

# Main Bridge

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Newsletter for the USS INDIANAPOLIS

July 2014



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## June's Meeting

Our meeting took place in that old town by the Ohio River, Madison, Indiana. It was a pitch in cookout at Victor Dean Morris's home. We had 6 crewmembers and 2 visitors for the meeting. Mike won the door prize. The winners for dress like a trekkie where 1<sup>st</sup> place Barb, 2<sup>nd</sup> place Gene, and 3<sup>rd</sup> place Mouse. Everyone had a wonderful time. The food was great too.



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## Chicago Con part 2

By Joyce Stanfield

It was wonderful to finally meet Gary. I was looking for SFC members at the Con and had to look twice before I recognized him.

Gary is the king of Cosplay. He immerses himself so completely into his characters that one can't be sure if it's really Gary. Check him out as Dr. Who. No resemblance. Even his Steampunk Spock and Spock don't favor that much. Chicago was great even though no more of my Starfleet family seemed to be there. So looking forward to Starbase Indy. Hope to be with many of you and to reconnect with the four or five of you I met at the 2013 Chicago Con...where you signed me up.



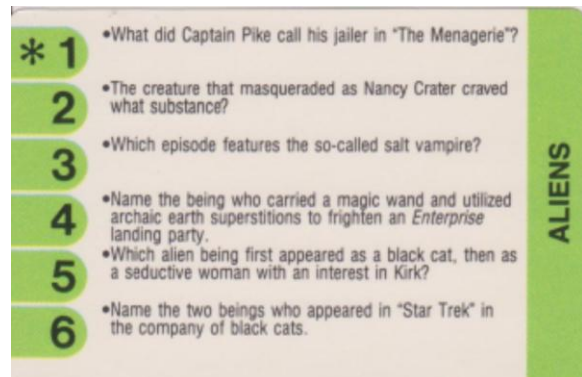
This is me, Gary Barclay, as Steampunk Spock and I am with [Joyce Stanfield](#) at the 2014 Chicago Star Trek convention.

## 4<sup>th</sup> of July

Happy Birthday America!



## Trivia Time



## InConJunction

The SFC meeting at InConJunction was a very nice time for all that could be there. 3 of our crewmembers made it to the meeting.

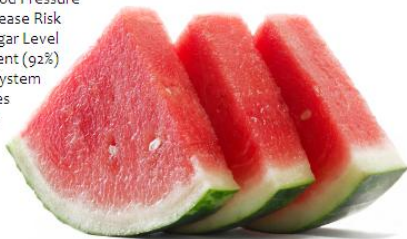


## Health Facts

### 10 Health Benefits of...

## Watermelon

1. Highest Alkalisng Fruit!
2. Reduces High Blood Pressure
3. Reduce Heart Disease Risk
4. Reduce Blood Sugar Level
5. HIGH Water Content (92%)
6. Boosts Immune System
7. Strengthens Bones
8. Produces Energy
9. Cleans Kidneys
10. Fights Cancer



## HEALTH BENEFITS DRINKING OF GRAPEFRUIT JUICE

\*Rich in vitamin C, vitamin A, potassium, vitamin E, B vitamins, vitamin K, phosphorus, calcium, and phytonutrients

\*keep our immune systems healthy and strong

\*prevent cancer, asthma, digestive issues, colds& flu, heart disease, skin

infections, burns, viruses, bacterial infections, tissue damage, broken bones, hemorrhoids, inflammation, joint pain, acne, brittle nails, fungal infections, headaches and stress

\*provide the body with electrolytes

\*prevent digestive disorders, cystic fibrosis and birthing difficulties.



## Trek Funny



## Trivia Answers

