

DISCOUNTS for SFBMA Members are available at the following places. Patronize these friendly establishments! And look for *Cognition* at these hot spots!

The following bike shops give 10% discount on parts to SFBMA members:



Eric in Mtn Lion photo: Kyle Shepard

- **Big Swingin' Cycles**
1122 Taraval, SF,
415-661-2462
(also 10% discount on labor)
- **Road Rage Bike Rental**
and Repair, 1063 Folsom,
SF, 415-255-1351
(also 15% discount on labor)
- **Freewheel Bike Shop**
1920 Hayes St., SF,
415-752-9195 and 980 Valencia,
SF, 415-643-9213
- **Pedal Revolution**
3075 21st St.,
415-641-1264
- **Cycle Sports**
3241 Grand, Oakland,
510-444-7900
(also 10% discount on labor)
- **Missing Link**
1988 Shattuck, 510-843-7471,
1963 Shattuck, Berkeley 510-843-4763

Other Established friendly(s)

- **Cassidy's Bar**, 1145 Folsom, SF, 415-241-9990—
\$2 beer specials M-F, 6-8 pm for working messengers 21 & over
- **The Sports Basement**, 1301 6th St., SF, 415-437-1415
- **XS Bar**, 622 Polk St. \$1.50 Pabst for messengers
- **Downtown Dawgs @ The Wall**, 1/2 price hot dogs,
& 75 cent drinks and cookies and brownies \$1.
- **Hotel Utah Saloon**, 500 4th St., SF, 415-546-6300
Happy Hour Specials and SFBMA band friendly

SFBMA LONG SLEEVE & SHORT SLEEVE T-SHIRTS AND HOODIES.... BLACK ON RED AND RED ON BLACK. A REALLY GREAT LOOK FOR SPRING.

COGNITION GIVES A SPECIAL THANKS TO NELLIE NELSON, AMERICA MEREDITH, KYLE SHEPARD AND JOHN SEAGRAVE FOR THE EXCELLENT CONTRIBUTIONS. YOU GUYS ARE THE BEST! ALSO, MANY THANKS TO SPILLER FOR HELP WITH #36. JAKOB OF PRO FOR A YEAR'S DUES, STACEY MEANS FOR A ROCKIN' TWO YEAR'S DUES, ALBERT OF TORONTO A YEAR'S DUES! HEY! DON'T FORGET TO PAY YOUR DUES! DUES ARE PAYABLE TO YOUR OFFICERS. RECEIVE A FREE PATCH WHEN YOU PAY HALF-YEAR (\$25) AND A FREE T-SHIRT WHEN YOU PAY A FULL-YEAR (\$50)

FAMILY NEWS

Cognition welcomes young Owen, born to parents Christine and Stephen.

Congratulations to Richie and his beautiful bride for tying the knot in April. Best wishes to you!!!!!!!!!!!!

More Wedding Bells and Congratulations to Lou and Amy Decolorator and Rory and Becca Pryle. YAY!!!!!!!!!!!!!!!!!!!!

A Message from the newly-weds to friends!

Hey there. Rory and I just wanted to thank everyone that came out for our wedding. It was a great day, the weather was on our side that day! The reception was a blast, I hope everyone had fun.

Rory and Becca Pryle

COGNITION is the newsletter of the San Francisco Bike Messenger Association, an organization dedicated to the improvement of work conditions for SF's Messenger industry.

S F B M A
255 9th St.
San Francisco, CA 94103
415-626-1912

Our Offices are located at 255 Ninth Street.

Our home page is at: www.sfbma.org
and e-mail is: sfbmacognition@hotmail.com

COMMUNITY CALENDAR MAY

SAT 5/3	IDIOTS, FLUFFGRRL, LESSICK 9PM. \$3 KIMOS, CINCO DE MAYO
MON 5/5- THU 5/8 FRI 5/9	SFBMAGENERALMEETING.. 255 9TH. 7PM GOOFBALL, KOOLIECAT, ADSR, 9:30PM KIMOS!!1351 POLK@PIN
FRI 5/9 SUN 5/11- MON 5/12-16 THU 5/15 THU 5/15	OLD GRANDAD, BOTTOM OF THE HILL, 10PM MOTHER'S DAY BIKE TO WORK WEEK FULLMOON. SFBC'S BIG BAD BIKE TO WORK DAY. BIKE STATIONS. FOOD. WATER. FREE STUFF AND KICKS. SFBC'S BIKE AWAYFROM WORK PARTY, 6-9 PM AT 26 MIX (MISSION @ 26TH ST), HOTI VIKTER VZ
THU 5/15	XPERIENCE (CD RELEASE) AND SHMOOGIE GLASGOPOLOCOII, SCOTLAND (FOR MORE INFO CHECK OUTGLASGOPOLOCO II.COM)
FRI-MON 5/16-19	VICTORIADAY(CANADA WESTSIDE INVITE III, PORTLAND BOSTON SCRAMBLER. (FOR MORE INFO, CONTACTINFO@BOSTONSCRAMBLER.COM)
MON 5/19 FRI-SUN 5/23-25 SAT 5/24	RUSSIAN RIVER RIDE SLEAVES, HEMLOCK, \$5, 10PM MEMORIALDAY NEW MOON
FRI. 5/23 SUN 5/25 MONDAY 5/26 FRI 5/30	

ONGOING EVENTS:
SFBMA GENERAL MEETINGS ARE THE 2ND THURSDAY OF EVERY MONTH.
SFBB VOLUNTEER NIGHT: EVERY TUESDAY ENDING WITH 3. CALL415.864.2588 FMI
SFBC VOLUNTEER NIGHT: EVERY WEDNESDAY, 5-9 PM, IN THE SFBC OFFICES 1095 MARKET ST, SUITE 208 (@ 7TH) CALFEE@SFBKE.ORG.
CRITICAL MASS 5:30PM, EVERY LASTFRIDAYOF THE MONTH. JUSTIN HERMAN PLAZA BERKELEY/EASTBAY CRITICAL MASS 5:30 PM, THE SECOND FRIDAYOF EACH MONTH. GATHER ATATTHE DOWNTOWN BERKELEY BART. DEPARTAT 6 PM.



photo: Rory and Becca Pryle



KING SLAMS WORKERS FOR ORGANIZING

AN EDITORIAL BY AARON LALONDE
(COGNITION WELCOMES ALL POINTS OF VIEW)

Within one week in April, King unjustly fired four experienced messengers for organizing. King Courier, the first indie company started by messengers with the express purpose of being a company that treated "their messengers" well, has become one of the sleaziest in the entire industry.

For several years working conditions at King have been on a downward spiral. In September 2002 they became intolerable when the company forced all bike messengers to become independent contractors (I.C.) and pay NICA and radio fees. (The vehicles had already been forced to become I.C. earlier that year.)

We met among ourselves and later with the I.L.W.U. to figure out what to do. As a first step, several of us filed claims against King with the Bureau of Field Enforcement (BoFE, a state agency).

Business slowed down, but King aggressively over-hired anyway. Many messengers were standing by 3 or 4 hours a day barely making minimum wage (some weren't even making minimum). Several days after Christmas, they gave us a memo saying, "We are losing our shirts on NexTels." Our radio fees went from \$20 a pay period to \$30 a pay period and they started to charge a \$150 deposit.

King management began to feel the pressure of our organizing and the state investigation. They called us to a meeting March 3—with free pizza!

During this meeting they claimed their overhead was 44% without labor costs, and they would have to cut our commission to 32% if we went back to being employees. Many of us found this laughable.

We circulated a petition asking the company to respect wage and hour laws, to show us the rate sheets they give clients, and meet with us to discuss over-hiring. Fifteen messengers, both drivers and bikes, signed the petition. John Harlow called Andrew (he and Chris are co-owners of King) to set up the meeting.

Chris started the meeting March 31 by yelling at me. He was especially upset that we had the gall to participate in concerted activity. "I'm hurt that you guys think you're employees and not I.C.," he said. "It's two pockets. I can put the money in your pocket or in the workers comp pocket."

Management obviously had little regard for us or our intelligence. The next Monday morning a co-worker told me Sean Mosley had been fired. Soon after that Stacy Means and John Harlow discovered their NexTels had been shut off. Then they got called into the office.

We all rode over to King and Andrew and Chris proceeded to tell us, "We are letting you two go (referring to John and Stacy). We are over-hired so we're cutting the three least productive messengers." We were outraged at their twisting of the truth, and told them we would file charges with the Nation Labor Relations Board for this blatant retaliation (which we did). Chris began screaming and shaking his finger two centimeters from my face saying, "This is my company and I'm in charge of hiring and firing...Aaron, this is what you asked for—you wanted us to fire people."

Their "productivity" line seemed especially ridiculous because another employee had been told by Andrew directly, "You are the weakest link and you will be the first to go." We decided to hold a rally on tax day and fax a letter to all the clients asking for their support.

On April 14 I was called into the office and told I was the fourth least productive messenger inr March. My only response was, "Andrew, this is really sleazy." He replied, "Whatever... see

(cont'd page 3)

PRESIDENT'S REPORT

BY SARAH KUNG
PRESIDENT OF THE SFBMA

I was forced to climb. It was a dream about my election. In front of me, a relentless staircase marched up to a great height. Its top blazed with a cold light. There I stepped onto a platform and faced the crowd. The crowd which stared back had no faces and I had to shut my eyes. But something red and thirsty pounded against my ribcage and I opened them. And you were there. The first time I met you was at a show at the union hall two falls ago. It was a benefit for Bok Choy and other injured messengers. All along the block, bikes were stacked, thick together. People crowded into the hall, dancing like they were brawling. That's where you were, slipping on beer, smile flung wild.

In the months later we would smile on the streets: I got my first job at Professional Messenger. You probably had your first job at Pro too. People said I should leave like everybody else did, but I stayed for more than a year. Pro did break me more than a couple of times. One afternoon I tried breaking my hand against a wall so I could stop working; the collar around my neck bit that strongly.

But I stayed. I believed in the union and I believed in making my job better before I left it for someone else. Carrying thousand dollar jewelry over Portola and back for five dollars only built the bitter sinew of a messenger. I got to be the gravy dog. Eventually my bosses realized they had to fire me to get rid of me. That was last month. It was a hard time. Of course you were the one to buy me a beer, point me to other messenger companies and plot revenge by mail. Even when I fumbled with a flat, you always stopped to ask if I needed anything. Once you gave me a

(cont'd page 6)

REPORT FROM A PAST PRESIDENT BY HOWARD WILLIAMS

FILM FEST The new year has already been a busy one with good and bad news to report. First some good news: Final preparations for another SFBMA Film Festival and Gold Sprints are underway. The film fest was Saturday, April 5, at Artists Television Access (ATA). There were a lot of new flicks - some contributed by our former SFBMA Prez Damon Votour. I enjoyed watching the sprints as well.

UNION MOVEMENT. The union effort has revived with a bang. With big assists by former Pro Driver and now ILWU Organizer Nato Green, the union has stepped up the struggle at several companies. Focusing on alleged malpractices by some companies, the union helped two former Western messengers net a combined \$8500 from that company.

At Pro, negotiations remain in limbo as Joel Ritch claims his company is poor. Several weeks ago, Bike Messenger and Current SFBMA President, Sarah Kung was fired. We claim it is for being a union supporter and have taken her case to the National Labor Relations Board. And on March 5, Messengers at Pro took an action reminding rich Joel that his company is not a Joel Ritch Service it is a MESSENGER service. Another action may be needed again. Pro fired its longtime bike messenger Curtis on April 6th.

Gasoline prices have soared in recent days forcing many Driver Messengers to fork over more of their hard earned to global oil corporations. Drivers are over the oil barrel. As in previous energy crises, there's a lot of finger pointing with the oil corporations saying it's Saddam's fault, Venezuela's fault, the weather's fault (I'm not making this up!) and probably your fault and my fault. But regardless of whose fault it is, prices in San Francisco have shattered the \$2 barrier and Drivers gotta pay for it. Now would be a good time for Drivers to take the issue of higher tag prices to the companies and it would be a good time for us to support them!

MUNI DRIVERS & US Last month, Jason Whitehead and I met with Muni Drivers at their union office to hear each other out on the issues that concern us. Their union recently elected new officers so it was both a review and a get acquainted meeting. Of course we had some differences but Jason and I were impressed by their sincerity and they're invited to our March 13 SFBMA meeting. Here's your chance to give a Muni Driver a piece of your mind but let's be civil. As one of their Drivers said: "At the end of the day, it all comes down to mutual respect." And of course there were some points of agreement. They don't like amateur car drivers either. No surprise there. Yours for solidarity and higher tag prices, Howard

In Memory of



NESTOR GUZMAN TO

COGNITION

President: Sarah Kung
Executive Director: Howard Williams
Secretary: David Monaghan
Treasurer: Carey Dall
Editor: Berna Coraco
Copy Editor: C. Nellie Nelson
Layout: Donny Don Don
Masthead Logo: Louie Seastres

ESTABLISHED 1990

The San Francisco Bike Messenger Association was first started as a humorous, yet-in-er-face, answer to the AMCS; if the owners could have a club, so could we.

WHO WE ARE

We are you, if you are a current or former employee of the SF messenger industry. This includes walker, bicycle, moped, motorcycle, and driver messengers, as well as order-takers and dispatchers.

WHAT WE WANT

We want what is well overdue: appropriate compensation for our efforts. This includes a livable wage, health insurance, sick pay, vacation pay, pension plan, equipment compensation, etc. You know, normal workers' rights.

HOW WE WILL GET IT

We will get it by becoming one unified force, and standing up to the entire industry with our demands. In the past, we have proven that we can stick together to help each other out by holding countless benefits, hosting the best Cycle Messenger World Championships of all time, coming together to pay tribute to fallen comrades, holding toy drives for needy kids, the annual Russian River Ride and even things as simple as creating our own underground social scene each and every day of the week. Now that we have a working agreement with the most powerful union in the Bay Area, the International Longshore and Warehouse Union, we have the experienced backing to stand up in our industry and achieve our goals.

WHAT YOU CAN DO

Volunteer for the SFBMA. You can leave a recording that 415-626-1912. Dues are \$5 each month/or \$50 a year and may be paid to Sarah, Howard, Dave and Carey. Attend as many events as you can without becoming obnoxious as starlings.



Toby at Alleycat photo: Kyle Shepard

New Officers 2003

Officer's Statement: Executive Director Howard Williams

I am Glad to see that the SFBMA members expressed confidence in me. I hope that the new officers and members can open up more activity—not just in meetings, but in the ongoing union efforts and mutual energy within the SFBMA total. I look forward to synergy between meetings and every day activities on the street.

Upcoming events that reflect these sentiments: The Pre-CMWC celebration takes place in SF on Labor Day weekend. This includes uphill time trials, the Mountain Lion and parties galore.

Officer's Statement: Treasurer Carey Dall

No statement was provided by Treasurer Dall. On Friday, May 8th, SFBMA President, Sarah Kung said, "Yeah, He didn't write anything. I think he just took off with the loot." Further reports indicate that this may be true. Past Treasurer, Nellie Nelson reported on Saturday May 9th, "I just gave him the ledger and all the checks. Last I saw of him, he was riding off to Zeitgeist."

Officer's Statement: Secretary Dave Monaghan

I started working as a messenger back in October of last year, so I am fairly new to this job, this community, and this lifestyle. However, in my brief experience, I was led to make two important conclusions.

First, that we are working in one of the most dangerous and least respected jobs in what is easily one of the most corrupt, sleazy industries in the Bay Area.

Secondly, messengers as a whole constitute one of the most interesting, creative, vibrant groups of people I had ever encountered. It is this second conclusion that has allowed me to stay and put up with the first, and which motivates me to want to fight to make the first conclusion no longer operational. We have a lot of work to do in this regard, and I want to make any contribution I can toward furthering this cause.



Benji, Bru, Scott photo: Kyle Shepard

What's Cookin' ?

Aelplermagronen
(The alpine
farmer's macaroni
with applesauce)

WHAT YOU NEED

Servings: 4
 Macaroni & Potatoes:
 200 g Potatoes (7 oz)
 400 g Macaroni, cooked (14 oz)
 3 big Onions
 Salt
 Freshly ground pepper
 40 g Butter (1.5 oz)
 40 g Gruyere cheese (1.5 oz)
 one Clove of garlic, mashed
 4 teaspoons of Bourbon (optional)-
 (1 oz) Whipping cream

APPLE SAUCE

1 kg Cooking apples (2 lbs 4 oz)
 1 teaspoon Granulated sugar (4.25 oz)
 3.2 oz Water
 4 teaspoon cinnamon
 2 squeezed Lemons



WHAT TO DO

Macaroni & Potatoes: Boil the potatoes in their skin. Let cool. Peel onions and cut into thin slices. In a large frying pan heat the butter and saute' the onions until a light brown. Moisten with cream, add the garlic and bring to boil. Stir in the (cooked) macaroni, slice the potatoes and stir into pan. Reheat. Grate the cheese and stir in.

Apple sauce: Peel and core apples. Cut into small pieces. In a saucepan bring water and sugar to a boil. Add the apples and the spices. Cook until tender, remove the spices, liquidise. Return to saucepan, bring to a simmer and let the liquid evaporate somewhat. Correct seasoning with a few drops lemon juice and sugar as necessary.

Serving: Arrange the macaroni & potatoes mixture in the centre of each (heated) plate, pour the apple sauce all round, sprinkle with some grated cheese. More crunch? Add nuts!

ANNOUNCEMENT

I am producing a down and dirty CD compilation of messenger music. I am looking for your completed musical compositions that are 1-5 minutes long. The genre does not matter. So far I've received several submissions encompassing the eclectic tastes

of our messenger brothers and sisters, including folk, bossa nova, punk, electronica, weird media mix, and more. No one is to be turned down.

There are no commercial interests, so all the funding is coming from my pocket. The deadline for submissions is some time in June (yeah right!). If I get

enough before then, then the compilation will come out sooner. I can be reached at work from 8am-6pm: 415 760 2188 Or at the naked statue at Battery and Bush.

My email is:
 paul@tmsdelivers.com
 Thanks,

Paul Holt
 Theresa's
 Messenger Service

BOOK REVIEW: "GODSPEED" BY LYNN BREEDLOVE

Check out this great book written by local hero, Lynn Breedlove. She kicks the town on its ass. Hot prose critically indulges the spirit of the wild and ripped. "Godspeed" cultures the next swan. Definitely a hit!

SF Bay Times, Volume 23, #15, April 18, 2002

LYNNE BREEDLOVE DOES IT ALL BY DON BAIRD

You know, it really thrills me when locally known or identified talents suddenly hit upon new levels of achievement or notoriety, a convergence of details all in their favor or the creation of their finest work to date, hitting their full artistic stride or the top of their game, entering a realm that will likely insure them some of the exposure they so richly deserve. Lynn Breedlove, upon the publication of her first novel entitled Godspeed. Lynn, best known as the full-on, balls-to-the-wall vocalist for the punk dyke metal band Tribe 8 There was really nothing like seeing Lynn onstage skank dancing in a circular motion, shirtless with a strap on dildo sticking out of her pants, which at times she'd eventually saw off with a chainsaw or dull knife or force a guy in the audience to go down on, but the simple fact that she did these things not just here in SF but all across the states in places where people weren't so tolerant of anarchist feminist political

vaudeville, or mock genital mutilation, or genitals for that matter.

There was a new outrageous dyke emerging, defying assimilation, being confrontational, throttling the gay community with artistic endeavors replete with political purpose, creating a new voice and opening the floodgates to thousands of others. {And not to forget, Lynn Breedlove's all-female bike messenger service, Lickety-Split.}

But enough about that, the book Godspeed (St Martin's Press, \$24.95) is what I wanted to talk up here. I'm only about half way through Lynn's first novel and it's the kind of book I purposely force myself to put down and halt my consumption of it because I want to make it last as it is so rich and fascinating and hard and funny, a page turner that takes you on a journey weaving in and out of harsh reality and drug induced hallucinatory whimsy, memories to present moments, heroism to humility, violence to tenderness all in a rapid-fire highly detailed manner. You experience this uniquely alive turn of the phrase with all five senses and it takes your breath away. For a first novel this is so strong it's frightening.



Bay Area Reporter April 11 2002

RIDE WITH THE DEVIL BY ZAK SZYMANSKI

Early reviews of Lynn Breedlove's first novel have suggested its significance is based on the storyline of a drug-addicted lesbian bike messenger surviving in the underworlds of San Francisco and New York.

"Godspeed is the most important novel this side of Naked Lunch," says author Judith Halberstam of the book's release. "Imagine The Odyssey set to loud punk music and featuring a tough butch hero on a quest for her stripper girlfriend."

Don't believe it. The lead singer for the lesbian punk band Tribe 8 and spoken-word artist as featured with the troupe Sister Spit has indeed put forward a worthy piece of literary work.



WALTER LAMAR WICHITA DRUM SONGS with Stuart Owings



WALTER LAMAR WICHITA DRUM SONGS with Stuart Owings original recording 1951

IN MEMORY OF HOWARD MEREDITH MAY , MAY ,

ISSUE # 's SPECIAL QUIZ: WHEN THEY WERE TOTS! ANSWERS



CAN YOU NAME THE KID TO THE MESSENGER? PHOTOS L R: CATHY, NOSMO, DAMON, & LIL CHRIS!

BONUS QUESTION: IF IT WEREN'T FOR THIS GUY THE POODLE IN THE BACKGROUND WOULD BE DEAD BY NOW... WHO? A: LIL CHRIS!

Messenger Dictionary!

ADVERTENT. əd-vúrtnt. Adjective: Paying attention; attentive; heedful. The advertent messenger banked the curve without wasting time or travail.

CHUCK: chūk. Transitive Verb.1. To pat or squeeze fondly or playfully, especially under the chin. 2. To throw out; discard. 3. Informal To give up; quit: chucked her job. ETYMOLOGY: Variant of chock, possibly from French choc, knock, blow.

VESPID. vəs-píd. Noun: 1. Any of various widely distributed social insects of the family Vespidae, which includes certain wasps, hornets, and yellow jackets. ADJECTIVE: 1. Of or belonging to the family Vespidae. 2. A buzz created by a fast bike on a smooth street. The vespid sounds approaching could only be that of my favorite messenger.

ETYMOLOGY: From New Latin Vespidae, family name, from Vespa, type genus, from Latin vespa, wasp.

Inspired by "The Pedaller's A-Z" on www.bikereader.com <<http://www.bikereader.com/>>, used with permission of Bike Reader's Scott Munn. Thanks, Scott!

WHITTING THE CYCLE: When he played for the Reds, Deon Sanders used to ride a bicycle to games in Cincinnati. He's gone, but his tradition lingers. Pete Harnisch cycled to Coney Field on Wednesday and pitched a two-hitter against Philadelphia.



Racing news from Joel...

"Well, both Ginger and I finished our series of qualifiers for Paris Brest Paris - we did the 600km brevet last weekend... so now its just a matter of putting in our applications during June, and buying plane tickets."

It sounds good! But, what is he talking about? Here are some details:

Paris-Brest-Paris is August 18-22, 2003

First run in 1891, the 1200-kilometer Paris-Brest-Paris, or "PBP" as it is commonly called, is a grueling test of human endurance and cycling ability. Organized every four years by the host Audax Club Parisien, the Paris-Brest-Paris Randonneurs is the oldest bicycling event still run on a regular basis.

Beginning on the southern side of the French capital, it travels west 600 kilometers to the port city of Brest on the Atlantic Ocean and returns



along the same route. Today's randonneur cyclists, while no longer riding the primitive machines used a hundred years ago over dirt roads or cobblestones, still have to face up to rough weather, endless

hills, and pedaling around the clock. A 90-hour time limit ensures that only the hardest randonneurs earn the prestigious PBP finisher's medal and have their ACP Codes entered into the event's "Great Book" along with every other finisher going back to the very first

To become a PBP ancien (or ancienne for the ladies) is to join a very elite group of cyclists who have successfully endured this mighty challenge. No longer a contest for professional racing cyclists (whose entry is now forbidden), PBP evolved into a timed randonnee or brevet for hard-riding amateurs during the middle part of the 20th century.

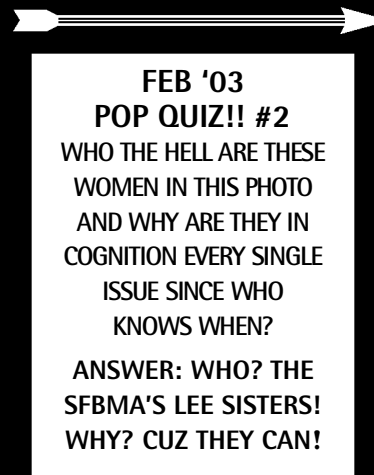
POP QUIZ!! ANSWERS FROM ISSUE #36

! NEW POP QUIZ!!



FEB '03 POP QUIZ!!#1 SOMEBODY IN THIS PICTURE GETS TO WEAR A SPECIAL HAT THESE DAYS. CAN YOU GUESS WHO AND WHAT KIND OF HAT? ANSWER: WHO? BOK CHOY! WHAT KIND OF HAT? A CHEF'S HAT!

MAY '03 POP QUIZ!!#1 DOES THIS MAN LOOK FAMILIAR? CAN YOU GUESS WHO'S DAD THIS IS AND WHAT RACE HE WILL CYCLE IN THIS SUMMER? ANSWER IN THE NEXT COGNITION



FEB '03 POP QUIZ!! #2 WHO THE HELL ARE THESE WOMEN IN THIS PHOTO AND WHY ARE THEY IN COGNITION EVERY SINGLE ISSUE SINCE WHO KNOWS WHEN? ANSWER: WHO? THE SFBMA'S LEE SISTERS! WHY? CUZ THEY CAN!



MAY '03 POP QUIZ!!#2 THIS GUY SOMETIMES FOLLOWS THE GULL? WHY WOULD HE DO THAT? ANSWER IN THE NEXT COGNITION





PRESIDENT'S REPORT

(CONT'D FROM PAGE ONE)

Tony Roma towlette to clean my hands after. You surprised me this other time. A guy drove me off the road and jumped out. His hands had just left my shoulders, shoving me back. And you were there, instantly filling in the space. He backed away.

You had brawl in your blood. He knew he had to come through you before he could touch me again. I left shaky but warmed, like we had shared whisky in the cold. We have. Last month I came into base after a cold soaking day and found a bottle of cognac going around. It just felt like fantasy. In this dream about the election, I had shut my eyes, ready to fall from the impossibility of those heights. I opened them in Cassidy's, slipping off the barstool to the level realization that this election was just about you—the one sitting beside me—my community. I also realized that I was drunk. But I was sure you would help me home.

River Retrograde

BY JOE CORIO

It's been called the Oyster Ride and it's truly the Dr.'s Sweet Rx, miles of good road, sparse traffic and super scenery. What I'm talkin' about is the back way to the Russian River; out Sir Francis Drake Blvd, up Highway One and inland to the Bohemian Highway. Here's the pitch; catch the 5:50 ferry to Larkspur on Friday (Memorial Day weekend) evening, ride approx. 15 mi. from Larkspur to Samuel P. Taylor State Park (in the remaining 2 hours of daylight) and camp in the Redwoods. (always space in the hiker biker sites, bring lights)



Sleep in if you like because Saturday's ride to Guerneville is only about 50 miles. This includes a full supermarket and an excellent bakery in Point Reyes Station (breakfast option), and a small market/cafe in Marshall, two oyster farms along Tomales Bay (OK, some will tell you not to eat shellfish in months without "R" in their names, but these farms get frequent scrutiny from county health inspectors and that's good enough for me-jps.) The town of Tomales offers an excellent bakery, general store and deli, Valley Ford (heads up for local Tom Waits) has a general store, Freestone provides an beer store (and enzyme bath). Occidental has a grocery and hotel restaurant/saloon, and from there its just a seven mile down hill thru Redwoods to Monte Rio (four miles downstream from G-ville on the Russian River. The rolling hills of West Marin and Sonoma, with their farmland, forests and coastal scrub make this a very pleasant if not downright inspirational ride. See you @ Stumptown.

Cupid Party

BY MEEP

Ahhhhhh...the yearly Cupid bash. Always highly anticipated even though I know few people who can actually remember them...including myself. The evening started out just as every other Friday night at Cassidy's does. Those who get off work earliest were already sidled up to the bar trying to get their first pint into their blood-streams as quickly as possible. The pool tables were empty and the bike pile was only two. Soon enough, however, folks started to ride up from all directions. I love parties like this cause it always brings out the people you never see otherwise. Of course there was a yummy

cake with the Cupid logo on it. Sadly, the mascot's frosting penis went missing thanks to an over-excited fan. Also this year, in lieu of the kissing booth, The Reverend had heart-shaped cards entitling "the bearer to a kiss". Whether this meant the bearer was entitled to give said kiss or receive it, I don't know, but either way everyone wins (or is doomed to get the virus that's been going around). It was right about the time that the cards were being handed out that the free beer started to flow. Our angelic hosts had PBR and Lagaunitas available thus catering to the thirsts of both the cheap and expensive beer lovers. After much drinking, kissing, and general hoo-

ha the raffle started. A couple t-shirts went to The Moose, which he kindly gave to Sneaky and myself. The sweatshirt went to Erik Zo, which he said was to be for Zett. And finally a surprise raffle giving the winner the green light to castrate Chalkhead. Unfortunately, the winner opted out and decided to stick with her original prize which was the piece of cake of her choice. Eventually, as with all messenger gatherings, the kegs ran dry and the crowd started to dissipate. All the money that would have normally been spent and gone by then was now burning a hole in our collective drunken pockets. This is where things start to get sloppy...and hazy...and even more fun. But we'll leave that with



Bru photo: Kyle Shepard

those of us who were there, those of us who can remember..... -

SPRING CDRT REPORT

BY SERENITY ENRIQUEZ

Dear CDTs at large, Many have been asking about the status of the Courier Disaster Response Team (CDRT) lately. It does still exist and is still being formulated and hopefully you are out there getting your training through NERT (Neighborhood Emergency Response Team) and getting certified in first aid and CPR. CDRT is gathering a team of CDTs who have first aid certification to run a proposed first aid station and mobile medics at the races and activities at CMWC 2003. We would also like to host a cyclist specific first aid demonstration and provide low cost first aid kits to the international bike messenger participants. This would be an excellent opportunity to educate the world about CDRT and I hope to have a manual written by then titled, "How to Start Your Own Local CDRT."

For all of those who wish to do something, there are many things that need to be done for this trip to happen. We'll need volunteers for the actual event (you have to be currently certified in at least basic first aid/CPR but there is a preference for first responders and EMTs) to run the first aid stations and at least one bike mechanic. We'll need lots of fundraising- we could host a fundraising party (any volunteers?) and solicit sponsors. Go ahead and ask your favorite bike shop, coffee shop, first aid supply companies, etc. I am currently designing a promo packet to give to potential sponsors so let me know if you need any. And we'll also need support volunteers; maybe people who can't go to Seattle but would like to help send us off. Logistics for this will need all the help we can get. I am currently

researching Seattle's EMS laws and protocols so that we don't violate anything and am writing my ass off trying to make contacts and create appropriate plans. Let's see you at the meeting or go ahead and contact me if you are willing to help. For NERT training, go to www.sfnert.org and for first aid training; check out City College of SF at www.ccsf.edu or the American Red Cross at www.bayarea-redcross.org. Sincerely and with much thanks, Serenity Enriquez 415-364-1818 ALSO!!! LOST PAGER AT STATUE! Serenity left her black pager at Battery and Market on Friday, Feb. 28th. Please her leave a message at 415-364-1818 if you found it! It belongs to the Red Cross and needs to located. Thanks.



protesting punk rocker photo: Kyle Shepard

Smash the Glass

by Thomas

Hey folks, listen to this story. You all know I am a bike messenger for 12+ years, different cities and another country, bla bla bla..... I have seen some funny stuff in my tenure, watching the cross cultures in many places, seeing how different people interact with other people from other life styles, cultures, and of course sub-cultures. The different Sub-cultures I have seen, to me, in my eyes are fun to watch because, some are gone the minute the sun goes down or when the whistle blows. (psst!, some shouldn't mix) Right now I am a "legal messenger" which means I go from law firms to the court(s) and back, I have got to know a number of the clerks at these courts as well as the rest of us. Now, they have gotten to know us as well. To make a long story short, I was able to get a number of the clerks

from the courts to come to Cassidy's after work for a couple of drinks. Unfortunately they get off at 5 and we get off at 6 I failed to tell hem this on the invite.....Hoo Hoo. We had clerks puking in front of the bar, drunkin' depravity IN the bar, and clerks smoken' wif da messengers behin' da bar! When I put this together, I envisioned drunken clerks participating in sprint races to the court and back, with maybe one or two people going to the hospital, maybe even someone going to jail. None of this happened. In fact we just had a great old time. The girl who was puking in front, it turns out she had skipped lunch.(big no no) The heavy petting every one saw Kinto in the middle of may have been nice to watch but she was not a clerk. When I spoke with the clerks the following day everyone was really excited, they all told me they had a great time and of course "when are we doing that again!?" I told them all that next time they have to bring their bikes because we will be doing the crawl...Tempest, Cassidy's, Annie's, Zeitgeist, etc.

KING SLAMS WORKERS FOR ORGANIZING

An Editorial by Aaron LaLonde (cont'd from p 1)

you tomorrow," referring to the rally. On April 15, 50 or so people showed up for the rally at 8:30 a.m. to protest our firings. Messengers from Western, Special-T, ProMess, Speedway, Cupid, All-City, Flash, Docket Rocket, Jet Set, Quicksilver, Zoom, First Legal and Godspeed joined us, along with representatives from the ILWU, the San Francisco Labor Council and the IWW. King locked up and shut the gates. King believes they will get a short-term victory by scaring the remaining messengers into inaction. They will not win the long run. It is time for all of us to stand up to sleazy employers like King.



King protest photo courtesy Marcy Rein