



Regulators Charge!

Defending the Final Frontier

Volume 11 Issue 6

June 2014

Crew Meetings & Activities 2014

2014

Jul 19 Regular Meeting

Aug 16 Regular Meeting

Sept 20 Regular Meeting/Mirror, Mirror Month

Oct 18 Klingon Dinner Thing (Decatur)

Nov 15 Regular Meeting

Dec ? Christmas Party

All above meeting are subject to change. Normally we meet at Shady Oaks BBQ at 3:00 p.m. on the dates above (unless otherwise mentioned.)

From the Ready Room

This month, I'm starting out with an apology. I have not been writing my articles for this newsletter quickly, nor have I been writing them early... and this makes the job of our Communications officer difficult. It's been a long, difficult week at work, but that's not really an excuse. Remember the saying, "Proper Planning Prevents P***-Poor Performance." If I started earlier, I'd be able to finish in a more timely manner... and that would enable Liz to get this newsletter to you faster.

I'm not the only one, but I am supposed to be providing an example.

June was an awesome month. Summit was fun, as was Muster; visiting NASA, three USN museum ships (*USS Texas*, *USS Cavalla*, *USS Stewart*) and the barque *Elissa* was a blast; driving on I-45 in the Houston area, on the other hand, not so much. For more details, check out the Captain's Blog on the website.

I'm so pleased with how active everyone is; a busy crew is a happy crew. We've got a lot planned, and lots to look forward to. I believe Liz has lots of info on the Indiana Jones exhibition Landing Party on the 5th of July. It's not as inexpensive as I would have liked, but I understand it's worthwhile. Since we'll be in public, representing the ship, and since its air conditioned, I encourage uniforms. (I will probably be in my Voyager uniform.) I look forward to seeing ya'll then.

Meanwhile, let's keep having fun!
With my compliments,
Brigadier Tank Clark, SFMC
Commanding Officer, *USS Regulator*

XO/Communications

It was suggested that those who want to go see the exhibit at the Ft Worth Museum of Science and History of Indiana Jones meeting there about 1:00 on July 5. Meet at the ticket counter and if you want to, uniforms are encouraged. You will need to purchase your tickets on line early since they have timed tours. You can go to the museum webpage and purchase them there. The tickets are \$21 per adult. This price also gets you into all the other exhibits in the building.

You might also have to pay for parking whether you park in the garage to the north or in the larger parking lot behind the museum. I don't know about the one to the south of the museum. Since most people are off for the 4th (Friday) it was suggested as a long weekend.

Liz Goulet, R.Admiral
XO/Communications Officer

BRIDGE REPORT

All has been quite on the Bridge lately. No explosions, no 2nd century operating systems installed, no tribble infestations. We haven't even run into a hostile species with the weaponry to put a dent in the shields for months. It makes me long for the days of Captain Kirk and Mr. Spock. Watching the historical documents it seems like every week they were put in a life or death situation. I'm not saying I want it that busy but the boredom is really starting to creep up on me. I think it is getting to the rest of the crew too. Lt. Cornatzer has been locking up holographic Borg just to test his brig security and Chief Engineer Marchant has programmed his droids to attack him at random intervals. He has their phasers set on light stun. At least I hope he has their phasers set on light stun. You never know with Roon. I'm sure it makes for interesting shifts for LTJG Washburn.

The only one who seems to be unaffected is the Captain. He seems perfectly content to sit in the big chair and watch the stars go by.

Maybe he has been at it so long he is enjoying the quiet. That said he has been receiving a lot of sub-space signals from Starfleet Command lately. I have no evidence but I get the feeling something big is going on. Maybe he is enjoying the rest because he knows there will be plenty of action coming our way. I hope there is something coming. I can only calibrate the Bridge displays so many ways. I wish I knew what he was thinking but I know better than to ask.

I wonder if Colin has anything interesting going on down in the Science Department. He and Ensign Fralicks usually have some kind of experiment about to go terribly wrong that needs mopping up. I think I might just pay them a visit. "Mr. Barnett you have the Conn."

LLAP
Till next month,
LT Michael Cross

MEDICAL ALERT!! MEDICAL ALERT:

Keep Summer Healthy: Spruce Up Your Eating Habits:

Summertime is also food time. Barbeques, picnics, beach parties and camping trips bring challenges to keeping healthy eating habits. Common summer foods like burgers, hot dogs, brats, fried chicken, fried snack chips and high-fat frozen desserts may tempt you. There are many ways to balance a few treats with an overall healthy diet. Summer also brings with it many fresh fruits, vegetables and herbs.

Outdoor exercise options expand as well to include more bike rides, swimming and hiking.

To eat healthier this summer, here are some tips that may help:

- Focus on making good food choices within the five food groups: fruits, vegetables, grains, meat and proteins, and dairy. (Chocolate is not a food group!!!)
- Replace food and drinks high in sugar and empty calories with nutrient-rich and lower-calorie choices.
- Watch your portion sizes.
- Limit high-calorie ingredients when you cook at home.
- Increase your physical activity.

Take advantage of the season to make a big impact on your weight and overall health. Try these tips:

- **Visit local farmers' markets** as a weekly family event. Or try growing a garden yourself
- **Remember portion sizes.** Fill your plate half full with fruit and vegetables. Then add smaller portions of proteins, grains and low-fat dairy. If you can't resist that piece of fried chicken, choose a smaller piece and pair it with grilled vegetables or a fresh fruit salad.
- **Experiment with healthy recipes.** Try grilling a variety of vegetables and fruit on skewers. Onions, cherry tomatoes, mushrooms, pineapple, zucchini and bell peppers are great choices.
- **Try fresh herbs** instead of salt to bring out the flavor in food. Some ideas include using fresh mint in ice tea, cilantro in a pasta salad, basil and a dash of olive oil on tomato slices and tarragon in a chicken salad.
- **In any recipe,** exchange high-calorie cream sauces, dressings and marinades with healthier choices like plain low-fat yogurt, olive or canola oil, lemon and lime juice, or red wine or balsamic vinegar.
- **On your next hike,** pack unsweetened dried fruit. (I realize Kirk made an awesome chili for his hike with the boys, but I wouldn't recommend it for a summer hike) Or make your own trail mix using a variety of dried fruit like cranberries, apricots, raisins or blueberries. Add almonds, walnuts, pistachios or sunflower seeds for a great snack on your next hike. Indulge yourself and add a handful of dark chocolate chips for an extra treat.
- **Drink enough fluids** for the weather and your activity. Choose plain water, seltzer with a lime wedge, low-calorie drinks or diet drinks.
- **Stop eating when you're full,** not when your plate is empty. Take a smaller serving to start and wait 20 minutes. Then, go back for seconds only if you're still hungry.
- **Craving sweets?** What could be better on a hot summer night than fresh, cold watermelon? Or a peach, plum or nectarine. Add a small scoop of fruit sorbet or frozen yogurt for a decadent, but healthy treat.

Just trying to keep my crew happy and healthy,

Yours in Service,

CMDR Tracy Clark

BOSUN (Chief in Charge)

As of June, we have started the Flip Top contest. It has started slow, but I think we will have a strong showing once everyone gets into the swing of it. So far, two families and a single person have turned in their flip tops. They have been counted and recorded. We have collected

with just this small showing, over 900 tops. So don't forget your flip tops next meeting and please put your name on them to get credit.

Alan Goulet, MGSgt

ATTENTION: Rules for the contest

Starting at the June meeting, we are starting a Flip Tab challenge to everyone on the ship. There will be two groupings – families and individuals (you can NOT participate in both groups). Each month you attend – bring your flip tabs from your soft drink cans (or beer if you prefer) in a baggie with your name on them. I will count them up and give either the family or individual credit for them. **No name, no credit.**

At the end of June 2015, I will total everyone's count and there will be awards handed out at the July meeting for the family who brought in the most and the individual who brought in the most.

The tabs will be donated to the Ronald McDonald House associated with Cooks Children's Hospital. I hope everyone accepts this challenge – the more the merrier.

Book Report: Mackenzie Phillips

This is a book about how a child star actor handles the fame and fortune of being part of famous family. She has to deal with having early success in movies and TV. She deals with it the only way she know how. She also has personal problems that she is dealing with along with the success in her career. It is a good book but my recommendation is that you read it slowly. It has some heavy subject matter. May you find it as interesting as I did.

From the Flight Deck:

OIC, VMA-333 "Phoenix Squadron"

Okay, Marines – take a knee and listen up:

Standard Reminder Number One: About the SFMC reading challenge, which is re-starting for this upcoming reporting period, the Marine reports are sent in by the first day of each even-numbered month (e.g.: Feb, Apr, Jun, Aug, Oct, Dec), so I'll need your info a couple of days before then. (In other words, send me your stuff by the end of July.)

The info I need is:

Your name,

Your SCC# (I have this on file)

The title of the book,

The author of the book,

the ISBN of the book (if it's an e-book, there's an equivalent to the ISBN – or just give me the ISBN of the print version if you can find it), and the number of pages. Again, if it's an ebook, there's usually a page equivalent – or use the page count of the print version.)

If in doubt, I go to either BN.COM for Barnes & Nobles' book info (ISBN & page counts) or to GOODREADS.COM for the same info.

You can get me this info any way you'd like: use the form at <http://ussregulator.weebly.com/sfmc-reading-challenge.html> (click "Reporting Form"), email me a list of your books, handwrite a list in crayon, carve a tablet, whatever. Tattoos are probably a poor idea.

Standard Reminder Number Two: Remember, as Marines we have both more choices of uniforms, and more instructions on how they're to be worn properly. Your first source is the latest Marine Forces Manual (MFM), which you may download at <http://www.library.sfi-sfmc.org/index.php?id=general>. There are uniforms from most eras of Trek, as well as uniforms that resemble current modern stuff. We Marines wear different rank insignia, too, and that's also discussed in the MFM. Check out the SFMC Quartermaster for the globe-and-anchor (the new one will be coming out soon), Branch devices, ribbons, and other nifty stuff. Visit www.paradestore.com for rank insignia (and remember to re-paint the enlisted rank insignia silver, and the officer rank insignia gold).

Meanwhile, carry on smartly.

Colonel Tank "Bazinga" Clark, SFMC OIC, VMFA-333 "Phoenix Squadron", 3BDE S-1 Personnel & Administration



News from PA Regulator Away Team

The Pennsylvania members of the Regulator had a Sci-Fi Video Night at the new digs this past Saturday, WOW! 52" FLATSCREEN TV, Oh my! We watched 1st Contact on Roku while our Lancaster folks were on route. LTC Erb recently acquired a "Pop-up video" version of "Star Wars - A New Hope." My only thing is that the pop-ups stayed up a little too long. Eugene also pointed out that the guy *fixing things* also made some mistakes of his own, oh well. We also watched some Doctor Who 1969 time period. I have a copy of a funny kids show called Bibleman about Bullies, we only watched 5 mins. until we switched to something else. I also brought my original Grimlock, the Lead Dinobot from Transformers 80s cartoon, since Grimlock will be making an appearance of some kind in the newest Transformers movie.

Earlier in the day I had attended FREE RPG Day at the Game Store near me. I sat in on a Fate Accelerated campaign about "The Fog" basically with "The 3 Investigators." I read "The 3 Investigators" when I was a kid along with the "Hardy Boys." I'm still waiting on my Serenity/Firefly RPG using Fate.

Have the TX crewmembers tried the Fate RPG system(s) yet? Fate: Core & Fate: Accelerated (System Toolkit, sold separately). **Please patronize your local game store(s).**

Well, that's all for June! Hailing Frequencies closed.

Sincerely

John A. Kraly II

Commander-SFI, PA member of USS Regulator

President & Organi-czar – West Shore Science Fiction Society

CO-USS Pennsylvania NCC-17120 (Independent Star Trek club)

"In the spirit of BB-38 & SSBN-735"

"The *Achilles*-class starship is a warship developed by the Federation during the Dominion War" – http://memory-beta.wikia.com/wiki/Achilles_class

From the Deck 15 Horde: Known as the Klingon Krew

nuqneH. jiplv. biplv'a'.

(For you tera'ngan'pu, go to <http://www.omniglot.com/language/phrases/klingon.php>)

October, for many reasons, is one of my favorite months. She-Who-Must-Not-Be-Named (my ex-wife) managed to ruin most holidays for me, but Hallowe'en is still fun... and more importantly, we get to celebrate All Things Klingon at our Klingon Dinner Thing.

Whilst reading "*The Klingon Art of War*," an idea struck me for good decorations at the KDT. We can make a plaque, or maybe just a framed picture, of each of the 10 Precepts:

- Choose your enemies well.
- Strike quickly or strike not.
- Always face your enemy.
- Seek adversity.
- Reveal your true self in combat.
- Destroy weakness.
- Leave nothing until tomorrow.
- Choose death over chains.
- Die standing up.
- Guard honor above all.



This is one more project I have on my plate. If anyone wants to help, or has an idea on how to do this easily, let me know.

(My current plan is to find and print a picture representing each of the Precepts, with the Precept printed out underneath, and frame it. Easy enough, if somewhat time consuming.)

lupDujHomwlj luteb gharghmey.

For the Empire!
Klark, son of Konald

Have Phaser, Will Travel!



Still holding our own.

With my compliments,

BDR Tank Clark,

Team Leader, 33rd STARFLEET Rangers, "The Paladins"

THE LOUNGE

Remember to return your empties to the replicator, and what happens in the lounge stays in the lounge, unless we get a better offer...D

Mark West

Bartender

Cadet Counselor

July birthdays are as follows: Jake Kuykendall July 6, Michelle Goulet July 11, Grace Connolly July 13 and Lora Weems July 30.

Movie Report:

"How to Train Your Dragon 2"

Whether you saw the first one or not, this is a great movie. They bring you up to date at the start so you get everything you missed or just get a refresher on the last one. There are lots of new things going on, some new characters as well as all the old favorites. This one takes place several years after the first one. As well as years after the TV series. Great animation and good story line. You will laugh, cry, cheer and generally have fun watching this. I give it a five star rating but then I like dragons.

Michelle Goulet, Chief Petty Officer

Engineering Department

(continuing from last month on Warp Travel)

The concept of operations as described by Alcubierre is that the spacecraft would depart the point of origin (e.g. earth) using some conventional propulsion system and travel a distance d , then bring the craft to a stop relative to the departure point. The field would be turned on and the craft would zip off to its stellar destination, never locally breaking the speed of light, but covering the distance in an arbitrarily short time period of time just the same. The field would be turned off a similar standoff distance from the destination, and the craft would finish the journey conventionally. This approach would allow a journey to say Alpha Centauri as measured by an earth bound observer (and spacecraft clocks) measured in weeks or months, rather than decades or centuries.

A paradox identified in [6] is an issue that arises due to the symmetry of the energy density about the $x = x_2$ surface. When the energy density is initiated, the choice in direction of the $+x$ -axis is mathematically arbitrary, so how does the spacecraft "know" which direction to go? Comparing Figure 1 to Figure 2 visually displays the asymmetry of the York Time and the symmetry of the energy density. Both sets of three frames were purposely aligned to make direct comparison easier. This asymmetry/symmetry paradox issue can be potentially resolved when considering the canonical form of the metric derived by using a gauge transformation in [6] as shown in equation 4.

$$ds^2 = (vs^2 f(rs)^2 - 1) (dt - vs f(rs) dx)^2 - dx^2 + dy^2 + dz^2$$

$$^2 f(rs)^2 - 1$$

vs

Using this canonical form, the field potential and the boost γ can be determined using the standard identity $\gamma = \cosh(\theta)$. They are, respectively:

$$\phi = 1/2 \ln|1 - vs^2 f(rs)^2| \text{ and trivially, } \gamma = \cosh(1/2 \ln|1 - vs^2 f(rs)^2|)$$

(To be continued)

Roone Machart, 2Lt

Chief of Engineering

Science Department

NASA TO LAUNCH CARBON OBSERVATORY

June 24, 2014: In the lexicon of climate change, one word appears more often than any other: "carbon." Carbon credits, carbon emissions, carbon sequestration.... These terms are on everyone's lips.

The reason is carbon dioxide (CO₂).

According to the Intergovernmental Panel on Climate Change, CO₂ is the most important driver of global warming. At approximately 400 parts per million, atmospheric carbon dioxide is now at its highest level in at least the past 800,000 years. The burning of fossil fuels and other human activities are currently adding nearly 40 billion tons of carbon dioxide to the atmosphere each year, producing an unprecedented buildup.

NASA is about to launch a spacecraft to keep track of this greenhouse gas. The Orbiting Carbon Observatory-2 is in final preparations for a July 1st launch from Vandenberg Air Force Base in California.

Also known as "OCO-2", the polar orbiting satellite will provide a global picture of human and natural sources of carbon dioxide. Data from OCO-2 will also be used to quantify carbon dioxide "sinks"—that is, places in the ocean and land which naturally pull carbon dioxide out of Earth's atmosphere for storage.

"Knowing what parts of Earth are helping remove carbon from our atmosphere will help us understand whether they can keep doing so in the future," says Michael Gunson, OCO-2 project scientist at NASA's Jet Propulsion Laboratory.

Although the mission is named OCO *two*, it is actually NASA's first spacecraft dedicated to measuring atmospheric carbon dioxide levels. The original OCO spacecraft, launched from Vandenberg more than five years ago, never reached orbit because of a separation anomaly in the launch vehicle. OCO-2 is NASA's second attempt.

It's coming just in time. Greenhouse gases like CO₂ trap the sun's heat within Earth's atmosphere. By maintaining habitable temperatures, the greenhouse effect is essential to life on Earth. However, increasing CO₂ levels may have given our planet too much of a good thing.

Most scientists agree that increased carbon dioxide from human activities, particularly fossil fuel burning and deforestation, has thrown Earth's natural carbon cycle off balance. Global surface temperatures are increasing and changing our planet's climate.

Currently, less than half the carbon dioxide emitted into Earth's atmosphere by human activities stays there. Some of the extra CO₂ is absorbed by Earth's oceans. Natural land sinks take up the rest, but the amounts of CO₂ taken up at various locations on the Earth's surface are not well understood. OCO-2 scientists hope to coax these sinks out of hiding.

"Quantifying these sinks now will help us predict how fast CO₂ will build up in the future," adds Gunson. "Data from this mission will improve the accuracy of global climate change predictions."

OCO-2 detects carbon dioxide using three onboard spectrometers. These devices work by spreading sunlight into its constituent colors. CO₂ reveals itself by absorbing certain colors as sunlight crosses through the atmosphere. In this way the new spacecraft will dramatically increase the number of observations of carbon dioxide, collecting hundreds of thousands of measurements each day when the satellite flies over Earth's sunlit hemisphere.

OCO-2 measurements will be combined with data from ground stations, aircraft and other satellites to help answer key questions about carbon dioxide and climate change.

The director of NASA's Earth Science Division, Michael Freilich, sums it up: "With the OCO-2 mission, NASA will be making an important new contribution to the scientific challenge of better understanding our Earth and its future."

Author: [Dr. Tony Phillips](#) | Production editor: [Dr. Tony Phillips](#) | Credit: Science@NASA

Lieutenant junior grade Colin Gabbert out

SECURITY! SECURITY!!

All is quiet in security. Even the drones are being lazy. I might have to come up with some new maneuvers for them to stay in shape. Anyone up for lazer tag?
Scott Cornatez, Lt.

GAME MASTER REPORT

Am looking for new or old games – anyone want to have a game of Chinese checkers? Stay busy.
That is all for now.
Eugene
Game Master



Meetings for the *USS Regulator* are held every month at 1500hrs at Shady Oaks BBQ at Sand Shell & Hwy 35. Usually on the third Saturday of every month.
For information contact CO BDR. Tank Clark

at
regulator@region3.org
or visit our web site

<http://ussregulator.weebly.com/>

Regulator Charge! Newsletter is a monthly publication produced to inform members of upcoming events with the ship, with the region, and with the fleet. As well as things of interest everyone might like to know about. Information in this publication is obtained through emails and internet sites. The *USS Regulator* is a non-profit organization affiliated with STARFLEET. Although we are Star Trek based, this club does enjoy and encourage anything that is SciFi related such as Battlestar Galatica, Stargate, Star Wars, X-Men, Superman, etc. This is an 'on line' publication for all those who have email. If requested a printed copy can be sent to you at
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