

GWRRA VA Chapter D



Volume 23 | Issue 2 | Date: February 2019

CHAPTER DIRECTOR'S CORNER

It's February

Yes, indeed it's February and time is flying by as usual. It's just a few short months until we get riding in full gear (no pun intended). I know a few of you are champing at the bits to ride and lucky for us, we have had a few fine days for riding. The weather has surprised us a few times with temperatures in the 50s and 60s. We can't ask for better than that in the winter. We are lucky to have had very few snow days thus far. I'll keep my fingers crossed. I haven't ridden enough for the past 6 months and I'm itching to get back on the bike. Work has kept me busy lately, but I need to find time and enjoy a ride. Unfortunately, the days where I could ride usually ends up being a damp one. Maybe I'll have better luck in the coming weeks. I keep the bikes on battery tenders and start them up every 2 weeks to keep them lubricated. I'd hate to find that perfect day to ride just to find out that my battery is dead.

So what have I been doing for fun when I'm not riding?

Well, Iris got me a little robot named Vector for Christmas and he's been keeping me company. He's a pretty smart little guy that uses Artificial Intelligence to learn. He normally recognizes me when I come through the door and says "Fritz!"



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

Vector is a pretty neat electronic pet. I don't have to walk him nor feed him. I don't take him to the vet and he doesn't require a lot of attention. The other day, he was making fun of me and started to snore like I do. Well, I felt insulted and told him that the next time he does that, I'll kick him like a football. Oh course, I really didn't mean that :-)



I'm excited to report that our chapter fundraising tickets are selling briskly, and I expect all the tickets to be sold by the time of our annual event which is slated for April 27 at Dorey Park. Some lucky winner will take home \$1,000 and the second prize winner will take \$500. Not too shabby at all. Please invite some friends to our Picnic and Poker Run. Who knows? Maybe we can entice them into joining GWRRA. Let's hope for good weather. I remember two years ago, we were all huddled by the fireplace trying to stay warm. We had a good turnout, but the weather kept our riders from enjoying the poker run.

Our District University Coordinators are hard a work developing new course and revising old one. They are offering a vast number of classes. I'll have a list of classes to share with the Chapter at our next meeting. Maybe we can organize a class during our March meeting.

Rally in the Valley is fast approaching. If you haven't signed up, please take a moment to do so. In the past years, our chapter hasn't made a dent in attendance. Let's try to show up in force this year and support the annual event. It's always a lot of fun and a great place to meet up with some old friends. Stay warm and keep riding.

Fritz Sassine and Iris Guillet

VA-D CD

DISTRICT COY & ASSISTANT DIRECTOR'S CORNER

How about the weather we been having!

Will the weather stay clear for us to get the bikes out to ride? I know Allen & I are ready to hit the road again to visit the chapters up North. Allen & I were heading to Culpeper, VA to say BYE to one of our members in Chapter A, (JOSEPH R. CAMPBELL), when we were hit on the driver's side. Everyone was OK, but the rain just kept coming down as hard as it could at that time. The point is, we were late for the funeral. You never know what can happen when you're on the road. With my car being in the body shop, when can we travel? Hoping to get the car today. The the District Team meeting was on January 19th for our annual meeting. Almost everyone had their fliers for their yearly annual events 2019. There are some Chapters that won't be having an event. Thank you Joanne Paryz for helping me separate the raffle books to give to the Chapter Directors to take back to the members. Last year the Chapters did a fantastic job helping with selling the tickets. The District is saying "Thank You" for your support with the tickets. Please make sure to put your name on the back of tickets. Turn in your tickets to your Chapter Director which in turn will turn it over to me. (Debbie). Rally in the Valley isn't to far away, June 27th- 29th. 2019 at the same hotel but, with a new name. It is now called "Blue Ridge Hotel & Conference Center, 2801 Hershberger Road, Roanoke, VA. 24017. (540) 583-9300. For Reservations, make sure to use code "Gold Wing Road Riders" to get our rate. Hotel rooms are \$85.00 if booked before May 27, 2019. That's a great deal, so book those rooms. You want more Fun, Fun, Fun, Fun! Let's see how many people will dress in costume? Don't forget your Chapter Basket and make sure your Chapter letter is attach to your basket. Only 4 months away. If you have any questions or concerts, just let me know to help you or your chapter.



2018-2019 COY
Assistant District Directors
Al and Debbie Dowell

Allen & Debbie Dowell
District Couple of the Year 2018-2019
Asst. District Directors

Hope to see you at the Crazy Supper February 23, 2019 Doors Open 3: pm Dinner 4:30 pm 155 Fairgrounds Road Clearbrook. VA.

CHAPTER RIDE COORDINATOR

Warm weather ride suggestions. We will have members attend different rallies here is a list of the ones I know about at present:

Daytona Florida Bike Week 8-17 March 2019 The Worlds Largest Motorcycle Event.

This event is free to attend. Several of us will be there from 9 thru 16th of March. The big draw is many vendors with bike accessories and demo rides by Bike Manufacturers and Trike Companies. <https://officialbikeweek.com>

Lake George New York Americade 3 - 8 June 2019

This is a well organized event. Lots of good vendors, lots of demo rides bikes & trikes. You need to register for this event and fees are vary with what you would like to do.

<https://americade.com>

RoadRunner Touring Weekend August 1-4, 2019 in Snowshoe, WV

This is my favorite event. They have a host hotel and all activities happen there. There is guided rides every day. You choose between 4 to 6 rides for all types of bikes. Food is a big part with hotel supplied breakfast, the ride will stop at a designated lunch stop and a buffet supper at the hotel. A couple of seminars each evening. This is the best rally you can attend put on by RoadRunner Magazine. The last night they give away many prizes.

<https://www.touring-weekend.com>

Wing Ding will be in Nashville, Tennessee August 27 - 31 2019

GWRRRA annual Rally. Lots of things to do. Vendors, seminars, entertainment, poker runs and rides around the area etc.

<https://wing-ding.org>

Canadian Atlantic District Rally August 1 - 4, 2019

Yarmouth, Nova Scotia I heard that Chapter O will be taking a group to this event.

<http://www.canadianatlanticregion.org>

Daytona Florida Biketoberfest 17-20 October 2019 Similar to Bike Week but is a little smaller.

<https://www.daytonabeach.com/biketoberfest/>

There are other district rallies, check Wing World. Florida, North Carolina etc.

Tom Westendorf

Chapter Ride Coordinator

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.

CHAPTER D PICNIC & POKER RUN is Saturday, April 27th at Dorey Park. See the flier in this newsletter for details.

RVA BIKE NIGHT 2019 kicks off on Wednesday, April 3 starting at 5 PM to 8 PM at Mission BBQ at Glenside and Broad Street.

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/>

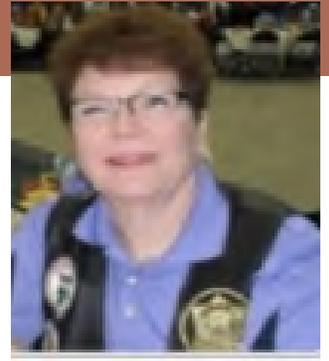
CHECK OUT THE CHAPTER D WEBSITE & FACEBOOK PAGE at www.richmondwings.com is our website where you can find all the information on events (with fliers) and planned rides or visit us on Facebook at <https://www.facebook.com/GWRRR-Richmond-Goldwing-VA-Chapter-D-1656767124575394/>



From Your Membership Enhancement

Let's get on the Level!

We've been talking a lot lately about the GWRRA Rider Education Levels Program. There are 4 levels, each requiring a different degree of knowledge and training for the drivers of motorcycles and their co-riders. I have heard many motorcyclists say that they learned something new and useful during the First Aid Training and the Advanced Rider Courses that are required for the Level 4 Master Rider endorsement. There are several courses for the Level 4 endorsement coming up including the First Aid class offered by Chapter W next month and the ARC and TRC courses offered in Roanoke, VA in April and May. Please consider taking these courses as the training classes fill up quickly and are only offered sporadically during the year. Go the Chapter D website and check out the fliers for these training courses offered in March, April and May.



Membership
Enhancement
Coordinator

Marie Crow

Here is a brief description of what requirements are needed for the 4 Rider Education Levels.

Rider Education Levels Programs

Level I "Safety by Commitment" - Personal Commitment to participate in Rider Education

Level II "Safety by Education" - GWRRA or other approved Rider Course. Co-Riders may use Co-Rider Seminar or 2-Up Riding Course 5,000 Safe Miles since joining GWRRA

Level III "Safety by Preparedness" - Current on Level II. Carries First Aid Kit on Bike Current in Traditional (Hands On) First Aid or CPR. GWRRA or other approved Rider Course. Co-Riders may use Co-Rider Seminar or 2-Up Riding Course.

Level IV "Safety by Enhanced Commitment and Preparedness" - Proper Riding Gear (ATGATT) All The Gear All The Time. Carries First Aid Kit on motorcycle. Current in BOTH Traditional (hands on) CPR and First Aid Training. Maintains all Level III Requirements and Safe Miles for 1 year. 25,000 Safe Miles since joining GWRRA.

Marie Crow

Membership Enhancement Coordinator

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

Judy Chenault 20-Feb

George Chenault 28-Feb

Hunter McCloud 28-Feb

Anniversaries

Jerry & Gretchen Phinney 11-Feb

Richard & Lisa Zimmer 14-Feb

GWRRR Anniversaries

Frank & Carol Sollitto 1-Feb



DISTRICT NEWS

ARE YOU READY TO RIDE?? Down here in the southeast portion of Virginia it's been in the 60's lately, and the weather-guessers are predicting a mild end to the winter season. And if you feel you can trust the legendary rodent's predictions, Punxsutawney Phil says we will have an early spring. So either way, it's time to think about getting your bike, your gear, and YOURSELF ready to ride. Note that I emphasized getting yourself ready. Even if you don't park your bike for the winter, odds are you ride less than you do during the rest of the year, so it may be time to brush up on some skills. We are fortunate here in Virginia to have several advanced rider courses coming up. In April, we will have an ARC (2-wheel) class in Roanoke, in May we will have a TRC (3-wheel) class in Roanoke, and in June, during Rally in the Valley, we will hold both a Bike & Trailer, and a Trike & Trailer class.



Click the link below to read more:

https://docs.wixstatic.com/ugd/65ea8e_782ec1402789483ebd595ccbd5a19ad2.pdf

NATIONAL NEWS

WELCOME NEW LEADERS

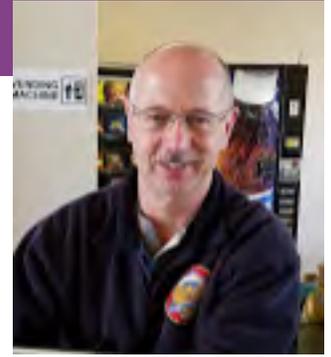
I would like to introduce you to the new and newer District Directors that have stepped forward and have put their team together to lead our Chapters all for the benefit of our Membership. I am very happy to introduce this amazing group of volunteer leaders who have such passion for GWRRA that they wanted to step forward and share the fun, adventures, rides, and leadership with their great Districts. Please reach out and welcome them and then do one more thing, let them know how you can and will help out.



Click the link below to read more:

<http://gwrroa.org/oconnect/newsletter/2019/InsightNewsletter0219.pdf?v=1>

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 a 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 Trailering 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 Hershberger Rd., Roanoke, VA. Range will be in the Burlington parking lot at 2935 Hershberger 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

Classroom will be at the Blue Ridge Hotel and Convention Center at 2801 Hershberger Rd., Roanoke, VA. Range will be in the Burlington parking lot at 2935 Hershberger 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 23, 2019

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

Requirements for GWRRA Rider Courses are:

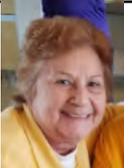
You must sign a waiver

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.

VA-D Officers and Team Staff Members

	<p>Chapter Directors Fritz Sassine & Iris Guillet 804-938-9183 fritz.sassine@gmail.com</p>
	<p>Assistant Chapter Director (Vacant)</p>
	<p>2018 Couple of the Year Al & Debbie Dowell (H) 804-222-1303 mickeydowell1240@gmail.com</p>
	<p>Treasurer & Scrapbook Linda Getzone (H) 804-980-0396 sweetmagnoliava@hotmail.com</p>
	<p>Chapter Historian, Event & Membership Enhancement Coordinator Marie Crow (H) 804-674-1265 crowmg@verizon.net</p>
	<p>Corresponding Secretary Ginny Broughton (804) 598-4893 tbgb12068@aol.com</p>
	<p>Event Coordinator Debbie Dowell (H) 804-222-1303 Mickeydowell1240@gmail.com</p>
	<p>Phone Tree Coordinator Ethel Nelmes 804-399-2582 Evn00@verizon.net</p>
	<p>Chapter Rider Coordinator Tom Westendorf 214-205-0950 tates37@msn.com</p>
	<p>Photographer Tony Cirillo 804-745-7494 bigtonycl@icould.com</p>
 	<p>Rider Coordinators Tommy Broughton 804 598-4893 Tbgb12068@aol.com Ted Nelmes 804-399-2572 Evn00@verizon.net</p>
	<p>Webmaster & Newsletter Editor Fritz Sassine 804-938-9183 fritz.sassine@gmail.com</p>

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: maryoc4429@aim.com	<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: jevansez@gmail.com	<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: dbuey1800@cox.net	<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: fritz.sassine@gmail.com	<u>4th Wed.</u> 6:pm-7: pm - Candelas Pizzeria & Ristorante Italiano, 14235 Middlehoian Take. <u>Chapter D WebSite</u>
VA-E	<u>Fredericksburg</u>	<u>Gordon Combs</u> (01/18)	<u>540-840-0394</u> e-Mail: gorcom@msn.com www.battlefieldwings.com	<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: davis.stephanie80@yahoo.com	<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: 09aellie@comcast.net	<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: Mack.McMillan52@gmail.com	<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: threewheelcruzin@verizon.net	<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 Bou</u> (01/16)	<u>757-382-7643</u> e-Mail: zachbou@gmail.com	<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>Ray & Tammie Pierce</u> (04/14)	<u>757-268-6286</u> e-Mail: gwravachapterdirector@cox.net	<u>4th Sun.</u> 4:pm-5:pm Hibachi Grill & Sushi Buffet, 12745 Jefferson Ave., Newport News, VA. 23602 <u>Chapter O Website</u>
VA-R	<u>Harrisonburg</u>	<u>Gary Hoover</u> hoov@shentel.net (01/18)	<u>540-742-1751</u> e-MAIL: Judy Russell tiggerly13@iefood.net	<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 Whiltworth</u> (04/18)	<u>540-425-0028</u> e-Mail: OtterRideVAV@gmail.com	<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: gwravaw@gmail.com	<u>2nd Tue.</u> 6:pm-7 pm Rosa's Italian Restaurant 4098 Oaklawn Blvd. Hopewell, VA. 23860 FaceBook: gwravaw@gmail.com
VA-X	<u>Salem</u>	<u>Larry Stanton</u> (01/15)	<u>304-922-1401</u> e-Mail: Larry250222@gmail.com	<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 the Diet Doctor website

<https://www.dietdoctor.com/recipes/keto-meat-pie>

Keto Meat Pie

Keep everyone happy with this satisfying, cheese-topped keto masterpiece. Meat pie may be a little old-school, but it's time to rediscover its deliciousness. Any cook can get rave reviews from this easy-to-follow recipe. Serve lukewarm for peak flavor. Great for packed lunches, too.

Ingredients

The filling

- ½ yellow onion, finely chopped
- 1 garlic clove, finely chopped
- 2 tbsp butter or olive oil
- 20 oz. ground beef or ground lamb
- salt and pepper
- 1 tbsp dried oregano or dried basil
- 4 tbsp tomato paste or ajvar relish
- ½ cup water

Pie crust

- ¾ cup almond flour
- 4 tbsp sesame seeds
- 4 tbsp coconut flour
- 1 tbsp ground psyllium husk powder
- 1 tsp baking powder
- 1 pinch salt
- 3 tbsp olive oil or coconut oil
- 1 egg
- 4 tbsp water

Topping

- 8 oz. cottage cheese
- 7 oz. shredded cheese



Instructions

- Preheat the oven to 350°F (175°C).
- Fry onion and garlic in butter or olive oil over medium heat for a few minutes, until the onion is soft. Add the ground beef and keep frying. Add oregano or basil and add salt and pepper to taste.
- Add tomato paste, pesto or ajvar relish – use what you have on hand. Add water. Lower the heat and let simmer for at least 20 minutes. While the meat simmers, make the dough for the crust.
- Mix all the dough ingredients in a food processor for a few minutes until the dough turns into a ball. If you don't have a food processor, you can mix by hand with a fork.
- Place a round piece of parchment paper in a well-greased springform pan — 9-10 inches in diameter — to make it easier to remove the pie when it's done. (You can also use a deep-dish pie pan.) Spread the dough in the pan and up along the sides. Use a spatula or well-greased fingers.
- Pre-bake the crust for 10-15 minutes. Take it out of the oven and place the meat in the crust. Mix cottage cheese and shredded cheese together, and layer on top of the pie.
- Bake for 30-40 minutes on lower rack or until the pie has turned a golden color.
- Serve with a fresh green salad and dressing.

PICNIC & POKER RUN IN THE PARK

Chapter "D" Richmond Wings

Free Admission
Bring a dessert to share



Saturday, April 27, 2019

9:00 am - 2:00 pm

Dorey Park and Recreation Center: Shelter 1 & 2

2999 Darbytown Road Henrico, VA 23231



**Contact Fritz Sassine
and Iris Guillet to
RSVP by April 20, 2019
804-938-9183 or
Fritz.Sassine@gmail.com**

TRIKE FOR SALE

Honda Goldwing Motorcycle Trike...1800CC Lots of chrome, Ring of Fire, Fog lights, Heal Toe Shifter Floor Boards, Air Wings, Heated Seats and Grips, Radio, CB, Nav Systems, trailer Hitch, Luggage Rack Spoiler W/Break light. California Side Car trike kit with Back up lights. 26k miles .

Asking \$22,250. Call David Beatty phone 703 590-9305 current Virginia inspection.



NEW GWRRA JACKET FOR SALE

COLOR: Neon & black

PRICE: SOLD for \$159.99 and will
SELL for \$130.00

SIZE: X-large

INFO: "The Protector"

Tri-Weather Riding Jacket GWRRA
Logo on front & back

100% Waterproof Polyester material.

Removable CE certified protectors on back, shoulders & pre-curved
elbows

Reflective piping for night riding.

Adjustable straps for waist & cuffs Inner 100% Polyester jacket can be
worn with CE certified protectors



Contact Karrin Frankie VA-O 757-812-4323