



Volume 13 Issue 11

Crew Meetings & Activities 2016

Dec 17 Star Wars movie premiere

2017

Jan 21 Christmas/NY Party

Feb 18 mtg

Mar 18 Mtg

Apr 15 Aurora Fest (first alien in TX) mtg

May 20 mtg

Jun 17 mtg

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

Time got away from me. We will sending out a message when we find out where the Rogue One movie will be showing and the times so we can all get together and invade a movie theater. Otherwise, we will get together in January for our party and Ferengi Exchange. Liz is giving the department heads the month of December off but look for a special issue coming out. Hope to see all of you at the movies.

LLAP

Captain Michael Cross

XO

I Remember the First Time I Saw...

... a Universal Remote Control. I thought, "Well, this changes everything!"

(Sorry.)

November Charity Dinner

The Dinner went off splendidly. We learned a lot, and we have some things that we'd change if we do this again in the future. Meanwhile, after I dealt with my bad math, we ended up with a "profit" of \$641.00, which means the Center for Animal Research and Education (C.A.R.E.) and the Wise

November 2016

County Committee on Aging (WCCA) each received a check for \$320.50. Ya'll rock!

Build-A-Bear Landing Party/ Game Day

The B-a-B Party was more of a Zone 1 deal, in the end. The *Regulator* sent me; the *USS Apollo* was represented by Zone Leader Commander Rob Zane, and Fleet Captain Liz

Hazelwood represented the *USS Trinity River*. I built a black Trek bear with a red shirt, and named him Theodore R. Ursus, as well as building a Toothless for Tracy. Liz made a Spock bear in a blue shirt and an "Elliot" dragon, while Rob made a Spock bear in a gold shirt and a black Trek bear that was last seen naked.

The game day was a lot of fun, and we should take any and all opportunities to use his facilities. The meeting room was awesome, and we played lots of fun games there (Exploding Kitties, Tales from the Red Dragon Inn, the Resistance, as well as Cards Against Humanity) and watched what Perry refers to as "Kitty Porn" – ask him about it!

Ship's Meeting: 19 November (Stardate 11611.19)

The meeting was a successful, fun one. In attendance were Roon Marchant; Liz, Alan, and Michelle Goulet, Tank and Tracy Clark; Glen Wilkerson; and Michael Cross.

Star Wars: Rogue One

17 December is opening weekend for the latest Star Wars movie... but you knew that, didn't you? Keep watching your e-mail & Facebook for the announcement of when and where we'll gather to see it!

As a reminder: At the April meeting, we'll be electing the next term's Captain, and the new Division Officers (Red, Blue, Gold.) The Ranger Team Leader, the Marine Officer-in-

Charge, and the Klingon Leader positions are also up for election. Nominations open in February and March for those positions, and we're hoping to enjoy lots of friendly competition for them.

All this and regular ship meetings, too! Pretty awesome, eh? Come out & join us!

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

Communications

I want to let everyone who **did not** attend the Charity Dinner on Nov. 5 to know that you missed a really, really, good dinner and great fellowship. We had 10 people purchase tickets and attended this dinner. We did have a few others who purchased tickets but due to life were unable to attend. We managed to auction off just about everything that was donated and raised over \$400.00 for our charities. (Tank has the exact figure.) The food was great and the dessert was out of this galaxy.

Tank and Tracy did a wonderful job on the preparations and Tracy – as always – out did herself with the Lasagna and the dessert. I understand we will be planning another one of these next year and I encourage everyone who came and those of you who didn't – come and have some fun and great food.

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

MEDICAL ALERT!! MEDICAL ALERT:

Please state the nature of the medical emergency... oh, it's YOU again.

The CMO is off working on something she calls "Real World Issues," so, once more, I will attempt to educate people on a medical-related subject.

Healthy Thanksgiving:

Thanksgiving - the gluttony season where the masses unashamedly unbutton their pants due to dinner-table overindulgence - has arrived. *Medical News Today* take a look at the chain reaction inside our bodies when we overeat and how to avoid a food-poisoning disaster that will sour your celebrations.

It is that time of year again: when celebratory food is ever-present, and temptations are equally abundant. A time when even the most health-conscious diner succumbs to the lures of the holiday buffet.

Holiday eating can result in an extra pound or two of weight every year - but is pigging out a harmless indulgence or a real health concern?

The most common side effects triggered by the Thanksgiving Day binge involve [indigestion](#), [flatulence](#) and a large dose of drowsiness. However, vast helpings of [turkey](#), stuffing and mashed potatoes travel on an epic journey around the body, activating a simultaneous release of hormones, chemicals and digestive fluids.

Research from the Calorie Control Council indicates that the average American may consume an enormous 4,500 [calories](#) and a whopping 229 g of fat during a typical holiday gathering. This gastronomical excess can quickly amount to 45% of calories derived from fat and a holiday meal equal to three sticks of butter.

The human stomach can comfortably hold a volume of around 1 liter of food, about the size of a burrito, and can stretch to a capacity of 3-4 liters after a blowout meal. While the stomach will not burst, overeating will make your body work harder.

'Satiety hormone' signals when we should put down the fork

When we finally flop on the couch, feeling sluggish, either submitting to or fighting off the urge to nap, our body is busy dealing with the Thanksgiving-splurge aftermath.

The stomach is jam-packed full of culinary delights resulting in it squeezing against other organs and giving you the sensation of feeling "stuffed." The stomach and intestines fill with gasses, adding to the swollen feeling along with air jetting along for the ride with every bite - especially if soda or beer is also consumed.

The gasses that make drinks fizzy fill much more space in the stomach than the liquid it arrived in, leading to your body expelling the excess gas in one way, or another!

[Heartburn](#) is often an unwanted after-dinner guest. The stomach produces hydrochloric acid to break down food - more food means more acid - irritating the stomach lining and creeping up the esophagus to create an unpleasant burning sensation.

Antacids, such as [calcium](#) carbonate, use bases to neutralize the acid, which causes more carbon dioxide to increase the feeling of fullness, until your next burp.

Mental reactions are every bit as important when feeling full. Messenger molecules, or leptin hormones (the satiety hormone), signal to the brain when it is time to put the fork down and stop eating.

During a big meal, cells in your intestines secrete a hormone called peptide tyrosine-tyrosine (PYY). When PYY reaches the brain, it binds with receptors that give you a belly-busting

feeling of fullness or perhaps even makes you feel a little queasy.

Some hormones react more strongly to meals that are high in fats, [carbohydrates](#) and proteins, but they all serve the same purpose - to get you to stop eating and avoid seconds.

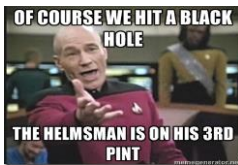
Top 10 tips to feel less stuffed this Thanksgiving:

- Eat breakfast, do not fast
- Drink plenty of water
- Quality not quantity
- Load up on veggies and fruits
- Eat slowly and consciously
- Thanksgiving workout - although not immediately after dinner
- Do not go carb crazy
- Do not treat Thanksgiving as your last meal on Earth
- Eat seconds of dessert later in the day
- Eat "clean" the next day.

This is your friendly neighborhood Emergency Medical Hologram, reporting for

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

HELM



"I can't even count how many pints by now."

A Look at Where We Are:

Upcoming:

December, of course, is apparently Star Wars Month – in 2015, we joined together to see *The Force Awakens*, and this year we'll see *Rogue One: A Star Wars Story*. We'd like to see it at the Texas Movie Bistro, but the show times have not yet been announced. Keep a weather eye on your email and the Facebook group, and we'll keep you informed.

The Science and Medical Departments

We're fast approaching the end of the year, and the new Ship's Articles are scheduled to take effect in January. Like all the other Departments, the Science and Medical Departments will be folded into a Division; in this particular case, the Blue Division. In this article, I'm going to mention my thoughts about the new Blue Division.

To quote from the 2017 Articles: *The Blue Division is responsible for the ship's charitable activities as well as for fundraising. This includes finding charities for the ship to donate time and money to, as well as managing the ship's fundraising efforts – both for the ship's charities and for the ship's operating budget*" (Section 4.02(c))

I do not know who intends to run for the Blue Division Leader position, but I'm hopeful that whoever it is will draw upon the talents, knowledge, and experience of the entire membership of the USS *Regulator*. It's always been a goal of this chapter to help people who need help. We haven't been very good at it in the past, but with this new start, it's a good time to change that.

The primary way our ship has funded itself is through our Ship's Dues. Two dollars a year doesn't seem like much – and it isn't – but it has enabled us to finance some parties, to purchase some ship's supplies (like our new STARFLEET banner!) and to keep a positive balance in the ship's coffers. Originally, the ship's dues were primarily for postage – the ship's newsletter was (and for some people, still is) sent out via the United States Postal Service.

Whilst the dues are more than sufficient for some purposes, they don't really give us much of an operating budget. Most of our ship's functions, like the Klingon Dinner Thing, are done by everyone pitching something in, potluck style, or by everyone paying their own way, like the landing party to the Zoo, to the Fort Worth Aviation Museum, or on the Grapevine historic railroad.

The dues also do not give us enough money to make a difference with any charity. It was a real treat to give the check to the people at C.A.R.E., and we couldn't do that without having first raised the money. We should look into regular, intense, thoughtful methods of soliciting funds for whoever we choose for our ship's charity/charities. As a reminder, right now the *Regulator* supports two: The Center for Animal Research and Education (C.A.R.E.) in Bridgeport, and the Wise County Committee on Aging (WCCA) headquartered in Decatur. The Blue Division Leader will be responsible for determining who our charity/charities will be, and will guide efforts in raising money for them. Will we do another dinner, with or without an auction? Will we have information tables at conventions (or whatever) with a collection jar? Will we sell cookies? I don't know, but I'm looking forward to finding out.

Oh, and the Blue Division will also be our liaison with the Region regarding the Region's charity (currently the Children's Miracle Network, with most of the fundraising being done via "Extra Life.")

Blue Division will also have to work with Red Division, regarding information tables/recruitment tables, and Gold Division, regarding getting the word out to the public about what we're raising money for, and how we're doing it.

I welcome all your feedback. Call me, text me, e-mail me, hit me up on Facebook, Google Plus, or just grab my elbow at a meeting (or whenever you see me.)

BOSUN (Chief in Charge)

Flip Top Totals

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.

Alan Goulet, MCPO

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

Take a knee, Marines.



It seems almost every article in this issue mentions the upcoming elections, for the Captain and the three Division Leaders. The Marines have our own little upcoming election, too... whenever the Division Leaders are elected, the Marines, Rangers, and Klingons elect their own leadership.

This doesn't mean I can't continue as the Officer-in-Charge (OIC) of our Marines; it just means you may re-elect me – or choose someone else, if you prefer. I'm willing to serve, but I'm also willing to step down and let someone else fill out the reports. I have an election sheet planned out for you to vote for your next OIC, and for the next Deputy Officer-in-Charge. Tracy has been serving as DOIC, but I was thinking that if something happened to me, she might not be available to step up to act as OIC for a while.

I also want to present the possibility of changing Branch of Service. Please open your Marine Force Manuals (2015 edition) to page 32. Ready? Let's begin.

We're currently an Aerospace squadron. The MFM says: *"Aerospace personnel fly and maintain aerospace fighters, attack craft, cargo transports, and other Marine trans-atmospheric craft, like drop shuttles and medivac transports. Other members of this branch coordinate and assist pilots in their duties. Examples of Moss in this branch include pilot specialties for all the assorted crafts, as well as jobs like Aerospace Intercept Officer and EW Specialist. Common missions in Aerospace include ground support, aerospace superiority, interdiction, and interception. Because of that last type of mission, Aerospace pilots are considered either very brave or insane. Of course, they feel the same way about the Infantry."*

We used to be a Mecha unit, but we don't have anyone currently in the unit that pays Battletech (a Mecha game, that most of the Mecha Branch's things are based upon.) The MFM says this about the Mecha branch: *"Mecha are large, heavily armed and armored humanoid vehicles capable of a formidable variety of combat applications from assault to air defense. Not as fast as armored units on open ground, they still carry a tremendous amount of firepower, and can do*

many things that traditional armor cannot. They have a limited but vital application on the modern battlefield, and Mecha forces are usually elite units with high esprit de corps. MOSS include pilot specialties for the wide range of Mecha vehicles, as well as jobs for systems operators and support personnel, which naturally come with fielding such a technologically complex combat force."

If we had to choose ONLY between these two Branches of Service, I'd definitely, certainly, and without question select Aerospace, without hesitation. With all due respect to those who enjoy Battletech, I'm not one... the investment to start appears fairly expensive, the rules engines are unfamiliar to me, and I just don't have the time I think I would need to invest in it. I took ME-10 (now ME-100) from the STARFLEET Marine Corps Academy, but unless something changes, I doubt I'll take any more classes in that branch.

There are, however, many more branches to choose from, and I plan on discussing them in upcoming articles. I don't think we NEED to change branches; I think it's an option that we may look into. There's a chance that there's a BoS that you might prefer over Aerospace, and I want to support our Marines in any way I can. Currently, we're one of only two Aerospace units in the Third Brigade. There are a couple of Combat Engineer units, an Infantry unit, some Support units, as well as a plethora of Combined Arms units and Special Operations units.

The Branches are: Support (SU); Medical (MD); Infantry (IN); Armor (AR); Combat Engineer (CE); Special Operations (SO); Maritime Operations (MO); and the above-mentioned Aerospace (AE) and Mecha (ME). As we have a Ranger Team onboard, I'd prefer to steer away from SO. Maritime Ops is a strange little animal of its own, and I'm not sure how the average starship would carry and deploy a MO unit, but that's all up for discussion. (No one ever explained to me how the *Achilles-class Regulator* carried and deployed a Mecha unit. The *Excelsior-class Regulator* has multiple hanger decks, so it makes sense that we've got an Aerospace squadron.)

I invite you all to peruse the various Branch manuals, available at <http://www.library.sfi-sfmc.org/index.php?id=sfmc>

Any questions, or if you just want to chat about stuff, feel free to email me (greenlantern.pirate@gmail.com), call me (940.255.9445), text me, or find me on Facebook, or whatever.

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](mailto:greenlantern(dot)pirate(at)gmail(dot)com)

From the Deck 15 Horde: Known as the Klingon Krew

nuqneH!

The Lone Star Warrior's Association, a loose affiliation of Klingons (and people friendly to Klingons) have a Good Day to Dine scheduled for Sunday, the 29th of January, 2017. According to FCAPT Liz Hazlewood of the USS *Trinity River*, the January GDtD will be held at Kenny's Italian Kitchen, 5100 Belt Line Rd, Ste 764, Addison, TX 75254. I strongly encourage participation.

Although the Klingon Krew of the USS *Regulator* are not a Department, (nor a Division) of the ship, and are therefore not a part of the current Department Heads (see the current 2015 Ship's Articles) nor the future Leadership Committee (see the 2017 Ship's Articles), the Klingons do function in many ways as one. One of the ways the Klingons are like the future Division Leaders, is that we elect the Klingon Leader. Per the 2017 Articles, Section 4.02 (g),

"During Division Leader Elections (each even-numbered year), the Klingons will hold an election for their Leader. The procedure for this election is identical in nature to the one for a Division Leader, except that in order to run for, or vote for, the Klingon Leader, one must be a member of the Regulator's Klingons for at least six months prior to the election."

To make this completely clear: In April, we Klingons will elect the Klingon Leader for the period of May 2017 through May 2020. If nominated, I will accept the nomination, and if elected, I will serve; however, if someone else is nominated and elected, I will fully support that person in his role. I'm not asking to step down, but I'm not insisting that I be re-elected, either; also, if I am returned as Klingon Leader, I will ask for someone to become my Deputy.

For the Empire!
Klark, son of Konald

Have Phaser, Will Travel!



As always, the monthly reminder: You should, when and as possible, be 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://sfisfo.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. Completing Grade Two earns you the Major Hayes ribbon... just like Rear Admiral Goulet recently earned.

One other "business-ey" thing: when the USS *Regulator* holds elections for Division Leaders, like we will in April, the position of Ranger Team Leader is also on the ballot. I am NOT stepping down – if nominated I will stand, if elected I will serve – but if the Rangers want to make a change, I won't be upset. Again, I like being TL, but I'll support any TL the Rangers on the ship elect.

Now, on with the game stuff...

This month, we examine Warrior, Rogue and Mage. As attentive readers of this column may know, I enjoy all sorts of roleplaying games (RPGs), but I don't exactly have lots of money. Free RPGs, therefore, are games that I enjoy checking out. As true of many of the games in my horde, I still haven't played this one.

Warrior, Rogue and Mage is a VERY rules-light fantasy roleplaying game. Character generation is fairly simple and does not require rolling of dice. (By the way, the only dice used in the game are six-sided ones (d6's), so if you want, just go raid your Monopoly set.) PCs (player characters) are defined by distributing 10 levels among three traits (the Warrior trait, the Rogue trait, and the Mage trait), choosing three skills (each provides a bonus of 2 to any relevant action), and talents (minor special abilities). Actions are resolved by rolling 1d6 and adding the appropriate attribute. One then compares the result to the gamemaster-set Difficulty Level (DL). DLs range from 5 to 13, with every 4 points above the target number improving the result. The three primary traits are used to derive the secondary traits:



HP, Fate
(luck
points),
Mana
(used as
spell
points),
and

Defense. There are short lists of equipment, spells, and magic items. The very sparse setting includes a mix of magic and technology (dragon rifles), amid the ruins of an empire where golems were used for war and menial labor.

As I mentioned before, this is a free RPG. You can download your copy (as well as game supplements) at <http://www.stargazergames.eu/games/warrior-rogue-mage/> -- and I highly recommend doing so. Free is my favorite price.

Grab some dice, and let's start killin' some goblins – er, I mean Fire Drakes ...

Sum non Satis?

Commodore Tank Clark, SFMD

Team Leader, 33rd STARFLEET Rangers ("The Paladins")

"Have Phaser, Will Travel"

Ship's Services

Dec birthdays : Thomas "Tank" Clarke – Dec 5

Renew Memberships with Fleet: Everyone is renewed!!

Upcoming Movies:

Rogue One Dec. 17

Advertisements



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.