



Volume 14 Issue 02

March 2017

Crew Meetings & Activities 2017

April 22 (KDT)

May 27

June 24

July 22

August 26

September 23

October 28

November ?

December?

All above meeting are subject to change. Normally we meet at Shady Oaks BBQ at 3:00 p.m. on the dates above (unless otherwise mentioned.)

COMMAND DIVISION (YELLOW)

CO REPORT

The CO was able to make it to the March meeting but wasn't able to send in a report. Of course with the storms that have blown through the last week of the month, he might have been transported to Kansas. Or at least to the Fan Con the last weekend of the month. Hope he can make it to the dinner in April. Lots of food and fun as well as awards and it is our election for CO. Check out the platforms for our two candidates at the end of this newsletter.

LLAP

Captain Michael Cross

XO REPORT

So, when you loan money to a bison,

... is it a buffa-loan?

(Sorry.)

IC2017

The STARFLEET International Conference will be in New Orleans, at the New Orleans Airport Crowne Plaza., on August 18-20. As IC is in Region 3's Area of Operations (AO), the Region won't have a separate, stand-alone Summit, so you can spend the money & time you might have spent on Summit on attending IC instead. Tracy and I have made our reservations, and will be there (God willing). Hope to see y'all there, too! (For more information, check the end of this newsletter.)

Ship's Elections

As a reminder: At the April meeting, we'll be electing the next term's Captain, and the new Division Officers (Red, Blue, Gold.) There were no nominations for Gold and Red Division Leaders, but Tracy was the only person nominated for Blue Division Leader, and therefore no election will be necessary for that post. Also, no nominations were made for Marine Officer-in-Charge, Ranger Team Leader, or Klingon Leader, and therefore I have been returned for those three posts yet again.

Meeting Weekends

April 22nd will be the April meeting; in addition to our Captain's Elections, it is our Klingon Dinner Thing potluck, and will be at Ascension and St. Mark's Episcopal Church, 5094 US Highway 380, in Bridgeport, TX. We'll begin at 1600 (4pm); bring a dish to share.

As per our vote at the March ship's meeting, we'll be moving future ship's meetings to the fourth Saturday of the month (from the third Saturday). Hopefully, this will remove lots of potential conflicts, and encourage increased attendance at meetings.

Recruiting Drive

Our ship's membership is currently on a downswing, so Captain Cross and I would like to encourage each and every one of you to "spread the word" about the USS Regulator, and to bring a guest! Please also think of ways we can increase awareness of the chapter. Perhaps it's time to try out the "FLEET FIRST" fund raising/STARFLEET information table somewhere?

Respectfully,
Commodore Tank Clark, SFMD
First Officer, USS *Regulator*, NCC-2009

SCIENCE DIVISION (BLUE)

Ship's Services

April birthdays : Perry Brulotte April 13

Renew Memberships with Fleet: Perry & Melissa Brulotte due 1/23; Glen Wilkerson due 5/15; Michael Cross 5/22

Communications

Well, it is official, we will continue to meet on the **fourth** Saturday of each month. In case you weren't at the meeting in February, we discussed moving our meetings because most of the conventions and various other events seem to happen either the second or third Saturday of the month. Which left some of our members in a quandary as to going to a convention or our meeting. This way, everyone benefits. We can attend our meeting and our conventions.

The Klingon Dinner Thing will be held on our April meeting. It is a potluck, so bring dinner and some to share. It will again be at Ascension & St. Mark's Episcopal Church 5094 US-380, Bridgeport, TX 76426. It's where we have held our Klingon Dinners in the past. This year we will begin about 4:00pm so the CO can get some extra sleep. (He works nights.) I hope everyone can make it – Michelle is making some blood pudding tarts.

Liz Goulet, R.Admiral
Communications Officer, USS *Regulator*, NCC 2009

Medical

- What happens if a medical emergency happens in your home, and the paramedics don't have the

information they need? A great way to help them get the info that will help them save your life is the **Vial of Life**.

- The **Vial of Life** (aka Vial of L.I.F.E (Lifesaving Information for Emergencies)) is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information. Vial of Life programs are commonly used by Senior citizens and are promoted by senior center organizations, but this life saving program can be used by anyone in need. The decals, medical information forms, and other materials are typically free, and some may be downloaded and/or printed for free from the internet.
- While there are number of different programs and agencies that provide these materials, the website **VIALOFLIFE.COM** is the most prominent. Individuals can request free forms and UV coated decals on this website and can even save their information online through the secure online database. This allows patients to update and print their changing medical information. The vialoflife.com and vialoflife.org websites are live security protected sites where individuals and organizations can fill out the Vial of Life medical information form and print or edit their data.
- When a patient first starts with their Vial of Life kit, they must complete a medical information form about their medical history. All information on this form is optional, but the more information a patient provides the better. When paramedics have complete medical information, they can take measures to treat patients with special allergies or medical conditions appropriately in an emergency. Patients fill out information such as blood type, medical conditions, current medications, doctor's name and number, allergies, insurance information, and emergency contacts. The most recent cardiogram (AKA EKG), and even a picture to help identify themselves.
- It is encouraged that patients with complex medical histories fill out their medical information form with their doctor's help. Also, many seniors benefit from bringing their completed Vial of Life form to doctor's visits. Many seniors have trouble when they are overprescribed medications or prescribed conflicting medications by different doctors. The Vial of Life form is a practical way to keep all of that information in one place.
- For more information, and to print free forms and decals, please visit <http://www.vialoflife.com/>

Commander Tracy "Gleek" Clark, SFMD
Chief Medical Officer, USS *Regulator*, NCC-2009

ENGINEERING DIVISION(RED) **ENGINEERING**

Red Division

The Red Division is responsible for membership recruiting and retention, as well as for social activities of the ship. These social activities include (but are not limited to) holiday parties, as well as the two promotion/awards ceremonies the ship holds each year: The Klingon Dinner Thing in April and the Mirror, Mirror Month Meeting in October.

On ST: TOS, engineers, security, transporter operators, lawyers, and many others wore red-colored uniforms. (Ship's Articles 2017, Section 4.02 (d))

BOSUN (Chief in Charge)

Please remember to bring your flip tops to the next meeting. There are only **two** months left in this year's contest. For all of you that have not brought any in, you can still do so. Please remember our meetings have changed to the 4th Saturday of the month. It is a close race so far this year, so get your fliptops in so you can win the race and Ronald McDonald House becomes the big winner.

Special Note: Please put your name and what group you want your flip tops to be counted for on your bag with the tops. If you **do not** put your name on it, you won't get credit- I will.

Alan Goulet, MCPO



From the Flight Deck: OIC, VMA-333 "Phoenix Squadron"

Take a knee, Marines.

This month, instead of yammering on and on about Marine things, I'm going to give a brief, spoiler-free review of the new *Power Rangers* movie that Tracy and I went to see after the March meeting.

This was a reboot of the original, old TV show, the "*Mighty Morphin Power Rangers*." The basic story, for those who don't know: five teenagers discover ancient aliens, receive superpowers, and are dubbed "Power Rangers". The original show was full of pretty bad acting, and horrible plots – mainly because almost all of the action sequences were lifted directly from a Japanese show, with American actors and their sequences added in. The monster of the episode (always made gigantic toward the end) was played by a guy in a suit, as was the Power Rangers' Megazord (giant robot, made by combining the Power Rangers' individual robot vehicles into one). In this movie, the monster and the Megazord were obviously CGI, but *looked* like they *could* have been guys in suits... it's a little hard to explain.

Tracy and I were never "fans" of the show, as it was aimed at 9-12 year olds. We both, however, would occasionally see the show, as it came on during a block of programming that contained shows of which we *were* fans. We both really wanted to see this movie, though, mainly because of the wonderful trailers for it.

Again, no spoilers, but the 2017 *Power Rangers* movie was lots of fun; the acting was good, the dialog was enjoyable (and occasionally funny), the special effects were high-quality, and the story was highly entertaining. There have been some changes from the original source material, but the changes actually cleaned up the original story quite a bit, and made everything more logical. The characters were similarly improved, and I really enjoyed how much depth was added to each of them. The verdict? Go see the movie; you'll enjoy it.

Any questions, or if you just want to chat about stuff, feel free to email me (greenlantern.pirate@gmail.com), call me (940.255.9445), text me, or find me on Facebook, or whatever.

Thank you all, and Carry on!

Brigadier General Tank Clark, SFMC, SFMD (BFHD, LMAO)
Officer-in-Charge, VMFA-333, "Phoenix Squadron"
Never Give Up, Never Surrender!

From the Deck 15 Horde: Known as the Klingon Krew

The next Klingon Good Day to Dine is on Sunday, April 30, from 1400 to 1700 (that's 2:00 PM to 5:00 PM for those of you who use twelve-hour clocks), at BJ's Restaurant and Brewhouse, 201 E Interstate 20, Arlington, TX 76018. The GDtD is always a wonderful time, and I highly recommend attending if you can. Wear your uniform so you can vote on where the next one will be.

Meanwhile, the April 22 ship's meeting is not only the ship's elections and the Spring promotions & awards, but also the Klingon Dinner Thing. This year, we currently plan on holding the KDT at Ascension & St. Mark's Episcopal Church in Bridgeport, west of Decatur on US Highway 380, starting at 1600 hours (4pm). It's a potluck dinner, so bring your favorite "Klingon" dish (or Klingon-inspired, if you will.)

For the Empire!

Kommodore Klark, son of Konald

Have Phaser, Will Travel!

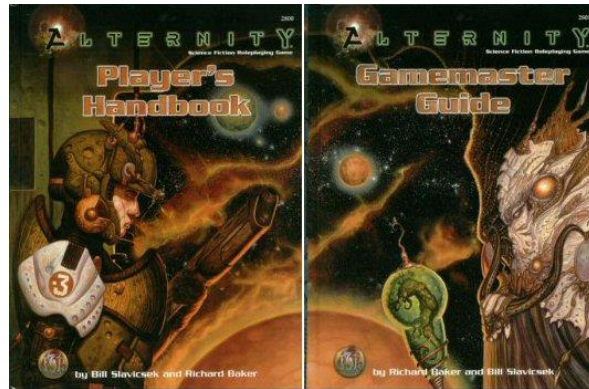


As always, the monthly reminder: You should, when and as possible, be taking Ranger courses from STARFLEET Academy. You can get the lists of what you should take for each Grade (1 through 10) from the Publications page of the SFSO web site: <https://sfisfo.wordpress.com/publications/> There's a lot of stuff to learn, and it's fun. Do it! When you complete a grade, notify me, letting me know the dates you completed each course within the grade. I'll send it up through my chain of command, and get you certified. Easy-peasy. Completing Grade Two earns you the Major Hayes ribbon... just like Rear Admiral Goulet and I have earned.

Now, on with the game stuff...

I'm still (every once in a long while) playing in a unique blend of *For Gold and Glory/Advanced Dungeons & Dragons (Second Edition)/Rangers & Rabbits*. H. R. Hufflepuff the Badger has broken a couple of lances against enemies that were afoot; the party's thief (a Cat named Sylvester) has performed really entertaining maneuvers in combat, including dropping off the side of a stairway next to – and then backstabbing – a goblin; our party's cleric is a Hawk named Hermione, and she's perfected the "swoop in and cast *Cure Light Wounds*" maneuver; the Lioness Nala, a Fighter/Magic-User, lives quite well by her dual-wielding swordplay mixed in with a loud Roar. Heck, even the party's henchmen and hirelings are loads of fun!

However, this month, let's talk about a science fiction RPG from the waning years of TSR: "*Alternity*." TSR published this game in 1998, during the heyday of *Advanced Dungeons and Dragons Second Edition*. The core books are the Players Handbook and the Gamemasters Guide; there were setting books published for it as well, including *Star*Drive*, *Dark*Matter*, and *StarCraft*, as well as other accessories, like the Arms and Equipment Manual. I purchased my copy several years ago at a Half-Price Books. I sometimes still see them, and I will continue to look for extra copies, as well as for other books in the line. Although Wizards of the Coast doesn't support the game at all, one may download a torrent with PDFs of the books, and there's a wonderful fan-supported web site called Alternity.Net. Additionally, a new company called Sasquatch Games is creating Alternity 2.0, updating and changing the rules. (I've looked at the Sasquatch game; I think I prefer the original Alternity.)



The Core Mechanic

This is a skill-based system, and every die roll that's made uses the same core mechanic: roll the control die (always a twenty-sided die (d20)) and a situation die (which ranges from a negative four-sided die (-d4) through a positive 3d20 (+3d20)), and roll the skill score or less. Lower numbers are always better in this game (except when rolling damage or armor), and the lower you roll, the better you do – there are degrees of success. I think that the designers took the “non-weapon proficiency” rules from AD&D 2E, and ran with it... and I think that it makes an awesome system that's fairly easy to understand.

The situation die is on a “step” scale, that goes -d20, -d12, -d8, -d6, -d4, -d0, +d4, +d6, +d8, +d12, +d20, +2d20, +3d20. The gamemaster (GM) assigns the situation die according to his judgement on how difficult the action would be. The die total is compared to either the specialty skill, the broad skill (if the character has no specialty skill), or an untrained ability score check. The better (lower) the roll, the better the action was accomplished, ranging from Critical Failure (a 20 on the control die), a Failure (higher than the score), an Ordinary success (ranging from the score to one more than one-half the score), a Good success (one-half to one more than one-quarter the score), and an Amazing success (one-quarter or below.) Rolling a 1 on the control die is always a success.

Character Creation

The process of creating a **character** is a bit time-consuming, at least for a new player. There are four “professions” (think classes in other games): Combat Specialists, Diplomats, Free Agents, and Tech Ops. A fifth profession, Mindwalker, is optional. Mindwalkers are psionics-users. Combat Specs are just that – fighter types. Diplomats have the wonderful advantage of having a secondary profession, Free Agents are the people who do just a little bit of a lot, and Tech Ops careers include doctors, engineers, pilots, and so forth.

Under each profession are careers, which aren't really necessary for the game, but are helpful in the process of character creation and for roleplay. Each sample career in the game lists a starting package of skills (and the points total of those skills), as well as “signature equipment”: things that a member of that particular career would have.

Each character has six ability scores: Strength, Dexterity, Constitution, Intelligence, Will, and Personality. Going by the standard rules (as found in the Player's Handbook), players receive 60 points to divide up between each ability. Each profession has different required minimum abilities, so you'll have to have a minimum of 12 in one score, and a minimum of a 9 in another; the other four are

assignable however you like. In the Gamemaster's Guide, there are alternate methods of generating ability scores, including random dice rolls.

Each race has a different set of "free broad skills". Skills are grouped by ability score – for example, Modern Ranged Weapons is a Dexterity broad skill, while Deception is a Personality broad skill. Under each broad skill are specialty skills – for example, under Modern Ranged Weapons you'll find the Pistol, Rifle, and SMG (submachine gun) skills. To buy a specialty skill, one must first buy the broad skill, and the free broad skills count as being bought. There is a table in the Player's Handbook that lists the costs for each skill (both broad and specialty). Each skill also lists the professions which can buy the skill at one less than the listed price.

The amount of skill points the character starts with is dependent on the character's Intelligence score. The table in the Player's Handbook is very limiting; however there are better methods I've found on the Internet. The one that seems to be most used by people on Alternity.net is "Optional Rule 2", used by the game designers in their own home games, in which players get $30 + (\text{INT} \times 3)$ to start, as well as flattening out the costs of skills past the first rank.

There are several ways of equipping a character, ranging from taking starting funds and buying every single item, to the GM just assigning gear. As I mentioned earlier, each career also has their own "signature" equipment – things that a member of that career would always have.

House Rules

As I mentioned, there are a lot of house rules and other optional changes I've seen on the Internet for this game. When I finally get around to playing this game, I would like to use the Optional Rule 2 mentioned above. I would also reduce the costs of buying skills after the first rank: instead of the second (and later) ranks of the skill costing (skill cost) plus (current rank), the skills would cost the same for second and later ranks as it would for the first rank of the skill. As far as equipment, it kind of depends on the campaign model. My current idea for a campaign starts like this: the characters are all on a "cruise ship in space", as passengers and/or crew. A disaster occurs (possibly a pirate attack?) and the PCs all board a lifeboat, which takes them to the nearest inhabitable planet. The PCs have whatever they carry with them, plus the gear stowed on the lifeboat (which would include weapons, armor, tools, food, water, first-aid kits, etc.) There may be a settlement, or maybe an automated "dilithium cracking station" (like in "Where No Man Has Gone Before"), and/or alien villages, or all of the above and more... regardless, the party has to move across the planet to another location in order to be rescued. The party may not be a homogenous, balanced party – it may have a movie star who'd have to work with a ship's crewman, or a lawyer, or a doctor, or a gambler, or whatever.

The Other Bits

The "engine" of this game is simple, easy to remember, and virtually universal in its application. Even the "initiative" system uses the same standard core mechanic, of rolling a control die and a situation die, trying to roll under a certain score. The math is all figured out on the character sheet, so you don't have to do the math during the game. An experienced game master can easily "eyeball" how hard any particular action should be, and dictate the situation die accordingly. An inexperienced GM should use the clearly written guidelines found in the Player's Handbook and the Gamemaster's Guide, but I would think that after a few sessions, that GM would get comfortable enough to use the eyeball method.

Armor works by subtracting damage, and each type of armor reduces different types of damage in varying amounts. There are three types of damage: Low Impact (LI), High Impact (HI), and Energy (En), and each weapon deals a one of those three types.

In combat, as well as in some other situations, the target's abilities influence the attacker's situation die... for example, a target with a high Dexterity is harder for an attacker with a pistol to hit. Again, all of this is determined during character creation, and is easily found on the character sheet. This is a well-designed system.

The weird thing about the system is getting used to the concept of wanting a "1" to show up on your d20 roll... but I have some dice that would work well, judging by my experience with 'em.

Grab some dice, and let's start killin' some goblins – er, I mean bug-eyed monsters from outer space...

Sum non Satis?

Commodore Tank Clark, SFMD

Team Leader, 33rd STARFLEET Rangers ("The Paladins")

"Have Phaser, Will Travel"

ARTICLES OF INTEREST ETC. BY VARIOUS CREW MEMBERS

Election Platforms for those Running for CO

Platform for Tank Clark

Things I want to do if elected Captain

1. First Officer

a. Who wants to serve?

During my last two terms as Captain, I didn't require the XO to do anything... this next time, I'll be leaning VERY hard on the XO, to run the Leadership Committee, the Promotions Board/Awards Board.

2. Gold Division

a. Communications

i. Newsletter

1. I don't want the newsletter to become like the Region's (They put out a blog instead of a periodical PDF)

2. It needs to be published within its month.

a. It was moved to the end of the month so that the DHs, the CO, XO, etc could include information from the meeting.

b. Too many people are waiting until the last few days of the month to get articles in. This means anyone compiling the newsletter doesn't really have time to put it together.

3. It should be published in PDF. There are many ways to do this, including using modern Word 2016 (at least mine, with an Office 365 subscription), SodaPDF, OpenOffice, etc.

ii. Facebook

1. The FB group has become a regular go-to place for sharing jokes, pictures, and comments, as well as reminding the crew about upcoming meetings and activities. The Comms Officer should regularly access the

FB group – at least once a day – if nothing else just to keep up with what we’re all talking about.

2. We need to get better about making Events for every event and meeting.
3. We also need to improve our getting information about what we’re doing to the Region & Brigade FB Groups/Pages.

iii. Web Site

It’s very basic, but it seems to work, mostly. As CO I created this one, and as XO I’ve been maintaining it. It’s connected to my FB account, but I can give anyone the information needed to access it.

iv. Other

The Brigade and Region staffs are currently using Discord to hold meetings. I don’t really want to go to an online-meeting format, but it wouldn’t be a bad thing for the Leadership Committee to have a place on Discord, or Google Hangouts, or whatever, at which to discuss ship’s business (like the Promotion Board, for example.)

b. Landing Parties

- i. These have been handled rather haphazardly – almost on the fly.
 1. Can everyone make suggestions about what they’d like to do? We have a small turnout on many of these; is it because we’re not doing what you find interesting? Or is it too far? Etc.
 2. After Action Reports, detailing what we did, how we did it, who did what, what went right, and what went wrong, should be completed after each and every LP, and maybe shared with the entire Region.
- ii. Is there a good way to determine when we should do what?

3. Blue Division

a. Charities

- i. Currently, the ship has two charities (WCCA & CARE) and the Region has one (Children’s Miracle Network/Extra Life). The Region would like us to concentrate as much as possible on the Region’s charity; I would like to concentrate as much as possible on OUR charity (/charities).
- ii. Should we have only one charity for the ship, supporting the Region’s as a secondary?

b. Fund-Raising

- i. “Fleet First” method – having tables: “oh, we’re the Regulator, part of STARFLEET Region 3, and we’re here today to raise money for WCCA. We’re a fan organization that gets together to _____ as well as support our charity... etc.
 1. Money collection jar, PayPal, etc
 2. Selling Tribbles, trinkets, etc
 3. ?
- ii. Events, like the Charity Dinner
 1. ...which needs to be rescheduled, probably in the summer?

iii. Auctions

4. Red Division

a. Recruiting/Retention

- i. “Fleet First” activities. These should be primarily about fund-raising, but also about “showing the flag” and getting people to know we exist and what we’re about.
 - ii. What makes YOU stay in SFI? What do you want to see us do? How could we improve? What is the reason so-and-so left?
- b. Social Events
 - i. October’s Mirror-Mirror Month/Promotions/Awards
 - ii. April’s KDT/Elections/Promotions/Awards
- 5. Gray: 333rd MSG
 - a. If I’m returned as OIC:
 - i. DOIC and SGM will both be elected from within our MSG
 - ii. The MSG needs to host at least one Landing Party/Event/Activity for the ship
 - b. We’ve been an Aerospace Squadron for years. Do we want to change to a different branch of service (Infantry, Special Ops, Medical, Support, Combat Engineering, Armor, etc?) If so, do we want to change our nickname, motto, slogan, etc?
 - c. Do we want to have a Marine-Only event?
- 6. Green: 33rd STARFLEET Rangers
 - a. If I’m returned as TL
 - i. ATL will be elected from within the Team
 - ii. The Team will have to host at least one Landing Party/Event/Activity for the ship
 - b. Do we want to have a Ranger-Only event?
- 7. Black: The Klingon Krew
 - a. Is there any interest in continuing it?
 - b. The Klingons are responsible for the KDT each year – see 7a above
- 8. We have traditional things that we do each year, but people seem less and less enthused (KDT, Mirror Month). Ways to improve? Should we choose different things to do (perhaps a Romulan Empire Day, or Andorian Day?)

Platform for Liz Goulet

I don’t have any big agenda for the next two years. I want to give the members an option for CO. I have held this position before but it was at least three CO’s ago and back before we started going to Shady Oaks for our meetings. I am only one of a handful who have the required courses for being CO, so I wanted to help my ship in any way possible. We are one of the oldest meeting chapters in Region Three and I would like to see us continue. We’ve changed the look of the handbook, the newsletter – we might have to change other things. But life is full of change and it’s just another adventure for each of us.

StarTrek IC 2017 August 18-21, 2017

Registration for the International Conference in August in New Orleans, Louisiana is now \$45 per person. Rates will increase before the event. Register now to take advantage of the lesser registration fee. The hosting crew have some really big plans for this year's event and we look forward to seeing you there. I would like to thank those who registered before the price increase and a big thanks to those who have contributed to the event knowing they will not be able to attend. We are still a long way from the goal for the event and I am still hoping to see many more of you come thru registration.

The website for registration is <http://www.ic2017.org/registration/>

The IC 2017 Committee has secured a block of 150 room nights. STARFLEETmembers will get the special rate of *\$99 during the days of the Conference as well as one day before and one day after (8/17/17 – 8/21/17). Members can call the hotel directly at 1-800-227-6963 (800) 227-6963 and give promotional code “SIZ” to get the event rate. Or use the link on the www.ic2017.org/venue to make your reservation online.

This year we have an extra special opportunity. Everyone who registers for the Admiral’s Banquet will have a chance to sit at the Fleet Admiral’s table. There will be a drawing from the banquet registrations to dine with the Fleet Admiral. It doesn’t matter how long you’ve been in Fleet or what your rank is, all you have to do is register for the banquet and your name goes in the hat. If you are unable to attend International Conference this year, please consider supporting our efforts with a Contributing Membership. For a mere \$25, your membership will allow you access to the IC via a streaming service, a souvenir program book, and a bag of goodies as our thanks for helping out with the event. We are working hard to make this IC the biggest and the best yet and we cannot wait to share the experience with our STARFLEET Family. So please come on down and *
Les Bon Temps Roulet!*

The Menu: Banquets can be purchased at our Online Registration Portal for \$45.00 each. The IC 2017 Committee this year has decided to go with plated dinners. Each will come with the following: House Salad, Rolls with Butter, Chefs selection of Vegetables; Starch, and Chefs Dessert Selection.
Drinks offered: Coffee, Hot Tea and Iced Tea.

Special dietary concerns: We addressed this with the hotel, should the menu not satisfy a Members dietary needs. There will be some special dishes in advance to address this. The Banquet Form on the website is designed to alert the Committee of those needs and pass them to hotel. Remember the final date to get your Banquet Orders in is July 31, 2017.

Friday: August 18 The Marine Mess Selection

New York Strip Steak: Grilled and Marinated, this cut is topped with a Fresh Crab Meat & Herb Butter Sauce. Chicken Oscar Roulade:Parmesan Crusted Chicken Breast rolled with Fresh Asparagus & Crab Meat, Crawfish Bearnaise Sauce

Saturday: August 19 The Admiral39s Dinner Selection

Cajun Stuffed Pork Loin:Pork Loin stuffed with Louisiana Sausages, Crawfish, Crab & Shrimp, topped with a Spicy Creole Veloute. Pecan Chicken: Sauteed Breast of Chicken encrusted with chopped Pecans and topped with Chardonnay Cream Sauce.



Meetings for the *USS Regulator* are held every month
at 1500hrs at Shady Oaks BBQ at Sand Shell &
Hwy 35. Usually on the fourth Saturday of every month.
For information contact CO Capt Michael Cross

at
regulator@region3.org
or visit our web site

<http://ussregulator.weebly.com/>

Regulator Charge! Newsletter is a monthly publication produced to inform members of upcoming events with the ship, with the region, and with the fleet. As well as things of interest everyone might like to know about. Information in this publication is obtained through emails and internet sites. The *USS Regulator* is a non-profit organization affiliated with STARFLEET. Although we are Star Trek based, this club does enjoy and encourage anything that is SciFi related such as Battlestar Galatica, Stargate, Star Wars, X-Men, Superman, etc. This is an 'on line' publication for all those who have email. If requested a printed copy can be sent to you at your home address.