

LCARS 4588A

04-02270

TERMINAL 47



TRANSMISSIONS

AUTHORIZED ACCESS ONLY

USS TYCHO NCC-59325-A Award Winning Newsletter

THE LCARS COMPUTER NETWORK

Volume 32 Issue 4

18-88526

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ENTER

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Captain's Corner

By Ted Klosowski

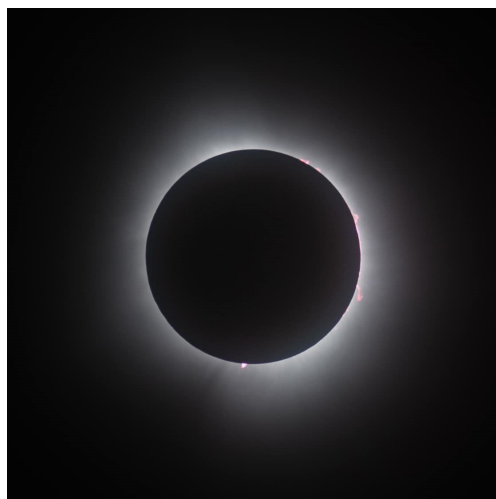
April

Another busy month for the Tycho. We had the Food drive with the Klingons at the Federation store in Sandusky. I would like to thank all those who attended, the Tycho was well represented!

We also had the eclipse party at Jerry and Diana's. I would like to thank them for hosting such a terrific party! They had great food, lots of games and a great view of the eclipse. Tom Jablonowski got some great photos of the eclipse.

NEW LOCATIONOur next meeting will be at Church of St. Andrew United Methodist at 3620 Heatherdowns Blvd, on Thursday May 2 at 6:30 and on ZOOM.

Also coming up is our Tycho Anniversary dinner on Sunday, May 5, 3:00 PM Compassion Toledo, 3327 Airport HWY



LET IT EVER BE

By Belinda Williams

Let us pray for the long and lovely day

Let it ever be this Spring

Let it ever chirp and tweet and sing

And carry on with feathered wing

Let us play and have golden fun

Let us prance neath a Daffodil Sun

Let us live for the moment here and now

Let us be the innocents of wow

Let it ever be true and never limited to a prestigious few

Let us crayon the world in pastel hue

and the smiling sky in baby blue

Let us make all things precious and new

Let us cheer the bumblebee's flights

Let us imagine this joy in gigabytes

Let us never fear to see

Let it ever be

StarFleet and Klingon Meet at The Federation Store For Charity

By Linda Fotoples

On Saturday, April 6, a group from Tycho went to the Federation Store at the Sandusky Mall to meet our KAG Klingon friends and turn in donations for charity.

Tycho members were Chrissy, Dianne, Lisa and Linda. We met 6-8 Klingons and many photos were taken. After a while we went to lunch at the Cheers pub in the mall. The 2 KAG Klingons who attended a Tycho meeting joined us, too.

It was a fun Away Mission. No Red Shirts were harmed. Ha!



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Thanks to Lisa
for the photos

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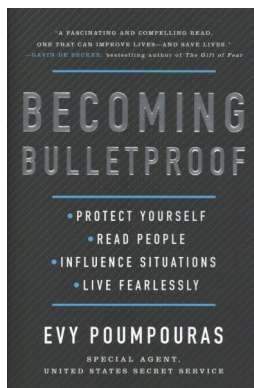
Book Review

By Marchelle Lee

Becoming Bulletproof

by Evy Poupouras

This book is unlike my usual reading choices, as I don't normally read books about being tough or on self-defense. This book is much more than that. The author was in the New York Police Department, The United States Secret Service, and has been on TV. She protected Presidents and their families, as well as being a polygraph administrator.



The subtitle for the book is "Protect Yourself *Read People *Influence Situations *Live Fearlessly". She provides life experience and shares from her education and training on these topics. For instance, she shares how to tell when someone is lying by the way they tell their story. As she says, these guidelines work on teenagers as well as criminals.

One of the first things she shares is F3. That is the idea that responses to threats fall into three categories, all three of which I've used, by the way. They are flight, freeze or fight. You can think back on instances in your own life to determine your go-to choice of response. It's good to understand which is your go-to and learn how to think logically in the moment if the response is appropriate in the situation.

The book is available from Toledo-Lucas County Public Library. You don't need to live in Lucas County to have a Lucas County library card.

Book Review

By Ted Klosowski

Moonchild Trilogy

by Kate L. Mary

The Moonchild trilogy consists of Moonchild, Liberation and Redemption and follows the story of Scarlett Moon. This is a post apocalyptic world where the Luddites have taken over and almost all technology is banned. Coal is the main source of energy and the cities are filled with smog. Scarlett escaped the coal mines and was living on the streets with a small group of friends. They were being picked up by the enforcers when they are suddenly saved by pirates, well, most of them. Her friend was captured and the rest of the book was about her rescue. Scarlett is a survivor and does what she has to survive. She is very proficient with throwing stars and isn't afraid to use them.



The second book follows Paget, a former member of the pirates that Scarlett signed up with. She tried to escape back to her hometown of Hocking Hills with lots of nice references to Old Man's Cave and other scenic items from the area.

The third and final book takes us out west where sunshine is everywhere. This follows a group that takes young boys and has them fight in the pits, to the death. This has a special place in Asher's heart as he tries to put an end to the people responsible.

Overall, this was a very fun read with familiar areas like Athens, Columbus and Hocking Hills. The characters are nicely developed and there is some very good story telling.

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Broccoli Salad Supreme

Submitted by Marchelle Lee

INGREDIENTS:

Two heads of broccoli, cut into bite-sized pieces
 1 small head cauliflower, cut into bite-sized pieces
 1 small red onion, sliced
 1 cup shredded sharp Cheddar cheese, optional
 1 pound bacon, fried until crisp and crumbled
 1 cup raisins, optional
 1 cup mayonnaise
 ½ cup sugar
 6 tablespoons cider vinegar
 1 tablespoon bacon drippings

DIRECTIONS:

Combine broccoli, cauliflower, onion, cheese, bacon and raisins. Mix well. In a separate bowl combine mayonnaise, sugar, vinegar and bacon drippings. Pour over broccoli mixture, mix well and chill before serving.

Gertrude Rasor

Columbus Park of Roses

Marchelle's Variation: Eliminate bacon and bacon drippings, and do not add raisins. Add instead dried cranberries and sunflower seeds.

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MARCON 59
 JOIN THE 8-BIT ADVENTURE!
MAY 17TH - 19TH, 2024
 At the Crowne Plaza Hotel
 6500 Doubletree Ave, Columbus, OH 43229

Full weekend at the door:
 Adults (13 & up) \$70
 Kids (9 to 12) \$45
 Kids 5 & under free!

Are you a fan of:
 Star Trek
 Marvel/DC
 Star Wars
 Anime
 Dune
 Doctor Who
 Babylon 5
 Avatar: TLA
 Godzilla?

Do you enjoy:
 Reading
 Video Games
 Board Games
 Game Shows
 Cosplay
 Music
 RPGs
 Panel Discussions
 Meeting New People?

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 Scan the QR Code to go to our website:
www.marcon.org
 and learn more!



SOLAR FOUNDATION **MARCON**

COLOSSALCON
 May 29th - June 2nd 2024 - Sandusky, OH



FEDERATION HQ EXCLUSIVE!



Scan this QR code and select the Federation HQ Multi-Day Pass to receive a discount on multi-day admission. Only available at Federation HQ!

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Please bring non
 perishable Food
 items for the
 Food bank



Please bring
 a dish to
 pass

You are cordially invited to celebrate

The U.S.S. Tycho Anniversary Dinner

Date: Sunday May 5 2024

Time: 3:00 - 6:00 PM

Where: Compassion Toledo Church
 3327 Airport Highway
 Toledo, OH 43609

Please RSVP to usstycho@gmail.com or mlee1961@aol.com

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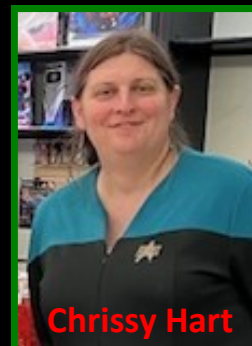
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They Say It's Your Birthday!

May 1	Chrissy Hart / USS Tycho
May 5	Marc Alaimo / Gul Dukat
May 7	Winifred McBeth / USS Tycho
May 7	Joshua Tucker / USS Tycho
May 13	Mary Jo Lawson / USS Tycho
May 15	Belinda Williams / USS Tycho
May 20	John Billingsley / Dr. Phlox ENT
May 20	Anthony Zerbe (Admiral Matthew Dougherty, ST:INS)
May 21	Joan Collins / Edith Keeler
May 22	Paul Winfield / Capt. Dathan RIP
May 23	Diana Wolf / USS Tycho
May 24	Jim Kubajak / USS Tycho
May 24	Doug Jones / Saru DSC
May 30	Colm Meaney / Chief O'Brien
May 30	Michael Piller / Producer



Chrissy Hart



Winifred McBeth



Belinda Williams



John Billingsley



Diana Wolf



Doug Jones

Fortune Cookie Quote

**The rotation of the
Earth will really
make your day.**

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Science and Sci-Fi News

Submitted by Ted Klosowski

Remembering John G. Trimble



Rod Roddenberry Secures Long-Lost TOS Enterprise Model



Paramount announces yet another Star Trek prequel



Kirk's Starship Enterprise Returns In Star Trek: Discovery - With A Big Twist



Star Trek Actress Shares Incredible Survival Story After 96% Chance Of Death



'Star Trek: Strange New Worlds' Renewed for Season 4; 'Lower Decks' to Conclude With Season 5



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At The Movies

Brought to you by [FilmAffinity.com](https://www.filmaffinity.com)

May 10



Kingdom of the Planet of the Apes



2024

Sci-Fi

Set several generations in the future following Caesar's reign, in which apes are the dominant species living harmoniously and humans have been reduced to living in the shadows. As a new tyrannical ... [\[+\]](#)

Wes Ball

[Owen Teague](#), [Freya Allan](#), [Peter Macon](#) ...

May 10



Lazareth



2024

Thriller

Lee protects his orphaned nieces Imogen and Maeve from a self-destructing world, raising them in isolation until an outsider threatens their peaceful existence.

Alec Tibaldi

[Ashley Judd](#), [Sarah Pidgeon](#), [Katie Douglas](#) ...

May 17



IF



2024

Comedy

Follows a young girl who goes through a difficult experience and then begins to see everyone's imaginary friends who have been left behind as their real-life friends have grown up. [John Krasinski](#)

[Cailey Fleming](#), [Ryan Reynolds](#), [John Krasinski](#) ...

May 24



Furiosa: A Mad Max Saga



2024

Sci-Fi

As the world falls, the young Furiosa is snatched from the Green Place of Many Mothers and falls into the hands of a great Horde of Bikers led by the Warlord Dementus. Sweeping across the Wasteland, ... [\[+\]](#)

[George Miller](#) [Anya Taylor-Joy](#), [Chris Hemsworth](#), [Tom Burke](#) ...

May 24



The Garfield Movie



2024

Animation

After an unexpected reunion with his long-lost father – scruffy street cat Vic (voiced by Samuel L. Jackson) – Garfield and his canine friend Odie are forced from their perfectly pampered life into ... [\[+\]](#)

[Mark Dindal](#) Animation, Voice: [Chris Pratt](#), [Samuel L. Jackson](#) ...

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U.S.S. Tycho Minutes

USS Tycho

April 4, 2024

Commanding Officer: Ted Klosowski

Recording Officer: Marchelle Lee

Location: Charlie's on Central and Zoom

Attending: Linda, Brian, Diana, Jerry, Guy, Marchelle, Dianne, Diana-marie, Ted, Wynn timer, Mike, Sherriea, Belinda, and Guy

Passed around a wish list for the charity drive at the Federation Store. Klingons will be there Saturday, April 6, and a Tycho delegation will be going.

The Wolfs are hosting an eclipse party starting at noon on Monday, April 8. It is a potluck, bring your own beverage, your own chair, and a dish to pass. Disk golf and cornhole games will be available. Yard is wet.

Tycho's Anniversary Dinner tentative date is Sunday, May 5 with a backup date of Sunday, May 19. Ted will see about scheduling it at his church, Marchelle's church is backup.

Next meeting is at Marchelle's church, Church of St. Andrew United Methodist on Heatherdowns Boulevard at 6:30 pm. Please arrive at 6:15 pm.

Wynn timer was at a museum of illustrations of children's picture books. There was an event in progress while she was there.

Mike is training for highland games and likes bodybuilding.

Sherriea suggested that we have three co-editors for our newsletter story.

Belinda is going to send a poem in for the newsetter.

Jerry is done with the outage at Davis-Besse and they're good for

two years. Home furnace went out, was 28 years old. A new one has been installed.

Diana found a bed for Kim, who is coming home for eclipse. Diana will be doing her own projects this year.

Linda has a Planetary Society Magazine to share. Stepson is home fixing trailer and he and his wife are going to Hawaii on vacation.

Guy had a week of contrasts.

Brian said on the 13th at Timberstone Junior High there will be a robotic STEM competition.

Donna-marie needed long underwear after being in Florida. Is back early as it was thought there was a family emergency, which turned out not to be so urgent. Florida was cooler than usual, so they went to more museums. Went to Cape Canaveral to watch launch of 4 astronauts, which was great. Bought an analog NASA watch. Grandchildren had not seen an analog watch, only digital timekeeping.

Chrissy performed in numerous St. Patrick's Day gigs with her bagpipes.

Dianne – Solvent. ProMedica has a nice plant sale.

END TRANSMISSION

Next meeting is May 2, 2024

***Church of St. Andrew United Methodist at
3620 Heatherdowns Blvd.
@ 6:30 and Zoom @6:30
Be there or be a tribble***

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From the Chaplain

By Justin Hunt KGO

Lessons from the One-pip Wonders

Ensign Hoshi Sato: "You don't think I belong on *Enterprise*, do you?"

Sub-Commander T'Pol: "On the contrary. It would be a great loss to Starfleet if you were not a part of this crew. If you feel I've been unfair to you, I apologize. But I hold you to a high standard, Ensign, because I know you're capable of achieving it."

-*Star Trek: Enterprise*-

Self-doubt is a problem that is more common than many realize. According to a survey referenced in a piece published by the University of Tennessee, Chattanooga, 70% of people admit to lacking confidence in their employment. Other research suggests that the percentage is much higher. This is no less true in Starfleet. In fact, it may be even more the case.

It is explained that in the Trek universe, the accumulation of wealth is no longer the goal it was at one time in history. Rather, it is in the building of prestige by accomplishments that ambition is slaked and in doing what one loves, that fulfillment is attained. In a world where this is the case, it would be all too easy for a sense of inferiority to creep in. When we look at the members of the crews that we know and love, we find many moments of self-doubt, and at least two crewmembers that are almost completely built on it.

Harry Kim, the perpetual Ensign. Harry spent seven years on

the *Voyager* and saw actual terrorists promoted over him. Granted, the terrorists in question were integrated into the crew proper and the ranks were based on technical ability, but that still doesn't explain away his lack of upward mobility. Looking at his time in service, he has only one minor infraction (a brief romantic interlude with an alien). His skills, dedication to the ship and crew, functions performed, and position on the staff all point to someone who was solidly in line for at least another full pip. The reason behind his lack of collar decoration may be explained in this quote from the aforementioned article:

"Employees plagued by self-doubt accept stagnation, even if they are capable of accomplishing great things... those who do feel confident enough to accept elevated responsibilities might still doubt their ability to seek promotions for which they are clearly qualified based on industry standards."

There is little argument to be made against this interpretation of Harry's situation in light of a section of dialog from the VOY episode "Nightengale":

JANEWAY: "You've been in command on *Voyager* before."

KIM: "On the night shift, for a few hours. It's not the same thing. You and Chakotay are always a couple of decks away, ready to take over if anything goes wrong. I've been on *Voyager* for almost seven years and I'm still an Ensign."

JANEWAY: "If this is your way of bucking for a promotion—"

KIM: "No, no, I understand there's a command structure and that our circumstances are unique. But the fact is, if we were back home, I'd be a Lieutenant by now. Maybe even a Lieutenant Commander."

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By this point in their journey, he has seen at least one ex-con yo-yo in rank above him and would be very warranted in mentioning it. However, when his response should have been, "Well now that you mention it...", he gave the captain an out. This sounds like someone with self-doubt issues to me. It's always troubled me that none of his friends aboard ever tried to brooch the subject with their superiors or even tried to pep-talk him into doing so himself.

The thing is, though, that self-doubt doesn't need to end with stagnation. If we look to Trek once more, we come to our second example (one which I hope is more relatable), Ensign Hoshi Sato of the USS *Enterprise* NX-01. In the early seasons of ENT, she exhibits a hesitancy to act that is characteristic of those struggling with self-doubt.

In her blog *Conscious Careers*, Lara Morgan gives three primary reasons that self-doubt is more prominent in some people than others. These reasons include:

Beliefs- These are ideals that are instilled in our formative stages that lead to characteristics that make us feel more uncertain about situations and our effectiveness.

Current Environmental Factors- Examples of these include unhealthy work environments and personal relationships. Either of these can put us into a mindset that devalues our contributions and leads us to feel inferior.

Proximity to One's Comfort Zones- Getting out of one's comfort zone is generally perceived to be a good thing. It provides for a form of self-doubt that can push us to rise. However, when someone spends too much time (which varies from person to person) out of their com-

fort zone without time to adjust or destress, the state of uneasiness can become their new norm.

ENS Sato came onto the *Enterprise* a former cast-off from the Academy and was only there because translator technology was still unreliable (beliefs). It is remarked by several that her demeanor is not traditionally suited to a life of dangerous exploration (life outside the comfort zone). Through her time on the NX-01, Hoshi finds herself the victim of gaslighting, telepathic invasion, and having some rather horrific experiences (that would have justifiably landed some of us in therapy) brushed off (environmental factors). And had she not used her self-doubt as a catalyst for development, that lifestyle might have been the end of her.

The same blog post also goes onto to say: "The thing is, there would be no need for self-doubt if we weren't trying new things, going for growth... We experience self-doubt when we go outside of our normal routines. That self-doubt shows up as resistance, fear and procrastination as our ego desperately tries to keep us safe from danger (failure)."

It's likely that the writers wanted a character to personify personal growth and that led to the creation of Sato. In whatever case, her development into not only a competent, but also a confident crew member (who retired from Starfleet as a Lieutenant and developed the Linguacode Translation Matrix that powers the Universal Translators of future generations) is rather inspirational. Despite being on a starship before ships' counselors were a specialized position, Sato managed to find herself taking the right steps to grow, rather than crumble. UTC gives a few steps that fans of *Star Trek* might recognize with a bit of reflection:

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Seek an outside perspective- Outside perspectives are important in that they allow us to get a view of ourselves that would be otherwise impossible. The quote at the beginning of this piece is a direct example taken from ENT. It is obvious from just that passage that Sato had a preconceived notion of the views others had of her. Such preconceived notions speak more of the one holding them than the ones the notions are about.

Practice Meditation- Meditation is a great way to help you form an objective critique of yourself. Objectivity is difficult, but it's essential to gauging one's growth, one's strengths, and one's weak points. Objectivity is also highly valued by the Vulcans which, among other things, are known for their dedication to the art of meditation. That could explain a little bit about why they always seem so confident.

Embrace an Educational Mindset- The desire to learn is a glorious thing. It can help us take our shortcomings as opportunities to do better. It can serve as the difference between ending with failure or allowing that failure to motivate us to seek out the needed resources to improve upon our skills. The "I won't make that mistake again..." mindset is a regular occurrence on the NX-01.

Remember how far you've come- The idea of taking stock of one's accomplishments in relation to where you started is significant to one's mental health. One of the biggest ways we can trip ourselves up is by allowing ourselves to believe that we are just spinning our wheels, or worse yet, slipping backward. Though never stated to be a reason, I think the ability to look back on

them is part of why personal logs are a thing. The personal log is a locked diary of sorts for members of the crew. They therefore serve little use for others unless a major event would require their being accessed for information. By and large, the bulk of the personal logs never see the light of day until well after their creators are gone. But they do encourage the acknowledgment of meaningful events that those with large amounts of self-doubt might write off as being insignificant.

In conclusion, self-doubt is something we all must face. The amount of which is highly variable based on the individual. And how we choose to handle it is a big determining factor in not only our growth and careers, but also our overall well-being. When we find ourselves struggling with these feelings, we shouldn't ignore them. This is especially true if they have gone to the extent that we have shifted our expectations to fit the feelings more than our potential. In these cases, it is important to seek the help we all need from time-to-time.

In the words of *Voyager's* EMH, "Take the day off. Reflect on your strengths. Realize your worth."

Citations:

Rollins, Gary W. (2023, January 4) "The Devastating Power of Self-Doubt: How It Harms Your Education, Career, and Personal Life" *UTC COB* <https://blog.utc.edu/business/2023/01/04/overcoming-self-doubt/>

Morgan, Lara (2023, August 15) "A healthy dose of self-doubt" *Conscious Careers*

<https://www.linkedin.com/pulse/healthy-dose-self-doubt-lara-morgan>

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Tycho Eclipse Party 2024



Thanks to Lisa for the photos



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uP In Space

Submitted by Marchelle Lee

ECLIPSE 2024

Thanks to Tom Jablonowski for the photo



Ritter Planetarium Offerings
Appold Planetarium Offerings

Upcoming Events

Monthly Meetings

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

Thursday June 6, 6:00 Location TBA and [Zoom](#)@6:30

Thursday July ???, 6:00 Location TBA and [Zoom](#)@6:30

Extra Curricular

Sunday May 5, 3:00 PM Tycho Anniversary Dinner Compassion Toledo

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

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Copy Editor: Marchelle Lee

Layout/Design: Matt Napierala & Brian Byczynski

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FOR MORE INFORMATION ON BOTH THE U.S.S. TYCHO AND
 STARFLEET, PLEASE CONTACT:

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