



Regulators Charge!

Defending the Final Frontier

Volume 12 Issue 02

February 2015

Crew Meetings & Activities 2015

2015
Mar 21 Regular Mtg
Apr 18 Regular Mtg (Elections)Dinning Out
May 9 Regular Mtg
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 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

The End is nigh!

Or, as I prefer to think of it, there's a new beginning right around the corner.

Our ship's articles give the Captain a two-term limit, and that means in April, we'll be electing a new Captain, he'll be choosing a new First Officer, the Departments will be choosing their Department Heads and the DH's will chose the new Second Officer. I've loved being the Captain of the *Regulator*, but I look forward to stepping down and giving the Center Seat to my successor. I pray that you will give him the same support you have all given me.

First, though, I'm going to review what happened at the February ship's meeting.

Remember to pay your dues! Remember, you must be a dues-paid member to vote in any ship elections; dues are \$2.00/year, and the money goes to pay for the small amount of postage the Communications Department requires, as well as to help cover costs of activities like the Klingon Dinner Thing. Two crew members were added to the "Dues Paid" list: LTJG Colin Gabbert & LCDR Scott Cornatzer.

Still unpaid are: Rear Admiral Robyn Winans, Lieutenant Sean Washburn, Crewman Alysia Strickland, Crewman Laura Washburn in the Texas group; and Commander John Erb, Lieutenant Colonel John Kraly II, Petty Officer Third Class Eugene Connolly, and Private Matthew Arment from the Pennsylvania group. LTC Kraly has informed me that he & CDR Erb have sent their dues, but I haven't received them yet. Those of you who are unable to attend a meeting here may send your dues via PayPal (lordaelfhelm@yahoo.com) or by snail-mail (T. Clark, 729 CR 4421, Rhome, TX 76078

In March, two motions will be voted on -- one must be a paid member to participate in voting on these motions. You can see the motions in last month's newsletter, but to summarize, the first motion is to change the class of the USS *Regulator* from an *Achilles*-class ship to an *Excelsior*- class (*Enterprise-B* sub-class), and to change hull number from NCC-73337 to NCC-2333. The second motion is to approve changes to the Ship's Articles, primarily to the Handbook section, which would change the departments of the ship (adding Helm and Navigation Departments, deleting Bridge Specialist Department, renaming the Councilor Department to Ship's Services Department, and changing some of the real-world responsibilities of each department).

Dues-paid members who won't be at the March meeting may send their votes via email to ussregulator@gmail.com Such email votes must be received by noon on Saturday, March 21, 2015, and must include the name(s) of the person(s) voting.

Nominations are open for Captain, Department Heads, and the leader(s) of the ship's Klingons, Marines, and Rangers. Current DH's and group leaders are automatically nominated to return. Two people have been nominated for Captain: Lieutenant Commander Michael Cross (nominated by LCDR Scott Cornatzer, seconded by RADM Liz Goulet, accepted by LCDR Cross), and Lieutenant Commander Scott Cornatzer (nominated by LCDR Michael Cross, seconded by CDR Tracy Clark, accepted by LCDR Cornatzer).

Nominations will remain open through the end of the March meeting. According to the Ship's Articles, no-one may nominate oneself for Department Head or for the Captaincy; nominations must be seconded, and the nominee must accept his nomination.

Brigadier Clark will serve as Election Officer. The Election of the Department Heads will be done by department, by open vote; the Election of the Captain will be done by secret ballot. Dues-paid members who won't be at the April meeting may send their votes (for DH, Marine OIC, Ranger TL, Klingon Leader, and Ship's Captain) via email to ussregulator@gmail.com Such email votes must be received by noon on Saturday, April 18, 2015, and must include the name(s) of the person(s) voting.

Oh, and if there is only one nominee for DH/ Marine OIC/ Ranger TL/ Klingon Leader -- as is currently the case -- no election for that position will be needed.

As Promotions will occur at the April meeting, RADM Goulet will be soon forming the Promotions Board. She has a chart showing time-in-grade for the crew, so the Board will know who's eligible for promotion. We're also looking for nominations for chapter awards. Visit <http://ussregulator.weebly.com/chapter-awards.html> and look at the awards marked with an asterisk (*). These are the awards we'll be giving out at the Spring Thing (at the April meeting).

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

XO/Communications

Sorry about the late newsletter. The week after our meeting I came down with a cold; the weather – as you know- decided to get crazy and my mother went into the hospital. So my head has not been where it should be – on my shoulders. The one bit of bad news is we lost Spock (Leonard Nimoy) this month. He lost his battle with heart disease on Feb 27. He was 83 and will be greatly missed.

Liz Goulet, R.Admiral, XO/Communications Officer

BRIDGE REPORT

All systems are functioning properly.

Live Long and Prosper,
LCDR Michael Cross

MEDICAL ALERT!! MEDICAL ALERT:

6 Ways Garlic can improve your health.

(An Article borrowed from Laura Jeffers of the Cleveland Clinic)

Garlic. Roasted in olive oil, it can melt in your mouth like butter, while chopped and raw, it can taste pungent and sharp. Either way, this herb-like vegetable offers significant benefits — on the inside and out. It's the organic sulfur compound allicin in garlic that gives it its pungent smell and makes it a healthy addition to your diet.

What garlic can do for you

1.Boost immunity: In test tubes, [garlic](#) appears to kill cancer cells, and studies involving people show some of the same outcomes. According to the [Iowa Women's Health Study](#), involving 41,000 middle-aged women, those who routinely ate garlic, fruits and vegetables had a 35 percent lower colon cancer risk. Benefits came from raw and cooked garlic – not supplements. A smaller study of 50 people with inoperable colorectal, liver or pancreatic cancer showed improved immune activity after six months of taking aged garlic extract.

2. Work as an anti-inflammatory: has shown that garlic oil works as an anti-inflammatory. So, if you have sore and inflamed joints or muscles, rub them with the oil.

3. Improve cardiovascular health: The verdict is still out on whether garlic improves your cholesterol levels, but research does indicate it can have a positive impact on your arteries and blood pressure. Investigators believe red blood cells turn the sulfur in garlic into hydrogen sulfide gas that expands our blood vessels, making it easier to regulate blood pressure. The German Commission E, similar to the U.S. Food & Drug Administration, recommends 4 grams of garlic daily – the size of one large clove – to reduce your risk of heart disease.

4. Give you better hair & skin: Garlic's antioxidants and [antibacterial properties](#) can clear up your skin by killing acne-causing bacteria. Some data shows rubbing raw garlic over pimples can clear them away. Be aware, though, that it could cause a burning sensation on your skin. Existing [research](#) also found garlic gel can effectively treat certain types of hair loss.

5. Protect your food: Those same antibacterial properties in fresh garlic can kill the bacteria that lead to food poisoning, including salmonella and *E.coli*. Don't use garlic as a substitute for proper food sanitation and food handling, though.

6. Treat athlete's foot: Garlic also fights fungus. If you have athlete's foot, soak your feet in garlic water or rub raw garlic on your feet to attack the itch-causing fungus.

Maximize the garlic

While you can steep chopped garlic in hot water to make tea, covering the taste with honey, taking advantage of garlic's benefits is a little complicated. Heating it or putting it in a recipe can change its pH balance. The enzymes from the allicin need a few minutes to start working, so let it sit after you mince, crush or chop it. You'll get the most benefit from raw garlic. But if you choose to cook it, don't heat it above 140°F. Higher temperatures kill the allicin, so add garlic to your recipes when you're almost done cooking.

A few words of caution

Garlic's health benefits are plenty, but don't add too much to your diet too quickly. Overdoing it can cause discomfort, including upset stomach, bloating, diarrhea, bad breath and body odor. You may also get a stinging feeling on the skin if you handle significant amounts of fresh and dried garlic. To avoid garlic-induced skin lesions, wear kitchen gloves. On rare occasions, garlic supplements can cause headaches, fatigue, appetite loss, muscle aches, dizziness and allergic reactions such as asthma attacks or skin rashes. If you take [blood thinners](#), taking a garlic supplement can increase the medication's effect, making it even harder for your blood to clot.

To me, that is wonderful news. I love garlic in most food.

I am going to try the garlic oil trick on my knees. I will keep you posted on its results.

Yours in Service
CMDR Tracy Clark

BOSUN (Chief in Charge)

A total of about 20 + people showed up at Mark West Memorial on January 31 at Spring Creek BBQ. Stories were told about Mark being involved with friends and family. They are planning another event to remember Mark in March out at Mineral Wells Lake. He enjoyed paint ball out there. It will be over a weekend and be an all-nighter with BBQ and a bond fire in Mark's owner. He was 46 years old and died peacefully in his sleep on Christmas Eve last year. His family had him cremated.

Alan Goulet, MGSgt

ATTENTION: Rules for the contest

Starting at the June meeting, we started 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 you 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.

From the Flight Deck: OIC, VMA-333 "Phoenix Squadron"



Ahoy, Marines!

"What type of Aerospace craft does the 333rd Marine Strike Group, a.k.a. VMFA-333 Phoenix Squadron, fly?"

The squadron has four flights, designated Alfa through Delta. Alfa, Bravo, and Charlie Flights fly the F/A-55 Le-Matya. Here's what the SFMC Arms & Equipment Manual has to say:

Role: Aerospace Strike Fighter

Crew: 1 (a 2-seat training variant, designated F/A-55B, exists)

Physical Attributes:

Length: 15.18 m (49' 9")
Wingspan (deployed): 10.15 m (33' 4")
Wingspan (folded): 6.2 m (20' 4")
Height (airframe): 2.04 m (6' 8")
Mass: 15,920 kg empty (35,097lbs)

Performance Characteristics:

Atmospheric Performance (Terran atmospheric standard)
Maximum Velocity: 3,413 km/hr (1,843kts) @
20,000 meters (Mach 3)
Maximum Acceleration: 300kph/sec (162.1kts/sec)
(8.5 G)
Time to max velocity: 11.38 seconds
Stall Velocity: 319 km/hr (172kts)
Duration at max power: 8.8 hours
Takeoff Distance (full load): 500 meters @ 1G
Landing Rollout (empty): 418 meters
Extra Atmospheric Performance
Maximum Impulse Speed: .99c (Maneuverability
achieved through ARCS thrusters located at tips of wings,
nose and tail.)
Warp Cruising Speed: Warp 4
Maximum Emergency Warp Speed: Warp 7.2
Endurance at cruising speed (internal fuel): 12
hours

Combat Systems (Integrated):

Offensive Systems:
4 M-1368 Very Rapid Pulse Cannons mounted
2@ in leading wing edge port and starboard
Target designator system
4 conformal fuselage hardpoints (2@ port and
starboard)
8 under wing hardpoints for external weapon
stores
TDRS-29 Advanced Target
Designator/Illumination System
Defensive Systems:
1 Flare dispenser mounted aft with 250 flare
magazine.
1 "Chaff" dispenser mounted aft with 250 sensor
deception packs.
1 Decoy dispenser mounted aft with 10 Mk3
Decoys
1 Class Four Force Shield generator which can,
for short periods, be reinforced to Class Five.
1 PSU-1403 Pilot Safety Module (2 in 2-seat
training variant)

Delta Flight, on the other hand, flies our Medical Evacuation
Transports. We have two MT-39 Valkyrie II.

"The MT-39 Valkyrie II medical evacuation transport has a crew of
eight (pilot, systems officer, two I-Medics and four E-Medics). It has
three ALSTTARs stacked atop three FMD-108s, nine litters, and
seating for 18 walking wounded, for a total of 36 casualties capacity. It
is equipped with two important pieces of hardware. First, a pressurized
docking collar can be extended up to 2 meters from the bottom center
of the vehicle, sealing itself to a standard airlock door or even to the
flat surface of a hull. Cutting torches can then be used to effect an
entry into a disabled vessel. Second, the interior of the vehicle can be
divided into compartments via force fields and bulkheads into separate
and self-contained areas. This prevents the spread of biohazards or
microweapons like nanites."

Meanwhile, carry on smartly.

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

I've never let logic get in the way of having a good time.

As we look towards (probably) changing the *USS Regulator* from the
post-Dominion war era *Achilles*-class starship NCC-73337 to the post-
Star Trek VI: The Undiscovered Country *Excelsior*-class starship NCC-
2333, one has to wonder about why a Federation starship during that
timeframe would have a contingent of Klingons on board.

I know there's no good, "canon", reason for it. I don't care. There's
enough members of our chapter who enjoy being Klingons, at least
every once in a while. Maybe this is early in the Officer Exchange
Program between the Klingon Defense Force and Starfleet. That
works for me.

That being said, I would love to hear from you creative people. Can
anyone write a story about why a team of Klingons would be stationed
on the *USS Regulator* NCC-2333? Send it to me at
tlark.clark@live.com, in any common format, by April 10, 2015. The
winner of this story contest will receive a prize from me, and I'll request
the Communications Officer to publish the story in an upcoming issue
of this newsletter.

I know that Klingons from the *Regulator* attended the *IKV Melota's*
Klingon Ball; we'll receive a report from them about it & pass it along to
the rest of you.

Also, remember the next Good Day to Dine will be on March 29th, at
BFF Bakery & Bistro, 6501 S. Cooper St, in Arlington, starting at 4pm
(1600 hours). Kalamity and I hope to be there, and I hope to see you
there, too.

Glory and Honor!

qlarq

Have Phaser, Will Travel!



Hooahah!

In 2002, we celebrated Christmas at my in-law's house in Irving. One
of the gifts I received was a new RPG from Wizards of the Coast: *d20*
Modern. Basically, it took the engine from the then-current version of
Dungeons & Dragons (Third Edition) and moved it into the very early
21st Century. Until now, I haven't played it.

Much of the d20 system was unchanged. Feats and skills worked the
same as in *D&D* 3.0 (and for that matter, *D&D* 3.5). At 4th, 8th, 12th
(etc) levels, PCs got a one-point increase to an ability score. At 1st,
3rd, 6th, etc levels, PCs got a new feat. Pretty much standard *D&D*
stuff at the time. The combat system was virtually identical, only
adding firearms into the mix.

However, there were some changes to the system. First, the basic
classes were oriented around the abilities. For example, the Tough
Hero was based on a good Constitution score; the Fast Hero was
centered on the Dexterity score, and the Dedicated Hero was all about
the Wisdom. Characters could multiclass freely (something we'd
already house ruled into our *D&D* games), and could enter "Advanced
Classes" very early -- as early as 4th level. Also, PCs had a
background, which gave them access to different skills, free feats, and
so on.

The big changes, though, were to the way wealth was handled. PCs
got a new trait, called a "Wealth Score." At 1st level, this was based
on the character's background and a 2d4 roll. When a character
wanted to buy something, he compared his wealth score to the
purchase difficulty class (DC) of the item. If his Wealth was equal to or
greater than the purchase DC, he could get the item without a roll, and
without any other effects. (So, if my PC had a score of 9, I could get
any equipment that had a 9 or less as its purchase DC without rolling
dice.) If, however, the purchase DC was higher than the PC's wealth
score, the player would roll a d20 and add his wealth score. If the
result was equal to or higher than the DC, the PC got the equipment
and his wealth score was reduced by one. For example, my PC
with the wealth of 9 wanted a longsword (purchase DC 11). I could get
it by rolling a 2 or more on my d20 roll, but then my wealth score would

be reduced to 8. This reflects "increasing the character's debt." Now, if one is starting a character at first level and playing him through naturally, this is an ok system (even though the comparative prices are mostly out of whack nowadays -- more on that in a bit). However, when one wants to generate PCs at levels higher than first level, like when one wants to play a one-off adventure for 4th level PCs, it's very difficult to work with.

Each time the PC levels up, he makes a "Profession" skill check against his current wealth score. If he beats the score, his wealth goes up (the amount varies by how much he beat the target DC, what his Profession skill bonus is, and other factors).

The purchase DCs for things were probably about right in 2002. Not so much now. Obviously, there's no way one could set a purchase DC for everything in the world and put it into a RPG manual, so there was a list of "common" items and a table of prices & DC, so if a PC wanted something that wasn't listed in the book, the Game Master (GM) could set a DC for the purchase. Using this chart, it says that an average desktop computer would be about \$3,500, and an average laptop would be about \$4,000. (I bought the laptop I'm using for less than \$400.) A roll of duct tape has a DC of 5; a movie ticket, DC 3. Like I said, it's pretty wonky.

The adventure I chose to use is set in the 1870's. Some items were impossible to set DCs for -- horses, saddles, tack, etc. I decided to use "GM Fiat" -- the player characters would choose their equipment based on "I want that and I think at 4th level I'd have that" and I as GM would approve or deny said equipment. I know someone who's played lots of d20 Modern who "simply" tracked PC's money... but to me, doing accounting for fictional people doesn't sound fun. Your Milage May Vary, of course.

d20 Modern uses the same hit point (hp) system used in D&D 3.0/3.5 to track damage to PCs. Natural healing is slow -- one hit point recovered per night, or two if the PC has complete rest for 24 hours. A "Treat Injury" skill check can heal up to 4 hp, but only once per day. Surgery can heal up to 1d6 per PC's level, but it takes 1d4 hours and requires the PC upon whom surgery has been conducted to rest for days afterwards -- not something likely to happen in the middle of an adventure. d20 Modern allows for magic to enter the game, though. One of the campaign models in the core rulebook is called "Urban Arcana" -- where our world and a world with goblins, kobolds, and mind flayers are merging, and the heroes can learn both divine and arcane magic. In these types of campaigns, healing is easy -- just cast "Cure Light Wounds" and carry on smartly.

The adventure I chose is set in a world where some people still remember the Old Magic... mostly primitive shamans, but some "modern"-day sorcerers and wizards. The party we generated had one such shaman -- a native American deeply in touch with The Great Spirit. (The other three in the party are a gunfighter, an explorer, and a "shadow slayer" -- think "Buffy The Vampire Slayer.")

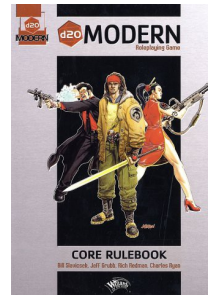
The adventurers were hired to investigate a newly-discovered tomb in Egypt. (The organization they work for, "The Fellowship", provided transportation.)

Game play was exactly as expected. Skill use, combat, exploration -- all work exactly like D&D 3.0/3.5. This is in no way a bad thing.

Overall, this is a good game system. A few years ago, I bought "*Prime Directive: d20 Modern Version*" -- a Star Trek role playing game using the d20 Modern system (and requiring the d20 Modern rulebook, as amplified by the supplement for d20 Modern game, *d20 Future*).

Roll the dice, and play on!

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



Cadet Counselor

March birthdays are John Morgan on March 17.

Miles from Tomorrowland(animation)

Is a show on Disney Jr on Friday's at 8am. It is not your typical kids show. No 1,2,3 learning. It's more about different places in space and aliens you can meet. And making friends with other species.

The characters of the show are Miles Callisto -- the youngest and most adventurous.

His best friend and family robot -- Merc.

Loretta -- older sister who has a Bracelex that has information about all kinds of things.

Phoebe -- Mom and Captain of their ship "Stellosphere". She does what Captains and Moms do best -- keep kids out of trouble while allowing them to explore.

And last but not least -- Leo Callisto- Dad, inventor, pilot, and all around handy man on board ship. He is always quoting Cosmic Explorer rules to keep the kids out of trouble.

Check it out if you just want to see some fun ideas about aliens and space exploration.

Michelle Goulet, Chief Petty Officer

Engineering Department

Engineering is running smoothly with routine problems on the ship.

Roone Machart, Maj, Chief of Engineering

Science Department

Mud Matters

Water may be the most influential substance on Earth. It covers more than 70% of our planet's surface, plays a key role in weather and climate, and nurtures life itself. Earth's deep oceans are unique in the solar system, and their globe-spanning majesty, as seen from space, is a testament to the primacy of "H₂O."

Oceans, however, are just the most eye-catching repositories of water. The substance can be found in lesser amounts in almost every nook and cranny of the planet, and researchers know it is important to keep track of water everywhere.

For example ... in mud.

Believe it or not, NASA has just launched a satellite that can track water in the muddy slosh under your feet, as well as other forms of water in the ground. The name of the mission is SMAP--short for "Soil Moisture Active Passive."

The satellite left Earth on Jan. 31st, rocketing into the sky onboard a United Launch Alliance Delta II rocket from Vandenberg Air Force Base in California.

There's more to soil moisture than mud, of course. "With data from SMAP, scientists and decision makers around the world will be better equipped to understand how Earth works as a system," says Christine Bonniksen, SMAP program executive at NASA headquarters. "It will

show us the down-to-Earth impacts of soil moisture, from floods and drought to weather and crop yield forecasts."

SMAP senses soil moisture using an extraordinary mesh antenna; a large six-meter, mesh reflector antenna will deploy like a pop-up tent and spin, lasso-style, at approximately 14 revolutions per minute. Thru this antenna, both the radar actively pinging the ground below with microwaves and the passive radiometer listening to the earth's emissions, can gauge the moisture in soils along the satellite's ground track. Circling Earth in a 426-mile altitude, near-polar orbit, SMAP will be able to produce high resolution "moisture maps" every three days.

Water in the soil can exist in many forms. As it orbits, SMAP will be able to detect whether the ground within its 3 kilometer wide "footprint" is frozen or thawed. This capability, which is unique to SMAP, will assist scientists in determining the growing season length and how much carbon plants are removing from the atmosphere each year, thus improving our current understanding of global warming.

Additionally, SMAP will enhance our ability to respond to weather-related catastrophes by contributing to flood prediction and drought monitoring.

"Soils are like sponges," explains Erika Podest, a scientist on the SMAP team at NASA's Jet Propulsion Laboratory. "They can hold a certain amount of water. If we know the amount of water in the soils and we know that there's a big rainstorm coming, for example, and that the soils are near saturation, then we can predict that that area might be at risk for flooding."

Clearly, mud does a lot more than just lie underfoot. The data gathered by the SMAP mission will be invaluable both within and beyond the science lab.

Says Podest confidently, "I think it has the potential to touch everyone's life."

NASA exploration.

Lieutenant JG Colin Gabbert

SECURITY! SECURITY!!

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

GAME MASTER REPORT

Nothing new to report, keeping on playing.
Thanks All,
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
USSREGULATOR@GMAIL.COM

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.