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# TRANSMISSIONS

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USS TYCHO NCC-59325-A Award Winning Newsletter

THE LCARS COMPUTER NETWORK

Volume 32 Issue 3

18-88526

51-55230

ENTER

04-02270

## Directory

[Captain's Corner](#)[Poem](#)[Medical Report](#)[Book Review 1](#)[Book Review 2](#)[Recipe](#)[St. Patrick's Day](#)[Happy Birthday](#)[Fortune Cookie](#)[Sci-Fi News](#)[At The Movies](#)[Tycho Minutes](#)[From the Chaplain](#)[Fantasticon Pic](#)[up in Space](#)[Planetarium](#)[Upcoming Events](#)

51-55230



## Captain's Corner

By Ted Klosowski

### March

Happy Anniversary! April 1 is the official anniversary of the USS Tycho. There are other dates listed but the official date of our commissioning as a ship of Starfleet occurred on April 1 1995. Yes, this is our 29<sup>th</sup> year as a ship. We were first a Starliner until we had enough crew to become a Shuttle. In Starfleet to be a shuttle you need a mothership so several of us joined the USS LaGrange in Cleveland. I knew Dave Rose, our founder and first captain through a mutual friend. We would often go out, one of our favorite spots was the Taco bar for Monday Night Football at Chi-Chi's. After one of our nights out, I remember talking with Dave, he said he was starting a Star Trek club and asked if I would be interested in joining. He told me I could be as active, or inactive as I wanted to be. I thought it could be fun so I said sure, why not.

The Tycho almost folded. After many years Dave stepped down as captain and Donna took over as captain with Dianne as her first officer. Things were great for many more years then Donna decided to step down. Well, no one volunteered to step up and there was discussion of dissolving the Tycho. Not wanting the see the Tycho go away, I offered to be captain, a vote was held and the rest, as they say, is history. Originally, captain Dave was my xo but then he became too busy and needed to step away from fleet and Marchelle became my xo.

This is an election year for the Tycho. We decided several years ago to have our election coincide with the presidential election so it would be easier to remember. There are several requirements from Starfleet to be captain. You need to have completed OTS and OCC from Starfleet academy and SFDPP. The election will be held at the November meeting. If anyone is interested in being captain,

please let me or Marchelle know.

The Tycho had another busy month. Many went to hear Chrissy on the bagpipes on St. Patrick's Day. We also went to dinner and a trip to the planetarium for their eclipse special. We have our next meeting coming up on April 4 and the eclipse viewing on April 8.

**We hope to see you at our next meeting on Thursday, April 4, 6:30 pm at Charlie's and on Zoom!**

## To Kiss The Sky

By Belinda Williams

*Caressing another night  
I kiss many a myriad of light  
And all this to my utter delight  
Escaping my grounded plight  
I cuddle neath this chilling bliss  
Beneath this misty wish  
As if I could be so rich as this  
But ever must I peer through this nightly mist  
Just to further my sight  
And to satisfy my insatiable delight  
I have sought the beauty of this world*

*That which would portray this surreal swirl  
It teases my attempted reach  
So near, so far,  
so dear  
So still  
So unfulfilled  
One's lonely desire, remains afire  
Even higher must I fly  
Just to kiss the sky*

04-02270

## Directory

[Captain's Corner](#)  
[Poem](#)[Medical Report](#)[Book Review 1](#)[Book Review 2](#)[Recipe](#)[St. Patrick's Day](#)[Happy Birthday](#)[Fortune Cookie](#)[Sci-Fi News](#)[At The Movies](#)[Tycho Minutes](#)[From the Chaplain](#)[Fantastic Pice](#)[up in Space](#)[Planetarium](#)[Upcoming Events](#)

51-55230

## Chief Medical Officer Report

By Donna-marie Mominee

### Intermittent Fasting!

I think everyone has heard of fasting. It has been mostly associated with religion. However, it has gone way past the religious aspect into serious scientific study. A Japanese cell biologist tracked how cells recycled and renewed themselves during fasting. He won the Nobel Prize for his discoveries

When fasting the body uses fat stores. The change signals the body to go to autophagy, which removes damaged bits of cells and then pushes cell renewal and repair.

#### Regimens:

1. Time Restricted Feeding: Limit daily feedings to a specific time window, 8-10 hours then fast 14-16 hours. This can be daily or limited to a couple days weekly.
2. Alternate Day Fasting: Eat normal one day, then severely curtail calories the next.
3. 5:2 - Normal Diet for 5 days and then restricting calories to 500 to 600 calories on 2 non-consecutive days.
4. Warrior Diet: Fast 20 hours, with a 4-hour eating window, normally in the evening.

All these diets are similar in the benefits. It is a must to speak with a healthcare professional before starting a regimen! Most people find #1 the easiest to start when eating stops at 9 PM. Breakfast is coffee or tea without sugar or cream. Hmm - the chief medical officer wonders whatever happened to the old adage that breakfast is your most important meal of the day? Fasting for a minimum of 12 hours is good, but 15 hours is better! Finding a pattern to suit your lifestyle and maintaining it consistently is paramount.

#### BENEFITS OF INTERMITTENT FASTING:

The benefits that have come to light through intermittent fasting are enhanced cognitive performance, weight loss, reduced cardiovascular risk factors and better blood sugar control. A recent study published in Cell Metabolism suggest it may improve circadian rhythm disruptions, which are believed to add to the progression of Alzheimer's disease. As mentioned, intermittent fasting improves memory and reduces the fibrous amyloid proteins in the brain. Several other studies indicate the intermittent fasting enhances memory, attention, brain processing, speed and cognitive function. Intermittent fasting has shown modest weight loss, (5-15 pounds) as well as waist reduction, reducing body mass index, and cardiometric risk factors.

Another 130 randomized clinical trials also showed improvements in insulin sensitivity, weight, cholesterol pro-

04-02270

## Directory

[Captain's Corner](#)  
[Poem](#)

[Medical Report](#)

[Book Review 1](#)

[Book Review 2](#)

[Recipe](#)

[St. Patrick's Day](#)

[Happy Birthday](#)

[Fortune Cookie](#)

[Sci-Fi News](#)

[At The Movies](#)

[Tycho Minutes](#)

[From the Chaplain](#)

[Fantastic Pica](#)

[up in Space](#)

[Planetarium](#)

[Upcoming Events](#)

51-55230

files, fasting blood sugar levels and blood pressure control. It appears intermittent fasting will help prevent heart disease. The Journal of Restorative Medicine highlighted the potential benefits that intermittent fasting may have in preventing and possibly treating cancer, though much research is needed. This could also mean intermittent fasting can help recycle cells, help DNA repair cell tissues, help regeneration, and help protect against the toxicity of chemo.

#### SAFETY AND OTHER CONSIDERATIONS:

Young children, pregnant and breastfeeding mothers, epileptic people, those with eating disorders (or a history of it) or those taking medications that lower blood sugar levels need to exercise caution or avoid fasting at all.

Intermittent fasting can offer many good benefits. However, some people experience severe hunger, cravings, and poor sleep. There are problems with hypoglycemic people and adverse effects on hormonal balance in menstruating women.

*Natural Awakenings, December 2023*

*Dr. Steven Madey: physician, chef, nutritionist, clinical professor at the University of South Florida.*

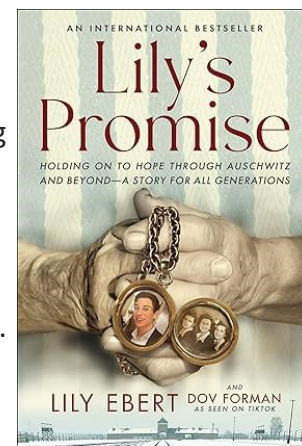
## Book Review

By Marchelle Lee

*Lily's Promise*

By Lily Ebert and Dov Forman

This is a book written by a Holocaust survivor and her great-grandson about her life experiences, most notably the Holocaust. It is a fascinating read about Lily, a Hungarian Jew who was sent to Auschwitz with her family, most of whom did not survive. She made herself a promise that if she survived, she would tell her story. It took her a long time, as the memories were difficult to face. The assistance of her great-grandson was invaluable. Lily just turned 100 years old in December of 2023, and is still telling her story.



Her message is one of the need for tolerance in order to prevent such genocides. Her book reminded me of similar Star Trek themes, like the Original Series episode "Let That Be Your Last Battlefield." In that episode two aliens were fighting and were half black and half white on the two sides of their bodies, but had opposite markings. To the outside observer this difference was inconsequential, but to the two aliens it was a battle to the death.

*The book is an international best seller and is available from the Toledo-Lucas County Public Library.*



04-02270

## Directory

[Captain's Corner](#)[Poem](#)[Medical Report](#)[Book Review 1](#)[Book Review 2](#)[Recipe](#)[St. Patrick's Day](#)[Happy Birthday](#)[Fortune Cookie](#)[Sci-Fi News](#)[At The Movies](#)[Tycho Minutes](#)[From the Chaplain](#)[Fantasticon Piece](#)[up in Space](#)[Planetarium](#)[Upcoming Events](#)

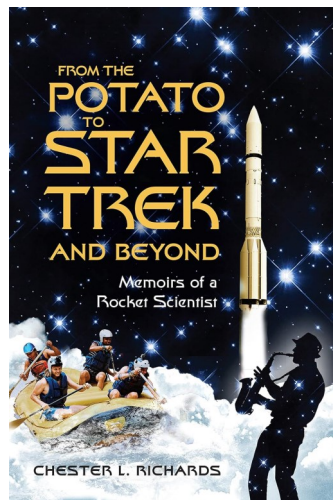
51-55230

## Book Review

**By Ted Klosowski**

**From The Potato to Star Trek and Beyond:  
Memoirs of a Rocket Scientist  
by Chester L. Richards**

The book starts out with a trek tale. Judy Burns loved Leonard Nimoy and Star Trek and she figured the best way to meet Mr. Nimoy was to write a script for Star Trek. First she enlisted one of her friends to help write a "ghost story" script for Star Trek. They submitted the script but never heard anything, then after two seasons Star Trek was cancelled. Thanks to a letter writing campaign Trek was renewed for a third season so she enlisted her friend, Chet Richards to help her rewrite the script and submit it.



Their original story had the Enterprise phasing in and out between different universes. A Transporter accident had Mr. Spock beam aboard the parallel Enterprise. When the crew didn't see him aboard their Enterprise they assumed he was dead, had his funeral and everything. Then various crew members would see him in corridors and various places aboard the ship, phasing in and out.

During this time Judy was taking a script writing course with Chet auditing. The class was taught by Bob Duncan who asked "whatever became of that Star Trek script". Judy replied, "Well, we never heard back, with the renewed third season a guy named Fred Freiberger took over." Bob replied, "I've

known Freddy for years, let me talk to him." Shortly after they heard from Fred and got the go ahead with the script. After several rewrites and having Kirk be the one that is lost instead of Spock the episode The Tholian Web was filmed and aired.

The rest of the book, while interesting was about his rafting trips, experiences as an aerospace engineer and his wife. All interesting stuff but not nearly as fascinating as his story of how they wrote for Star Trek.

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## Slow Cooker Tips

Submitted by Marchelle Lee

From Betty Crocker's *Easy Slow Cooker Dinners*

1. Aside from using a spoon to remove fat from pot roasts and stews, you can use a slice of bread.
2. Don't peek until minimum cooking time and allow an extra 15-20 of cook time for each time you take the lid off.
3. For additional flavor, stir in fresh herbs during the last hour of cooking time.

# Saint Patrick's Day



[Captain's Corner](#)  
[Poem](#)

[Medical Report](#)

[Book Review 1](#)

[Book Review 2](#)

[Recipe](#)

[St. Patrick's Day](#)

[Happy Birthday](#)

[Fortune Cookie](#)

[Sci-Fi News](#)

[At The Movies](#)

[Tycho Minutes](#)

[From the Chaplain](#)

[Fantasticon Pica](#)

[up in Space](#)

[Planetarium](#)

[Upcoming Events](#)



04-02270

## Directory

[Captain's Corner](#)  
[Poem](#)  
[Medical Report](#)  
[Book Review 1](#)  
[Book Review 2](#)  
[Recipe](#)  
[St. Patrick's Day](#)  
[Happy Birthday](#)  
[Fortune Cookie](#)  
[Sci-Fi News](#)  
[At The Movies](#)  
[Tycho Minutes](#)  
[From the Chaplain](#)  
[Fantastic Pica](#)  
[up in Space](#)  
[Planetarium](#)  
[Upcoming Events](#)

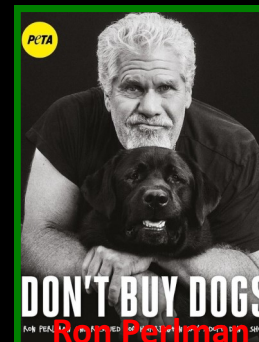
51-55230

## They Say It's Your Birthday!

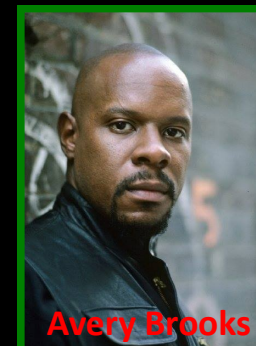
- April 1 Grace Lee Whitney / Janice Rand RIP  
 April 13 Kenny Wetmore / USS Tycho  
 April 13 Ron Perlman (Reman Viceroy, Star Trek: Nemesis)  
 April 15 Michael Ansara (Kang, TOS/DS9 and more)  
 April 18/1949 Avery Brooks / Captain Sisko  
 April 20 George Takei / Mr. Sulu  
 April 22 Ken Cunning / USS Tycho RIP  
 April 28 Paul Guilfoyle / Carl DSC  
 April 29 Kate Mulgrew / Captain Janeway



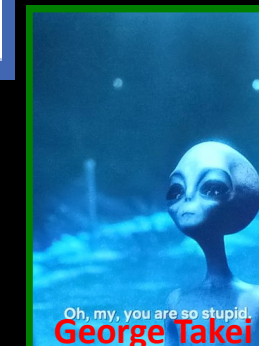
Kenny Wetmore



Ron Perlman



Avery Brooks



George Takei



Ken Cunning



Kate Mulgrew

## Fortune Cookie Quote

**Remember, one careless match can start a forest fire, but it takes an entire box to start a campfire.**

04-02270

## Directory

[Captain's Corner](#)[Poem](#)[Medical Report](#)[Book Review 1](#)[Book Review 2](#)[Recipe](#)[St. Patrick's Day](#)[Happy Birthday](#)[Fortune Cookie](#)[Sci-Fi News](#)[At The Movies](#)[Tycho Minutes](#)[From the Chaplain](#)[Fantasticon Pic](#)[uP in Space](#)[Planetarium](#)[Upcoming Events](#)

51-55230

## Science and Sci-Fi News

*Submitted by Ted Klosowski*

Paramount+ releases 4 new  
Star Trek: Discovery Season 5 posters



**Name Of Star Trek Fan-Favorite  
Race Never Made Sense**



**EXO-6 Unveils Museum-Grade  
Collectible Figures**



**“Big Bold Swings” Is How Star Trek Con-  
tinues To Grow, Says Executive Producer**



**William Shatner Steps Out to Celebrate  
You Can Call Me Bill Documentary  
Ahead of 93rd Birthday**



**Sonequa Martin-Green Has 'Settled Into'  
Her 'Worth as a Black Woman in a Way  
That I Would Not Have Imagined'**





04-02270

## Directory

[Captain's Corner](#)  
[Poem](#)  
[Medical Report](#)  
[Book Review 1](#)  
[Book Review 2](#)  
[Recipe](#)  
[St. Patrick's Day](#)  
[Happy Birthday](#)  
[Fortune Cookie](#)  
[Sci-Fi News](#)  
[At The Movies](#)  
[Tycho Minutes](#)  
[From the Chaplain](#)  
[Fantasticon Pica](#)  
[up in Space](#)  
[Planetarium](#)  
[Upcoming Events](#)

51-55230

## At The Movies

Brought to you by [FilmAffinity.com](#)

April 5



### The Beast



2023

Sci-Fi

In the near future where emotions have become a threat, Gabrielle finally decides to purify her DNA in a machine that will immerse her in her previous lives and rid her of any strong feelings. She ... [\[+\]](#)

### Bertrand Bonello

[Léa Seydoux](#), [George MacKay](#), [Dasha Nekrasova](#) ...

April 12



### Civil War



2024

Action

In a near future where America is engulfed in a bloody civil war, a team of journalists and war photographers embark on a road trip to Washington DC. Their mission: to arrive before rebel forces storm ... [\[+\]](#)

### Alex Garland

[Kirsten Dunst](#), [Jefferson White](#), [Wagner Moura](#) ...

April 19



### Sasquatch Sunset



2024

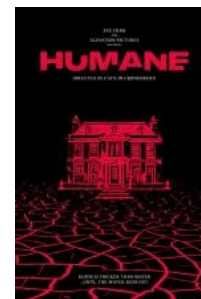
Comedy

[David and Nathan Zellner](#) now take us into the life of a family that has remained hidden from humanity, immersed in the North American wilderness.

[David Zellner](#), [Nathan Zellner](#)

[Riley Keough](#), [Jesse Eisenberg](#), [Christophe Zajac-Denek](#), [Nathan Zellner](#)

April 26



### Humane



2024

Thriller

In the wake of an environmental collapse that is forcing humanity to shed 20% of its population, a family dinner erupts into chaos when a father's plan to enlist in the government's new euthanasia program goes horribly awry. [\[+\]](#)

[Caitlin Cronenberg](#), [Jay Baruchel](#), [Emily Hampshire](#), [Peter Gallagher](#) ...

April 26



### Breathe



2024

Action

Air-supply is scarce in the near future, forcing a mother and daughter to fight to survive when two strangers arrive desperate for an oxygenated haven.

### Stefon Bristol

[Jennifer Hudson](#), [Milla Jovovich](#), [Quvenzhané](#)

[Wallis](#) ...

LCARS 4588A

04-02270

## Directory

[Captain's Corner](#)[Poem](#)[Medical Report](#)[Book Review 1](#)[Book Review 2](#)[Recipe](#)[St. Patrick's Day](#)[Happy Birthday](#)[Fortune Cookie](#)[Sci-Fi News](#)[At The Movies](#)[Tycho Minutes](#)[From the Chaplain](#)[Fantasticon Pica](#)[up in Space](#)[Planetarium](#)[Upcoming Events](#)

51-55230

## U.S.S. Tycho Minutes

USS Tycho

March 7, 2024

Commanding Officer: Ted Klosowski

Recording Officer: Marchelle Lee

Attending: Justin, Jessica, Sherriea, Belinda, Chrissy, Lisa, Linda, Diane, Diana, Tom, Ted, Wynn timer, Brian, Guy, and Marchelle. Guests were Klingon Assault Group members Mark and Sally Baker.

Justin led the meeting as his bridge exam, with Ted's assistance.

Welcomed Mark and Sally Baker, Klingon visitors who are starting a Toledo-based Klingon Assault Group (KAG).

Justin reviewed the Bylaws sections we are to vote on for the SFI Handbook, Section 3.4 on Membership Responsibility, and 3.7 Suspension and Removal. A ballot was emailed out to members. Please vote.

CS elections are coming up. Also, there is a Region 1 Region Coordinator election. Everyone was asked to review the Region One platforms, which are available at r1.sfi.org. We nominated Mike Wilson and John Hoppa. The other teams were Michaud/Parmley and James Cecil.

Ted and the crew decided a few years back to have the Captain's position come up for vote in election years, to allow for someone else to be captain. If you're interested in being Captain, let him know. A vote will be taken and if no one else is interested, it will be a vote of confidence.

The Eclipse Party will be at the Wolfs in Perrysburg at noon on April 8. It will be a potluck.

Planned to go to the Police Museum on Kenwood Blvd. at 2:30 on Saturday, March 23 followed by dinner at Calvino's at Cricket West. Will be in touch to get a headcount.

There is a flashlight tour of the Fremont Dungeon and gallows that is held about once a month on a Wednesday at 6:30 in Fremont. They recommended that we buy our tickets two months ahead of time in order to get everyone on the same tour. It is about an hour and a half tour.

April 6th at about 1 PM Klingons will invade the Federation store in Sandusky. Some of the Tycho may attend. Mark has been a KAG member since about 6 months after the organization was formed. They have no dues, no rules, and no dishonor. They are collecting nonperishable food, money and toiletries for charity. Have been involved in other fundraisers.

Belinda is looking to put poems in a booklet.

Diana – She and Jerry went to Florida Pensacon with Kim. Saw the writer of the Trouble with Tribbles and Vicki Lawrence. Jerry is at the outage. Changes have happened at work with the change of ownership of Davis-Besse.

Sherriea – Reading challenge for SFI. There is a spreadsheet where you type in your page count.

SFI and other fan clubs don't seem to influence the franchise.

Was concerned about accessibility in Fleet. Justin shared that the Accessibility Committee has formed and is discussing what they can do.

Chrissy – March 17 the Black Swamp Pipe and Drums will be at Hensville at 11 am, Great Black Swamp Brewery at 12:30 pm Shawn's on Heatherdowns at 2:00 pm and Shawn's in Waterville about 3:00 pm.

LCARS 4588A

04-02270

## Directory

[Captain's Corner](#)  
[Poem](#)  
[Medical Report](#)  
[Book Review 1](#)  
[Book Review 2](#)  
[Recipe](#)  
[St. Patrick's Day](#)  
[Happy Birthday](#)  
[Fortune Cookie](#)  
[Sci-Fi News](#)  
[At The Movies](#)  
[Tycho Minutes](#)  
[From the Chaplain](#)  
[Fantasticon Pic](#)  
[up in Space](#)  
[Planetarium](#)  
[Upcoming Events](#)

51-55230

Linda – Brought sampler to show. Nick has very limited resources at the base where's he's at. There's a plane he can take to Saipan, Japan, but it's \$80 one way.

Received a Christmas card from Bob's cousins in Greece.

Lisa – Nothing new to report.

Dianna – Solvent.

Brian and Ted – Annual Toy and Train Show is 10-3 at Owens Community College on Sunday. Fantasticon is this weekend, too.

Wynn timer – Show n Tell – Old digital camera, large floppy disk, and backup tape.

Tom – May 4 there is a Star Wars event at the Way Library in Perrysburg from 1-5 pm.

Ted – Have finished all our stories for the newsletter. Would like everyone to think about a story idea that each department will write a part of from their perspective.

Next Meeting – Thursday, April 4.

Newsletter deadline – Saturday, March 16

END TRANSMISSION

**Next meeting is April 4, 2024**  
**Charlie's @ 6:00 and Zoom @6:30**  
**Be there or be a tribble**





04-02270

## Directory

[Captain's Corner](#)[Poem](#)[Medical Report](#)[Book Review 1](#)[Book Review 2](#)[Recipe](#)[St. Patrick's Day](#)[Happy Birthday](#)[Fortune Cookie](#)[Sci-Fi News](#)[At The Movies](#)[Tycho Minutes](#)[From the Chaplain](#)[Fantasticon Pic](#)[up in Space](#)[Planetarium](#)[Upcoming Events](#)

51-55230

## From the Chaplain

By Justin Hunt KGO

### Spirit of Adventure

Recently, I've been making it a point to read more. I tend to get a bit touchy if I don't take time to unwind with a good story or bit of non-fiction. As a result, I've been working through an anthology of classic science fiction. Old sci-fi is a wonderful thing. It has, for the most part, a fairly optimistic view of what humanity is capable of. Jules Verne, in particular, has an interesting view of human nature. Many of his stories are less about human innovation so much as they are adventures centered around exploration and discovery.

Most of his stories are driven forward in the face of whatever practical considerations by men of an adventurous spirit that borders on insanity. However, this is the same spirit that usually ends up being awakened in the other members of the party who, previously, were either reluctant to start or continue the journey. Note though, that the spirit is not being injected into the others. Rather, it is being stirred; much like the coals of a nearly burned-out fire. By nearly all practical inspection, the embers have died. They have been left smothered by the pragmatic views of "rational" men. But, with the right amount of stirring, a little bit of tow or tinder, and a bit of fanning, it can be kindled into a flame once again.

Pragmatism, though very useful on most occasions, can be overdone. When it is overdone, it can strip the meaning out of life. It will make people question the practical applications of every endeavor. It asks, "What practical use is exploring the ocean floor?" or "Why are we wasting money sending rovers to other planets when there are uses for that money here?" It can find itself at odds with the human tendency to ask and wonder about anything

but the necessities. When overdone, it becomes the road to *Fahrenheit 451* rather than the *Journey to the Center of the Earth*.

How boring would existence be if that were the only mindset that we were endowed with?

Fortunately, we live in a world filled with artists and thinkers, innovators and explorers. Gene Roddenberry was inspired by *Horatio Hornblower*. That led to *Star Trek*. *Star Trek* has, in turn, inspired generations of space enthusiasts and scientists. Technology has progressed in leaps and bounds, and it is now starting to look like the words of Jules Verne may be coming true, "Anything you can imagine, you can make real."

When there is a barrier or a boundary that inhibits our desire to know and to discover, we fight against that which would hedge us in. Invention and innovation are thus driven by this spirit that we, as a people, share. In 1903, two brothers made history though others around them scoffed at the idea of powered flight. In 1969, less than a full sixty-six years later, a human stepped on the moon. This is our spirit of adventure in action.

It is a sad truth that so much of what we hand to our younger generations is simple, practical, dull, facts. We hand them bare formulae in the place of inspiration, asking them for quotes more than creativity. It is to our great fortune that the spirit of adventure never dies in our species. No matter what hindrances it may have heaped upon it, it is always smoldering somewhere in our deepest selves just waiting to be awakened. This is a comforting thought because there is so much more to discover; so many mysteries to solve.

In the words of JRR Tolkien,

"...For there are so many things that I have never seen, in every wood, in every spring, there is a different green..."



LCARS 4588A

04-02270

## Directory

[Captain's Corner](#)[Poem](#)[Medical Report](#)[Book Review 1](#)[Book Review 2](#)[Recipe](#)[St. Patrick's Day](#)[Happy Birthday](#)[Fortune Cookie](#)[Sci-Fi News](#)[At The Movies](#)[Tycho Minutes](#)[From the Chaplain](#)[Fantasticon Pica](#)[up in Space](#)[Planetarium](#)[Upcoming Events](#)

51-55230

## Fantasticon 2024





04-02270

## Directory

[Captain's Corner](#)  
[Poem](#)

[Medical Report](#)

[Book Review 1](#)

[Book Review 2](#)

[Recipe](#)

[St. Patrick's Day](#)

[Happy Birthday](#)

[Fortune Cookie](#)

[Sci-Fi News](#)

[At The Movies](#)

[Tycho Minutes](#)

[From the Chaplain](#)

[Fantasticon Piece](#)

[uP in Space](#)

[Planetarium](#)

[Upcoming Events](#)

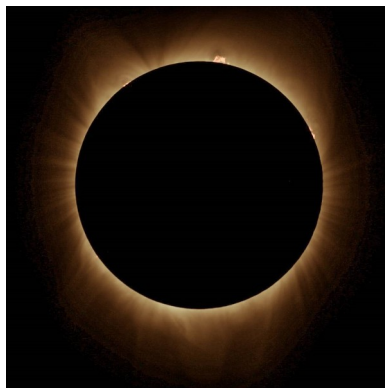
51-55230

## uP In Space

Submitted by Marchelle Lee

## ECLIPSE 2024

The topic of the month is the solar eclipse happening April 8, 2024. As long as it is not pouring down rain, the USS Tycho will view the solar eclipse in true scientific fashion, by observation, that Monday.



*Ritter Planetarium Offerings*  
*Appold Planetarium Offerings*

## Upcoming Events

## Monthly Meetings

Thursday April 4, 6:00 [Charlie's Central Ave](#) and [Zoom](#)@6:30

Thursday May 2, 6:00 [Church of St. Andrew United Methodist](#) and  
[Zoom](#)@6:30

Thursday June 6, TBA

## Extra Curricular

Sunday March 31, Easter Sunday

Saturday April 6 12:00 Trip to Federation Store, Sandusky

Monday April 8, 12:00 Eclipse Viewing Jerry and Diana's Home

**\*\*Check the [Tycho Facebook Page](#) and watch your email for further details\*\***

TRANSMISSIONS IS BROUGHT TO YOU THIS MONTH BY:

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