

COGNITION

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Mission

We the messengers of the Bay Area known as the San Francisco Bike Messenger Association, or SFBMA, hereby state our mission; to promote unity and solidarity within the messenger community and to raise the status of our profession.

In support of our mission, the San Francisco Bike Messenger Association proposes the following courses of action be taken:

- to maintain mutually beneficial relationships with organizations that share our interests
- to be a national and international liaison
- to greet new and returning messengers
- to give mutual aid and support whenever possible to our fellow messengers (including the Broken Bones Fund when necessary)
- to hold events such as bike races parties, art shows and any other activities that promote camaraderie within the cycling community
- to stand up for our worker's rights

History

The SFBMA was founded in 1988, by a bike messenger simply known as Nismo, as a response to company owners having an association. As the first bike messenger association in the world, it was further defined with the "gravy dog" logo by artist/ messenger Chris Hsiang and the printing of the first batch of stickers and shirts. As a social organization, it held events such as the Russian River Ride and numerous other parties and events. In 1997 with its first officer elections, it became a labor organization. Its goal was to fight for workers' rights and to make messenger companies follow laws that were already in place but weren't being enforced. It mostly succeeded as the standards of the industry raised substantially by the end of the '90s. When the economy crashed in 2000, and with the addition of e-mail to most businesses, the industry's job force shrank. The SFBMA leaned back towards its social roots while still remaining a labor organization. As long as there are traffic jams and a fuel crisis, there will always be bike messengers.

How you can help

You can help by donating time, money or merchandise. You can also help by paying dues. Dues are \$5 a month or \$50 a year. Yearly memberships get a free shirt. The officers, Christophe, Miriam, Battle Ax, and Sardine can accept dues at any time. Dues help a lot.



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GET

- 2 large Cucumbers
- 4 Tbs. Salt
- 1/2 cup Rice Vinegar
- 1/4 cup Beer
- 3 Tbs. Sugar
- 1/2 tsp. Crushed Red Pepper
- 1/4 cup Peanuts
- 2 Green Onions

THEN!

Peel and Slice Cucumbers. Then place the Cucumber slices in a colander and sprinkle with salt. Drain for about 30 minutes. Crush the nuts. Then throw vinegar, beer, sugar, and red pepper in a pan and bring to a boil on stove and then simmer for about 10 minutes. Let cool. Next toss cucumber slices with vinegar mixture. Chill for at least 10 minutes. Garnish with chopped peanuts and scallions. This recipe can be doubled or such. Good for hours on the road. Can also be used as a sandwich stuffer, bloody mary starter and it can even be rolled in flour and fried. Absolutely versatile and fantastic. Nice for all ages as well.

What's Cookin'?

Cucumber Salad

