING 7:30PM Pt. Jefferson ELK's 41 Horseblock Rd. Centereach	15	16	17	18
19	20	MONTHLY RECAP MEETING 7:30PM Marine Corp League 99 New York Avenue Massapequa	22	23	24	25
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