



MONTEREY BAY WINGS

CHAPTER "R"

GOLD WING TOURING ASSOCIATION

STAFF

Chapter Directors	Doug & Lori Green (kssncsndg@sbcglobal.net)	831.685-4770
Asst. Chapter Director	Sharon Cooper (coop2612@sbcglobal.net)	831.566.4193
Membership/Records/Treasurer	Doug & Lori Green (kssncsndg@sbcglobal.net)	831.685-4770
Store/Goodies Director	Doug & Lori Green (kssncsndg@sbcglobal.net)	831.685-4770
Webmasters	Paul & Sonia O'Brien (paul@obriens.org or sonia@obriens.org) (Our Chapter "R" website is no longer active)	831.425.5964
Special Liaison to State	Tim & Linda Smith (RAS1443@sbcglobal.net)	408.371.9393
Rider Education Director	Vacant	
Newsletter Editor	Sharon Cooper (coop2612@sbcglobal.net)	

For any phone number/address changes,
please send to: **Doug Green**
181 Alta Drive, La Selva Beach, CA 95076-1645

MEETING DATE, TIME AND LOCATION
~~WEDNESDAY, October 20, 2021~~

Dinner at **6:30pm**; Meeting starts at 7:30pm

IHop Restaurant
1549 - 41st Street, Capitola, CA

The Green's Corner

Hi Everyone

I recently got a note from Chris Rustigan letting me know that IHop is now open until 8:00 PM. At the rate our meetings were going BC (before COVID) this would be plenty of time for us to have dinner and our meeting. However, I know the next few months can be very busy for most of us as we approach the Holidays so suggest we wait until the New Year before we think about having our meetings again. By then I will contact the restaurant and find out our status for the room and the availability for us to meet again.

I am also going to suggest that we not plan a Christmas Party this year. I know it would be fun to get together but I am not sure of the requirements for the Clubhouse at the park where we usually have the party. They might not be willing to have an "outside" group meet there so again we will plan on next year.

We have a new member on our Chapter Roster, John and Jennifer Crist. The Crists have been members of Chapter "A" in Stockton (if I remember right) for a long time. They recently moved to Mt. View and we are the closest Chapter. Welcome to Chapter "R" and hope we will see you soon.

This has been a long year but also seemed to pass very quickly. In my case, it has gone fast because I have been teaching at Cabrillo so much. Also have been busy at home as for many months Lori was suffering from a back problem which resulted in surgery in August. She is well on the way to a full recovery, driving and managing to get out too many activities (carefully). Her driving has been made easier by the purchase of a small SUV that is an automatic transmission, much easier to get in and out of for the driver and passengers. The SUV also has a "ton" of leg room both front and back so Lori really likes the ability to drive friends around as the VW was really had for this situation.

We will have one more Newsletter this year and then give Sharon the month of December off as we usually do.

Have a fun Halloween and don't eat too much Trick or Treat.

Take care of yourselves!!!

Doug and Lori



Happy Halloween!



10/04 - Jim Saunders
 10/17 - Dan O'Brien
 10/19 - Fred Marburg
 10/27 - Paul Androwsky
 10/31 - Dale Whyte



10/13 - JP & Francoise Morainville
 10/17 - Tom & Anne Stickle
 10/20 - Dave & Linda Bartholomew

Ooey-Goey Salted Peanut Butter Oatmeal Cookie Bars

Prep Time: 15 mins.
 Cook Time: 20 mins.
 Total Time: 35 mins.
 Servings: 16



Wet ingredients:

- 2 eggs
- 1 cup coconut sugar (or sub brown sugar)
- 3/4 cup natural creamy peanut butter
- 1/4 cup melted and cooled coconut oil
- 1 teaspoon vanilla extract

Dry Ingredients:

- 1 cup packed fine almond flour
- 1/2 cup rolled oats (if you want them thicker/more oat-y you can do 3/4 cup but I prefer 1/2 cup) (I use Trader Joe's Rolled Oats - sc. They are GF.)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup dark chocolate chunks or chocolate chips (dairy free if desired), divided
- Fancy Maldon Salt, for sprinkling on top (or sea salt).

Nutrition

Servings: 16 servings
 Serving size: 1 bar
 Calories: 269kcal
 Fat: 18.1g
 Saturated fat: 7.1g
 Carbohydrates: 26.1g
 Fiber: 3.1g
 Sugar: 19.7g
 Protein: 5.6g

This recipe comes from AmbitiousKitchen.com. I have found her recipes very good. Sometimes I like things a little sweeter than how the recipe comes out, so I tend to add some Truvia. She does not use granulated sugar. If you check this recipe online, she gives you lots of options for substitutes or can't uses. She will also give you options for GF, vegan, dairy free, etc.

	9		1		4			
					9	3		
				5		7		4
	8	2			6			
		7		4		5		
			9			4	2	
1		3		7				
		4	3					
			4		8		6	

SUDOKU CLASSIC

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusive.

Instructions:

- Preheat oven to 350 degrees F. Line an 8x8 inch pan with parchment paper.
 - In a large bowl, mix together eggs, coconut sugar and peanut butter until smooth and creamy. Next add in the melted and cooled coconut oil and vanilla and mix together again until it is very smooth and well combined. This should take at least 30 seconds to mix until smooth, you do not want any oil separation.
 - Add the dry ingredients to the wet ingredients until well combined: almond flour, oats, baking soda and salt. Finally fold in 3/4 cup of the chocolate chunks/chips, you'll reserve 1/4 cup for sprinkling on top.
 - Add the batter to the prepared pan and evenly spread out with a spatula towards the edges. Sprinkle the top with remaining 1/4 cup chocolate chunks. Bake for 20-25 minutes until the edges are BARELY golden brown. The trick with these blondies is to slightly underbake them so they stay nice and fudgy and gooey. Once done baking, sprinkle with sea salt. Allow blondies to cool for 15-20 minutes before cutting into so they don't fall apart.
- Cut into 16 squares.