



The 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

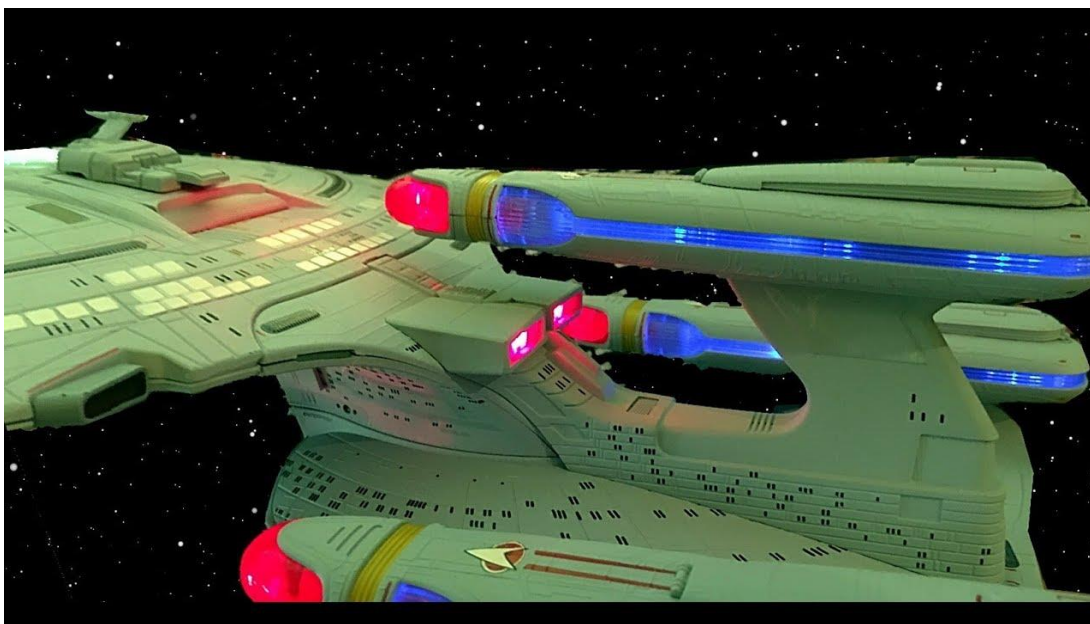
BEST R/1 MEMBERSHIP HANDBOOK 2020

WINNER - BEST FLOAT AWARD, AMHERST CHRISTMAS PARADE – 2006, 2020, 2021

*The **Saint Patrick's Day / Heimdal Memories** Issue, March 2024*

Email: heimdalco@aol.com, Website: <http://www.ussheimdal.com>

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2009





FROM THE COMMANDING OFFICER

Adm. Linda Smith - Starfleet 2024 SFDPP Certified

Happy St. Patrick's Day! And next month, **Happy 40th. Anniversary, Heimdal.** It's been a spectacular 40 years.

In commemoration of our anniversary, I will be adding some old photos from the Heimdal's past starting with the photo of some of us on the first page from 2009 and this photo of me 24 years earlier in 1985. (Were we ever really THAT young?)

In 1985 I was the new commanding officer of the recently commissioned USS Heimdal but also a member of the Medical Department. Here I am wearing my Starfleet medical uniform of the day. I made it myself by putting several patterns together and coming up with something that was almost a perfect replica of the medical uniforms seen in ST: TWK. I also made 7 'monster maroons' the same way ... by combining patterns because there were no uniform patterns available in those days. I made them for Heimdal members that lived here and in Roanoke. I was SO proud of myself.

I remember feeling very different when I put my 'monster maroon' and medical uninforms on. It's



hard to describe ... I just did and I'm so glad to have experienced that feeling.

I hope you ALL will come to the Anniversary Party and please DO bring a guest. We want to share our excitement and this wonderful party with our friends because it is such a special and unexpectedly beautiful moment in Heimdal's history. Who could have imagined we'd still be up and running 40 years later?

What a joy to go **BACK TO THE FUTURE** together.



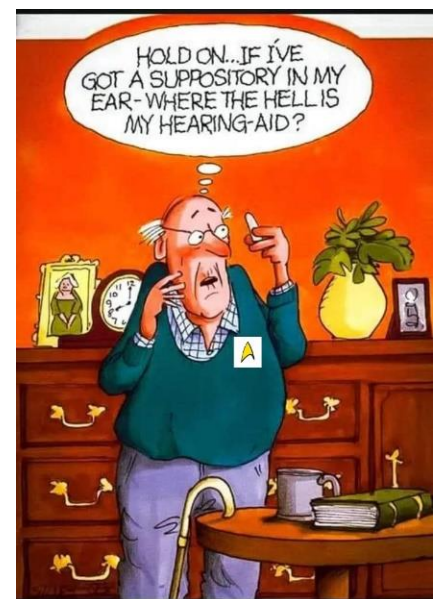
FROM THE OFFICE OF THE EXECUTIVE OFFICER XO, Chief Science Officer, Adm. Willy Smith – Starfleet 2024 SFDPP Certified

Hello all and welcome to another March edition of our newsletter. Time passes and things happen to remind you that we're made of destructible materials.

Last month Carl (with his cat-like reflexes) still managed to plow into a large deer, which caused him to have to repair his car and at this point in life we don't have that much expendable funds. I, too, came close to plowing into a herd of deer right after Linda had said "**be careful.**" I was just glad they got out of my way and I wonder what must it be like out west where Bison roam the highways.

Now it looks like a Gorn is about to escape from a pore on my face (I've had an infected cyst that made an

emergency trip to the dermatologist necessary ... sigh). Now I know how Hemmer felt!



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Dial by your location

• +1 301 715 8592 US (Washington DC)

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Meeting ID: 927 494 7336

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Find your local number: <https://zoom.us/j/acC7yeT7hQ>



FEBRUARY MEETING

A Call to Arms for the Heimdal

February 2024 Chapter Meeting of the USS Heimdal

By Commander William M. Walker, Jr. – Operations, Starfleet SFDPP Certified

The Heimdal crew gathered at the Madison Heights Public Library (part of Amherst County Public Library system) and online via Zoom on February 17, 2024, for the monthly chapter meeting.

Admiral Linda Smith called the meeting to order and noted that PO3 Gary Burley, a member for several years and resident of Scotland, was attending for the first time, via Zoom. Gary has donated several prints of his artwork to the chapter for fundraising purposes, and Admiral Smith ordered that they be displayed during the meeting for all the crew to enjoy.

Admiral Smith and several Department Heads reviewed the medical status of several crew members, the details of which will be redacted for this article. Linda then reviewed the current status of the 40th Anniversary party, stating that the gift bags are coming together.

Before turning to the Department Heads, Admiral Linda Smith made several announcements:

- The next meeting will be March 16, 2024, and will feature a presentation by Jonathan and Allen Hatter on Camping Adventures.
- February 27, 2024, is the deadline for the next newsletter.
- Paul Campbell donated several posters for crew members to claim and enjoy.

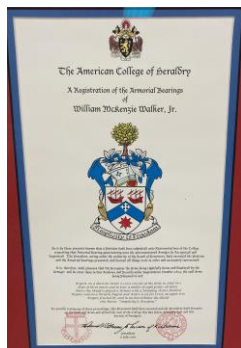
Admiral Willy Smith announced that he now has hearing aids, which caused hearing and hearing related issues to be the running joke for the rest of the meeting.

Rear Admiral Carl Davis stated that once the weather is warm enough, phaser simulations will go back to a monthly schedule.

Vice Admiral Glenda Blanks reported that Commander Dan Blanks will “ring the bell” once his cancer treatments are complete. The plan is to do this at the Awareness Garden on Langhorne Road in Lynchburg. Exact date and time will be announced later.

Fleet Captain Darrell Millner updated the chapter on Engineering activities and Role-Playing Writing activity. He also commended Lieutenant Jody Lyon for completing her first Starfleet Academy courses.

With business concluded, Commander William Walker gave a presentation on Heraldry. Commander Walker is reluctant to review his own presentation, so instead will quote the Admiral Linda Smith from her MSR: *“He shared SO much information with us about the history of*



heraldry, the artwork, how it progressed and grew through the ages, what the figures and symbols mean, how to have your OWN coat of arms done authentically and how heraldry ties in to science fiction in several ways. Bud has a gift for this type of presentation. He shared quite a lot of information, history, art, ancestry, science fiction and humor. Following the presentation, he gave everyone a chance to draw/create their OWN coat of arms. Our attempts were interesting and entertaining. Bud also held a Q&A following our attempts at drawing coats of arms."

After the presentation, Admiral Smith adjourned the meeting.

HEIMDAL'S 40th ANNIVERSARY CELEBRATION

~ Back to the Future 1984 ~

From Linda



GET READY!!!! In just one short month on April 13, we will be celebrating the Heimdal's 40th Anniversary as a Starfleet chapter. The **DELOREAN WILL BE BLASTING INTO WARP!!!!**

At the Lynchburg Grand Hotel at 601 Main Street, downtown Lynchburg 24504, Meet and Greet begins at 5 p.m. with hand-painted tattoos of your choice by artist, Nikki Kessler, dinner at 6:30, a video presentation, **LIVE ENTERTAINMENT** by the spectacular McKinley Cardwell, a Costume Contest and door prize drawing.

******* As a special treat, we will be auctioning the large *Ivanhoe* low-numbered art print by Gary Burley following the Costume Contest.

The Southern Buffet dinner is all you pay for the evening and that is \$28.95 per person, inclusive (everything plus tax and tip included in that low price.) **REMINDER: If you plan to attend you MUST also have dinner AND CAN'T JUST COME LATER FOR THE ENTERTAINMENT.**

Please DO bring a guest and YES, your guests must pay for their meal.

RSVP no later than April 1 at 12 noon and Linda must have payment for your meal also no later than April 1 at 12 noon. Please make checks and money orders payable to Linda Smith and NOT to Heimdal. Please include the number that will be attending.

This is a costume event, although you don't HAVE to wear a costume ... but it will be more fun if you do and you MIGHT win the prize for BEST COSTUME in the Costume Contest. Costumes can be from the original *Back to the Future* movie or from the 1984 era.

There will be fun party favor bags, nostalgia and an evening spent with special friends. What's not to love about an evening like that???

***"We better back up. We don't have enough road to get to 88."
"Roads? Where we're going, we don't need roads ..."***

HEIMDAL'S ADVENTURE CONTINUES

HEIMDAL PEOPLE

STARFLEET ACADEMY GRADUATES – CONGRATULATIONS!



Admiral Willy Smith

7 SFA courses

1 BOCP Award

DISTINCTION for AQ-THO 102 - Tholian Race - School of Xenoanthropology (IOAS:COXA)
completed Feb 4, 2024

DISTINCTION for CST 004 Sec. Chief- Chief of Security Section - School of IOSTS - College of Security in Trek completed Jan 26, 2024

DISTINCTION for CST 005 Security Clearances - School of IOSTS - College of Security in Trek
completed Feb 5, 2024

DISTINCTION for CMDS 109 Neurology, Part 1 - School of IOMA - College of Medical Studies completed 2/5/, 2024

DISTINCTION for CMDS 110 Neurology, Part 2 - School of IOMA - College of Medical Studies completed 2/ 6, 2024

HONORS for CMDS 102 Audiology, Part 1, School of IOMA - College of Medical Studies completed 2/ 8, 2024

DISTINCTION for CMDS 103 Audiology, Part 2, School of IOMA - College of Medical Studies completed 2 /10/24

BOCP - Chief Medical Officer Certification Awarded Feb 18, 2024



CMDR Zachary Lyon (4 Courses, Award)

IOAS - School of XenoAnthropology (IOAS:COXA)

DISTINCTION for AQ-AND 202 - Analysis of the Aenar on Feb 7, 2024

IOTK - STARFLEET Officers Radio School (IOST:SORS)

HONORS for SORS 104 - Radio in DS9 on Feb 22, 2024

IOTK - College of Laser Technology

HONORS for COLT 106 - Lasers part 6 on Feb 11, 2024

DISTINCTION for COLT 107 - Lasers part 7 on Feb 11, 2024



LT Jody Lyon (4 Courses, Award)

IOTK - College of Engineering

DISTINCTION for CENG 101 - Early Principles on Jan 29, 2024.

HONORS for CENG 102 - Pre-19th Century Pioneers on Jan 30, 2024

IOSS - School of Planetary Identification & Discovery

DISTINCTION for SPID 101 - Kinds of Planets on Jan 28, 2024

DISTINCTION for SPID 102 - Keplers Laws on Jan 29, 2024



CMDR William Walker Jr (6 Courses, 1 Award)

SFA Awards

AWARDED for BOCP - Chief Medical Officer Certification on Feb 6, 2024

IOSTS - College of Security in Trek

DISTINCTION for CST 016 General Alerts part 7 on Feb 03, 2024

IOIE - School of Intel Gathering (SIG)

HONORS for SIG 307 Intel Commandments on Jan 25, 2024

HONORS for SIG 308 Indicators on Jan 23, 2024

HONORS for SIG 309 Vetting on Jan 24, 2024

IOSTS - College of Security in Trek

DISTINCTION for CST 016 General Alerts part 7 on Feb 3, 2024

DISTINCTION for CST 019 Security Orders Part 3 on Jan 30, 2024



FCPT Darrell Millner (2 Courses, Award)

IOSTS - College of Treknology (IOSF:COT)

HONORS for ST6-103 - Technology on Feb 25, 2024

DISTINCTION for ST7 -103 - Technology on Feb 27, 2024*



RENEWALS

A special **THANK YOU** to Kenny Proehl, Chris Thompson, Cathy Fletcher, Gary Burley and Bud Walker for renewing and staying with our Heimdal “family” for another amazing 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 within in 60 days following your renewal.

Remember the increase in membership rates went into effect on January 1 and congratulations to those of you that renewed ‘under the wire.’ **You may also renew for multiple years with Starfleet ... not just a year at the time.**

XXX PLEASE NOTE: When Willy sends you your renewal reminder, he includes in that email your SCC number and 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

March -

Jonathan, Karen & Allen Hatter – March 7

Tammy White, Robin Hudson

& Madison Litchford – March 23

Katrine Contreras – March 31

April – Paul Campbell – April 4

Dee Stinson – April 13

Weston & Sarah Webb – April 18

Robert, Cindy & Kinsey Ward – April 18

May- Paul Muse – May 10

Bill Booker – May 18

Mike Davis – May 21



HEIMDAL STUFF

For the first time in a LONG time, we don’t have any HEIMDAL STUFF to tell you. **WOW! We’re fresh outta stuff!!!!**

It was time for us just to sit back, move along at WARP 3 for a change and just RELAX. AND look forward to the party.

RILEY’S RAMBLINGS

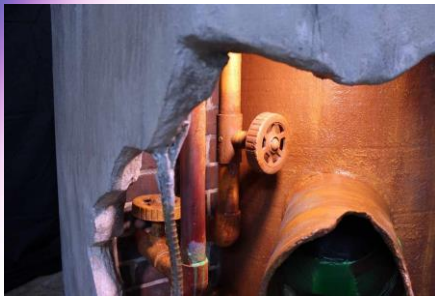
TEENAGE MUTANT NINJA TURTLES

By Richard Riley

Hello everyone! Seems that this year is just marching on with no slowing down at all! Kind of wish that we would have had a proper winter with a bit more cold and snow but then again, I should be careful what I wish for. Some of the coldest weather and deepest snows have come in March!

This month’s column I want to share one of my favorite projects! I had a client approach me with an unusual request, they wanted a themed desk for their office. The theme? Teenage Mutant Ninja Turtles! Projects like this are what I live for - not only do I get to make a prop but it gets to be functional!





We worked out some ideas, the client at first wanted a giant turtle shell but that was a bit macabre, where would the shell have come from? A dead Ninja turtle?! We then discussed maybe a display case for their weapons. Well, the weapons are normal weapons used in martial arts, nothing truly remarkable to them like Batman's weapons, which are distinctly his. The idea struck me why not have the desk made in such a way to resemble the New York City sidewalk that leads to the sewers. In the comic book the turtles along with their Martial Arts teacher Splinter, which is a Rat, are living in the sewer when a radioactive container breaks and the green goo drips into the sewer by a manhole cover that infects all the creatures, transforming them into the larger, more human versions of themselves.

After a few sketches we went with the top of the desk being the sidewalk with a manhole cover. The broken canister would be movable on the desk and not attached so the client can have an open workspace. We went with a cutaway of the front of the desk showcasing the pipe leading down into the sewer, the green goo spilling into the pipes and of course the 4 turtles and the Rat which are getting into the goo! I was able to create rusty broken pipes, shut off control handles and included lighting inside to illuminate it. The bulk of the desk is made from wood and putty for details. I then used PVC pipe that was painted and coated to look like rust. The turtles and rat are just toys that I purchased and did some repainting on them to make them look more realistic. The large pipe that would lead from the manhole cover is cut in half so the clients legs will fit into the pipe when seated.

This project would have to be in my top 5 of favorite builds! My love of comics and also being able to incorporate that into a functional piece really made this such a fun build!

Editor's Note: *To appreciate the amazing detail, enlarge the pictures.*

FROM OUR DEPARTMENTS





<<<SECURITY>>>



SECURITY REPORT: MARCH 2024 By RAdm. Carl Davis, Chief of Security, Starfleet SFDPP Certified

I have two tentative dates for phaser sim. March 23 at 2:00pm. It's a Saturday and we'll hope for warmish weather. April 14 is the Sunday after the anniversary party and maybe we'll have a good turnout at 2:00pm that day. Hoping to have some crew still in town after the party and maybe we can have more than two departments involved. You'll be hearing more about these dates as they draw closer.

<<<SCIENCE>>>



ZIPPERS AND HOW THEY CHANGED MY LIFE Chief Science Officer, Adm. Willy Smith, Starfleet SFDPP Certified

You are probably saying to yourself, "*Well ... Willy has lost his mind ... What is he saying?*"

Just a day like any other day when I opened an e-mail and it led me to believe that more than likely MOST of the ZIPPERS on my clothing and other stuff have **YKK** stamped on it. I looked on my jacket ... YUP, backpack ... YUP, **my pants** ... YUP. How could this happen I ask myself? Time travel? Aliens looking to make a buck? Really, it's a fairly simple answer and if you KNOW your product was fully produced in China, don't waste your time looking.

It's not a secret code or some obscure mark of zipper quality. YKK is the name of a huge company that makes [zippers](#), among many other things. If you don't see the YKK on the PULL TAB, look at the bottom where the zippers join, or even the top.

Founded in Japan in 1934 [YKK](#) was originally called [Yoshida Kogyo Kabushikikaisha](#). Yoshida designed his own zipper machines and was having a bitch of a time getting his name on the zipper, so in 1994 the company changed its name to just YKK. The privately held YKK Group is headquartered in Japan and is made up of [106 companies](#) in 70 countries. YKK makes the entire zipper including the dyed cloth and the brass used to make the zipper. Who would have thought?

YKK zippers are found in: Clothing, Furniture, Cars, Luggage, Sports equipment and **MY PANTS** (*oh man!*) YKK produces more than 7 billion zippers, about half the world's supply of zippers. It is the preferred zipper of many fashion designers due to its reliability. YKK also produces the machines that make the zippers.



In Macon, Georgia, a YKK factory site produces more than 5 million zippers a day, in [1,500 styles in 427 standard colors](#). It's the largest zipper factory in the world. The Macon site produces its own brass to make the teeth and slider parts of a zipper. The same factory also produces and dyes the yarn that is woven into the fabric portion of a zipper. I'll bet Darrell has something to do with this company.

Here is a bit of zipper history. In 1913, Gideon Sundback of Sweden developed the predecessor of today's zipper that used metal teeth and patented it in 1917. Sundback's design was the first design that saw practical use. Later, the B.F. Goodrich Co. used the separable fastener in some rubber boots and came up with the name "zipper" because the boots could be fastened with one hand.

Well, let's zip up this article (*insert humor*) and when Pheeb's visits the vet, a YKK zipper closes the front of her cat carrier and prevents her escape.



<<<ENGINEERING>>>



ENGINEERING UPDATE, MARCH 2024 ENGINEERING UPDATE FCAPT Darrell Millner, Chief Engineering Officer R1 RDC ENG., Starfleet SFDPP Certified, SFA RED Squad

Monthly ENG/OPS Report - SD: 202402.27





Houston we have a first in a very long time, make sure to enter this in the log, for the SD:202402

Heimdal Chapter and Engineering Departmental meetings (as Kathy Whately stood in for Larry Whately), all six members of Engineering were represented for BOTH sessions. Four members participated in SFA (a total of 16 courses and 1 BOCP Award), and reports/items for The Engineering Link were received from Four members. Have I mentioned how very proud I am of this team?

This month CMDR “Bud” Walker provided exceptional information, education, banter, (evil cookie hoarding), and the opportunity for each of us to begin the path of considering our own personal coat-of-arms. Thank you, Bud, for your leadership and example, the entire chapter benefits from your passion and prowess.

Of course, the ‘Interdepartmental Role Play’ has become an entity of its own, ***“Have you seen this month’s storyline?”*** Who knows where it will grow to next (psst come join in) and ‘cheers’ to Lt. Jody Lyon for keeping us all on track, ***“Can She Cook or Can’t She” ****.

We were especially blessed to have PO3 Gary Burley join us via zoom from across the “Pond” ** which added all levels of enjoyment, information, and a deeper understanding of the history and humor of UK/Scotland.

Speaking of example: Kathy Whately, – there is no doubt why you are such a fantastic fit and representative on Glenda’s Communication Team. Not since my days in digital marketing have I seen such a voracious note taker, a seeker of understanding, card writer and an eternally optimistic spirit. Even when she is intently listening, she is fully engaged in the conversation. Thanks Kathy, your representation for Larry is a huge part of what makes this team so powerful.

There’s much more to say, and NO, Zak - I did not forget about you - but thought this would be a great hook to encourage everyone to come find out more in this month’s edition of The Engineering Link <https://trek.millnernet.com/home/eng-link/> and explore what it’s like in Engineering here on the USS Heimdal and the adventures you keep us on. –

Millner Out (Least we forget * Bibi Besch, Gary’s ** First Zoom with us)

====MEDICAL=====



MEDICAL MMINUTE: HEARING LOSS MARCH 2924

Commodore Tammy White, Chief Medical Officer

Due to recent discussions at home, work, and the last Heimdal meeting I am going to discuss hearing loss and the importance of knowing the signs and getting tested. The information was obtained from the AARP web site and other web sites.

Hearing loss is not always related to an underlying condition. There are many causes including

- Earwax (cerumen) accumulation
- Noise
- Aging - Age-related hearing loss
- Severe pressure change
- Drugs that damage the ear (ototoxic drugs)
- Injuries
- Foreign object in the ear

Here are 10 key signs that it may be time to have your hearing evaluated.

1 You get irritated at others for mumbling. The first part of hearing to fade with age is the ability to discern high-frequency sounds.

2 You're having trouble following conversations. Even without consonants we pick up lots of cues about speech from the context, facial expressions and lip reading.

3 Talking on the phone is more challenging. “Usually, sound is going in both ears, but when you're talking on the phone it's only going in one, which makes it more difficult

4 Some sounds seem louder than normal. Feel like you're easily startled by loud noises? Blame it on a phenomenon called “recruitment,” which is common in people with hearing loss.

5 It's harder to carry on a conversation in a crowded room. Background noise is difficult for everyone, even those with typical hearing.

6 Everyone is telling you to turn down the TV. You might not even realize you have been clicking up the volume button until someone points it out.

7 You feel like you're getting clumsier. The inner ear, where hearing occurs, is like a house with two rooms. Your hearing mechanism, or cochlea, is in one room, and your balance mechanism, the semicircular canals, is in the other — and they're connected by fluid-filled space. So, one affects the other. Plus, we use auditory cues to know where we are in space, says Chandrasekhar: “When





you put hearing aids on people with hearing loss, their [sense of balance](#) and ability to sense where they are in space improves immensely.

8 You don't remember things people tell you. "It's difficult to remember things you don't hear clearly," says Shoup. And when you're struggling to understand what someone is saying, it taxes your [short-term memory](#).

9 You don't get jokes like you used to. "The punchline is often told in a funny way or it's a play on words, and if you can't decipher all the words, you don't get the joke.

10 You get distracted more easily. It takes a significant amount of energy and concentration to decode a message that is missing numerous elements, which is what speech sounds like to someone with hearing difficulties so it's harder to focus and sustain attention during a conversation.

- **7 Reasons Not to Underestimate Hearing Health**
- **Hearing Loss Can Lead to Brain Degeneration**

Let's get you to sit up and take notice of how critical the issue is. People relate to hearing as an ear function, but your ear only collects the sounds. The interpretation happens in the brain which then tells us how to respond to it. Once hearing loss begins, the brain starts to concentrate more on other sensory input like sight, smell and touch. This accelerates the degeneration of brain matter or grey matter atrophy in auditory areas of the brain. Use of the right kind of hearing aids can ensure you not only hear all sounds again but also prevent further damage to your brain cells.

2. Hearing Loss Can Lead to Dementia and Alzheimer's

Did you know that symptoms of hearing loss are related to symptoms of Alzheimer's? Both diseases are caused **by the deterioration of nerve cells in the brain**. Alzheimer's affects perception, which is also a side effect of hearing loss. Dementia is the general term given to the loss of mental abilities enough to interfere with daily life.

3. Hearing Loss Increases the Risk of Falling

According to a study, people with even a mild hearing loss triple their risk of falling because of difficulties in maintaining gait and balance.

For every additional 10dBs of hearing loss, the risk of falling increased by 1.4 times.

How does this happen? When hearing loss begins to occur, the brain is likely to be overwhelmed by the demands on its limited resources. Many people think their gait and balance comes naturally while in reality, it is cognitive appropriation. Because hearing loss causes cognitive overload, there are fewer brain resources to help maintain balance. All the more reason not to compromise on your hearing health!

4. Hearing Loss Leads to Deterioration of Mental Health

Hearing health is inextricably linked to mental health. When you can't hear well, you can't communicate effectively. This breakdown in communication structure keeps pushing people away from social interaction. It can get really frustrating because things you took for granted will suddenly become challenging. Simple things like watching television, enjoying a movie or a night out with friends becomes a constant reminder of one's disability. It can cause one to become a recluse [and even lead to depression](#). It leads to loss of self-confidence and further prevents you from seeking out new opportunities. It causes irritability.

Hearing Loss Can Interfere with Your Relationship

As you reach the verge of depression, your relationship with your family, friends and co-workers are likely to be strained if you do not address hearing loss as a problem. Reasonable people will want to be supportive, and [you may shun their help](#) because you don't consider yourself having a problem. Some others may either want to take advantage of the situation or make you the butt of jokes. All of this can cause a **rift in relationships** further excluding you from social circles.

Hearing Loss Prevents You from Learning

Did you know that an average 15-year-old reads at 10th-grade level while a 15-year-old with hearing loss reads at only the 3rd-grade level? Technology has accelerated the pace at which new things are developed and experienced by adults too. Hearing loss leads to lower attention skills. [It impairs children](#) and adults from learning and comprehending new things which severely affects the opportunities available to them.

Hearing Loss Also Causes Income Loss

When you suffer from hearing loss, people are less likely to employ you. This is owing to the fact that you will not be able to communicate effectively with your coworkers, comprehend telephonic conversations, and may also find it difficult to fulfil regular tasks

The good news is that the sooner you treat hearing loss, the sooner you can overcome these problems.

More than 600 drugs have been linked to hearing loss and tinnitus, including over-the-counter pain relievers. The following is a list of 8 medications that can cause hearing loss.

Over-the-counter pain relievers

Aminoglycoside antibiotics

Erectile dysfunction medications

Loop diuretics

Some chemotherapy drugs

Long-term hormone therapy

Quinine, chloroquine and hydroxychloroquine

Antidepressants

Diagnosis





Tests to diagnose hearing loss may include:

- **Physical exam.** A health care provider looks in your ear for possible causes of your hearing loss, such as earwax or an infection. The way your ear is formed might cause hearing problems, as well.
- **Screening tests.** A whisper test, which involves covering one ear at a time while listening to words spoken at many volumes, can show how you react to other sounds.
- **App-based hearing tests.** You can use a mobile app on your tablet to screen yourself for hearing loss.
- **Tuning fork tests.** Tuning forks are two-pronged, metal instruments that make sounds when hit. Simple tests with tuning forks can help find hearing loss. They may also show where the ear damage is.
- **Audiometer tests.** A specialist in hearing loss, known as an audiologist, does these more-thorough tests. Sounds and words are directed through earphones to each ear. Each tone is repeated at low levels to find the quietest sound you can hear.

If you suspect you may have a hearing loss, even a small one, please talk to your doctor.



<<<<COMMUNICATIONS>>>>

MARCH COMMUNICATIONS REPORT By Vice Admiral Glenda Blanks, Communications Chief, Starfleet SFDPP Certified

It's been a busy month and year. Dan had his last chemo treatment the last week in February and we are both so happy to get that behind him ... us.

It is a joy to communicate with a group like the Heimdal, especially for as long as we have. Dan and I joined Heimdal in 1990. Some relationships last a long time but this one looks like it's going to last forever. We've grown up together and we're really like a 'family.' Occasionally, we're a DYSFUNCTIONAL family (LOL) but still the best family on our planet.



THE UNEXPECTED PERKS OF STARFLEET ACADEMY

Ex Astris, Scientia

By Jody Lyon

Back to School? Why?

I love to learn, sometimes to the dismay of those around me. I get excited and want to share what I find interesting or enlightening. It is a good day when I say something like *"Wow! I never knew that!"* It's a bad day for others when I get on a roll!

On the other hand, I spent many years (most of my life) in school in front of and behind the desk. I have to admit that I was elated to give up the nightly home "work." Studying. Exams, Research. Grading. Class schedules and due dates. All something I was glad to leave in the past. But I missed the "learning." I know I could (and sometimes do) just do it on my own, but I do need a little structure to

delve into completely new areas.

This is where Starfleet Academy comes in. From day one when Zak signed on to the Heimdal, Willy said *"Check out SFA, there are so many courses for so many different interests. You'll be surprised."* Zak jumped right in. I hesitated. Do I really want to go back to school?

With Darrell's encouragement and the example of the rest of the Engineering Department, I tested the waters. Cautiously. I soon found myself saying, *"Wow! I never knew that!"* I would start the day thinking about finishing a manual or starting an exam. On my own schedule. Reflecting my interests. Super easy interface with the resource materials, quizzes and staff. Free. No stress. All rewards. And the courses that you complete online offer immediate feedback – though not official – so you can get an idea quickly what you missed while it is still fresh in your mind.

Finally, I must say how great the volunteer SFA staff is. The manuals are well done. Their responses are timely. They take their work seriously and welcome feedback on the course. (Zak has even gotten credit on a question that he technically got wrong once discussed with the Director!) Taking on such a task takes passion. I am impressed with how much work is put into something that is basically a "spare time" activity after attending to making a living and family.

I can't say enough about this department of SFI.

So, I encourage everyone to try it out. Just pick a course of interest to you. See what you can learn. And try not to overwhelm your friends expounding on all the new stuff you know!

And I have learned this about myself. Always a learner. Always a teacher.





CADET NEWS



HEIMDAL'S CADET CORPS

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



CADET ALLEN HATTER by Jonathan Hatter

On February 10 Cadet Hatter attended session 2 of the 2024 Troop 29 Merit Badge College. This time he decided to participate in the class for weather.

We were pleased to welcome Mr. Thomas Battle, a Meteorologist with WSET 13, the Lynchburg, VA affiliate for ABC. He was there to discuss exactly what is the science of meteorology and some of the careers associated with it. We were surprised to learn that only about 7% of meteorologists work in television.

His education includes a lot of mathematics courses. He was required to take all but one of the same math classes as an Engineering major. He did a wonderful job of answering questions and offering explanations.

There was a lot of interest in tornadoes and hurricanes, which led to

infographics that demonstrate the way in which high and low pressure influence our surroundings.

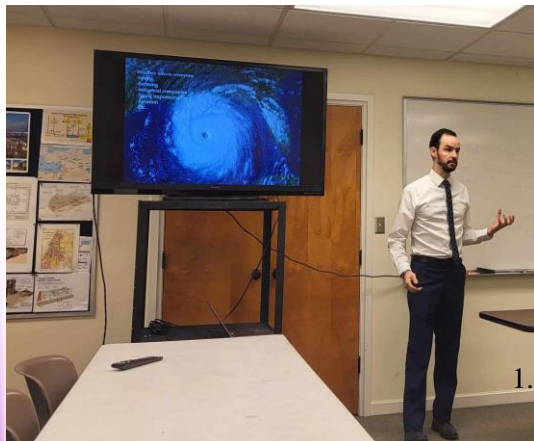
He moved into the types of clouds, what they can indicate, and at what height you would encounter them. Oh wait, how does hail form? I'm glad you asked, let's review that as well as snow, sleet and freezing rain.

Believe it or not, how lightening forms has not really been verified. The conditions necessary for its formation are known, but exactly how it comes about is still a subject of research. Leading theories involve the separation of electrical charge and the generation of an electrical field within a storm. Here are some questions he presented to the Scouts in attendance.

Myth or Fact? Check the end for the correct answers.

1. Lightning never strikes the same place twice?
2. Clear skies above mean you cannot be struck by lightning?
3. Lightning is hotter than the surface of the sun?



How do meteorologists get their data? All over the country there are weather stations that send up balloons twice a day, every day. These



balloons carry instruments to measure temperature, humidity, and pressure. The balloon will pop and the instruments float back to the surface. Unfortunately, some of these are lost to the ocean, but the majority provide insightful data to help predict the weather. Drones are becoming another source that can be adapted to collect data and will likely become more prevalent in future measurement. All the data is then entered into the National Weather Service system whose server farm processes the data to aid meteorologists in forecasting. Radar is also used to help create models.

Thanks to Mr. Battle for teaching the class and all the great information he supplied. Here are the answers to the questions presented earlier:

1. Lightning can, and often will, strike the same place twice.

- 
- 
2. Strikes can occur at distances of 10 to 15 miles. The strikes where it's not pouring rain are sometimes called "bolts from the blue".
 3. Lightning can heat the air it passes through up to 50,000 degrees Fahrenheit (5 times hotter than the surface of the sun).

HEIMDAL'S PET FLEET

STAFLEET'S PET FLEET FACEBOOK PAGE

From Linda

Interested in joining Starfleet's Pet Fleet Facebook page? Just let me know and I will be glad to invite you. Edited by Randy Mitson, it is a fun page with photos of Pet Fleet members and their owners, monthly updates about the number of pets in the Fleet and what species they are, a monthly photo contest, articles about pet care and veterinary medicine, and there is the link to the Pet Fleet newsletter, which is excellent.

Register your pets today and you'll get a Petfleet Member Certificate emailed to you when you do. There is NO cost so that's as good as it gets.

Registration form: <https://forms.gle/LAMM5bnDY35hSPea7>

We would love to see a picture or two of your pets too!

If you're a new member introducing your pet to the fleet be sure to include the tag [#petfleetintros](#) in your post.

(From [Michael R. McCoslin](#).)



STARFLEET STUFF

We don't have a lot of Starfleet Stuff either although there is a vote of the membership pending due to a proposed change in Starfleet's bylaws. Linda will discuss that briefly at the March meeting and stress again the importance of voting when the ballot shows up in your email box.

STAR TREK STUFF

STAR TREK ACTORS SHARE DISAPPOINTMENT AND DOUBTS THAT

PICARD SPINOFF WILL HAPPEN

From [TrekMovie.com](#). Reported by Glenda Blanks, Star Trek Editor

Two disappointed *Star Trek: Picard* actors have shared their doubts over a potential spinoff series going forward at Paramount+.

While *Picard* season 3 was always designed to be the final adventure for Admiral Jean-Luc Picard (Patrick Stewart) and the cast of *Star Trek: The Next Generation*, it set up multiple enticing future storylines.

The ending of *Star Trek: Picard* season 3 saw the *TNG* crew hand over

to their own next generation, bringing their stories full circle. However, that ending also brilliantly set up a potential spinoff series, dubbed *Star Trek: Legacy* by *Picard* showrunner Terry Matalas.

The cast of *Star Trek: Picard* are just as keen for their characters' stories to continue as fans are to see them. Despite the goodwill for *Star Trek: Legacy* from fans and stars alike, the spinoff show remains hypothetical over a year after *Picard* season 3 premiered. The past twelve months have been a time of upheaval for the industry, from the Hollywood strikes to various streaming services tightening their belts. Against this backdrop, it's unsurprising that one *Star Trek: Picard* actor believes that the story "*isn't going to continue*."

Michael Dorn and Marina Sirtis discussed the prospect of a *Star Trek: Picard* spinoff in an interview with Anthony Pascale from [TrekMovie.com](#). *Star Trek: The Next Generation*'s Worf and Troi actors were being interviewed after *Picard* season 3 swept the boards at the Saturn Awards, a clear indicator of the show's success. Despite *Picard*'s awards success, Dorn and Sirtis were pragmatic in their view on *Star Trek: Legacy*'s prospects.

The *Star Trek* franchise's current executive producer, Alex Kurtzman, has acknowledged the desire of fans to see *Star Trek: Legacy* become a reality. The [Make Star Trek: Legacy petition](#) is a good metric for that desire, especially





considering how similar campaigns influenced the conception of *Star Trek: Strange New Worlds* and the saving of *Star Trek: Prodigy*. Hopefully, *Star Trek: Picard*'s impressive clutch of Saturn Awards will further convince Kurtzman and the studio to commit to more episodes from the show's critically acclaimed creative team.

REVIEWS

MOVIE REVIEW: THE SPACE RACE National Geographic, produced by Leland Melvin By Glenda Blanks

The Space Race documents the hard struggle of black astronauts to get into the space program.

When John F. Kennedy became president in 1961, he was very keen to get blacks into NASA. Ed Dwight was chosen to be the first black person to enter test pilots school. At that time Chuck Yeager was in charge of the test pilots school. Chuck Yeager called a staff meeting. At the meeting he announced that the government was *"trying to shove this n----- down our throats,"* and ordered everyone there to have no association with him at all.

Ed Dwight persevered until November 1963, when President Kennedy was assassinated. Without his champion, Dwight realized he didn't have a chance, and resigned from flight school.

Nichelle Nichols is also in the movie. She campaigned to have not only blacks, but women and other races as well. As a result, Guy Buford became the first black astronaut to go to space in 1984.

This movie was very enlightening. I didn't realize that blacks had such a hard time getting into space. It was also very well done.



INTERDEPARTMENTAL ROLE PLAY

Part 17 of The Bound Dog Shall be Loosed: "Explanations and a Mission"

By Bud Walker

Rear Admiral Carl Davis quickly hustled the group into an empty state room nearby. Fleet Captain Darrell Millner, Commander Zak Lyon, Commander Robin Hudson with Zak's chair, Lieutenant Commander Kathy Whately and Lieutenant Jody Lyon filed into the room quietly. Given the stern look on Admiral Davis's face, the group swallowed their questions and waited for Davis to speak. Davis cleared his throat and his deep voice simultaneously commanded everyone's attention and felt reassuring.

"What I am about to tell you is highly classified; level 8 clearance in fact."

That got everyone's attention, as only Captain Millner had that clearance level already.

Davis continued, *"You all are probably familiar with the concept of parallel universes or dimensions. Back in the 2260's, personnel from the USS Enterprise encountered such a universe that Starfleet Intelligence has dubbed 'the Mirror Universe.' This name derived from the fact that most places, ships, and people that exist in the prime universe also existed there, although usually bearing the antithesis of many of their personal characteristics."*

"In the Mirror Universe, there is no Federation. Instead, there is the Terran Empire, which is a tyrannical, oppressive regime. They have a loose warrior culture, but unlike the Klingons, these Terrans have no honor and are more like pirates."

Captain Millner stayed quiet even though he already knew this background. Kathy and Jody looked at each other with surprise and wonder at this revelation. Zak was lost in thought, as some things were now becoming clear to him. Robin's eyes were big.

Davis continued his briefing, *"What you also do not know, is that Bud Walker*



Mirror Hatter



is actually a Terran and that he came to our universe about a year ago, as a refugee.”

Kathy spoke up, *“But Bud has been in Starfleet for years!”*

Davis answered, *“That was Prime Universe Walker. As you may remember, he was a long serving member of the Security Department. He was on a mission for Starfleet Intelligence that took him to the Mirror Universe, where he was killed. Apparently, the Mirror Walker was of assistance on that mission and requested asylum. Starfleet Intelligence granted his request and placed him on the Heimdal, in the place of Prime Walker.”*

Zak spoke up, *“That explains his change in behavior! He became so withdrawn.”*

Darrel also spoke, *“and explains his sudden interest in transferring to Engineering.”*

Davis continued, *“Indeed. And our instructions from SI were to treat him as one of our own.... even though I never received a satisfactory explanation as to exactly how Prime Walker was killed. Which is why I asked Commander Jonathan Hatter to do some snooping on Mirror Walker. What I did not know until now, is that the Terrans had switched my deputy with the Mirror version of Hatter.*

“I wish I had more time to explain more of the details, but we have reached a crisis point. There is a Terran ship that is shadowing the Heimdal, and that is where I believe our Jonathan Hatter is being held captive and is where Walker has been taken.”

“Why tell us all this, sir?” Jody asked.

“Because we don’t have time to get a tactical team from SI, and I need a group to infiltrate the Terran vessel now! I have read you all in on this classified information because I am giving you all a mission; board the Terran vessel, rescue Prime Hatter, and Mirror Walker if you can, and find out what this Terran ship is up to.”

The group had a look of shock on their faces. Millner spoke up, *“But Admiral, I am not sure we are exactly trained for this kind of clandestine operation.”*

Davis replied, *“There is a saying that you go to war with the army you have not the army you wished for. NOW MOVE PEOPLE!”*

END OF ACT I

To Be Continued....

THAT’S IT - WE QUIT ...

Thank you to everyone that contributed to this newsletter AND to you for reading it. It’s HEIMDAL ... it’s who we are. AND we’ll see you at the meeting and ESPECIALLY at the Anniversary Party

Linda, Willy and our staff of THOUSANDS.



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We’ll See You Around the Galaxy ...



HEIMDAL LOWER DECKS

BY BUD WALKER

