

GWRRA Chapter D DULUTH, MINNESOTA



Friends • Fun • Safety • Knowledge

From the Director



COVID-19

By Dave Fure

As I'm writing this, I'm realizing how much our world has changed since I put together the March newsletter. At that time last month, we were busy getting all the summer activities scheduled. A month later we are all dealing with a pandemic.

Every day the news changes with new recommendations to help combat COVID-19. As I mentioned in last week's email, all Chapter D activities have been cancelled for the foreseeable future. Also we are cancelling our annual mystery ride.

To help combat cabin fever, Ellen and I are doing some heavy duty spring cleaning. I'm working on the bikes to get them ready for the riding season when it does come. And we're also doing some small home repairs. And as soon as it warms up just a little bit more, we're going to get out on the bikes, even if it's just a short ride through Jay Cooke.

I wanted to share this posting that was sent to me. I know this is a very serious time, but a little humor may help us cope.

Avoid Crowded Spaces = Ride Motorcycles
 Do not use Public Transportation = Ride Motorcycles
 Protect your Nose and Mouth = Ride Motorcycles
 Recommended use of Gloves = Ride Motorcycles
 Try not to Touch Contaminated Surfaces = Don't let anyone Touch Motorcycles
 Keep a Safe Distance from Others = Ride Motorcycles
 Maintain Positive and Productive Attitude = Only way to Ride Motorcycles

Ellen and I hope all of you and your families are safe and make it through this hard time. Hopefully we can get on the back side of this virus in one piece and get back to enjoying each other's company.

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Where to Find Us

Chapter D Web Site
<http://www.gwrra-mnd.org/>

Like us on Facebook
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Safety Message

Basic protective measures against the new coronavirus

Here are recommendations from the World Health Organization

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing.

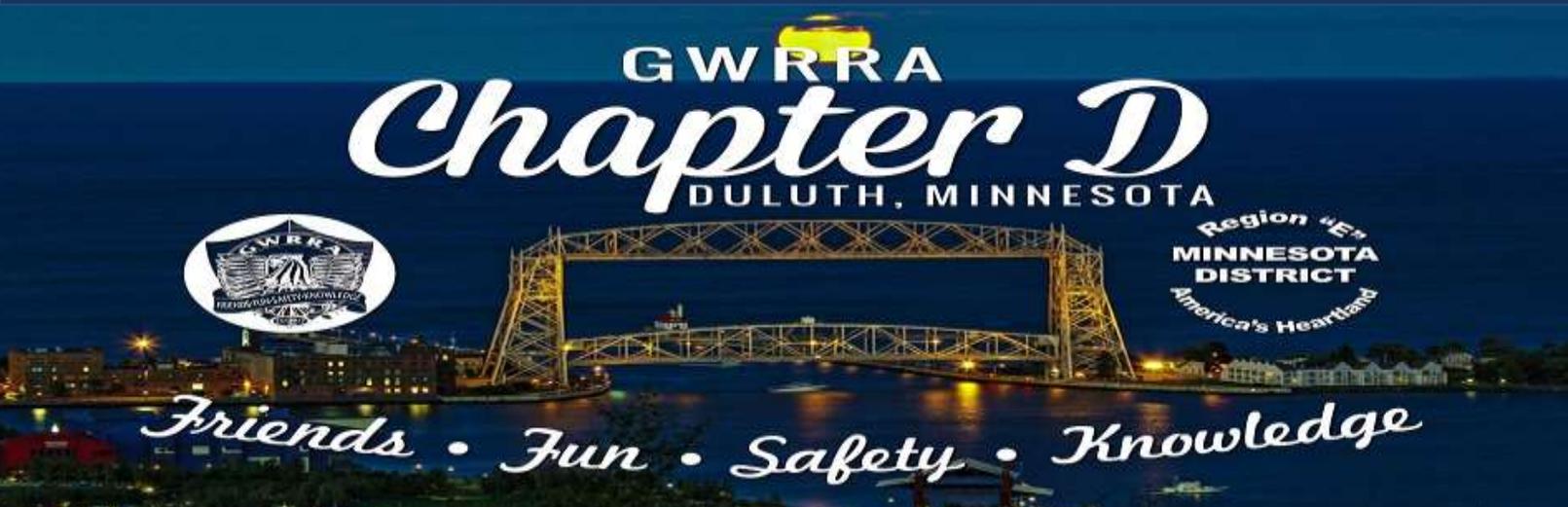
Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.



Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

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Michelle's Menu



Chocolate, Hazelnut & Caramel Tart

1. Heat oven to 350° F. Make crust: place hazelnuts on small rimmed baking sheet and roast until starting to turn golden, 5 to 8 minutes. Transfer to large kitchen towel, bunch into sack and rub until most of the skins have been removed; let cool.
2. Lightly butter a 13½ by 4½ inch rectangular removable-bottom tart pan. In food processor, pulse hazelnuts and 2 Tbsp. sugar to form fine crumbs. Add butter and pulse to combine. Add flour, remaining 4 Tbsp. sugar and salt, pulse to combine. Press into bottom and up side of prepared tart pan then refrigerate at least 30 minutes.
3. Heat oven to 350° F. Place tart pan on baking sheet. Prick crust all over with fork and bake until golden brown, 15 to 20 minutes. Let cool completely on wire rack.
4. Make Caramel: place sugar, corn syrup and 3 Tbsp. water in heavy-bottomed medium saucepan. Without stirring, cook on medium-high until bubbles start to form at edges, about 1 minute; swirl pan. Bring to a simmer, then increase heat to high and boil, swirling pan often, until mixture is a rich caramel color, about 5 minutes. Immediately remove from heat, add butter and salt and swirl pan to melt.
5. Return pan to medium heat, add cream (it will bubble up) and whisk until smooth, slightly thickened and deep amber color, about 1 minute. Pour into cooled tart shell and refrigerate until cool, about 1 hour.
6. Make chocolate: place chocolate in medium bowl. Heat cream in small saucepan until hot but not boiling. Pour over chocolate and let stand 1 minute then stir until smooth. Pour in even layer over caramel and refrigerate until set, about 10 minutes.
7. To serve: sprinkle with halved hazelnuts, flaky salt, pomegranate seeds and gold flakes, if desired.

Ingredients (for crust)

6 Tbsp. hazelnuts
6 Tbsp. unsalted butter, at room temperature, plus more for pan
6 Tbsp. sugar, divided
1 cup all-purpose flour
½ tsp. kosher salt

Ingredients (for Caramel)

⅔ cup sugar
1½ Tbsp. light corn syrup
3 Tbsp. unsalted butter, cut up
½ tsp. kosher salt
½ cup heavy cream

Ingredients (for Chocolate)

6 oz. bittersweet chocolate, finely chopped
¾ cup heavy cream

Ingredients (for Decorating)

¼ cup hazelnuts, halved
Flaky sea salt
Pomegranate seeds
Edible gold flakes

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Upcoming Events

Upcoming Events are cancelled for the foreseeable future.

Your Chapter Team

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