



# Regulators Charge!

## Defending the Final Frontier

NCC-2009

Volume 12 Issue 04

### Crew Meetings & Activities 2015

2015

May 9 Regular Mtg Main Event Grapevine

Command Changes

May 15-17 Regional Summit

Jun 20 Regular Mtg

Jul 18 Regular Mtg

Aug 15 Regular Mtg

Sept 19 Mirror Mirror Month

Oct 17 Klingon Dinner Thing

Nov 7 Walk Out for Diabetes in Grand Prairie

Nov 21 Regular Mtg

Dec 19?

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

From the Ready Room

Well, folks... it's been fun.

I joined STARFLEET on the first day of August, 2009. By September, I'd managed to take (and pass) OTS, get a uniform together (a class-c Vehicle Crew Garment), and finally join the *USS REGULATOR*. It took a while – BDR Mark West was fairly slow in responding to my emails; so slow that the Third Brigade Officer-in-Charge was busily trying to talk me into forming a single-person Marine Expeditionary Unit.

The first time I met the crew of the *Regulator* was at the Region 3 Summit/3BDE Muster in Dallas, which was held concurrently with FenCon. Yes, my first STARFLEET activity was Summit, at which I served on the color guard and on a panel. (Every Summit/Muster I've been at, I've been on the color guard. Hmmph.) I met Mark, Kyle, Alan, Liz, Michelle, and lots of other people. By the end of summit, I was the Brigade's newsletter editor, and was instrumental in getting a STARFLEET Ranger unit started on the ship.

Six months later, I was promoted to 1<sup>st</sup> Lieutenant, and became the Chief Science Officer of the *Regulator*. By 2011, I was a Major, and when Brigadier General West stood down as Captain, I was elected to the center seat. I requested then-Commodore Liz Goulet to be my First Officer, and we were off. At this time, the ship was down to below the required 10: we had Tracy & me, Liz, Alan, & Michelle, Cynthia, and Mike Tolleson & his two daughters.

The ship grew, slowly. We were active, and welcoming. We tried to do something, ANYTHING, that was fun. The ship started the Klingon Dinner Thing back up. (Thanks, Liz... until you told me about it, I didn't know we'd had such a thing, and it's become a highly-anticipated event.) We started "Mirror Month", in part because I wanted a Mirrorverse uniform & needed an excuse for Tracy to make one for me. You've become a part of my life, and the ship has become strong. At

April 2015

the high point during my command, we had Local & Honorary), and we're currently at 19 national (SF-1) members. We're one of the more active ships, and we're the only one I know of who can have a change-of-command without anyone being angry or having a problem.

I am proud of this ship, and this crew.

On May 9<sup>th</sup>, at Main Event in Grapevine, I'll be officially stepping down as your Captain. It's been an amazing honor, and a privilege I'm not convinced I deserved. I'm certainly not going anywhere; I'll still be running the Marines, the Rangers, and the ship's Klingons, and I get to try my hand at a brand new department, the Helm department. Our new Captain, Michael Cross, has asked me to be his First Officer, and I'll try to live up to Liz's fine example.

I'm happy to be stepping down, and eager to see where our new Commanding Officer will lead us. I encourage you to give him all the support you've given me.

The future is out there. Let's go grab it, together.

Meanwhile, keep having fun. That's an order.

With my compliments,  
Brigadier Tank Clark, SFMC  
Commanding Officer, *USS Regulator* NCC-2009

### XO/Communications

Well, the only thing that changes for me is I'm no longer the XO. Of course, I'm here for consulting. Most of the offices will stay the same. The difference is that Helm and Ship's Services (Counselor) are available. Check the Ship's Manual for what the job description is.

I still need everyone to contribute to this newsletter. In case you aren't sure what to write about – book summaries, movie reviews, TV show reviews, etc are welcome. Also, if you read about something you think the rest of us would be interested in that is always welcome.

I have started a new thing at the end of the newsletter – I have a space for individuals to advertise their businesses if they want to. Starting your own business is hard enough, free advertising is always welcome.

Liz Goulet, R.Admiral, Communications Officer

### MEDICAL ALERT!! MEDICAL ALERT:

#### Start a Container Garden with Your Family

If you want to eat local, know where your food is coming from, save money and reap healthy rewards, start a home garden. There's a harvest of benefits when you involve kids in the process, too. A study published in *The Journal of the Federation of American Societies for Experimental Biology* found that children who lived in a home with the garden ate significantly more vegetables than a group that did not have access to a home garden.

#### A Fun Alternative

If the space you have available at home limits your ability to garden, or if time constraints, neighborhood regulations or poor soil quality are concerns, consider container gardening. "Container gardening is a great way to connect kids to where their food comes from. And eating what you grow is one of the most fun and wonderful things you can experience – no matter how old you are!" says Liz Reid, MS, RD, DN, pediatric dietitian at the Penn State Hershey Children's Hospital and coordinator of a local Farmer's Market Nutrition Program.

#### Choosing a Container

Barrels and buckets work well, but encourage your child to get creative – some people even use things like wheelbarrows! Hanging baskets are good options for small spaces. Clay pots can work for plants that don't need much soil. Match the size of the containers to the depth and amount of soil needed for the plants you want to grow, using seed packets as references. Before using a wood container, get advice from a local hardware about safe types to use, as some old woods might have harmful chemicals. Similarly, avoid using containers that previously held toxic materials. Reid says finding a container with adequate drainage is key. If your container doesn't have holes in it, make a few half-inch holes near the bottom to allow water to run out. This will keep plant roots from rotting. To protect surfaces, you can put a saucer under the container to catch water, but be sure to empty it regularly.

#### Planting the Crops

Start with a mixed blend of soil for best results, and then let your child dream of the colorful possibilities! "I recommend starting with something easy to grow – such as sugar snap peas, or sweet cherry tomatoes," says Reid. "But you can try any vegetable that your child is interested in growing. Potatoes and carrots will grow in a container, and some children really like digging through the dirt to find their harvest," says Reid. Seed packets will tell you the best times to plant different crops. You can start seedlings inside and transplant them at the right time, or put starter plants from a greenhouse in your container.

#### Caring for Your Garden

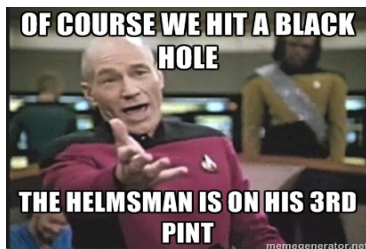
A plant in its natural environment has ample soil with nutrients that are constantly being replenished. Since soil in a container is limited, you should give your plants some extra nutrition in the form of commercial fertilizer or compost materials. Ask the experts at your local agricultural extension program or garden center to help figure out what your plants need. Container plants need to be watered a little more often, too – up to twice per day in hot weather. Pinch off dry leaves and buds to make room for healthy new ones to thrive. Then, when harvest time comes, celebrate the labor that led up to the finished product!

CDR Tracy "Gleek" Clark, STARFLEET  
Chief Medical Officer, USS *Regulator*, NCC-2009

(Source: Kelly Poole, MS, RDN/LD; Regional Consultant Dietitian, Stonegate Senior Living)

## HELM

### Helm Department



*"Mr. Sulu, you may... indulge yourself."*

*"This department is responsible for planning and coordinating "Landing Parties" – that is to say, events and activities other than meetings. This includes trips to museums, movies, sporting*

*events, and entertainment facilities (like "Main Event")."* – Ship's Articles (Handbook Section)

We sent a landing party to the Texas Civil War Museum on 28 March 2015. Landing Party members were: Brigadier Tank Clark, Commander Cynthia Crouch, Commander Tracy Clark, Chief Warrant Officer Glen Wilkerson, and Petty Officers Lora & Randall Weems.

The group gathered at the Museum at 10:00, and entered not very long after the museum opened. We enjoyed the video presentation, which discussed the role Texas played in the Late Unpleasantness and some of what went on thereafter. We chose a good day to go, as there were some re-enactors present; they demonstrated a firing line several times, and displayed their replica uniforms, clothing, and equipment.

The museum itself was outstanding. Along the north walls were Union artifacts; along the south, Confederate. The weapons, equipment, uniforms, clothing, tools, and flags each told a story. The museum also had a "Scavenger Hunt," in which one found numbered tags and answered questions about the display. An example question:

*"I have a fin, but don't swim; I fly. I was the design prototype of the Nerf Gun toy. But I am much more dangerous, so don't use me inside the house. (U.S. Infantry Display)*

(The answer was the Kitchum Hand Grenade.)

There was a Navy section, and a whole room dedicated to Artillery as well. Additionally, the museum has a very large collection of period dresses & ladies' hats.

After we'd seen everything we could see, we traveled to the West Side Cafe, and enjoyed a very flavorful meal, sharing more stories and discussing past glory. The walls of this restaurant are covered with photos of Western heroes, soldiers, airmen, sailors, marines, and aircraft – it very much felt as though we were in a pilot's ready room.

All in all, a very good day, with great company. Those of you who weren't there, we missed you.

So, what would y'all like to do? I'll be looking into Fort Worth Cats games, as well as taking a trip on the *Tarantula* train between Grapevine and Fort Worth, and maybe a trip to the Fort Worth Zoo.

Of course, I'm also open to suggestions.

Releasing the parking brake,

Brigadier Tank Clark, SFMC  
Helmsman, USS *Regulator*, NCC-2009

## Navigation Department

"Second star to the right, and straight on 'till morning..."

"It is the duty of this department to be responsible for Recruiting efforts, and for assisting new members "find their way." New perspective members are guided by members of this department through the first few months, and should be guided through the process of joining STARFLEET, the ship, and the department the new member might wish to join. The Navigation Department also coordinates crew retention efforts." – Ship's Articles (Handbook Section)

The Navigation Department is unmanned at this time, and therefore the duties thereof return to the Captain. If you are interested in becoming the Senior Navigation Officer, please contact me. If you have ideas about recruiting new members, or about retaining more crew in STARFLEET, let me know that, too.

Course laid in,  
Brigadier Tank Clark, SFMC

## BOSUN (Chief in Charge)

Not much to report this month. I do want to let you know that even though Michelle stepped down from Ship's Services she will still be providing cupcakes for the birthdays. She's even thinking of changing it from every six months to every three months since our new CO really likes her cupcakes.

Alan Goulet, MGSgt

### ATTENTION: Flip Top Contest

May is the last month to contribute to this year's contest. Winners for most flip-tops will be announced and prizes given out at the June meeting.

## From the Flight Deck:

### OIC, VMA-333 "Phoenix Squadron"

Take a knee, Marines.



The Reading Challenge is still ongoing. Anyone who's a STARFLEET member and a member of our Marine unit may participate.

First: Are you a STARFLEET member? If not, why not? Membership in STARFLEET the International Star Trek Fan Association comes with plenty of benefits – certainly enough to pay for the \$10/year for the eMembership. The discounts at hotels, for car rentals, and at COSPLAYSKY.COM and at cosplaysupplies.com, as well as at Brooks Brothers and Office Max, are worth more than \$10/year. Add into that the fun of STARFLEET Academy, as well as the STARFLEET Marine Corps Academy... well, you should definitely be a member of STARFLEET as well as of the USS Regulator.

Second: Being a member of our Marine unit. This is a two part thing: first, as a member of STARFLEET, you have access to the STARFLEET Database. (Your membership kit came with your user ID and password.) Log in, and click on the SFMC tab; then, select "Marine Affiliation". Choose one of the "radio buttons" – Active if you want to be a full-time Marine with Marine rank (like Roon, or like me), or Reserve if you want to be a part-time Marine with Fleet rank (like Tracy, for example).

Oh, and then let me know, so I can make sure you're placed into our unit.

Then, just keep track of what you read. During the last week of each month, email me with a list of what you have read. I need to know the title of the book, the author's name, the ISBN (or ASIN, if it's an ebook), and the page count.

I send a Marine report on the first day of each even numbered month (Feb, Apr, Jun, Aug, Oct, & Dec) but it's easier for me to get everything written each month – and it's easier for you to remember every month than it is for you to try to remember if this is a Marine Reporting Month or not.

Carry on!

Never Give Up, Never Surrender!

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

## From the Deck 15 Horde: Known as the Klingon Krew

Two months ago, I asked y'all to come up with a good fictional reason for the USS *Regulator* NCC-2009 to have Klingons aboard. I mentioned the DC Comics *Star Trek* comics of the '80s that had a Klingon serving under Kirk's command. I'm still waiting to hear from any of you with your ideas. For Klingons, you are very quiet.

Save the date: October 3<sup>rd</sup>, 2015, at Purts Creek State Park, the IKV Melota will hold its 22<sup>nd</sup> Bat'leth tournament. From the Facebook announcement:

"Fellow Warriors!!!! And Hecklers!!!! ;)

You are cordially invited to the 22nd Bat'leth Tournament! Your Host, the IKV Melota, wish you to come enjoy the fellowship of the Tournament ring, friendships old and new, and fun and fantastic games, food and prizes! Heckling is more than welcome and has developed into a sport of its own, so bring your best insults to throw at those woe-some warriors that attract your attention. It would also probably be a good idea to be in your best physical condition. :) We will be camping Friday night, October 2nd, 2015 through the weekend and leaving on Sunday. You are more than welcome to camp or come out for a day trip on Saturday. Please RSVP by Sept 15th so plans and food can be made appropriately and your campsites reserved.

Special arrangements, if needed, can be made by contacting [Donna Whitaker](#), either via FB or phone. (817) 274-9415. "

It would be great if some Regulators were able to go & represent our ship & STARFLEET. I know October is a long way away to plan, but if you can, you should.

For the Empire!

*Kai the Klingon Krew! Qapla'!*

## Have Phaser, Will Travel!



<https://ghostbustersinc.wordpress.com/media/ghostbusters-the-roleplaying-game/>

Hoo-Haa, Rangers!

The year is 1987. I'm stationed in London, and while walking through one of the stores at which I bought roleplaying games, my eyes light upon a new offering from West End Games: *Ghostbusters*.

By this time, I'm already familiar with West End Games. I've purchased and enjoyed reading their *Star Wars Roleplaying Game*, which uses their "D6" system (although it wasn't called that, yet.) The *Star Wars RPG* came out after *Ghostbusters*, but I encountered it in reverse order.

For whatever reason, I didn't buy *Ghostbusters*. I enjoyed the movie (and later, the second movie), but I never got around to getting – or playing – the game. Until now.

Rangers, I invite you to point your browsers to the URL at the top of this article. Now, quickly. Download everything you find at that web

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we found a place selling some created on a 3D printer for a reasonable price... and since shipping is what it is, we bought two.

Character creation is unbelievably easy. There are four "traits": Brains, Muscles, Moves, and Cool. Divide 12 points between them, with no higher than a 5 in any one, and at least 1 in each. Then, assign a talent for each trait. For example, Norville has the "Gobble Food" talent in his Muscles trait, while Velma has the "Deduce" talent in her Brains trait. This means that whenever Velma is trying to Deduce something, she adds three additional dice to her roll. Her Brains trait is four, so doing any other "brainy" thing she'd roll four dice, but when she's trying to figure something out from clues, she rolls SEVEN.

Every time a player (or the Ghostmaster, which is what this game calls the gamemaster) rolls dice, one of the dice needs to be the Ghost Die. This is a special six-sided die, numbered one through five as normal but with a picture of a Ghost replacing the "six." If the Ghost Die comes up anything other than the Ghost, add the die result to the total as normal. If, however, the Ghost comes up, something unusual happens. First, zero is added to the total of the other dice. Second, something bad, or at least unhelpful, happens to the Ghostbuster. For example, in the adventure we played, Norville tried to get something out of the back seat of a possessed automobile. He rolled high enough to succeed, but the Ghost die came up Ghost... so, instead of doing exactly what he wanted, he got a paper bag, but not the item that was in the bag. Oops!

Ghostbusters each start with 20 "Brownie Points." A Ghostbuster may spend a Brownie Point to roll an extra die. If the Ghostbuster is injured in some way, he'll lose some Brownie Points. He may also spend some to avoid major injury. Brownie Points are awarded by the Ghostmaster at the end of the adventure, and if a Ghostbuster ever has 30 Brownie Points, he can trade them in to raise a trait by one. If the Ghostbuster is out of Brownie Points, he may reduce a trait by one and get 20 Points.

The adventure was a blast. You know you're getting into it when the Ghostmaster says, "You need a fifteen, but don't roll a Ghost," the Ghostbuster rolls five dice (2, 1, 1, 1, Ghost), and the player yells "S\*\*T!" Good Ol' "Danger Prone Daphne!" Never fear, Rangers... the Ghostbusters triumphed in the end, with only a small amount of collateral damage (a tree set on fire and a bystander's car with all the windows shattered).

I cannot praise this game more. Lots of fun, easy to play, rules lite. Simply awesome!

Fleet Captain Tank Clark, SFSO  
Team Leader, 33rd STARFLEET Rangers ("The Paladins")  
Have Phaser, Will Travel

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## Ship's Services

May birthdays are Karen Connolly May 18, Robyn Winan May 23 and Cynthia Crouch May 24.

Also, the following need to renew their Starfleet Memberships soon:  
Glen Wilkerson (expired 4/29/15),  
Scott Cornatzer expires 5/26/15  
Cynthia Crouch expires 6/4/15  
Sean and Laura Washburn expires 6/18/15  
Please take care of these if you wish to help your ship stay a member of Starfleet.

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## Engineering Department

Engineering is running smoothly with routine problems on the ship.  
Roone Machart, Maj, Chief of Engineering

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## Science Department

**Start of the Eugenic Wars?**  
By Melissa Brulotte

At our last Regulator's meeting, I mentioned that scientists have developed a gene-editing system called CRISPR/Cas9 that allows us

to change the genes in isolated cells, embryos, and ultimately in adult organisms. This technique, first published in 2012, has been widely applied to isolated human cells in culture, and to organisms like zebrafish and mice. On April 22, 2015, a news story came out that a group in China has used this system for the first time on human embryos.

Junjiu Huang and colleagues at Sun Yat-sen University in Guangzhou obtained 86 human embryos that were donated to scientific research by couples at in vitro fertilization clinics. These embryos were considered non-viable because they had extra sets of DNA due to being fertilized by two sperm. They would not be able to form full fetuses, and would miscarry within days if implanted.

The research team attempted to alter the hemoglobin-B gene, which is mutated in the disease beta thalassemia. Beta thalassemia is a life-threatening form of anemia (iron-deficiency) where patients cannot produce enough hemoglobin. There are several complications involved with this disease, and the major form of the disease is fatal by 20 years of age.

Unfortunately for the Dr. Huang's team - but possibly fortunately for humanity - the experiment had very little success. Only 71 of the 86 embryos survived the first 48 hours. 54 of those embryos were tested, and only 4 of them had the intended genetic change. That's only a 4.6% success rate, which is far too dismal for clinical applications.

The study was rejected for publication in major scientific journals because of the terrible success rate, and for the ethical implications. The experiment has caused fierce public and private debate among scientists, and a call for an international halt on any attempts to establish pregnancy with genetically modified embryos. As Edward Lanphier, president of Sangamo BioSciences in Richmond, California, put it, "It underlines what we said before: we need to pause this research and make sure we have a broad based discussion about which direction we're going here."

Though genetically modifying human embryos to cure disease sounds promising, we are far away from true success. Still, we are in an era where technology grows exponentially, so who knows what will be possible even in 10 years?

Lieutenant JG Colin Gabbert and Melissa Brulotte

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## SECURITY! SECURITY!!

No one in the brig and all firearms accounted.  
Scott Cornatez, Lt.

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## GAME MASTER REPORT

Nothing new to report, keeping on playing.  
Thanks All,  
Eugene  
Game Master

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## Advertisements

It has been suggested that we might help our fellow crew members by posting ads for their personal business. This day and age starting a business isn't easy and they can use all the free help we can give them.



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Go to: [www.etsy.com/shop/LauraWashburnDesigns](http://www.etsy.com/shop/LauraWashburnDesigns)



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 Col. Tank Clark

at  
[regulator@region3.org](mailto: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

Your home address.