



December 2017  
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Want to contribute to this newsletter?  
Send your submissions to:  
[srestmeyer@bnl.gov](mailto:srestmeyer@bnl.gov)

# The CYCLETRON

*A newsletter for the motorcycle enthusiast*

## A Message from Our Club President

By Scott Restmeyer  
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Our December issue introduces a couple of new features. "Member Spotlight" focuses on one of our members, with a few questions that will shed some light on their interests as well as what they ride. And "Blast from the Past" revisits the good old days by resurrecting past articles, advertisements and anything that might invoke nostalgia and humor. As with our other features, if you have anything you would like to share with our readers, please forward it to me at [srestmeyer@bnl.gov](mailto:srestmeyer@bnl.gov). And I would like to thank those who contributed to this month's newsletter. Without your input, it would not be possible.

December is also the holiday season. Besides providing a nice distraction from motorcycle riding, when the weather is less than optimal, it is also the time of year when we celebrate with family and friends. Unfortunately, with the recent personnel reductions, some of us have had to say goodbye to coworkers we worked alongside for years. While we should be thankful that we were not included in the cutback, it can be very difficult to keep a positive outlook. But just because you no longer work with someone does not mean you cannot remain friends. In fact, this is the time you find out if you were truly friends or merely coworkers who shared lunch breaks and conversations. All relationships require maintenance, friendships probably more so, since there is not a common thread to bond you together. Today it is so easy to stay connected. An occasional text or email is all you need. While it may not diminish that feeling of loss you may be experiencing, consider that, if you

choose to, this may be an opportunity to bring that friendship to a higher level. If not, the feeling will fade over time.

In closing I would like to wish everyone a very happy holiday, and a happy & healthy 2018.

## On The Road: Tour of Canada

By Mark Parsons  
[parsons@bnl.gov](mailto:parsons@bnl.gov)

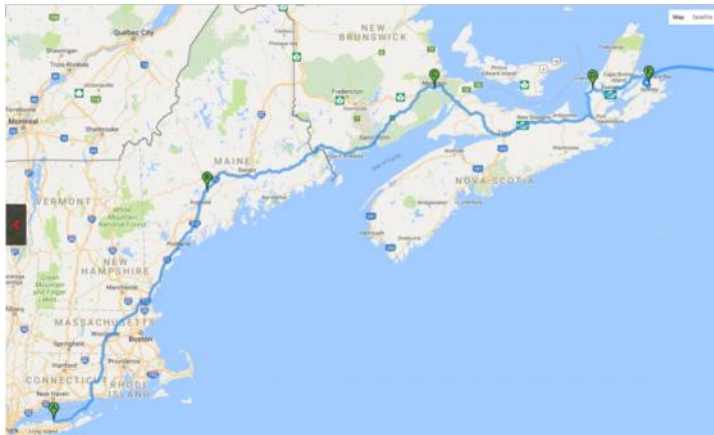
My wife and I completed a tour of eastern Canada that included many firsts for us. It was on my first bona fide touring motorcycle – a 2016 Honda Gold Wing. It was our first long distance motorcycle trip – we had never driven any further than Greenport on a motorcycle, not to mention crossing an international border or through time zones. The trip totaled up to 3030 miles driveway to driveway and was completed in 16 days.

So how did we pick Canada? I have a 94 year old aunt living on the island (The Rock!) of Newfoundland (NL). NL is an 11+ hour overnight ferry ride from the mainland. She had visited us in NY about 8 years ago and had often mentioned that we should visit her. So we decided it was about time that we did. While both my mother and father grew up in NL, my aunt was the only person we knew there.

We planned out our trip to have riding days that were mostly less than 300 miles and had us spending an extra day in Nova Scotia to do the Cabot Trail. One other decision we made was to mostly skip commercial lodging – we stayed in AirBnB spots all along the route and one commercial B&B, and this turned out to be a wonderful decision. Not only did we save some cash, but we got a flavor for each of the areas by staying in someone's home and not some non-descript antiseptic hotel.

(Continued on next page)

This gives you a chance to talk with the locals and eat breakfast with them. We packed our saddle bags with 3 days of clothing as a Cycletrons member had suggested (this was quite a feat for my



wife) and a few emergency items like a patch kit, air compressor, and a first aid kit. We left Shoreham at 0900 on Saturday July 8 bound for our first stop in Waterville, Maine. We hit our one and only bout of rain on this first leg. It was a torrential downpour that had us soaked within 15 seconds. We were luckily near an overpass that provided shelter until the storm ended. Nova Scotia was absolutely beautiful. We followed some local tourism center advice and skipped some of the main roads in Nova Scotia and took a route a little out of the way and it was fantastic. Seaside vistas galore and great little places to stop and eat. One of the most memorable was a fresh bowl of fish chowder that we ate on a deck overlooking a local bay. We found that the Cabot Trail really deserves 2 or 3 days to fully explore as we only rode roughly half of it. We weren't very flexible in that we had booked our B&Bs in advance and had to make that ferry to NL on time. The Cabot Trail in northern Nova Scotia is an incredible

stretch of road that is just made for a motorcycle. Wide open roads, little traffic, long sweeping turns and stunning views of the ocean. We thoroughly enjoyed Nova Scotia. Our

next leg of the trip took us to NL and a boatload of relatives we had never met. Our first stay was in St. Johns, which is the capital city of the province. It was what I would call a little big city – large enough to

meet most every need (great bars!) and small enough to not feel like you are lost amongst thousands. It was here that we ate moose meat nachos and some of the best fish and chips (freshly caught

cod) ever. An interesting side story that happened on our first day in St Johns is as follows. We walked down to a little harbor from our B&B in a hippish section of St. Johns called

QuidiVidi and were watching two men filleting a number of cod they had just caught. They said we could come over closer and we struck up a conversation with them. We said we were from NY, they asked if we were Rangers fans (they were), and asked if we were to be in St. Johns for long. I said we were in town just a day or two because we are going to take a trip to the Burin Peninsula to visit the towns where my parents were from. I got a strange look and



My wife, cousin and me

told him we were going to the towns of Lawn and Point May. He said he had family from Point May and asked my last name. Well ... it ended up that his



My mother's town

grandfather was my fathers' brother, which made us cousins. What a strange coincidence – we were nearly 250 miles away from those towns in a large city and ran into a relative. These kinds of things happened throughout our trip. The next legs of our trip took us to my parents' towns where we met many people that I was related to. We stopped in the Heritage Center (local museum) – all the towns up there have one - in my mothers' town (Lawn) and looked around. The woman running the museum knew of my mother's family (it was a very small town) and she made a phone call and within 30 minutes we were taken on a several hour tour of the town by one of the locals. We were also told that (continued on next page)



Cabot Trail

the mother of the woman running the Heritage Center was the last baby delivered in that town by my grandmother – I had no idea she was a midwife.

An interesting side note is there are something like 38 towns on the Burin peninsula and 37 of them are coastal towns. I would describe Nova Scotia as having scenic beauty whereas NL had rugged beauty. It was an island of wide open vistas studded by thousands of lakes and ponds.

There were so many other things (including whales and icebergs) that we experienced during this trip that truly made it the trip of a lifetime. The fun will continue as we will be going on a cruise in Europe with two cousins that we met on this trip. The people were so friendly, the roads extremely well maintained, and the scenery just stunning. I would highly recommend this trip to anyone. Do Air B&B – you will like it!!

## Product Review: TomTom Rider 400

By Mike Loftus  
[loftus@bnl.gov](mailto:loftus@bnl.gov)

I often use the GPS in my car and truck, but never really thought about getting a GPS navigation system for my bike. Most of the time I was riding locally and knew the way, so I didn't see the need to use a nav system. What I did start doing though, was mount my iPhone to a handlebar mount on the bike and then use the Waze app. This wasn't really so much for directions, but to get the alerts about the police or debris on the road etc.



I made a decision to buy a dedicated GPS for my bike after going on a trip to Vermont with the Indian Riders Group.

While we were up in Vermont, I found that the cell phone coverage was spotty, so the Waze app didn't always work. We also had rain on the way up, which isn't really good for a cell phone, even though my iPhone 7 is supposed to be waterproof. In addition, on a ride from Mt. Snow to Mt. Equinox my cell phone mount broke after riding on an unpaved dirt road. On the ride back to Long Island, I felt uneasy not having a GPS. I decided, when I get home I'm going to get a dedicated GPS for my bike with a sturdy mount.

Other riders I have spoken to have GPS units for their bikes and use them on long rides. I figured it would be a good investment to get one. I did some research and ended up buying the TomTom Rider 400 Portable Motorcycle GPS. I bought it from Amazon in July and paid \$502.81 for it. I just looked on Amazon and see that it's now on sale for \$334.69. Maybe it's cheaper now because of a discount for Cyber Monday, or it could be that the price has been reduced. It is a big savings.

I like the Rider 400 because it is waterproof, can be viewed in bright sunlight and can also be used when wearing gloves. The unit comes with mounts and the cables you will need to hook up to your bike.

I used the Ram mount that comes with the unit and mounted it to the mating Ram mount I bought from Indian that mounts to clutch lever clamp on my bike. It is a very sturdy mount. If I want to I can swap out the GPS with a Ram mount universal X-grip I bought for my iPhone. The Rider 400 comes with a special circular mounting back plate that connects with the bike's battery using a quick disconnect connector. Even though the Rider 400 has an internal,

rechargeable battery, which is good for about 6 hours of riding use, I prefer connecting it to the bike's battery,



which you'll need for longer rides. I hooked mine into the wiring that goes to the accessory plug in the handlebar bag. The power is only available when the ignition is turned on, so there is no chance of draining my bike's battery. The Rider 400 has a decent 4.3-inch screen, which can be rotated from landscape to portrait mode. That's useful if you want to increase the amount of viewable road ahead. I also like the fact that I can pair the GPS with my iPhone and get real-time traffic updates. I also have it paired with the Bluetooth in my helmet so that I can hear the directions. The route planning and management is cool. You can plan a route on your computer or iPad and then send it to the GPS, or you can enter the destination directly into the GPS using an address and it will pick the best route based on your preferences (fastest, shortest, no-toll, no freeway, etc.). You can also just pick a destination on the map and then tap it, which will trigger the GPS to plan the route.

One feature I really like is the "Plan a Thrill" option, which will pick out the twistiest roads between you and your destination. You can choose between three levels of windiness and three levels of hilliness. I had used this feature when we went on the ride out to Montauk in September. I definitely think a dedicated GPS is worth it if you do a lot of long distance riding. I am looking forward to using the Rider 400 when I go to Sturgis next year.

**WE NEED STUFF!** Anything you want to contribute: Articles, reviews, personal experiences, pictures, items for sale, events, announcements, etc. Don't hesitate to send it in to Scott Restmeyer at [srestmeyer@bnl.gov](mailto:srestmeyer@bnl.gov). You'll be glad you did, and so will we!

## The Safety Zone

By Scott Orban

A good part of motorcycle safety is proper maintenance, including preparing your ride for winter storage. Below are a couple of links to guide you through the motorcycle winterizing process:

[www.motorcycle-superstore.com/how-to-winterize-a-motorcycle](http://www.motorcycle-superstore.com/how-to-winterize-a-motorcycle)

[www.youtube.com/watch?v=md4P57Hkm7s](http://www.youtube.com/watch?v=md4P57Hkm7s)

[www.wikihow.com/Winterize-Your-Motorcycle](http://www.wikihow.com/Winterize-Your-Motorcycle)

[www.bikebandit.com/blog/post/ten-steps-to-winterize-your-motorcycle](http://www.bikebandit.com/blog/post/ten-steps-to-winterize-your-motorcycle)

For information on available motorcycle safety training, contact Scott Orban at extension 5520, or email:

[orban@bnl.gov](mailto:orban@bnl.gov)

## Upcoming Events

**12/9/17, 7:00pm**  
**The Backstage Pass,**  
**33 Railroad Ave, Ronkonkoma**  
**L.I. Abate Holiday Party**

Free for members,  
\$10 for non-members

**12/10/17, 9:30am**  
**Sears, Hicksville**  
**The Who Cares Committee Toy**  
**Run**

For the children of St. Christopher's Residential Treatment Center  
Sign up 9:30-11:30. \$20pp and a new unwrapped toy. After party @ Hicksville VFW hall

**12/13/17, 6:00pm**  
**J&R Steak House, Calverton**  
**Cycletrons' Holiday Party**

Discount tickets available for Cycletrons members. Contact Terri Diaz for tickets. [tdiaz@bnl.gov](mailto:tdiaz@bnl.gov) or 631 344-2970

**1/1/18, 10:00am (Rain date 1/7/18)**  
**Cradle of Aviation Museum,**  
**Garden City**  
**WBAB Cold Finger Run**

\$20pp. KSU 12 noon  
Go to <http://www.wbab.com> for more information

**1/11/18, 12:00pm**  
**Bldg 400, Conference room**  
**Cycletrons' monthly meeting**

Watch your email for reminder and location

**Do you have an event you would like to post here? It does not have to be motorcycle related. Send the information to Scott Restmeyer at [srestmeyer@bnl.gov](mailto:srestmeyer@bnl.gov)**



Cycletrons' members, Craig and Terri Diaz, welcomed their first grandchild to the family, a grandson, Zachary David, 7lbs-14 oz, born Saturday 11/18/17. Congratulations Craig, Terri and family. Enjoy!



Tickets are still available for the Holiday party on

Wednesday 12/13, at 6pm at J&R Steak House in Calverton. Contact Terri Diaz at ext 2970 or email [tdiaz@bnl.gov](mailto:tdiaz@bnl.gov)

Election of club officers will be held at the holiday party on 12/13. The candidates are as follows:

- President: Scott Restmeyer
- Vice President: Mike Loftus
- Secretary: Jane Koropsak
- Treasurer: Terri Diaz

If you would like to volunteer, or nominate a fellow member, please submit the names by 12/11.

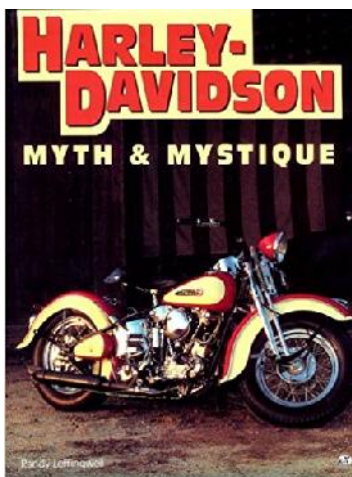
# THE BARGAIN BASEMENT

**4 SALE:** AdMore Premium Lightbar (See review in November newsletter) for an Indian Roadmaster (firmware updated), complete with both smoke AND clear lenses, the Roadmaster harness AND the Delphi Metri-Pak connectors. Can be updated for use on any motorcycle. Available to anyone who wants it. New, in the box. \$190.00.



Contact Ken Sexton 631-344-8463 or [ksexton@bnl.gov](mailto:ksexton@bnl.gov)

## FREE:



### Harley-Davidson: Myth & Mystique

Hardcover – August 1, 1995

This book does not focus on the Harley-Davidson "lifestyle," nor is it a corporate history. Rather, it is a close-up look at several of the motorcycles that have been Harley-Davidson's "greatest hits" over the past 90 years, telling why these bikes have such appeal. 220 photos & illustrations, 200 in color.

Sells (used) for \$2.12 on Amazon – It's yours Free!

Contact Scott Restmeyer: [srestmeyer@bnl.gov](mailto:srestmeyer@bnl.gov) or Ext 5015



**4 SALE:** Heavy set of brown leathers. Jacket, chaps, vest, and two fleeced lined bibs. The jacket and vest have different eagle/flag sewn into them. Custom made in 2010. Paid \$820.00, Asking \$600.00  
Contact Scott Orban at 631 344-5520 or [orban@bnl.gov](mailto:orban@bnl.gov)  
(Model not included)



# BLAST From the PAST

Our first installment of Blast from the Past is a “sentimental” journey, for those long standing club members. For the newer members of the club (hand raised) it is a glimpse into the camaraderie and lightheartedness of the old club and its members. The following Cycletrons meeting minutes from December of 2007 was submitted by an anonymous member. Although it is just 10 short years ago, there have been many changes in the way we socialize, both in and out of work. For that reason the minutes have been edited to bring it into conformance with today’s P.C. guidelines. Enjoy.

*Minutes of the December 2007 meeting of the Cycletrons held December 6, 2007 at the Brookhaven Center*

*When YerSec'y arrived, about six or seven of the fellas were already involved in a discussion of...the cinema. Specifically the fact that the Colonel's aqua 1968 Dodge long bed pickup appears multiple times in the current film "American Gangster." The first time is right at the start of the film (after just two or three killings). The Colonel recommends the film, even if it is a bit violent. For those that like violent films, he also recommends "No Country for Old Men." (Note to self: find out what country is referred to and endeavor to stay out of it).*

*In order to call the meeting to order (and avoid spending the rest of the evening hearing movie reviews), Prez Frank had to offer to buy a round - he immediately had everyone's attention, and their refreshment orders.*

*Then came the yearly obligation to elect the officers of the club. According to established tradition, the usual gang of unfortunate people with less than average intelligence would have grudgingly accepted continuing in their positions and that would be that. But wait! Perhaps owing to the effects of the refreshments (brilliant move Frank!) an ad hoc nominating committee formed. (For those of you who don't know, 'ad hoc' is Latin for 'half-adequate' - you could look it up.) ANY-way, after a spirited round of nominating, seconding, attempted retaliatory nominations and assorted recriminations...here's what they came up with:*

- For President: Tony "Be Careful What You Wish For" Arno
- For Vice President: Craig "I'm Not Finished Stirrin' The Pot Yet" Diaz
- For Secretary: Toni "You Nominated Me For WHAT?" Hoffmann
- For Treasurer: Tom "Never Volunteer" Seda

*Rounding out the list of unfortunates are the following appointed positions:*

- Morale Officer: John McCaffrey
- Ride Coordinator: Tim Devine
- Web Master: Nick Franco

*Assuming that there are no objections or additional nominations, the nominees will assume office in January. Big thanks to all who stepped up.*

*There was no 50-50 raffle, but mirabiledictu (for those of you who don't know that's Latin for 'thanks, Frank') there was a free burger & puppy, so YerSec'y went away happy.*

*Well...it's been real, folks. You won't have Bagger Billy to kick around anymore. But as the man said, "When the going gets weird, the weird turn pro."*

*Respectfully submitted,*

*Billy*

*(YerSec'y)*

## What?! You're not a member yet?



A fun evening at the hurricane fundraiser

For just \$10/year, that's less than 84 cents a month, you can become a member of the Cycletrons Motorcycle Club and enjoy the benefits of riding with people who share your passion for motorcycling. So what are you waiting for? Contact Terri Diaz at 631 344-2970 or [tdiaz@bnl.gov](mailto:tdiaz@bnl.gov).

And visit our website at: [www.bnl.gov/bera/activities/mcycycle/](http://www.bnl.gov/bera/activities/mcycycle/)

# MEMBER SPOTLIGHT

There are 35 active Cycletrons members. Most still work at BNL. The rest are happily retired, but remain active in the club. With that many members spread out throughout the lab and the community, you could be talking to a fellow member and not know it (unless their focus changes to the distant sound of a cracking throttle). The Member Spotlight is a way to get to meet your fellow Cycletrons. While you may not learn if they like long walks on the beach or reading poetry by the fire, at least you may be able to put the name, to the face, to the bike.

Our first member spotlight is on longtime member, and longtime rider (since Feb 1966) Craig Diaz. Thanks Craig, for “volunteering”!

**T.C.:** How long have you been an employee of BNL? If retired, how long?

**Craig:** I worked at the lab for thirty two and a half years, and retired in 2009.

**T.C.:** What department did you work in?

**Craig:** I worked in the reactor department for 25 years, ERD for 2-1/2 years and emergency services for 5 years.

**T.C.:** How long have you been a Cycletrons member?

**Craig:** I joined the Cycletrons in 2006 and have been a member for 11 years.

**T.C.:** Tell us about your family.

**Craig:** At home I have my wife, Terri, Son Craig and cat, Bootsie.

**T.C.:** What was your first motorcycle?

**Craig:** My first motorcycle was a 1963 Honda – 305 Dream.

**T.C.:** What do you ride now?

**Craig:** Now I ride a 2015 Honda Gold Wing and 2017 HD Road Glide

**T.C.:** What is your favorite ride experience, and why?

**Craig:** Riding with a small group in a sightseeing mode, approximately one to three weeks long, each day ending with good food, drink and conversation.

**T.C.:** Besides motorcycling, what is your favorite pastime?

**Craig:** Long tours, by car or bike, visiting with old friends and family. Watching sunrises and sunsets and reminiscing (Little River Band).

**T.C.:** What is your favorite quote?

**Craig:** Preparation saves a lot of perspiration.

**T.C.:** If you could give a piece of advice to all riders, what would it be?

**Craig:** Ride as if there are hazards on the road just beyond your view (Sand, leaves, water, ice and railroad tracks).

**T.C.:** Who would like to see in the spotlight next?

**Craig:** John McCaffery.



Craig Diaz with his 2017 HD Road Glide



2015 Honda Gold Wing



1963 Honda 305 Dream

# The Fun Zone

There's a fellow who is an avid rider. Actually he's a motorcycle fanatic. He has not missed a weekend of motorcycle riding in years. Every Saturday and Sunday morning he gets up very early and goes meets his buddies for a nice long ride. On this one morning, he gets up early, dresses quietly, gets his riding gear out of the closet, and goes out to the garage to prepare to leave. While out there it started raining a torrential downpour. There was snow mixed with the rain and the wind is blowing at 40 mph. He comes back into the house and turns the TV to the Weather Channel. From there he finds it's going to be bad weather all day long. So he puts his bike back into the garage and comes back inside. He quietly undresses and slips back into bed where he cuddles up to his wife's back, and whispers, "The weather out there is terrible." To which she replies, "Can you believe my stupid husband is out riding his bike today?"



*"This is an intervention, Bob. For the sake of our sanity, we'd like you to stop talking about your motorcycle, even if it's for a few minutes."*

## The Twelve Days of Christmas

Z T S R I F T V C R O W F X G  
 G T M F L F D W U C Z C T Q X  
 Q I Z E V F G O E F S D R Y T  
 H H Q G M A G C L L I I F Y C  
 V T O F E A F A D K F N X Y I  
 L R F X K H W N H Z C T E T T  
 M U C I T R O N T X S D H G H  
 F O Z N F C H T N E V E S T Y  
 I F E W E W V I I X U J H V Z  
 P T X S K Y H T N Y E G W C K  
 X J Q Z H U H N S W I F U O V  
 M D V K C K T O K E A K N K T  
 H T N E V E L E Y T Z T R H W  
 F J T M R W N O N T H I R D O  
 W W M W X P L X P D Z B Q P L

EIGHTH  
 ELEVENTH  
 FIFTH  
 FIRST  
 FOURTH  
 NINTH  
 SECOND  
 SEVENTH  
 SIXTH  
 TENTH  
 THIRD  
 TWELFTH

Find the words listed on the right. Words can be horizontal, vertical, diagonal or backwards

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