

COGNITION

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ESTABLISHED 1990

The San Francisco Bike Messenger Association was first started as a humorous, yet-in-fer-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. We have a working agreement with the most powerful union in the Bay Area, the International Longshore and Warehouse Union. We also have each other. We can 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 Chalkhead, Rev. Jim, Diana and Spiller.

Attend as many events as you can without becoming obnoxious as starlings.

Robert Joseph 1969-2004



In Memoriam

What's Cookin'?

BIG GREEN GOULASH

THIS RECIPE WILL MAKE YOUR BONES STRONG AND YOUR BLOOD RICH WITH VITALITY AND LUSH

GET:

- 4 CUPS CHOPPED SPINACH LEAVES
- 4 CUPS CHOPPED MUSTARD GREENS
- 4 CUPS CHOPPED BEET GREENS
- 3 CUPS SHREDDED GREEN CABBAGE
- 2 CUPS CHOPPED WATERCRESS
- 1/2 CUP CHOPPED PARSLEY
- 2 GREEN ONIONS, CUT INTO 2-INCH PIECES
- 1 BAY LEAF 8 CUPS WATER
- 3 TBSP VEGETABLE OIL 2 CELERY STALKS, CHOPPED
- 1 GREEN PEPPER, CHOPPED
- 1 CUP BEER
- 2 GARLIC CLOVES, MINCED
- 1 TBSP TABASCO SAUCE
- 1 TBSP SALT
- 1 TBSP BASIL LEAVES
- 1 TBSP THYME LEAVES
- 1/8 TEASPOON ALLSPICE
- 3 TBSP BUTTER OR SUBST.
- 1/4 CUP FLOUR

THEN:

IN A BIG SAUCEPOT, COMBINE SPINACH LEAVES, MUSTARD GREENS, BEET GREENS, CABBAGE, BEER, WATERCRESS, PARSLEY, GREEN ONIONS, BAY LEAF AND WATER. OVER HIGH HEAT, HEAT TO BOILING. REDUCE HEAT TO LOW. SIMMER, UNCOVERED, 20 MINUTES. MEANWHILE, IN 12-INCH SKILLET, OVER MEDIUM HEAT, IN HOT OIL, COOK CELERY, GREEN PEPPER AND GARLIC 10 MINUTES. ADD TABASCO, SALT, BASIL, THYME AND ALLSPICE TO SAUCEPOT. SIMMER VEGETABLE MIXTURE 40 MINUTES. REMOVE 6 CUPS OF VEGETABLE MIXTURE. IN FOOD PROCESSOR OR BLENDER, PUREE MIXTURE IN BATCHES. RETURN TO SAUCEPOT. SET ASIDE 2 CUPS OF VEGETABLE MIXTURE. IN 12-INCH SKILLET OVER MEDIUM HEAT, MELT BUTTER OR SUBST; STIR IN FLOUR UNTIL WELL-BLENDED AND SMOOTH. GRADUALLY STIR IN 2 CUPS RESERVED VEGETABLE MIXTURE; COOK UNTIL MIXTURE THICKENS, STIRRING CONSTANTLY. RETURN MIXTURE TO SAUCEPOT. HEAT TO BOILING. MAKES 8 SERVINGS. 11

