



Regulator Charge!

Defending the Final Frontier



NCC-2009

volume 13 Issue 01

Crew Meetings & Activities 2015

2016

Feb 20 regular meeting
Mar 19 regular meeting
March 26 CARE Bridgeport at 1:00
Apr 16 regular meeting
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

Here we are one month into 2016. I was so very happy to be at the Jan meeting. I really missed seeing you all. Dues collection was great and we now have \$186.00 in the treasury! The only national members we have not heard from are Sean and Laura and I hope we see them soon. As of right now Julia DuPree is our only local member.

Looks like we have some fun stuff coming up. The visit to the CARE facility looks like fun and educational. I hope I will be free to attend. Since we have such a nice nestegg in our treasury we might look into making a donation beyond the admission price. We can discuss this at the February meeting. We can also talk about having cards and other promotional supplies created.

The region is holding a summit retreat on Jan 30th. Tank will be calling in with my proxy. It looks like the region is looking to do more activities and I hope we can be a part of this. I am sure Tank will be prepared to give us the highlights. Starfleet is the framework that we operate in and I encourage you all to visit the SFI website and see what they have to offer.

Star Trek Beyond is coming. I know some of you have reservations about "JJ Trek" but it will be a good opportunity for us to recruit new members. Speaking of new members we had the honor to welcome aboard Rob Dittrich. Rob has chosen to join the medical dept. He is a welcome addition to the crew!

Thank you all once again for being such a great and active crew.
LLAP
Captain Michael Cross

January 2016

XO

The ship's January meeting was held on 11601.16 1500 hrs at Shady Oaks BBQ, and was also our ship's Holiday Party. We will had a Ferengi Gift Exchange that was a tremendous amount of fun. I'm quite enjoying my R2-D2 coin bank, and Tracy really loves the coffee mug (that she stole from me, after I stole it from Glen. Sorry, Glen!) It was great to see everyone, and to meet our newest Ensign, Rob Dittrich. It looks like Rob will be joining "Doctor Tracy" in the Medical department, and we're happy to have him there.

Most importantly, I was delighted to see Captain Michael Cross take his rightful place in the Center Seat.

We still have an open Department Head (DH) position. SCPO Michelle Goulet stepped down as Ship's Services DH in May 2015. The duty of this department is to promote and coordinate social activities. As the Ship's Articles state, "This includes the Christmas Party, picnics, and birthday celebrations." Let me or the Captain know if you're interested in taking on this role.

Check out the Helm report.
Fleet Capt Tank Clark, SFMD
First Officer, USS *Regulator*, NCC-2009

Communications

Summit this year will be in Odesa on June 24-26. If you are interested, you need to go to:
<http://r3summit2016.eventzilla.net/web/event?eventid=2139062593> it will provide you with all the information you need about the event and about the hotel. Registration is \$30 per adult before April 16. Dress Mess for Marines and the TOS Anniversary Dinner are \$30 each for adults.
Liz Goulet, R.Admiral
Communications Officer, USS *Regulator*, NCC 2009

MEDICAL ALERT!! MEDICAL ALERT:



Could a regiment of freeze-dried "poop pills" be the key to weight loss?

That's what scientists at Massachusetts General Hospital will try and find out in a randomized, clinical trial ⁽¹⁾ that starts this year, *Ars Technica* reported. ⁽²⁾ On the surface, the study, in which 20 obese participants will ingest capsules containing fecal matter from lean, healthy donors for six weeks, sounds like an *Onion* ⁽³⁾ article.

But studies have shown significant differences between the microbiomes of obese and lean participants, with the latter having a generally more diverse population of bacteria. And previous research ⁽⁴⁾ hints that these poop pills, which introduce donor's intestinal microbes to participants' guts, may result in weight loss. In study that involved sets of human twins where one twin

was lean and the other obese, researchers found that when the gut bacteria from the lean twin was transplanted into microbe-free mice, the mice remained slim.⁽⁵⁾

That said, scientists are just beginning to parse out the complex, potentially significant, relationship between microbiomes and human health. Elaine Yu, a clinical researcher who is leading the trial, told *Ars Technica* that if the results show the transplanted gut bacteria has an impact, it could lead to targeted treatments for weight loss.

Doctor gave me a pill, and I grew a new Kidney!!!

Rolling the bandages,
CDR Tracy "Gleek" Clark, STARFLEET
Chief Medical Officer, USS *Regulator*, NCC-2009
(<https://clinicaltrials.gov/ct2/show/study/NCT02530385>)

<http://arstechnica.com/science/2016/01/freeze-dried-poop-pills-being-tested-for-obesity-treatment/>

<http://www.theonion.com/>

http://www.entrepreneur.com/article/253505utm_source=msn&utm_medium=related&utm_campaign=syndication

<http://www.nature.com/news/bacteria-from-lean-cage-mates-help-mice-stay-slim-1.13693>

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:

In December, we sent a landing party to watch the Force awaken. Anytime the Sci-Fi Factory hosts a private movie showing, it's worth attending, and this one was a special trip. We all went to lunch afterwards at the Cotton Patch Cafe, right around the corner from the Texas Movie Bistro. Fun!

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.

February is a busy month outside of the ship, what with the Super Bowl, Mardi Gras, Lent, and so forth, so at this time there are no landing parties for February.

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.

Sometime in 2016, the Rangers will be hosting a few more Game Days (again!), the Marines may be hosting a bar crawl, a Marine Mess, or something. Other things people have requested we send a Landing Party to:

- the Cavanaugh Flight Museum, or a return to the Vintage Flight Museum
- the Wax Museum in Grand Prairie
- Rabbit Hole brewery, in Justin

- Winery tours, in Grapevine
- Lazertag
- ... and the Security Department has proposed a trip to a firing range for "phaser practice".

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

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..."

Let us not forget those who paved the way for exploration of space. Namely: Apollo 1, Challenger and Columbia. They sacrificed so that we might explore. Sean Washburn, LTC

Navigation, USS *Regulator*, NCC 2009

BOSUN (Chief in Charge)

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

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



Take a knee, Marines.

As I have said, at various times, in various places, and to various people, I wear a lot of hats in STARFLEET. In this article, I will discuss the real-world fan club called STARFLEET, The International Star Trek Fan Association. I will also talk about the fictional universe of Star Trek. I will use the term STARFLEET (in all capital letters) to refer to the fan organization, and Star Fleet (with only the first letter capitalized) when discussing the organization that Kirk, Spock, and our fictional, role-playing selves inhabit.

In a recent conversation with another member of STARFLEET Special Operations, we were talking about how we reconcile, "role-play" wise, a person who is an SFSO Operative, a SFMC Marine, and holds one (or two, or more) positions on their ship (or space station, as the case may be.) Let's use me as an example. I'm the ship's First Officer, and Helmsman. This is easy to reconcile – in "The Cage", Number One was Pike's First Officer as well as the *Enterprise's* navigator. I've got a gold TOS shirt. So far, so good. (it's weird that I outrank the Captain, but hey, that's almost a tradition on the *Regulator*. It wouldn't happen in Star Fleet, but it happens all the time in STARFLEET.)

I'm also the Team Leader for SOU-033, the 33rd STARFLEET Rangers, a.k.a. "The Paladins." Okay, using my "fleet" rank, and wearing a security red (or a SFSO hunter green) TOS shirt, or my "Wrap of Khan" uniform, I can play as an elite, Special Forces light infantryman. SFSO Commodore Clark wouldn't normally be trained as a starship's helmsman, nor would the first officer of a starship double as a Special Forces leader. So, my SFSO royal blue beret "hat" would be worn by a separate officer in Star Fleet (not necessarily in STARFLEET).

Additionally, I'm the leader of the Klingons on board the *Regulator*. Never mind why a ship, so soon after the explosion of Praxis and the Federation/Klingon treaty signed not long afterwards, would have Klingons stationed aboard – I think we decided on an early version of the Officer Exchange Program to validate that – there is no way a Klingon would be a flag officer in Star Fleet at this time. (Again, STARFLEET has no issue with this.) This discrepancy is solved as I already have a separate Klingon persona: Klark, son of Konald, captain of the Klingon Empire.

Finally, we've got Brigadier General Clark, officer-in-charge of the 333rd Marine Strike Group. Yeah, that's another hat – this time, a black beret. It's another thing that STARFLEET has no issue with (nor do the SFSO or the SFMC), but in Star Fleet, it's a completely different set of job skills.

General Clark of the SFMC, in his gray TOS shirt, is a different person than helmsman and First Officer Clark, in his yellow TOS shirt, who is a different person than Commodore Clark of the SFSO, in his red (or green) TOS shirt; all of them are different than Captain Klark, son of Konald, proud warrior of the Empire, in a black shirt and gold vest.

How do we reconcile a Marine unit and a Ranger unit on the same ship? Simple: Different missions. The *Regulator's* Marines are an aerospace squadron, whilst the Rangers are Special Forces Light Infantrymen.

I invite each of you to consider the roles you play on the (fictional) *Regulator*, as well as in our shared fan club.

Your thoughts and suggestions are eagerly desired.

Thank you all, and Carry on!

Never Give Up, Never Surrender!

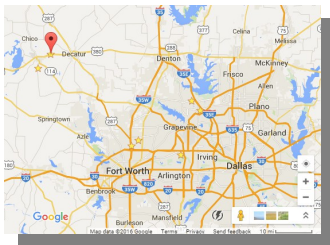
Colonel Tank "Bazinga" Clark, SFMC OIC, VMFA-333 "Phoenix Squadron", 3BDE S-1 Personnel & Administration

From the Deck 15 Horde: Known as the Klingon Krew

The last time I wrote an article for this newsletter, it started with "The Klingon Dinner Thing was a glorious success." It is strange to be already discussing the next KDT, but April is not that far away.

The location we've used for years is no longer easily available, as Tracy and I no longer attend that church; however, I have secured approval to use our new church. Bad news: It is a bit farther of a drive. (In the map below, it's marked with a star and a "pin," just west of Decatur. If you go to the CARE Landing Party, you'll drive by it.

If you can find a new, closer location that's still suitable for a potluck dinner, please let us know.



The next Good Day to Dine (GDtD) is the week before Super Bowl Sunday, and it will be held at *A Taste of Europe*, located on the west side of Arlington on 303. Sunday, January 31st. This time earlier than usual at 1400. Years ago, I loved *A Taste of Europe* when Kalamity and I went there the last time a GDtD was held there; the food is wonderful. For those of you who have examined my baldric/sash closely, I got the Russian ship pin on that GDtD.

For the Empire!

Kai the Klingon Krew! Qapla'!

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/>

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.

Now, on with the game stuff...

Last time (back in November), I reviewed Decipher's *Lord of the Rings* Role Playing Game. In December, I dragged my copy of IRON CROWN ENTERPRISES (ICE) Middle-Earth Role Playing Game (MERP) out of the "Old RPG Box" for this month's review.

MERP came out at a time when RPGs almost all used tables for combat, and many of them used tables for skill resolution. The designers of MERP, therefore, felt no desire to minimize the use of tables for resolving any action. We'll get back to that in a bit.

Character generation is a fairly drawn out process. MERP has the races you would expect: Men, Dwarves, Elves, Hobbits. There are many, many sub-races. Men (humans) include fifteen sub-races, like the Dunedain, Beornings, Urban Men, Rural Men, Dunlendings, Southrons, Easterlings, and so on. The Elves include the Noldor, the Sindar, and the Silvan elves; even Dwarves and Hobbits have sub-races. All races & sub-races have different ability modifiers and adolescent skills.

Ability scores are generated by rolling percentile dice, and assigned at will. Rolls of 20 or less are re-rolled, and the Prime Requisite score, which varies by character class, may be replaced with a "90" if it is lower than that. There are six classes: Thieves, Warriors, Bards, Magicians, Rangers, and Anamists. Every class can learn every skill – however, each class has skills that are easy for them to learn, and skills that are difficult.

The process of character generation is a little different from many other RPGs:

- Roll the character's stats (ability scores)
- Choose a race for the character
- Develop the character's adolescence skills
- Choose class
- Choose character's background options
- Develop the character's apprenticeship skills
- Outfit the character
- Total the character's penalties and bonuses

I really liked the "Background Options" – it made each character somewhat different, and enabled characters to start the game with special items, like a +15% lockpick, or a +15% weapon, or a canteen that refilled itself once a day. One of the options was extra money – up to 200 gold pieces more to start with. (Normal starting equipment is two weapons, one set of armor, a set of clothes, and two gold pieces.) One may buy magic items with the starting money, if one wishes, and there's a good system included on how to "make" magic items for the game.

After creating a character or two, the process is pretty fast, except for the "outfit the character" step. Purchasing always takes time. The money system (and equipment price list) in this game is something I'm likely to steal for other fantasy RPGs, though. The lowest denomination coin is the tin piece (tp); ten of these make one copper piece (cp); ten coppers are one bronze piece (bp); ten bronze are one silver (sp), and ten silver are one gold piece (gp). If you think of a bp as a dollar, then a tp is a penny, a cp is a dime, a sp is \$10, and a gp is \$100. A pair of boots are one silver piece, so that would be about \$10, whilst a light horse costs 45sp – \$450. Twenty arrows cost 4bp (\$4). (The money system, and the price lists for equipment, armor, ammunition, weapons, and so forth are taken whole from ROLEMASTER, ICE's more extensive fantasy RPG, so pretty much anything one would need in a fantasy RPG is priced out; for those game systems that give experience for treasure found, I would substitute the MERP bronze piece for the (say) D&D gold piece.)

Combat uses the same skill system, but refers to different tables. One rolls on the appropriate combat table (one-handed slashing, one-handed crushing, two-handed, missile, tooth and claw, grappling and unbalancing, bolt spells, ball spells, or base spells) and crosses the open-ended d% roll against the armor worn by the target. The result is a number, and often a critical code. The number is the amount of damage the target takes; the critical code is a modifier used on the appropriate critical damage table. The critical hits are fun (so are the fumbles, handled in a similar way), but devastating.

How devastating? Total party kill (TPK), three times in a row, first three combats. Good tactics, but a lucky roll by a bad guy and you're holding onto a dead PC's character sheet. It's great fun when you're killing bad guys with one or two hits (*"Strike to head destroys brain and makes life difficult for the unfortunate fool. Expires in a heap, immediately."*), but it's less fun when it happens to a PC you just spent an hour creating and equipping.

Overall, it's a good game. I'd weaken the opponents quite a bit, and limit how many of the bad guys you put up against the good guys. (There are tons of pre-made adventures out there for MERP, if your Google-fu is strong and you can safely use bittorrents.) Be ready to spend a lot of time looking at tables – and, as a GM, you may even consider handing copies of the tables to your players, so they can look everything up themselves during combat to speed things up.

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

Ship's Services

February's birthdays . Michael Cross on Feb 19 .

Engineering Department

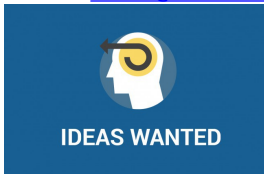
Am working on a new mode of transportation. Don't worry, I won't blow up the engines. But there may be some strange noises coming from the Engineer Room in the coming months. If this works, you'll be the first to know.

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

Science Department

Ideas Wanted!

The Science Department is looking for new ideas for group activities. Right now we have planned a trip in conjunction Helm and Medical to The Center for Animal Research and Education in Bridgeport on March 26 at 1pm. We are also going to do a trip to the Dallas Aquarium this summer. What other museum or scientific adventures can think up? Email your Chief Science Officer at melissa@brulotte.us to share your ideas.



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

SECURITY! SECURITY!!

All weapons accounted for. Expecting new laser rifles to arrive with the next supply shipment we get. These will be replacing the ones we have. The new ones are supposed to hold a charge longer and provide more fire power.

Scott Cornatez, CDR
Security, *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 Col. 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 your home address.