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:

- Big Swingin' Cycles, 1122 Taraval, SF,
- $\quad$ S-661-2462 (also $10 \%$ discount on labor)
- Road Rage Bike Rental and Repair, 1063 Folsom
- 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, 510-843-74

Other Established friendly(s)

- Cassidy's Bar, 1145 Folsom, SF, 415-241-9990$\$ 2$ beer specials $\mathrm{M}-\mathrm{F}$, 6-8 pm for working messengers 21 \& over
- XS Sar 622 Polk St. \$1.50 Pabst., SF, 415-437-1415
- 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 Goodies Long Sleeve \& Short sleeve t-shirts and Hoodies.... black on red and red on black.

THANKS TO LOUIE SEASTRES AND DAVE MONAGHAN FOR PAYING A BIG CHUNK OF DUES (SEVERAL MONTHS), AND EXTRA SPECIAL THANKS TO BENJI ROWAN
 RECEIVE A FREE PATCH WHEN YOU PAY HAIF-YFAR (\$25) AND A FREE T-SHIRT WHEN YOU


COGNITION is the newseteter 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.stibma.org and e -mail is: sfbmacognition@hotmail.com

## COMMUNITY

Calendar WHAT'S ON

OLD GRANDAD, CURVE BAR, 747 3RD ST., $9 P M$ \& FRIENDS FOR THIS MILESTONE CELEBRATION. HOTELUTAH, 500 - 4TH STREET, SAN FRANCISCO @ 7:00 P.M. DING DANG, 330 RITCH ST., $18+$ OLD GRANDAD, LOSTGOAT, BOTTOM OF
THE HILL, \$7 8:30PM/OPM BARFEEDERS, NUBS, 330 RITCH STREET, 18+, \$5, 8PM/10PM SFBMAGENERALMEETING \& ELECTION, PPM 255 9TH DEC 5 AT T:00 AT THE UNIO
HE ELECTION BOX WILLBE ATTHE WALLON THAT THURSDAY FOR PEOPLE WHO WANT TO VOTE. WRITE IN ALSO CROSSTOPS, PARKSIDE, $1600-17 T H$ ST LD GRANDAD, POUND, AAA7PM8PM
SWINGIN UTTERS, DNA, 375 11TH, $\$ 158$ 8PM SWINGIN' UTTERS, DNA,
SFBC'S ANNUALWINTEREST 5PM SOMARTS GALLERY, 934 BRANNAN ATBTH

ADD YOUR OWN EVENTS TO THIS CALE



ProMess Gets
a Beat Down
By Nato Green

A$t$ the last minute, ProMess opted to
cop a plea rather than try to defend cop a plea rather than try to defend
its shameless attempt to steal the union. NLRB hearings were set to begin Oct. 17. Pro agreed to a settlement Oct. 16 in which-while admitting no wrongdoing-the company swore off various illegal moves it practiced over the previous several months. To review: Back on May 24, bikes and in
town drivers shut Pro down for three hours in protest of the company's illegal support of a "worker" petition to get rid of the union. Then on May 28 Pro announced a majority of workers signed the petition saying Friends they wanted out of the union. Managers never produced the petition, but
declared they were withdrawing recognition declared they were withdrawing recognition anyway.

The next day they started hiring temp bike messengers and rotating them every strike which nevercipation of another bike saw riding bikes without proper messenge bags and no uniforms were probably Pro temps.

They were almost all rookie messengers or new in town or both. By the next week Pro had also merged with Silver Bullet and given the happy Bullet employees the privi-
lege of being mole also started offering and hinting at further benefits to come when the union went away The National Labor Relations Board issued complaints against ProMess and was set to bring them in front of a judge on October 17. The judge could have ordered Pro to recognize the union again, resume negotiations for a new contract, (cont'd page

## 3 MONIH TERM SFBMA PRESIDENT

 DEBATE \& ELECTIONSCurrent SFBMA President, Damon Votour, publicly resigned FROM HIS POST ON 11/16/02. He will coniinue as president through 12/02. The SFBMA is SEEKING A DIGNITARY To FILL THE PRESIDENCY POST AND COMPLETE DAMON'S TERM.

Presidential Nominees: ROB"GINGER" SAYBOLT OF JOSHCO JIM KAISER OF CUPID TIM GHELLER OF CUPID SARA KUNG OF PRO MESS STEVE HILL OF BLACK DOG THOMAS OF WESTERN howard williams of speedway THE DEbATE will be on Thursday, Dec 5 at 7:00 at the union hall (255 9th) and the election will be at the SFBMA meeting that same thursday. The electio box will be at the wall on that thursday for people who want to vote and can not make the meeting. Write in candidates can be added to the ballot, as well.


## PRESIDENT'S REPORT

M With our mayor and our friends Tom Ammiano and Chris Daly, representa tives of ILWU Local 6 Fred Pecker. The Lifetime Achievement Award was present ed to Howard Williams and Rookie of the Year Award was presented to KB from Pr Mess - congratulations to both of you! It
was a day to honor both the living and deceased who have had the heart and courage to do what we do for a living. There was free food and drink and an overall sense of uneasy togetherness. Congratulations to Angie and Rick for getting married on Halloween. Only best wishes and fabulous party
On the working note: First Legal continues with their absurd view of workers rights. Let's see what happens.
SFBMA Karaoke Night was a raging success. People found if they couldn't us
their voice to better improve their work conditions they could at least use it to butcher an old Tom Jones song! We raised $\$ 300$ plus and a great time was had by all... for those of us who remember it.
Devo played for free and were incredible It was in front of City Hall and yes 'twist away those gates of steel'. As you know, I'm resigning as president of the SFBMA, I'll divulge my reasons in the next report. Adendum. I feel I'm doing the right thing.

SPECIAL REPORT


ARACHNID WEDS
Lightning Hotty
By America Meredith

Congratulations and kudos to Angela Galofaro and Richard Wilson, who tied the knot this Halloween in a hilltop ceremony at Buena
Vista park. Their friend Becca officiated the brief but eloquent cere mony, which was illuminated by a line of candles that served as a runway in the dark.
The bride, of Lightning fame, was resplendent in her leather bodice, black gauze skirt and fishnets. The groom was wearing a stylish shimmering brown suit that would turn heads even in Siegels zoot suit emporium, equipped with four extra legs that placed him firmly in the arachnid family. The wedding party also included such luminaries as Spongebob Squarepants (Kate) and a pregnant nun (best man Ken)
Guests were treated to a reception at the couples' house, where they were most generous both with food and drink, not to mention three wed-
ding cakes. Even though this was their day, the bride and groom socialized and took time to calm down some of their drunken brethren. Later the bride distributed Jägermeister throughout the crowd.
Did the Victorian architects have the likes of Chalkhead in mind when they designed their narrow corridors and staircases? I believe those nasty little perverts did and Chalkhead took full advantage of this fact by grab bing at any one that passed, even enlisted the aid of Georg, who would

COGNITION
President: Damon Votour Executive Director: Carey Dall Secretary: Jason Whitehead Treasurer \& Copy Editor: C. Nellie Nelson Editor: Berna Coraco
Layout: Donny Don Don
Masthead Logo: Louie Seastres
Established 1990
The San Francisco Bike Messenger Association was first started as a humorous, yet-in-yer-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 ate compensation for our efforts. This
includes a livable wage, health insurincludes a livable wage, health insur-
ance, 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 indus try 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 Cycl 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 creat
ing our own underground social scene ing 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 the International Longshore and Warehouse Union, we have the experi-
enced 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 Damon, Nellie, Jason and Carey.
Attend as many events as you can with out becoming obnoxious as starlings.

ProMess Gets a Beat Down By Nato Green cont'd from page one and negotiate over any unilateral changes they had made since the withdrawal of recognition. ProMess spent all summer dumping gobs
of cheese on their union-busting lawyers from Littler, Mendelson and of cheese on their union-busting lawyers from Littler, Mendelson and telling us that they would see us in court. A number of courageous witnesses came forward.
Then on October 16 the Littler-men called the NLRB to offer a set
tlement in which they agreed to tement in which they agreed to everything we could have got-
ten from the judge. Curious: after wasting a lot of time and money this summer, they settled at the last minute. So now we're going back to negotiations.
The good news is that we resume negotiations better off than when we stopped in May. The company gave workers some things we had been trying to get, so we're already fur ther ahead. After telling us in negotiations that they would they gave us the less arcane system we wanted. And they'll have to begin complying with San Francisco's living wage ordinance or risk losing City business. That means twelve paid days off per year and $\$ 10 /$ hour for messengers working on City jobs.
Seems we need to elicit support for the contract fight so show them some love. They got back their union rights, but now they
of a boss.



What's Cookin' ?
unipe prapra SALAD WITH CHILIES
KACCHU PAPAYA NU SALADE BORROWED FROM THE TURMERIC TRAIL: RECIPES
AND MEMORIES FROM AN INDIAN CHILDHOOD BY RAGHAVAN IYER SERVES 4 THIS IS A SPECIALTY FROM SURAT IN NORTHWESTERN INDIA. SERVE THIS AS AN APPETIZER WITH BASKETS OF FLAME-ROASTED OR FRIED PAPADS (LENTLL WAFERS). ENJOY THEM ON HOT BUTTERED TOAST FOR A QUICK LUNCH.

1 MEDIUM GREEN (UNRIPE) papaya, peeled, seeded at THINLY SLICED
JUICE OF 1 LARGE LIME
2 TABLESPOONS FINELY CHOPPED FRESH CILANTRO
1 TEASPOON SALT
1 TEASPOON SUGAR
1/4 TEASPOON GROUND TURMERIC 3 TO 4 FRESH THAI, CAYENNE, OR SERRANO CHILIES, SLIT OPEN LENGTHWISE
1 TABLESPOON VEGETABLE OIL 1 TEASPOON BLACK MUSTARD SEED 1/4 TEASPOON HING (ASAFETIDA! ASK A MEDIUM BOWL, COMBINE THE PAPAYA, LIME JUICE, CILANTRO, SALT, SUGAR, TURMERIC, and CHILIES. MIX WELL
2. IN A SMALL SKILLET, HEAT THE OIL OVER

WHAT MEDIUM-HIGH HEAT; ADD THE MUSTARD SEED WHEN IT BEGINS TO POP, COVER THE SKILLET. AS SOON AS THE SEED FINISHES POPPING, ADD THE HING AND SIZZLE FOR 2 TO 5 SECONDS. POUR THE SEED-OIL MIXTURE OVER THE CHILIED OR AT ROOM TEMPERATURE. CHILLED OR AT ROOM TEMPERATURE. ALT. RECIPE: NO PAPAYAS? FIND ANOTHER EXOTIC OR EVEN LOCAL, JUST FIND ANOTHER FRUIT THAT'S JUICY AND HEARTY. JUST TAKE PSOPB THE SEASONS NICELY TOSS IT INTO SALAD WID CRUNCH, NOODIES, RICE OR TORTILIA ONCE MADE THI RECIPE CAN be a buld org block for many meals to соме.



Opinion about the NEWS!! by Howard Willams

The first Gulf War has given us such misfortunes and tragedies as the Gulf War Syndrome, a severe post-war snipers. Thanks to the first Bush Oil War, ungrateful Saudi and Kuwaiti oil tycoons were free to send millions of

Take your best shot at the DIRTY, HAIRY Alleycat

Saturday, November 23rd HIGH NOON at Steinov/O'Farrell
godspeedcourier phesemrs

BIG PRIZES!

Bring your Biad
Couriar Self
proy 55
Have fun
Have Fun
Eat Lunci
Hanc oirl
HANG OUT ater
Dfank BEER
petrodollars to international terrorists including - and especially - Osama bin Laden
ollywood does wants Gulf War II. If there's one thing usually worse than the originals.


The Velocipede or Boneshaker The next appearance of a two-wheeled
riding machine was in niding machine was in
1865, when pedals were applied directly the front wheel. This machine was known
as the velocipede ("fast forly known as the bone shaker, since it was also made entirely of wood, then later with metal tires made entirely of wood, then later with metal tires, roads of the day made for an extremely uncomfortable ride. They also became a fad, and indoor iding academies, similar to roller rinks, could be found in large cities.
The High-Wheel Bicycle
In 1870 the first all metal machine appeared. Previous to this metallurgy was not advanced enough to provide metal which was strong enough to make small, light parts out of.) The pedals were still atttached directly to the front wheel with no freewheeling mechanism. Solid wheel provided a much smoother ride than its predecessor. The front wheels became larger and arger as makers realized that the larger the whee he farther you could travel with one rotation of the pedals. You would purchase a wheel as large as your leg length would allow. This machine was the first one to be called a bicycle "two wheel".
young men of means they cost an average work er six month's pay), with the hey-day being the decade of the 1880's. Because the rider sat so high stopped by a stone or rut in the front wheel was den emergence of a dog, the entire apparatus otated forward on its front axle, and the rider, with his legs trapped under he handlebars, was dropped unceremoniously
on his head. Thus the term "taking a header" came into being.
 ricycle While the men were risking their necks on the high wheels, ladies, con-
fined to their long skirts and corsets, could take a spin around the park on an adult tricycle. These machines also afforded more dignity to gentlemen such as doctors and
clergymen. Many mechanical innovations now associated with the automobile were originally invented for tricycles. Rack and pinion steering, the differential, and band brakes, to name a few! The Highwheel Safety Improvements to the design began to be seen, many with the small wheel in the front to eliminate the tipping-forward probem. One mode was promoted by its manufactur er by being ridden down the front steps of the became known as high-wheel safety hicycles. Since the older high-wheel designs had been known simply as bicycles, they were now referred oo as "ordinary bicycles" in comparison with the new-fangled designs, and then simply s "ordinanes."
The Hard-Tired Safety The further improvement of metallurgy sparked the next innovation, or rather return to previous design. With metal that was now strong nough to make a fine chain and sprocket small next design was for a human beng to power, the tion of two same-size wheels, only now, insteal f just one wheel circumference for every pedal turn, you could, through the gear ratios, have a speed the same as the huge high-wheel. The bicydes still had the hard rubber tires, and in the absence of the long, shock-absorbing spokes, the ide they provided was much more uncomfortab han any of the high-wheel designs. Many of rear suspensions. These designs competed with each other, your choice being the high-wheel's comfort or the safety's safety, but the next innovation tolled the death of the high-wheel design.

The Pneumatic-Tired Safety The pnuematic tire was first applied to the bicycle by an Irish veterinarian who was trying to give his young son a more comfortable ride on his Dunlop. Sound familar? Now that comfort and
safety could be had in the same package, and that safety could be had in the same package, and
package was getting cheaper as manufacturing methods improved, everyone clamored to ride the
bicycle This 1898 Yale uses a shaft drive to dispense with the diry chain. The bicycle was what made the Gay Ninties gay. It was a practical investment for the working man as transportation and gave him a
much greater flexibil
ity for lesure Ladies ity for leisure. Ladies to riding the heavy adult size tricycles that were only practical for taking a turn around the park, no could ride a muc more versatile machine and still
keep their legs covkeep their legs cov-
ered with long skirts. The bicycle craze killed the bustle and the corset, instituted "common-sense dressing" for women and increased their mobility considerably. In 1896 Susan B. Anthony said that "the bicycle has don more for the emancipation of women than an
thing else in the world" hing else in the world.
Bicycling was so popular in the 1880s and American Wheelman Sstill in existence called the League of American Bicyclists). The League lobbied for better roads, literally paving the road for the automobile.

## The Kids' Bike

Introduced just after the First World War by several manufacturers, such as Mead, Sears Roebuck, and Montgomery Ward, to revitalize the bike industry (Schwinn made its big splash slight tured automobile and motorcyle elements to appeal to kids who, presumably, would rather have a motor. If ever a bike needed a motor, this was it. These bikes evolved into the most glamorous, fabulous, ostentatious, heavy designs ev It is unbelievable today that 14 -year-old kids could do the tricks that we did on these 65 pound which time they had taken on design elements of jet aircraft and even rockets. By the 60s, they were becoming leaner and simpler.

The Current Twofer
Pedaling History has on display even the recent history of the bicycle in America that we are more familiar with: the "English 3 -speed" of the 605 and 70 s, the 10 -speed derailleur bikes which were popular in the 70s (the derailleur had
been invented before the turn of the century and been invented before the turn of the century and since), the mountain bike, and of course the fixie bike of right now. There are also many oddball designs that never quite made it, including the Ingo (you have to see it to believe it!) If you'd like to know more about these fascinating machines, you may be interested in the book Coliecing an



