

STARFLEET **COMMUNIQUE**

ISSUE #190 January ~ March 2017



**INTERSTELLAR
BOWLING
ANYONE?**



**HEIMDAL'S LAUNCH
TO SPACE CAMP**



**A "Pienomenal" Time at
the Region 2 Summit**

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Region Correspondents

Regions 1, 2, 3, 4, 5, 6 OPEN
Region 7 ADM Bob Vosseller
Regions 8, 9, 10, 11 OPEN
Region 12 LCDR John “Sparky” Bevans
Region13 OPEN
Region 15 OPEN
Region 17 OPEN
Region 20..... CAPT Anni “Zig” Potts

(Hello! Is anybody out there?)

Boring Legal Stuff &

Requisite Disclaimers

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Hello STARFLEET,

As your new Chief of Operations, I realize that many of you probably don't know me—though may know of me—so let me tell you a little about myself. I've been a member of STARFLEET since 2009. I'm a founding member and proudly serve as the Commanding Officer of *USS WESSEX* (R4). Prior to this position I served as the Monthly Status Report Officer, the Region 4 Vice Regional Coordinator, and very briefly as Vice Chief of Operations. Before SFI, I

served in numerous Sci-Fi independent group leadership positions that include, Outpost Fortibus 1 (CO) Chapter of Starfleet Command, San Diego *Star Trek* Fan Association (Public Relations), and the San Diego MAQUIS (Vice President). Outside of SFI, I'm a native of California (although I have lived in other parts of the country), and a US Navy veteran (E7/22 years). In my spare time, which there isn't much, I enjoy reading, hiking, and traveling with my wife.

I am a big believer in not trying to fix what isn't broken, nor do I believe in micro-managing people. The Operation team has been selected because they have been serving our organization with distinction for several years. I trust everyone will do the best job they can. All I ask in return is that they keep me informed as to what you're doing so I can make an informed decision. If something does go wrong I will ensure the situation is resolved as quickly and in the best interest of all concerned.

In the short term, my initial plans for the department are simple and as we progress into this administration those plans will most likely evolve. I plan to continue, the chapter longevity recognition program which recognizes the chapter milestone of 5, 10, 15, etc. years (at 5 year intervals) as a chapter.

I'm also continuing the 100% reporting award for each region. Those regions who have 100% of their chapters turn in their MSRs each month over the course of the year will receive a certificate.

Looking farther out the team will be looking at modernizing the department and our organization in the process. We will also be looking at ways to recruit new members and finding reason to get our current members with us.

That's about it for now see you about the deckplates.

Welcome to the Fleet

Commissioned 01/01/2017:

USS Excalibur

CO CAPT Ken Coots
XO CDR Charles Phillips, Jr
Region 1

Commissioned 01/01/2017:

USS Apollo

CO CAPT Robert Zane
XO CDR Maria Linden
Region 3



Welcome to the Fleet

Launched: 19 FEB 2017

USS ANDROMEDA NX 75009

Tampa, FL

CO: COMM Alvin Dozier

XO: LT Jesse Taggart

Region 2

Launched: 1 FEB 2017

USS ARROWHEAD NCC 75015

Highland, CA

CO: BGR Bill West

XO: CDR Kathleen West

Region 4

Launched: 6 JAN 2017

USS PHOEBE NCC 80115

Everett, WA

CO: FCPT Brian Pickett

XO: CAPT Kathleen Pickett

Region 5

Launched: 18 FEB 2017

USS CONQUEROR NCC 1692

Graham, WA

CO: COMM Peter Christian

XO: FCPT Scott Nakada

Region 5

Launched : 12 JAN 2017

SPACE STATION INDEPENDENT SFX 2001

Paisley, UK

CO: CDR Kevin McNeillie-Welsh

XO: CDR Martin Strang

Region 20

Did you play our game?

Our VCS has served on "1" chapter & so has our Chief of Operations :

USS WESSEX

NCC 74207

Promotion Requests

RADM Denine Sanders E Chief of Communications, STARFLEET

While I have served Fleet in many capacities on Chapter, Region and Executive levels I have never been a member of the Executive Committee before and therefore I've never had to vote on promotions. This has become a rather daunting and time consuming task. Some of this comes from a lack of understanding of how to submit a promotion request. Instructions are clear on the nuts and bolts of how to use the form but it's a little vague on what details the EC is looking for as we decide who has earned the requested promotion.

The time in grade qualifications are available for each rank. But what the EC is looking for is not at all clear. I posed the question "What are you looking for in a promotion request?" to the rest of the EC. Not surprising most of the answers were the same. Here they are:

1. Time in Grade is a qualifier, not a reason for a promotion. Not even if it's been decades.
2. Do not list anything they did before their last promotion. (If you do not know their last promotion date ask your CO, your RC, or Linda Kloempken at recognition@sfi.org.) Nothing they did before their last promotion is relevant. We want to know, in detail (dates included), what they've done since to earn *this* promotion. Do not include extraneous phrases such as "this person is what I think is the definition of what a STARFLEET officer should be." or "S/He is such a nice person" We assume that or you wouldn't be putting them in for the promotion in the first place. We go through up to a hundred promotion and award requests a month during summit season, we do not have time to weed through to find the relevant information. If the relevant is buried in the extraneous it could be missed and the promotion could be unjustly denied.
3. Doing their job, no matter how well, is not a reason for a promotion. They are supposed to do their job and they are supposed to do it well. If they have gone above and beyond their job tell us about that, but give us details don't just say "they go above and beyond". What you consider above and beyond and what we consider above and beyond may be different. As an example: My job as Chief of Communications, among other duties, includes putting out the CQ on time, every time if I do that for the next 3 years, I am merely doing my job not going above and beyond. My predecessor on the other hand, accepted the job knowing the CQs were a year behind. He caught them up and got them on track and kept them that way (as well as doing his other duties). He took on a task others had walked away from and no one else wanted -*that* is going above and beyond.
4. Organizing or significantly contributing to a single event (ie: Region Summit, International Conference, convention, recruiting drive, charitable event) is not enough to warrant a flag promotion. It is a factor but not enough on its own. Multiples of any or all between promotions could be.
5. When you are requesting promotions we are looking for:
 - a. Fleet Captain/Brigadier: details of significant activity for their chapter and/or other chapters in their region and/or local community and/or involvement in/contribution to their Region.
 - b. Commodore/Brigadier General: details of continued activity for their chapter and/or other chapters in their region and/or local community plus significant involvement in/contribution to their region and/or STARFLEET.
 - c. Rear Admiral/Major General: details of continued activity for their chapter and/or other chapters in their region and/or local community, continued significant involvement in/contribution to their region and involvement on/contribution to STARFLEET.
 - d. Vice Admiral/Lieutenant General: details of continued significant involvement in/contributions to their region and details of significant involvement on/contribution to STARFLEET.

Did you play our game?

Our Chief of Communications has served on:

USS Nomad
Shuttle Ambassador

USS Vanguard

USS Paraclete

USS Hellfire

USS Witchfire

Retribution Station

USS Discovery

- e. Admiral/General requires details of continued significant involvement on/contribution to STARFLEET.

NOTES: As with merely doing your job not counting as significant involvement or going above and beyond, merely attending chapter/local/region or STARFLEET events does not count as significant involvement/contribution. We're looking for things like manning booths at conventions. Manning recruiting tables. Going to conventions or other events in uniforms or other costumes and actively promoting STARFLEET not just Trek fandom, things of that nature.

You do not have to have a Region or STARFLEET title to contribute to the Region or to STARFLEET. For example I know several members of Fleet who routinely attend local conventions and activities and actively recruit. Not everyone the members meet is local to them so they either give the person contact information for the chapters or, with permission, pass on the person's contact information to the chapters, that are local to them.

This is a significant contribution to their Region and STARFLEET.

I hope this information assists you the next time you wish to submit a promotion request. As always, if you have any further questions please contact Linda Kloempken at recognition@sfi.org or any member of the EC, we're happy to help.

Can't wait for IC 2017?

Bring a little New Orleans to your Kitchen.

Beignets Recipe

Source: www.neworleansonline.com

- * 1 cup water
- * 4 oz unsalted butter
- * ¼ teaspoon salt
- * 1 teaspoon sugar
- * 1 cup, plus 2 tablespoons sifted all-purpose flour
- * 4 large eggs
- * 1 teaspoon vanilla
- * vegetable shortening, for deep frying
- * confectioner's sugar



In a small saucepan combine the water, butter, granulated sugar, and salt and bring the mixture to a rapid boil. Remove the pan from heat and add the flour all at once, stirring vigorously. Cook the paste over low heat, beating briskly, until the ingredients are thoroughly combined and the dough cleanly leaves the sides of the pan and forms a ball. Remove the pan from the heat. Add the eggs, 1 at a time, beating well after each addition. By hand or with an electric mixer set at medium speed, beat the paste until it is smooth and glossy. Stir in the vanilla.

In a deep fryer, heat 3 inches shortening 370° F. drop the dough by teaspoonful into the shortening, and fry the beignets in batches, turning them, until golden brown (about 3 minutes). With a slotted spoon, remove to paper towels to drain. Sprinkle the beignets with the confectioners' sugar and serve hot.. Makes about 32 beignets.



REPORTING FROM THE ACADEMY

Commandant, Admiral Glen Diebold

To say the first month or two have been busy is an understatement. We in the command staff have been finding highly qualified people willing to step up and assist in a wide variety of places. Our services department, overseen by the Vice Commandant, is working toward their goal of getting the Academy transferred to a new system that will allow easier contact between the student and the staff, as well as adding many additional courses to the online system requested by many students.

The new requesting method is explained when the student goes to the Academy web page. The course catalog is going through repeated changes as the staff works through our audit and purge, clearing courses which have failed to find interest with the membership. All colleges face an audit on a regular schedule and we strive to make room for the more popular subjects.

Work is progressing on the Institute of Medical Arts and the first courses of a number of colleges are coming on line and the complete population of the colleges is moving as fast as is practical. In the place of the former 25 SACOM courses we have placed a widely expanded college of medicine, which is more informative than its predecessor. Additionally, we have added a number of colleges to expand the information available.

A College of Human Anatomy gives the student of medicine a look inside the body with courses in bone anatomy, muscle anatomy, nerves and systems.

The College of Starfleet Medical Personnel looks at the medical staff from the NX through the Enterprise E

The College of Starfleet Medical gives a look at the sick bay, the equipment and the diseases the Starfleet medical personnel treat.

We are in the process of developing a College of Medical History and Research to show the students how medicine has advanced and some of the medical conditions researchers are currently working to cure.

A College of Veterinary Medicine may be of interest to the members of Petfleet with courses being written by a real-life Vet.

We have reorganized the College of Emergency Medicine to give the student a better idea of what EMS personnel do. We are NOT teaching Emergency medicine, as that is something no online courses can do, but we are striving to give the student a background in what EMS personnel can and cannot do.

Work is also progressing on an Institute of Alternative Medicine which will look at a number of fields not considered standard medicine, from things like chiropractic and acupuncture to mortuary science. Herbal medicine to alternative healing will also be covered.

Some of the Institutes have been reorganized for better oversight. An example of this is the relocation of the very popular Special Operations colleges from their own Institute, to the Institute of Military Studies. To those taking courses for Spec Ops certification, nothing has been lost except the Spec ops movie college which had suffered from lack of interest.

The Academy has not forgotten those members who do like to watch movies and take the exams with a wide selection of colleges which allow you to sort through the offerings much easier.

Many of the Colleges are in the process of being rewritten and expanded bringing the material up to date and expanding on subject matter which has long been needing enlargement, including the College of US Presidents where the director is working toward the goal of creating a course for each of the 45 presidents.

If you do happen to find a college which is temporarily closed, be assured the director is working as rapidly as possible to get those courses up to date and reopened as soon as possible to better serve the membership.

If there is a specific college or courses which have been closed due to poor performance and there is a viable need to resurrect that college, we will consider each request on their merit. Colleges have been closed and reopened when people explained why they should be reopened.

On the more troublesome side, we are finding a number of ships have organized their own library of Academy courses. We frown on this because the material may not be up to date and causes the student to get less than perfect grades. Courses change, updates are made and some get eliminated. The process of requesting courses is being sped up to the point that a library of past courses may no longer be needed.

Did you play our game?

Our Academy Commandant has served on only one chapter:

USS Niagara

NCC-75634

We don't mind the sharing of the exams as long as the student informs the director that they are sharing the exam with a member of the same ship and the student submits their **own unaided exam**. This is a practical solution to the matter of parents and their cadets taking the same course. This is also awarded yearly with a Gold Squad award where the same courses have been taken by more than one family member.

Please remember Commandant Star Awards are available for Cadets who take adult courses and complete the college. In turn we have instituted a similar award for the adults where an Academy Star Award is presented when a member completes an entire college with Distinction. It is meant to recognize the dedication of the student to completing the colleges with the highest possible standards.

If any member has a problem with something happening in the Academy or has a reasonable suggestion for a specific subject, you may write the Commandant. All complaints are researched and an answer given as soon as possible. Course suggestions will be reviewed by the Course development committee to see if the material meets the requirements of the academy, including the consideration that our material must remain something which does allow the average member to take the course and can be rated in a PG manner. It may seem we are restricting material but we must consider all the members from cadet to seniors.

Think all you can do is take STARFLEET Academy courses? It's not. We're always looking for people to develop and administer courses. There are all sorts of Director and Assistant Director positions available, and a fringe benefit is you can meet so many of the interesting people that make up our membership. Interested? All you have to do is contact the Academy at academy@sfi.org.

Did you play our game?

Our Commander, STARFLEET has served aboard:

USS *Jupiter*
Shuttle *Sandstorm*
ISS *Katana*



Our Chief Financial Officer has served aboard:

Shuttle *LeConte*
USS *LeConte*
Bennu Space Station
USS *Relentless*

And the remaining chapters belong to the Former Chief of Computer Operations:

USS *Krazny Oktyabr*, USS *Alexandretta*
USS *Nomad*, USS *White Star*, & ISS *Katana*



AB Resolutions January — March 2017



AB17-01 – Confirmation Stephen Stott as Inspector General, STARFLEET

Motion Made By: COMM Chris Tolbert (RC R12)

Motion Seconded By: BDR Jeremy Carsten (RC R03)

Voting Period: 13 January 2017 – 27 January 2017

Motion **PASSED** (13-0-0-3)

Votes: Region 01 – AYE	Region 10 – AYE
Region 02 – AYE	Region 11 – AYE
Region 03 – AYE	Region 12 – AYE
Region 04 – AYE	Region 13 – AYE
Region 05 – NO VOTE CAST	Region 15 – AYE
Region 06 – AYE	Region 17 – AYE
Region 07 – AYE	Region 20 – AYE
Region 08 – NO VOTE CAST	
Region 09 – NO VOTE CAST	



AB17-02 – Approval of FYE 31 July 2017 Budget

Motion Made By: COMM Chris Tolbert (RC R12)

Motion Seconded By: BDR Jeremy Carsten (RC R03)

Voting Period: 27 January 2017 – 10 February 2017

Motion **PASSED** (13-0-0-3)

Votes: Region 01 – AYE	Region 10 – AYE
Region 02 – AYE	Region 11 – NO VOTE CAST
Region 03 – AYE	Region 12 – AYE
Region 04 – AYE	Region 13 – AYE
Region 05 – NO VOTE CAST	Region 15 – AYE
Region 06 – AYE	Region 17 – AYE
Region 07 – AYE	Region 20 – AYE
Region 08 – AYE	
Region 09 – NO VOTE CAST	

AB17-03 – Confirmation of William "Tony" Knopes as Chief of Information Services, STARFLEET

Motion Made By: COMM Chris Tolbert (RC R12)

Motion Seconded By: ADM David Nottage III (RC R04)

Voting Period: 23 February 2017 – 9 March 2017

Motion **PASSED** (13-0-0-3)

Votes: Region 01 – AYE	Region 09 – NO VOTE CAST
Region 02 – AYE	Region 10 – AYE
Region 03 – AYE	Region 11 – AYE
Region 04 – AYE	Region 12 – AYE
Region 05 – AYE	Region 13 – NO VOTE CAST
Region 06 – AYE	Region 15 – AYE
Region 07 – AYE	Region 17 – AYE
Region 08 – AYE	Region 20 – AYE



LET ME INTRODUCE MYSELF

FCAPT Stephen Stott
Inspector General, STARFLEET



I want to take this opportunity to say hello again to the Fleet. Some of you may remember that I was one of the candidates in this last STARFLEET election running on the Parmley/Stott ticket for Vice Commander, STARFLEET. Well following the election, I went back to supporting my crew as the First Officer on the *USS Ronald E. McNair* down in Columbia, South Carolina. Last December I was contacted by Fleet Admiral Westfall and he asked me if I would consider joining the current administration serving in the capacity as the Inspector General for STARFLEET. After taking time to think about it I decided it was the right thing to do. It is a fascinating and demanding job that is not only providing me valuable Fleet experience but helps me to enrich my knowledge of the bylaws and rules that govern our organization. I am indeed grateful to Robert for asking me to join the team and I am looking forward to serving our great Fleet in this capacity.

To refresh your memory let me tell you a little bit about myself. I am originally from Indianapolis, Indiana but currently living in Columbia, South Carolina. I retired from the United States Army in 2014 after serving over 34 years. When I retired, I was the US Army Chaplain Corps Regimental Sergeant Major or in layman's terms the head chaplain assistant for the Army. I joined STARFLEET back in 1995 and I am currently serving as the First Officer for the *USS Ronald E. McNair*.

For you crew members out there that may not be aware of my job let me share the basics with you. As the Inspector General for the Fleet I am responsible for managing the election process for the Commander, STARFLEET and managing the elections of our Region Coordinators throughout the Fleet. I am responsible for conducting any investigations that the Commander, STARFLEET may deem necessary based on problems or issues that pop up. I am responsible for monitoring the rules of order in the conduct of business administered by the Admiralty Board.

When I assumed the job, I had a quick transition with the previous Inspector General, Jeff Victor, and hit the ground running dealing with three region elections and learning the job with some fun on -the-job-training. Oh, I almost forgot that I am also working on an update of the Inspector General Handbook and working with the Membership Handbook committee in updating our STARFLEET Membership Handbook.

REGION COORDINATOR ELECTION RESULTS

EFFECTIVE 1 MAR 2017

REGION 12
Commodore Chris Tolbert

REGION 13
Major General Joseph Sare

So, as you can see Robert has kept me busy since I have come into the job but I am really enjoying the challenge. For those that don't know in the *Star Trek* universe my persona is Vulcan so I see it as a logical fit for working as the Inspector General. Well I don't want to make this a long article but just wanted to drop the Fleet a line of greeting and to let you know you have someone in the IG position that is dedicated to doing my best to serve all you in the Fleet. Just remember that old saying that the IG is your friend!

Hopefully I will have the chance to meet you in person as I attend my Regional Summit or the International Conference.

Live long and prosper.

CONGRATULATIONS ON YOUR PROMOTION....

TO FLEET CAPTAIN

Josh Ainsworth, *USS DaVinci*, Region 2
Juanita Burlew, *USS Hecate*, Region 7
Andrew Carlson, *USS Alaster*, Region 7
Morgan Hahn, *USS Harry Mudd*, Region 2
Michael Lewis, *USS Heimdal*, Region 1
George Mustafa, *USS San Juan*, Region 2
Leonard (Alan) Provo, *USS Appomattox*, Region 1

TO COMMODORE

Ryan Case , *USS Haise*, Region 2
Ronald Coleman, *USS Wessex*, Region 4
Sandy Dolan, *USS Harry Mudd*, Region 2
Alvin Dozier, *USS Victorius*, Region 2
Josephine Fisher, *USS Southern Cross*, Region 11
William (Tony) Knopes, *USS Dejah Thoris*, Region 2
Linda Ricketts, *USS Crusader*, Region 5
Denise Rush, *USS Longbow*, Region 2
Adam Smith, *USS Enlightened*, Region 5

TO BRIGADIER GENERAL

David Sladky , *USS Storm*, Region 7

TO REAR ADMIRAL

Theresa Bristow , *USS Aurora Vulcanus*, Region 4
Carl Davis, *USS Heimdal*, Region 1
Richard Graham, *USS Khai Tam*, Region 2
Susan Mahaffey, *USS Ronald E McNair*, Region 1

TO MAJOR GENERAL

Jari James , *USS Thermopylae*, Region 5

TO VICE ADMIRAL

Glenda Banks , *USS Heimdal*, Region 1

TO ADMIRAL

Wayne Augustson , *USS Britannic*, Region 7

AND THE AWARD GOES TO...

ORDER OF AXANAR

Mediation or Problem Resolution – Awarded to a member who has played a key role in problem resolution or mediation between STARFLEET members, chapters or regions.

Third Class

Eric Larkin, *USS Reprisal*, Region 1

ORDER OF BABEL

Recruiting – Awarded to a member for activities in the area of chapter or STARFLEET recruitment.

Third Class

Athena DeCocq, *USS Indiana*, Region 1

Bryan Detamore, *USS Gorkon*, Region 1

Eric Larkin, *USS Reprisal*, Region 1

Second Class

Christopher Johnson, *USS Bonaventure*, Region 1

ORDER OF COCHRANE

Technology – Awarded to a member for activities in the area of technology support (such as web page creation and maintenance, mailing list moderation, etc) on behalf of their chapter, region, or STARFLEET.

Third Class

Eric Larkin, *USS Reprisal*, Region 1

ORDER of Darmok and Jalad

Outreach – Awarded to a member for a significant act of friendship or outreach shown to a fellow STARFLEET member, or for outreach to their community on behalf of their chapter, region or STARFLEET.

Third Class

Eric Watts, *USS Republic*, Region 2

Second Class

Kristopher Charles Finch, *USS Robins*, Region 1

Order of DIONYSUS

Recreational Event Planning – Awarded for excellence in planning, coordinating and executing a chapter, region or STARFLEET-related recreational event.

Third Class

Michael Richardson, *USS Indiana*, Region 1

Second Class

Eric Larkin, *USS Reprisal*, Region 1

ORDER of Gaea

Ecology or Preservation – Awarded to a member for significant activities in the area of ecology or preservation. Activities need not be STARFLEET-related.

Third Class

Robin Fleming, *USS Freedom*, Region 1

Jacinda Thorsen, *USS Atlantis*, Region 10

Jayden Tyronian, *USS Atlantis*, Region 10

GRANKITE ORDER OF TACTICS

Event Planning – Awarded to a member for planning, coordinating and executing a chapter, region or STARFLEET-related business event (such as a Regional Conference or International Conference).

Second Class

Charlie Hess, *USS Reprisal*, Region 1

Eric Wade Larkin, *USS Reprisal*, Region 1

Ben Redding, *SS Bennu*, Region 1

First Class

Warren Price, *USS Providence*, Region 1

ORDER of Herodotus

History or Recordkeeping – Awarded to a member for significant activities in preserving a chapter's, region's or STARFLEET's history.

First Class

Michael Rush, *USS Longbow*, Region 2

ORDER OF SAMARITAN

Volunteerism – Awarded to a member for significant activities in the area of charity work or volunteerism. Activities need not be STARFLEET-related.

Third Class

Jacinda Thorsen, *USS Atlantis*, Region 10

Jayden Tyronian, *USS Atlantis*, Region 10

Second Class

Kristopher Charles Finch, *USS Robins*, Region 1

Kelli Caplette, *USS Longbow*, Region 2

James Reed, *USS Hope*, Region 2

First Class

Spring Brooks, *USS Kitty Hawk*, Region 1

Larry Cox, *USS Kitty Hawk*, Region 1

Barbara Freeman, *USS Kitty Hawk*, Region 1

Tak Hui, *USS Kitty Hawk*, Region 1

Brad McDonald, *USS Kitty Hawk*, Region 1

Elaine Pischke, *USS Kitty Hawk*, Region 1

Larry Pischke, *USS Kitty Hawk*, Region 1

Diane Ripollone, *USS Kitty Hawk*, Region 1

John Troan, *USS Kitty Hawk*, Region 1

ORDER OF SURAK

Scholarship – Awarded to a member for scholastic achievement outside of STARFLEET. Can be traditional schooling, vocational schooling, continuing education, etc.

Third Class

Richard Bonham, *USS Hecate*, Region 7

Melody Robbins, *USS George Washington*, Region 15

Second Class

William Robbins Jr, *USS George Washington*, Region 15

First Class

Gabrielle Barton, *USS Hecate*, Region 7

ORDER OF TARBOLDE OF CANOPIUS

Writing – Awarded to a member for activities in the area of chapter fiction, or writing for chapter, region, or STARFLEET publications.

Third Class

Eric Larkin, *USS Reprisal*, Region 1



In our efforts to show a more personal side to the STARFLEET staff, and allow you to get to know them a little better, the CQ staff surveyed some of our Department Heads. We asked them about Trek, their departments, and even a little fun stuff. We hope you enjoy the results.

-The CQ Staff.

INTRODUCING:

BGR Jari James

Commandant, STARFLEET Marine Corps



What day & month were you born? - December 10

What do you do for a living? - Retired Army SNCO and civilian health care provider

Relationship status? - widow

Children? - one adult son

How long have you been in Fleet? - first joined in 1993, stepped away for a bit and rejoined in 2006

How/why did you come to join the Marines? - I come from a Navy family [both parents], am retired Army myself and was married to an Army Airborne Infantryman. The military aspect attracted me. Combine that with medicine and you're in my comfort zone.

What are your goals for SFMC in the next 3 years? - Improve communications up and down the chain of command. Work to create an environment to help people understand that it isn't an 'us vs them' environment; that's there's room in SFI for all of us. And anything interesting that may come up between now and then. I have a great General Staff. My main duty is to make sure they have what they need to get their jobs done.

How do the Marines add to the STARFLEET experience? - It provides a niche for those who enjoy the comradery of the military setting and the more structured environment.

What's your favorite STARFLEET Marines memory?- The day I was awarded the Comet by my Brigade Officer in Charge. I was getting a hair cut and noticed that one of the patrons waiting was presenting with the first signs of a stroke. I sat with her and encouraged her and her friend not to drive her home but to call 911. I found out the next week that she had had a stroke, received the treatment she needed and was now back home. I was in the right place, at the right time, to see the right things and help create the correct choices. It made a direct difference in someone's life and for that I am thankful.

What *Star Trek* character do you think best represents the ideals of the STARFLEET Marines? Why? - Every single character that places him or her self between harm and others. That's what we do. 'Protect the weary and succor the helpless'.

What's your favorite *Star Trek* movie and why? - Actually, the three reboots. Not because they are retrocon or anything, but because they are the only movies that present the *TOS* crew the way I remember them best [Karl Urban 'is' DeForest Kelly in my book].

What do you consider the most exciting *Star Trek* battle (any series)? Why? - Would you believe I'm not that into large scale conflict? It's the interpersonal interactions that fascinate me. Probably the medic in me coming out. Personal conflicts are far more interesting.

INTRODUCING:

Dr. Gregory Fant

PhD, MSHS, MPA

Surgeon General

STARFLEET Medical Corps

What day & month were you born? 10 May

What do you do for a living? A public health epidemiologist (PhD, MSHS, MPA) for US Government with more than 20-years of national service

Relationship status? Married

Children? 10 nieces and nephews, ages 15 months to 26 yrs

How long have you been in Fleet? Since 2014... and a "Star Trek" fan since 1974

How/why did you come to join the Medical Corps?

The late-FADM Wayne Killough, Jr., put me in contact with late-LGEN Oliver Savander, Jr., and BGEN Dr. Douglas Reagan, PhD, EMT-P. I really was impressed with the health/wellness related activities of the Medical Corps in keeping with the theme of "Star Trek"...*How can I help?* That was/ is appealing to me.

What are your goals for Medical Corps in the next 3 years?

Working with my Medical Corps peers and others in SFI, I hope we can encourage community health promotion activities (such as discussing what makes a healthy diet [with canned food drives] and the importance of simple, physical fitness activities, such as walking) that contribute to better individual and community health in addition to the distribution of community health promotion information. Encouraging more children/young people in SFI to participate in the Medical Corps and engage in meaningful community service activities in keeping with the "Star Trek" theme. Finally, in honor of the past leaders of the STARFLEET Medical Corps, encourage all Medical Corps members and like-minded SFI members to update First Aid or CPR training, in the most affordable way for an individual's personal budget.

How does the Medical Corps add to the STARFLEET experience? In several episodes (e.g., *ST:ENT* "Civilization") or movies (e.g., *ST:Generations*), we see the "Starfleet/Federation" providing help to control disease outbreak (*ST:ENT*) or to transport refugees to a safer

location (*ST: Generations*). In *TOS*: "The Corbomite Maneuver," we see the importance of physical fitness early in the episode. For me, the Medical Corps experience permits these types of health promotion, community health, and humanitarian assistance activities with other like-minded members of SFI. It's fun!

What's your favorite Medical Corps memory? Two memories come to mind. First, I remember a Medical Corps member describing to me how a virtual game in his community encouraged him and his SFI friends to do a lot of walking in their community to find various places identified in the virtual game: I came to realize that physical fitness activities can take many forms, and I have a new respect for this type of innovation. Second, in collaboration with the SFI/R2 leadership, the Medical Corps had a joint meeting at the Regional Summit. The Medical Corps activities included watching an episode of *ST:TNG* together and discussing the leadership principles, hosting a canned food drive, and organizing a blood drive during the summit. What a meaningful, collaborative activity!

What Star Trek character do you think best represents the ideals of the Medical Corps? Why? *ST:ENTs* "Dr. Phlox" best represents the ideals of the Medical Corps to me. The character "Dr. Phlox" was well-educated in the health sciences and used this knowledge to treat individuals, control disease outbreaks, and encourage crew members to embrace diversity and their role in healthy activities. I like the character of "Dr. Phlox."

What's your favorite Star Trek movie and why? Without a doubt, I like *ST: Insurrection*...standing-up for what is morally right is depicted in this movie. This movie is inspiring for me.

What do you consider the most innovative Star Trek medical treatment? Why? The fictional treatment of fictional medical conditions is interesting and helps with any science fiction plot in the "Star Trek" franchise. In terms of innovative *Star Trek* medical devices, I hope that the fictional medical tricorder will become operational in the real-world. If a real-world medical tricorder is able to be operational, affordable, and in wide-spread use, it would be easier to assess the health needs of a community of people and organize public health resources (i.e., various professionals and materials) to help, in particular, rural and urban communities in-need of assistance.

INTRODUCING:

COMM TJ Allen

STARFLEET Special Operations



What day & month were you born? 02 October

What do you do for a living? IT

Relationship status? Married

Children? 0, unless you count the 4 legged type. I raised 2 brothers and did not want any more.

How long have you been in Fleet? 8 years

How/why did you come to join the Special Operations? I was assisting Glen with certifications for SFSO and I was working on creating MACOs in SFSO with Barry Jackson. Barry and I wanted something different but more Trek-like and that is how MACOs came about.

What are your goals for Special Operations in the next 3 years? Grow and to be prosperous in the growth. I have been trying to turn it around from what SFSO used to be to make it better and for all to have fun.

How does Special Operations add to the STARFLEET experience? SFSO is there for people to have fun and give them a feeling of the uniformity of SFMC without being SFMC. We are part of the Operations group like Security so we have fleet and marines mixed into the group. SFSO also has Intel and MACOs. Hoping that people would like to see something that has appeared in TV or in movies to help people to like STARFLEET and SFSO.

What's your favorite Special Operations memory? The growth of SFSO from a few teams to almost a group of teams. When I took over as Director, I made some changes and worked with the few teams I had and it seemed to grow from there. It is not as large as I would hope to be but we are still growing.

What *Star Trek* character do you think best represents the ideals of Special Operations? Why? SFSO in my opinion comes from the Federation Forces from *Star Trek* and from the MACOs from *Enterprise*. The character that would be SFSO would be Major Hayes and his MACO team.

What's your favorite *Star Trek* movie and why? This is a hard question as I give them all a chance. Some do not seem real bad and some are good. If I have to choose, I would have to say *Star Trek V* as you see the Federation Forces (guys with blue stripes on their pants). These guys were able to go in and save the people and then you see Spock's brother.

Which *Star Trek* captain do you consider the most covert in strategy? Why? Each captain has his own covertness in their strategy. Archer was new to the exploration so he was feeling his way through and learning from mistakes. Pike is harder to know as he was only in the "Cage" episode. Kirk was a ladies man and loved to be in the middle of it all. Picard would utilize his people where needed. Sisko knew what to do most of the time. Janeway wanted to get her people home by any means possible.

INTRODUCING:

Richard Heim

STARFLEET Sciences

What day & month were you born? Where I work, this is considered personally identifiable information and should not be provided. Let's just say I was born in the summer and am old enough to have been in high school during the Apollo Moon landings.

What do you do for a living? Meteorologist. I also love to write, but just wish I had more time to.

Relationship status? married to a wonderful and intelligent and beautiful woman!

Children? no children, but I do have a stepson.

How long have you been in Fleet? since about 1989 or 1990

How/why did you come to join the Science Department? I'm a scientist, have always been interested in science, and love *ST: TOS's* Science Officer Mr. Spock (I was in Jr. High School when *TOS* was on the air, and Spock/*ST* -- as well as the Apollo Moon program -- boosted my interest in science).

What are your goals for Science Department in the next 3 years? continue to have STARFLEET Sciences serve as a venue for science education for STARFLEET members and as an outlet through which STARFLEET's regions and ship CSOs can express their interest, love, and enjoyment of science; encourage STARFLEET members to take Vulcan Academy of Sciences SFA courses. It would be great if we could have a Science Liaison for each Region (selected and determined by region staff within each region) who provide us with information/reports about the regional and ship science activities within their region, and it would be great if every region had many ships who had active CSOs who reported to STARFLEET Sciences as well as to their regional science departments.

How does the Science Department add to the STARFLEET experience? STARFLEET Sciences serves as an informational resource within the old Fleet Resource Center concept which (i) promotes science education, (ii) explores the portrayal of science within the *Star Trek* shows, and (iii) facilitates communication between science personnel and enthusiasts amongst STARFLEET's

regions and ships.

What's your favorite STARFLEET Science memory?

It's an ongoing memory: meeting and sharing with people within STARFLEET who have the same interest and fascination and excitement and wonder of science and enjoyment of *Star Trek's* accurate portrayal of science in the five TV series.

What *Star Trek* character do you think best represents the ideals of the Science Department?

Why? Several: Mr. Spock (*TOS*), a science officer, devoted to logic, a man of integrity; Mr. Data (*TNG*), android without emotion and programmed to be logical, science officer (actually listed in Wikipedia as Chief Operations Officer), an android of integrity; Mr. Worf (*TNG*), although not a science officer, he was a man of honor and integrity, and that is exactly what science is (the honest search for truth and knowledge); Lt. Dax (*DS9*), science officer, lifetimes of knowledge, science expertise; Dr. Bashir (*DS9*), Chief Medical Officer, integrity and honesty and enthusiasm, and he was really smart (result of genetic engineering/science). If I had to choose a character from *Voyager*, I'd pick the holographic doctor; though not a scientist, he tried to function honestly within the parameters that defined his world. I would not choose Captain Janeway or Seven of Nine -- Janeway was a scientist but the writers focused on her command responsibilities instead of her science expertise, and Seven's experiences with the Borg tarnished her integrity. I was not enamored with the writers' portrayal of science officer T'Pol in *Star Trek: Enterprise* because they focused more on Earth/Vulcan politics and gave her an addiction in later seasons.

What's your favorite *Star Trek* movie and why? ----

- *Star Trek II: The Wrath of Khan*; because it had Khan (the original Ricardo Montalban Khan) as the villain, and it dealt with a scientific issue (genesis effect).

Which species do you consider the most interesting one portrayed in *Star Trek*? Why? ---- Too many to really say. A few that stand out: Vulcans in *TOS* because of their devotion to logic and their integrity. Andorians in *ST: Enterprise* mainly because of Jeffrey Combs' portrayal of Shran. Metrons & Organians from *TOS* because of their superior technology and benevolence. The people of Vaal because they're so cute and innocent. Lots of others (especially in *TNG*) that I can't think of at the moment.

INTRODUCING:

VADM Russell Ruhland

STARFLEET's Chief Chaplain



What day & month were you born? May 25th

What do you do for a living? I have been an independently ordained minister since February 1992, but fully retired from the US Army in June 1992 and the everyday work force in August 2016.

Relationship status? I have been married for almost 10 years to my wonderful wife, Diane.

Children? I have four children; 3 boys and 1 girl but all are grown and have left the nest. I also have 14 grandchildren and 2 great-grandchildren.

How long have you been in Fleet? I joined the fleet in August 2001.

How/why did you come to join the Chaplain Corps?

I had heard that there was a Chief Chaplain within Starfleet and immediately contacted him to see how I might be able to contribute to the Chaplain corps. I have since become Chief Chaplain and have held that position for 8 years now. I became a part of the STARFLEET Chaplain Corps because I noticed that there was not a great deal of spiritual communication within the fleet and that our members needed a kind voice in times of hospitalization, condolence at time of a member's passing and even a congratulatory note on birthdays, promotions and when a new member was born into a family.

What are your goals for Chaplain Corps in the next 3 years? I would very much like to see a Regional Chaplain Liaison (RCL) assigned to all of our active regions as well as a better standard of communication between our chaplain's staff and our members, chapter CO's, RC's and the RCL's.

How does the Chaplain Corps add to the STARFLEET experience? Following the ideals encompassed by Infinite Diversity in Infinite Culture (IDIC), that would be best defined in our mission statement: "STARFLEET Chaplain Services is designed as an outreach to the spiritual and moral needs of Fleet members in order to express an avenue of love and hope for those who may require assistance in those areas and will be made

available at the discretion of the Chaplain Services team in order to provide said assistance throughout all regions within STARFLEET, The International Star Trek Fan Association."

What's your favorite Chaplain Corps memory?

Sometime round about my second year in this position one of the members emailed me that she had a daughter having some serious personal difficulties and suggested she contact me. I mentioned that I could not offer any advice on a professional basis, although I am legally qualified, but would be more than willing to let her "cry on my shoulder" to coin a phrase. The young lady was in her early twenties and emailed me the next day with a page and a half of all the problems she was going thru at the time. We corresponded back and forth over the next three weeks and I simply just talked with her about life in general and about some of my own personal experiences in life. I didn't hear from her for another two weeks and then I got emails from both her and her mother thanking me with all their heart for taking the time from my busy "real-world" life to consol the young lady as she had now gotten her life back together and felt much stronger to tackle those things that create the potholes in our lives. It was eternally gratifying to know I was able to assist someone I had never personally met before and we continued to correspond with one another for about the next six months or so. That indeed is a memory I will never forget and reinforces what the chaplain corps is all about.

What Star Trek character do you think best represents the ideals of the Chaplain Corps? Why? That would have to be Deanna Troi from *ST-Next*

(Continued from page 17) STARFLEET's Chief Chaplain

Generation. Although she serves in a counselor's capacity which is primarily advisory in nature, there is a sense of spirituality in how she performs her job. She is deeply dedicated to her work, is capable of nurturing to the "inner spirit" of the individuals she counsels and never misses an opportunity to utilize her abilities in order to make her clients better within themselves. Of course our chaplains cannot read the thoughts and mental state of our members; however, we can use techniques such as reading body language and analyzing emails in order to obtain the same goals.

What's your favorite Star Trek movie and why? Without a doubt, it's *ST II – The Wrath of Khan*. This movie enveloped the very soul of its characters in the most tense of scenarios with regard to facing our emotions and death, along with the inherited instinct that all Humans have....survival. Although the possibility always exists for destruction; like Kirk, I also do not believe in a "no-win" scenario.

Which Star Trek episode (any series) do you consider the most spiritual? Why? I really cannot say that any one particular episode from a series stood out among all the rest in terms of spirituality. I believe that there was/were episodes in all the series that dealt with or at least hinted on some type of deity/deities mentioned or linked into an episode. The *TOS* episode "Balance of Terror" stands out in that it shows Ensign Angela Martine kneeling in a chapel in mourning over the death of her fiancé. That was the only episode that actually showed a chapel on the Enterprise. The *ST-Next Generation* episode "Who Watches the Watchers" stood out to me because of the nature of humanoids to subscribe to recognition of a God and that Picard had to prove he was actually human like anyone else by placing his own life in the balance. In *ST-DS9* there are numerous episodes that refer to the "profits" which were looked at as a deity to the Bajorans. In *ST-Voyager* the Doctor takes the part of a Roman Catholic Priest in a holographic program and in *ST-Enterprise* there is the episode "The Andorian Incident" where the most sacred Vulcan Monastery of P'Jem is brought into light. There are just too many to mention them all but despite the feelings of Gene Roddenberry on the subject of spirituality in *Star Trek*, it's there and will forever be a part of the human/alien culture.

Greetings from the STARFLEET Orientation Office.

I'm Vice Admiral. Peter Lutz, your friendly Orientation Officer.

What does an Orientation Officer do you ask? Consider me the Welcome Wagon of STARFLEET. Initially new and renewing members are sent a Welcome Email that serves three functions.

It lets the member know that their Membership is being processed and they are an officially registered member of STARFLEET

For the new member, it provides a list of services and options available and serves as a reminder of services and options available to the renewing members.

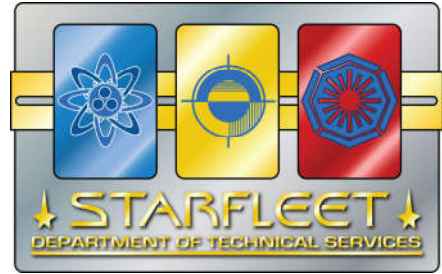
For the new member, the Welcome Email provides an initial point of contact with STARFLEET. If they are not already a chapter member with a CO to provide information they can contact the Orientation Officer for assistance.

If they are not affiliated with a chapter, new members can easily be overwhelmed, or even lost by all that STARFLEET has to offer. My job as Orientation Officer, as possibly the first contact they have with STARFLEET, is to answer any questions I can and guide the new member to the correct department head to see to their needs.

Tip: All members, please make sure that you have a valid email address in your member information in the Database. Be aware that aol.com account emails are not recognized with our current web mail provider. An invalid, incorrect or aol.com email address prevents emails from STARFLEET reaching you.



STARSHIP HIGHLIGHTS



By ADM Alex Rosenzweig

Welcome back to “Starship Highlights”, an irregular, periodic series in which we’ll offer a brief look at various different classes of starships and space stations. There are lots of classes out there, so let’s take a peek at this one.

ANDERNACH-CLASS BATTLECRUISER

(First Referenced by Todd Guenther; Design Adapted from *USS Churchill* by Brian Patrick Montgomery, aka Anarion)

The *Andernach*-class was originally referenced, but not illustrated, in the “State of the Fleet” section of *Ships of the Star Fleet*, which was published in 1991. It was one of a group of “mystery classes”, whose actual appearance was unknown. In the early 2000s, on the “Star Trek Technology” forum of TrekBBS, a group of fans embarked on a project to either create designs for those unseen classes, or adapt other designs seen online. In the case of the *Andernach*, attention focused quickly on the *USS Churchill* design by Brian Patrick Montgomery (aka Anarion). After some discussion, consensus settled around utilizing the *Churchill* design to become the *Andernach*.

The *Andernach*-class was first commissioned in the early 2290s as a component of increasing Starfleet’s ability to project power into unstable regions. Even areas of space along the Federation’s shared border with the Klingon Empire were not always safe. Prior to the state of détente with the Federation following the destruction of Praxis and the signing of the Khitomer Accords, some factions within the Klingon Empire felt an expansionist approach was necessary and took actions to annex several star systems on the Empire’s outer borders. Starfleet Command felt that its forces lacked the “punch” necessary to confront the threat posed by these expansionist Klingon factions.

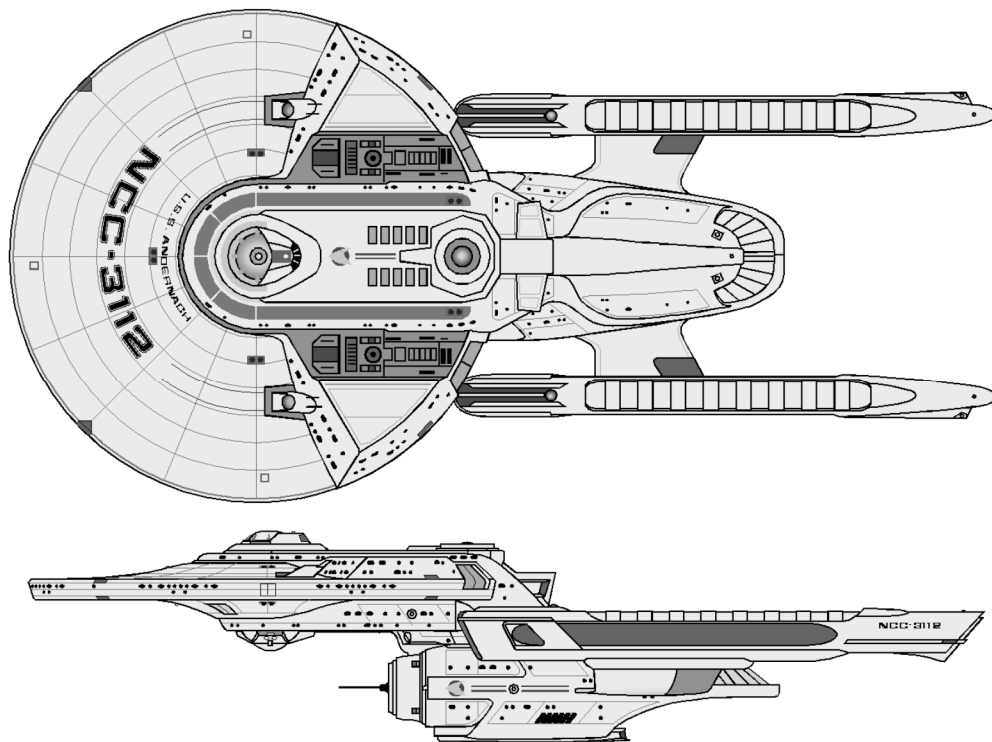
Although the *Excelsior*-class had begun production a few years earlier, those ships were still costly and slow to clear production lines. The Starfleet Oversight Committee in the Federation Council felt that a more conventional approach, utilizing tried technology and manufacturing techniques, was required. The result was the *Andernach*-class.

Based on the venerable *Constitution*-class, the *Andernach*-class was more heavily armed and produced nearly double the power output of its predecessor. It was notable, too, for the heavy structural reinforcement and armoring of its outer hull and engine systems. It carried embarked craft designed to extend its sensor range or aid in its defense if necessary. Construction commenced in 2291 at the Utopia Planitia Shipyards in orbit around Mars. The *USS Andernach* was launched an unprecedented six months later. Starfleet had high hopes that the addition of this new powerful vessel class would act as a deterrent to aggression against the United Federation of Planets and restore stability to the Alpha quadrant. The class’s performance was sufficiently effective to continue production well into the second quarter of the 24th Century, even after the signing of the Khitomer Accords and the withdrawal of the Romulan Star Empire behind its borders. Waiting in the wings would be contact—and conflict—with the Cardassian Union.

(Continued from page 19)...Starship Highlights

Known vessels of the *Andernach*-class include:

Andernach - NCC-3112 *Flying Fox* - NCC-3116 *Anduril* - NCC-3117



[Art Credits: John T. Burt, STARFLEET Office of Schematic Art]

Specifications for the *Andernach*-class are as follows:

PHYSICAL DIMENSIONS:

Length Overall: 284.1 meters
Beam Overall: 141.7 meters
Draft Overall: 63.1 meters
Primary Hull Length: 156.6 meters
Primary Hull Beam: 141.7 meters
Primary Hull Draft: 35.7 meters
Secondary Hull Length: 130.6 meters
Secondary Hull Beam: 49.2 meters
Secondary Hull Draft: 41.1 meters
Nacelle Length: 154.8 meters
Nacelle Beam: 12.6 meters
Nacelle Draft: 18.3 meters

DISPLACEMENT:

Standard: 280,000 metric tons

PROPULSION:

Warp Engines:

Number: 2

Impulse Engines:

Number: 2

VELOCITY:

Cruising (Warp Factor): Warp 8

Maximum (Warp Factor): Warp 12

CREW COMPLEMENT:

Officers: 52

Crew: 450

Total: 502

ARMAMENT:

Phaser Banks/Arrays:

Number: 22

Emplacements/Bank (if applicable): 10 Banks
of 2; 2 Single Mount Emplacements

Photon/Quantum Torpedoes:

Number of Tubes: 4



OFFICE OF RECRUITING AND RETENTION

LT Robert Byng
recruiting-intl@sfi.org

ANNOUNCEMENT

Over the next few months I will be making available a survey for all international members to share their feedback on the Fleet. This will be aimed at not only what affects membership on a local level (regional and chapter) but also the wider Fleet and how it interacts with members outside of the United States.

This survey will be the largest undertaken within the Fleet for many years and will have membership participation to match that of the elections; and like the elections, every member outside of the United States will be given a platform and a voice to raise their concerns to an impartial ear. For those members who feel as though there are concerns which go unmet, this is your opportunity – I cannot force you to take this opportunity, however it will be there. Equally, it will give a platform for members to feedback what they believe is currently working well for us.

This current administration (as young as it is) has been receptive to the growing demands and concerns of our members, and with your help it can raise STARFLEET to new heights and new frontiers of success and prosperity but members must ensure they are equally engaged and responsive to the feeding information back to the Fleet.

STARFLEET is an organization with many wonderful members, and has gained its success through them. We, as an organization, either as local chapters or as a Fleet, have accomplished much in our time, however, as with any organization, we have our flaws, and in respect to the international aspect of things I am looking to weed out many of the blockages which may impede you.

This survey will be initially rolled out to administrative staff such as region coordinators and chapter leads to give their feedback on the formal processes of the Fleet, and then to our wider membership to give a broader view of the way the Fleet operations for normal members.

Things won't change with a snap of a finger; it will be a long process starting with the voices of our international members.

In respect to timescales, at the moment (depending on my own personal schedule and the assistance I receive when needed) this is how things are shaping up:

March: Design of x2 surveys (general membership & administration/CO)

April: Finalization of survey design and move to online platform

May: Stage 1: Region CO and Chapter CO survey issue

Late May: Stage 2: General membership survey (6 weeks running)

June: Vetting of results

July: Extracting data and moving to information expressions

Late July: Publishing of results and submission to operations

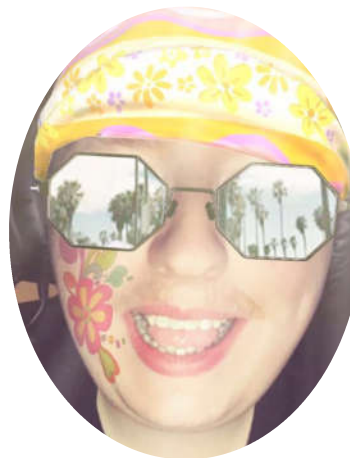
August: Final report on Survey

The survey itself will concentrate on the following aspects: membership benefits, processes and fees; membership happiness; communications; online presence; interaction with the Fleet; and feedback

It cannot be stressed how important participation will be in this; your concerns cannot be raised if they are not given. No matter how much or how little time your membership in the Fleet has been, your voices will be treated equal.

Over the coming few months I will be looking for people to assist me in this with, as well as other opportunities relating to international recruitment and retention.

In the interim as I prepare for this, I welcome members to contact me with anything they wish to raise. (please contact me via recruiting-intl@sfi.org rather than Facebook for recruitment/retention related matters as my Facebook is for personal purposes and for R20/ *USS Alba* interactions).



Happy Anniversary Ships of the Line

Celebrating Our Chapters' Years In Service

<i>USS Paegan</i>	R02	03/01/1983	34	<i>USS Thermopylae</i>	R05	01/27/2007	10
<i>USS Thunderbird</i>	R12	01/01/1987	30	<i>USS Riverside</i>	R06	01/28/2007	10
<i>USS Umiak</i>	R12	01/04/1992	25	<i>USS Wildhorse</i>	R05	02/12/2007	10
<i>USS Marko Ramius</i>	R12	02/08/1992	25	<i>USS Britannic</i>	R07	02/12/2007	10
<i>USS Onizuka</i>	R04	02/21/1993	24	<i>USS Antares</i>	R05	02/15/2008	09
<i>USS Joan of Arc</i>	R03	01/06/1994	23	<i>USS Odin</i>	R01	01/12/2009	08
<i>USS Sunflower</i>	R12	01/28/1995	22	<i>USS Odyssey</i>	R02	03/09/2009	08
<i>Dark Silence Station</i>	R02	03/10/1995	22	<i>USS Victorious</i>	R02	01/31/2010	07
<i>USS Tycho</i>	R01	02/11/1996	21	<i>USS Susquehannock</i>	R07	03/04/2010	07
<i>USS Helen Pawlowski</i>	R15	02/16/1996	21	<i>USS Constellation</i>	R01	03/12/2010	07
<i>USS Lone Star</i>	R03	03/02/1996	21	<i>USS Aux Arc</i>	R12	03/12/2010	07
<i>USS DaVinci</i>	R02	03/16/1996	21	<i>Retribution Station</i>	R03	03/15/2011	06
<i>USS Black Hawk</i>	R12	03/23/1996	21	<i>USS Premonition</i>	R02	01/24/2012	05
<i>SS Ark Angel</i>	R03	01/01/2001	16	<i>USS Crockett</i>	R03	02/17/2012	05
<i>USS Ares</i>	R15	01/01/2001	16	<i>USS Riviera</i>	R05	03/03/2012	05
<i>USS Darwin</i>	R15	02/12/2001	16	<i>USS Gygax</i>	R04	03/14/2012	05
<i>USS Pioneer</i>	R17	02/19/2001	16	<i>USS Potomac</i>	R01	03/28/2012	05
<i>USS Niagara</i>	R07	02/07/2003	14	<i>USS Charon</i>	R01	02/09/2013	04
<i>USS Liberator</i>	R01	03/03/2003	14	<i>USS Hope</i>	R02	03/18/2014	03
<i>USS Inferno</i>	R07	02/02/2004	13	<i>USS Artemis</i>	R03	03/15/2014	03
<i>USS Trinity River</i>	R03	02/12/2004	13	<i>USS Alaster</i>	R07	01/24/2015	02
<i>USS Regulator</i>	R03	02/01/2005	12	<i>USS Independence</i>	R04	02/09/2015	02
<i>USS Dauntless</i>	R08	02/10/2005	12	<i>USS Bairoko</i>	R12	03/26/2016	01
<i>USS Sinclair</i>	R13	03/16/2005	12				



Spring Tune Ups for All Ages

By Dr. Gregory Fant, PhD, MSHS
SG, STARFLEET Medical Corps, COL, SFI

Recall, TOS: "The Corbomite Maneuver." Early in that episode, Dr. McCoy is conducting a routine medical exam for our hero, Captain Kirk. While on his back on a medical exam table, Captain Kirk is using his legs to pump some steps on the wall while Dr. McCoy monitors his vital signs to compare with established norms and, presumably, his previous physicals – looking for changes, looking for irregularities.

This year when I left my physician's office after my annual "tune up", I picked-up a pamphlet entitled, "Health Aging—For Ages 50 and Up" (Patient Point 2015). I've no doubt similar pamphlets are available across the country for all age groups. The pamphlet lists screening tests which a physician may suggest depending on a person's age and other health issues. While this list is not comprehensive, I thought it would be a good idea to at least line up the test with what your doctor may be screening for (just in case they're a little busy).

So, when you're getting your car ready for summer, or having the a/c serviced, why not schedule a tune up with your doctor for yourself?

Be well!

Screening For:	Type of Test:
Abdominal aortic aneurysm	Ultrasound
Breast cancer	Mammogram (breast X-ray); genetic testing (blood test)
Cervical cancer	Pap smear and physical exam
Colon cancer	Sigmoidoscopy or colonoscopy (little cameras looking inside your insides) and/or lab tests looking for blood
Depression	Conversation with your physician
Diabetes	Blood test (usually fasting)
Eye diseases and vision	Dilated eye exam
Hearing	Hearing test
Hepatitis C	Blood test
High blood pressure	Blood pressure cuff
High cholesterol	Blood test
HIV	Blood test
Lung cancer	Low-dose Computed Tomography (CT) scan (sort of a Super XRay)
Obesity	Height and weight measurements
Osteoporosis	DEXA scan (X-ray of spine and hips)
Prostate cancer	PSA (blood test) and physical exam
Skin cancer	Skin exam
Tooth and gum issues, oral cancer, etc.	Dental exam and X-rays

The Sazerac

The Official Cocktail of New Orleans.

1/2 OZ Absinthe (preferably Lucid)

2 OZ Rye

1/4 OZ Simple Syrup

Peychaud's Bitters

Angostura Bitters

Lemon Twist

Pour absinthe into an old-fashioned glass; swirl to coat, and discard liqueur; fill glass with ice. Shake rye, simple syrup, 3 dashes Peychaud's bitters, and 1 dash Angostura bitters in a cocktail shaker filled with ice. Discard ice in glass; strain cocktail into glass. Rub the rim with a lemon twist and drop twist into cocktail.





Summer's Coming!: The Dangers of Heat Illness

Lieutenant Colonel Michael Naas • Chief Medical Officer, *USS Valiant*



Most of us enjoy outdoor activities during the warm summer months and some of us have jobs that require us to work outside. It is important to keep in mind the dangers of heat related illnesses while playing or working outside.

To understand the dangers of hot weather it is important to know how the body regulates its temperature. The body's optimal operating temperature is 98.6° F. The chemical reactions that take place in our cells depend on this optimal temperature. When the body's temperature rises above 100° F these processes begin to malfunction or shut down. When that happens, heat illness or death can result. The body keeps the body cool by dilating blood vessels near the skin and sweating. The dilated blood vessels allow the body to shunt heat to the surface where it can escape. Sweating facilitates the removal of heat. As the sweat evaporates it pulls heat from the skin.

This cooling mechanism can be hampered by high humidity. The higher the relative humidity is, the slower sweat will evaporate off your skin. This decrease in evaporation means that your body cannot shed excess heat. Your body's core temperature will begin to rise and heat illness will ensue. Dehydration can also hamper the cooling process because of the decreased amount of water in your body. If there is no water for sweat, then no sweat can be produced and the body begins to overheat.

What Are the Symptoms of Heat-Related Illnesses?

Heat cramp symptoms can include:

- Severe, sometimes disabling, cramps that typically begin suddenly in the hands, calves, or feet
- Hard, tense muscles

Heat exhaustion symptoms can include:

- Fatigue
- Nausea
- Headache
- Excessive thirst
- Muscle aches and cramps
- Weakness
- Confusion or anxiety
- Drenching sweats, often accompanied by cold, clammy skin
- Slowed or weakened heartbeat

- Dizziness
- Fainting
- Agitation

Heat exhaustion requires immediate attention.

Heat stroke symptoms can include:

- Nausea and vomiting
- Headache
- Dizziness or vertigo
- Fatigue
- Hot, flushed, dry skin
- Rapid heart rate
- Decreased sweating
- Shortness of breath
- Decreased urination
- Blood in urine or stool
- Increased body temperature (104° to 106° F)
- Confusion, delirium, or loss of consciousness

Heat stroke can occur suddenly, without any symptoms of heat exhaustion. If a person is experiencing any symptoms of heat exhaustion or heat stroke, get medical care immediately. Any delay could be fatal. Seek emergency medical care for anyone who has been in the heat and who has the following symptoms:

- Confusion, anxiety, or loss of consciousness
- Very rapid or dramatically slowed heartbeat
- Rapid rise in body temperature that reaches 104° to 106° F
- Either drenching sweats accompanied by cold, clammy skin (which may indicate heat exhaustion) or a marked decrease in sweating accompanied by hot, flushed, dry skin (which may indicate heat stroke)
- Convulsions
- Any other heat-related symptom that is not alleviated by moving to a shady or air-conditioned area and administering fluids and salts.

Staying hydrated is the key to preventing heat related illnesses. A good rule of thumb is this: if your urine is yellow, you are dehydrated. Drinking water is the best way to stay hydrated. Avoid sugary drinks such as sodas and caffeinated beverages. Also avoid alcohol. When planning on going outside, drink plenty of water at least an hour prior and continue to drink water while you are outside.

Stay healthy and happy this summer.



SFI on Pinterest

by FCAPT Michael Weldon Lewis, *USS-Heimdal*, Region 1



Members of STARFLEET can expect to hear from me on Facebook, via email or in person. I will be asking for content for SFI Pinterest boards, especially the Around the Fleet board. We are getting close to a total of 900 Followers of the SFI Pinterest boards.

I believe we can get more followers with everyone's help.

There are new Pins, concerning various scientific topics, on some of STARFLEET, the International *Star Trek* Fan Association, Inc. Pinterest Boards here (<https://www.pinterest.com/starfleetsfi/>):

In Memoriam (<https://www.pinterest.com/starfleetsfi/in-memoriam/>)

We Live for this Stuff (<https://www.pinterest.com/starfleetsfi/we-live-for-this-stuff/>)

Around the Fleet (<https://www.pinterest.com/starfleetsfi/around-the-fleet/>)

Let's go Shopping (<https://www.pinterest.com/starfleetsfi/lets-go-shopping/>)

Pets (<https://www.pinterest.com/starfleetsfi/pets/>)

Academy (<https://www.pinterest.com/starfleetsfi/academy/>)

Library (<https://www.pinterest.com/starfleetsfi/library/>)

News From Around The Planet (<https://www.pinterest.com/starfleetsfi/news-from-around-the-planet/>)

Let's Be Social Media Savvy (<https://www.pinterest.com/starfleetsfi/lets-be-social-media-savvy/>)

Bookstore (<https://www.pinterest.com/starfleetsfi/bookstore/>)

Space Weather Forecast (<https://www.pinterest.com/starfleetsfi/space-weather-forecast/>)

Gaming (<https://www.pinterest.com/starfleetsfi/gaming/>)

Military (<https://www.pinterest.com/starfleetsfi/military/>)

Weather By Region (<https://www.pinterest.com/starfleetsfi/weather-by-region/>)

Geology By Region (<https://www.pinterest.com/starfleetsfi/geology-by-region/>)

Incoming Spacecraft Near Earth (<https://www.pinterest.com/starfleetsfi/incoming-spacecraft-near-earth/>)

Science Related Events By Region (<https://www.pinterest.com/starfleetsfi/science-related-events-by-region/>)

Science Resources By Region (<https://www.pinterest.com/starfleetsfi/science-resources-by-region/>)

Start Exploring Other Fandoms Via SFA (<https://www.pinterest.com/starfleetsfi/start-exploring-other-fandoms-via-sfa/>)

Bridge Officer Certification Via SFA Courses (<https://www.pinterest.com/starfleetsfi/bridge-officer-certification-via-sfa-courses/>)

50th Anniversary of Star Trek (<https://www.pinterest.com/starfleetsfi/50th-anniversary-of-star-trek/>)

Vessel Readiness Certification Program (<https://www.pinterest.com/starfleetsfi/vessel-readiness-certification-program/>)

Chapters By Region (1 To 7) (<https://www.pinterest.com/starfleetsfi/chapters-by-region-regions-1-to-7/>)

Chapters By Region (8 To 12) (<https://www.pinterest.com/starfleetsfi/chapters-by-region-regions-8-to-12/>)

Chapters By Region (13 To 20) (<https://www.pinterest.com/starfleetsfi/chapters-by-region-regions-13-to-20/>)

EMT, Paramedic & Firefighter (<https://www.pinterest.com/starfleetsfi/emt-paramedic-firefighter/>)

Getting Ready For Your Closeup (<https://www.pinterest.com/starfleetsfi/getting-ready-for-your-closeup/>)

SFI Chaplains (<https://www.pinterest.com/starfleetsfi/sfi-chaplains/>) and

STARFLEET Medical Corps (<https://www.pinterest.com/starfleetsfi/starfleet-medical-corps/>).



STARFLEET's presence was visible at Farpoint and was featured on a club sign in the fandom room at the convention held in February.

7TH FLEET RETURNS TO FARPOINT

By ADM Bob Vosseller, VRC Region 7

It seemed rather appropriate that several chapters of Region 7 (*USS Abraham Lincoln*, *USS Avenger*, *USS Challenger*, *USS Matrix*, *USS Britannic*, *USS Richthofen*, *USS Adamant*, *USS Ascension*, *USS Justice*, *USS Storm*, *USS Serling*, *USS Sovereign*, *USS Invincible*, *USS De Braak*, and I'm sure one or two I forgot) started off the year off with Farpoint, a convention that has been a fan favorite in Maryland for more than a decade. After all, 2017 marks the 30th anniversary of *Star Trek: The Next Generation* which kicked off with "Encounter At Farpoint."

Farpoint always held in February, has been a great winter retreat and back in 2003 many of us were marooned there for several days beyond the con weekend with many convention guests thanks to a huge blizzard. Some of us (Tom Restivo and I that is) even dug out our "Snowpoint" shirts in tribute to that event. The shirts were made by a rather enterprising vendor who made them

on the spot as he to, was marooned with us.

Flash forward to 2017 and you have more than 40 Fleet members who came together for a fun weekend that included a Saturday night dinner at Famous Dave's (well the company was great but getting our food...well that is a whole other story) a STARFLEET meeting where *Lincoln* CO, Keith Shikowitz gained his fifth pip as Fleet Captain and where reporting awards were presented to many chapters present. Chapter COs got a chance to talk about what their ships were doing and the 7th Brigade had a chance to promote its first standalone muster held in March.

Cosplay was in abundance even before the masquerade. You would have thought the masquerade was being held Friday night. Between karaoke on Friday and 10-Forward on Saturday, R7 was rockin' and amber fluids were flowing at various

times. Most of us were in uniforms during the weekend.

The vendor's area featured some nice bargains this year and one of my own prizes was a classic Trek command gold tie and a variety of action figures because you just can't have enough of them. RC Wayne Augustson who recently became a full-fledged admiral picked up a classic edition D&D book and there was no shortage of reading material, prop weapons and models made by The Collective which is operated by Jim and Maryanne Pugliese better known as the commanding officers of the *Ascension* and *Adamant*.

While Farpoint is the quieter convention of Maryland in comparison to



RC Wayne Augustson adds a fifth pip to *USS Abraham Lincoln* CO Keith Shikowitz's collar during the STARFLEET meeting held at Farpoint.



Cosplayers were in abundance at Farpoint.

From left to right: Cos Player as American Dream; A Deadpool Klingon and his rubber chicken and the *USS Avenger* CO, Sarah Bolick, as a dragon

(Continued from page 26)...7th Fleet Returns to Farpoint

July's Shore Leave, it did serve as a great way to kick off the year and between the costuming, guests and artwork seen, a reminder of why we all love fan run conventions.

STARFLEET was well promoted with a recruitment table in the fan club room that featured our friends from the 501st Legion and a really cool fan film production group who were showcasing their work through 3-D goggles.

We all hated to leave and those that took off early on Sunday missed the fire alarm that sent everyone out to the parking lot but that's okay, Wayne and I had to head back to our respective homes as we traveled together in Wayne's Shuttlecraft Mustang.

For me it was the first time hitting Farpoint in a while due to weather conditions, real life obstacles, work schedule and finances, the convention just didn't make it into my travel plans in several years. This was fun and it was also great to see a good portion of the 7th Fleet family gathering together for a great time, catching up and celebrating winter. That said our sojourn to Famous Dave's featured unusual warm weather. We almost thought we had time traveled forward to Shore Leave but remembered the con is a few miles away in Hunt Valley where Farpoint used to be held.

It was nice to see a winter time tradition back in form and I'm already looking forward to returning, weather permitting, next year.



Region 7 Coordinator Wayne Augustson shows his hunger awaiting our delayed dinner at Famous Dave's during Farpoint 2017 while new *USS Avenger* Captain Sarah Bolick (soon to be Sarah Rosenzweig) hams it up for a photo op while sporting her dragon costume during dinner where a good portion of the 7th Fleet went for a barbeque feast.

COMMANDER'S TRAVEL LOG

Region 2 Summit STARDATE 1703.10-12

Fleet Admiral Robert Westfall

It's been a while since I've been to a Summit outside my own region. It's been even longer since I've flown to a Summit, and compared to that saga travelling to the Region 2 Summit was a piece of cake - specifically a strawberry cupcake from the Terminal D Concourse at the Atlanta Airport, thanks to a three-hour layover which gave me the opportunity to explore an airport I'd never had a chance to before. Landing in Columbus, GA, I was struck by how little the place seemed to have changed since I was last through there.

Traveling to the Summit hotel I was struck by how much Columbus has grown since my last visit. The area around the hotel had been nothing but fields when I'd last been in the city, but I guess I should have expected as much. Checking in to my room, I was greeted by numerous folks hanging out in the lobby. One of them, John "Kiwi" Kane, jokingly remarked that I'd missed my own dinner; he was referring to the Summit event earlier that evening, the Fleet Admiral's Dinner, that I missed due to still being in transit.

Compared to the other Summits I have been to, Region 2 knows how to really mix business and pleasure... and reasonable schedules. Most surprisingly, it started on time!! I don't mean "STARFLEET time," I mean honest-to-god actual time! Business was conducted and concluded and (still running on time) the Opening Session gave way to the CO/XO Meeting and the SFMC 2nd Brigade Muster. That was another thing I noticed, they didn't inundate attendees with a ton of choices as to what to do. It was



REGION 2 FINAL MISSION COMMITTEE

(Continued from page 27) ...Commander's Travel Log

pretty bare-bones, allowing 'business' to be done while allowing attendees to have fun meeting and hanging out with fellow region members and guests, some of whom had travelled for hours to get there.

I attended the CO/XO Meeting as well as the Region 2 Awards Program. The former I was actively involved in as the meeting is designed for attendees to bring forward question that not only involve the region, but SFI as well. In the latter I was merely an attendee as the panel was designed as an explanation of the region awards program

and the changes that have been made to it.

Afterwards it was time for lunch, and folks headed off to whatever was close and suited their fancy. After lunch I had a little 'free' time and was browsing through Moogies – merchandise, auction items, etc. – when I was talking with some folks and found out about a Region 2 Summit tradition... of which I was a part and didn't know it!

Apparently the region is big into raising money by throwing pies into the face of their RC and the visiting CS... and probably whatever other 'big-wigs' might grace their presence. When I ran into him shortly thereafter, on our way outside, I mentioned to Ryan Case (the RC) that he had failed to 'mention' this little tidbit of information to me. He laughingly apologized and mentioned I would know for the future. Ryan went first, getting pied by Jack "Towaway" Eaton, who had the highest contribution, raising \$130. I was pied next by Sandy Dolan, and raised \$140... I beat Ryan!! WooHoo!!! Seriously, the little event raised nearly \$300 for their charity: Brown Bag of Columbus.

Then it was time to race back to my room and quickly shower and change for the Final Mission. This is the same ceremony that is performed at IC each year, but some people don't realize it originated in Region 2. This event is typically a tear-jerker, and this time was no exception as the names were read. Region 2 has suffered its fair share of losses, included the much beloved and respected *USS Harry Mudd* CO, RADM Bruce Dolan, so this was a tough event for many in attendance. After the Final Mission came supper, the Region 2 Annual Awards, and the Region 2 Charity Auction.



SUMMIT LUNCH AT STEAK AND SHAKE

Clockwise from bottom left: Anne Zecca, Ryan Case, Lee Johnson, Eric Watts, Tracey Harwell, Tiffany Johnson, Tony Knopes, Bryan Jones



CHIEF OF COMP OPS
Tony Knopes

Sunday morning brought a Meet the Brass panel, which started

out as Ryan and myself, and ended up just me. Closing ceremony saw some additional awards handed out and the announcement that the 61 people in attendance had raised a total of \$500 for Brown Bag of Columbus. Then I was graciously included in what is apparently another Region 2 Summit tradition: a group photo of the attendees.

It was then unfortunately time to say goodbye so I could catch my plane and head home. My trip back was uneventful, but during it I reflected on the weekend and the number of new people I had met, the faces I could finally put with the names of numerous people I had heard of (and from) through the years, and generally what a great time I had with an outstanding group of people. I knew as I wrote this article that I wouldn't be able to do justice to the event, but I strongly encourage you to attend if

you ever get the chance. I know I am planning to make it back!

IF YOU WANT BLOOD.....YOU GOT IT!

Colonel Mike "Prowler" Calhoun
USS Valiant, Commanding Officer

How many of us mark our calendars for American Red Cross month? How many of us have even heard of American Red Cross month? Well, if you check, you will find that the American Red Cross sets aside March as American Red Cross Month to honor heroes. The heroes who help families after a fire; deliver items to military families in need; or donate blood to help care for the ill and injured.

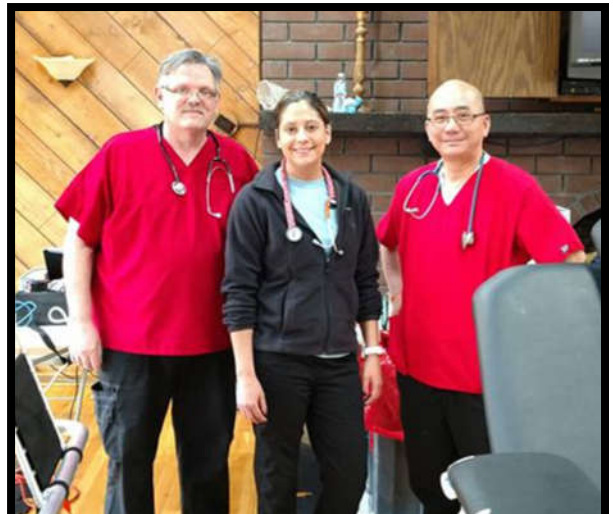
Every 8 minutes the American Red Cross responds to someone in a crisis. Without heroes it wouldn't be possible. You don't have to serve in the military or ride in a police car to be a hero. All you have to do is volunteer—something we know a little about in STARFLEET.

The 255th MSG Dark Knights of the *USS Valiant*, led by OIC Lt. Colonel Michael "Doc" Naas, were honored to participate in a Red Cross blood drive originally scheduled for 15 January, 2017. Bad weather – "Icemaggedon" as it would become known, forced a postponement. Mother Nature may be a force, but Doc, being a Marine, would not be deterred. The drive was re-scheduled for 5 March (ironically enough, during American Red Cross Month), and what a great day it was. Given the shorter notice and unexpected good weather, expectations were not great by the Red Cross. But like everything else the Dark Knights and *Valiant* do, we exceeded those expectations. Between the hours of 1300 and 1700, 20 donors, including members of the *USS Missouri*, Admiral James Herring and PO3 Brad Kelley kept the "Most Valuable Redshirts" in STARFLEET, hopping right up to *Valiant's* meeting time.

The Red Cross felt that the drive was successful enough to warrant another one in a few months, and it will happen. They have even asked us to get involved at Planet Comicon in April – to ignite a Blood Feud with other fan groups to increase the donor base.

As a proud Commanding Officer and a member of the Dark Knights, I can do little other than beam and brag about the efforts of Doc Naas and the rest of these officers and crew. Every time we put out the call to serve the community: whether it's a food drive, Toys -for-Tots, warm clothing, or now blood, this group responds. Every. Single. Time. Thanks to all who were involved – SFI, SFMC, and civilian.

Well done Doc, very well done.



The "Most Valuable Red Shirts"
aka Red Cross Staff Members



INTRODUCING

Alberni Deep Space Port

By LT Gillian Shearwater

Alberni Deep Space Port (ADSP) was founded on 2012 September 27, when like-minded people came together and agreed that *Star Trek* and the ideals of *Trek* were important enough to create a group around. Building on the STARFLEET model, they made it so.

Back then, ADSP was the only meeting group in Region 10 (*USS King Edward* followed later, in Alberta). ADSP is based in Port Alberni, British Columbia (Canada). We are proud to be affiliated with STARFLEET as a Shuttlecraft under the auspices of *USS Atlantis*.



Alberni Deep Space Port personnel salute *Trek's* 50th anniversary in 2016.

L-R: (back) Bill, Jeanette, Pam, Brett, Gillian, Kevin, Garry; seated: Vicky.
(Not pictured: Andrew, Cindy, Hillary, Pete)

CREDIT: G. Cameron, B. Jackson

We've come a long way as we continue our pre-launch voyage. We are a registered non-profit society with a constitution, bylaws, and bank account. We've gone from one monthly meeting to five or six activity options most months. We wear our ID cards and snappy red ADSP shirts with pride.

We have completed multiple Away Missions supporting local charitable organizations, and environmental Away Missions including tsunami debris cleanup in Pacific Rim National Park and broom busting in Port Alberni. We're recognized in our community -- invited to the 2013 preview of *Star Trek: Into Darkness*, recruited by the Hospice Society, winning ribbons in every Fall Fair parade since 2013, and invited by our library to represent STARFLEET and ADSP. We've even gone international, with the Project HAPPY video in FLEET's 40th anniversary year!

We share our appreciation of all things *Trek* and just have fun in our Shore Leaves, from our **first** *First Contact Trek* potluck on 2013 January 20 (held every January), to our annual ADSP

Foundation Day celebration in September. Personas are always evolving, all unique - with 13 members (and counting!) we have nine species affiliations, from Aenar/Andorian to Vulcan. And we do it all in a town with a population of under 18,000.



Promotions are a big deal at ADSP! Nancy's promotion from Resident to Employee: Probationary on ADSP's unique Civilian Track (for members not yet signed on to STARFLEET). CO Shearwater presents Nancy's certificate and pays respects (Latinum-clad chocolate coin).

CREDIT: G. Cameron image



Away Mission: ADSP annually challenges local clubs & societies to adopt a Salvation Army Christmas Kettle for a day.

L/r - Garry, Vicky, Gillian, Kevin, Kettle coordinator Don Bee, Jeanette.

CREDIT: Susan Quinn/
Alberni Valley News

We are unique: DTS reports we are the first ship-building facility ever requested in FLEET. That's a reflection on our home base -- Port Alberni is one of the finest deep-water ports on the west coast of North America. We also have parallel crew and civilian tracks, each with complete rank and grade criteria (happy



Shore Leave: popular Trek Games Night is hosted by Kevin. Clockwise from lower left: Vicky, Garry, Nancy, Jeanette, Pam, Cindy, Kevin.

CREDIT: V. Bellas image

to share with interested chapters). *ADSP* personnel have earned numerous promotion certificates, SFA Boothbys and Red Squad awards, with more to come.

Most importantly, we come together in a positive atmosphere of mutual respect and enjoyment of the Trek universe, committed to the inspired vision that led Gene Roddenberry to create *Star Trek*. Each and every member has **ENGAGED!** bringing strengths and skills to *ADSP* that make our chapter-in-formation an amazing place to be.

Our members make it all possible. We've travelled many parsecs, and look forward to many happy light-years to come.

Gillian Shearwater joined STARFLEET in 2011, and founded *Alberni Deep Space Port* on 2012 September 27 with a core of 5 members. She is an avid SF fan, amateur musician, lifelong learner, and the accredited discoverer of an asteroid in the Kuiper Belt.

From BLUE BOTTLE COFFEE:

New Orleans Iced Coffee

Initially conceived as an alternative to the erratically composed and often disappointing iced latte, our New Orleans iced coffee is cold-brewed for 12 hours with roasted chicory and sweetened with organic cane sugar. The end result is a potent concentrate that we cut with organic whole milk. It's sweet, creamy and, perhaps most importantly, consistently delicious.

What you'll need:

Bamboo Paddle or Butter Knife

Scale

Coffee and Chickory

Simple Syrup

Fine Metal Sieve

Stock Pot

Grinder

- 1) Just before you start the brewing process, grind one pound of coffee on a coarse setting.
- 2) Add the grounds and 43 g of roasted chicory to your stockpot.
- 3) Pour 2.5 quarts of filtered, cold water into the stockpot. Give the contents a few gentle stirs with a wooden spoon, so that all the grounds are visibly immersed.
- 4) Cover the stockpot. Let its contents steep for 12 hours at room temperature.
- 5) After the coffee's steeped, pour it through a fine-grained mesh sieve. Straining is easier if you first break the coffee crust with a wooden spoon. In terms of yield, look for about 4-5 cups of concentrate. As unappetizing as it may sound, the concentrate should resemble used motor oil.
- 6) Add 85 g of simple syrup to your concentrate and incorporate it thoroughly with a wooden spoon.
- 7) Serve over ice, and add milk to taste. The concentrate/milk ratio should be roughly equal. Unsweetened concentrate will last for 5-7 days. Once sweetened, it will only last for 1-2 days. Once you add milk, hustle up – it's only excellent for an hour or so.

USS Heimdal Launches 2017 Space Camp Program

By ADM Linda Smith

On January 23 the *USS Heimdal* in Region One launched her 2017 Space Camp Scholarship Contest by giving a presentation to the local Civil Air Patrol cadets. CO, Linda Smith, XO, Kenny Proehl and 2nd. Officer, Willy Smith attended the CAP meeting and invited the cadets to participate in this year's contest; the 4th. year the cadets will be participating.



CO Linda Smith & XO Kenny Proehl invite Civil Air Patrol cadets to participate in the *Heimdal's* Space Camp Contest



Carl Hayden, Jr.,
2016 Space Camp Contest winner,
speaking to cadets

Accompanying the *Heimdal* members to the CAP meeting was Carl Hayden, Jr., the student winner of the *Heimdal's* 2016 Space Camp Contest. Carl gave the cadets a PowerPoint presentation of his 6-day, 5-night trip to Space Camp in June, 2016. His presentation was informative and funny and seemed to resonate with the cadets.

A packet was sent to each participating middle school with rules for students entering the *Heimdal's* contest. Contestants will write an essay of 500 words or less on ***"Why I Want to Go to Space Camp" (Aviation Challenge Camp or Robotics Camp)*** and return them to the *Heimdal's* Space Camp Committee for judging. A winner will be chosen and announced no later than April 9, 2017.

The *Heimdal's* Space Camp Scholarship has expanded to include Space Camp, Aviation Challenge Camp and Robotics Camp - all on NASA's Space Camp campus in Huntsville, AL and part of the Space Camp Program. The student with the winning essay will have a choice of camps.

This will be the 10th local student the *USS Heimdal* has sent to Space Camp.

The *Heimdal* received a donation in 2016 from a local family trust fund primarily because of the Space Camp Program. The *Heimdal* includes funds towards travel expenses and the generous donation covered all expenses for the 2017 contest winner.

Heimdal members are always thankful to be able to sponsor our 10 Christmas charities AND make this camping experience a reality for a local student.

All arrangements for the winning student will be made by CO, Linda Smith. The cost to the chapter for the 6 day trip for the winning student is \$1400.



The cadets filled the room when 2016 Space Camp winner, Carl Hayden, Jr., was speaking.
Linda & Willy Smith & Kenny Proehl are in the back of the room



FOR MORE INFORMATION, CONTACT:

U.S. SPACE & ROCKET CENTER

ONE TRANQUILITY BASE * HUNTSVILLE, ALABAMA

<http://www.rocketcenter.com/>

<http://www.spacecamp.com>

When Doves Cry

Commodore Tom Brinkley

Crew Member - *USS Marko Ramius*
November 15, 1947 - January 10, 2017



Brigadier General Dal "Tiny" Glenn

Commanding Officer - *USS Bairoko*
March 7, 1932 - January 16, 2017



Eugene Andrew "Gene" Cernan

American Astronaut - Last Man on the Moon
March 14, 1934 - January 16, 2017

Miguel Ferrer

Actor - "First Officer" - *Star Trek III: The Search For Spock*
February 7, 1955 - January 19, 2017

Richard Hatch

Actor - "Commander Kharn" - *Prelude to Axanar*
May 21, 1945 - February 7, 2017

Commander Michael Hatley

Crew Member - *USS Hexum*
July 31, 1957 - February 20, 2017

Fleet Captain Barney Cole

Executive Officer - *USS Thunderbird*
October 31, 1946 - March 4, 2017

Commander Ken Cunning

Crew Member - *USS Tycho*
April 22, 1963 - March 14, 2017

Lawrence Montaigne

Actor - "Decius" - *TOS: Balance of Terror* and "Stonn" - *TOS: Amok Time*
February 26, 1931 - March 17, 2017

PROFILE: DOCTOR PHLOX

POI Mark Logan, USS *Merlin*, Region 20

Phloxx-tunnai-oortann was a male Denobulan physician who served as chief medical officer during the historic voyages of the *Enterprise* (NX-01) under Captain Jonathan Archer from the years 2151 to 2161.

Like most Denobulan males Phlox had three wives, each with three husbands, including Phlox, resulting in a total of 720 relationships, 42 of which had romantic possibilities. There were 31 children in his extended family and he had five children of his own: three sons and two daughters. His poor singing of Denobulan lullabies made them cry. All his children left years before his assignment to *Enterprise*. His daughters were a surgeon and a biochemist. His oldest son was an artist, specifically a potter who lived in the same town as his mother. He hadn't spoken to his two younger sons (one of whom was named Mettus) in several years, as they never saw eye-to-eye with Phlox.



Early life and career

Phlox was born in the first half of the 2080s. Phlox began his career as a doctor in 2114. As a child, Phlox, like many young Denobulans, was regaled with tales of the 'evil Antarans,' which caused him to have nightmares. The Antarans and the Denobulans have been to war on several occasions, and much animosity and hatred still exists between the two species. In fact, young Phlox's grandmother wouldn't allow him to go on a trip to a nearby arboreal planet because it has been 'tainted' by Antarans. The adult Phlox is determined not to raise his children as he was raised, and has taught them to embrace other cultures.

Not long after Phlox became a physician circa 2115, there was an explosion in a cargo ship orbiting Denobula Triaxa. Phlox was part of the first medical team to arrive at the scene where they discovered seventeen bodies on the bridge alone. That was the first time Phlox had seen that many dead people in one place before. Phlox was once nearly overwhelmed with fifty patients in a refugee camp while serving on Matalas.

Phlox also once served as a medic in the Denobulan Infantry. While in the infantry, he learned that battlefields are unpredictable places, even under a flag of truce. During his first forty years of service as a doctor, he twice had to perform actions that he considered unethical.

Sometime prior to 2149, Doctor Phlox joined the *Interspecies Medical Exchange*. That year he attended an IME conference on Tiburon where he briefly met a member of the Mazarite delegation. Years later he found out that it was actually Dr Antaak, a Klingon expert in mutagenic research who was impressed by his work on viral propagation. By 2151 Phlox was working as a doctor at Starfleet Medical in San Francisco.

Enterprise 2151—2161



After displaying considerable expertise at sustaining the life of Klaang the Klingon courier, Phlox was brought on board *Enterprise* for the maiden voyage in April of 2151. Having lived on Earth for 'many years', he concluded that while Humans were anatomically simplistic, they made up for their biological deficiencies with their charming optimism—and with their Chinese cuisine—egg drop soup was a particular favourite and he was a regular customer at *Madame Chang's*.

Phlox used very unorthodox medical practices due to the relatively primitive medical technology of the early 2150s. He frequently used animals in various ways to assist in his patients' healing; his sickbay on *Enterprise* was quite a menagerie. Animals in it included an Altarian marsupial, immunocytic gel worm, Edosian slug, osmotic eel, Regulan bloodworms, tribbles, a Lyssarian Desert Larvae, a Calrissian chameleon, and a Pyrithian bat. Phlox commonly used radiation in his treatments, especially omicron radiation, and on occasion had to

think like an engineer!

His medical abilities were soon tested when the crew of *Enterprise* discovered an unexplored planet and an away team from the starship became dangerously paranoid. Phlox was able to determine that pollen from the planet's indigenous plant life was affecting the team. Not only were they delusional but the pollen was toxic. Phlox was able to produce an antidote and save the crewmembers.

Eventually, Phlox also became a counsellor on the star ship, helping the other crew members with their problems.

Following the end of the Earth-Romulan War and the founding of the *United Federation of Planets*, Phlox attended the founding ceremony along with his wives. He was amazed at the number of alien dignitaries attending the ceremony and believed it was only a matter of time before the fledgling alliance expanded.

Phlox was assigned to the Federation starship *USS Endeavour* under the command of Captain T'Pol. He was one of several *Enterprise* officers and crew to be assigned to *Endeavour*.

By the 2250s Phlox was a teacher at Starfleet Academy. In the 2260s, Phlox had left his position to go exploring, at which point he found himself filling in temporarily as doctor on Epsilon Zeta VII. He helped *USS Enterprise* CMO, Leonard McCoy, Dr Jabilo M'Benga, and Nurse Christine Chapel find a cure to a virus at the Epsilon Zeta 7 Outpost.

Over the course of his career Phlox obtained a dozen scientific degrees including six in Interspecies Veterinary Medicine and others in dentistry, haematology, botanical pharmacology and psychiatry. None of Phlox's qualifications were related to warp theory or quantum physics, though Geneticist Arik Soong once confessed that Phlox's reputation in the sciences rivalled that of his own.

By the mid-23rd century the *Phlox Prize for Medicine* had been named in his honour. Dr Othello Beck received it in 2241.

After the Albino had bombed the peace conference on Korvat in 2291, Dr Christine Chapel studied material written by Phlox to better understand the Albino and his condition.

In the year 2375 Phlox's notes on a malady known as 'Vulcans' Scourge' were crucial to Drs Julian Bashir and Beverly Crusher on Federation starbase *Deep Space 9* in their efforts in finding a cure for a virus created by the Dominion that targeted Vulcans. By the year 2376 a medical research facility named the Phlox Institute in his honour. Dr Katherine Pulaski served at the Phlox Institute until at least 2379.

Phlox's influence was felt in the 2380s when a virus similar to the Epsilon Zeta VII one affected the Space Station *Diamandis 1*. A Starfleet team's consultations with Admiral Leonard McCoy revealed the story behind the Epsilon Zeta infection and Phlox's assistance in resolving that situation, leading to the resolution of the Diamandis situation.

The doctor has an open mind to other species and cultures, even the Antarians, a race that was once at war with the Denobulans. He is extremely frank about romantic and sexual matters, often to the embarrassment of other crew members, and sometimes plays the role of matchmaker. He has an interest in natural remedies and his sickbay contains an interplanetary zoo of animals, some of them as food for other animals which are used as source for medical drugs.

Phlox's physical abilities have been revealed gradually over time. He appears to need little sleep, instead embarking on an annual 'hibernation' of sorts that lasts for six days. Phlox also has great control over his facial muscles, being able to open his mouth wider than humans, as demonstrated by the impossibly large grin he occasionally sports. When threatened, Phlox has the ability to inflate his head like a blowfish to scare off attackers.

Phlox was injected with Borg nanoprobes in the episode '*Regeneration*' by an assimilated Tarkalean male. The Tarkalean had been on board a freighter attacked by reanimated drones from the sphere shot down over the Arctic by the *Enterprise-E* after having travelled back through time just before humanity first used warp drive and made 'First Contact'. Due to his strong immune system, his assimilation proceeded slowly giving him time to counteract the process by killing the nanoprobes with high levels of omicron radiation. The method would be lethal to humans or other non-Denobulan races.

On the whole, though, Phlox finds humans fairly simplistic anatomically. He likes their 'charming optimism' and has said of his time on *Enterprise*, "Every moment's been an adventure for me. Humans are so unpredictable."



*If you're going to try to embrace new worlds,
you must try to embrace new ideas. ~ Phlox SFMD*

THE ART OF PODCASTING

CETI ALPHA 3: A *STAR TREK* PODCAST

by Phillip Gilfus, *USS Bonaventure*, Region 1

Everyone loves talking *Star Trek*. I love talking *Star Trek* each week with thousands of people.

For over a year, I've been one of three (no, that's not my Borg designation) co-hosts of "Ceti Alpha 3: A *Star Trek* Podcast" on The Nerd Party Network (www.thenerdparty.com). Darren Moser, Daniel Proulx, and myself spend each week discussing a variety of topics about the over 50 years of the *Trek* franchise. The three of us have been a podcast trio for almost three years but we joined The Nerd Party on November 11 of last year to start Ceti Alpha 3.

Most folks are aware of podcasts, but for those who aren't familiar with the format: A podcast is like a radio show except you can listen to it online via a website or a variety of podcast listening apps like iTunes. What I like most about our weekly podcast is that the three of us take turns choosing the weekly topic. This ensures a diverse amount of topics that reflect our personal approaches to the fandom. Some of the topics our trio has covered in our almost 20 episodes include robots in *Trek* (Episode # 3 – Bat'leth Bots), the hobbies of the various crews (Episode # 15 – Cosmic Bowling Deck), and the first officers of *Trek* (Episode #17 – XOXO).

I am an avid podcast listener myself, in addition to being a podcaster, so I like to think I've learned what makes a good show. The key to a good recording is the equipment. We all have heavy duty microphones with buffers. I have a Blue Yeti microphone myself. We also record ourselves locally, which means that while we may use Google Hangout or Zoom to interface over the internet, we all individually record ourselves using software such as Audacity or GarageBand. We've learned over the years that it is always best to have a backup master recording in case someone's individual recording has issues.

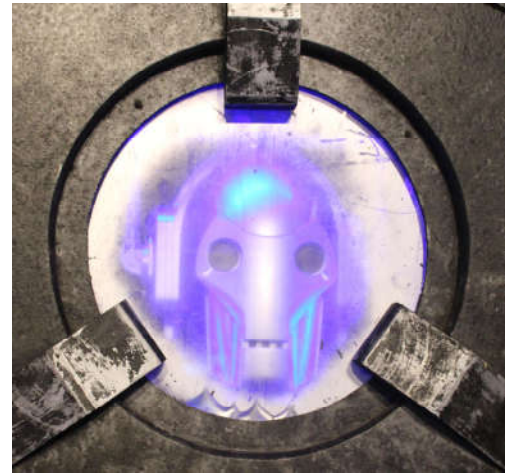
Technical details aside, the best part about podcasting is having fun talking *Star Trek*. Since Darren, Daniel and I know each other pretty well after all these years, we tend to know what buttons to press and what episodes/characters/series the other co-host either really loves or loves to hate. For instance, Darren is more likely to talk about the technical aspects of *Trek*, Daniel likes to look at the characters, and I tend to be into the philosophy and world building.



We also enjoy belonging to a podcast network like The Nerd Party that lets us explore our other geekdoms. Darren leads another podcast called "Goodnight, Moon," which is a series of short vignettes of him discussing space exploration with his four-year-old daughter. It is obviously a 10 on the "cute" scale and is a definite recommend for anyone with children. Other shows on the network include "Filibuster," which is a general pop culture show that focuses on one movie or TV show each episode. I hosted one episode with a good friend, Asra Husain-Mohammed, talking about our shared love for "Hamilton: American Musical." The founder of the network, Tristan Riddell, hosts a show with a Charlynn Schmiedt called "Punch It" that focuses on writing. They take turns rewriting episodes of popular TV shows and movies, including a few episodes of *Star Trek* and creating original *Star Wars* stories. I joined for one episode that explored the writing in one of my favorite series, "Babylon 5."

The Nerd Party also hosts *Star Wars*-themed shows like "Aggressive Negotiations" and "Great Shot, Kid." There is also "Owl Post," a Harry Potter-based podcast, as well as "Missing Frames" and "Nerd Nuptial." I would certainly welcome all fellow Trekkies to check out my podcast, "Ceti Alpha 3" and any of the others on the network by either visiting The Nerd Party website or listening/subscribing through iTunes and any other podcast catcher.





Cyberman Display

CAPT Anni Potts, *USS Merlin*, Region 20

With the BBC's *Doctor Who Experience* set to close at the end of May of this year, I was determined to go sooner rather than later. After a little negotiation, I was given permission to wear my Fourth Generation Doctor Who scarf but NOT the whole outfit. Fortunately, I was also able to sneak on my Doctor Who jacket by teaming it up with a pair of matching trousers. There was no way I'd get away with the hat, though, so I didn't even bother to try.

We had chosen the Bank Holiday Monday after the New Year and it proved ideal. Traffic was very light on the roads which meant we arrived in plenty of time for our scheduled visit and



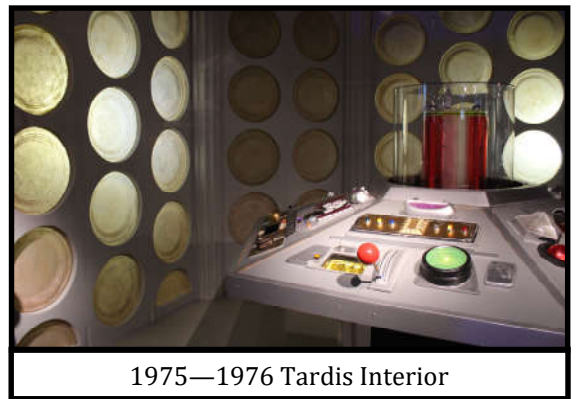
Madame Vastra Display

were able to dock Shuttle Koenig and amble to the venue at our leisure, passing such monuments as the *Merchant Seafarers War Memorial* and *The Water Tower* aka *The Torchwood Tower*. The weather was bitter cold so I was doubly thankful for the scarf. It was so cuddly and warm!

Once inside, the visit began with an interactive adventure with the Twelfth Doctor, inside and outside of his TARDIS. This is the only area where they ask you not to take photographs so that there aren't any spoilers for others. These are normally the sort of requests I ignore, but in this instance I obliged as they made it quite clear we could take photos anywhere else. In other words, they weren't just trying to make sure you bought their guidebook. They truly did not want it spoilt for others, so I shan't spoil it for you either because it was actually very good.

Once through the adventure stage, you enter the museum stage. It's not the largest exhibition I've ever seen but doesn't disappoint. It is well presented on two floors with a number of TARDIS sets and dozens of aliens and costumes available to view. The really nice thing is that things are not locked inside glass cases. You are asked not to touch, but you can get up close to see how things are constructed. (Did you know that David Tennant's coat is suedette?)

I had a great time in Cardiff and it really did finish off what has been a great break for me. Christmas isn't usually a fun time for me, but this year has been great.



1975—1976 Tardis Interior



Torchwood Headquarters Exterior

My Thoughts On AAAS 2015 Annual Meeting

by FCAPT Michael Weldon Lewis, *USS Heimdal*, Region 1

The American Association for the Advancement of Science held their annual meeting (<https://aaas.confex.com/aaas/2015/webprogram/start.html>) in San Jose, California on February 12, 13, 14, 15 and 16.

I was unable to attend this meeting, but I was able to view several videos of seminars (<https://aaas.confex.com/aaas/2015/webprogram/SEMINAR.html>), the President's Address and posts on twitter during the meeting. Twitter helped other people to ask questions via <https://twitter.com/meetascientist> with #AAASMtg hashtag during lectures.



Gerald Fink said this as he closed his President's Address.

Fink said "These new discoveries produce 'intense moments of exhilaration' for scientists that can't often be described in words." — so he played the opening strains of the *Star Trek* theme to illustrate his own feelings on the matter.

"To go where no one has gone before, to see what no one has seen before, the lure of these unexpected voyages is what draws all to science in the first place." he concluded. (<http://www.aaas.org/news/gerald-fink-imaging-and-computational-power-offer-new-vision-science>)

Thanks to a presentation by Dr. *Iza Ciglenecki*. I learned to keep up with the latest medical terms including learning to say MSF (*Médecins Sans Frontières*) instead of Doctors without Borders

This is a rich source of scientific information in the form of this seminars on video and audio tape of this annual meeting available from the AAAS (http://www.dcprovideronline.com/aaas/?event_id=AAAS103).

The question is how popular is *Star Trek* among the membership of the AAAS? Anyone interested in helping me find out? Perhaps Mr. Gerald Fink is trying to tell us something.

Crawfish Etouffee

Courtesy of Emeril Lagasse

The Essence of Emeril * Cast Iron

A NOLA Classic!

- 6 tablespoons butter
- 4 tablespoons flour
- 2 cups chopped onions
- 1/2 cups chopped celery
- 1/2 cup chopped bell pepper
- 6 cloves garlic, minced
- 2 bay leaves
- 2 sprigs fresh thyme
- 2 1/2 cups fish or shrimp stock
- 1 cup peeled, seeded and diced tomatoes
- 1 1/2 teaspoons salt
- 1/2 teaspoon crushed red pepper
- Hot pepper sauce
- 2 teaspoons Worcestershire sauce
- 2 pounds crawfish tails, with the fat
- 1/2 lemon, juiced
- 1 cup chopped green onions
- 1/4 cup chopped parsley
- Cooked white rice, for serving

In a large, heavy saucepan, melt 4 tablespoons of the butter and whisk in flour to combine well. Continue to cook, stirring constantly, until roux is a peanut butter color.

Add onions, celery, bell pepper, garlic, bay leaves, and thyme and cook until vegetables are soft, about 6 to 8 minutes.

Add stock, tomatoes, salt, red pepper, hot sauce, and Worcestershire sauce and bring to a boil.

Skim surface, reduce heat to a simmer, and cook uncovered for 30 minutes, stirring occasionally.

Add crawfish tails and fat, lemon juice, green onions, and parsley and cook for 15 to 20 minutes, stirring occasionally.

Add remaining butter and stir to combine well. Taste and adjust seasoning if necessary. Serve over hot rice.



USS CORSAIR'S CREW MAKES STRIDES TO HELP CHILDREN

RADM Trisha Tunis, Commanding Officer

USS CORSAIR, Region 3



On March 11, 2017, hundreds of people lined up eagerly for the AMAZING 5K in Downtown Baton Rouge, Louisiana to help raise money for the new Our Lady of the Lake Children's Hospital. Among them stood three of the *USS CORSAIR*'s bravest 'Red Shirts', LT Jennifer Tenney, 1LT Gordon Tenney, and CMDR Charlene DeRoche. LT Tenney and 1LT Tenney also were participating in the 'Best Friends' Virtual Race on US Road Running and attempting to double medal.

The *USS CORSAIR*'s runners took different approaches to training for this event. CMDR DeRoche said, "(I did) no training at all, my goal was only to cross the finish line so that I could say I did it." LT Tenney finished one 5K previously, and has been dedicating a significant amount of time on her treadmill, "I'm hooked on them and I'm going to do a half marathon next year. It's a natural high." 1LT Tenney, her husband, on the other hand, stated after the race he did little preparation, "I wish (I did). Life got in the way. I just went for it."



CMDR DeRoche
toasts completing her
first 5K with a beer



1LT Tenney crosses the finish line

Each one of them had their own reasons to run the AMAZING 5K. 1LT Tenney states, "I did it for two reasons, one to keep up with my wife and to set a good example for our daughter." CMDR DeRoche said it was "something to do", to improve her health, and "to make sure the zombies will not eat me because I'm the slowest!" LT Tenney dedicates her races to her Mom, who passed away not long ago, "She was so proud of me doing races."

What challenged them the most? The North Street Overpass and its 6.7% incline. LT Tenney, "It was like climbing a five-story building!" CMDR DeRoche agreed. "Yes, (but) the hanging out with friends when the race was finished was great, making the five-story incline worth the effort!"

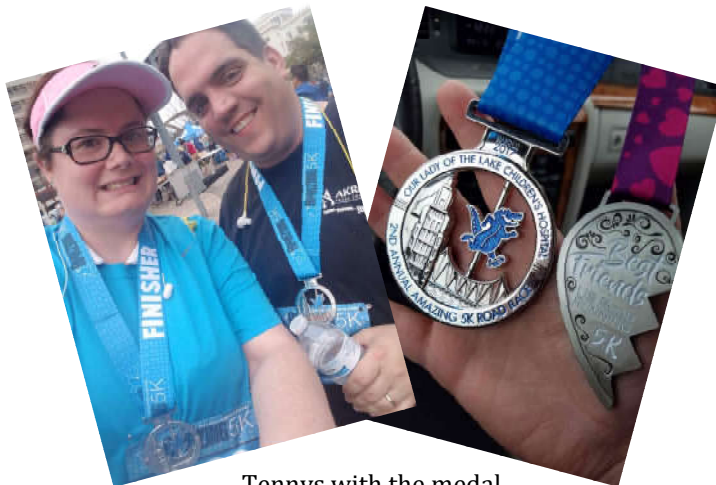
After completing the race, and receiving their medals, each reflected on it. "The most positive

thing I experienced was crossing the finish line and beating my time by about 5 minutes. That made me so happy." LT Tenney said. 1LT Tenney expressed how supportive everyone was, "The comradery at the finish line, everyone who finished got cheered for, whether they finished in the top 10, or in 540th place."

The *USS CORSAIR*'s Red Shirts have already made plans for their next race, the Corked 5K held on May 5th in Baton Rouge. This unique event has a wine stop each mile of the course.

For more information about the *USS CORSAIR*'s 5K Team, or to train with them virtually, join their Facebook Group "Geaux-ing to the Finish Line" <https://www.facebook.com/groups/368189606878612/>

To follow the adventures of the *USS CORSAIR*, join their Facebook Group at: <https://www.facebook.com/groups/304915619604894/>



Tennys with the medal



Interstellar Bowling Day

2nd October 2016

MCPT Wayne "Pirate" McAliece & SSGT Lyn McAliece

USS Southern Cross

On Sunday 2nd October 2016 crewmembers of the *USS Southern Cross* and *USS Yarra* deployed to OZ Ten Pin in Narre Warren in Victoria Australia.

Upon beaming down we fanned out looking for lifeforms. But what we found were groups of 10 small pin-like lifeforms standing, waiting to greet us. They had a quite unusual shape about them, long necks with a small head and rather large roundish bottoms! Upon first contact, we tried to exchange greetings but all these little lifeforms seemed to want to do was fall over a lot. Well some did and others you couldn't knock them over with a bowling ball!

This away mission had taken a few months to get up and running and we began working on it a few months ago, after a discussion that we should get a friendly Bowling game going between the *Cross* and *Yarra*.

The planning took a while; you know trying to get a date that worked for both of us was a challenge, but finally we locked in the date – Sunday 2nd October 2016.

When both away teams beamed down, we found that the place was really noisy. It had been a while since any of us had gone bowling and we'd forgotten just how noisy Tenpin could be. But it soon became apparent that most of the noise was in fact really coming from us.... go figure! The smallest crowd was in fact the loudest in the place.

We had balls, pins and children going everywhere which made for an incredibly fun and exhausting day!

We played two games. Seeing none of us had (and I want to make this clear) played for some (light years) time we thought playing a test or warm-up game would be a great idea.

You know the saying..." the best laid plans of Mice and Men...." Well that first game was the best game we'd play, especially the kids! (I ask you, how is it that a 5-year-old can do better than an almost 50-year-old??). But after that first game, by the end of it, we were exhausted. So, after a short (huh long) break we got down to the serious work.

But as I said the second game was not up to league standard. Nevertheless, it was one of those games that could have easily gone down in history. I can hear you say "why???"

The *Cross* took the lead halfway through the game. Then the *Yarra* would make a comeback and back and forth; this went on till the end.

Let me set the scene. The *Yarra*

finished before the *Cross*. They had a smaller team. They sat watching with anticipation for us to finish. It came down to my last frame. The *Yarra* was in the lead. I stepped up to the line. My last two bowls. Really all I needed was, to hit down as many pins as I could on the first bowl. I knew I had two chances and the last thing I wanted or needed was a split.

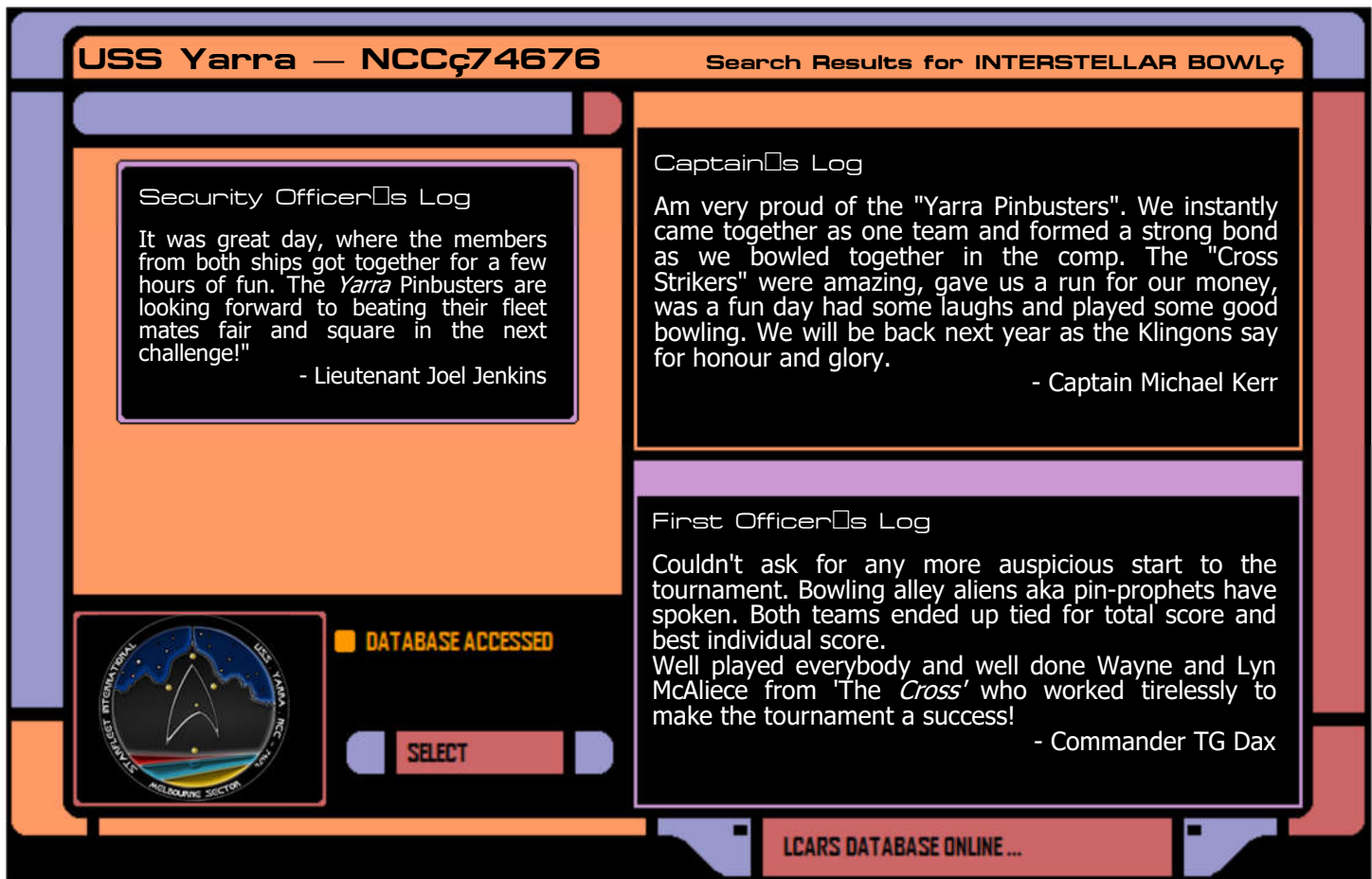
So you guessed it, I ended up with a split. Two pins on each side of the lane. So, what could go wrong? Just aim for one set of the two pins and we would win. In a nutshell, I could go wrong! I released the ball. It was going, and going and then some spatial anomaly grabbed the ball and began to pull it towards the middle of the lane and bang, one pin dropped and we tied! From greatness to gloom ha ha.

But apart from this nail biter, it was really the best day. Great fun, great people and a challenge for next year!



Participants for Interstellar Bowling were:

1Lt Daniel Stooke, Lt Helen Stooke,
CDT 3C B'Elanna Stooke, CT Ryker Stooke,
CT Jadzia Stooke, SSGT Lyn McAliece,
& MCAPT Wayne McAliece



To Explore Strange New Worlds

LT Jg Brian Haynes with PO1 Kelli Dennehy, *ISS-Katana*

Where do games fit in your life? Do you play board games? Do you have a regular tabletop RPG group? Maybe the steady hum of your PC keeps you up late into the night? Or do you relax with your favorite title on one of the "Big Three" – PC, PlayStation, or Xbox?

Some of you may be wondering what all those vague references and cryptic hand signals mean. Let's take a moment to let Star Trek clear things up. The Star Trek universe offers a variety of gaming examples, starting with the original series and continuing throughout the franchise.

Star Trek: The Next Generation episode "Peak Performance" introduced a game of tactical co-ordination named *Strategema*, featuring a holographic board and control units placed on the fingertips of the two players, the game calculated the precise hand gestures of each player, translating them to move on a specially designed colored "board." Non-players could observe the action of the game and, by proxy, the intensity of the two players competing.

In some ways, this was the first example of an "e-sport". More importantly it showed the crew playing the game competitively against an established antagonist and advancing as characters in the plot.

As I was writing this, I realized that the episode in question could have been carried out in costume in a Live Action Role Playing (or "LARP") format. The match itself could have been settled through contest of dice rolling during a session of Star Trek: The RPG or even presented through virtual reality with current generation hardware such as the PlayStation VR or Oculus Rift.

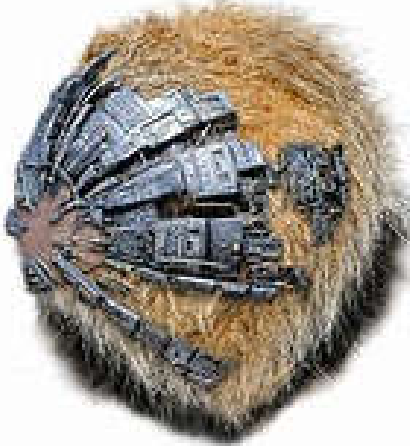
"Gamer" is an umbrella term that can apply to many hobbies and, as such, is attached to a large catalog of science fiction fandoms. Gamers are everywhere and are part of a nexus of social channels to which brings us all together.

In your chapter, you may have an individual who retires to play 3D Chess on their laptop. Smartphone technology allows for mobile games with Starship battles and interactive stories in between meetings, bus stops, and long commutes to conferences and summits. There has recently been an upsurge in game cafes and pubs to make room for the groups who need more than a kitchen table to stage their to-scale re-enactment of The Federation Fleet versus the Borg.



So, what does this mean to you? Do you have a chapter full of console gamers who attend the monthly meeting red eyed from defending their flag at 2 am? Maybe you're one of the fidgety members watching the clock because your raid group about to mobilize? Do you know an officer who takes Tuesday night off to play Settlers of Catan at the local hobby shop?

It may seem like some kind of code when your fellow crew members talking about K/D (Kill/Death) ratios, the new DLC (downloadable content) that is dropping soon, or how they should nerf that *one* character in Overwatch because their super is too OP (overpowered). (You know the one.)



It's an easy thing to ignore, but online gaming (PC and console) helps to break down borders both geographical and social. Gaming allows an interactive medium built for conversation and communication.

Hosting a board games night at a local hobby shop isn't just a chance for your crew to meet, it is an arena for fun and community. A "games night" as part of your crew meeting can help attract new crew members – new friends – and retain those personnel who are feeding their habit elsewhere.

My honest belief is that many of you reading this may already be doing some of these things. So, speak up! Your input in all things gaming may help out! Roddenberry's legacy has strong roots in many gaming properties and is still evolving as today's technology brings it closer to reality. In the meantime, I am going to be figuring out what would happen if Tribbles were assimilated with Borg technology and how to use it in a D20 *Star Trek* campaign.

SFI Welcomes New International Advertisement Deal

LT Robert Byng, *USS Alba*

Recruiting & Retention

STARFLEET International, Inc. welcomes a new advertisement with Damien Devlin of Region 20.

Damien directs, and stars in a successful YouTube channel under the username of 'IrishTrekkie' (<https://www.youtube.com/user/IrishTrekkie>).

His channel covers topics for the entire family of Trekkies to enjoy – Model collection, and *Trek* updates. In a deal commencing in March, SFI has secured advertisement space on Damien's hit video series which cover *Star Trek* collectibles and news about the upcoming *Star Trek Discovery*. Both partners of this deal will help to grow the fan base of the other, with Damien's audience reaching across the globe, this is especially helpful in reaching our target of improved international coverage and recruitment; in exchange, the IrishTrekkie YouTube channel will be featured across SFI social media and his videos showcased.

The best part of this arrangement is that neither side will experience any financial loss – at present, the deal currently exists as a mutual exchange, one which will be beneficial to both sides by introducing Damien's fantastic, high quality content to the members, and by introducing SFI's high quality association to a whole new audience of Trekkies.

Damien's videos successfully and charismatically capture the joy many of us have when receiving a new model, and his insight in to the franchise adds an additional flair of entertainment to the experience of ship models.

We highly recommend our members check out his videos and subscribe to him on YouTube.

LET'S CELEBRATE!

This quarter is going to bring a number of celebrations to us, things we can get together with our neighbors and friends, from Earth or elsewhere, to raise a glass, enjoy a feast, or just spend time in remembrance.

Here is a short list of what is to come:

April 1 – April fool's Day, Earth customary day of trickery

April 5 – First Contact Day, Earth celebration, the Flight of the Phoenix and first contact with the Vulcans

April 9 – Palm Sunday, Earth religious celebration one week before Easter

April 11 – Passover feast, Earth religious celebration

April 14 – Good Friday, Earth religious celebration

April 16 – Easter, Earth religious celebration

April 22 – Ancestor's Eve, Voyager holiday celebrating those who have come before

May 8 – Mazurka Festival, Earth holiday

May 14 – Mother's Day, celebrated second Sunday in month of May in many countries on Earth

May 17 – Kish'altriq, Vulcan holiday

May 25 – Ascension Day, Earth religious celebration

May 27 – Ramadan begins, Earth religious celebration, one month long

May 28 – Antarian Tans Stellar Rally, Antarian race and celebration

May 29 – Memorial Day, Earth holiday, old United States, commemorating war dead

May 31 – Shavuot (Hebrew Pentecost)-Earth religious holiday

June 4 – Pentecost, Earth Religious Holiday

June 15 – Day of Honor (Batlh jaj), Klingon celebration

June 18 – Father's Day, in many countries on earth

June 23 – Tal Shanar, Vulcan holiday

June 26 – Rumarie, Vulcan celebration

June 30 – Festival, Sivaooan holiday



As I said, this is a short list, and I apologize if I missed something.

Let's enjoy these celebrations, each other and this wonderful world of STARFLEET in which we find ourselves!

And remember to listen to your Pagh!

LT Roberta Staymates
Region 4 Chaplain Liaison
USS Wessex

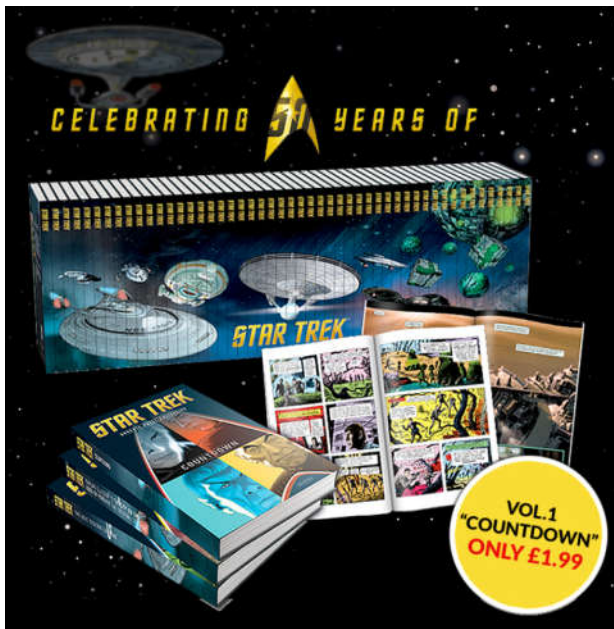


New Merchandise for 2017 (UK)

CAPT Anni Potts, USS Merlin, Region 20

The advent of the new year always brings with it a wealth of goodies to tempt the sci-fi fan and separate him/her from their pocket money for the next year or two. This year we have some really tempting goodies covering *Star Trek*, *Star Wars* and other franchises. Here is a selection of them ...

STAR TREK: The Graphic Novel Collection



Celebrating 50 years of classic *Star Trek* graphic novels, you can revisit all the classic characters and incredible art from the *STAR TREK* comic archives. Every edition has a specially-commissioned introduction to provide context to the story. Every book contains a number of collected comics and a bonus reprint of one of the comic archive's classic stories.

The extraordinary new collection spans decades and contains all the key moments of *STAR TREK* comic history from Gold Key's first *STAR TREK* comic published in 1967 to the latest adventures, all beautifully presented in brand new hardback editions with brand new introductions.

Issue 1 is just £1.99 but Issue 2 is £6.99 and further copies £9.99. Books are issued every fortnight and having spoken to Eagle Moss, I can confirm that currently, they have 130 issues "planned" for this collection, which suggests that it may be more! Subscription with the publisher also gets you a range of extra goodies and, of course, a range of other special offers at discounted prices.



<http://www.eagle-moss.com/en-gb/sci-fi-fantasy/star-trek-the-graphic-novel-collection/>

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STAR WARS: Build your own R2-D2



Collect the magazine and build your own R2D2. The magazine contains step-by-step assembly instructions to make it easy to put together the parts supplied with each issue. You will build your R2-D2 from components engineered just like the original *Star Wars* props plus state-of-the-art modern electronic components. Taking inspiration from the remote-controlled film prop, your fully robotic half-scale model R2-D2 is engineered in the same way, and has been authentically detailed to look exactly like the droid from the movies. Apparently, with his sensors, camera, microphones, sophisticated logic boards and powerful motors, R2

-D2 can interact with his owner, move and behave "just like the droids from the *Star Wars* movies".

Issue 1 is £2.99 with subsequent editions working out at £9.99 each although they are delivered in two or four issues together. In total, 100 issues are planned. Binders are extra.

As usual, there are lots of free gifts if you commit to a subscription too.

<https://www.deagostini.com/uk/collections/build-your-own-R2-D2/>

BACK TO THE FUTURE: Build the DeLorean



The model is a scale replica of Doc Brown's DeLorean time machine from the *Back to the Future* trilogy. It is 1:8 scale (over 50cm long apparently) and is principally constructed of die-cast metal with a wealth of working lights etc. Making it is very straightforward and all the parts simply click or screw into place. All Doc's modifications have been carefully recreated from the nuclear reactor to the cables on the floor, and the model has a wealth of lights. You even have the option to build the versions that appeared in the sequels.

To build the fully functioning, time travelling model, there will be 130 issues.

<http://delorean.herocollector.com/index.php>



CLASSIFIEDS

PROPERTY

REDUCED FOR QUICK SALE!
INCREDIBLE MALIBU BEACHFRONT property with spectacular ocean view. Unique opportunity for a once in a lifetime restoration project is waiting for you. Being sold "as is." No conditional offers accepted. Get this one while it lasts.

<A-1>

MANOR ESTATE needs a little TLC. Built on strong foundation with multiple basements, house has some recent fire damage. Acreage with cave formations and plenty of wildlife. Turn this stone into a gem. Contact Wayne Enterprises, Real Estate Development Division for more information.

<A2>

NEW YORK PRIVATE SCHOOL looking to expand seeks special property due to increasing enrollment. Must have large basement and significant land for student activities. Rural location preferred. If you know where our new home should be, contact C. F. Xavier, Esq.

<A3>

WANTED

Motivated buyer looking for six unique gems to keep in special collection. Any information leading to their acquisition will be rewarded. \$\$\$\$\$\$ Contact T.

<A4>

PERSONALS

Tennis Pro to Flyboy—

It's been a long time. Been missing you a lot lately. Maybe we should reconnect. How do you feel about sky diving? I'm always up for something new.

Call Me...JS

<A5>

HELP WANTED

WE WANT YOU!!!

Like minded individuals to forge a new dawn for a dying civilization. THIS is the opportunity of a lifetime! Combat experience preferred. —Contact GEN Zed

<B1>

GENERAL LABORERS sought to remove trash & rubble. Unique, long term contract with full benefit package. Salary based on experience and willingness to work long hours. Contact NYC Department of Public Works to apply

<B2>

PHOTOGRAPHER Wanted! See the world and show it to others. Full benefit package with hazard pay.available. Contact Editor, Daily Planet, Metropolis.

<B3>

STARFLEET wants YOU!

We're looking for the best and the brightest to explore the galaxy and defend the Federation. Are you up for a challenge? Contact STARFLEET Headquarters—Academy Division, San Francisco to learn more about being part of a legacy.

<C/D 1>



WORK WANTED.. Hard working ex-scientist drifter with a tendency to interfere in local problems seeks temporary manual labor. Will accept any position which includes room & board and replacement clothing. Calm environment preferred.

<C2>

ARE YOU A CHOSEN ONE? Looking for physically fit fighter to save the world from the forces of evil. Only girls need apply. Contact R. Giles on Maple Court

<C3>

LOST

One of a kind aircraft. Need to locate ASAP. No identifiable markings. If found, please contact D. Prince, US Govt Security Office.

<D2>

STILL LOOKING

REGION CORRESPONDENTS

Seeking dedicated individuals to facilitate submission of articles to CQ about events, activities and goings on in your Region. Are you willing to harass your fellow Region members to submit articles and pictures for inclusion in the CQ? Come join our staff!!



PERSONALS

CK—

Can you read my mind?

Waiting....

<B4>

PERSONALS

Seriously messed up girl-around-town looking for nobody's hero to celebrate the holidays and play skee ball Physical appearance NOT important. Interested? So am I. Call V.

<C4>

Serious, brilliant astrophysicist seeks regal companion to see & save the universe. Must be patient with extended separations and enjoy extreme sports and all kinds of flying. Only serious candidates need apply. If you're the one, call Jane.

<B5>

Athletic, thrill-seeking hard working woman seeks complicated scientist for serious flirtation. Must be willing to travel to out of the way places and explore the nature of the universe. Anger management issues? -No problem. Call Natasha..

<C5>

PERSONALS

SINGLE TERRAN MALE to single Terran female..Yes, I like Romulan Ale and getting caught in a meteor shower; I'm not much into the Empire; I am into invisible planes; I've got to meet you by tomorrow noon, and cut through this Tholian Web, at the bar in Vic's where we'll plan our escape!

A Message to Our Readers:

Did you recognize all our references in our January issue? Did you know all the references in this one? Let us know! We want to hear from you.

~ CQ Editorial Staff



A Foodie Trek thru NOLA

RADM Chelle Westfall, ISS-*Katana*

August 18, 2017 – August 20, 2017



Okay, here it is. I've never been to New Orleans (NOLA, as I'm told). But, as a foodie, of course I've wanted to go to NOLA, but just haven't gotten there yet. So, this year, I'm excited. I can't wait. Now, I know that some of our meals are already factored in (Robert and I have banquets to attend, after all). But there's got to be a little room for foodie exploration. Maybe just one or two places that we have to check out. How to decide? How to pick from the amazing lineup of cafes, coffee houses, diners, dives, restaurants in one of the most celebrated food cities in the world? Well, I'm not really sure. But, here are some that have made my "short list."

When two competing websites that rate restaurants agree on something, I pay attention. So when Yelp! And Trip Advisor both list the same restaurant as being the best of New Orleans, I want to know what it is. Turns out, it's [GW Fins](#). Ironically, this is a restaurant I had not heard of before beginning my research, but I definitely want to go. [GW Fins](#) doesn't open until they receive their fresh catch (4:00 pm) and they do quite a bit with the fish and seafood on their menu. From Lobster Dumplings and BBQ Shrimp appetizers to a cornucopia of fresh fish selections among their entrees, this is a place to enjoy fine dining in New Orleans (with all of the quality, service, and expense that can mean). Something tells me that I need to look at less expensive options, and New Orleans is full of those too.

Beignets. We have to start with beignets. Introduced in the 18th century by French-Creole colonists, these doughnut-ancestors are a must. A sweet dough deep fried and sprinkled with powdered sugar—how could anyone say no. I know I can't. So when I think of beignets, there are two places that come to mind that I've heard about (basically because they're on a lot of Top 10 Lists) - [Café Du Monde](#) & [Café Beignet](#).

The Original [Cafe Du Monde](#) Coffee Stand was established in 1862 in the New Orleans French Market. The Cafe is open 24 hours a day, seven days a week. With multiple locations around the city, its menu has coffee, iced coffee, and of course, beignets.



According to [www.10best.com](#), [Cafe Beignet](#), with locations on Bourbon and Royal Streets in the French Quarter is the clear number two to [Cafe du Monde](#) as far as beignets go. A bit less hectic than [Cafe du Monde](#), where a line of hungry folks hang out like vultures waiting for your table, [Cafe Beignet](#) serves tasty fried treats along with a full breakfast from 7 am every day of the week. The house made quiche is quite good, as is the crawfish omelet. If there's a line, don't worry too much - it goes fast. Sit in the outdoor courtyard if the weather is fine.

That's going to be a difficult choice. Here's another—po boys.

I'm not a sandwich person. Just not that much of a fan of a meal served between two slices of bread. There are some exceptions, but usually, I look for something more substantial. However, when it comes to my NOLA travels, I want to try a po boy. But from where?

My research has taken me to many places because apparently there are A LOT of places that have really good po boys in New Orleans. And from what I hear, it's all about the bread—crisp on the outside and a soft texture on the inside.

The original sandwich traces its history back to 1929, during a streetcar operators strike. Bennie & Clovis Martin started providing free sandwiches to the striking poor boys" made from whatever scraps were

available. The classic can be filled with meat or seafood and dressed, but it doesn't stop there. Apparently all sorts of creative options are available. Should I try [Domilise's](#), the [Parkway Bakery & Tavern](#), [Luizza's by the Track](#) or [Mother's Restaurant](#)? I just don't know. It may come down to proximity.

Anyone who knows me, knows that I love the Food Network. I have watched a variety of shows on FN going back to Rachael Ray's *30 Minute Meals*. Food Network and my husband have helped shaped the foodie that I am today. So anytime I have the chance to visit a celebrity chef's restaurant, I want to take it. We're going to New Orleans—here's my chance to visit Emeril Lagasse or John Besh. I know, I'm coming close to running out of meals, but I have to look.

Emeril Lagasse is one of the original celebrity chefs and NOLA is his town. Four restaurants in the Big Easy alone. Whether its [Meril](#), [Emeril's New Orleans](#), [Emeril's Delmonico](#) or [NOLA Restaurant](#), I have no doubt I'll get a good meal.

John Besh is a southern Louisiana native and has 14 restaurants in the region. Between [August](#), [Besh Steak](#), [Lüke New Orleans](#), [La Provence](#), [Domenica](#), [Pizza Domenica](#), [Borgne](#), [Johnny Sanchez New Orleans](#), [Shaya](#), [Willa-Jean](#), [The Caribbean Room](#), [Bayou Bar](#), [Pigeon & Prince](#), or [The Silver Whistle Café](#), - is it possible to have too many choices? (My head is starting to spin a little.)

My little "trek" is by no means complete. I have come across the [Cochon Butcher](#) with its selection of house cured meats; the [Gumbo Shop](#) which holds accolades for the "best gumbo" and "best jambalaya"; and an interesting option for anyone with dietary restrictions - [Meals from the Heart Cafe](#).

[Meals from the Heart Cafe](#) caught my eye because of its focus on gluten-free, dairy-free and vegan options. Located in the French Quarter's Farmers Market, this café boasts breakfast and lunch items including crab cakes, po boys and gumbo. Their "entire menu is low in sodium and sugars and contains no trans-fats. We do not serve pork products, nor red meat. (Red meats are defined as lamb, beef and pork.) This is "clean" food -- like farm-to-table food. When you visit [Meals From The Heart Cafe](#), you may wait a bit longer for your food to arrive. Oh, but when it does . . . Omg!" (quoted from their website) This looks like a real interesting option for anyone who may have special dietary needs. I'm excited.

Whew! My inner foodie is spinning and dancing. I can't wait till August. Thank you to the IC for not only providing the banquets for the conference, but being in a city where my inner foodie can just run wild.

New Orleans—here we come!!!

My "Short" List

Fine Dining

GW Fins

808 Bienville Street, NOLA

<http://gwfins.com/>

Beignets

Café Du Monde * Multiple Locations

<http://www.cafedumonde.com/>

Café Beignet * Two Locations

<http://www.cafebeignet.com/>

Po Boys

Domilise's

5420 Annunciation Street, NOLA

<http://www.domilisespoboy.com/>

Parkway Bakery & Tavern

538 Hagan Avenue, NOLA

<http://parkwaypoorboys.com/>

Liuzza's by the Track

1518 N Lopez St, NOLA

<http://liuzzasnola.com/>

Mother's Restaurant

401 Poydras, NOLA

<http://www.mothersrestaurant.net>

Celebrity Chefs

Emeril Lagasse

<http://emerilsrestaurants.com>

John Besh

<http://www.chefjohnbesh.com/>

The Rest

Cochon Butcher

930 Tchoupitoulas St , NOLA

<http://www.cochonbutcher.com/>

Gumbo Shop

630 Saint Peter Street, NOLA

<http://www.gumboshop.com/>

Meals from the Heart Café

1100 N. Peter's St. Bay #13, NOLA

www.mealsfromtheheartcafe.com



2017 STARFLEET INTERNATIONAL CONFERENCE

Registration from February 1st
through April 30th is \$45.00

August 18, 2017 – August 20, 2017

Registration from May 1st through
July 31st is \$50.00

Registration from August 1st through
August 18th is \$55.00

Contributing Memberships \$25.00

Friday Night Marine Dress Mess
is \$45.00

Saturday Night Admirals Banquet
is \$45.00



WWW.IC2017.ORG

Menu

Marine Dress Mess
Friday, August 18th

New York Strip Steak
Marinated, Grilled &
topped with a fresh Crab Meat &
Herb Butter Sauce

Chicken Oscar Roulade
Parmesan Crusted Chicken Breast
rolled with Fresh Asparagus & Crab
Meat served with a
Crawfish Béarnaise Sauce

Menu

Admiral's Banquet
Saturday, August 19th

Cajun Stuffed Pork Loin
Pork Loin stuffed with Louisiana
Sausages, Crawfish,
Crab & Shrimp and
topped with a
Spicy Creole Veloute.

Pecan Chicken
Sautéed Breast of Chicken
encrusted with chopped Pecans
and topped with a
Chardonnay Cream Sauce.

All dinners include:

House Salad,
Rolls with Butter,
Chef's Vegetable Selection
Chef's Dessert Selection.
Coffee, Hot Tea and Iced Tea.

Special dietary concerns: We've addressed this with the hotel, should the menu not satisfy a Member's dietary needs. There will be some special dishes available to address this. The Banquet Form on the website is designed to alert the Committee of those needs and pass them to hotel.

To select your banquets use the following form:

<https://goo.gl/forms/mISmoFweIXOmCIZE3>

Please select a meal for every member of your party to help ensure they receive them.

2017 STARFLEET INTERNATIONAL CONFERENCE

August 18, 2017 – August 20, 2017



HOTEL RESERVATIONS NOW BEING ACCEPTED!

The Crowne Plaza New Orleans Airport will be the venue and host hotel for International Conference 2017. We have special room rates of just **\$99** per night. Be sure to reserve your rooms and secure this great price.

Members can call the hotel directly at 1-800-227-6963 and give promotional code "SIZ" to get the event rate. Or use the link on the www.ic2017.org/venue to set your reservation online. Rates for suites can be obtained by phone call only. They will be discounted but not count towards the room block. When calling the hotel please ask to speak to Grace Rousett directly. Suites are limited. The deadline for reserving a room at this rate is **August 3, 2017**.

To make your reservations for the International Conference:

<https://www.eventbrite.com/e/starfleet-the-international-star-trek-fan-association-ic-2017-tickets-29917567249?aff=eac2>

