



Volume 13 Issue 06

Crew Meetings & Activities 2015

2016

Jun 24-26 Summit at Odessa

Jul 16 regular meeting

Aug 20 regular meeting

Sept 17 regular meeting

Oct 15 regular meeting

Nov 19 regular meeting

Dec 17?

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.)

From the Ready Room

Since the CO got stuck with work, you will have to read about my trip to Odessa instead.

Trip to Odessa

Well, I told everyone who was attending the Summit that I wanted a report from them. I know I'll get at least one from the six of us who attended. So I'm filling my request by writing mine also.

The trip down there was a breeze until we got to Odessa and tried to find the hotel. Word of warning: use several search maps for directions or just use the hotel name. We used the physical address and got sent to an entirely different location. But we did finally make it. (I cheated and called the hotel for directions since no one I asked seemed to know where to go.) The hotel worked with the Lone Star and Diamondback to make things run smoothly. Most of the rooms were close to the main conference room and panel rooms. We didn't have to walk all over the place to get from room to where we wanted to be.

I was told the Marine Mess was great. But the impressive part was Opening Ceremonies: they actually got started on Starfleet time! In all the years I've been attending these (and we won't say how many) I think this is a first. Though we didn't attend any of the panels, we did watch the mini golf and it looked interesting.

Dinner Saturday night was on time and the meal was good and most plates were warmer than usual. The chicken was even tender instead of tough. It looked like we raised quite a bit of money for the charity at the auction. The bit hits were some blankets that were made. (Might contribute some afghans at the next summit and see what happens.)

June 2016

Next year we will have an IC in New Orleans but no Summit. There was talk of moving the Marine Mess to maybe Fredericksburg in April. The ride home was smooth and uneventful. We were mobbed by the pets on our return.

Liz Goulet

LLAP

Captain Michael Cross

XO

June's meeting was a lot of fun, and I was happy to see everyone. However, the Big Thing for June was certainly the Region 3 Summit and the Third Brigade Muster, in Odessa, TX. I was very happy to see that the USS *Regulator* sent six awesome people (well, five awesome people and one grumpy First Officer) to participate.

I loved seeing so many of my friends from around the Region that I haven't seen in so long. I can't express how wonderful it was, and how much fun I had.

I was also honored to take part in the Final Mission ceremony. It's always moving, particularly so when I personally knew some people being remembered.

Upcoming: You'll have to deal with me in the center seat in July, as Our Dear Captain will be off the ship for a bit. The week after that, we'll be going to see *Star Trek Beyond*. I strongly encourage participation in this away mission, in uniform if at all possible. In August, the Articles Committee (to review, revise, and re-write the Ship's Articles) will meet at Shady Oaks on the 13th. A current draft of the new 2017 Articles is available at the Ship's web site. Please, download them and read them. Let us know your thoughts, and if you have an idea on the Articles, feel free to let us (the Captain or I) know, or join us at the next Committee meeting.

One more thing: at the last Ship's Meeting I mentioned ordering ball caps. If we order 12, the cost would be around \$25 each. I had one made at Lidz (at Odessa's Music City Mall, but the store is at several local malls, too – including the Denton Golden Triangle Mall), that ended up costing about \$35. If there is any interest, I'll set up an order form for us to get them made.



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

Communications

The first auction for the ship was a success because we got \$20 for the afghan. Karen Chaffin purchased it. Thank you Karen. Our next auction will be the month of Oct for our Mirror/Mirror Month and Anniversary. Our Chief Medical Officer Tracy has volunteered to make a TOS class A or B top for whoever bids the most. The opening bid came from yours truly of \$20. Now this is a personalized top and will have your rank on it and customized to your size. If you check on the internet these things can go for as much as \$100 or more depending on your size. And remember, the money goes towards our two charities so it is a very worthy-while cause.

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

MEDICAL ALERT!! MEDICAL ALERT:

Please state the nature of the medical emergency... oh, it's YOU.

The CMO is off working on something she calls "Real World Issues," so I suppose I am being called upon to educate people on a medical-related subject.

This month, I suppose we will examine a subject near and dear to everyone's heart – nutrition. Specifically, let's talk about vegetables.

Energy! The vegetables that will give you the best energy boost are potatoes and sweet potatoes. While both will give you a carbohydrate boost, sweet potatoes have a higher amount of vitamin A than white potatoes. Try them mashed – their naturally complex flavor may negate the desire for butter – or cut them into strips and bake them like French fries.

Want to score an A in brain power? Vegetables that are good for the heart are also good for the brain. Veggies such as broccoli, carrots, corn and beans are high in soluble fiber and therefore may lower blood cholesterol.

To help stave off issues like heart disease or diabetes, you have lots of nutrition choices. Vegetables are a great source of vitamins and nutrients, but water-soluble vitamins such as vitamin C, riboflavin, thiamin and folate can be destroyed by exposure to air, water, or heat. To keep the vitamins in your vegetables from escaping:

- Cook vegetables in a small amount of water, just enough to keep the pan from scorching.
- Steam, microwave, or stir-fry vegetables instead of boiling to reduce the amount of time they are exposed to heat.
- Cooler temperatures help preserve vitamins, so store produce in the refrigerator.

Looking for veggies with the highest antioxidant potential? Try asparagus, beets, broccoli, and sweet potatoes. Want the best vitamin C bang for your bite? Try yellow bell peppers and chopped broccoli. Just one cup of either veggie exceeds your daily minimum requirements of the vitamin.

Adult men should consume 3 cups of veggies daily; adult women, 2-1/2 cups. Most people fall short. Try veggies such as roasted red peppers – a vitamin C powerhouse – and sautéed mushrooms as sandwich fillings and burger toppings. You can easily add a half-cup of vegetables to a sandwich. Mixing

raw spinach (very mild in flavor compared to the cooked version) into salads is another way to pump up the vitamin content. You might even add steamed cauliflower to macaroni and cheese – you might even notice it's there!

Consider, also, that simply taking a multivitamin is no substitute for actually eating whole foods and vegetables. Important phytonutrients (such as antioxidants) and fiber are two components of vegetables that make them irreplaceable by a pill. Besides, a grilled ear of corn tastes so much better!

This is your friendly neighborhood Emergency Medical Hologram, reporting for

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

HELM



"Mr. Sulu, you may... indulge yourself."

I am still looking for a Helm Department Assistant DH. We are a busy, busy ship, and it would be good to have someone help me in planning and research.

As June was a very busy month, we didn't have any Landing Parties scheduled. However, Tracy and I took advantage of some free time on Friday morning before Summit and Muster to explore "Odessa Sector."

We did not have an over-abundance of time, and some of the attractions we wanted to see were closed on Friday (like the Commemorative Air Force museum), or were a bit costlier than we wanted (the Petroleum Museum in Midland cost \$12 per person for entry). Therefore, after a brief trip to the Music City Mall, at which Tracy got a pedicure and I bought a new, custom USS *Regulator* ball cap, we heeded the advice of the friendly locals and set a course to a replica of Stonehenge.

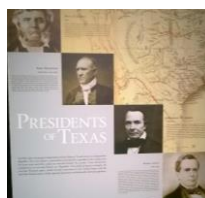
This was located on the grounds of the University of Texas of the Permian Basin, not far at all from the Music City Mall. This replica of Stonehenge was constructed from limestone, quarried from deposits near Garden City, TX, about 63 miles away.

The replica is not completely to scale: horizontally, it's the exact size of the real Stonehenge, but vertically, it's only 70% as tall. It was not set up in the same alignment as the original. Instead, it was set up taking its placement on Earth into account, and therefore it "works" the same way the original does: on the Summer Solstice, the Sun rises over the Heel Stone.

Although I originally felt pretty "meh" about seeing a "bunch of rocks in West Texas," it was really a very interesting experience that I really enjoyed.



After departing Stonehenge, we took our shuttle a few blocks away to the Presidential Museum and Leadership Library (<http://thepresidentialmuseum.org/>). This museum, unlike every other Presidential museum, is dedicated to the Office of the Presidency, not to any one individual President. While focusing on the Presidents of the United States, there was also a section dedicated to the Presidents of the Republic of Texas: David G. Burnet, Sam Houston, Mirabeau B. Lamar,



and Anson Jones. There's also a section on the First Ladies of the United States.

The displays were all very interesting, and placed the accomplishments of the Presidents into context of the events that took place. It was fascinating to me (although as usual, I felt as though Tracy was simply indulging me.)

Remember, when you travel, to take advantage of the opportunity to explore.

Releasing the parking brake!
Commodore Tank Clark, SFMD
Helmsman, USS *Regulator*, NCC-2009

BOSUN (Chief in Charge)

Flip Top Totals

This is the final report for this year on the flip top collection for Ronald McDonald House. It was a very good year for only our second year of collecting. I hope next year will be even a better year than this one and we can improve the totals. Hopefully there will be even more participation as well.

The winners are Perry and Melissa Brulotte	10049
2 nd place was Tank and Tracy Clark	7573
3 rd place was Goulet Family	3996
Individual winner was Sean Washburn	1349
The ship collected a total of (this year)	22939
(last year)	6646

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.

BONUS: For those who recruit somebody whether you are an individual or family, they may assist you this year only in the flip top contest. This is to encourage you to get somebody to join the ship.

Alan Goulet, MCPO

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

Take a knee, Marines.

Phoenix Squadron was well represented at Dress Mess, and at Muster, in Odessa this year. Six out of our eleven Marines were present (three at Dress Mess).

Awards issued to members of the Squadron are as follows:

- **Commandant's Meritorious Service Award:**
BGen. Tank Clark, SFMC-R
- **Sword of Valor:**
Lt. Col. Tracy Clark, SFMC-R
- **SFMC Service Commendation:**
BGen. Tank Clark, SFMC-R
- **Brigade Service Commendation:**
BGen. Tank Clark, SFMC-R
- **Brigade Achievement Award:**
MGen. Liz Goulet, SFMC-R;
Lt. Col. Tracy Clark, SFMC-R;
Sgt. Maj. Alan Goulet, SFMC-R
- **Leader's Commendation:**
Lt. Col. Tracy Clark, SFMC-R;
BGen. Tank Clark, SFMC-R
- **Meritorious Service Award** – issued to all current members of VMFA-333!

Streamers (these are added to the Marine Strike Group's guidon):

- **Reporting Streamer** (100% on time reporting)
- **BDE Staff Service Award Streamer** – S1

Unit Letter of Commendation, for the unit submitting 50% or more of the *Cry Havoc!* issues, as non-staff contribution.

Thank you all for your very hard work. We have room to improve, and demonstrate our awesomeness to everyone again. I would like to hold a Squadron meeting to make plans for our Squadron to do more fun-filled, meaningful activities. Stay tuned for more...

Thank you all, and Carry on!
Brigadier General Tank Clark, SFMC, SFMD
Officer-in-Charge, VMFA-333, "Phoenix Squadron"
Never Give Up, Never Surrender!
greenlantern(dot)pirate (at) gmail(dot)com

From the Deck 15 Horde: Known as the Klingon Krew nuqneH!

The Lone Star Warrior's Association is a loose group of Klingons (and Klingon-friendly people) who assemble on the Fifth Sunday (of those months that have five Sundays) and invade an unsuspecting restaurant in Klingon fashion for the greater glory of the Klingon Empire.

There was a unanimous vote of the Lone Star Warrior's Association to invade Airways Burgers in Arlington (1106 N. Collins St., Arlington, TX 76011-6136) on Sunday, 31 July, 2016, at 1400 hours (2 PM). For more information about the location, point your browser at <http://www.airwayshamburgers.com/>

There is a greater-than-zero chance that Kommander Kalamity and I will be taking our shuttle out that way, and I hope you will join us.

For the Empire!
Clark, son of Konald

Have Phaser, Will Travel!



Once again, 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 SFSDO 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.

Now, on with the game stuff...

I have been crazy-busy recently, and have not had any RPG time. With the Independence Day holiday approaching, I do intend to run a session of "For Gold and Glory" (as reviewed last month.) If you haven't yet done so, please point your browser to <http://drivethrurpg.com/product/156530/For-Gold-Glory>, and download the free PDF. As I mentioned, this game is very similar – almost identical in most respects – to AD&D 2nd Ed. (I'm going to assume – or maybe just pretend – that you're familiar with 2nd Ed.)

What I'm going to talk about here is combining the minor differences between FG&G and 2nd Ed AD&D with some house rules which I plan to try out.

First, I intend to open up advancement in appropriate classes to all races. I have so very rarely played any high-level RPGs that this isn't really a factor, anyway. I'm also opening up more single-class options for most races. Although I won't allow a Dwarf Magic-User, I don't see why a gnome or Halfling can't become a Bard, or a Ranger, or a Druid... Instead of a blanket set of rules, this sort of thing will be "GM's Judgement." MY judgement. Demi-human multi-classing will work the same way.

Bards can cast spells even while wearing armor. Bards are special that way, and they have the training to wear the armor while casting their spells.

(Multi-classed Magic-Users are still restricted in their use of armor. It's the way wizards cast spells, as opposed to the way bards do.)

Starting level: 3rd. If you're multi-classed, it may be 3rd/3rd, or 2nd/2nd... haven't decided yet.

Starting equipment will include two random rolls on the Magic Item tables. If you get something you can't use, too bad. (Maybe you can trade it with another character...)

FG&G doesn't quite use Weapon Proficiency rules, replacing it with "Combat Skills." Combat Skill points may be spent on learning how to use individual weapons, groups of weapons (long blades, axes, spears, short blades, etc), entire classes of weapons (bludgeoning, slashing, piercing), combat styles (single weapon, weapon & shield, dual-wielding, etc.) An option in the rules permits exchanging extra language slots (gained from a high Intelligence score) for extra Combat Skill points. I will permit this.

AD&D's Non-Weapon Proficiencies (NWP's) are likewise changed in FG&G to Skills. The way they work in FG&G is about the same as NWP's in AD&D, with the addition that each character has a free Trade Skill, reflecting the career path he followed before becoming an adventurer. I will add to that the option of taking a free Knowledge Skill, if appropriate, representing the same type of character history. For example, one PC may have started out as a Hunter, or a Blacksmith, while another may have been a student of Ancient Languages, or a Navigator on a ship...

I will continue to use the "Stars Without Number" combat method, instead of the standard THACO. This means that we subtract the character's THACO from 20 to provide a "Base Attack Bonus", add that bonus to all other appropriate combat modifiers and the opponent's AC, and roll a d20. If the total is 20 or greater the attack hits. A natural (unmodified) roll of 1 always misses, and may indicate a fumble; a natural roll of 20 always hits, and does double damage.

I'll let you know how it works!

Grab some dice, and let's start killin' some goblins...

Sum non Satis?

Commodore Tank Clark, SFMD

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

"Have Phaser, Will Travel"

Ship's Services

July birthdays : Melissa Brulotte July 8, Michelle Goulet July 11

Renew Memberships with Fleet:

June: Cynthia Crouch

August: Tank & Tracy Clark, Katelyn Barnett, Sean & Laura Washburn

September: Roon Marchant

Upcoming Movies:

Legend of Tarzan Jul 1

The BFG Jul 1

Ghostbusters Jul 15

Star Trek Beyond Jul 22

The Little Prince Aug 5

Pete's Dragon Aug 12

Ben Hur Aug 19

Kubo and the two Strings Aug 19

Miss Peregrine's Home for Peculiar Children Sept 30

Inferno Oct 28

Fantastic Beasts and Where to Find Them Nov 18

Dr Stange

Rogue One Dec.

Engineering Department

Engineering in and of itself is pretty quite. I have had several calls pertaining to various maintenance issues around the ship. Just a friendly reminder:

Do Not try and recycle your writing implements in the food replicator. It will only get stopped up and doesn't know what to do with them. Also, the disposals in the utility rooms can not handle large deposits at one time. Feed

the machine, a little at a time. Otherwise, the clog can affect the whole ship's system.

Roone Machart, LTC

Chief of Engineering, *USS Regulator*, NCC 2009

SECURITY! SECURITY!!

All has been quite even on the Klingon deck. However, I have noticed that the Klingons are spending a lot of time down on the gun range and are getting use to the newer weapons. Just something to watch out for.

Scott Cornatez, CDR

Security, *USS Regulator*, NCC 2009

Advertisements

It has been suggested that we might help our fellow crew members by posting ads for their personal business. This day and age starting a business isn't easy and they can use all the free help we can give them.



Custom Vinyl Decals, Gifts, Apparel, Editable Printouts, etc.

Go to: www.etsy.com/shop/LauraWashburnDesigns



Meetings for the *USS Regulator* are held every month at 1500hrs at Shady Oaks BBQ at Sand Shell & Hwy 35. Usually on the third 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.