By Tom Martin
ASPPC–CA Bike Program Coordinator

WINTER CYCLING TIPS

FOR RIDERS

BRIGHT Because of short daylight hours and the fog, it’s important to be “lit” with highly visible clothing. Lighter colors, reflective fabric and lighting make you easier to be seen for all road users, including other cyclists.

WARM For cold winter days, layering is key. A couple layers of breathable fabric can regulate heat better than a thick ski parka. Natural materials like wool or silk can do well, as do technical fabrics like GoreTex and Thinsulate. Waterproof gloves are a necessity: rubber kitchen gloves do the job; there are cool looking gloves from $30 and up. Also, add a thin wool cap under your helmet.

DRY Rain cape, rain pant, rain coat is necessary in Portland. Water resistant jackets and pants do not keep you dry in a downpour, but waterproof materials like GoreTex does. A helmet cover would keep your head dry.

FOR BIKES

MAINTENANCE Road grit and rain do a number on your bike, so it is important to perform basic maintenance. At a bare minimum, the chain will need some bike lube applied every couple of weeks, with the excess wiped off. Brake pads will wear out faster with winter riding. If possible, store your bike indoor. To keep the indoor clean, use newspaper or cardboard.

LIGHTING Not only having lighting is a state law, it is also common sense to have passive (reflectors) or active lighting on your bike itself. The ASPCC rental bikes come with a 1-LED headlight and a blinking tail light. This is a good start. Reflective tape applied liberally to your bike is good added protection.

FENDERS Full coverage fenders (not clip-on fenders) will make your winter commute so much more tolerable because they actually work by evacuating water down and away from the rider and the drivetrain. A Seat cover keeps your seat dry. Fancy seat covers work most of the time; for consistent performance, a plastic bag from your favorite tortilla brand works all the time.

TIRES Do your tires have bald spots, big cuts, and sidewall ruptures? If yes, replace them immediately.

SCHLEPPING Most of the modern panniers and backpacks are waterproof. A rack or front basket makes carrying stuff easier.

CLUB MEETINGS

Billiards Club
Come play a variety of billiards games and drills, taught by the 2013 ACUI 9-Ball Women’s champion. January 22, 9AM–11AM. The Underground (SC 03).

PTK Meeting Social
There will be fun, food, and fellowship. PTK members and those who wish to be. There will be fun, food, and fellowship. PTK members and those who wish to be.

Recovery 101 Club Meeting
Students who identify as being in recovery are welcome. January 24, 3PM. The Underground (SC 03).

Recovery 101 Club Meeting
Students who identify as being in recovery are welcome. January 27, 6:30PM–8:30PM. The Resource Room (SC 06).

The Black Student Union
January 27 & February 10, 12:30–1:30PM. PSEC 103.

Welcome Back $1 BBQ
All you need is $1 and your PCC student ID. January 22, from 11AM. Student Center Cafeteria.

Jane: An Abortion Service
In celebration of 41st anniversary of Roe v. Wade, PCC Cascade WRC proudly presents the documentary film Jane: An Abortion Service with Q&A by special guest Judith Arcana. This film tells the awe inspiring story of a woman-run abortion service in the Chicago area during the late 60’s and 70’s. January 23, 4PM–5:50PM. Terrell Hall (TH) 122 auditorium.

Debbie Wooten

MECHA REGIONAL CONFERENCE
The Portland Community College MECHA chapter is happy to host the 13th MECHA Regional Conference – Lazos Comunitarios (community engagements). MECHA would like to invite the PCC community to attend our FREE conference. We are still seeking volunteers and workshop presenters. January 31–February 2. PCC Cascade Campus.

Questions: maria.morales6@pcc.edu pccmecha.com

WHO I AM
Workshop and Film
The WHO I AM workshop and discussion-group series is based on the “Moving Beyond Internalized Oppression” workshop from the Oregon Students of Color Conference. This five-week series will examine issues related to internalized oppression and resiliency. We will discuss the ways in which we choose to identify with the “negative”, and then how we can take action to begin identifying with the “affirmative.” Then, there will be games and exercises that help us identify with the “affirmative.”

Two sessions of the series will be devoted to, in workshop, writing “Who I Am” poems and then filming them. The series will culminate in a viewing of our short films followed by a group discussion.

The first two weeks will be structured so that participants will not need to participate in all sessions and will stand alone with discussion and activity. They will however, build on one another. The final two sessions, as well as the film viewing and discussion, will necessitate attendance for successful completion. January 29, 3PM–4PM. SC 306. February 5, 3PM–4PM. SC 306. February 12, 3PM–5PM. SC 306. February 19, 3PM–5PM. TH 122. February 26, 11AM–1PM. TH 122.

FREE Women’s Self Defense Class
Women and young adults can learn verbal, emotional, and physical assertiveness skills in a safe and fun space. Ages 15 and up only. Facilitated by Sydney Thompson. Pre-registration required. Stop by SSB 103 to register or call 971.722.5249. February 1, 10AM–4PM. TH 112.

Lunar New Year
Celebrate Lunar New Year through authentic cultural activities featuring food walk, calligraphy drawing, origami, karaoke and more… February 3, 4PM–6PM The Underground (SC 03).

Illumination Project
Come and be a part of the Illumination Project’s interactive social justice theater performances starting February. Learn how to approach and respond to racism and immigration issues in a way that educates and enlightens our community.

February 6, 1PM–2:40PM. CA Cafeteria. February 11, 3PM–4:50PM. TH 122.

Calling for all Creative Writers and Performers
The WRC is planning our annual Women’s History Month (WHM) Celebration. We would like to encourage you to take part in our first ever WHM Spoken Word event. If you would like to perform an original poem, song, dialog, story or simply share a piece by your favorite woman in history please send an e-mail to Rhoda Myers for the official submission form and details.
rhoda.myers@pcc.edu