



Bikes Not Bombs Spoke & Word, July 2021: Help us load for El Salvador!

SPOKE -&- WORD

Bikes Not Bombs
July 2021

Help Us Ship Bikes!
Container Loading to CESTA (El Salvador)



Bikes Not Bombs is honored to ship another container of bikes and tools to the El Salvadoran Center for Appropriate Technology (CESTA).

Since 1987, CESTA has been leading efforts in environmental conservation, sustainable transportation, and community-led resource management in El Salvador. CESTA combines an array

of environmental and social programs with environmental and social justice activism, positioning CESTA at the forefront of social change in El Salvador.

CESTA's programs include a bicycle mechanics training program for young people, mangrove conservation that focuses on community land management, disability rights advocacy, traditional medicine research and education, and environmental conflict mediation supporting communities that are in conflict with multinational companies over community land exploitation and environmental contamination.

We are recruiting volunteers to help load the container from August 5-7, 2021.

Volunteer for the Container Loading!

Please email Gary Chin, Community Engagement & Events Officer at gary@bikesnotbombs.org with any questions.

#BAT2021 **34th ANNUAL BIKE-A-THON**
A bike ride for social change

Sunday
Sep. 12th, 2021
Rain Date, September 26th

BIKES NOT BOMBS

Bike-A-Thon Rider Spotlight: Nancy Maggs



Photo: [Nancy Maggs](#), first time registrant of the 34th Annual Bike-A-Thon

Interviewer: Reina Matsumoto, BNB Admin & Outreach Intern

Why are you riding? What inspires you?

I first discovered the Bike-A-Thon when I started using the [Strava](#) app on my phone. I joined a couple clubs and one of them was Bikes Not Bombs. Right afterward, I received an invitation for the Bike-A-Thon, so I signed up. I've been riding a bike for probably 35 years in Boston, just as a bike commuter. I've had four different bikes during that time. It's really just been commuting or doing errands. I don't have a car anymore so I really just do everything on the bike. This past January, I traded in my old bike for a road bike. I never had a road bike before. I used to get really jealous when I was riding down the road and everybody was zipping past me. I realized now with this bike that I can go a lot faster so it's become an obsession. I really enjoy riding now. I actually go for bike rides just to go for a bike ride, without any destination which is completely new for me— I've never done that. In a really long time, I've never felt so free and independent. I feel refreshed. I just love it. It's all I want to do, even in the winter time.

What about BNB prompts you to support our mission and programs?

I had heard about Bikes Not Bombs for a really long time. I was always aware that they did things in Boston like their youth programs and things like that and I'm always trying to support local causes. I'm really into local things whether it's local food or local organizations. I volunteer with a few other places in town and I think everybody should do some volunteering in their life. You just have to give back to the community. I'm not looking for anything out of it other than more peace and love throughout Boston and the world.

How have you been raising money for BNB? Any tips?

I have never done fundraising like this before, I've never done a bike ride like this before, or any kind of physical sport, not fundraising of this type. I just sent out the emails from the website and I sent them to contacts at my work, my family, and some other places that I've volunteered for and they donated right away. I thought it was great. I still have a few more people that are going to donate, including two family members who didn't yet. They're like, "Oh, I just keep forgetting!" I have a few more people lined up that have told me, "Send me the link." So this weekend, I'm going to send it out again and hopefully I'll get more. I haven't done anything other than send it to people that I know and it's working so it's great. I think people that really know me know that if I'm asking them then it's important to me so it'll be important to them as well.

How have you been preparing for the Bike-A-Thon?

I have been taking extra long rides to and from work. Usually it's about 3 miles if I go straight from my apartment to my work, but I've been taking the long route which is anywhere between 7-12 miles depending on how much time I have in the morning or after work, which I'm not going to stop doing after this is over. I'm going to continue because I've just found some new places that I can ride that are not just the main road. ... On Saturdays, what I've been trying to do is go on an extra long ride because they said it would be good to get a 30 mile ride in before I try to do 50. Two weeks ago, I did 20. Last week, I did 29. It really is just so good to be able to jump on my bike and just go. I don't have to convince myself, "Oh I've got to get up and do this." It's what I'm looking forward to doing and I wouldn't be surprised after this ride if I sign up for others. Definitely next year, if I'm still in Boston, I'm probably going to go for the 100 mile ride. I don't have any plans to leave Boston but as long as I'm here I will continue to do this.

Anything else you'd like to share?

I'm just so happy that I'm able to do this and I'm completely surprised and excited at how much money I've raised. I put in 200 dollars at the beginning as my goal and it just kept going up. I'm like, this is unbelievable. It's just something I've never done and it's almost addictive. I want to raise more; I want to ride more miles. I'm really looking forward to the ride but I'm going to be sad that it's over at the same time.

Ride, volunteer, or sponsor Bikes Not Bombs' largest fundraising event to support life changing work that uses the bicycle as a vehicle for social change.

[Register/Volunteer for our Bike-A-Thon Today!](#)

We would like to thank the following organizations for their support of the 2021 Bike-A-Thon:

Silver Saddle level sponsors:

Breakstone, White & Gluck

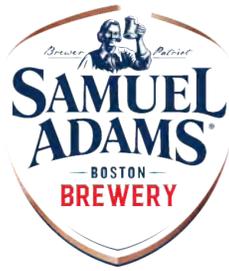
Massachusetts Personal Injury and Malpractice Lawyers



KRYPTONITE®



Bronze Brake level sponsors:



Bike Shop Update:

Promotion Extended; We Have Bikes in Stock!

We have plenty of bikes in stock! Stop by the bike shop at [284 Amory Street](#) in Jamaica Plain to browse our inventory, or preview our selection [online](#). Customers are also able to pay in interest-free installments for any items valued over \$50 (online exclusive).



Cruiser by Public Bikes - 21"



Fuji Absolute - 64cm



Trek children's bike - 12"

Promotion Extended!

While supplies last, buy three items of clearance apparel for \$20.

With any apparel or accessories purchase of over \$20, you will also receive a free Bikes Not Bombs legacy t-shirt!

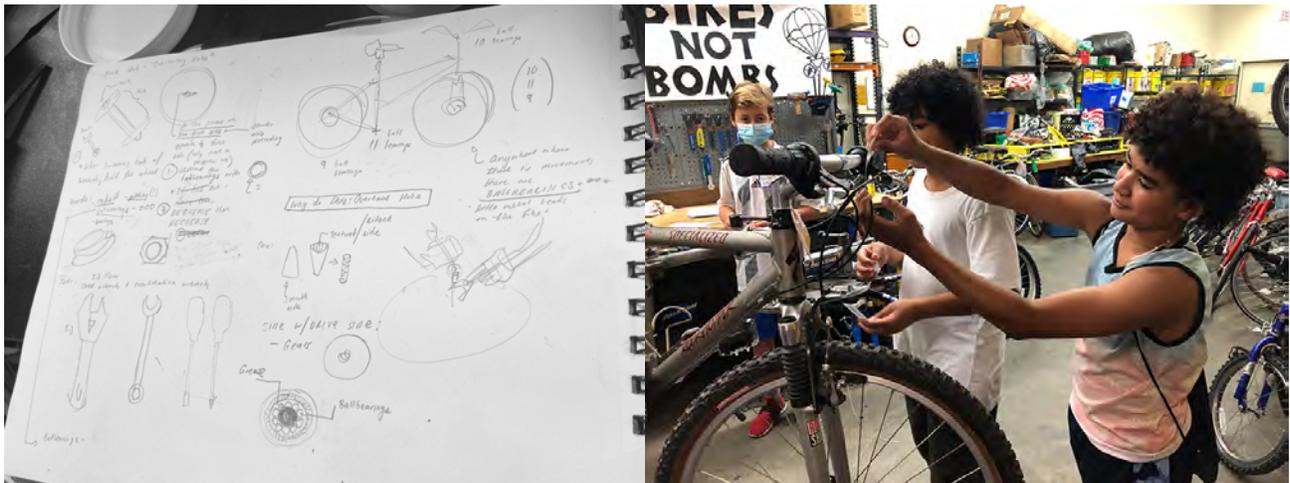


Programs Update: Bike School and Youth Apprenticeships

Bike School:

Our [Bike School](#) programs are well underway! Bike Institute is in full-swing, with ten students on their third week of repairs. The students learned how to overhaul their front and rear hubs last week.

On-The-Bike, a program that teaches 12-18 year old students safe riding skills, just began this week! None of this work would be possible without our Youth Apprentices, who facilitate these programs.



One Bike Institute student took detailed notes!

On-The-Bike students labeling the parts of a bicycle

Youth Apprenticeships:

Youth Apprentices have been hard at work across four teams: Bike School, Bike Shop, Bicyclists Organizing for Community Action (BOCA), and Recycling.



Bike School Apprentices are taking the lead in teaching two summer programs: Bike Institute and On-The-Bike.



Bike Shop Apprentices are quickly refurbishing and building bicycles for our retail shop. They are the primary reason why we currently have a robust inventory for sale!

BOCA Apprentices have supported key events in Mattapan such as the Mattapan Farmers' Market and Mattapan on Wheels with *Chain Reaction*, Boston's only youth-led, mobile bike repair service.



Recycling apprentices are consistently processing donations for use in all of our local and international programs. With their help, we were able to distribute 25 bicycles to local

families in need (in partnership with Cambridge Bike Give Back)!



Livestream Benefit Concert with Cellist Yo-Yo Ma:
in support of our partner, the [Greater Boston Physicians for Social Responsibility](#)



PLEASE SAVE THE DATE!

[REGISTER](#)

Our 2021 Annual Event on **September 25th at 7:00pm** will honor Nobel Peace Prize winner and co-founder of Greater Boston PSR and International Physicians for the Prevention of Nuclear War, Dr. Bernard Lown. We are delighted that cellist Yo-Yo Ma and a quartet from the Longwood Symphony Orchestra will be performing.



Your support is critical to our success and, while the event itself is free with registration and open to all, we hope you will consider a sponsorship if you are able. Anyone giving any amount is deemed a sponsor, and the amount categories are wide-ranging. Please see our [2021 Annual Event](#) page for the list of sponsorship/donation opportunities as well as more information about our honoree and musicians. This event is our only fundraiser for the year and funds raised sustain our ability to address what we consider the gravest existential threats to humanity: climate change and nuclear war.

GREATER BOSTON PHYSICIANS
FOR SOCIAL RESPONSIBILITY +
INTERNATIONAL PHYSICIANS
FOR THE PREVENTION OF
NUCLEAR WAR
**INVITE YOU TO
A SPECIAL EVENT**
TO ADVANCE OUR SHARED
COMMITMENT TO A WORLD
WITHOUT NUCLEAR WEAPONS

LIVESTREAM
PERFORMANCE

CELLIST
Yo-Yo Ma
AN
EVENING
HONORING
DR. BERNARD LOWN
GBPSR & IPPNW CO-FOUNDER

7 PM ET SATURDAY
SEPTEMBER 25

 **IPPNW**  **GBPSR**
gbpsr.org

Greater Boston Physicians for Social Responsibility and our sister organization, International Physicians for the Prevention of Nuclear War are again partnering in this endeavor; proceeds will be divided equally between the two groups. We would be honored to list you as a sponsor for what we hope will be a memorable evening. To see a list of our previous sponsors, please visit the "Events" tab on our [website](#).

With gratitude,





Anna Linakis Baker, MPH
Executive Director
Greater Boston Physicians for Social Responsibility
Facebook | Twitter | Instagram
abaker@gbpsr.org

DONATE TO THE EVENT

Volunteer of the Month: Mira Gurock



Mira Gurock, Volunteer Admin & Outreach Apprentice

Mira Gurock is our Volunteer of the Month! Mira has been working with Bikes Not Bombs for the past six weeks as a Volunteer Admin & Outreach Apprentice. She found her way to BNB through [Teen Just-US](#), a summer internship experience for Jewish teens entering 11th and 12th grade who are committed to making a difference in their own communities.

Mira says, "Working at Bikes Not Bombs these past six weeks has been a privilege and a pleasure. Through Teen Just-US, I've been able to work with Bikes Not Bombs three days a week. I thought that spending my summer with such a unique organization would be a wonderful opportunity for me. I was immediately welcomed by this community and experienced nothing but warmth and kindness during my time here. My projects have mainly consisted of outreach, data analysis, organization, and

preparing for the [34th Annual Bike-A-Thon](#) in September. I want to thank my supervisor, Angela Phinney for including me and encouraging my thoughts in all kinds of discussions. I am beyond grateful for the opportunities and learning I have gained from Bikes Not Bombs this summer. Thank you all!”

Donor of the Month: Bill Flagg



Bill Flagg, Donor of the Month with his fully loaded, tour-ready bicycle

Bill Flagg is our Donor of the Month. In early July, he set off on a coast-to-coast bike tour from Boston to Los Angeles as a part of his [Climate Ride Independent Challenge](#) to raise \$10,000 for organizations that want to fight climate change and help transform our transportation system.

Bill writes: “The transportation sector accounts for 29% of the total [greenhouse gas] emissions in the US – a number that will only rise unless our government institutes better policies that call for electric rail, affordable electric cars, reliable public transportation, better infrastructure, and, of course, more bicycling! ... Bikes Not Bombs is a local organization (based right down the road from my apartment in Jamaica Plain) that has a great mission. I have done some volunteer work for them before and would love to support them some more.”

Read more in this [interview](#) with Bill regarding his 2021 Independent Challenge.

Ride for Black Lives VIII
Save the Date: August 28th, 2021



Youth Apprentices like Joseph P. will serve as ride marshals, ensuring that the ride is safe and free of motor vehicle traffic!

Donate to Bikes Not Bombs

Connect with us:



Our Contact Information

Bikes Not Bombs
284 Amory Street
Jamaica Plain, MA 02130 617.522.0222
<http://bikesnotbombs.org>

Bike Shop & Training Center Hours:

Monday: Closed
Tuesday: 12pm - 7pm
Wednesday: 12pm - 7pm
Thursday: 12pm - 7pm
Friday: 12pm - 7pm
Saturday: 11am - 5pm
Sunday: Closed