

GWRRA VA Chapter D



Volume 23 | Issue 1 | Date: January 2019

CHAPTER DIRECTOR'S CORNER

Happy New Year!

Yes. It is 2019 and we are ready to ride this year to our heart's content. We will keep safety in mind at all times and we will do our



best to make our GWRRA organization the best that it has ever been. That is my commitment and New Year resolution. I hope you all will share in my enthusiasm. There's nothing like bringing in the New Year and making promises to go to the gym and exercise more, to do better financially and to love with a bit more gusto. There's nothing wrong with any of these promises to ourselves. What's important is that we do our best to honor them. I've met a lot of great people since I've joined GWRRA and in particular, the people in this chapter. They've displayed nothing less than genuine integrity, wonderful fellowship, a love for motorcycles and riding. I'm sorry if I sound like I was visited by three ghosts on Christmas Eve but I am really pumped-up for this year and know there are wonderful riding times ahead. I look forward to all the chapter gatherings and events, I look forward to seeing my friends from the other chapters and to also share stories of our Christmas holiday. I look forward to riding, eating ice cream, pizza, and pasta amongst all the wonderful things that

GATHERING



Candela's Pizzeria & Ristorante

14235 Midlothian Turnpike
Midlothian, VA 23113

(804) 379-0910

When : Dine at 6 PM Gather at 7 PM the 4th Wednesday of each month

Directors

Fritz Sassine & Iris Guillet

KEY DATES

Chapter Picnic &
Poker Run
at
Dorey Park
Shelter 1 & 2

April 27, 2019

we do. There are exciting times ahead indeed. I challenge each and everyone one of you to make our chapter the best that it can be. Attend more gatherings, volunteer your time to help your fellow chapter participants, go on more social events together and most of all, have a great time doing it.

This year, our Chapter Picnic will be a little different. We won't charge an entrance fee. Iris and I want to promote fellowship and hopefully, increase participation. In past years, the weekend chosen impacted a number of you so we've moved it to April 27 this year. We will have a poker run so let's hope for good weather.

Maybe I was visited by the three Christmas ghosts and now have a better outlook on life. Maybe we should all reflect for just a moment, and soak in all the good things we should be thankful for. I know that I'm thankful having met all of you.



Fritz Sassine and Iris Guillet
VA-D CD

DISTRICT COY & ASSISTANT DIRECTOR'S CORNER

This month, I borrowed some safety tips from MSF:

QUICK TIPS: Preventing Motorcycle Theft Follow these basic tips to help avoid becoming a victim of motorcycle theft:

- Lock your ignition and remove the key. Most bike thefts occur when the ignition is shut off, but not locked.
- Lock the forks or disk brakes with locks that have large, brightly colored tags.
- If traveling with other riders, lock motorcycles together when not in use.
- If riding alone, lock your bike to a secure, stationary object that can't be easily dismantled, such as a light pole.
- Add an audible alarm to your motorcycle.
- When traveling and spending the night at a hotel, locate an outdoor security camera and park your bike in the camera's view. If this is not possible, park your bike close to your room.
- Keep an eye on your bike. When parking at a public event, check your motorcycle periodically, especially immediately after leaving your bike, to make sure there are no suspicious individuals lurking about.
- If parking in a garage, block your bike with automobiles, close the garage door and make sure it is locked.
- Don't store your title in your bike's storage compartment, tank bag or saddlebag. The safest place for your title is at home.
- Uniquely mark and then photograph your bike. If thieves take your bike, note its unique markings to law enforcement using the photos you have taken.
- Keep your bike registration and insurance identification card on you when you ride.
- Be careful about giving out private information on where you live, work or play. If you use a trailer to transport your motorcycle, follow these safety tips:
 - Park the trailer in a well-lit location near security cameras or in an area easily seen by restaurant, hotel or event staff.
 - Lock the trailer doors and hitch.
 - Secure doors by backing up to a wall, so there is not enough room for doors to be opened.
 - Know your trailer identification and license plate registration numbers.
- When riding home, make sure you're not being followed. Guard against theft when selling your bike: Using fake identities has become common in bike thefts. Don't turn over the title until you can verify the check or money order is valid and has cleared the bank. Mail the title to the new



2018-2019 COY
Assistant District Directors
Al and Debbie Dowell

DISTRICT COY & ASSISTANT DIRECTOR'S CORNER

owner.

- Ask the buyer for his or her name, address, date of birth and driver's license number. Then ask to see the driver's license and check that the information given matches the license.
- Be especially cautious of anyone who presents out-of-state identification.
- Make sure the potential buyer wasn't dropped off by another party and is planning to take a one-way test ride with your bike. Verify that the buyer owns the vehicle he or she arrived with, and that the vehicle is of equal or greater value than your bike.
- Check that the buyer's driver's license carries a valid motorcycle endorsement.
- It isn't necessary that you provide a buyer with the title right away. A written document signed by the seller and buyer indicating price and method of payment can serve as proof of purchase. You can forward the title to the buyer once the check has cleared the bank.
- If you decide to sell your motorcycle on consignment, do not provide the signed title to the dealership until you have received your money in full. Make sure the dealership is a reputable business before you trust them as an agent.

Theft Prevention Tips courtesy of Sentry Insurance Published by Motorcycle Safety Foundation – www.msf-usa.org

<https://www.msf-usa.org/library.aspx#quick-tips-link>

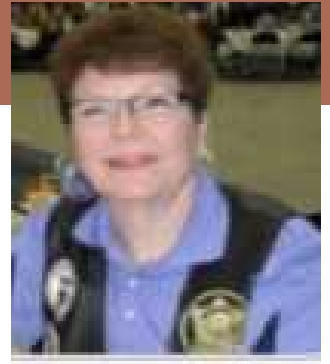
Allen & Debbie Dowell

District Couple of the Year 2018-2019

Asst. District Directors

MARIE REPORTS THE NEWS (GOSSIP, RUMOR & HERESAY) AND SPECIAL EVENTS

DONATIONS TO THE HOMELESS HEARTS ARE WELCOME We're still collecting toiletries all year long. We are collecting the individual soaps, shampoos, conditioners, lotions, etc. that you get from the hotels when traveling. We deliver these to the McGuire Veterans Hospital's Chaplains Program.



Membership
Enhancement
Coordinator

Marie Crow

"TWO WHEEL TUESDAY"



The Tuesday riders are venturing out every week to ride thanks to the planning and execution of times and places by Ted Nelmes and Tommy Broughton (Tommy is recuperating from carpal tunnel surgery so unable to ride). Depending on the temperature and weather, we hope that there will be a lot of opportunities to ride so check your schedule and take the opportunity to ride with them. If you want to be added to the Tuesday ride list, let us know.

UPCOMING CHAPTER PROJECTS:

We're collecting DVDs to donate to the McGuire VA Hospital for next year's 4th of July celebration. This is our 5th year collecting DVDs for the veterans there. Consider going through your collection or picking up a few new or used DVDs for the Fisher House and the McGuire Veterans Medical Center and donate them.

RVA COFFEE & BIKES is a new event that is every Sunday morning starting at 10 AM at the Coffee Shop at 5001 Huguenot Road (next to the Virginia Eye Institute).

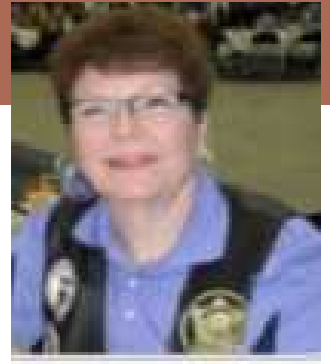
<https://www.facebook.com/rvabikesandcoffee/>

CHECK OUT THE CHAPTER D WEBSITE & FACEBOOK PAGE at www.richmondwings.com is our website where you can find all the information on events (with fliers) and planned rides or visit us on Facebook at <https://www.facebook.com/GWRRR-Richmond-Goldwing-VA-Chapter-D-1656767124575394/>

MARIE REPORTS THE NEWS (GOSSIP, RUMOR & HERESAY) AND SPECIAL EVENTS - Cont.

WREATHS ACROSS AMERICA 2018's annual wreath laying event for veterans was on Saturday, December 15 starting at Morrissett Funeral Home in Chesterfield where riders and participants were treated to hot coffee, juice, pastry and other delicious treats. The truck with the wreaths was escorted by motorcyclists from several organizations including our friends from the American Legion Riders, Post 186 in Midlothian. Arriving at the Veterans Cemetery in Amelia, there were very few spaces left for cars to park and a special parking area for the motorcycles. After a special program honoring our veterans, people were dispatched with wreaths and given direction where to go. Once all 3100+ (the biggest ever for Amelia Veterans Cemetery) donated wreaths were placed on the gravestones, there was a special ceremony by Morrissett for the 5 branches of service. WTVR-TV6 was there and asked for someone to interview and Denis Graffum from the Legion Riders and Larry were there to provide information on the event.

It was my first time at this event and it's such an honor to participate in the Wreaths Across America. What a wonderfully patriotic day to decorate the graves of our beloved veterans. Wreaths Across America all began in 1992 with just a trailer load of donated wreaths and a handful of volunteers to place the wreaths on the headstones of our fallen veterans at Arlington National Cemetery. It is now a nationwide event and focused on their mission to Remember, Honor and Teach.



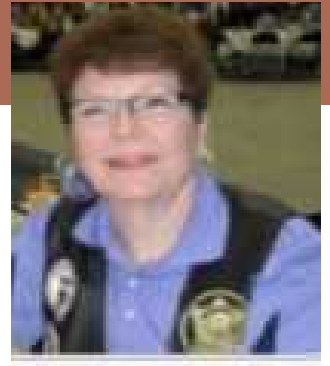
Membership
Enhancement
Coordinator

Marie Crow



MARIE REPORTS THE NEWS (GOSSIP, RUMOR & HERESAY) AND SPECIAL EVENTS - Cont.

WREATHS ACROSS AMERICA 2018's a



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Marie Crow



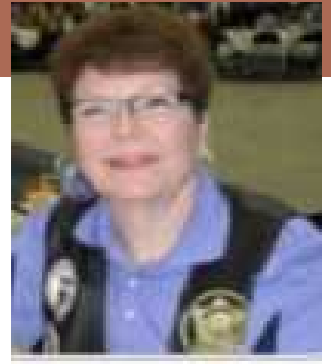
ANNUAL CHRISTMAS PARTY, CHAPTER D & W It was great seeing everyone for our annual Christmas Party at the American Legion Post 186 in Midlothian on Saturday, December 1. We have some of the most wonderful cooks in the world in our chapters and they outdid their selves with all the dishes we had to celebrate our holiday event. Santa Moon arrived to help us with exchanging gifts, then we had a few games (always fun and good for a few laughs). Put this on your calendar, we will have our annual Christmas Party on Saturday, December 7 at the American Legion Post 186 again.

NEW YEARS EVE-EVE-EVE DINNER on Saturday, December 29 was the perfect opportunity to get together for dinner and enjoy the company of our friends. Thanks to the Rivers Bend Restaurant for loaning us their banquet room.



From Your Membership Enhancement

ABOUT THE CHAPTER OF THE YEAR PROGRAM (CHOY)



Membership
Enhancement
Coordinator

Marie Crow

Now that we have the first big snow (really big snow) event for the area, we hope that we can get a few good riding days in between any future flakes. When the weather is agreeable, take the opportunity to go on a few rides. They will be mostly short rides to lunch and back as it gets cold fast once the sun goes down. Call a few friends and make some plans. **HAVE FUN AND ENJOY YOURSELVES BUT BE SAFE!** Stay warm and dry and use heated gear when you need it. Remember, we all have a **“LICENSE TO HAVE FUN”!**

How many times have you met a fellow Gold Winger and asked them if they were a member of GWRRRA or had a home chapter. Remember to share your GWRRRA experiences and encourage Gold Wing riders you meet to become a part of the GWRRRA family. Recruit new members and encourage these riders to check out a local chapter, their website or the GWRRRA national site at www.gwrrra.org Tell them we're a great organization and we like to share the fun of our group with everyone. They may be strangers today but they can become good friends and fellow riders in the very near future.

Marie Crow

Membership Enhancement Coordinator

MOTORIST AWARENESS PROGRAM

Let's talk about motorists and their tendency to not see motorcycles on the road. We want to focus a little more time sharing with all drivers about Motorist Awareness. We have Motorists Awareness brochures that we have available for events where we can promote awareness. We would like to bring awareness to all drivers that motorcyclists share the roads with them. If you have a Facebook page, occasionally post a message about the need to watch out for motorcyclists in your neighborhood and on the open road. Reminders help everyone to be aware of our motorcyclists while driving.

Our Motto is “Share the Road”

Our Mission is to “Facilitate a Reduction in Motorcycle Crashes with Other Motor Vehicles.”



Corresponding Secretary
Ginny Broughton



Birthdays

Al Dowell Sr. 1-Jan

Tony Cirillo 3-Jan

Al Hendrick 9-Jan

Anniversaries

JoAnn Burton 5-Jan

Wyse Burton (Buck) 5-Jan

Marty Link 8-Jan

Lawanna Link 8-Jan

Tommy Broughton 20-Jan

Ginny Broughton 20-Jan

Ted Nelmes 26-Jan

Ethel Nelmes 26-Jan



DISTRICT NEWS

Woo Hoo! (December Article)

Christmas is here! Oh No! Christmas is here! Holidays bring both joy and stress. Some of us look forward to gathering with family and friends to celebrate Christmas (or Hanukah, or Kwanza), while others get depressed thinking about loved ones far away (or gone). Whether you love or dread the holidays, there's one aspect that we all have to contend with ... holiday shoppers. They're bad enough when you're in a car. Blocking intersections, running 'pink' lights, changing three lanes at once to get to the shopping center, failing to yield ... wow, if you weren't stressed before you got on the road, you will be by the time you get to your destination! But if the weather is cooperating enough for you to be on your bike, you need to be extra-extra vigilant. These drivers are focused on one thing: getting their shopping done. They don't care about and aren't looking out for other cars and trucks, let alone a motorcycle. **Click the link below to read more:**

https://docs.wixstatic.com/ugd/65ea8e_b87fc3f161f34127a5802266aae0eead.pdf



NATIONAL NEWS

A Very Merry Christmas! (December Article)

Happy Holidays to all! Hanukkah has come, and Christmas is coming. For many it's a time to enjoy family traditions, spend time with friends and family, celebrate a bit and enjoy the ever-changing weather. We will head to California to spend time with my parents, sister, brother, their families, and enjoy our daughter and grandchildren. I wish you all the very best of the holiday season and a safe and joyful New Year! As we take the leap to 2019, I want to finish up the last of the questions asked at the forum at Wing Ding. I did take the liberty of combining some of the questions that were similar. I want to thank all who asked the questions and gave us this opportunity to share.

Click the link below to read more:

<http://gwrra.org/oconnect/newsletter/2018/InsightNewsletter1218.pdf?v=1>



DISTRICT EDUCATOR NEWS

Hello everyone,



LeRoy Gross
District Educator

I hope everyone had a great holiday. Now that the holidays are over I typically get a severe case of cabin fever. One of my solutions is to go for ride. But riding in the winter requires some extra thought. As I researched winter riding, I found it interesting that there was not as much information as I thought there would be. I suppose many folks put their bikes away for the winter which might explain the lack of information. But some, especially in our association, don't shy away from any riding challenge. In order to help everyone be more prepared for winter riding I created a bullet list from many articles on the topic.

- Wear the right gear. Layering is recommended. Heated gear is probably the most effective way to stay warm. Be sure to keep all parts of your body warm especially fingers and toes so spend the extra money on the heated gloves and socks. Remember that cold weather and heated gear are hard on your battery so be sure your battery is in good condition. Pinlock helmet shields prevent the shield from fogging in cold weather. They allow us to keep a full face or modular helmet shield closed blocking wind from our face and head. Balaclavas and scarves around your head and neck help keep you warm but be careful not to restrict your ability to turn your head to see.
- Block the wind. The outer layer of your gear should block as much wind as possible to avoid the effects of wind chill. Most rain gear blocks wind pretty well and makes a good outer layer. Use a larger windshield or raise your existing windshield to block more wind.
- Keep your tires inflated and understand the effects of cold weather. Tires don't interact effectively with the pavement until they reach about 135 degrees fahrenheit. This takes longer in cold weather and your tires will cool faster when you are not moving. Tire pressures remain lower in cold weather so be sure you are at the recommended cold tire pressure before you ride.
- Motorcycle fluids. All the fluids take longer to heat up and become as effective as necessary for proper mechanical function. Allow time for the machine to warm up. Be sure that the antifreeze in your motorcycle is capable of handling the temperature.
- Keep your brain working. Be sure to eat and hydrate. We burn more calories in cold weather. At some point in becoming hypothermic (cold) our mental processes begin to slow. We may not recognize this ourselves so we may need to help our friends who we see having issues with logical thinking.
- Road surfaces change in the winter. Watch for potholes, rough pavement, bridge joint separations, leaves and ice.

· Other drivers don't expect us to be on the road. Be aware of that fact and do all we can to be visible to other drivers and expect the unexpected.

· Know your limits. We are all different. Know your physical and mental limitations. Know when to turn back due to snow or ice or it's just too cold for you. No ride in the cold is worth illness or injury. Know when to quit.

Other Rider Education announcements:

There are plenty of opportunities to take a Rider Course coming up in the next several months.

- There will be a full ARC (Advanced Rider Course) on April 27, 2019 in Roanoke.
- There will be a full TRC (Trike Riding Course) on May 11, 2019 in Roanoke.
- There will be a TC (Trailer Course for bike and trailer) at Rally in the Valley.
- There will be a TTRC (Trike and Trailer Riding Course) at Rally in the Valley.

Please take a look at the flyers for the Rider Courses in April and May listed above. Instructions on how to register are on the flyer.

Also watch for more information about the Trailing Courses that will be offered at Rally in the Valley as the District announces the schedule for the rally.

Be safe everyone,

LeRoy Gross

District Educator



GWRRA UNIVERSITY



TRAINING EVENT ANNOUNCEMENT

VIRGINIA DISTRICT IS HOSTING A TRAINING EVENT ON

April 27, 2019

EVENT LOCATION: Roanoke, Virginia

EVENT HOURS: 8:00-5:00

THE CLASSES BEING OFFERED:

☒ **RIDER EDUCATION, *Advanced Rider Course (classroom and range)***

FEE PER BIKE \$50, Registration limited to 12 motorcycles

Classroom will be at the Blue Ridge Hotel and Convention Center at 2801 Hersherberger Rd., Roanoke, VA. Range will be in the Burlington parking lot at 2935 Hersherberger Rd., Roanoke, VA which is about ¼ mile from the hotel.

Lodging is available at the Blue Ridge Hotel for \$80/night (reference GWRRA to get this rate)

☒ **LUNCH WILL NOT BE PROVIDED**

TO REGISTER FOR THE EVENT CONTACT

District Educator LeRoy Gross

EMAIL: leroygross@outlook.com

PLEASE RSVP ON OR BEFORE: April 1, 2019

BRING YOUR GWRRA MEMBERSHIP NUMBER WITH YOU TO THE EVENT-THANK YOU

Requirements for GWRRA Rider Courses are:

You must sign a waiver

You must wear protective gear to include helmet, eye protection, gloves, long sleeves, long pants and over the ankle footwear.

Your motorcycle must pass inspection via the GWRRA Vehicle Inspection Form (N.17)

You must show a valid motorcycle license, registration, and proof of insurance.



GWRRA UNIVERSITY



TRAINING EVENT ANNOUNCEMENT

VIRGINIA DISTRICT IS HOSTING A TRAINING EVENT ON

May 11, 2019

EVENT LOCATION: Roanoke, Virginia

EVENT HOURS: 8:00-5:00

THE CLASSES BEING OFFERED:

☒ **RIDER EDUCATION, [Trike Rider Course \(classroom and range\)](#)**

FEE PER BIKE \$50, Registration limited to 12 motorcycles

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TO REGISTER FOR THE EVENT CONTACT

District Educator LeRoy Gross

EMAIL: leroygross@outlook.com

PLEASE RSVP ON OR BEFORE: April 23, 2019

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You must show a valid motorcycle license, registration, and proof of insurance.

VA-D Officers and Team Staff Members

	Chapter Directors Fritz Sassine & Iris Guillet 804-938-9183 fritz.sassine@gmail.com
	Assistant Chapter Director (Vacant)
	2018 Couple of the Year Al & Debbie Dowell (H) 804-222-1303 mickeydowell1240@gmail.com
	Treasurer & Scrapbook Linda Getzone (H) 804-980-0396 sweetmagnoliava@hotmail.com
	Chapter Historian, Event & Membership Enhancement Coordinator Marie Crow (H) 804-674-1265 crowmg@verizon.net
	Corresponding Secretary Ginny Broughton (804) 598-4893 tbgb12068@aol.com
	Event Coordinator Debbie Dowell (H) 804-222-1303 Mickeydowell1240@gmail.com
	Phone Tree Coordinator Ethel Nelmes 804 748-3742 Evn00@verizon.net
	Chapter Rider Coordinator Tom Westendorf 214-205-0950 tates37@msn.com
	Photographer Tony Cirillo 804-745-7494 bigtonycl@icould.com
 	Rider Coordinators Tommy Broughton 804 598-4893 Tbg12068@aol.com Ted Nelmes 804 748-3742 Evn00@verizon.net
	Webmaster & Newsletter Editor Fritz Sassine 804-938-9183 fritz.sassine@gmail.com

2018 VA CHAPTER LOCATIONS

Chapter	Area / Location	Chapter Director * Senior CD *	Phone Number & Email	Monthly Gatherings & Web Site
VA-A	<u>Northern Virginia</u>	<u>Mary O'Connor</u> (11/09)	<u>703-635-6775</u> e-Mail: <u>maryoc4429@aim.com</u>	<u>2nd Wed.</u> - 7:30 pm - The Ponds Community Center, 9837 Burke Pond Lane, Burke, VA. 22015 <u>Chapter A WebSite</u>
VA-B1	<u>Tappahannock</u>	<u>Jim & Beverly Evans</u> (01/18)	<u>804-836-7704</u> e-Mail: <u>jevansez@gmail.com</u>	<u>3th. Sun.</u> 2:pm-3:pm Bell's Italian Restaurant, 1673 Tappahannock Blvd., Tapp. VA. <u>Chapter B1 WebSite</u>
VA-C	<u>Hampton/Newport News</u>	<u>Dave & Donna Huey</u> (01/18)	<u>757-719-0668</u> e-Mail: <u>dhuey1800@cox.net</u>	<u>2nd Sun.</u> 4:pm - 5:pm Anglo's Steak House 755 J. Clyde Morris Blvd, Newport News, VA. <u>Chapter C Website</u>
VA-D	<u>Richmond</u>	<u>Fritz Sassine & Iris Guillet</u> (01/18)	<u>804-938-9183</u> e-Mail: <u>fritz.sassine@gmail.com</u>	<u>4th Wed.</u> 6:pm-7: pm - Candelas Pizzeria & Ristorante Italiano, 14235 Midlthoian Tnke. <u>Chapter D WebSite</u>
VA-E	<u>Fredericksburg</u>	<u>Gordon Combs</u> (01/18)	<u>540-840-0394</u> e-Mail: <u>gorcom@msn.com</u> <u>www.battlefieldwings.com</u>	<u>3rd Wed.</u> Eat 6:pm - Social 7:00 pm Great American Buffet. 1780 Carl D Silver Pkwy., Fredericksburg, VA . <u>Chapter E WebSite</u> Central Park Shopping Center, exit 130 off I95
VA-F	<u>Winchester</u>	<u>Stephanie Davis</u> (08/14)	<u>540-664-6430</u> e-Mail: <u>davis.stephanie80@yahoo.com</u>	<u>4th Sun.</u> 8:am-9:am - Golden Corral, 120 Costello Dr., Winchester , VA. <u>Chapter F WebSite</u>
VA-H	<u>Abingdon</u>	<u>Paul & Dorothy Baker</u> (11/01)	<u>276-628-6047</u> e-Mail: <u>09nellie@comcast.net</u>	<u>2nd Tue.</u> 7:pm - Abingdon Moose Lodge US19, Porterfield Hwy, Abingdon, VA.
VA-I	<u>Manassas</u>	<u>Mack & Tracey McMillan</u> (03/17)	<u>571-338-5418</u> e-Mail: <u>Mack.McMillan52@gmail.com</u>	<u>2nd Sun.</u> 9:am- 10:00am: Breakfast, 10am-11am: Social Great American Buffet 8365 Sudley Rd, Manassas, VA 20109
VA-J	<u>South Boston</u>	*****	*****	South Boston
VA-K	<u>Roanoke</u>	<u>Bobbie Jo Harrison</u> (01/18)	<u>540-890-2890</u> e-Mail: <u>threewheelcruzin@verizon.net</u>	<u>2nd Mon.</u> 6:pm-7:pm - Great 611 Steak Co., 3830 Franklin Rd., Roanoke, VA <u>Chapter K Website</u>
VA-L	<u>Chesapeake</u>	<u>Zach & Angie Bon</u> (01/16)	<u>757-382-7643</u> e-Mail: <u>zachbon@gmail.com</u>	<u>4th Tue.</u> 6:pm -7:pm Pops Diner Co., 1432 Greenbrier Parkway, Chesapeake, VA <u>Chapter L Website</u>
VA-O	<u>Williamsburg</u>	<u>Rav & Tammie Pierce</u> (04/14)	<u>757-268-6286</u> eMail: <u>gwrravachapterdirector@cox.net</u>	<u>4th Sun.</u> 4:pm-5:pm Hibachi Grill & Sushhi Buffet, 12745 Jefferson Ave., Newport , News, VA. 23602 <u>Chapter O Website</u>
VA-R	<u>Harrisonburg</u>	<u>Gary Hoover</u> <u>hoov@shentel.net</u> (01/18)	<u>540-742-1751</u> e-MAIL: Judy Russell <u>tiggerly13@icloud.net</u>	<u>1st Sun</u> 2:pm -3pm - Golden Corral exit 247A, Rt. 33 E., 2 miles off I-81, 2335 E. Market Rd., Harrisonburg, VA. <u>Chapter R WeSite</u>
VA-V	<u>Bedford</u>	<u>Jonathan Whitworth</u> (04/18)	<u>540-425-0028</u> e-Mail: <u>OtterRideVAV@gmail.com</u>	<u>3rd Sun.</u> 3:pm Bedford Church of God 212 E Main St, Bedford, VA <u>Chapter V Web Site</u>
VA-W	<u>Chester</u>	<u>Sheila Hazan</u> (06/18)	<u>804-396-9088</u> e-Mail: <u>gwrravaw@gmail.com</u>	<u>2nd Tue.</u> 6:pm 7 pm Rosa's Italian Restaurant 4098 Oaklawn Blvd. Hopewell, VA. 23860 FaceBook: <u>gwrravaw@gmail.com</u>
VA-X	<u>Salem</u>	<u>Larry Stanton</u> (01/15)	<u>304-922-1401</u> e-Mail: <u>Larry250222@gmail.com</u>	<u>1st Sat.</u> 3:pm - Evangelical Methodist Church, 1920 Lucas St, Salem, VA. <u>Chapter X WebSite</u>

RECIPE OF THE MONTH

Borrowed from Fifteen Spatulas website

<https://www.fifteenspatulas.com/fathead-pizza/>

FATHEAD PIZZA

This Fathead Pizza is a low carb alternative for pizza cravings during keto, or great if you simply want to cut down on carbs. The dough is surprisingly easy to work with and really delicious!

Fathead Pizza Crust

This Fathead Pizza is a low carb pizza treat that you can add any of your usual favorite toppings to!

CourseMain Course

CuisineAmerican

Keywordfathead pizza

Prep Time5 minutes

Cook Time10 minutes

Total Time15 minutes

Servings 3

Ingredients

- 1.5 cups part-skim shredded mozzarella cheese (168g by weight)
- 1 ounce full-fat cream cheese (28g by weight)
- 3/4 cup blanched almond flour* (84g by weight)
- 1/4 tsp salt
- 2 tbsp nutritional yeast optional**
- 1/2 tsp garlic powder optional
- 1 large egg beaten



DIRECTIONS

- Season salmon on both sides with salt and pepper. In a large skillet over medium-high heat, heat oil and butter. Add salmon and cook until bottom is golden, 5 minutes, then flip. Add garlic, lemon juice, honey, and red pepper flakes. Cook until salmon is cooked through, another 5 minutes, spooning sauce over salmon as it cooks.
- Garnish with parsley before serving.

Instructions

1. Preheat the oven to 425F.
2. In a microwave-safe bowl, combine the mozzarella and cream cheese.
3. Microwave in 30 second intervals, stirring each time, until the cheeses are homogeneously smooth. It should take 2-3 intervals total.
4. Stir in the almond flour, salt, nutritional yeast (if using), and garlic powder (if using), until smooth. If it's too firm to stir, microwave for an additional 15-30 seconds to soften the dough again.
5. Add the egg to the bowl, and knead it into the dough either using a firm spatula, or by hand (the dough shouldn't be too hot, but if it is, let it cool slightly). At first it might seem like the egg won't incorporate, but it should with about 30 seconds of kneading.
6. Place the dough between two pieces of parchment paper***, and roll into the desired shape (circle, rectangle, etc), about 1/8" thick.
7. Prick the dough all over with a fork, then bake for about 7 minutes, until the dough is golden brown on the bottom and edges, but not yet brown on the top.
8. Flip the pizza over, then top with whatever ingredients you'd like. I usually add about 1/2 cup of pizza sauce, then more shredded cheese, and pepperoni.
9. Bake the pizza for an additional 5 minutes, to fully melt the cheese on top. Serve and enjoy!

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