



---

### ECMC's 55th Annual Holiday Party & Gift Drive

It's that time of year again – Empire City's Holiday Party and Gift Drive to benefit Rising Ground (the new name for Leake & Watts). Following a very successful gift drive last year, Deborah and folks at Rising Ground are once again asking for small-value gift cards to give to the kids and teens in their programme. They use these gift cards as presents, gifts and awards throughout the year – not just at the holidays.



See the flyer a few pages down for details – this is really one of the “crown jewel” events that Empire City MC hosts and it's vital in this time of budget cuts that Rising Ground get as much help as they can to help their families.

---

### Secrets of people who stay happy in the worst circumstances

In the face of setbacks, some people seem to fall apart, while others find ways to move forward and continue to get things done. Are there things you can do to be resilient?

Bad things happen both personally and professionally. Relationships end. Significant others get sick or die. Promotions are given to someone else. Clients leave. Companies go through rounds of layoffs.

In the face of these setbacks, some people seem to fall apart, while others find ways to move forward and continue to get things done. Are there things you can do to be resilient?

The answer to this question is yes — *to a point.*

First, bear in mind that resilience does not mean ignoring the negative feelings that come along with a tough time. Significant personal or professional losses will lead to feelings of sadness and . It is natural to grieve about these losses and it is important to give yourself some time and space to do so. You are not obliged to go through all five stages of grief, but you shouldn't feel guilty if you do experience sadness or anger before you come to accept what has happened.



Second, people seem to have a happiness set point. Generally speaking in the weeks and months after a significant positive or negative life event, you tend to return to roughly the level of happiness you had before that event. That doesn't mean that events can't have a long-term influence on how happy you are, just that the best predictor of how happy you will be several months after a big positive or negative event is how happy you were before it.

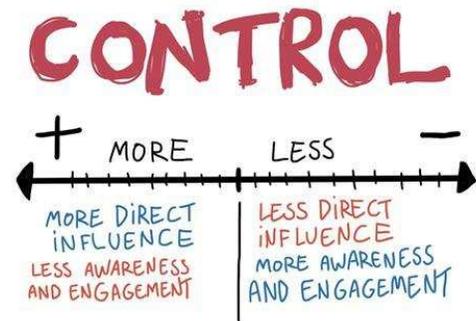
Third, there are times when negative feelings are the best way forward from a negative event. In particular, stress and anxiety are the natural reaction to a threat in the environment. If there really is a calamity out there that you are trying to ward off, anxiety might be the right response.

One thing that happens when you are anxious is that you tend to ruminate over the cause of the anxiety. Rumination is a repeated cycle of thoughts. If there is a potential threat, then thinking it through carefully may allow you to develop a plan to move forward that will help you to handle the situation. It may not be enjoyable to experience this level of stress, but it still may be useful.

That said, there are several things you can do to help cope with the bad times.

### **Understand what you can control and what you can't**

The first is to be clear about what factors are under your control. Quite a bit of work shows that when times are bad, people are more resilient when they focus on things they can do to move forward rather than focusing on the ways that circumstances have conspired to put them in a bind. Focus on actions you can take that will make your situation better. As you engage in those actions, you will find that you feel better about your work and will also be more productive.



### **Surround yourself with people even if you don't feel like it**

Next, engage with other people. When you are sad or stressed, you often don't want to be around others. But there are several advantages to social engagement. When you talk about what is making you sad or anxious, you often find that other people have had similar experiences that they can share. Sadness can make you feel as though your own situation is unique, so knowing you are not the only one going through something can be valuable. In addition, social connection is motivating and can help you to focus on tasks that need to be done.

### **Look for an easy win**

When you experience a loss in one aspect of your life, it can make you focus on the negatives across all of the facets of your existence. That is not a good time to embark on a long project that may not succeed. Instead, find something in your work life that you can complete quickly and successfully. That way, you can remind yourself that a significant setback is not a sign that you are cursed.



### **Give everyone the benefit of the doubt**

Finally, go out of your way to give a positive interpretation of the actions of others. When you are angry about something at work, you tend to find reasons why other people are an obstacle to your success. This is particularly true when you are passed over for something you wanted. Recognize that most people you work with are potential allies. Just because someone was not able to give you something you wanted does not mean that everyone is out to get you.

When you think negative thoughts about other people, you can create a self-fulfilling prophecy. Your negative thoughts will influence the interpretation you give to their actions that can cause you to interact with them anger or mistrust. They will notice your attitude and treat you accordingly. Similarly, when you interpret the actions of other people positively, you are more likely to create good interactions with others.

These strategies will help you to minimize the influence of bad events on your life. They will also help you feel better, because each success you have will boost your attitude toward the future.

*About the author: [Art Markman, PhD](#) is a professor of Psychology and Marketing at the University of Texas at Austin and Founding Director of the Program in the Human Dimensions of Organizations. Art is the author of *Smart Thinking and Habits of Leadership*, *Smart Change*, and most recently, *Brain Briefs*, co-authored with his "Two Guys on Your Head" co-host Bob Duke, which focuses on how you can use the science of motivation to change your behaviour at work and at home.*

Thanks to "Phone Joe" in Rochester for sending this article to us.

## Brotherhood – by Michael M

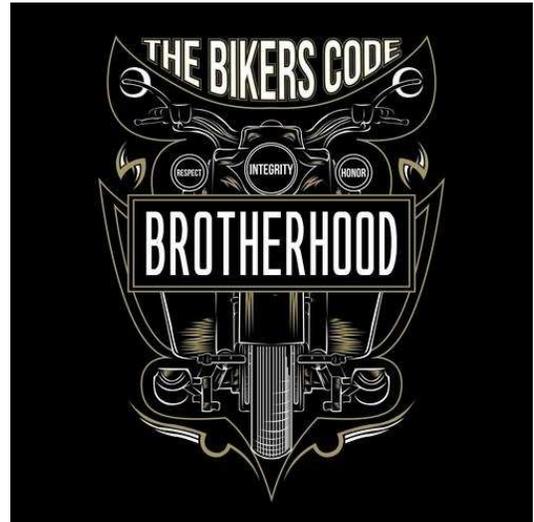
We often hear about brotherhood as members of motorcycle clubs. But what does it really mean. Comradeship, fraternalism, community, and such all describe what brotherhood means.

But what does it really mean. In my experience, it's all this and more. I've had some significant health issues this year. When being taken to the ER via ambulance, my club brothers made sure my family knew what was going on with me, kept them updated and checked in with me frequently.

Later this year, during the NYC gay pride parade, I was subject to heat exhaustion. My motorcycle was just off the parade route. I was being taken to the ER via ambulance. My brothers made sure I was ok, one sat with me for the six-hour visit. Others made sure my bike was moved to a legal parking spot. They picked me up from the hospital, took my bike back to their home, and made sure I got home ok.

Later, my motorcycle was brought back to Pennsylvania. There were many calls and texts checking in on me.

This is an example of why club membership is important.



---

## Down, but not out...

One of the most dreaded fears of riding with your brothers is that someone is going to have an accident, or even worse, I'll be the *cause* of an accident that harms my brothers and friends.

On one of our last rides of the year, the "Warm Weather Ride" to Suffern, NY a couple weeks ago Aaron, our club president, went down on NY-59. We were riding in formation and the road was clear. Our pledge, Erik was riding to the left and behind him, I was riding directly behind him. We both saw it happen and both Erik and I are having residual PTSD from the event.

There was nothing wrong with the road, the bike or how we were riding – his rear tyre just seemed to "slip out" underneath him to the right as if someone had kicked it hard. Thanks to Aaron's safety gear, he walked away, but sadly, Aaron's Victory motorcycle was totalled (note: the photo shown is not Aaron's bike). We reached out to a local club friend, Snake, who advised a local bike shop to get a tow. Aaron got in a pillion seat and we carried on to our destination, Fink's BBQ & Cheesesteak Roadhouse (literally 5.2 miles from the crash site) – then it was back to the city.



Dropped bikes and accidents are par for the course of being a biker; however, when you ride with a club, you have men to watch your back and never leave you behind! One of the many benefits of being a club member of a riding club.

---

## Please join us in welcoming our newest member, Erik R

Erik R was just voted in as the newest full brother of Empire City MC this month! In all my years of being a biker, I've never seen someone take to riding as quickly as Erik has!

Erik bought his first motorcycle earlier this year, a H-D Sportster (see the photo on the right), which was a small bike for such a strapping man! Thanks to the H-D 100% trade-in special, he was able to trade in the full value of the Sportster to purchase a brand-new H-D Softail mid-riding season. It was that move up that gave him the power he needed to blossom into a proper biker! He now rides with confidence and experience.

Erik's first long-distance ride was ECMC's 7<sup>th</sup> Motorcycle Weekend in the Fingerlakes this past May, in where he met many other bikers and members of other motorcycle clubs.

We are proud to have him as a full member and look forward to many years of mutual riding and experiences with him! (He's easy on the eyes too!!) 😊



## Regular Gasoline vs. Ethanol Gas for Motorcycles

Whether you agree or disagree, the United States government is pushing ethanol fuel, and recently allowed the sale of E15 gasoline along with the long approved E10 gasoline. It is clear that E10 gasoline has a negative effect on a motorcycle's performance, increases fuel cost, and increases maintenance expenses. The politics of ethanol fuel are making it harder to find pure regular gasoline at the pump, leaving motorcycle riders increasingly stuck with ethanol blends that are not ideal formulations of gasoline.



### Pure Unleaded Gasoline Without Ethanol is Best for Motorcycles

Most motorcycle manufacturers urge owners to use pure gasoline in their motorcycles. At least one motorcycle maker, Ducati, considers ethanol to be a gas additive and its use voids the cycle's warranty. Harley Davidson and Suzuki, also tell their bike owners that regular unleaded gasoline is the best choice for their engines. In fact, manufacturers of almost all internal combustion engines that run on gasoline recommend gasoline without ethanol for best performance and efficiency, including car manufacturers. Many car makers suggest that if performance is an issue, try running on gasoline without ethanol.

### Ethanol Related Problems

If you have no choice because regular unleaded gasoline is not available in your area, it's best to arm yourself with the facts. Here are the issues you may face running your motorcycle on E10 Fuel. Studies have shown that a pound of ethanol produces 30 percent fewer BTUs of heat than a pound of gasoline. This decreases mileage by the percentage of ethanol added to gasoline. So, E10 mileage is 3 percent less than that of regular unleaded gasoline. Not only that, but the "leaning out" of the fuel-air mixture that powers motorcycle engines running on ethanol is enough to cause engine damage.

Ethanol related problems for motorcyclists, include:

- Exposure to alcohol can rust metal fuel-system part and warp or otherwise damage parts of rubber, plastic, and other sealing materials.
- Ethanol soaks up water from everything, including air. Once alcohol in gasoline has soaked up enough water, it causes phase separation and water contamination.
- Fuel has a shorter shelf life
- Creates engine deposits

### How to Prevent Damage to Your Motorcycle from E10 Fuel

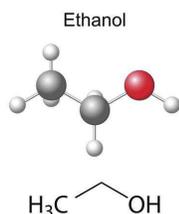
High quality fuel additives can help your engine deal with the effects of E10 gasoline.

When searching for the right fuel additive, look for one that isn't made of alcohol. Many of today's fuel additives that are alcohol based can actually worsen the problem. Instead of fixing ethanol related problems, they add to them.

Remember to read labels carefully, and if you are not sure if a product has alcohol, you can always ask. Alcohol is known by many names when used as an additive.

Some of these names are:

- Propanol or isopropanol
- Methanol
- $\text{CH}_3\text{OH}$
- Carbinol
- N-Butoxyethanol



There are non-alcohol containing treatments available for cleaning carburetors; others stabilize the gas, giving it a longer shelf life and preventing phase separation and water contamination. Some products may combine stabilizers and corrosion inhibitors.

A well-managed additive program and regular maintenance per the manufacturer will go a long way towards keeping your bike running well.

*This article first appeared on <https://www.bellperformance.com/blog/regular-gasoline-vs-ethanol-gas-for-motorcycles> and the AMA (American Motorcyclist Association) has been pursuing legislation to protect bikers from E10/E15 and E85 petrol.*

# Empire City MC's 55<sup>th</sup> Annual Holiday Party and Gift Drive to benefit Rising Ground Children's Services

**Saturday, December 8<sup>th</sup> 2018**  
**6pm – 9pm at the historic Stonewall Inn**  
**53 Christopher St, NYC**

**Tickets \$25 in advance, \$30 at the door**

- Fantastic door prizes.
- Plenty of light fare all night!



This year we've been asked to focus on the teenagers at Leake & Watts aged 11-18. Gift cards or items from the following places are especially desired:

- Target Department Store
- Amazon
- Old Navy
- Modell's Sporting Goods
- Apple iTunes
- Other appropriate stores in the NYC area

Rising Ground (formerly known as Leake & Watts) is a New York City based non-profit organisation that helps families discover their own strengths and build upon those strengths using evidence-based models with proven records of achievement. They work with each family and family member to resolve the conflicts that brought them to a crisis point, working toward a belief that change is possible. Then they work together to create plans that become the roadmap to the family's — and each family member's — success. As families set their own goals, we also guide them to any additional resources needed, such as food, housing, or healthcare. The work isn't just about helping families address momentary crises. They equip them with communication skills, knowledge of resources and a network of support.

**For more information about our event, or to donate a door prize, please contact us by e-mail at: [ecmc@empirecitymc.com](mailto:ecmc@empirecitymc.com)**

**Tickets are on sale online now at: <https://ecmc-55th-xmas.eventbrite.com/>**



# Stonewall Inn<sup>TM</sup>

# UPCOMING EVENTS & RIDES

**Wed 5<sup>th</sup> December 20:00 – 21:00:** Empire City MC's Open General Meeting, held 8pm-9pm on the first Wednesday of each month at "The Centre" 208 W 13th St, New York, NY 10011. All interested men and prospective members are welcome to attend. Always check with the front desk/schedule to see which room we're booked into. (Nominations for officers)

**Sat 8<sup>th</sup> December 18:00 – 21:00:** EVENT: ECMC's 55<sup>th</sup> Annual Holiday Party & Gift Drive – advance tickets are on sale now for \$25/each at <https://ecmc-55th-xmas.eventbrite.com/> -- a \$5 savings of the at-the-door price of \$30.

**Wed 5<sup>th</sup> January 2019 20:00 – 21:00:** Empire City MC's Open General Meeting, held 8pm-9pm on the first Wednesday of each month at "The Centre" 208 W 13th St, New York, NY 10011. All interested men and prospective members are welcome to attend. Always check with the front desk/schedule to see which room we're booked into. (Election of new officers)



**HAPPY NEW YEAR  
2019!**

**Thu 17<sup>th</sup> – Sun 20<sup>th</sup> January:** EVENT: Centaur MC's Mid-Atlantic Leather Contest in Washington, DC

**TBD:** EVENT: Empire City MC's Installation Dinner

**Wed 6<sup>th</sup> February 20:00 – 21:00:** Empire City MC's Open General Meeting, held 8pm-9pm on the first Wednesday of each month at "The Centre" 208 W 13th St, New York, NY 10011. All interested men and prospective members are welcome to attend. Always check with the front desk/schedule to see which room we're booked into.

**Fri 24<sup>th</sup> – Mon 27<sup>th</sup> May:** RIDE: Empire City's 8<sup>th</sup> Annual Motorcycle Weekend in the fingerlakes!

**Fri 21<sup>st</sup> June 18:00-21:00:** EVENT: ECMC's 55<sup>th</sup> Annual Bike Blessing at Ty's Bar

**Sat 22<sup>nd</sup> June 09:00-17:00:** RIDE: ECMC's 55th Annual \*FREE\* Biker Picnic (Admission by motorcycle only!)

**Sun 23<sup>rd</sup> June 18:00-21:00:** EVENT: Folsom Street East, 22nd Anniversary

**Fri 16<sup>th</sup> – Mon 19<sup>th</sup> August:** RIDE: Montréal Gay Pride Weekend!

**Sat 7<sup>th</sup> – Sun 15<sup>th</sup> September:** RIDE: Empire City's Week-Long Anniversary Ride! (Tentative dates!)

**Fri 11<sup>th</sup> – Mon 14<sup>th</sup> October:** EVENT: Empire City MC's 55<sup>th</sup> Anniversary In-Town Run and Dinner Cruise!

**REMEMBER:** There are plenty of other events and rides added to our official calendar on a regular basis, especially day rides! Bookmark our official calendar at [calendar.EmpireCityMC.com](http://calendar.EmpireCityMC.com) and come along with us on some great rides!

Our physical mailing address is:

Empire City MC  
10 W 15<sup>th</sup> St, Suite 609  
New York, NY 10011-6821



Empire City MC is a proud member of the Atlantic Motorcycle Coordinating Council. For more information about membership with Empire City MC, [click here](#) to view/download our constitution, bylaws and membership application.



We're on facebook at <http://facebook.EmpireCityMC.com>  
All material copyright ©MMXVIII Empire City MC, Inc., All rights reserved

Send any articles, photos or letters to the editor at [news@EmpireCityMC.com](mailto:news@EmpireCityMC.com)