

LCARS 4588A

TERMINAL 47

04-02270



TRANSMISSIONS

AUTHORIZED ACCESS ONLY

USS TYCHO NCC-59325-A Award Winning Newsletter

THE LCARS COMPUTER NETWORK

Volume 32 Issue 5

18-88526

51-55230

ENTER

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230



Captain's Corner

By Ted Klosowski

May

For our May meeting we met at The Church of St. Andrew on Heatherdowns. It was a very nice place to meet and very quiet. We are also allowed to bring snacks and drinks as long as we clean up after ourselves. The WIFI worked great and was easy to connect to. I guess about the only con about meeting there is no meal, but we can bring snacks and drinks. We had 3 special Zoom visitors from the Terran Empire. They were from 3 different states and were very cordial, one of the gentlemen is from Region 1 and used to be on the staff that judged the newsletters! What a small world! The Terran Empire seems like a fun group to join, their [Facebook link](#) or email terranempirerules@gmail.com

We also had a great time at our Anniversary Dinner. There were lots of promotions and awards which can be found later in this newsletter. Thanks to all who took pictures, planned the games, brought the food and paper goods and helped with setup and cleanup. It is because of you that the dinner was such a great success!

We have some fun activities coming up, a trip to the Police Museum and a flashlight tour of the dungeon in Fremont! Spooky....

As those of you who were at the Anniversary dinner, Justin received notice that he became Captain of the USS Arizona. Congratulations, Justin! I am sure you will be an awesome captain. If the Tycho can in any way assist you, please let us know! It has been a pleasure serving with you!!!!!!

Thursday, June 6 we have the room reserved at Charlie's on Central Ave for 6:00 PM with the meeting beginning at 6:30 PM and on Zoom. Thursday, July 11 we will be meeting at the Church of St. Andrew United Methodist at 3620 Heatherdowns Blvd, Toledo at 6:15 PM with the meeting beginning at 6:30 PM and on Zoom. This was moved to the 2nd Thursday because the 1st Thursday is the 4th of July. We can bring snacks and drinks to this meeting. **(The room at Charlie's is already reserved by another party.)**

Thanks and see you then!

A Piece Of Sky

By Belinda Williams

Oh how it doth tease my wandering eye

My nails are filled with timely sands

As I but stumble and crawl upon my parched hands

These indigo and sequined ceilings never cease to
amaze me

Like a crystal chandelier suspended from a velvet noir
curtain

This passion outwardly reaching,

Shimmering arms that seem to flee

And may never desire me

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

Chief Medical Officer Report

By Donna-marie Mominee

LUNG MAINTENANCE 101

Did you know you take approximately 22,000 breaths a day? Or you should! Sadly, 1 in 3 Americans live in areas with unhealthy/polluted air. This makes it so problematic to breathe well. So, we need to keep pushing for better air. Meantime, we need to do our best to keep our lungs as best as we can! Exercise! It helps to limit lung inflammation, regulate digestion, improve insulin sensitivity and (drumroll!) increase serotonin, the feel good hormone!

Here's how: Do what you can outdoors at the lowest possible pollution index. If you can walk (and can't go outdoors) inside, go up and down stairs, or around the house. Of course it's boring, so put on some lively music. Do pilates, yoga, weight lifting, (you can use soup cans, or any size that suits you that's not too heavy.) Stretch bands are cheap and can help A LOT. If you can use a stationary bike for cycling, go for it. Some of us retired types can go to the local fitness places for free. Check the prices, youngsters, because quite often they run special deals! Last, but not least, stretching. Be careful and be sure you do not hold your breath. Sometimes you do it unconsciously. It will do you no good. Ouch!

Now some other tasks! Check indoors to learn if you have possible off-gassing from furniture, rugs, or

bedding. Internet can help you here! Indoor house purifiers help clean the air. Also, change your cleaners if possible to more essential oils, baking soda, lemon (juice or dried), orange rinds, rubbing alcohol, and witch hazel...all good with water.

Of course good nutrition is a must. Carrots, sweet potatoes, berries, celery and leafy greens help promote healthy membranes – who would have thought! Garlic, mustard seeds, onions, lentils, and Omega-3's found in cold water fish, nuts, and flax-seed are all good. Anything with high B5 and B6 are beneficial for your lungs and overall health. Vitamin C and D are excellent, too. (More fruits and veggies, mainly!)

STAY HYDRATED!!!

Proper rest and relaxation are essential, especially for a healthy immune system. Baths and shower with essential oils an help: eucalyptus, peppermint, frankincense, and rosemary are all good for opening airways, expelling excess mucus and feeling invigorated.

Check with your doctor before changing your lifestyle or trying a new lifestyle!

Natural Awakenings 11/23

As reported to Sheila Julson from Dr. Madiha Saeed, holistic, functional, and integrative doctor in Naperville, Illinois

LCARS 4588A

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

BEST MONTHLY NEWSLETTER



IS AWARDED TO THE

USS Tycho

FOR THE BEST MONTHLY NEWSLETTER

FOR PRESENTING INFORMATION, ENTERTAINMENT, AND SUBMISSIONS BY
CREWMEMBERS IN SUCH A WAY, THAT IT IS AN EXCELLENT REFLECTION
OF THE STYLE AND PERSONALITY OF THE CHAPTER

2023

BDR Phillip M Cox III
R1 Coordinator

Phillip M Cox III

Admiral Pamela Michaud
Awards Director

Pamela J Michaud

Best Overall Newsletter of the Year

IS AWARDED TO THE

USS TYCHO

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CREWMEMBERS IN SUCH A WAY, THAT IT IS AN EXCELLENT REFLECTION OF
THE STYLE AND PERSONALITY OF THE CHAPTER

2023

Pamela J Michaud

Phillip M Cox III

BDR Phillip M Cox III
Regional Coordinator, SFI R1

Admiral Pamela Michaud
Awards Director, SFI R1



04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pice 1](#)
[Anniversary Pice 2](#)
[Anniversary Pice 3](#)
[Anniversary Pice 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

Book Review

By Marchelle Lee

100 Things to Do in Ohio Before You Die

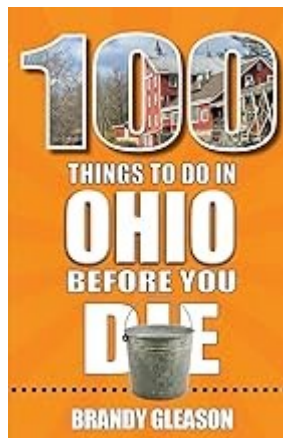
by Brandy Gleason

This book just came out and is an interesting collection of listings of places in the following categories: eat and drink, music and entertainment, sports and recreation, culture and history, shopping and fashion, and main streets and neighborhoods.

Some of the entries are familiar to us, such as Amish country around Berlin, Ohio; Tony Packo's Hungarian hot dog; and the Magee Marsh birdwatching event. Others, especially those located in other parts of the state, are unfamiliar and intriguing. Did you know that there is a trail of maple shacks in Northeast Ohio you can visit in February?

I look forward to visiting some of the places listed. Odd Fodder, a restaurant in Perrysburg included in the book, will be my first stop.

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.



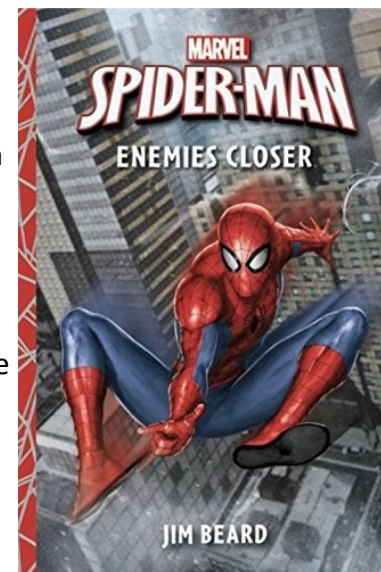
Book Review

By Ted Klossowski

Marvel's Spider-Man: Enemies Closer

by Jim Beard

While having met author Jim Beard at the last few Fantasti-con's I was really looking forward to this book. Spider-man was my favorite's Super hero as a kid. I read his early exploits from the 60's and Peter Parker was just a high school kid who got bit by a radioactive spider instead of the typical super hero of the day. This book did not disappoint! It featured his old nemesis Doctor Octopus who was recently released from prison on good behavior?? Yes this raised lots of question so of course Spider-man had to investigate. This incarnation featured both Hydra and Shield so it was a little different from my early reads of Spider-man but it still had lots of mystery and intrigue. Is Doc Oc really going good? Can he be trusted? Of course these questions are all answered in the book...or are they! Enjoy!



LCARS 4588A

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

Congratulations to the USS Tycho on it's 29th Anniversary!



REMEMBER TO SUPPORT THE TERRAN EMPIRE!

BECAUSE WE CARE ABOUT OUR EARTH!

TERRANEMPIRERULES@GMAIL.COM

Failure to comply will result in 4 hours in the Agony Booth.
With the Happy Happy Joy Joy song in a continual loop.

StarFleet Academy Update

Diana Wolf Mrs.

OAE - College of Humour

SOC 1960A - John Cleese	HONORS	May 06, 2024
SOC 1960C - Danny Kaye	DISTINCTION	May 06, 2024
SOC 1960D - Tim Conway	HONORS	May 06, 2024
SOC 1960R - Carol Burnett	DISTINCTION	May 08, 2024
SOC 1960B - Rip Taylor	DISTINCTION	May 09, 2024
SOC 1960E - George Carlin	DISTINCTION	May 10, 2024
SOC 1960F - Nipsey Russell	DISTINCTION	May 10, 2024
SOC 1960G - Dom Deluise	DISTINCTION	May 11, 2024
SOC 1960H - Bill Cosby	DISTINCTION	May 12, 2024
SOC 1930A - Will Rogers	HONORS	May 16, 2024
SOC 1960J - Don Knotts	DISTINCTION	May 18, 2024
SOC 1940A - Bob Hope	DISTINCTION	May 18, 2024
SOC 1960K - Peter Sellers	DISTINCTION	May 24, 2024

Distinction = 100%

Honors = 90% - 99%



04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

They Say It's Your Birthday!

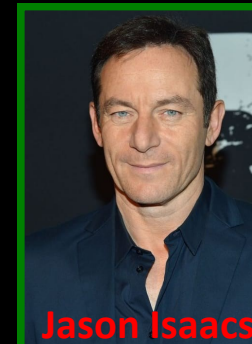
June 1/1940 Rene Auberjonois / Odo RIP
 June 1 **Ryan Klosowski / USS Tycho**
 June 2 Anthony Montgomery / Travis Mayweather ENT
 June 2 Zachary Quinto / Spock, Star Trek 2009, STID
 June 6 Jeri Taylor / Trek writer
 June 6 Jason Isaacs / Gabriel Lorca DSC
 June 6 Gary Graham / Ambassador Soval ENT
 June 7 Karl Urban / Dr Bones McCoy, Star Trek 2009, STID
 June 10 Tricia Lee Ketwig / USS Tycho
 June 13 Malcolm McDowell / Dr. Soran
 June 16 John Cho / (Sulu, Star Trek 2009, STID
 June 19 Zoe Saldana / Uhura, Star Trek 2009, STID
 June 21 **Karolyn Wojtowicz Gore / USS Tycho**
 June 22 John Prajzner / USS Tycho
 June 22 Tim Russ / Tuvok
 June 24 Peter Weller / Admiral Marcus, STID
 June 28 Alice Krige / Borg Queen, ST8
 June 30 **Brian Byczynski / USS Tycho**



Ryan Klosowski



Anthony Montgomery



Jason Isaacs



Karolyn Wojtowicz Gore



Tim Russ



Brian Byczynski

Fortune Cookie Quote

**The world will never know
your middle name unless you
assassinate someone.**

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

Science and Sci-Fi News

Submitted by Ted Klosowski

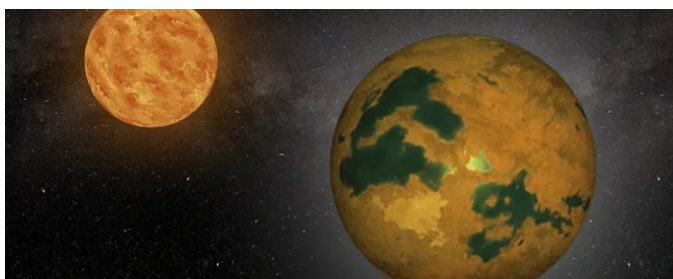
A Sneak Peek From The Star Trek: Discovery Series Finale "Life, Itself"



'Star Trek #500' cover showcases a commanding collection of cosmic captains



Real-life 'Star Trek' planet was actually just an illusion caused by a 'jittery' star



The Darkest Treks: Star Trek's Closest Calls with Black Holes



Starfleet Academy Taps Academy Award-Winning Actress Holly Hunter



STRANGE NEW WORLDS Wrapping Up Season 3 Production, Anson Mount Expects to Film Season 4 in Spring 2025



04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

At The Movies

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

May 31



Robot Dreams



2023

Animation

Based on the popular graphic novel by Sara Varon. DOG is a lonely dog living in Manhattan. One day he decides to build himself a robot, a friend. Their friendship grows, until they become inseparable, ... [\[+\]](#)

[Pablo Berger](#)

June 18



The Present



2024

Drama

A brilliant boy discovers that he can manipulate time using a family heirloom. He soon team up his siblings in returning to the time of their parents' separation from their in hopes of changing the outcome. [\[+\]](#)

[Christian Ditter](#)

[Greg Kinnear](#), [Isla Fisher](#), [Ryan Guzman](#) ...

June 21



Humanist Vampire Seeking Consenting Suicidal Person



2023

Comedy

[Sasha](#) ([Sara Montpetit](#)) is a teenage vampire with an empathy problem. Unlike the rest of her clan, Sasha's fangs don't come out when she's hungry or sensing fear; she needs to feel a personal ... [\[+\]](#) [Ariane Louis-Seize](#)

June 28



A Quiet Place: Part III



2024

Horror

A woman named Sam tries to survive an invasion of New York City by bloodthirsty alien creatures with ultrasonic ears. Third installment of the saga.

[Michael Sarnoski](#) [Lupita Nyong'o](#), [Joseph Quinn](#), [Alex Wolff](#) ..

June 28



Revival69: The Concert That Rocked the World



2022

documentary

When a young concert promoter launches a festival in 1969 to revive the Kings of Rock 'n' Roll, unimaginable events manifest the 11th hour arrival of John Lennon and The Plastic Ono Band, triggering ... [\[+\]](#)

[Ron Chapman](#)

Documentary, *Self*: [Alice Cooper](#), [Geddy Lee](#) ...

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

U.S.S. Tycho Minutes

USS Tycho

May 2, 2024

Commanding Officer: Ted Klosowski

Recording Officer: Marchelle Lee

Location: Church of St. Andrew United Methodist

Attending: Tom, Ann Marie, Chrissy, Lisa, Linda, Wynn timer, Diana, Marchelle, Ted, Belinda, Sherriea, Justin and three Terran Empire representatives. Their information is given at the end of the meeting.

The Terran Empire organization has existed for 28 years in Vegas, and went public about a year ago. They are recruiting and joining is free.

Starfleet is ordering people with multi-person memberships to enter birthdates and email addresses for everyone who is a member. Ted tried to update with his family information and got a message that he needs to work through the Help Desk. It's a work in progress. There are database issues.

Eclipse party was held at Diana and Jerry's house with great food, fun games and unique paper plate solar glasses holders that Linda made. Due to traffic, Ted couldn't make it and watched it at home with his oldest son. The Point was in totality, too.

The trip to the Federation store was made by Chrissy, Linda, Lisa, and Dianne. The Klingon couple from our previous meeting were in attendance, as were Klingons from Indiana, and one from Ontario. Everyone enjoyed themselves, and most shared a meal afterward at Cheers in the mall. Donations were made to a charity.

June meeting will be held on regular day, June 6, location to be announced. July's meeting will be held July 11, as the first Thursday falls on the 4th of July! Location to be announced.

Our Anniversary Dinner will be at Ted's Church, Compassion Toledo, on Airport Highway. Please be there at 3 PM and bring a dish to pass. We will have awards, promotions, a Feed Your Neighbor food and cash collection.

Discussed possibilities for next meeting location. Will investigate Charlie's Taverna. Murphy suggested local power company offices.

Marchelle – Discussed potluck dishes for Sunday. Please bring a donation for the Feed Your Neighbor program.

Justin – Joined KAG. Worked on CQ. Is very busy. Will have an announcement in the near future.

Ted – We received two newsletter awards. Best monthly and best overall newsletter from Region One.

Sherriea and Belinda – Due to technical difficulties, they didn't speak to the group.

Tom: Is reading Patrick Stewart's autobiography, "Make It So." Is very interesting. Read "The Good That Men Do," a Trek book, and enjoyed that, too. If you have any titles to suggest, let him know. Diana says she has a box of Trek books.

Ann Marie – Nothing to report.

Diana – Eclipse viewing went great, daughter made it safely back to Florida. Is learning to use her new machine that embroiders. Asked Ted for his graphic to be in gif, jpg, svg, etc. PDF is not friendly to her system. She hopes in the future to be able to put our logo on sweat-shirts.

Wynn timer – Nothing to report.

Lisa – 4 weeks of school left. National Space Day. Will be a U-Tube program.

Linda – No stellar cartography report. Will be in California in July for a baptism and will miss the meeting. Hope to have the needlework

LCARS 4588A

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pice 1](#)
[Anniversary Pice 2](#)
[Anniversary Pice 3](#)
[Anniversary Pice 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

project done by then.

Chrissy – Pipe band played for the Honor Flight and will play for the next Honor Flight. Recently joined Sweet Adelines. Dayton Hamvention coming up. Was riding a VEO downtown, and hit one of Toledo's sidewalk bumps and hit a building. Needed 5 stitches.

Ted – One son is in Thailand teaching English, one teaches science at Summit Academy, and one is now in finance, although he was a mechanical engineer.

May 18th is newsletter deadline, next meeting is June 6, location to be announced.

Terran Empire will send an ad for our newsletter.

The Terran Empire Away Team was:

CO of the ISS Chimera NCC 48233
 Captain Mike Zahm
isschimera@gmail.com

CO of the ISS Invictus NCC 69209
 RAdm. Kevin Plummer
iss.invictus@gmail.com

ISS Pegasus NCC 9755
 RAdm. Brian Murphy Schreur
 Senior Terran Diplomat
terranempirerules@gmail.com

END TRANSMISSION

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

uP In Space

Submitted by Marchelle Lee

Condensed from an article on NASA.gov

"When beavers move into a stream to start a home-
 stead, they also improve
 their ecological neighbor-
 hood. By engineering their
 ideal environment – a
 marshy, plant-rich area –
 they provide homes, food,
 and refuge for countless
 other animals.



Beaver dams slow down
 streams to create ponds, thereby preventing erosion, provid-
 ing plant and wildlife habitats, and protecting vital water-
 sheds. The wetlands they create can slow the progress of wild-
 fires and offset the effects of drought. This has made returning
 beavers to the arid western United States a decades-long
 effort. And now Earth-observation data, much of it from satel-
 lites built at NASA's Goddard Space Flight Center in Greenbelt,
 Maryland, is helping.

Boise State University received a space agency grant to devel-
 op a suite of monitoring tools to help plan restoration projects
 and track changes in river systems. Utah State University was
 included in the funding, and both schools use data from NASA-
 built satellites to support the return of beaver populations for
 stream restoration. Observations from low-Earth orbit play a
 key role in all of this work, from choosing sites with the best
 likelihood of successful restoration to monitoring the subse-
 quent impacts of these efforts.

When NASA's Research Opportunities for Space and Earth Sci-

LCARS 4588A

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

ence (ROSES) program sought projects that could benefit from remote sensing data, Boise State proposed its Mesic Resource Restoration Monitoring Aid (MRRMaid) program. Mesic environments are those with moderate amounts of water throughout the growing season. The open-source MRRMaid program uses data from the Landsat satellites built at Goddard, as well as other satellites, to observe the abundance of streamside vegetation over time, a measure of a mesic environment's health.

Leveling the Pond

After beavers were nearly eradicated by hunters and trappers in many Western states, runoff from mountains and human development could run through streambeds unimpeded. With no barriers to slow the flow, wetlands drained, and streambeds became straighter and deeper, causing the water table to drop and leaving some streams dry for long periods of time each year.

To support ecosystem restoration, the online Beaver Restoration Assessment Tool (BRAT), created by Utah State and supported in part by the NASA ROSES grant, identifies ideal restoration sites to attract beavers. Sarah Koenigsberg, a graduate student at Utah State studying riverscape restoration, has been working with the BRAT team.

One factor that can raise opposition to employing beavers in stream restoration is concern about the damage they might cause, but Koenigsberg said there are simple ways humans can support a harmonious coexistence. For example, if a beaver dam is close to human infrastructure, a pond leveler can set the maximum water level. Then beavers have the water necessary for protection and their underwater lodge entrance, while excess water escapes downstream. "You're basically outsmarting the beavers by using a pipe to make a hidden leak in the

dam," said Koenigsberg. This way, beavers can help the environment without harming homes or businesses.

"We have to pay attention to human concerns as well as ecological ones for long-term success, and that's one of the things I love about BRAT," she added.

"Idaho was one of the first places thinking about re-wilding with beavers. Way back in the '30s and '40s, ranchers were already trying to get beavers on their lands," said Jodi Brandt, associate professor in Human-Environment Systems at Boise State. Funding is available to implement restoration, said Brandt, but frequently there is not money available to monitor the results. Satellite data offers a solution.

Brandt said public engagement is critical for success. "We have worked with ranchers in Idaho who are doing a lot of stream restoration. They are often excellent stewards of the land," said Brandt. Those success stories, together with data from BRAT and MRRMaid, help build public support for conservation efforts, she said.

Federal agencies like the Forest Service and the Bureau of Land Management, which manage more than half of Western land, are engaged in multiple restoration projects. GIS allows them to use BRAT and MRRMaid to maximize those efforts. Once the updated programs are available, anyone in Idaho, Utah, Oregon, and other Western states will be able to identify the best stream restoration sites."

LCARS 4588A

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

From the Chaplain

By Justin Hunt KGO

Loss and Progress

Loss and progress are two inevitable aspects of the human journey. Their inevitability is part of why their disparity can deal us such a blow when we experience them. By this point in our lives, we have each had to face them. They each have their own character, invoke different feelings, and inspire their own thoughts. However different they may seem, though, we cannot ignore the fact that they are linked.

One of the points that isn't talked about enough as it pertains to loss, is the complexity of moving on. As living people, we are often put into positions that require us to continue after losing something or someone close to our hearts. The loss hurts and it feels like nothing can ever fill the void left behind. Nonetheless, life continues; and we must as well. There can be a whirlwind of feelings--anger, depression, guilt, anxiety, emptiness... all of varying degrees of rationality but all equally valid. It may take a reliance on religion and faith, having a support network of friends and/or family members, help from a mental health professional, or maybe even just time itself; but eventually we must continue on with our lives. And that in itself can bear feelings of guilt.

Moving on when you or the people around you think it isn't time can create a sense of cognitive dissonance that bears with it its own problems. Additionally, progress itself can seem like a double-edged sword. In order to make progress, we find ourselves occasionally having to leave things behind. Sometimes that is simply a matter

of leaving our comfort zone and our only sacrifice is the loss of the sense of stability and surety that we all find so satisfying. Other times, it may be considerably more that we are leaving behind.

Progress is, in the general sense, seen as a positive thing. But by its very nature it requires forward motion or change. Just as scenery passes and changes outside the car window, the places, and even the people around us in our lives must change from time to time. But as these things change we have to deal with the feelings that arise. In some cases, the feelings are the same as those that are associated with loss. Well, if it looks like an Akira class and functions like an Akira class...

The changes brought about by our progress often include some form of loss. Some of these losses are minor things, like giving up our first car for a better one. But others cut deep. Leaving a loved one to move to another area, having friends and even family break ties due to a loss of a common bond, or occasionally admitting that we have outgrown a relationship. Progress takes many forms, and they are all incredibly nuanced. But they all come with some form of loss, it is the nature of change. We will often find ourselves torn between wanting to progress while wanting to maintain what we have. Sadly, not only is that an impracticable goal, but it is sometimes not our choice to make. Change comes at a cost. It falls to us to manage what we can and stay focused on our goals while also being aware of our priorities. We must be prepared to manage the emotions that come along with progress just as much as those that come with pure loss. It's part of the balancing act of life.

LCARS 4588A

Tycho 29th Anniversary Dinner

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230



Thanks to Lisa for the photos



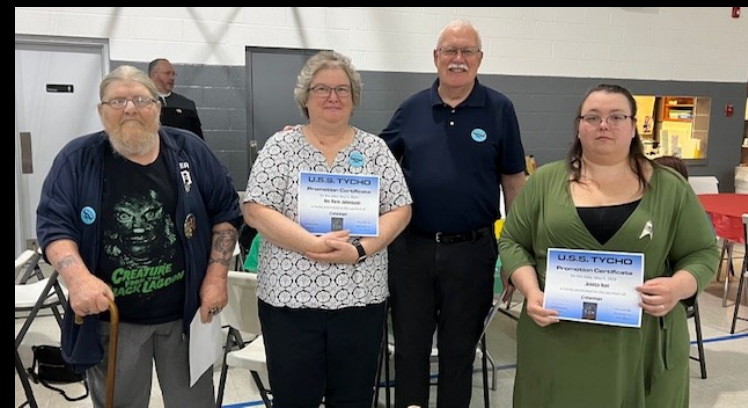
LCARS 4588A

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230



LCARS 4588A

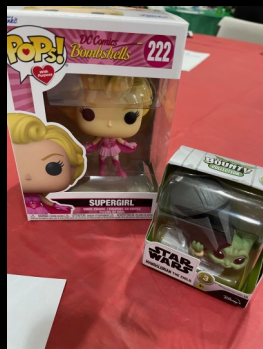
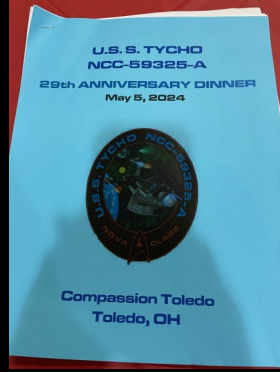
Pictures From Paula

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230



LCARS 4588A

04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230



The Crew of the U.S.S. Tycho



04-02270

Directory

[Captain's Corner](#)
[Poem](#)
[Chief Medical Office](#)
[Tycho Awards](#)
[Book Review 1](#)
[Book Review 2](#)
[Tycho 28th](#)
[Starfleet Academy](#)
[Happy Birthday](#)
[Fortune Cookie](#)
[Sci-Fi News](#)
[At The Movies](#)
[Tycho Minutes](#)
[Tycho Minutes 2](#)
[uP in Space 1](#)
[uP in Space 2](#)
[From the Chaplain](#)
[Anniversary Pics 1](#)
[Anniversary Pics 2](#)
[Anniversary Pics 3](#)
[Anniversary Pics 4](#)
[Recipe](#)
[Planetarium](#)
[Upcoming Events](#)

51-55230

Sarah's Chili

Submitted by Donna-marie Mominee

Ingredients

2 lbs ground meat (sausage or hamburger or both)
 33 ozs of tomato sauce (Hunt's is best)
 3 cans, 14-15 ozs each of Simple Truth organic tri-bean blend from Kroger
 1 tsp chili powder (or to taste)
 Shredded cheddar to top chili
 Pour over rice, orzo, potatoes or noodles.

Ritter Planetarium Offerings
Appold Planetarium Offerings

Upcoming Events

Monthly Meetings

Thursday June 6, 6:00 [Charlie's Central Ave](#) and [Zoom](#)@6:30
 Thursday July 11, 6:15 [Church of St. Andrew United Methodist](#) and
[Zoom](#)@6:30
 Thursday August 1, 6:00 Location TBA and [Zoom](#)@6:30

Extra Curricular

Saturday, June 22. 2:30 pm Toledo Police Museum
 Wednesday, August 7, 6:30 pm Fremont jail and dungeon tour

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

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

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