



Thanks for reading the Official Newsletter for HOG Chapter #5087. I don't know about you, but I'm astonished that it's already August! Be sure to take a little extra time when travelling, school speed zones will be in effect to keep the kiddos safe as they get back into their studies. While some would say that summer is winding down, I'm certain that there is still plenty of warm weather to be enjoyed. Be on the lookout on the Facebook page for upcoming rides and event. Speaking of events, we've got plenty. Be sure not to miss bike night or other events hosted by our sponsoring dealer: Fort Thunder Harley-Davidson! Whatever you choose to do, be safe and we'll see you out there!

And now a word from our Chapter Director:

Hello Storm Riders!

It's been a good summer and what a fun pool party we had at the Steury's house;
Thank you Lore & Rick!

Well, August is in full swing and school has begun! Watch out for the children and school zones.

We know many of you have taken vacations, time away and a whole lotta riding! It's been great seeing your pictures from different parts of the country. Take advantage of the service specials from Fort Thunder before they expire Aug 31st.

Keep up to date with the planned events and rides under the Events tab on the Facebook Storm Riders Family page and join us.

Together... let's RIDE & HAVE FUN!

Cool Hand

From our Membership Officer:

Greetings,

I'm happy to report that I am receiving Chapter enrollment forms from Fort Thunder! Unfortunately, National HOG is a little slow at issuing membership numbers, so there will be a delay in getting our new members added. I've sent invitations to all those whose enrollment forms I've received so far and I'm hopeful that will add even more people to our superbulous family. Speaking of, we currently have 147 members. Let's keep that number growing!

Thanks,

Valkyrie

From our Head Road Captain:

Good day everyone,

We are already halfway through the year (my how time flies!). With that, it is time to start looking forward to next year. If you are interested in being a road captain, Asst. Head Road Captain or Hear Road Captain, you should talk to Just Obi and myself (Timex). We can let you know the steps you will need to take to make it happen.

Here are the upcoming rides for August. See the Facebook page for detailed information on the rides.

Summer is here with August in full swing. Please stay safe and hydrated out there.

Here are a list of events coming up:

Saturday 17th – Siggj's poker Run 7am Fort Thunder

Saturday Aug 24th – Holt takes us to Kendall's meet up at 9:30am Fort Thunder

Saturday Sept 7th – Unicorn leads us on the new member ride to El Reno.

Ladies and Leather is Sept 12th – 14th.

Sept 18th – 21st is BBB in Arkansas.

Sept 21st – Lucky is going to take us to Bill’s Catfish. KSU is TBD.

October 5th is the OHP Safety course - We will not have a NMR in October so everyone can attend the safety class.. Please sign up with Barbossa to attend. Meet up at 8am.

Greyhound’s annual Breast Cancer Awareness ride is Saturday Sept 12th.

Remember to Have Fun, Stay Safe, and Ride often. See you out there on our rides.

Chris “Timex” Hazen

Quick Note:

One of the Storm Riders flags seems to be missing. We use these flags for our group photos, so if you borrow one, please be sure to return it in a timely manner so that the next group will have a flag available for their photo.

Did you know?

It’s Fair season in Oklahoma! Fairs start in mid-August and end in early October, and there are plenty of different Fairs to go and see. Some offer free admission while others charge to enter, but there is something for everyone! Visit the website below to see where the next Fair will be.

<https://www.travelok.com/ie/articles/fair-season-in-oklahoma-where-to-find-fantastic-fair-food>

Website information courtesy of TravelOklahoma.com

*Chapter Meetings are the second Wednesday of the month at Chelino’s Mexican Restaurant, 8966 S. Western Ave., Oklahoma City, OK 73139.

Websites for information, calendar, membership form, pictures, and more Storm Riders fun:

[Storm Riders Chapter #5087 | Moore Oklahoma | H.O.G. \(stormridersok.com\)](#)

Facebook Pages (must have a Facebook log-in to view)

(1) [Storm Riders HOG Chapter | Facebook](#)

(2) (1) [Storm Riders Family | Facebook](#)

Instagram Page (must have an Instagram log-in to view)

[Stormriders Okc \(@stormriders okc\) • Instagram photos and videos](#)

YouTube

[\(125\) Storm Riders OKC - YouTube](#)

If you have any questions, comments, or feedback about our social media pages, please email: Social-media@stormriders

If you are having issues finding the Chapter Newsletter on the website, you can sign into your account, click on “My Account” and you’ll see “Newsletters” in the drop down. They are always posted on the Storm Riders HOG Chapter page on Facebook and will always be uploaded to the Storm Riders Family page under “Files”.

Zucchini, Corn & Egg Casserole

This healthy casserole is essentially a crustless quiche, brimming with fresh summer vegetables. Bake it up for an elegant summer brunch or a casual backyard barbecue.

By **Hilary Meyer**

Updated on April 18, 2024

Tested by **EatingWell Test Kitchen**

Reviewed by Dietitian **Breana Lai Killeen, M.P.H., RD**

Cook Time: 30 mins

Additional Time: 45 mins

Total Time: 1 hr 15 mins

Servings: 8

Yield: 8 servings

Nutrition Profile:

Low-Carb High-Calcium Bone-Health Nut-Free Healthy Aging Healthy Immunity Soy-Free Vegetarian High-Protein Low-Calorie

Ingredients

- 5 cups shredded zucchini and/or summer squash (about 3 medium)
- 2 tablespoons butter
- 1 cup finely chopped onion
- Pinch of salt, plus 1/4 teaspoon, divided
- 1 ½ cups corn kernels, fresh or frozen (thawed)
- 1 ¼ cups no-salt-added cottage cheese (see Tips)
- 1 cup crumbled feta cheese
- ½ cup chopped red bell pepper
- ¼ cup chopped fresh dill
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon ground pepper
- 10 large eggs, lightly beaten

Directions

1. Preheat oven to 350 degrees F. Coat a 9-by-13-inch baking dish (or similar-size 3-quart baking dish) with cooking spray.
2. Place squash on a clean kitchen towel, gather up the edges and squeeze out excess moisture.
3. Heat butter in a large skillet over medium heat. Add onion and cook, stirring occasionally, until golden brown, 5 to 8 minutes. Add the squash and a pinch of salt; cook until very soft and dry; about 4 minutes more.
4. Transfer the squash mixture to a large bowl. Add corn, cottage cheese, feta, bell pepper, dill, flour, baking powder, pepper and the remaining 1/4 teaspoon salt and stir until well combined. Stir in eggs. Pour the mixture into the prepared baking dish.
5. Bake the casserole until the center is set and the edges are lightly browned, about 40 minutes. Let stand 10 minutes before serving.

Tips: Keep sodium in check and use no-salt-added cottage cheese. It saves more than 300 mg of sodium per 1/2-cup serving compared to regular cottage cheese but still gives the same tangy but creamy taste.

Originally appeared: EatingWell Magazine, July/August 2017

Nutrition Facts

Serving Size 1 3x4 piece

Calories: 244

Total Fat: 14g

Saturated Fat: 7g

Cholesterol: 258mg

Sodium: 429mg

Total Carbohydrate: 14g

Serving Size 1 3x4 piece

Calories: 244

Dietary Fiber: 2g

Total Sugars: 7g

Protein: 17g

Vitamin C: 29mg

Calcium: 202mg

Iron: 2mg

Potassium: 448mg

Recipe copied from Eating Well:

<https://www.eatingwell.com/recipe/258539/zucchini-corn-egg-casserole/?print>

If you enjoyed another trip around the sun in August:





**Fort Thunder Harley-Davidson
Dealership Challenge**



2024



RideNow PowerSports Harley Dealership challenge.

John and Fort Thunder are sponsoring a dealership challenge for 2024. Ride to the RideNow owned Harley Dealerships and get a picture of you, your Harley, and his flyer in front of the Harley Dealership. Make sure to have a date with in your picture or in the title. Drop the picture in the Dealership Challenge folder on our StormRiders family page.

Winners are the ones who visit the most Harley-Davidson Dealerships owned by RideNow PowerSports. 12 total excluding Fort Thunder Harley-Davidson (List Below). Minimum to enter the contest is 3 Dealerships not including Fort Thunder.

In the event of a tie then the tiebreaker is the Rider who achieved their visits the quickest. Example, If Joe and Bob each have 8 HD dealerships, Joe completed it in Sept. Bob completed his in Nov, then Joe wins.

<https://www.ridenow.com/>

<https://fortthunderharleydavidson.com/>

First Place – 2 year VIP maintenance package

Second Place – Leather Jacket

Third Place - \$250 Gift Card

All entries due to the Head Road Captain by the New Members Ride Jan 1st 2025.

Black Gold Harley-Davidson
1007 State Highway 121
Allen, TX 75013

Dallas Harley-Davidson
1334 W Centerville Rd
Garland, TX 75041

Central Texas Harley-Davidson
2801 N. Interstate 35
Round Rock, TX 78664

War Horse Harley-Davidson
5331 N US Hwy 441
Ocala, FL 34475

Arrowhead Harley-Davidson
16130 N. Arrowhead Fountain Center Drive
Peoria, AZ 85382

Old Pueblo Harley-Davidson
7503 E 22nd St
Tucson, AZ 85710

Roadrunner Harley-Davidson
1402 N 159th Ave
Goodyear, AZ 85395

Scorpion Harley-Davidson
6895 W Chandler Blvd
Chandler, AZ 85226

Fort Thunder Harley-Davidson
500 SW 11th Street
Moore, OK 73160

Saguaro Harley-Davidson
7355 N. I-10 E. Frontage Rd
Tucson, AZ 85743

Rattlesnake Mountain Harley-Davidson
3305 W 19th Ave
Kennewick, WA 99338

Powder Keg Harley-Davidson
2383 Kings Center Ct.
Mason, OH 45040

El Patron Harley-Davidson
621 El Cajon Blvd
El Cajon, CA 92020