

Regulator Charge!



NCC-2009

Volume 13 Issue 02



February 2016

Crew Meetings & Activities 2016

Mar 19 regular meeting
March 26 CARE Bridgeport at 1:00
Apr 16 Klingon Dinner Thing in Bridgeport
May 21 regular meeting
Jun 18 regular meeting
Jun 24-26 Summit at Odesa
Jul 16 regular meeting
Aug 20 regular meeting
Sept 17 regular meeting
Oct 15 regular meeting
Nov 19 regular meeting
Dec 17?

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

It was great to see those of you who made the meeting in February. We always have a good time. As I mentioned I will not be at the March meeting because I will be at All-Con. Tank will handle the Captains chores that day and as always I am sure he will do a great job. I can't thank Tank enough for filling in while I started this new job. It looks like March will be my last month working weekends so I will be around a lot more.

It is an exciting time for Star Trek. We have a new movie coming this summer and a new series at the beginning of next year. It was recently announced that Nicholas Meyer will be a writer and producer for the series. If the name sounds familiar it is because he directed The Wrath of Kahn and was a writer on most of the other Original Cast films. I think this is a really good sign for the series. A strong series could bring us lots of new members and that always means more fun.

Speaking of new members remember to keep inviting your friends to our meetings and other events. I think we are a pretty fun bunch and who knows your friends might think so too.

Tank has posted several items from the Region on the Facebook page. Stop on by and check them out to see what we might be interested in joining as a ship. Don't forget the Creation Star Trek convention is coming to Dallas this year and it should be a great

time. I know Melissa and Perry are going and I hope to attend myself.

This month also marked one year since the passing of Leonard Nimoy. He was an extremely talented actor and director. He will always be fondly remembered as Mr. Spock and much more.

LLAP

Captain Michael Cross

XO

I attended the Committee of Commanding Officers (CCO) meeting remotely, at the request of Captain Cross and as the ship's designated proxy. Here are some of the things that we decided:

- No Region 3 Summit in 2017; instead, we'll focus on the IC in New Orleans, 18-20 Aug. All of the normal awards, etc that we do at Summit, we'll do at IC – just like IC 2013 in Dallas.
- Regional Awards have changed. Many of them have gone away, and we'll focus on the SFI Order of Merit awards. I urge you to go to Region3.org and look at the awards page and download the Awards Manual. You all also need to go to SFI.ORG/merit, and start helping Captain Cross nominate people for the various awards. Speaking as a former Captain, this is one of the hardest jobs he has. Help him out by making recommendations. Note the three levels of the Orders of Merit: 1st, SFI-wide; 2nd, Regional; 3rd, chapter-level.
- We also approved FLEET First. I uploaded the FLEET First documents to the Files section of our Facebook group, and I've added a Documents page to the ship's web site, and I'll have them posted there, too. (<http://ussregulator.weebly.com/library.html>)
- The Captain & the Chief Engineer will be attending All*Con in March, so I'll be back in the center seat for a while. Tracy will be Officer of the Deck; her activity is a cryptogram using quotes from Star Trek movies & shows.
- April is the Spring Awards/Promotions thing. We'll have it at Ascension & St. Mark's Episcopal Church in Bridgeport, TX. (Address is 5094 US-380, Bridgeport, TX 76426)
Map is on the last page of this newsletter.

While you're looking at the SFI Orders of Merit, you may also look at our chapter awards: (<http://ussregulator.weebly.com/chapter-awards.html>) Please nominate someone for the spring award of the Order of the Cylindrical Storage Vessel of Simians, the ship's award for promoting FUN within the chapter.

Respectfully,
Commodore Tank Clark, SFMD
First Officer, *USS Regulator*, NCC-2009

Communications

Well, we are off to a good start. The first two months have been filled with activities around the region as well as on board our ship. And it looks like we have lots to do in the upcoming months. I want to encourage all of you to attend as many activities as possible and if you do attend, please don't forget your communications officer and send me a short/long report on where you went and what was happening. As I have stated before, I don't just have to have reports from the department heads. I want reports from every member of the ship. Whether it be an event you attended; a book you read or a movie you saw. Maybe you went on vacation and saw something you think the rest of the crew would be interested in – send me anything. This is your newsletter. Yes, it is to keep you up-to-date on events and activities we have planned but also we want to know what interests you.

Liz Goulet, R.Admiral
Communications Officer, *USS Regulator*, NCC 2009

MEDICAL ALERT!! MEDICAL ALERT:

January went by pretty fast, and for that matter, so did February. Did you make a New Year's Resolution? According to StatisticBrain.com [1], 45% of Americans usually make New Year's Resolutions, and the number one resolution made was to lose weight. Unfortunately, not as many people succeed in their goal. 39% of people in their twenties achieve their resolution each year – and only 14% of people over 50 do so. In a poll in Britain's *Guardian* newspaper, 43% of respondents didn't even keep their commitments for even a month. [2]

If your goal was to lose weight, there are ways to do it. All of the diet & exercise plans come down to the same thing: to lose weight, take in fewer calories than you use. Easy to say, not as easy to do. Health Magazine has some helpful hints. [3]

First, don't do the all-or-nothing thing. Instead, make some healthy substitutions in your lifestyle. Remember, "diet" means "the food I consume", not "this limited time in which I will deny myself food", and "exercise" doesn't have to mean "prepare for running a marathon/doing an Iron Man/climbing Mount Everest." For example:

- Have some soup before supper: a pre-meal bowl of soup can cut overall calorie consumption by 20%.

- Eat more veggies: low-calorie vegetables fill you up, and that will reduce the amount of calories you consume.
- Examine your portion size, too... a smaller bowl or plate will make the food look bigger, and can fool you into eating less. Say no to supersizing.
- Plan your splurges. A bit of chocolate, like a "fun size" candy, can help you curb your cravings.
- Eat at home more often – and I'm not talking about "to-go" or "delivery." Buy healthy food, and eat it slowly. (Eating slower will fool your brain into thinking you've eaten enough.)
- Check the sodium content of your food. Salt causes all sorts of problems, including water retention, exacerbating heart conditions & high blood pressure.
- Eat breakfast. Skipping it will make you eat more at lunch. Many diet plans recommend around 300 calories.
- Exercise. If nothing else, take a brisk walk for 15 minutes or so. Park your car a good distance from the store or from your work. Walking the dog(s) will get you outside, even if they don't move fast.
- Don't get flustered. Don't worry so much if you fail occasionally – that doesn't mean you have to give up. Just keep working on it, making small adjustments to your lifestyle, and you can do it.

Commander Tracy "Gleek" Clark, SFMD
Chief Medical Officer, *USS Regulator*, NCC-2009

- [1] <http://www.statisticbrain.com/new-years-resolution-statistics/>
[2] <http://www.theguardian.com/news/datablog/2015/dec/31/how-long-do-people-keep-their-new-year-resolutions>
[3] <http://www.health.com/health/gallery/0,,20501331,00.html>
-

Navigation Department

"Second star to the right, and straight on 'till morning..."
Sean Washburn, LTC
Navigation, *USS Regulator*, NCC 2009



HELM



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

I am still looking for a Helm Department Assistant DH. We are a busy, busy ship, and it would be good to have someone help me in planning and research.

After Action Reports:

Stardate 11602.06 (06 Feb 2016)

An urgent need to get together and play games resulted in a small, hastily-gathered team assaulting the Pizza Hut in Decatur, TX. Commodore Tank Clark led the mission (as Game Days fall under the Rangers' domain), and Commander Tracy Clark, Lieutenant Commander Perry Brulotte, Ensign Rob Dittrich, Rear Admiral Liz Goulet, Master Chief Petty Officer Alan Goulet, and friend-of-the-ship Alysia Strickland attended – a very good turnout indeed, considering the mission only had a few days of planning. Games played included Left-Center-Right (a dice game), Cards Against Humanity, Cartoon Network Fluxx, and Stellar Fluxx. A great time was had by all.

Upcoming:

The next landing party is scheduled for March 26th. As this is an educational mission, the Science Department is taking the lead on this one; we'll be going to CARE, an animal rescue facility in Bridgeport, TX. There is an event on our Facebook group, and this landing party is listed on our web page.

April will see the new time for the annual Klingon Dinner Thing (see the Klingon article), so perhaps May will be the next opportunity for a landing party.

Again, stay tuned, but if you have suggestions, feel free to fire 'em at me!

Releasing the parking brake,

Commodore Tank Clark, SFMD
Helmsman, *USS Regulator*, NCC-2009



BOSUN (Chief in Charge)

I have an update on the flip top challenge. In the month of January we collected 1470, which brings our total to 19,373 in the family division. In the single division we have collected 638. Just in the family division we have already collected more than three times what we did all of last year. I could tell you the standings in the challenge but I want it to be a surprise. I am still working with Starfleet Academy on creating more tests.

Alan Goulet, MCPO
USS Regulator

Special Note: Please put your name and what group you want your flip tops to be counted for on your bag with the tops. If you **do not** put your name on it, you won't get credit-I will.

BONUS: For those who recruit somebody whether you are an individual or family, they may assist you this year only in the flip top contest. This is to encourage you to get somebody to join the ship.

Alan Goulet, MCPO

Engineering Department

Am working on a new mode of transportation. Don't worry, I won't blow up the engines. But there may be some strange noises coming from the Engineer Room in the coming months. If this works, you'll be the first to know. No parts of the ship will be damaged in these experiments.

Roon Machart, LTC
Chief of Engineering, *USS Regulator*, NCC 2009

Ship's Services

March birthdays : Julia DuPree is on the 10th.

Upcoming Movies:

Zootopia	Mar 4
Batman Vs. Superman	Mar 25
Paradox	Apr 15
Huntsman Winter's War	Apr 22
Ratchet & Clank	Apr 29
Capt America: Civil War	May 6
X Men: Apocalypse	May 27
Alice in Wonderland Through the Looking Glass	May 27
Star Trek Beyond	Jul 22

SECURITY! SECURITY!!

Update – got the new laser rifles and they are now ready to be used. A word of warning: do not shoot them on board the ship. They can take out a bulkhead and engineering has advised me we don't have replacements if this happens. The simulator can be used to practice with these as it has been programed with the specifications. I recommend everyone practice using them before we take them planet-side.

Scott Cornatzer, CDR
Chief of Security, *USS Regulator*, NCC 2009



From the Flight Deck:

OIC, VMA-333 "Phoenix Squadron"

Take a knee, Marines.

Take a knee, Marines.

Not much going on this month – I've been so busy in other areas.

Muster 2016 will be in Odessa, 24-26 June, and with Muster fast approaching, I would like to nominate our Marines for ribbons. Take a look at the most recent edition of the MFM and tell me which one of your fellow Marines deserves recognition, and for what reason.

Secondly, I'd still like to do a bar crawl, but (due to busy-weekends) I haven't been able to do a recon trip. I have a route planned out, but without a pre-mission scouting trip, I won't be happy about announcing it.

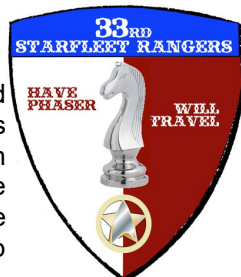
If anyone has any other idea for a Phoenix Squadron-hosted mission, please let me know,

Thank you all, and Carry on!

Brigadier General Tank Clark, SFMC, SFMD
Officer-in-Charge, VMFA-333, "Phoenix Squadron"
Never Give Up, Never Surrender!
greenlantern(dot)pirate (at) gmail(dot)com

Have Phaser, Will Travel!

Once again, I would like to remind everyone about taking Ranger courses from STARFLEET Academy. You can get the lists of what you should take for each Grade (1 through 10) from the Publications page of the SFSO web site:



<https://sfisfso.wordpress.com/publications/> There's a lot of stuff to learn, and it's fun. Do it!

When you complete a grade, notify me, letting me know the dates you completed each course within the grade. I'll send it up through my chain of command, and get you certified. Easy-peasy.

I wrote the SFSO Rangers Guidebook, to replace the 2007 Rangers Handbook. It's in the process of being approved and formatted in the same style as the other SFSO manuals. If you want to read a pre-production version, visit the Rangers page on our ship's website (<http://ussregulator.weebly.com/rangers.html>) and grab it. While you are there, you can also download a copy of our very own 33rd STARFLEET Rangers' Guidebook Supplement, full of fun and exciting stuff about our own Ranger team. Get it while it's hot!

Now, on with the game stuff...

I have a lot of roleplaying games (RPGs) in my horde. (Not a collection: "collections" are organized, while a horde isn't.) By far, the majority of them are rulebooks and supplements for various editions of Dungeons & Dragons (D&D) or Advanced Dungeons & Dragons (AD&D). These span from the "Red Box" and "D&D Cyclopaedia" that I first DMed, through First Edition, Second Edition, Third Edition, 3.5, 4, and even the basic three rulebooks of 5th Ed. Fantasy RPGs certainly predominate the rest – Rolemaster, MERP, LOTR, Dungeon Crawl Classics (DCC), Discworld, the Palladium Fantasy Role-playing Game, Warhammer Fantasy Roleplaying System (WFRP), Talislanta, and RuneQuest, among many others. I have quite a few space opera/science fiction games, like SpaceMaster, Star Frontiers, Star Wars (D6, D20, Revised Core Rules D20, SAGA edition), Serenity RPG, a couple of different Star Trek RPGs, including one that's actually mostly a supplement for d20 Modern, the Starship Troopers RPG, and so on. There's also the post-apocalyptic genre, represented by Metamorphosis Alpha, every edition of Gamma World, as well as the Western genre, including several editions of Boot Hill, and Aces & Eights. There's games in the Super-Hero genre, as well as the Spy genre. I've got some "horror" games, like Call of Cthulu, Beyond the Supernatural, and Ghostbusters. Then there are the "generic" games, like GURPS (Generic Universal Role Playing System), the HERO system, d20 Modern (and its supplements, d20 Past, d20 Future, Urban Arcana, etc.). Name it, I probably have an RPG for it.

Some of these games I haven't played, others I haven't played in decades. Whenever I'm at Half-Price Books, or Recycled Books in Denton, I visit the RPG section, just to find out what's there. One such RPG (purchased at Half-Price, and never played) is in the Super-Hero genre: "Silver Age Sentinals" (SAS).



SAS is a d20 game, using the Open Gaming License, and requires the use of the D&D Player's Handbook (3.0). If you don't happen to have the 3.0 rulebook, the 3.5 one would work fine; for that matter, the information is also in the d20 Modern Handbook, and the first two WOTC-published versions of d20 Star Wars. There really isn't much that the SAS book doesn't include that you need.

That being said, SAS is an odd duck. Ability scores (Strength, Dexterity, etc) are apparently rolled randomly ("Refer to the Players Handbook"), but can be increased by point-buy. There are no Feats: they are replaced by Powers, and purchased by that same point-buy system. You can get more points to spend via buying "Defects." The point limitations are set by the Gamemaster (GM), and range from "normal" to near godlike.



The table that tells you how many points you have to spend, also states the "Experience Level." There are nine character classes, who advance using the XP table in the D&D Player's Handbook (or those other ones I mentioned – they're all the same). It isn't clear if a character starts at the lowest level in the Power/Experience Level chart.

The book starts out with a great overview of the history of comics (up until when it was published, in 2003.) Chapter three is noteworthy. This section does in twelve pages what takes D&D one whole book and notable parts a the second to do: it tells you how the game works in play.

Checks are the same as in D&D -- roll a 20 sided dice plus your skill, save, or BAB, plus bonuses and your related attribute modifier, and roll as high as you can.

Combat takes a page from the Palladium RPGs; you roll to attack, the target rolls to dodge or to block. Any armor, whether from armor or a power, reduces damage, although it increases your chance to be hit by slowing you down. Combat is suitably knockback-inducing; even a 'moderate' special attack will send a super flying through a wall. Rules are included for grappling, superstrength's effects on melee weapons (if you try to add your +8d6+15 Superstrength to a 1d6 damage sword, you may well break it), how to fight a superspeedster trying to hit-and-run, dangerous environments, falling, crashing, psychic combat, taking shock (similar to d20 Modern's Massive Damage Threshold, but based on the character's HP instead of the genre of the game).

The experience rules are also in this chapter: characters can gain more experience at any time as represented in class levels, but they can't just go out and buy a level of Super-strength whenever they have 4 points free.

Actions are initiative-based; you divide your initiative by your actions to see when you go. For example, if you have 5 actions and you roll a 20 on initiative, you act on Initiatives 20, 16, 12, 8 and 4. This is going to be a headache whenever you roll an initiative that doesn't divide evenly by the amount of actions you have. Plus, in d20 it's quite possible to roll an initiative of 0 or even negative; what then?

By the way, crash damage beyond 2500 mph increases by 1d6+2 for every 2500 mph, instead of continuing the progression of whenever the crash speed doubles. I'm sorry, Flash, but if someone trips you in SAS, you're chunky salsa.

The game includes lots of campaign information. The default world is very well described, and feels very "four color" – very much in tune with the Silver Age of Comics, although set in the "modern" time, rather than in the 1960s & 1970s.

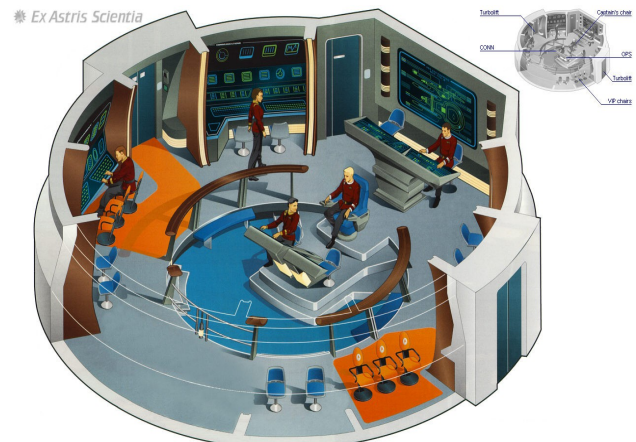
The powers and attributes of supers – both heroes and villains – are pretty well thought out, but it seems weird to have classes to deal with, too. Mutants & Masterminds seems to have done the job better, but I'll withhold final judgment until such time as I've actually generated a few heroes & villains & run 'em through an adventure.

Silver Age Sentinels is an interesting treatment of a genre that I always wanted to play in (not so much gamemaster, more just playing). If you find a copy, and you enjoy RPGs and the super-hero genre, I highly recommend picking it up.

Grab some dice... we're leading the way,

Commodore Tank Clark, SFMD

Team Leader, 33rd STARFLEET Rangers ("The Paladins")
"Have Phaser, Will Travel"



From the Deck 15 Horde: Known as the Klingon Krew



The Annual Klingon Dinner Thing will be held on Sat 16 Apr 2016, beginning at 2:00 pm. As usual, it's a Potluck, Promotions/Awards meal, celebrating All Things Klingon. This time around, it will be at Ascension & St. Mark's Episcopal Church 5094 US-380, Bridgeport, TX 76426. I've asked Liz to include a map in this issue of the newsletter. Located on the last page.

The next Good Day to Dine, organized by the Lone Star Warrior's Association, a group of Klingons and Klingon-friendly people from KAG, STARFLEET, and other fan clubs, will be on Sunday, 1400 hrs, 29 May 2016. This GdtD will be at Catfish Plantation, 814 Water St, Waxahachie, TX 75165. I am unlikely to attend, as we usually don't get out of church until 1230, and it's about 90 min away... and I don't really want to go to church in my Klingon garb.

For the Empire!

Klark, son of Konald

Science Department AWAY MISSION

On Saturday, March 26, the Regulators will be going on an away mission to check out the charity we will be suggesting for Summit 2017. The Center for Animal Research and Education (CARE) in Bridgeport cares for over 40 exotic animals that have been rescued from bad situations. Our meeting time and place is TBD, but we will be participating in the 1:00pm tour. Suggested donation is \$15 for adults and \$10 for children.

Email your Chief Science Officer at melissa@brulotte.us to share your ideas.



Melissa Brulotte, PO3
Science, *USS Regulator*, NCC 2009

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.



Custom Vinyl Decals, Gifts, Apparel, Editable Printouts, etc.
Go to: 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 Capt Michael Cross

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

your home address.

Map to Ascension & St. Mark's Episcopal Church in Bridgeport, TX. (Address is 5094 US-380, Bridgeport, TX 76426)

This is as big as it gets. If I try to enlarge the map, I gradually lose markings. Hope it isn't too small for everyone. It at least gives you the general idea as to where you need to go.

