

The Cloak

July 2026



Happy 4th of July



Zoom 06/06/2026

For this week's Zoom, it was "Back to the Moon" night. We watched a SCI-FI movie called "MoonFall". The movie was made in 2022, a very entertaining. It was a nice turnout for our Zoom. We had 7 Crew members and 4 guests for this event. Thanks to all that made this a fun evening.



June's Meeting 06/13/2026

June's Meeting 2026 was at Arby's. For our meeting of this month, we gave out a few prizes for trivia. Jeff and Brenda Wilcox of the USS SilverWing, came to our meeting. They drove all the way from Jamestown, NY. We had 6 crew members and 3 guests. We had two birthdays this meeting. Everyone had a wonderful time and the food was awesome.



Zoom 06/13/2026

For this week's Zoom, it was "Back to Earth" night. We watched a sci-fi movie called "Battlefield Earth". The movie was made in 2000, a very entertaining. It was a nice turnout for our Zoom. We had 8 Crew members and 4 guests for this event. This is the last night for Jeff and Brenda staying at my house. they start back to New York in the morning. They are going to stop at James Webb house on their way back to New York. Thanks to all that made this a fun evening.



James 06/14/2026

The USS Indianapolis sent James Webb of the USS BrightStar. One A/C unit, some food from our cookout, and one Star Trek gift bag. Jeff and Brenda Wilcox delivered it to James. Sunday morning on their way back from Indianapolis, in. to Jamestown, NY.



Zoom 06/20/2026

For this week's Zoom, it was "nice" night. We watched a sci-fi movie called "Earth vs The Flying Saucers". The movie was made in 1956, a very entertaining. It was a nice turnout for our Zoom. We had 8 Crew members and 3 guests for this event. Thanks to all that made this a fun evening.



Zoom 06/27/2026

For this week's Zoom, it was "nice" night. We watched a movie called "The Man Who Killed Hitler and Then the Bigfoot". The movie was made in 2018, a very entertaining. It was a nice turnout for our Zoom. We had 8 Crew members and 3 guests for this event. Thanks to all that made this a fun evening.

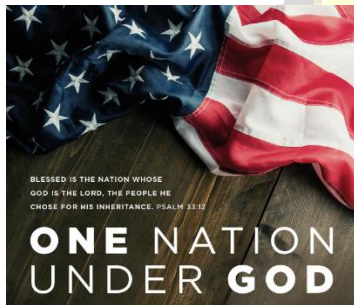


Crew Birthdays



Kimberly Leffew 07/14

Bible Verse



shutterstock.com / 2744387187

Name the Movie



Health Facts

LOW CHOLESTEROL FOOD LIST

EAT	LIMIT	AVOID
<ul style="list-style-type: none"> • OATS AND OAT BRAN • FRUITS: APPLES, PEARS, BERRIES, ORANGES, BANANAS, GRAPES, KIWIS, PLUMS • VEGETABLES: BROCCOLI, CARROTS, SPINACH, ZUCCHINI, KALE, CAULIFLOWER, SWEET POTATOS, BELL PEPPERS • LEGUMES: LENTILS, BEANS (BLACK, NAVY, KIDNEY), CHICKPEAS, PEAS, EDAMAME • NUTS AND SEEDS: ALMONDS, WALNUTS, FLAXSEEDS, CHIA SEEDS, PUMPKIN SEEDS, HAZELNUTS • FISH: SALMON, TUNA, SARDINES, MACKEREL, TROUT, HERBING • PLANT OILS: OLIVE OIL, AVOCADO OIL, FLAXSEED OIL, WALNUT OIL • WHOLE GRAINS: BROWN RICE, QUINOA, BARLEY, BULGUR, WHOLE WHEAT BREAD, STEEL-CUT OATS • SOY PRODUCTS: TOFU, TEMPEH, SOY MILK, EDAMAME • AVOCADOS • UNSWEETENED PLANT-BASED MILKS (ALMOND, OAT, CASHEW) 	<ul style="list-style-type: none"> • EGGS (ESPECIALLY YOLKS - LIMIT TO 2-3 PER WEEK) • LEAN MEATS: SKINLESS CHICKEN BREAST, TURKEY, LEAN VEAL • LOW-FAT DAIRY: SKIM MILK, LOW-FAT YOGURT, LOW-FAT COTTAGE CHEESE, REDUCED-FAT CHEESE • WHOLE GRAIN BAKED GOODS: WHOLE WHEAT BUNTINGS, CRACKERS (LOW IN SATURATED FAT) • SHELLFISH: SHRIMP, SCALLOPS, CRAB • DARK CHOCOLATE (SMALL PORTIONS, LOW SUGAR) • AVOCADO • MAYONNAISE • AIR-POPPED POPCORN (WITHOUT BUTTER OR SALT) • SMOOTHIES (HOMEMADE WITH LOW-FAT INGREDIENTS) • HUMMUS (WITHOUT EXCESS OIL) 	<ul style="list-style-type: none"> • RED MEAT: BEEF, PORK, LAMB, LIVER, OTHER ORGAN MEATS • PROCESSED MEATS: BACON, SAUSAGE, HOT DOGS, SALAMI, DELI MEATS • FULL-FAT DAIRY: WHOLE MILK, CREAM, BUTTER, FULL-FAT CHEESE, ICE CREAM • FRIED FOODS: FRENCH FRIES, FRIED CHICKEN, ONION RINGS, TEMPURA • BAKED GOODS WITH TRANS FATS: COOKIES, CAKES, PASTRIES, DONUTS • COCONUT OIL, PALM OIL, COCOA BUTTER (HIGH IN SATURATED FAT) • FAST FOOD: BURGERS, CHICKEN NUGGETS, BREAKFAST SANDWICHES • TRANS FATS AND HYDROGENATED OILS: MARGARINE (NOT TRANS-FREE), SHORTENING, PACKAGED SNACKS • MICROWAVE POPCORN WITH BUTTER FLAVORING • WHIPPED TOPPING AND NON-DAIRY CREAMERS (CONTAIN HYDROGENATED OILS)

Name the Episode



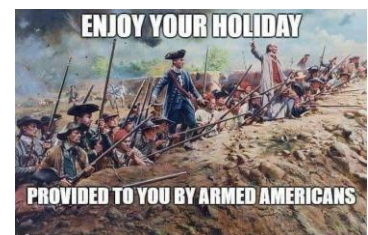
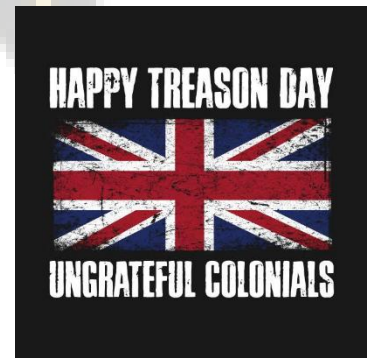
Tapes

Hey STC fans! When Vic was 11 years old in 1971, Star Trek TOS was in reruns. Back in those days there was no home devices like VCRs, DVDs, DVRs or streaming services to watch your favorite shows whenever you wanted to. So, Vic did the next best thing! He recorded each episode on audio cassette by placing his portable

tape recorder next to the television speaker. Then he'd put the tape recorder under his pillow so he could listen to Star Trek as he fell asleep. He stored the cassettes in his old trumpet case, and divided the 3 seasons with cardboard dividers. He wrote Star Trek backwards (ala "Mirror" universe, get it?), like a secret code. This treasured case was in his mom's attic. What a wonderful memory! Did you record Star Trek TOS or maybe the animated series on audio cassettes when you were younger?



Fun on 4th of July



Fun in July



Upcoming Events



Moon 07/20/1969



(secret word: 250 USA)

Links

USS Indianapolis website

<http://ussindy1945.com/>

USS Indianapolis Facebook Page

<https://www.facebook.com/ussindianapolis/>

USS Indianapolis Facebook Group

<https://www.facebook.com/groups/507255336128651/>

USS Indianapolis Zoom Room

<https://us02web.zoom.us/j/2672721233>

Past Meetings



07/2016



07/2017



08/2017

