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Lincoln *Bike Kitchen*

Bourbon Fundraiser was Great!

Thanks to all of you who came out to the Bourbon on the 15th to support LBK. We had a great time, listened to some good tunes and made enough to pay a couple bills at the

shop. Thanks to Justice and all the other bands who came out to support us, and thanks to the Bourbon Theater for giving us a space to do this.

Bike Winner

Laura Drawbaugh won the sweet beach cruiser that was raffled at the show. Thanks to all who bought tickets and supported LBK.



Soup-tacular Souper-duper Soup

Do you like to eat? To you like to socialize? Do you like SOUP? Well, come on down to Pepe's Bistro on March 26th between 5-8 for great eats, a great time, and to support a great cause. There will be a bike for raffle and maybe other goodies that will be posted on Facebook as they become available.

We will also have memberships available, so if you



haven't gotten yours yet, this will be your chance.

Enter Your Soup

Do you think you can make a winning soup? You can enter your soup into the fray by contacting Jay at lincolnbikekitchen1@gmail.com. There will be a trophy, bragging rights, and other prizes (as available).

What can one bike do?

What do you see when you look at a bike?

Are you one of those who just see a toy, something frivolous and childish? Or are you like me and see so much more. I want you to take a moment and see a bike like I do, a multipurpose machine that is elegantly designed and totally functional.

A bike is a means of transport.

A bike can get you to school, it can get you to work, it can get you to the store and back home again. It is a human powered machine for a human scale world.

A bike is a way to save your life.

A bike can help you keep you heart healthy, your blood vessels strong, and your brain alert. It can strengthen your bones, keep your joints supple, and maintain your balance.

A bike is a way to save others' lives.

A bike has no emissions. There are no particulates to clog your lungs, to damage your heart, to scar your veins.

A bike is a way to save our neighborhoods.

A bike helps to slow down traffic, making neighborhoods safer for our children and pedestrians. A bike makes us pay attention to where we are and what's happening, helping us to keep each other safe.

A bike is a way to save our world.

Bikes make our air cleaner, our water purer, our land healthier. A bike can make a difference one rider, one mile, one trip at a time.

A bike is a way to save our minds and souls.

A few miles on a bike riding around your neighborhood can help you make connections with those around you. It can help you to find inner peace and well-being. Riding a bike can reduce stress, can ease depression, can raise self-esteem, and can connect you to the community and world around you.

This is part of what a bike can do.

A bike can bring back memories of youth and ignite the joy of the wind in your hair as you fly down a hill. A bike can help you build new memories with your friends. A bike can keep you young in body and at heart. A bike builds communities and save the world.

Look at a bike now, see it like I do.



Calling All Volunteers!

I didn't know about this until our wonderful shop manager Gary showed me. You can register your bike with the Lincoln Police so if it is stolen it can make it much more likely to get your baby back. The web page for this service is http://lincoln.ne.gov/city/police/forms/pub_bikereg.

The serial number is usually on the bottom bracket (the bottom of where your pedals are). Also remember to take a picture of your bike.

This months winners!!

The **Otter Excellence** is going to a person who does not work at the shop but has become an important part of LBK. This Lincoln business has been so kind as to make our printing budget stretch by printing these newsletters on his dime, his awesome staff formats it, and he and his crew are trying to help us get a tied together look for our print material. **Thanks Matt at Eagle Group!!**



The **Eager Beaver** of the month goes to Steve who is a newer volunteer who has made a big dent in our kids bikes. With Steve's help on getting these bikes ready to go we will be able to cut our waiting time for kids bikes over the busy time this summer. **Thanks Steve!**

Mobile Kitchens

This summer we will be trying to schedule one mobile Kitchen a month over the riding season. At a mobile Kitchens we can offer basic repairs (such as tubes, adjustments, or chain cleaning and lubing), basic education about biking (rules of the

road, tips, and advocacy), and outreach (where we explain our programs and how people can access our services). If you have a neighborhood or group function where we could help, please contact us through our website or at our email.

Member Nights

March's member night will be 25 March 6:30-9. Remember member night is your chance to use the shop, tools and expertise without all the hubbub of an open shop. Get your membership and come on out!

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For available ad space please contact
Jay at LBK.

402-915-2453 or
lincolnbikekitchen1@gmail.com

Misson *Statement*

The Bike Kitchen is a community-building organization that provides bicycles and related resources to all people. We advocate for utilitarian bicycling as a vital part of a healthy, equitable and sustainable community. We connect cycling to broader environmental and social issues through outreach, education, and praxis.

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 lincolnbike



Think of bicycles as rideable art that can just about save the world.

Eagle Group proudly supports the Lincoln Bike Kitchen. Since 1991, Eagle Group has provided Lincoln quality design and printed products with exceptional service and a full range of digital media solutions.



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