



# RAINBOW CONNECTION

The Official Monthly Newsletter of the USS Heimdal, NCC 1793  
Based (Space docked?) in Madison Heights, Virginia

**STARFLEET'S CHAPTER OF THE YEAR 2008 & 2012**  
**REGION ONE'S CHAPTER OF THE YEAR 1996, 2006, 2008, 2009, 2012, 2013**  
**REGION ONE'S RUNNER-UP CHAPTER OF THE YEAR 2007, 2011, 2017, 2018 & 2021**  
**BEST REGION ONE NEWSLETTER 2011 & 2020**  
**BEST R/1 MONTHLY NEWSLETTER 2015, 2018 & 2020**  
**BEST R/1 MEMBERSHIP HANDBOOK 2020**  
**WINNER - BEST FLOAT AWARD, AMHERST CHRISTMAS PARADE – 2006, 2020, 2021**



## *The Pre-Anniversary Party Issue*

*Be Your Favorite Star Trek Episode*

April 2023

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### FROM THE COMMANDING OFFICER

Adm. Linda Smith - Starfleet SFDPP Certified

Hello and welcome spring! It's been forever getting here. AND, as I'm writing this, something else that seems like it's been forever getting here is the Heimdal's 39<sup>th</sup> Anniversary Celebration. But as of right now, we're no longer months away from the party, we're just DAYS. I've been excited for months.

As I've bought stuff for the party favor bags, put them together, bought costume contest prizes and door prizes, planned and set up the Facebook party event page and sent out invitations I've gotten even more excited. Putting this party together every year to thank you ALL for all your hard



Us as Klingons at a  
Heimdal party long ago



work during the year is one of the joys of my life. Seeing everything come together and actually FEEL like a party is amazing.

After many years in a cabinet, Willy dug my sewing machine out and I made my party costume and we made what he needed for his, including props. It was like learning to sew all over again but I mostly enjoyed it. The party theme, ***Be Your Favorite Star Trek Episode*** offered so many possibilities that it was almost impossible to decide on just the right one. I can't wait to see what everybody decided on.

Now, as we count down the days, I've finalized everything with the Lynchburg Grand Hotel, friends are coming, some from out of state, Heimdal people are coming and it's going to be good just to have a very special evening with friends ... and our Heimdal family. This past year has been challenging as we've attempted to bring the Heimdal back up to WARP after COVID. We've lost several members that didn't renew this year ... the casualties of the pandemic ... but we've survived and moved forward and we really just need this party to celebrate not only our longevity, but our **survival**.

We'll be seeing you VERY soon as the Heimdal's adventure continues .....



### **FROM THE OFFICE OF THE EXECUTIVE OFFICER XO, Chief Science Officer, Adm. Willy Smith – Starfleet SFDPP Certified**

Just being a part of getting the 39<sup>th</sup> Anniversary Party off the ground should be something to put in the Heimdal history books. First off there was the designing of the party favor 'goodie' bags ... you gotta have bags to hold your program and all the free swag Linda enjoys giving each year, more on that in a minute.

Every time we come up with a different idea on "*bag printing*," I think how this was SO much easier on my printer. Last year's Beatles bags were cool but 70 lunch bags went thru the printer and I could almost hear it screaming. This time an actual bag didn't pass thru, but each still has a quality image. Curious? – you'll see them at the party.

Next, UPS delivers many boxes of goodies (or swag) to fill the bags and yes, I was told if I ate any candy item there was going to be severe consequence. I've learned not to test the wife/CO and after an assembly line that would make General Motors envious, all the bags were made, filled and are standing ready for the event.

Of course, every party has to have a unique program so people will know when to mingle, meet new people, goof off, enjoy your goodie bag and when to get in place for the buffet and enjoy the show. All is spelled out and Linda is good at the layout. Several images were tossed around to use and to see which would fit the best ... then printing, folding and stuffing. Oh yes, a grand time.

While all of this is going on we have Heimdal meetings, ZOOM meetings and renewal reminders sent. Plus, we have several hundred Star Trek collectables that were donated that we finally had Bonnie and Carl and Linda and me cataloging for an upcoming TREK ONLY auction. Then a Facebook event page was created and pictures are being added.

We will need help to pull this off and Linda was on ***Living in the Heart of Virginia*** to promote Heimdal and the stuff we are trying to do. We will need you as well, doing whatever you can.

There is so much going on I'm sure there's something I've left off and I'll be happy when things slow down or get dull (if they ever do). Stay tuned for all this going on because you are an important part. Please do what you can because this is Heimdal history. Smith out.....



**One of my costumes from a Heimdal Party a while ago**



### **FROM THE DESK OF THE SECOND OFFICER RAdm. Carl Davis, 2<sup>nd</sup> Officer's Report, April 2023**

I am glad to be able to say that once again I am able to deliver a report. For the last two weeks I have been battling the most gosh awful case of bronchitis that I have ever had the misfortune of encountering. I was unable to sleep lying down because of wheezing that made sleep impossible. A trip to the doctor and a follow-up antibiotic finally turned the tide and made breathing a







pleasant sensation once again. COVID was ruled out but I have a fresh perspective on what it feels like to be miserable.

It was during this malady that we were supposed to have phaser sim but I had to put that on hold as even walking outside for any distance drained my energy and triggered coughing that would put the incessant cry of a Rengalian IV hyena to shame.

Thanks to the rest of the Security Department for keeping the Heimdal secure during my recovery and to the rest of the crew for carrying on in my absence.

Looking forward to seeing everyone at the Anniversary Gala and the Heimdal Trek Memorabilia Auction.

## REMEMBERING MARIEA STANLEY

From Linda

*With  
Deepest  
Sympathy*

In 2010 I met Mariea Stanley when Willy and I delivered the Heimdal's holiday donation of canned food and the monetary donation to the Salvation Army in Lynchburg. A volunteer at the facility, Mariea was at the desk and took our check. She instantly became interested in the Heimdal because of her long love for Star Trek. In March of 2011 she joined Starfleet and the Heimdal. She has been with us ever since.

Shortly after joining Mariea became ill and had to stop volunteering at the Salvation Army. She was challenged by what seemed to be one debilitating illness after another and was never able to attend meetings or events but she kept up with everything the

Heimdal did through our newsletter, which she loved. She received it as a hard copy.

For those who may not know, as the newsletter *Distribution Guy*, Willy takes time each month to write a personal note to everyone that gets a hard copy of the newsletter. So many people appreciate these notes and look forward to them and so did Mariea. When she felt like it, she responded to them directly to Willy and occasionally sent me a hand-written note through the mail. She also was very helpful in filling in for Virginia sending Thank You and Sympathy cards to Heimdal members when the need arose.

One of the perks of being CO is actually corresponding with all our members as I did with Mariea. Through this contact both Willy and I got to know and appreciate Mariea and the joy she found in being a Heimdal member. She never failed to renew her membership on time because of what it meant to her. Willy and I consider ourselves extremely fortunate to have gotten to know Mariea in a more personal way.

On March 28 I received an email from James Stanley, Mariea's husband telling me that Mariea had died. Willy and I felt the sadness and loss in a very personal way when I sent out the news to our members. On March 29 he and I attended the family night for Mariea. No matter what, going for that brief amount of time and talking to James was the best and most positive thing we could have done that evening. We represented all of us.

Just saying that Mariea will be missed is an understatement. I so regret that she wasn't able to attend any meetings or events, because she really wanted to. But I am overcome with joy knowing how much her connection to us through the Heimdal's newsletter meant to her. She was a blessing ....

## MEETINGS AND COMMITMENTS

### APRIL MEETING

**WE WON'T HAVE ONE!!!**

**Anniversary Party takes the place of the April Meeting**

## HEIMDAL'S 39<sup>TH</sup> ANNIVERSARY CELEBRATION

***PARTY! PARTY! PARTY! – IT'S PARTY TIME!!!! (Costumes, Costumes!!!)***





### WHAT, WHEN, WHERE:

Heimdal's 39<sup>th</sup> Anniversary Party on April 15. At the Lynchburg Grand Hotel (formerly the Holiday Inn) at 601 Main Street, Lynchburg, VA 24504.

### THEME:

**BE YOUR FAVORITE STAR TREK EPISODE** (*any series but not the movies*) - a costume event. You don't HAVE to wear a costume but it will be much more fun and there will be a Costume Contest with prizes.

### EVENTS:

Beginning at 5:30 p.m. – Meet and Greet in the lobby, pick up party favor bags, sign in, get an original (temporary) tattoo by Artist Extraordinaire, Niki Kessler.

### DINNER:

**Everyone attending MUST have dinner ... we can't just come later for the entertainment.**

Southern Buffet. Your \$27.95 per person, 13.99 for kids under 12. Payment includes salad, entree, dessert, beverage (soft drinks not included), tax and tip. WHAT A DEAL and it's all you pay for this wonderful evening.

### ENTERTAINMENT:

Entertainment will be provided by **the Landing Party Band** (what a treat!)

**Door Prizes, Costume Contest with prizes and other bits of entertainment and excitement.**

**OUR ADVENTURE CONTINUES..... Share it with us**

## MARCH MEETING

### Art from the Big Back Yard

### March 2023 Chapter Meeting of the USS Heimdal

*By Commander Bud Walker, Navigator*



The Heimdal crew gathered at the Madison Heights Public Library (part of Amherst County Public Library system) and online via Zoom on March 18, 2023, for the monthly chapter meeting.

Admiral Linda Smith announced that the Chapter will not have an actual meeting for the next two months. She stated that the Anniversary Party will take the place of the April meeting and that the Star Trek Auction will take place of the May meeting. Because of this, Linda said it was her intent to hold a ZOOM session within the next two months, possibly over Memorial Day weekend.

Admiral Smith issued a call for volunteers for the Star Trek Auction on May 13. Linda also reported that the Heimdal is sponsoring a program from GalaxyCon on 'Living in the Heart of Virginia' and will be able to advertise the auction on the show.

The following announcements were also made:

- March 29 is the deadline for the next newsletter,
- April 3 is the RSVP deadline for the Anniversary Party and last day to send payment to Linda for the party dinner.

Admiral Willy Smith informed the chapter that he was having difficulties sending out the newsletter, due to emails being bounced back.

Commodore Tammy White reported that the local hospital is no longer requiring that masks be always worn.

Captain Darrell Millner reported that the inter-departmental role play writing group is very active. Captain Millner also announced the next Engineering ZOOM meeting date and briefly discussed Region One activities.

Admiral Linda Smith then introduced the speaker for the evening, Ron Miller, who joined by way of ZOOM. Ron stated that in the past, he had mostly created digital art. More recently he has moved to more traditional painting methods. He then presented a slideshow of many of his paintings, most of which were landscape scenes on various moons and planets. Ron stated that he feels a special attachment to Pluto, because one of his paintings of that planet was made into a United States postal stamp. Further, one of those stamps with Ron's painting on it, is on the New Horizons probe currently traveling through the Solar System.

Ron spoke of his love of Jules Verne stories, some of which have inspired his artwork. He especially enjoys painting 1950's retro style rockets. Another reoccurring theme in his art is "Captain Judica," which is a character that his wife







created and for whom she is the model.

Ron stated that this latest book has just been released and is entitled, “The Big Back Yard, the Solar System beyond Pluto.” Ron has also written and drawn a comic book series, entitled “Velda: Girl Detective.” He has written 71 books overall.

For anyone interested in seeing or purchasing Ron’s artwork, they can use the following link:

[Black-cat-studios.com/catalog](http://Black-cat-studios.com/catalog)

After Ron took some questions from the group, Admiral Smith adjourned the meeting.

## MARCH MEETING: ZOOM PERSPECTIVE

By Jonathan Hatter

The March 2023 meeting of the USS Heimdal was held in person and on ZOOM Saturday evening the 18th. Chief Engineer Darrell Millner transported to Madison Heights to join us!

Our guest this evening would be Heimdal friend and space artist extraordinaire Ron Miller. We love when Ron visits to share his artwork with us.

The evening started with some chatting and goofing around before Admiral Smith’s always “brief” business meeting. Some of the things she reminded us of are:

- The April meeting will be the Anniversary party where you dress as your favorite episode! Get those costumes ready folks. Be sure to check out the Facebook page with daily and funny updates.
- The May meeting will be the public Star Trek auction where all crewmembers should wear their uniforms or any science fiction costume to add to the atmosphere. Some positions still need to be filled so email Linda if you are available to help.

It was now time for Ron's presentation. He gathered together some of his work to share in a slide show. He notes that the last few years he has been doing digital artwork but for this evening he wanted to share traditional paintings done on 15 x 20 illustration boards.

The digital artwork for commercial commissions is easier but he enjoys using real paint. It takes him one to two days to complete an illustration board using acrylic paint.

Ron shared his special interest for Pluto and noted that a *Pluto Not Yet Explored* stamp was affixed to the *New Horizons* spacecraft. It was launched in 2006 and the stamp has been recognized by Guinness World Records for the farthest distance traveled by a postage stamp; it has ventured 3.2 billion miles to Pluto and beyond. He shared several paintings with retro rockets inspired by his fandom of 1950's science fiction. There are astronauts sprinkled into the paintings to show the scale of the landscapes and he even has a piece with his cat in a spacesuit. He also has artwork featuring his wife in costumes that she has worn to conventions. Thanks to Ron for sharing his incredible talent with us.

We concluded the evening with some joking and reminders about upcoming events. Another fun meeting concluded. Watch your emails and we'll see you at the Anniversary party. Set phasers to PARTY!



## HEIMDAL’S MAY 13 ‘STAR TREK COLLECTIBLES’ PUBLIC AUCTION

On May13 we will hold our first-ever *Heimdal Star Trek Collectibles Public Auction*.

We have a total of 247 PLUS very nice Star Trek collectibles for the event and Bud has redesigned the poster/flyer to reflect the change.

The event will be at the Lynchburg Grand Hotel on May 13 starting at 1 p.m. and ending at 5 p.m. Carl will be our auctioneer and we hope that MANY of us will be there in Star Trek and science fiction costumes to add to the fun.

Robert has set up a Facebook event page at **USS Heimdal Science Fiction Star Trek Collectible Auction** and he and I are co-hosting it, adding a new auction item with description at least every other day. Please sign on to the page to see auction



items. You may also invite YOUR friends directly from the page. Please also SHARE the page and the items with your Facebook friends. We hope THEY will share it with theirs. Advertisement is the BEST way to get the word out and Facebook is the way to reach the MOST interested people. I will be sending out a pdf copy of the flyer shortly and asking everyone to post it on Facebook as well as printing it and placing flyers every place you think interested people may see it.

To find out who has volunteered for what positions, please email me at [heimdalco@aol.com](mailto:heimdalco@aol.com).

This will be a one-of-a-kind Lynchburg event and we want it to be successful. Thank you ahead of time for planning to be there.

## HEIMDAL PEOPLE

### DARRELL MILLNER PROMOTED TO FLEET CAPTAIN

**Huge congratulations to Chief Engineer, Darrell Millner on his promotion on March 28 to the rank of Fleet Captain.**

Because Darrell's promotion is to Flag Officer rank, I was unable to promote him. Instead, there's quite a process. I had to put together a Promotion Request Packet and forward that to the R/1 RC. He approved it, returned it to me and I forwarded to Starfleet's Promotion Director. From there it was to go to Starfleet's Executive Committee for consideration. Occasionally, a flag officer promotion request by-passes the EC and goes directly to the Commander Starfleet and that's how it happened with Darrell. CS David Nottage approved Darrell's promotion, which gave us the promotion results fairly quickly.

Congratulations again to Fleet Captain Darrell.



## PROMOTIONS

**Carlos Neyre** – Promoted to Lieutenant for passing the Officers Command College course

## STARFLEET ACADEMY GRADUATES – CONGRATULATIONS!



**Captain Darrell Millner** (33 Courses, 0 Awards) JAN & FEB

**MILLNER, Darrell - CPT (20 courses)**

**IOSTS - College of Starship Design (COSD)**

DISTINCTION for COSD 128A - NCC-74656 Voyager Schematics on 03/02/2023

DISTINCTION for COSD 128B - NCC-74656 Voyager Schematics on 03/02/2023

DISTINCTION for COSD 128C - NCC-74656 Voyager Schematics on 03/02/2023

DISTINCTION for COSD 128D - NCC-74656 Voyager Schematics on 03/02/2023

DISTINCTION for COSD 128E - NCC-74656 Voyager Schematics on 03/02/2023

DISTINCTION for COSD 128F - NCC-74656 Voyager Schematics on 03/05/2023

DISTINCTION for COSD 128G - NCC-74656 Voyager Schematics on 03/05/2023

DISTINCTION for COSD 128H - NCC-74656 Voyager Schematics on 03/05/2023

DISTINCTION for COSD 128I - NCC-74656 Voyager Schematics on 03/05/2023

DISTINCTION for COSD 128J - NCC-74656 Voyager Schematics on 03/05/2023

**IOTK - College of Aerodynamics**

DISTINCTION for AERO 104 Aerodynamics part 4 on Mar 3, 2023

DISTINCTION for AERO 105 Aerodynamics part 5 on Mar 4, 2023

DISTINCTION for AERO 106 Aerodynamics part 6 on Mar 5, 2023

HONORS for AERO 107 Aerodynamics part 7 on Mar 9, 2023

HONORS for AERO 108 Aerodynamics part 8 on Mar 12, 2023

**IOTK - STARFLEET Officers Radio School (IOST:SORS)**

DISTINCTION for SORS 102 - Radio in TAS on 03/03/2023

DISTINCTION for SORS 105 - Radio in VOY on 03/03/2023

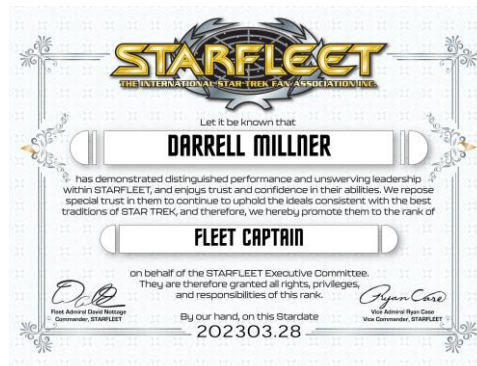
DISTINCTION for SORS 106 - Radio in ENT on 03/03/2023

**STARFLEET Marine Corp Academy**

**Combat Engineer (CE)**

HONORS for CE-120 from the School of Combat Engineer (CE) on Mar 4, 2023

HONORS for CE-152 from the School of Combat Engineer (CE) on Mar 4, 2023







## MILLNER HONORED WITH CERTIFICATE

Congratulations to Darrell Millner for receiving Starfleet's Boothby 0150 – "Gold (150)" recognition for having taken and passed 150 Starfleet Academy courses. Amazing, Darrell.

Darrell now joins the ranks of Heimdal member, Jeanne Wilson who is the only other Heimdal member to receive this Boothby.

## UPDATE: SADIE TATE, SPACE CAMP WINNER

By Linda Smith



Sadie was given VIP tickets for her and her mom to not only see local astronaut, Leland Melvin give a presentation, but to meet him before the presentation and have an opportunity to ask him questions. She was so excited. Unfortunately, just a few days before the event Sadie got COVID and was unable to attend. As you can imagine, she was VERY upset.

We're hoping Sadie will have an opportunity to meet Mr. Melvin in the future. She will be going to Space Camp in June.

## RENEWALS

A special THANK YOU to Jonathan, Karen and Allen Hatter, Dennis Henderson, Darrell Spencer and Jennifer Long, Kristina Contreras, Richard, Angie Arnold & Jonah, Gary Burley, Paul Campbell and Cindy, Robert and Kinsey Ward for renewing and staying with our Heimdal "family" for another year.

Our Membership Coordinator (one of the many hats he wears), Willy Smith sends out email reminders to everyone a month in advance of your renewal date. THANK YOU, Willy! And he will renew for you with the Heimdal's PayPal account and you can pay us back if you'd rather do it that way. To pay the Heimdal back if we renew for you, please make your check out to Linda Smith and she will deposit it into the Heimdal's account. We ask that you reimburse the Heimdal in no less than 60 days following your renewal.

**XXX PLEASE NOTE:** When Willy sends you your renewal reminder, he includes in that email your SCC expiration date.

Remember, Starfleet suggests you renew a month before your expiration date so you won't risk being removed from the Heimdal's roster, which happens at the stroke of midnight on your expiration date if you haven't renewed.

Those needing to renew are:

**April – Weston & Sarah Webb - April 18**

**May – Paul Muse – May 10**

**Bill Booker – May 18**

**Mike Davis – May 21**

**Bud Walker – May 31**

**June - Annette Overstreet – June 6**

**David Frankham – June 17**

**Virginia Williams – June 19**

**Carol Arthur – June 21**

**Darrell & Barbara Millner – June 29**



## HEIMDAL PEOPLE AND GALAXYCON

### Landing Party Report – Galaxy Con in Richmond 2023

By Commander Bud Walker



Galaxy Con occurred over March 24-26, 2023, in Richmond, Virginia. This is my third time visiting this convention, having previously attended in 2020 and 2022. On this trip, I did serious cosplay for the first time, scored a major achievement in comic book collecting, and enjoyed some good Star Trek experiences.

I have spent the past year piecing together a Star Wars Imperial Officer costume, and it was on this trip that I put all the pieces together. As I walked around in my costume, I was initially surprised at how many people felt free to just come up and engage me in conversation. But after being startled the first time, I quickly got use to it and enjoyed the interaction. More experienced cosplayers already know this, but by



wearing a costume you are putting out the welcome mat for anyone to approach you. I had my picture taken several times (a first for me) and received lots of compliments. So, I admit I was a tiny bit deflated when I visited the 501<sup>st</sup> Legion interest table, and they pointed out all the things about my costume that were not “screen accurate.” Regardless, I enjoyed the experience and will do it again.



I collect Batman and Detective comic books from the “silver age,” (late 1960’s through 1970’s). I found several issues to add to my collection, but I was especially delighted to find a very sought after issue: Batman number 191. This issue began a story arc about the supposed death of Batman, and I had all the issues except the first one. I have always known that I could go on eBay and probably find it, but I enjoy the hunt and it is always a little less expensive at these conventions.

The most important aspect to the convention was, of course, my Star Trek experiences. One of the first things I did was get in line for a photo opportunity with Walter Koenig. These encounters are incredibly brief, but it was still a thrill for me to meet one of my early heroes growing up. The next day I was able to visit his booth and have him autograph the photo. It was clear that he is in frail health, and so it is a little

sad to know that a major part of my childhood is fading into the sunset. But I am grateful that I had a moment with him, just to say, “thank you.”

I attended Jonathan Frakes’ panel, and he was highly entertaining. He discussed several subjects, including his directing in the latest season of Picard. He revealed the origin of his beard by relating a story about when the cast returned for the second season of The Next Generation. He had let his beard grow to full length but fully expected Gene Roddenberry and other bosses, to tell him to shave it. Apparently, Gene liked the beard and felt that it gave Frakes a “nautical” look. So, they marched Frakes to the makeup chair and proceeded to draw lines on his face on exactly how they wanted it trimmed and shaped. And Frakes said that is how he has kept it ever since.

I also attended a panel with Nana Visitor and Terry Farrell, as they discussed their time on Deep Space Nine. Farrell spoke of her being the last cast member chosen and how she was intimidated by the other actors and their experience. But as she became friends with the other cast members and grew more confident, her portrayal of Dax grew more nuanced and had more feeling. Visitor commented on her ongoing fear of always being fired and how she overcame that. She also stated that it was weird to kiss René Auberjonois (Odo), as it *“always involved a lot of rubber,”* which received a loud laugh from the audience.

I would be remis if I did not include my impression of the convention space and organization, which are all negative. While I had many positives experiences, the crowds were overwhelming, and the physical space of the Richmond Convention Center was simply not up to the task. My previous two Galaxy Con experiences were not nearly as crowded. It was literally impossible to get any food at the food court, and since outside food was forbidden, this became a problem. I had the good fortune of parking at my hotel but for others, parking was a nightmare. Cars filled the streets all around the convention center, waiting to get into the parking garage, some waiting well over an hour sitting in their cars. There was not enough space in the exhibition hall and the panel rooms were scattered and far away from the main building. On Sunday, I had to check out of my hotel in the morning and my intention was to repark my car and try to see Gates McFadden. However, when I saw the line of cars for the garage, I simply gave up and drove home.



In conclusion, I must admit my experience was mixed and gets an overall grade of C-. I am glad I was able to do the things I did, especially seeing Walter Koenig, but this will be my last Galaxy Con in Richmond.

### HEIMDAL SPONSORS LHOV 30 MINUTE SEGMENT AT GALAXYCON

In early March, Emily Robinson, host of the *Living in the Heart of Virginia* local TV show contacted me saying she needed my help. She disparately needed a sponsor for a special segment she planned to do at GalaxyCon. There was no sponsor and she asked if the Heimdal could possibly sponsor the segment. Because Emily was willing to try to get us a



Emily interviewing Terry Farrell at GalaxyCon





reduced sponsorship rate and because she has ALWAYS been willing to publicize Heimdal events, we discussed it with Heimdal's Executive Committee. Because the rate was reasonable and we knew we would get publicity for sponsoring the show, we agreed to move forward helping fund the segment.

Emily and her co-host, Kaci Latimore spent the weekend at GalaxyCon interviewing the guests, videoing the costumes and producing an excellent show. The Heimdal is proud to have sponsored this very special segment

## LINDA ON LIVING IN THE HEART OF VIRGINIA

By Linda Smith

Because the Heimdal sponsored the GalaxyCon segment of *Living in the Heart of Virginia*, Emily had me on her show interviewing me about the Heimdal with special emphasis on our upcoming May 13 Star Trek Collectibles Auction. When the GalaxyCon segment was edited my 4 minute 30 second interview was strategically placed in the actual convention footage. During my interview there was also a screen that gave all the information about our May 13 Collectibles auction. It was a very good show.

At the end of the segment in large letters in the credits, it said **Sponsored by Heimdal Science Fiction**. It was a good interview and we got a LOT of advertisement at a time that we really need it.

A special THANK YOU to Emily Robinson for asking us to sponsor her GalaxyCon segment, which, in the end was a tremendous advertisement for the Heimdal. It was a win-won opportunity for all involved.



## HEIMDAL STUFF



## HEIMDAL GAME NIGHT SCHEDULED

By Angie Arnold

As this April newsletter goes to press, Angie Arnold, our Game Night Coordinator has scheduled our first Game Night of 2023 for April 8 at Putt Putt, meeting there at 6 p.m. Because April weather is unpredictable, we have reserved the Madison Heights Library meeting room as a back-up and will hold an inside Game Night with board games, which is always fun. Watch the Heimdal email list for updates on Game Night, especially if the weather is iffy. No matter where we are, it will be a fun Game Night. See you there.

## APRIL QUESTION OF THE MONTH

**What is your favorite thing about being a Heimdal member?**

**Bud Walker** - My answer to the question of the month is as follows:

"My favorite thing about being a member of the Heimdal is being around folks who have the same love for imagination and creativity."

**Darrell Millner** - FREEDOM, the freedom to grow as a Starfleet member, expand knowledge via Starfleet & SFMC Academies, contribute to the RainCon, and take on challenges at the member - department - chapter - even regional levels. All without the pressure or limitations some chapters endure.

**Jonathan Hatter** - My favorite thing about being a Heimdal member is the fellowship. We all share a love of Star Trek and the real-world ideals it represents, and I think that is communicated through all our activities that benefit members of our community

**Janice Lawson** - The friendships we have made throughout the years and the touching and funny memories we all share. I am proud of the work we do for the community and charities we help. I'm proud to be a member, and I hope to be for many years to come. I love you all.

**Robin Hudson** - the auction and game night

**Willy Smith** - I think it's the way we have grown in a positive way and still remained friends. I can remember washing cars and the dreaded bake sales (where I gained many pounds). Someone saw that there HAD to be a better way of fundraising (thank you).

**Tammy White** - the people in the Heimdal. The people we get to meet and things we learn.



**Joe Arnold** - There are a lot of things about being a Heimdal member but what stands out for me is the club's civic mindfulness. That being its support for local organizations and sending a student to Space Camp. I do hope to see a future astronaut or scientist from someone the club sent to Space Camp.

**Linda Smith** – For me it has ALWAYS been our people – Heimdal members. They are “family” and that is very important to me. I love doing things that I think everyone will enjoy and making the Heimdal the best it can be.

## COUNSELOR'S CORNER

### FEELING LIKE GUMBY

By Beth Hopkins, Counselor

Lately I have been feeling more stretched and distracted than usual. Between a recent family loss, traveling, telecommuting, friends in crisis, and a high maintenance boxer, there are days that I feel a little overwhelmed, which is only amplified with too much time spent with my electronic gadgets. Am I alone in this?

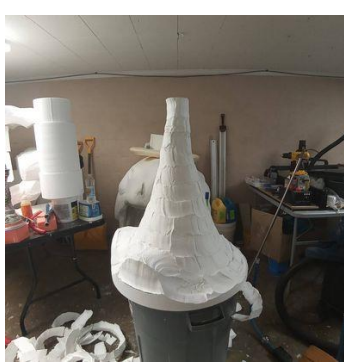
This feeling reminds me of Gumby, well sort of...Gumby was a child's toy created by Art Clokey in the late 1950's. He even had his own television series and as a TV character he was part of the latest state of the art “stop animation clay figurine” (look that up if you care). But as a toy he was made of a mysterious green rubber, which much to our delight could be stretched every which way with no lasting consequences. (Unlike most of us.) And although Gumby never made the transition into the technological age of electronics, he was a cool toy, trust me. Gumby was lucky, he did not have a cell phone, computer, smart watch, nor was he plugged in to social media or Facebook so he was not continually distracted by time-consuming gadgets. However, he did have a trusty horse. (Do any of you know Gumby's horse's name?)

Now don't get me wrong, I love my electronic gadgets and without them I could not do my job – so I am grateful. I have had a computer since 1986 and most every other electronic device made since, as soon as I could afford it. I am self-taught on my electronics, fairly proficient and already envious of the technology that will be produced long after I will



have left this planet. Early on I bought into the concept that these gadgets could make us more efficient and smarter (thanks Google), although this is not necessarily true. But I am also keenly aware that all this technology can have a down side...unless we remember we are “boss” over them and their role in our lives. And if not, we can start to confuse our material wants with needs; create unnecessary envy, be saddened by unrealistic comparisons or spend too much money and time connected to a virtual world as real life goes by. Also, I have already experienced that my gadgets reinforce a short-term limited attention span as I am enticed to jump from task to task or image to image.

I take a lesson from a good friend in Ohio who is working on mastering who is “boss” as it relates to her gadgets and, as a result is reaping many benefits. Even though she uses all these gadgets during her work hours, she has put a limit on their use after work hours. For example, her children have learned to put their cell phones in a basket by the table prior to meals and don't pick them up again until after their meal; they are not allowed to text in movies or when eating out as a family, the three girls do not take the phones to bed with them and there is a “trust-based” expectation of no texting during their classes (but who knows) unless there is a true emergency. Additionally, she and her husband turn off all their devices- except phones at 8pm and with few exceptions don't answer phones after that time. They have a phone signaling “code” for family and close friends that alert them to answer the call or call back if something cannot wait. But they operate in the belief that most everything can wait. They would rather spend their time talking with each other in the evening rather than their electronics. All this leads me to realize, I should reassess the time I spend with my devices after my work hours....And I now confess, it is 10:39 pm as I finish this article. Tomorrow I need to have that discussion with my gadgets about who is boss of my time but for now, everything else can wait. Finally, thanks Gumby for being there for me.



## RILEY'S RAMBLINGS ...

### RAPUNZEL'S TOWER

By Richard Riley

Hello all! I hope that everyone is doing well! I, for one, am enjoying this nice Spring weather! I am sure in a few months





I will be complaining about the heat but for now I am loving the warmer days!



This month's project I will be discussing another piece for the Orthodontist that I do so much work for. This time it is a piece based on the Disney movie, *Tangled*, which is the story of Rapunzel and the tower in which she lives. This was one of those projects that was fairly complicated! LOTS of unusual shapes and angles and the paint job was quite tedious.

To start with the client asked for this piece to be 9 feet tall, not really scaled for anything in particular just that was what he needed for the space he had. The first thing that I had to do was gather reference pictures of the tower from the movie. After that I was able to scale out what size the various sections and pieces would be. I used my favorite material to build this, Styrofoam. I was able to get the roof shape made along with the main body of the tower by cutting and

shaping the foam by hand. Other parts I was able to use my CNC machine to cut out the parts since a lot of those shapes are either round or square, which my CNC machine cuts out very easily!

There was still quite a bit of hand shaping to do on this piece. From carving out the look of the shingles to carving out the block work that is under the stucco on the tower. One of the most tedious aspects to this job was the paint work. It required a lot of masking off too, so as not to have colors bleeding onto other parts. That was the biggest challenge to this piece; all of those colors! It definitely puts me in mind as to how a carousel is painted. The final part to this piece was the adding of the ivy. That was a bit tricky to find a faux foliage that would be the proper scale to the castle. Most of the leaves are so large that they look out of place but I was lucky to find something that works quite well!

All in all, a fun build but hopefully the next project that I have will not have such an intricate paint scheme! :)

## FROM OUR DEPARTMENTS



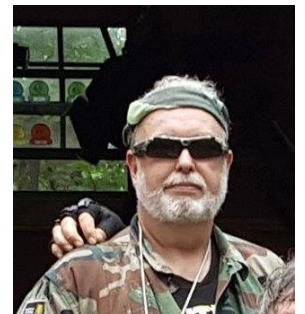
## <<<SECURITY>>>



### SECURITY REPORT, APRIL 2023 By RAdm. Carl Davis, Security Chief

This month's report is a repeat of one I submitted many years ago. I enjoyed rereading it and thought that perhaps you all might also.  
Set Phasers to.....Splat!

After rummaging at length through all of my old files I found some notations on a piece of papyrus that indicated some 30 years ago I discovered the game known as paintball. I was instantly attracted to the sport because, truth be known, I have never fully grown up. Sure, I reached 6'2" tall before graduating from high school but the kid in me has always enjoyed competition and still does today. That same kid watched Star Trek on a TV that didn't do justice to the special effects of space travel. Everything on





the screen was hidden behind a constant condition known as snow. But the memories of the show stayed with me into adulthood and when the movies began coming to the big screen I was there watching with great enthusiasm.

It was at one of the movies that a group from the USS Heimdal was recruiting for something called Starfleet and a short time later I signed my family up for membership. That was in the latter part of 1991 and I've been fairly active ever since. In the fall of 1993, I played my first game of paintball and remember losing badly, largely because the field supplied mask I had worn for safety stayed fogged up the entire day. The day was cool and damp and the mask was nothing special so I could tell people were shooting at me but returning fire with my semiauto paintball gun was somewhat futile. But I was hooked! The owner of the field said to really enjoy the game I should buy my own equipment and make sure I bought a mask with a thermal lens because they didn't fog as badly. I went home and began researching what was the best equipment that I could afford. It arrived and the rest, as they say, is history. 5 months later I was asked if I wanted to join a tournament team and I naturally said, *"sure."*

Over time I purchased enough gear to be able to run games on my own and would have small groups come out to play. Somewhere along the line I brought the idea of doing paintball to the Heimdal and we would get a group together and play at one of the local fields. Then I had an epiphany! Present to the Heimdal the idea of pitting department against department in what I called simulated phaser practice. Or phaser sim for short. We had quite a few come out and try their hand at eliminating the other department members. As folk returned and showed an improvement in skills, I would make up nice certificates suitable for framing and present them at our regular meetings.



About five years ago I got with the department heads and asked if they would be interested in taking part in what I call the Heimdal Phaser Sim Challenge. Everyone said it sounded like fun so I bought an engraved trophy that would be awarded to whichever department proved victorious for the day. The trophy would then be put on display at the next Heimdal meeting and an article would be included in the monthly newsletter. Along with the trophy went full bragging rights until the next challenge when the trophy would be up for grabs again. At the final game of the year the department that won that day would keep the trophy forever.

During that first year the Security Department won the first contest and as the months passed Sciences and Engineering both held the trophy at different times. For the final competition Security again won the day and the trophy has been in their possession ever since. For 2018 a new, larger trophy was purchased and once again Security held it for the first month. Sciences won it for the second and Security and Sciences tied for the 3<sup>rd</sup> month. At years end Security once again won the trophy and they are both on display at Lt. Jonathan Hatters home.



As time has passed, those taking part in the competition have showed great skill improvement. Everyone that comes out to the field to play has a fantastic time. The game is one that requires strategy, communications, and the ability to hit what you're

shooting at. It can be played by two or as many as come out to the forested field.

Several years ago, William Shatner was in a video taking part in some really big games. We continue to include phaser sim as part of the Security Department's training and a small but faithful group can be found getting together monthly when weather allows.

It would be fun to have competition between ships and I have a scenario game in mind that would be interesting should we ever get a really large group together. In the meantime, you can find us running through the forest with "phasers spewing orbs of destruction" at one another until one team reigns victorious. Make plans to join us and get hooked on some good clean fun. Well, fun that will wash out of your clothes should you be on the receiving end of too many volleys.

### <<<SCIENCE>>>



**PRIVATE JAPANESE MOON LANDER REACHES LUNAR ORBIT**  
By Adm. Willy Smith, Chief Science Officer, Starfleet SFDPP Certified

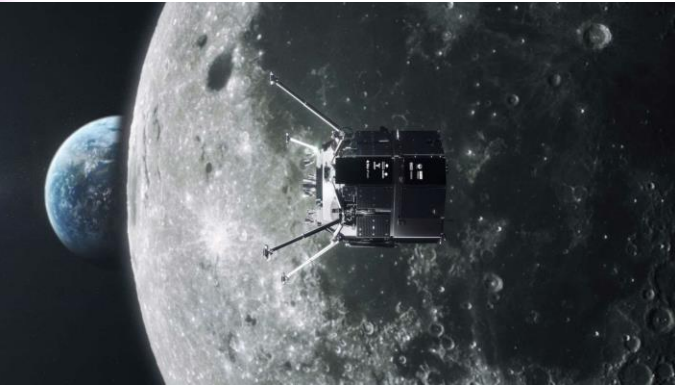






Well, everybody and their brother has their sights set on landing on and orbiting the moon! The Hakuto-R spacecraft has made it to the moon with the help of a SpaceX Falcon 9. The [Hakuto-R spacecraft](#) entered lunar orbit on March 20, notching a huge milestone for the Japanese company **ispace**, which has big plans in [Earth](#)-moon space.

"The successful insertion of the lander into lunar orbit is an important step toward the establishment of a payload transportation service, as it demonstrates that **ispace** is capable of transporting customer payloads to orbit around the [moon](#)," representatives of Tokyo-based **ispace** [wrote in an update](#) (opens in new tab) on Tuesday (March 21). "Future **ispace** missions will involve deployment of satellites into lunar orbit," they added.



Hakuto-R launched atop a [SpaceX](#) Falcon 9 rocket on Dec. 11, 22, kicking off a test flight that **ispace** calls Mission 1. The lander then took a long, looping and highly energy-efficient path to the moon, finally arriving there after an engine burn that started at 9:24 p.m. EDT on Monday (0124 GMT and 10:24 a.m. Japan Standard Time on Tuesday). "After a controlled burn from the lander's main propulsion system lasting several minutes, the maneuver was successfully completed," **ispace** wrote in Tuesday's update.

Hakuto-R's work is far from done, however: The lander will attempt to touch down on the moon late next month, if all goes according to plan. **ispace** has not yet announced a target date

for that landmark try.

And it will indeed be a landmark: No privately operated spacecraft has ever landed softly on the moon. To date, the only probes to achieve the feat have been operated by the national space agencies of the U.S., the Soviet Union and China. If Hakuto-R does ace the landing, it will deploy a tiny [rover named Rashid](#) for the United Arab Emirates' space agency. If all goes according to plan, Mission 1 will be followed in relatively quick succession by two other robotic flights to the surface of the moon, as **ispace** works to help lay the foundation for a cislunar economy.

Mission 2 and Mission 3 are targeted to launch in 2024 and 2025, respectively. Mission 3's lander will carry payloads to the surface and also deploy two communications satellites in lunar orbit, **ispace** representatives have said. With Hakuto-R's success, there are now two privately operated spacecraft orbiting the moon. The other is [CAPSTONE](#), a tiny cubesat operated for NASA by Colorado-based company Advanced Space.

[CAPSTONE arrived in a near-rectilinear halo orbit](#) around the moon last November. The probe's main task is testing the stability of the lunar NRHO, the same path that will be taken by NASA's moon-orbiting Gateway space station, a key component of the agency's [Artemis program](#). Things might get crowded up there in the near future.

<<<MEDICAL>>>

### MEDICAL MINUTE - APRIL 2023

By Commodore Tammy White, Chief Medical Officer



We have all heard that the leading cause of death in the US is heart disease. There were 695,547 deaths in 2021 due to heart disease. In comparison cancer was second with 605,213, Covid-19 was next with 416,893 deaths.

The percentage of adults who have ever been diagnosed with coronary heart disease (CAD) is 4.9%. The number of visits to physician offices with coronary atherosclerosis and other chronic ischemic heart disease as the primary diagnosis is 13.0 million. Percent of visits to physician offices with CAD, ischemic heart disease, or history of myocardial infarction indicated on the medical record is 6.9% and deaths per 100,000 population is 209.6.

The news isn't all bad though. There are several ways to increase your chances of avoiding heart disease. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Choose healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating lots of foods high in saturated fat and trans-fat may contribute to heart disease.





You can help prevent high cholesterol by eating food high in fiber and low in saturated fats, trans fats, and cholesterol. Limiting salt in your diet can lower your blood pressure and limiting sugar in your diet can lower your blood sugar level to prevent or help control diabetes.

Drinking too much alcohol can raise your blood pressure. Men should have no more than 2 drinks per day, and women no more than 1.

People with overweight or obesity have a higher risk for heart disease. Carrying extra weight can put extra stress on the heart and blood vessels. Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.



Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

Your health care team should test your blood levels of [cholesterol](#) at least once every 4 to 6 years. If you have already been diagnosed with high cholesterol or have a family history of the condition, you may need to have your cholesterol checked more often. Talk with your health care team about this simple blood test. If you have high cholesterol, medicines and lifestyle changes can help

reduce your risk for heart disease.

[High blood pressure](#) usually has no symptoms, so have it checked on a regular basis. Your health care team should measure your blood pressure at least once every 2 years if you have never had high blood pressure or other risk factors for heart disease. If you have been diagnosed with high blood pressure, also called hypertension, your health care team will measure your blood pressure more often to make sure you have the condition under control. Talk with your health care team about how often you should check your blood pressure. You can check it at a doctor's office, at a pharmacy, or at home. If you have high blood pressure, your health care team might recommend some changes in your lifestyle, such as lowering the [sodium](#) in your diet; your doctor may also prescribe medicine to help lower your blood pressure. If you have diabetes, [monitor your blood sugar levels](#) carefully. Talk with your health care team about treatment options. Your doctor may recommend certain lifestyle changes to help keep your blood sugar under control. These actions will help [reduce your risk for heart disease](#).

If you take medicine to treat high blood cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without first talking to your doctor, nurse, or pharmacist.

You and your health care team can work together to prevent or treat the medical conditions that lead to heart disease. Discuss your treatment plan regularly, and bring a list of questions to your appointments. Talk with your health care team about [how heart disease and mental health disorders are related](#).

If you've already had a [heart attack](#), your health care team will work with you to prevent another one. Your treatment plan may include medicines or surgery and lifestyle changes to reduce your risk. Be sure to take your medicines as directed and follow your doctor's instructions.

I hope at least some of this information was helpful.

<<<<ENGINEERING>>>>

## ENGINEERING UPDATE

Fleet Captain Darrell Millner, Chief Engineering Officer, Starfleet SFDPP  
Certified

### Monthly Ops Report - Engineering SD: 202303.29

It's been an active month in Engineering, LOL wait - I repeat myself ha ha, and spirits are high as we wrap up the first quarter of 2023. With an additional 20 SFA courses taken by our team in March, progress on **The Engineering Link** "which will be a few days late this month due to travel" ( see the history at <https://trek.millnernet.com/home/eng-link/> ), supporting the Heimdal Interdepartmental Role Play project, and providing support materials to the RainCon. It's a labor of love and





Engineering LOVES the Heimdal.

Thinking of SFA - did you hear the latest version of the SFMC Academy (SFMCA) and STARFLEET Academy (SFA) catalogue is now available? It can be located on the STARFLEET International Educational Services FACEBOOK Page and via the academy page <https://es.sfi.org/academy/login/index.php> (log in) and select Course Catalogue. Challenges? I suggest you consult your Department Chief, XO or CO or the SFI Help Desk <https://helpdesk.sfi.org/> .;

Our thoughts and prayers go out to the Heimdal family members currently having loss, health and personal issues. Stay Strong - remember WE ARE STARFLEET.

## <<<<COMMUNICATIONS>>>>

### APRIL COMMUNICATIONS REPORT

By Vice Admiral Glenda Blanks, Communications Chie

#### ADVANCES IN COMMUNICATION

Having access to fluid, seamless communication is very important to virtually everyone. That is why people welcome and appreciate any technological innovation that can improve the methods of communication — and we've had quite a bit of innovation in recent years.

So, if you're looking for ways to improve the way you communicate with people that matter to you, below are some of the basic technologies that can contribute to remote communication.

Smartphones with increasingly sophisticated features.

Mobile phones have been around for many decades now, and they've come a long way. It was in the 1990s when the first Smartphone was created and introduced to the market. Then, it was in the early 2000s, they became a hit to consumers. Smartphones are mobile phones that run a built-in operating system. It means that these mobile electronic devices are capable of faster computation and much better connectivity.

According to a market study by Nielsen, 50.4% of consumers in the US were using smartphones in March 2012. As of 2021, over 97% of Americans own at least one smartphone.

One of the main reasons why smartphones have become wildly popular is its sophisticated features. One is its touch-screen feature. By just doing some taps and slides, users can easily access and enjoy the different functions of a smartphone. They don't have to waste time clicking several buttons on the keypad just to send a short text message or make a call. Features that also attract millions of customers are the camera and applications.

Nowadays, there's an app for anything, and connectivity has never been better.

Internet for faster communication and business transactions.

The Internet is relatively a new technology. It was developed during the 1960s and the idea started from Leonard Kleinrock (although many internet pioneers played an important role to bring the internet to what we see today). Today, people around the world enjoy the benefits of the Internet. With it, anyone can easily do a research about almost anything.

One area that Internet had a huge impact and influence is in businesses. In particular, there is now Voice-over Internet Protocol or VoIP which is optimized by businesses to really enhance their phone systems. What's even better, businesses now also have access to unified communications, which integrate business communication and collaboration apps and services into a single platform. On the other hand, there are also thousands of businesses that use fast fiber internet to transact or close deals. For example, it is now possible to book a flight by just visiting the website of the airline company.

## CADET NEWS

### HEIMDAL'S CADET CORPS



Heimdal's Cadet Corps: Left to right – Allen Hatter, Darrell Spencer and Jonah Ryan





## CADET ALLEN HATTER BROKEN ARROW 2023 By Jonathan Hatter



The weekend of March 12th marked the start of the camping year for Troop 29. Allen was excited to participate in the annual Broken Arrow campout, aka, the one with the really big bonfire. We all gathered at Food Lion in Boonsboro on Friday evening to caravan to the site near the Blue Ridge Parkway. We arrived and got all the tents and gear set up.



Friday evening we had a smaller fire that was used to respectfully retire several American Flags that were no longer usable. There is a retirement ceremony that honors the flags and it means a great deal to all those that participate. After the flag ceremony many of us relaxed around the fire to stay warm until we climbed into our sleeping bags.

I awoke around 7 a.m. and right next to my tent was the property owner's dog, Buzz. He loves it when we camp because he always has someone to throw a stick for him. Buzz had a stick in his mouth and was ready to play.

Everyone prepared breakfast in their Patrols including us "Old Goats." It was time for cleanup of the property and the fire prep. We cleaned leaves and moved old brush, then our host got his tractor and started moving the logs. Before long it looked as if we were building a small log cabin. The pile was approaching its finish as it got dark and some of the leaders prepared dinner. We would be enjoying pulled pork, roasted potatoes and green beans followed by pie. A lot of pie, we had roughly 14 flavors to choose from.

As per tradition the younger scouts crossing over into the Troop were allowed to start the fire. Before long it was roaring and warming us all up. We all enjoyed watching the sparks float around like fireflies into the night. We finally decided to turn in around 11, the forecast called for snow and we would need to pack up quickly in the morning. All the campers bundled up for a cold night.

On Sunday morning everyone thought we had escaped the wintry mix, but it finally caught up with us at breakfast. Everyone enjoyed their biscuits and gravy with a light mix of snowfall.

It was time to pack up so we made sure the fire was out and got the Troop trailer loaded up. The last order of business was to collect some of the ashes. These would be added to a jar that holds ashes of Broken Arrows past, they will be added to the fire next year to continue the tradition for future Scouts

## HEIMDAL'S PET FLEET

### TEN WAYS PETS SUPPORT MENTAL HEALTH



**Marc-André – Guest columnist**

Feb 17

The bonds between humans and animals are powerful. And the positive correlation between pets and mental health is [undeniable](#). No matter how old we are, everyone finds joy in their pets. That's why it is no surprise that studies in pets have shown that owning a pet has benefits on mental and physical health.

[PDSA](#) Vet Nurse Nina Downing says that "There are plenty of scientific studies that have proven owning a pet can be good for your physical and mental health."

#### **They offer companionship**

Our pets give us the company we need when we can't get out to see other people. They're there to talk to and comfort us, no matter what. Isolation is never great for mental health, and having a pet to stop you from being lonely is a great way to combat that.

#### **By making us more physically active**





If you have a dog, you are more likely to be active. Taking care of dogs requires a lot of effort. Dogs need to be walked and they love to play. If you have a dog, you will spend a couple of hours every day walking or playing with them. Dogs love to be outside with you. All those outdoor excursions are going to do wonders for your mental health.

#### **By boosting our self confidence**

Pets can be great listeners, offer unconditional love and won't criticize you. This can help your self-confidence, especially if you feel isolated or misunderstood. People find that it helps to vocalize their problems and having a comforting presence in the room will do wonders for your mental health.

#### **They're a reason to get up in the morning**

Being responsible for, and looking after something other than ourselves can be all the motivation we need. It gives us something to focus on and allows us to push through the day. Taking care of a pet gives a lot of us purpose and can be a big help in getting us up to crack on with the day.

#### **They reduce stress**

Some pets can be calming. In fact, specially trained dogs are used as therapy dogs to help people or as Recovery Assistance Dogs. Owners often find their pet helps to calm them, whether it's by talking to them or giving them a fuss.

#### **Pets providing sensory stress relief**

Touch and movement are two healthy ways to quickly manage stress. Stroking a dog or cat has the benefit of calming you down and making you feel less lonely. Lonely people often miss the sense of warmth that comes from being isolated. That's why petting your cat or dog brings so much relief.

#### **They help us develop good habits**

Feeding, exercising and caring for a pet can help you keep to a daily routine. This can help you feel more grounded and focused. It can also give your day purpose and a sense of achievement. Over time, this constant routine will develop into some good habits, like waking up early, going on lots of walks and eating at the right time.

#### **They help us meet new people**

Dogs make it easier to meet new people. They get you out of the house every day, normally at the same times which allows you to see the same people at the same time. Having that sense of familiarity with the people around you means that taking the next step to talking to them is much easier. Yet, more often than not, people will approach you and your dog. Oftentimes they will ask what breed they are, how old they are and if they can pet your dog. All these are great conversation starters that can lead to more fulfilling conversations.

#### **They need us too**

We owe it to our pets to take care of them as well as we can and this includes providing for all their needs. Taking care of a pet can make us feel needed. That's why so many people make sure they are doing everything they can to give their pets a comfortable life. This sense of purpose can reduce depression and loneliness.

#### **By bringing us happiness everyday**

Unconditional love brings happiness to us all. If you have a dog, the way they react when you come home triggers the love and support most of us want and need. All the other benefits of being more active, meeting more people and always having a companion ensures that we have more happiness in our lives.

Find out more about [PDSA Pet Insurance](#).

## **REGION ONE STUFF**

### **REGION ONE REVISING REGIONAL HANDBOOK**

Region One is preparing to revise the Regional Membership Handbook. Ruth Lane will be heading up the project. All R/1 chapters will be advised when it is completed.

### **MEN'S HEALTH CHALLENGE**

#### **By Ana Hotaling**

Way to go, Region 1 on winning Starfleet's 'Men of Starfleet Medical Challenge!' The Region received a certificate for being the region with the most participants completing all six subjects!



## STARFLEET STUFF

### STARFLEET PET FLEET HAS NEW DIRECTOR Welcome from the Director, Commander Randy Mitson



I am excited to welcome you to the first edition of our new quarterly email newsletter. As the new Director of STARFLEET Petfleet, it has been an incredible honor to take over the reins from past directors and continue their legacy of excellence.

In the short time since I have taken on this role, I am proud to say that we have already made significant progress in developing a dedicated team of volunteers to help manage STARFLEET'S Petfleet.

#### **Petfleet's Command Staff:**

**Director:** CMDR Randy Mitson, USS Renaissance - R13

**Deputy Director:** COMM James Cecil, USS Commonwealth - R1

**Operations:** CAPT Mary Demiter, USS Antares - R5

**Member Services:** LTJG Jessica Sommer, USS Cerberus - R10

**Newsletter Editor:** CMDR Kelly Winterstein, USS Parallax - R11

In the first half of this year, we have some exciting projects that we have already started and are in the works, including creating a [digital registration form](#) to streamline the process for updating pet records,

developing our Petfleet brand guide and [logo](#), and redesigning our [Member Certificate](#) and creating a new [Final Mission Certificate](#). We are also planning on continuing our new monthly pet photo contest and we have completed an extensive [member survey](#) to better understand what our members want out of Petfleet.

Looking further into the future, we are also exploring the possibility of developing a website and offering online merchandise for our members to purchase through the [STARFLEET Quartermaster](#), in support of Petfleet.

I am confident that with the support of incredible members like you, we can achieve all these goals and more. I look forward to working with you all and keeping you updated on our progress through our Facebook group, Discord channel and this new quarterly newsletter.

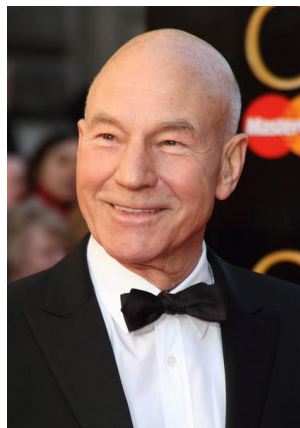
Sincerely,

**CMDR Randy Mitson, USS Renaissance - R13**  
**Director of STARFLEET Petfleet**

## STAR TRK STUFF

### IAN MCKELLEN ONCE ADVISED PATRICK STEWART AGAINAT 'STAR TREK' ROLE

From Glenda Blanks, Star Trek Editor



Ian McKellen has revealed he once advised Patrick Stewart not to take up the Star Trek role that made him an international star.

Stewart was primarily known as a London theatre actor when he was offered the part of Jean-Luc Picard, the captain of the USS Enterprise, in the TV series Star Trek: The Next Generation.

McKellen said he once insisted that the offer was a "risk".

"He's long forgiven me my advice not to risk a solid career on the British stage by falling for an uncertain future in Star Trek," McKellen said. "How he got that job is a prime example of how luck can be a lady and it

will be a riveting chapter in the memoir he must write."

Stewart ended up playing Jean-Luc Picard for seven seasons of The Next Generation, before reprising the role in four feature films and the CBS/Amazon series Star Trek: Picard.





## LITTLE KNOWN STAR TREK FACTS



HISTORY  
HUSTLE

When James Doohan, Scotty in Star Trek, received a letter from a suicidal fan, he responded to her and said he wanted to see her at every convention in the area. He would see her at them for years and would always tell her positive things. 8 years later, he received a letter from her saying that his kindness and encouragement saved her life, and that she had earned her Masters degree in Electronic Engineering. He said it was "the best thing I have ever done in my life."

## THE ZAK PERSPECTIVE

### S.T.E.M., JAM AND FUN: MOON GIRL AND DEVIL DINOSAUR

By Zak Lyon

Long story short. Ha. When Kermit the Frog got back from the dimension of *Amphibia*, and then back from the big city of the *Big City Greens* during the panel he was hosting at D23, he was on hand to hear Lawrence Fishburne announce that he was producing, along with Disney, *Moon Girl and Devil Dinosaur*. A Marvel Comic property, it would be reimagined from its comic roots to feature Lunella Lafayette, a 13-year-old black heroine with Shuri and Stark level genius. And believe it or not, there are Star Trek connections here!

I am a part of many fandoms. The Stars, Trek and Wars, Muppets, Marvel, and animation in general. And I am a fan of any children's show that does not talk down to their viewers, depicts children standing up for their beliefs, and allows children to see that they have the power and skills to craft the solution to their problems.

In 2019 when this new Marvel animated TV show was announced, I was thrilled. I followed its development. The animation looked unique and vibrant. The characters were relatable and grounded in a Lower East Side (LES) that was recognizable. And the voice cast looked great. The show debuted in February on Disney Cable and Streaming Services. And it lived up to its hype.

Lunella, her parents, grandparents and best friend navigate life and challenges in their LES neighborhood, dealing with rolling brown outs, school, and supervillains all while having fun. The show is characterized as a S.T.E.M show. (Although, it could be seen as a S.T.E.A.M show since the artwork featured is wonderful.) But it is science, math and tech that are central to the plot and the main character's personality. It shows self-reliant kids using their brains to face life's obstacles.

While some programing geared to younger children vilifies social media, here it is portrayed as not some vile evil thing that kids get addicted to but something that those Lunella's age must learn to navigate with poise and grace while at the same time communicating feelings with emojis and encouraging us to punch that 'subscribe' button. When she is told not





to mind what the internet trolls say, it's from her savvy friend Casey who has seen it all before. No real finger-wagging in sight here which can turn off the intended viewers. In fact, in the first three episodes it seems as if no lesson is taught by her parents – it is extended family and friends that guide her when she needs it.

The plot thickens when Lunella, a genius, builds on the research of her role model, Moon Girl, and develops a portal through which emerges a T. Rex. This is an opportune time for a new street level super team to take the stage as it is learned that the power failures are caused by a supervillain. Lunella takes the name of her hero and dubs her sidekick Devil Dinosaur.

Moon Girl and Double D have been through a lot in even the first three episodes – facing the aforementioned actual troll (moral - one needs to learn how to keep trolls from feeding off of negative energy) and learning to be less competitive while making friends with a supercomputer (even though that supercomputer momentarily turned evil and hit our girl in the femur with a floor buffer). Hey some of the best friendships start out rocky – at least in the media. Fighting her new science teacher who also turned out to be an electricity sapping supervillain. School boards please stop letting experienced teachers walk away and leave openings that will inevitably be filled by supervillains. I'll say no more beyond this...spoilers.

Now trust me...there are Star Trek Connections here. Devil Dinosaur is voiced by Fred Tatasciore, the one and only Lt. Shaxs - Chief Security Officer and Ejector of Warp Cores on the USS Cerritos. He can convey his character's entire emotional range through a series of roars so varied that you can truly see that the relationship between Lunella and Devil goes beyond owner and pet. Despite being big and red, Clifford the Big Red Dog he ain't. And Lunella's grandmother, Mimi, who runs a family-owned roller-skating rink with her husband, is voiced by the one and only Alfre Woodard or Lily Sloan or the person who was supposed to be in the Phoenix with Zephram Cochran. There will be time for all my First Contact thoughts next month.

Through it all Moon Girl shows us that any girl - any person - can change the world. With brains, heart, friends and family any one of us can better our communities and jam out doing it. Check it out.

## CONTINUING ROLE PLAY

### **Part 6 of *The Bound Dog Shall be Loosed:* “Masquerading as A Man with a Reason” By Bud Walker and Kathy Whately**

Aboard the USS Heimdal...

Walker completed his shift on the bridge and left, giving only a perfunctory farewell to Zak. Bud could not completely shed his unease around the El-Aurian helmsmen, given that race's history in the Mirror universe. *Of course, he is only half El-Aurian, so I do not know how extensive Zak's abilities are,* Bud thought to himself.

Walker entered his quarters and saw the message indicator on his computer. Bud sighed with frustration; *can this guy NOT leave me alone?* He entered his decryption code as before and waited for his Section 31 handler to come online. After a few moments, a face appeared on Bud's console.

“Ferris, what do you want now?” Bud said before the other man could speak.

“Check the attitude, Bud.”

Walker steadied his breathing and controlled his rising anger. He did not reply but instead channeled his favorite Vulcan gesture and raised one eyebrow.

“We have an assignment for you. As you well know, there is a ‘shadow war’ of sorts, going on between Section 31 and the Terran Empire.”

Bud answered, “Yes, I know all too well. I almost got killed in the crossfire.”

“Indeed,” Ferris said, “and we have strong reason to believe that there is a Terran operative onboard the Heimdal. We want you to find him.”

“Why is he here?” Bud asked.

“Probably the usual reason; stealing technology that the Terrans are too short-sighted to invest in, like medical and warp technology. But there is another possibility. We have acquired some intelligence that the Terrans may be researching ways to use El-Aurians for their own advantage. There is an El-Aurian on board the Heimdal, so the operative may be seeking to kidnap or use him in some way. You need to keep watch.”

“And my duty schedule just happened to be recently adjusted so that I am literally working beside this El-Aurian. Did you arrange that too?”

“Does it matter?” Ferris said with a glint in his eye.







"I guess not," Bud answered. "You know there is another possibility. This operative may be here to kidnap me and take me back to the Terran Empire."

"Yes, the thought had occurred to us. But then that should only make it easier for you to locate him."

"How comforting," Bud swallowed hard.

"So, keep your eyes open for anyone suspicious and also keep tabs on ..." Ferris consulted a PADD, "...Lt. Commander Zak Lyon. Keep us informed of everything."

The screen went dark, and Walker sat still, lost in his thoughts. *Will I ever be truly free?*

\*\*\*

At Security, Kathy hesitated. She wanted to talk to Jonathan, but she was a little afraid she would run into Rear Admiral Davis. It's not like Carl is frightening or anything, it's just he is a Rear Admiral and a dedicated Security officer. Jonathon was easier to talk to, he wasn't as "gung ho." In fact, as with most of the crew, he was a friend. Kathy was sure he would know the answer to "the Bud" problem.

*To be continued...*

## LOOKING TO THE FUTURE

**From Linda**

I probably don't even need to say this but our future is rich ... the anniversary party on April 15 followed by the May 13 Star Trek Collectibles Auction. You don't want to miss ANY of this.

As we so often say ... the Heimdal has something for EVERYONE ...

**THAT'S IT - WE QUIT ...**

FINAL THOUGHTS ... we'll see you at the party VERY soon and looking forward to seeing WHO you will be. As of right now ...



with the deadline for RSVPing behind us, we have 46 people joining us at the party. That's one less than last year but still an EXCELLENT crowd. Plan to enter the costume contest. There will be prizes ...

**Linda, Willy and our staff of THOUSANDS.**

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*We'll see you around the galaxy...*

# Happy 39<sup>th</sup> Anniversary, USS Heimdal