



Regulators Charge!

Defending the Final Frontier

NCC-2009

Volume 12 Issue 05

May 2015

Crew Meetings & Activities 2015

2015
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

Well here I am in the captain's chair. It was not something I expected when I joined the Regulator. I am very happy to be a member of this ship and very honored to be her captain. Being elected by my fellow shipmates means a lot to me.

I was very happy how flexible the crew was at the meeting. Main Event was great but just too loud for us to hold a meeting and everybody was great about the last minute move to Spring Creek BBQ. It was a good meeting and enjoyed by all. Even a close loss at Laser Tag didn't dim the crew's spirits. In attendance were Captain Cross, Brigadier Clark, Commander Clark, Major Marchant, Lieutenant, Brulotte, Lieutenant Washburn, Chief Warrant Officer Wilkerson, Master Chief Petty Officer Goulet, Senior Chief Petty Officer Goulet, and Crewman Brulotte.

It was a busy month for the Crew. We had a nice contingent that attended The Sci-Fi Factory screening of Avengers 2: the Age of Ultron. In attendance were Tank and Tracy Clark, Liz, Alan and Michelle Goulet and Perry and Melissa Brulotte. Proceeds went to charity and I am told a great time was had by all.

That same Saturday I was at Texas Frightmare Weekend at the Hyatt Regency at the DFW airport. I got to meet Malcom McDowell, Soran from Star Trek Generations and many more roles spanning a long career of TV and movies. I also got to meet several other horror film stars and directors. This is a really fun convention and I recommend it to anyone with an interest in horror films.

The Next Saturday LT Brulotte organized a game day at the Pizza Hut in Decatur. I am told a high death rate was achieved in Nuclear War and much fun and laughter was to be had. In attendance were Lt Brulotte, Melissa Brulotte, Tank and Tracy Clark and a crew member thought to be lost in the Delta Quadrant Alysia Strickland. Did anybody think to shake her down for dues? Oh well maybe next time. Nice to have you back with us Alysia.

The next day I coordinated a group of Superheroes at Cooks Children's Hospital. It was a great day seeing the children light up to see Batman,

Superman and others arrive at the hospital. I think the staff was as happy as the kids!

I look forward to hearing from Liz and Alan about how things went at the Region 3 Summit. We are a busy bunch!

We are one of the most active ships in our Region and all of Starfleet for that matter. We have a lot to be proud of. Remember to invite a friend to a meeting or event. They are always welcome and just might like us.

Treasury has \$76.54

Crew Strength is: 19 Starfleet members, 2 paid local members, and one honorary member.

LLAP

Captain Michael Cross

XO

First Officer's Report

On Stardate 11505.09, at the beginning of the USS *Regulator* Ship Meeting, our new Captain, Michael Cross reported to me as my relief as the ship's commanding officer. Relieved of my command, I then reported on board the same ship for duty as her First Officer. As far as the ship is concerned, that made our votes of April official.

About a week later, STARFLEET updated the ship's roster in the STARFLEET Database, listing Captain Michael Cross as CO and listing Brigadier Tank Clark as XO. This means even STARFLEET, The International Star Trek Fan Association, Inc. is going to let me sit down somewhere other than in the center seat.

As First Officer, one of my primary duties is to serve as the chairman of the Promotion Review Board (see Article VI of the ship's Constitution.) The Captain will appoint four members to the board. In recent years, the CO has allowed the XO to appoint the Board, but the Captain has the right to make those appointments himself. I have the time-in-grade information (in the past, we always required at least six months in grade), as well as dates of promotions. Of course, the Captain may only promote his crew up to (and including) the rank of Commander (or Lieutenant Colonel for Marines). According to STARFLEET's Flag Promotion Criteria document, to be promoted to O-6 or above, the candidate must have graduated from STARFLEET Academy's Officer Training School and Officer Command College; additionally, one must meet the following minimum "Time in Grade" to be eligible for promotion to the ranks listed:

- Captain/Colonel - 24 months (in STARFLEET)
- Fleet Captain/Brigadier - 18 months as Captain/Colonel
- Commodore/Brigadier General - 21 months as Fleet Captain/Brigadier
- Rear Admiral/Major General - 24 months as

Commodore/Brigadier General

- Vice Admiral/Lieutenant General - 30 months as Rear Admiral/Major General
- Admiral/General - 36 months as Vice Admiral/Lieutenant General

This means Captain Cross will be eligible for promotion to Fleet Captain in June 2017, Brigadier Clark has been eligible for promotion to Brigadier General since February 2015, and Rear Admiral Goulet will be eligible for promotion to Vice Admiral in July 2017. Commanders Clark and Crouch, and Lieutenant Colonel Kraly, may not be promoted until they have passed Officer Command College (OCC).

Under the previous administration, the ship only held promotions twice a year, in the spring and in the fall. Prior captains promoted members more often – sometimes, there was a promotion every month. Captain Cross will do promotions as he sees fit, within the confines of the Ship's Articles.

If you are interested in serving on the Promotion Board, please let me and/or Captain Cross know.

Respectfully,

Brigadier Tank Clark, SFMC
First Officer, USS *Regulator*, NCC-2009

Communications

2015 Summit

The hotel wasn't too bad. We were able to find eating places and get back without getting lost. The panels weren't big – we went to one on how to host a Summit. It might come in handy soon. Then attended the Marine Muster. Learned somethings and found out I'm not the only one who has trouble getting departments or others to contribute to a newsletter. Had a great meal at the banquet – the food was actually edible? The charity this year was the Region. Though we are not broken, we are not flowing in funds so it was time to refill the coffers.

The meetings were almost on time and we did get dinner on time. All in all, it was a good trip with the exception of the drive home. You might have heard about the shooting in Waco. Well, though we had good weather coming back – there was a large truck that ran into a bridge and then the shooting that held us up in traffic for two and a half hours. What took us six hours on Friday, took us nine hours coming back.

Next year the Summit will be in Odesa, TX hosted by the USS Lone Star and the USS Diamondback. Don't have a date yet.

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

MEDICAL ALERT!! MEDICAL ALERT:

Peak Performance: Be Your Best

You want to be your best – in life, at home, and at work. Regular exercise, combined with other healthy habits, can boost your energy, giving you the emotional, mental, and physical strength to leap daily hurdles.

Active Connections

Relationships can drain or energize you. Communicating effectively can make all the difference.

- LISTEN: Be an active listener, focusing on the speaker and asking questions to clarify your understanding. Strive to always keep your conversations positive.
- BE A FRIEND: Show an interest in others, and ask for their input. Cultivate friendships that bring out the best in you.
- LEARN TO SAY NO: Avoid exposure to energy-draining, negative activities or things. Don't try to take on everything – keep your obligations reasonable.

Energize Your Life

Your level of energy depends on many factors, most of which you can control. Stay active, make smart food choices, get enough rest, take breaks, control stress – your day is full of opportunities for improving your energy

level. Take charge today by paying attention to how you get energy, and how you lose it. Think about it. What or who gives you the most energy? What or who are your biggest energy drains? What are you going to do about it?

- BEFORE WORK: Get to bed at a decent hour to awake refreshed and ready for the day. Exercise, then enjoy a nutritious breakfast. Pack a healthy lunch and snacks
- AT WORK: Take a 10-minute walk around the block before you settle in for the morning. Meet a coworker for a lunchtime walk, stair climb, or exercise class.
- BREAK TIME: Instead of feeding the vending machine or your caffeine habit, take an active break. A brisk walk outside will bring you back to work with a fresh perspective and more energy.
- AFTER WORK: Hit the gym before you hit the road – let traffic settle down and enjoy a calmer ride home.
- RECESS: Add joy and balance to your life by making time to play. Choose an activity that makes you feel younger and fully engages your mind as well as your body. Relax, and forget about your cares for awhile.
- PRIORITIES: Give some thought to what you really want out of life. What aspects of your life are most important to you? Are you living in a way that honors those priorities? Letting go of thoughts, commitments, and activities that aren't important to you gives you more time and energy for what really matters.

(This information borrowed from Stephen Chee.)

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

HELM

On a recommendation by LT Brulotte, the ship sent a landing party to the Decatur (TX) Pizza Hut starting at 1600 hours on Saturday, 16 May. The five



of us (Perry, Melissa, Tracy, Alysia Strickland, and I) ate some good food and played a couple of games. We started out with Cards Against Humanity. I cannot say enough good things about this game – it's always fun. It is, however, a bit "raunchy". Some of the cards are more than a little naughty, but when played by adults, around adults who don't mind, it is a wonderful way to pass several hours.

When we completed CAH – by the way, Perry won, with Alysia and I tying for second place – it was time for Nuclear War. If you haven't had the pleasure of playing Nuclear War, you have missed out on a great time. Alysia started the war, but by the time it ended, no one won. Total casualties: 190,000,000.

The *Regulator* is a busy ship, of course, and we're looking into all sorts of activities. The Science Department is working on a trip to the Perot Museum in Dallas, probably on 01 Aug. We're also going to try to have some more mini-game days on a fairly regular basis – keep watching the ship's Facebook group for updates. There's a greater-than-zero chance we'll be taking a ride on the train between Grapevine and the Fort Worth Stockyards, as well visiting the Ripley's Odditorium in Grand Prairie.

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..."

Still learning how to read the maps so I can tell Helm where to steer this thing.

Sean Washburn, Lt jg

Navigation, *USS Regulator*, NCC 2009

BOSUN (Chief in Charge)

After Action Report on Trip to Summit (San Antonio)

It was a wet trip to the Summit on Friday. We arrived at the hotel after six hours of travel. Checked in and then had lunch. Stopped by registration and got special challenge coins. Room was on the 11th floor.

Went to opening ceremonies and picked up three certificates: 1 for the ship, 1 for Liz Goulet and 1 for Mike Cross (an Iron Star). Sat in on how to host a Summit and then attended the Marine Muster. Tank and the Unit received several awards which you will receive in the mail later. The brigade OIC was not there, but the Fleet Commandant was.

Went to the Banquet and had a good steak and salad with the late RC and Commandant at our table. We stayed for the live auction and had fun.

We had a Gilligan's trip home because it took 9 hours to get back due to accident and shooting in Waco.

Alan Goulet, MCPO

ATTENTION: Flip Top Contest

Announcements on results of contest at June meeting.

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

Take a knee, Marines.



First, a reminder about the Reading Challenge. Please send me the list of the books you've read (including your name, your SCC#, the title, the author, the ISBN, and the page count) by a few days before the end of each month, so I can include this information in my Marine reports.

At the June meeting, I'll be revealing the awards our Marines were awarded at Muster 2015. Stay tuned!

Finally, our Third Brigade Officer-in-Charge has, for quite some time, been trying to get a new uniform approved for the SFMC. I'm pleased to announced that MGN Tunis was successful, and we're now able to wear our own variant of the Next Generation uniform. Behold:

CLASS B Uniform: Duty Uniform, TNG TV Series

This is normally considered the third highest level uniform for purposes of Uniform of the Day planning. It is based on the standard uniform seen on Star Trek: The Next Generation

Occasions for Wear:

1. On duty, as prescribed by local commanders.
2. On other appropriate occasions, as desired.

Composition: The Duty Uniform is comprised of the Jacket and Trousers, and accessories and accoutrements as authorized below.

Jacket: The Jacket is a pull over style with collar as seen in episodes of Star Trek: The Next Generation and early episodes of Deep Space Nine. Keeping with the TOS SFMC tradition the color is charcoal instead of branch or departmental color as with the Fleet side.

Trousers: Duty Trousers are black in color, low waist, straight legged and with or without side and hip pockets. Simple black dress slacks without any product labels will do (they should be plain front—unpleated). A 1" wide red "blood" stripe is worn along the outside of each leg. The trousers are worn

bloused into or at the top of the boot.

Headgear: Headgear is optional for wear with the Duty Uniform, TNG Series. If worn all standard rules for wearing headgear must be observed. (only wearing outdoors or while under arms)

Footwear: Black boots may be worn with the Duty Uniform, TNG Series. Acceptable options are high gloss black dress shoes (pants wouldn't be bloused in this case) or spit-shined combat/jump boots.

Insignia & Accouterments: Only the following listed items are authorized for wear with the Duty Uniform

1. Insignia of grade—Worn at the right side of the Jacket collar. Be sure to consult the appropriate SFMC Manual for exact rank to be worn. Due to the dimensions of Enlisted grade insignia, such are to be worn on its side, chevrons pointed toward the gig line.
2. SFMC Insignia—Worn on the left collar centered vertically.
3. Combadge/Branch Badge—Worn on the left breast
4. Distinctive items—If entitled to do so, the wearer may wear one Type A Branch Device above the combadge and centered horizontally with the black yoke of the uniform.

I have the pattern for this uniform jacket – when I can find (and purchase) the gray and the black cloth for it, it will go into the queue of sewing projects for Tracy. You can also order this from COSPLAYSKY.COM, as long as you tell them you want a charcoal gray for the division color.

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 weekend of October 3, 2015, the IKV *Melota* will hold its 22nd Bat'leth tournament at Purts Creek State Park. From the Facebook announcement:

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

You are cordially invited to the 22nd Batleth 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.

Also in October is our *USS Regulator* Klingon Dinner Thing. Usually, it's held in place of our normal meeting for the month, which in this case would put it on the 17th. For the last four years, we've held it at the First United Methodist Church in Decatur – up in my "neck of the woods". I feel fairly confident I can reserve the same area (the Wesley Center) again this year, but if anyone has another place they'd rather use, planning earlier is better. We just need to make sure we can (a) decorate it, (b) bring our own food, (c) and behave appropriately Klingon. Let me know if you have a suggestion.

For the Empire!

Kai the Klingon Krew! Qapla'!

Have Phaser, Will Travel!



If last month's article about the Ghostbusters RPG interested you, and you wanted to get an inexpensive Ghost die, I've got good news for you.

After watching *Avengers: Age of Ultron* on 02 May, Tracy and I stopped by the Lake Worth Sci-Fi Factory (yes, they have TWO stores). In addition to picking up our free comics (for Free Comic Book Day), and the Sinestro Corps, Indigo Tribe, and Orange Lantern rings that I needed to complete my collection, we found six-sided dice with a Sci-Fi Factory logo replacing the "6". Inexpensive, and perfect to use as a Ghost die.

Anyway, for this month's article, let me start out by saying I told an untruth.

A couple of months ago, in my Ranger Report, I discussed the West End Games version of the Star Wars Roleplaying Game. I was mainly going by memory, with just the occasional reference to my old books. I said I'd probably never play it, even though I'd tried a couple of times.

I was wrong.

I had an idea about an adventure in the Star Wars universe, so I started writing it out. I put a call out to a few of my RPG-playing friends for some assistance with the plot, and when we'd finished it, I was REALLY looking forward to playing/running it.

The heroes, after escaping an Imperial customs ship & several TIEs, escape to hyperspace. Their ship was yanked out of lightspeed, unexpectedly, and they discovered they were surrounded by these unusual cylinders... oh, and there's that Star Destroyer right there, too.

The Star Destroyer turned out to be an Old Republic Star Destroyer, of Clone War vintage (about 18 years old). It was unpowered, and derelict. When Our Heroes boarded, they discovered that the ship was abandoned, but – aside from the fact that the ship had no power – the Star Destroyer was in perfect shape (no escape pods, but everything else was okay). Returning to their own ship, the *Finder's Keepers*, they discover that their own power is mysteriously draining away.

Eventually, the team learn that the cylinders are a hyperspace-interdicting minefield. They're made of a unique metallic alloy, with a living crystalline "heart" that generate the interdiction field, but also drain power from standard ships and devices. They learn how to destroy them (by going to the Separatist/Trade Federation battleship on the other side of the minefield), and are in the process of doing so when they're interrupted by the unexpected arrival of that Imperial ship they ran away from.

The system is a bit wonky. Using the rules-as-written for 1st Edition, ships don't have any sensors, so I stole the rules for that from 2nd Edition. I also decided that, as standard Stormtroopers in the movies were easily killed, that if Our Heroes hit them in combat, they (the Stormtroopers) died. The wound levels would be used for other enemies, but let's face it, Stormies were blaster fodder.

On the other hand, Character creation was fairly straightforward using the basic templates. Add seven dice to skills, spend some credits (if your template has some), and name him/her, and you're good to go.

I'm currently trying to talk Tracy into Game mastering a game, using the official adventures I've downloaded. (If something's out of print & not available, I don't feel bad about downloading instead of buying.) Sci-Fi Factory had some West End Games books last time I was there, if you want to buy some. (First Edition is preferable, as far as I'm concerned.) We'll try to set up an RPG day, maybe in June, and play. If you're interested, lemme know.

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

Ship's Services

June birthdays are Scott Cornatez Jun 19, Amanda Fralicks Jun 23, Tracy Clark Jun 26.

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. And let your CO know when you have done so.

Engineering Department

Engineering is running smoothly with routine problems on the ship.

Roone Machart, Maj,

Chief of Engineering, *USS Regulator*, NCC 2009

Science Department

Seeing is NOT Believing

By Melissa Brulotte

Reports have been circulating throughout the internet - including on sites that claim to have "science news" - that octopuses can see with their skin. In fact, two different groups of scientists have found that certain species of cephalopods - squid, cuttlefish, and octopus - do have molecules in their skin that are very similar to the molecules found in eyes. However, they have not been able to prove that they are actually used for vision or that they are even light-sensitive.

The molecules in question, called opsins, are expressed in the skin of cephalopods that are able to change color to camouflage with their surroundings, kind of like water-bound chameleons. Two different studies published in the Journal of Experimental Biology proved the presence of the opsins, but could not prove their function. According to one of the scientists involved in the study, Tom Cronin, "All the machinery is there for them to be light-sensitive but we can't prove that. It's been very frustrating. We don't know if they contribute to camouflage or are just general light sensors for circadian cycling or are driving hormonal changes. They have a job to do but we don't know what it is."

Don't believe everything you read without checking the source!

If you want to see how these fascinating animals change color, check out this video: <https://www.youtube.com/watch?v=pgDE2DOICuc>

Colin Gabbert, LT jg and

Melissa Brulotte

Science, *USS Regulator*, NCC 2009

SECURITY! SECURITY!!

No one in the brig and all firearms accounted.

Scott Cornatez, Lt.

Security, *USS Regulator*, NCC 2009

GAME MASTER REPORT

Nothing new to report, keeping on playing.

Thanks All,

Eugene Connolly, PO3

Game Master, *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.