



LCARS 40274

02-654598

# THE

# COMMLINK

## The Newsletter of the U.S.S. Haise, NCC-74664

# LCARS ACCESS 441

9886-234

0128-069

1014-819

7232-838

Publication Stardate :

JANUARY FEBRUARY MARCH 2020

COMMAND

### Message from the CO - Rear Admiral Ryan Case



Greetings Crew!

I hope that this global pandemic finds you well (and taking things seriously). Being a member of a fan club during this time (not to mention it's "President") is trying - but I feel like there is hope on the horizon.

I've tried various media watching outlets like Kast, YouTube, and Discord but have come up short - I apologize for all of the hiccups along the way but sometimes, no matter how badly you need it to work, technology just refuses to cooperate. All of that being said, I'm going to attempt to host our next few meetings via a conference call on the Region 2 Discord server. I know, with certainty, that the call will work because that is what Discord is designed for - group calls - and if there's video capability by that point... so much the better.

Everyone, keep your chin up, things are different now but potentially we all learn and grow from an experience like this - I don't sign off with my mantra for no reason.



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### Message from the CO - Rear Admiral Ryan Case - cont'd

Once things get back to normal, I'm very excited to resume activities and see all of you (in person) again. The Panera Bread in Flowood idea *seems* like it will work splendidly from now on - the management there was VERY excited to have us in attendance and to schedule us for future meetings.

The last thing I'll leave you with is a potential "outing" that I'd like to try and take once things level back out some - we as members in Zone 4, owe the USS NEPTUNE a visit. I'm not sure exactly what I mean by that just yet, but they worked *very* hard to host the 2020 Summit and pulled it off splendidly. We should find a month that our schedules co-align with one of their events and "crash" their meeting - more to come on that, but please, be prepared to load up one weekend and ride down to Biloxi.

As always - On and Ever Upward!



03-975683

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Captain - Ryan Case  
 1st Officer - Joe Keenan  
 Editor-in-Chief - Barbara Allen  
 Chief of Security - John Yelverton  
 Article Submission Deadline:  
 15th Day of Publication Month  
 Publication Date: Quarterly



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### Message from Chief of Communications - Lt. Commander Barbara Allen

04-865214



Special "Thank You" to CO Ryan Case for his awesome help with the newsletter!

Hello to our crew members. I hope you all are staying safe and healthy during this coronavirus pandemic. We are truly living in some strange and different times.

Glenn & I consider ourselves extremely fortunate that we got home safe and healthy from our Star Trek cruise before the virus spread so rapidly over the USA. No one on our cruise ship got sick while on our voyage!

STAR TREK – THE CRUISE IV Celebrating the 25<sup>th</sup> Anniversary of Star Trek: Voyager set sail from Miami, Florida on March 1 and returned March 8 on the Royal Caribbean's Explorer of the Seas. We set sail for the ports of

Punta Cana, Dominican Republic; San Juan, Puerto Rico; Charlotte Amalie, St. Thomas of the US Virgin Islands; and Freeport, Grand Bahama Island. This was the 4<sup>th</sup> anniversary of the sailing of Star Trek: The Cruise and there will be a number 5 next March! We certainly had an epic adventure! We were so excited to share our experience with our friends, Lucy Ferron Franck and her husband Chuck! Our cabins were on the same deck. We had so much fun and adventures together! This was our 1<sup>st</sup> ever cruise, but not our 1<sup>st</sup> Star Trek Convention. This trip had so much Star Trek stuff going on every day plus excursions at each port that we had little time to enjoy the cruise portion of the trip – not enough of pool & hot tub time!

There was an extraordinary cast of incredibly talented actors sailing that week. Kate Mulgrew and some of her fabulous castmates were on board. The voyage on the high seas had amazing actors from every Star Trek series, led by the incomparable William Shatner! They were all excited to share their multiple talents and interact with you on board the ship.

Entertainment Cruise Productions worked all year with the extraordinary team at CBS to bring this cruise to life. Our adventure was packed with amazing shows, fascinating Q&As, engaging panels, hilarious game shows, and epic theme parties each night! I have never seen so many beautiful Star Trek costumes in one place! We tried to do a lot of the activities, but just got so tired and had to get some rest!

I wanted to share a few pictures of our photos with the stars and our autographs from the stars.



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Message from Chief of Communications - Lt. Commander Barbara Allen

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Message from Chief of Communications - Lt. Commander Barbara Allen

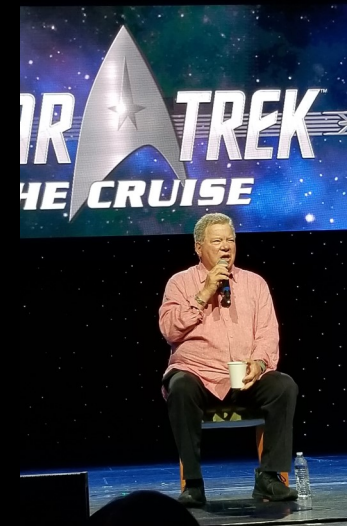
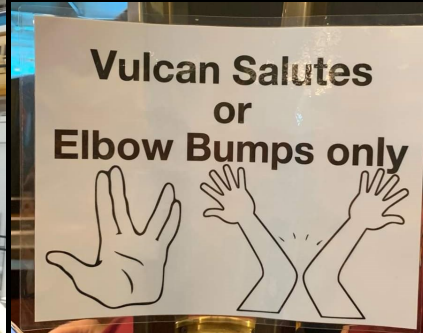
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Message from Chief of Communications - Lt. Commander Barbara Allen

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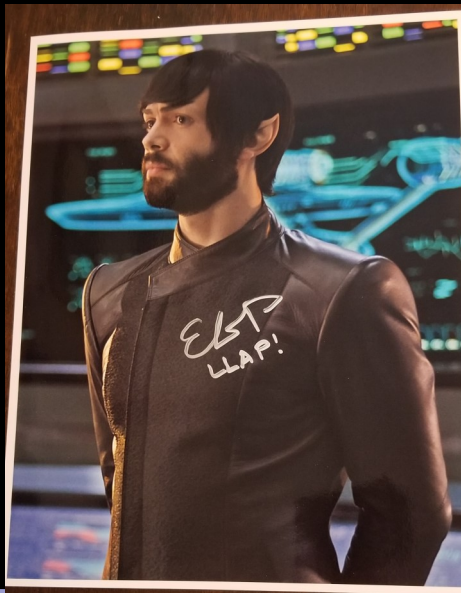


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Message from Chief of Communications - Lt. Commander Barbara Allen

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Above Left:

Character Photo Session with Star Trek Discovery's Mary Chieffo as L'Rell

Such an awesome experience to be standing next to her in costume!

Lower Right: Mary on stage at the pool party!





12-357854

January 25, 2020 Meeting - held at Panera Bread in Flowood, Mississippi - HAPPY NEW YEAR!

The new calendar of events was discussed at the meeting and included details of our list of charities for the year.

Door prizes were awarded to Mitch, Glenn, and Barbara. After our meeting, Ryan treated us to an episode of Star Trek: Picard!

We all love this new show!

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All the door prizes tonight were items from the new Star Trek: Picard show.

Thanks to Ryan's mom for making these items available for door prizes!

The items are so awesome!



# FEBRUARY MEETING/PICTURES LCARS ACCESS 719

COMMUNICATIONS

12-357854

Saturday, February 15, 2020 was our annual Waffle Night at the Theilman's. Thank you Bethany for having us over!



Tonight we all brought generous donations for our Charity of the Month, CARA (Community Animal Rescue & Adoption), Jackson, Mississippi.

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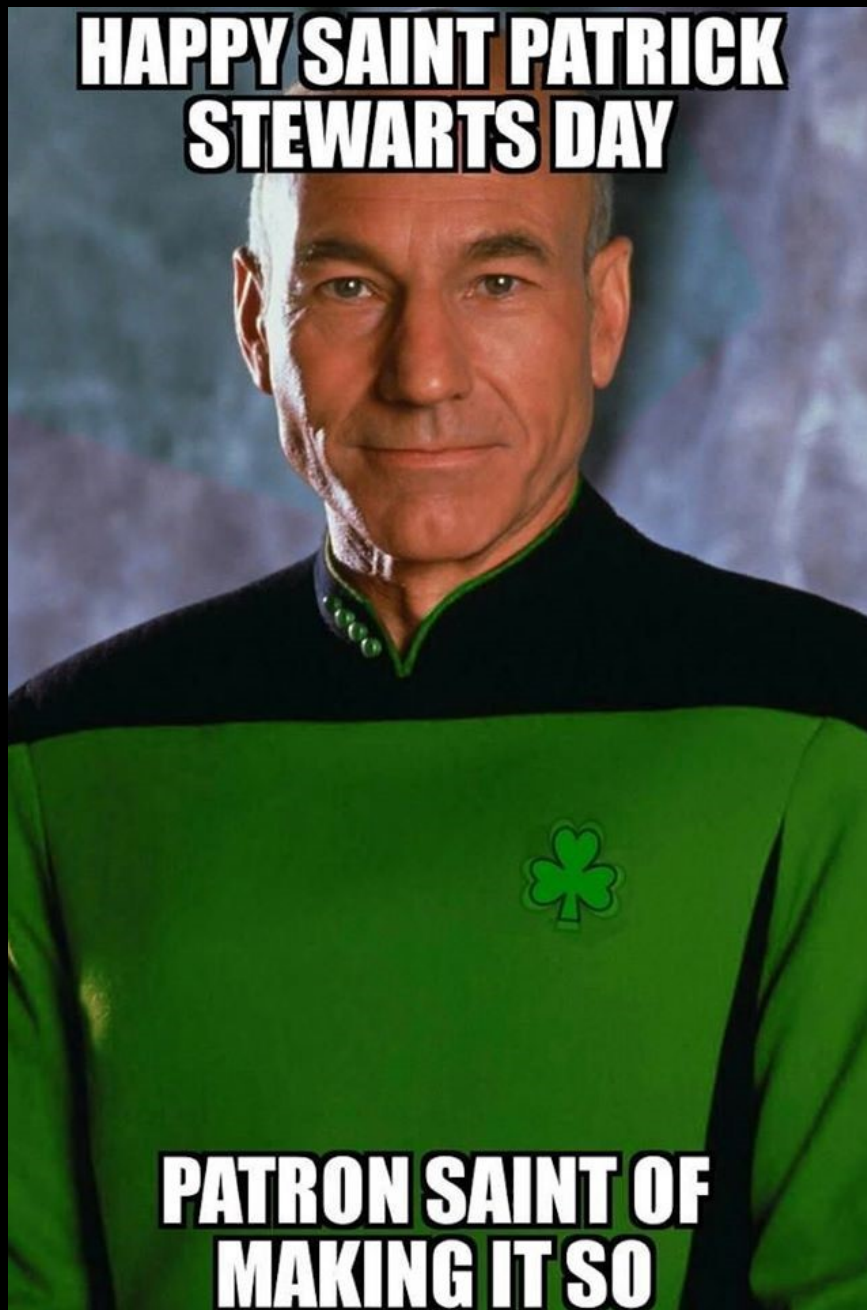
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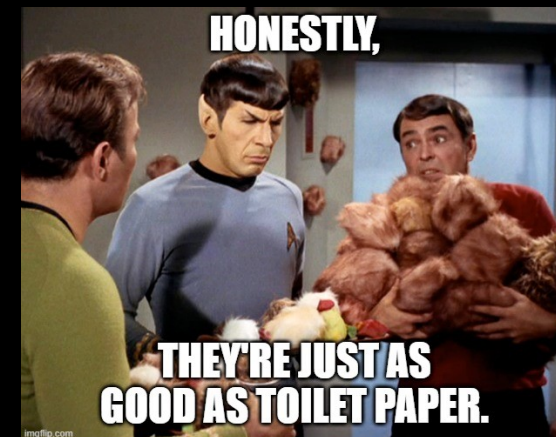
NO MEETING  
DUE  
TO  
CORONAVIRUS  
PANDEMIC &  
Region  
2 Summit!

STAY SAFE  
OUT  
THERE!

## HAPPY SAINT PATRICK STEWARTS DAY



## PATRON SAINT OF MAKING IT SO



12-357854

## MOVIE NIGHT

USS HAISE MOVIE NIGHT

Friday, February 7 - 6:30 PM

Location: Home of Castlen King Rogers & Family

Movie: Godzilla - King of the Monsters

We had pizza & a movie! So much fun!

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12-357854



# COASTCON

MARCH 6-8, 2020

STARFLEET REGION 2 SUMMIT

LOCATION:

Mississippi Coast Coliseum & Convention Center  
2350 Beach Blvd  
Biloxi, MS 39531

12-635487

As for the Region 2 Summit – by USS Haise CO, Rear Admiral Ryan Case

The Haise did very well in regard to the Summit. Obviously, Ann and I as members of the Region staff were in attendance, as were our XO, Joe Keenan, and Chief of Security, John Yelverton.

At the awards ceremony, the Haise won:

Newsletter of the Year - 2nd Place,

Website Award - 2nd Place

Charitable Activity of the Year

Bruce Dolan Memorial Commanding Officer of the Year - Ryan Case

Ship of the Year

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Guys, I can't relay to you well enough that each of these awards was well earned and I'm hopeful that the ship will win some SFI awards this year. In addition to these awards, Ann and I were awarded a new award from the Commander of Starfleet called the "Command Star". The Command Star is an award created in 2020 that is the highest award that can be granted via the Commander of Starfleet to the membership. It was a deep honor to have both received this award and be the RC of the Region receiving it for the first time. In addition, I do not mind telling you all that the 2021 Region 2 Summit will be hosted by the USS HAVEN in Orlando at the Orlando Science Center! To say that I'm excited... doesn't quite cover it.

Congratulations to our crew and all our award winners!

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When: (POSTPONED from March 21, 2020)  
Saturday, October 17, 2020 | 6pm - 10pm

Where: Beau Rivage, Biloxi, MS

INFINITY Science Center's 2<sup>nd</sup> Annual Gala to celebrate the 50th Anniversary of Apollo 13 and support the leading STEM & Space non-profit museum in the Mississippi & Louisiana area. Once a year, INFINITY seeks to raise funds to support and expands their education programs such as Field Trips, Science & Space Exploration Classes, teacher workshops, Science Saturdays, Homeschool Mondays, and much more. At INFINITY Science Center, we have served teachers, students, and families in Mississippi, Louisiana and beyond since 2012. As we work each day to fulfill our mission of reaching the next generation of scientists, explorers and the insatiably curious. Since day one, INFINITY has set its sights on inspiring, amazing and engaging every guest that comes through our door. We are a destination for a-ha moments and seek to make science fun, fascinating and accessible to everyone.

During this event, we will celebrate the 50<sup>th</sup> Anniversary of Apollo 13 with speakers, Fred Haise and others Apollo 13 Mission Control. You will learn about life on the space exploration home front. Hosted by Jonathan Brannon. This event will include a silent auction, cocktails, fun activities, dinner, a presentation, and live music. Cocktail Attire.



TICKETS ON SALE NOW!  
[VISITINFINITY.COM/GALA](http://VISITINFINITY.COM/GALA)

**2020**  
**INFINITY SCIENCE**  
**CENTER GALA**  
BENEFITING STEM & SPACE EDUCATION

DATE HAS BEEN CHANGED TO  
**OCTOBER 17, 2020**

BEAU RIVAGE / BILOXI, MS  
COCKTAIL ATTIRE  
6-10 PM

APOLLO XIII 50TH ANNIVERSARY:  
WITH GUEST SPEAKERS FRED HAISE,  
GERRY GRIFFIN, & JERRY BOSTICK

\$125 PER PERSON  
\$200 PER COUPLE

SPONSORSHIPS AVAILABLE AT: [MARKETING@VISITINFINITY.COM](mailto:MARKETING@VISITINFINITY.COM)

**Note: Check out our next quarter  
Commlink for special articles on Apollo  
13 50th Anniversary Celebration**

## Message from XO - Captain Joe Keenan

19-998210

20-634851

20-753912

21-854122

22-002145



Hello everyone:

I truly hope this finds you and your families doing well and staying safe. So much has happened since the last newsletter it's hard to know where to begin! For starters, I truly hope each of you are following all of the Centers for Disease Control (CDC) Guidelines on preventing COVID-19 Exposure.

The CDC website provides the latest information about COVID-19

[www.cdc.gov/coronavirus/2019-ncov/about/transmission.html](http://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html)



In looking at how Star Trek actors have addressed the COVID-19 pandemic, here are some interesting facts about William Shatner as he posts "Kirk-Style Captain's Log" Twitter posts.

Twitter...the final frontier. While he recently said he would no longer play Captain James T. Kirk onscreen, William Shatner has discovered that you can take the man out of the *Star Trek*, but you can't take the *Star Trek* out of the man. Beaming onto social media, the actor has been tweeting captain-style "logs" (the kind of which Kirk would dictate on the show and in the feature films), which offer updates on his life amid the coronavirus pandemic. We like to imagine he's social distancing on the deck of the USS Enterprise.

"Captain's Log: Stardate 1 of self-imposed isolation. After having arrived at Planet Home, I was warmly greeted by Emissaries Espresso and Macchiato. I look forward to my planned respite from my normal duties. Kirk out," Shatner wrote in the first "log" from yesterday.

## Message from XO - Captain Joe Keenan - cont'd

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Espresso and Macchiato are his dogs, for the record.

In a later "supplemental" entry to his captain's record, Shatner thanked fans who (per *The Hollywood Reporter*) bought tickets to see him during an international tour that ended early because of the virus.

Captain's Log: Supplemental. "While reflecting upon my experiences of the past week, I do want to send my love, thanks, and respect to those in Europe who came out to see me. For those canceled appearances I will work towards seeing if I can get back to those venues at some point," he wrote.



Espresso and Macchiato were once again mentioned in the second "log" from today, where Shatner talks about his canines undertaking a special exploratory mission (presumably assigned to them by the United Federation of Planets).

"Captain's Log: Stardate 2 of self-imposed isolation," he tweeted. "Emissaries Macchiato and Espresso have been exploring a new territory called Underbed bestowing upon me tributes of missing socks and other items in an attempt to get my attention and adoration."



## Message from Chief of Operations - Lt. Commander Clay Bartunek

19-998210

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The first two months of our first quarter were GREAT! The last month; however, left much to be desired from many aspects.

The Good:

Our 1<sup>st</sup> gathering on January 25<sup>th</sup> at the Panera Bread Co. in Flowood was truly wonderful. Aside from good food and good company, Ryan surprised us with a viewing of the newest *Star Trek* series, "*Star Trek Picard*"! I had just seen it two days earlier on CBS All Access and loved it. Ryan said he felt bad that some of us had seen it already. Ryan, you may never know how surprised and grateful I was that you pulled this off! First of all, some of us had not seen it. Second, what Trek fan wouldn't want to see it again? And, third, what better way to watch a brand new Trek series than with your Trek-like minded friends? This was the BEST way to start off a new year. Thank you, Ryan! That was an amazing experience and a first class maneuver on your part.



Our 2<sup>nd</sup> gathering on February 7<sup>th</sup> was Movie Night at Castlen & Mitch's for a showing of a Godzilla movie, another good experience with great folks and good pizza. I actually got to see Joe's bedroom and what a cool room it is! I would've loved to have had a room like this when I was growing up. Thank you all so much for hosting. You have a beautiful and comfortable home. Our movie nights are always so relaxing and enjoyable.

Our 3<sup>rd</sup> gathering on February 15<sup>th</sup> was Waffle Night at Bethany's. This is my favorite eating meeting of the year. You just can't beat chocolate chip, pecan waffles. Thanks to all who donated to our first philanthropy project of the year, CARA a no-kill animal shelter.

The Bad:

On March 4<sup>th</sup> at about 2:30 in the morning a really bad storm blew through Madison County with torrential rain, high winds and lots of hail. It left my house without power for 2 days, putting my mother and I in a hotel room in Flowood because all hotel rooms in Madison & Ridgeland were completely full. We also lost most of our food in the refrigerator and freezer.



### Message from Chief of Operations - Lt. Commander Clay Bartunek - cont'd

19-998210

The next bad thing was the fact that I couldn't make it to our Region 2 Summit in Biloxi March 6-8<sup>th</sup>. I really like going to these events, but it just wasn't possible for me this year. Maybe next time it'll work out for me.

The next bad thing interrupted and changed my life and everyone else's. The Coronavirus arrived here in my little world on March 11<sup>th</sup>. However, that same night Craig and I had a wonderful dinner at Castlen & Mitch's and that was a good thing. We had a wonderful time!

20-634851

To continue the only really good thing for me in March was on the 13<sup>th</sup> where I got to spend about 5 hours with Joe & Brooke, coaching Brooke with some driving lessons. We had an absolute blast! We made several stops including one at Patty Peck Honda where I showed them my new dream car, the Civic Type R (*see photos*) and a stop at a guitar shop where Joe revealed some of his skills (*see photo*). We ate at Cazadores and Bop's. BTW, Brooke did well. These folks were the last people I hugged now that our world has changed, which brings me to...

20-753912

#### The Ugly:

On March 15<sup>th</sup> the church I attend cancelled services (like most all churches) until further notice due to COVID-19. I never miss a service, but now that's changed. I miss the worship and praise music we sing! I miss the hugging! I miss the fellowship! As of this writing, I don't know what the future holds for each of us, but I do know who holds the future.

21-854122

Be safe! At least we have more *Star Trek* series and movies to look forward to.

22-002145



## Message from Chief of Engineering - Lieutenant Commander Jason Young

19-998210



NO REPORT -

Article from your Editor -

11 Best Engineers In Star Trek, Ranked

The cast of Star Trek would never have been able to boldly go anywhere if it wasn't for their engineers. Here we rank 11 of the very best.

BY STEPHANIE MARCEAU  
OCT 14, 2019

20-634851

While everyone can ogle the bridge crew all they want, the people who really keep every *Star Trek* operation running are the engineers. After all, without a spaceship there's nowhere to explore, is there? Exactly. Take that, medical degrees and diplomacy.

Far too often shoved down by the warp core and ignored, it's time to give the best engineers of the franchise their dues. With such brilliant minds, they really deserve a lot of credit for keeping everything together. That, and advancing technology so that The Federation's future only looks brighter every day. Here are the best engineers in *Star Trek*, ranked.

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**11 Wesley Crusher**

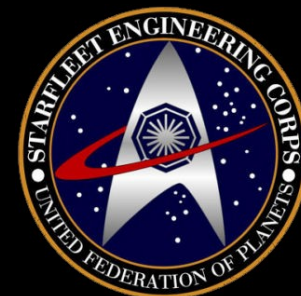
Throughout *TNG*, the show makes it very clear that Wesley is a child prodigy, a genius before his time. He accidentally puts the ship in danger too many times with his experiments getting out of hand. This includes frying the systems when everyone was space drunk and accidentally creating intelligent life and trapping it in the ship's systems.

As I said, a genius. However, Wesley's fatal flaw is lack of experience and arrogance. He's been told he's incredibly smart all his life and it makes him think he always knows what to do. He has great potential, but his youth knocks him down quite a few pegs.

22-002145

**10 Rom**

Rom never was good at being a typical Ferengi. He was always too soft, too caring, too un-businesslike. His species' lust for gold was never for him. He cared more about machinery and his son. After Starfleet took over *DS9*, and a few years passed, Rom finally found his calling: engineering. The Ferengi had a knack with technology that his species doesn't normally value. While Rom is a star engineer under Chief O'Brien, he never was formally trained. He does have his mistakes and gaps in knowledge. That doesn't stop him from being one of the most brilliant self-taught engineers, though.





### Message from Chief of Engineering - Lieutenant Commander Jason Young - Cont'd

19-998210

#### 9 Paul Stamets

Stamets is a multi-talented scientist. Helming the engineering crew as well as conducting research as an expert mycologist, the *Discovery* was lucky to have him. His work helped the crew on multiple levels, even without including engineering. Paul Stamets' multiple disciplines only made him a more effective, cross-study engineer.

Also lucky for *Discovery*, they had him on board for their experimental spore drive and fungal-based technology. He was the perfect person to deal with it. In such a unique and bizarre engineering system, Stamets used all his capabilities to overcome and modify the problem at hand. Considering how temperamental and untested the tech was, he did wonderfully.

The fact his partner is also a fantastic medic is just a bonus.

20-634851

#### 8 Trip Tucker

Despite his unprofessional behavior and distrust of T'Pol, Trip Tucker was a fantastic engineer. Early starship exploration was wildly dangerous and he didn't just have to be intelligent, but also diplomatic. Trip had to get along with alien engineers to learn new technology and share best practices for surviving in space.

Over his years on the *Enterprise*, he greatly improved the ship around him and helped make long-term space travel safer and more efficient. Pretty impressive considering how little he often knew about what they were up against.

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#### 7 B'Elanna Torres

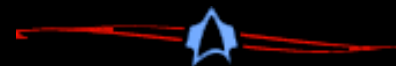
Sure, B'Elanna did drop out of Starfleet Academy in her first year. Despite her engineering aptitude, all the rules and regulations didn't fit her personality (or her fears). She did find a purpose and a home in the Maquis, though, a group of renegade Federation civilians fighting for their homes on the Cardassian border. They used her engineering skills to help aid in their cause.

When she joined *Voyager*, she was an easy choice for chief engineer. She helped create balance in the crew and was stellar at her job. She may have the shortest temper in Starfleet, but she deactivated a murderous AI ship and made many modifications that slowly helped them find their way back to earth faster. Without a stellar chief engineer, they never would have survived.

22-002145

#### 6 Reginald Barclay

When fans first met Reg, he was a socially anxious, sort of creepy dude that worked down in engineering. While he had potential, he wasted all of it on holodeck addiction and the disorders that crippled him. After Reg started working with Deanna Troi, though, he became a new man. Reg was able to manage his anxiety, focus on his work, and become an amazing engineer.



### Message from Chief of Engineering - Lieutenant Commander Jason Young - Cont'd

19-998210

#### 5 Montgomery Scott

The classic Star Trek engineer, trying to fix countless things that keep breaking, Montgomery Scott always had a lot of work to do. However, no matter what they faced, he always figured out a way to solve the problem. Iconic and sarcastic, there are few engineers that could deal with all Kirk asked of him.

He deserves credit as one of the best engineers to ever grace Starfleet. After all, in the roaring chaos that is the USS Enterprise he always got the job done. No wonder, years later, he's honored as an engineering hero.

20-634851

#### 4 Miles O'Brien

While many of the engineers on this list had a natural aptitude or were always dedicated to their field, Miles O'Brien came to engineering by happenstance. During the Cardassian War, he was the only one in their unit that had any engineering training. Therefore, he became the go-to tech guy. Under situations of stress, he kept his team alive by fixing necessary tech and making life-saving modifications.

From war-time ensign to transporter engineer, to chief engineer, Miles ranked up the only way he's ever known how: as a persistent, hard-working every-man. Though the guy's suffered through a lot, he saved a lot of lives in the Enterprise's transporter room and kept the entirety of DS9 running in top shape. He's impressive.

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21-854122

#### 3 Seven Of Nine

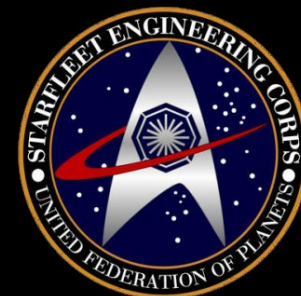
Even though the Voyager crew stuck Seven in the observatory, she always was an amazing engineer. Her Borg upbringing made her have a unique relationship with tech since she lives with so much in her body.

While she isn't meant for leadership, it doesn't diminish her engineering capabilities. She integrated Borg tech into Voyager's systems, she saved the ship several times with her personal modifications, and she revolutionized other uses for Borg nanotech.

22-002145

Fans never saw what she did after Voyager, but anything she engineered could upgrade Starfleet in ways we never imagined. Hopefully Star Trek: Picard will show that.





### Message from Chief of Engineering - Lieutenant Commander Jason Young - Cont'd

19-998210

#### 2 Zefram Cochrane

A mad scientist type, Zefram Cochrane is by far one of the greatest engineers in Star Trek history. While he was drunk and a little off-kilter, he made the greatest discovery vital to the future of mankind: the warp drive. This led to humanity meeting the Vulcans, their eventual space travel, and the entire formation of the Federation and Starfleet.

His great work in changing the face of space travel was pivotal and genius. Zefram deserves endless praise for his engineering contributions to humanity and its progress.

20-634851

#### 1 Geordi LaForge

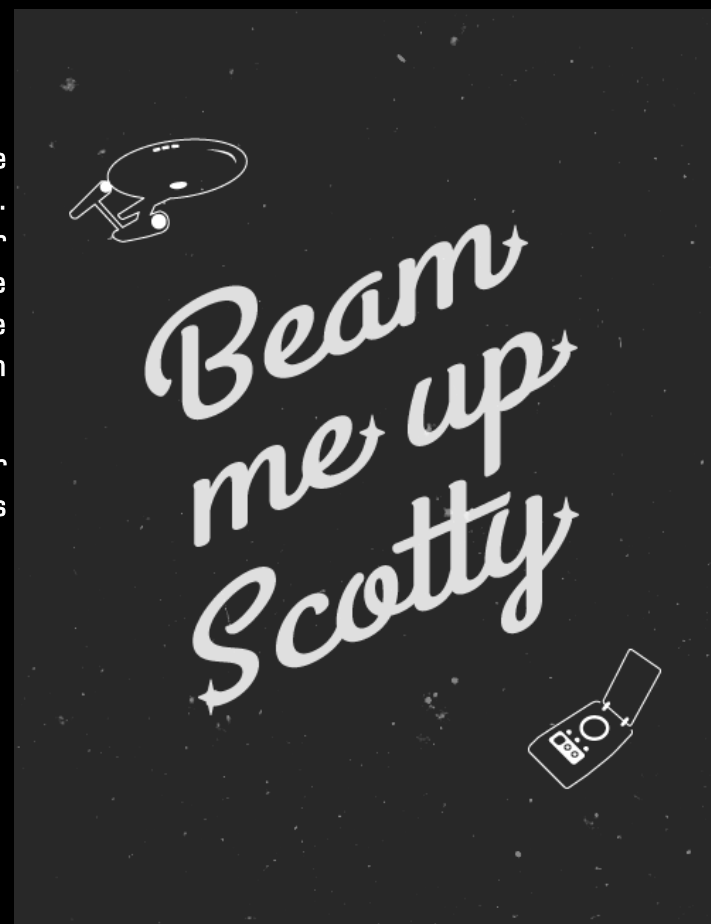
As chief engineer of the USS Enterprise, Geordi dealt with a lot of bizarre scenarios that he had to engineer himself out of. It's part of the job. However, Geordi really went above and beyond. He was the first engineer to have to fight against the Borg. His modifications helped give The Federation a chance when in conflict with them. Also, he was the close friend of the only Soong-type android in Starfleet. He learned so much from his existence and friendship.

These are only a few examples, but Geordi got an experience like no other and made contributions to Starfleet like no other. With his visor and his dedication, Geordi was the best engineer out there.

20-753912

21-854122

22-002145



## Message from Chief Science Officer - Fleet Captain Scott M. Crawford

19-998210



NO REPORT -

Article from your Editor -

Did you know this?

A Starfleet Science Officer and Lieutenant Commander initially on the U.S.S. Shenzhou and then on the U.S.S. Discovery, Saru is a Kelpien, an alien prey species that lives in a perpetual state of fear and has biologically fostered the ability to sense threats, particularly impending death. That ability is manifested in their threat ganglia, which pop up by their ears when a Kelpien perceives danger.

20-634851

Following the destruction of the Shenzhou and the death of Captain Philippa Georgiou during the Battle at the Binary Stars in 2256, Saru – the first Kelpien to serve in Starfleet – was promoted to First Officer on the Discovery under Captain Gabriel Lorca. He served as acting captain during and after the Discovery's excursion to the Mirror Universe, and also learned, much to his distress, that in the Mirror Universe, Kelpiens were not only slaves, but a delicacy.

20-753912

Saru initially had an uncomfortable relationship with Michael Burnham, as Captain Georgiou favored her over him during their time together on the Shenzhou, and Burnham later led a mutiny against Captain Georgiou, shattering even the tenuous trust between them. History repeated itself when Saru – nervous as ever but equally ambitious - looked on helplessly as Burnham arrived aboard the Discovery and immediately became the favorite of Captain Lorca. Saru and Burnham butted heads frequently, often out of sheer competitiveness, but ultimately achieved an understanding and worked together as colleagues and friends to help defeat the Klingons. Saru, as acting captain, also delivered an impassioned speech to the Discovery crew following the revelation of Captain Lorca's deceit. The speech rallied the troops and brought them together as a family.

21-854122

For his efforts in helping win the war against the Klingons, Saru received the Starfleet Medal of Honor, becoming the first Kelpien to be so honored.

22-002145



## Message from Chief Medical Officer - Lt. Commander Ann Case

19-998210

20-634851

20-753912

21-854122

22-002145



Where to begin?

January and February sped by in a blur and then March hit. The world hit the stop button as we began to fight a pandemic. We are still adjusting to those changes but good things still occurred in the beginning of the year. Region summit took place at the beginning of March in Biloxi, MS. It took place during the con they help with each year. We got a booth for Moogie's Store on the seller's floor. So we were in the middle of a group of people and it was a very fun and exciting time. We made a decent amount of sales considering the competition and we loved having the chance to promote Starfleet! The people dressed up shopping made it all very enjoyable and entertaining!

I didn't get to attend many Summit events because I worked the store but I did not feel left out. Many starfleet members took the time to come visit and chat and some even sat with me for a while. I also had some great help from Joe Keenan who watched the booth so I could go out for lunch! After closing shop many of us would get together and hang out in the lobby of the hotel and play games and chat. We had a wonderful time and several people asked if we would come set up Moogie's Store at their cons. It really was a great experience! I can't wait for next year!

Love all of you and be safe,

Ann Case



### HOW TO PROPERLY GREET SOMEONE DURING THE CORONAVIRUS OUTBREAK



## Ship's Counselor - VACANT— Article from your Editor

19-998210

11 Tips From Therapists on Coping With Anxiety During the Novel Coronavirus Pandemic

You may not be able to see your friends, but there are other ways to stay connected.

BY Kate Mooney - March 23, 2020

20-634851

Right now, we're dealing with unprecedented circumstances and adjusting to life during a global pandemic. Those of us who already struggle with mental illnesses like generalized anxiety disorder and depression may be experiencing an uptick in symptoms, making it difficult to get through the day without spiraling out from fear over the health and safety of our loved ones, threats to our financial stability, and existential panic over an uncertain future.

While hunkered down inside (whether quarantining, self-isolating, or complying with shelter-in-place orders), either working from home or out of work due to the effects of COVID-19 on the service industry, we all need coping mechanisms to take care of our mental health. Allure spoke with three therapists who offered advice for how to ground yourself when you're feeling panicked, how to self-soothe when you're catastrophizing, and little ways you can find moments of relief throughout the day.

20-753912

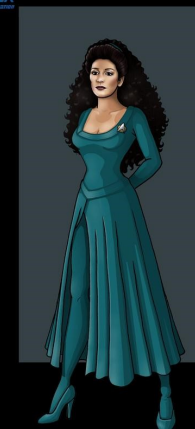
21-854122

1. Accept that it's normal to be stressed out right now. Don't judge yourself for how you're feeling.
2. Identify your self-care needs and make adjustments to your coping mechanisms where you can.
3. Learn grounding, anchoring, and other self-soothing techniques to calm yourself during moments of panic.
4. Move your body.
5. Develop a mantra.
6. Visualize a pleasant memory.
7. Keep to a routine.
8. Talk to someone who makes you feel better.
9. Remember that hypochondria is a manifestation of anxiety.
10. Take a break from your phone or computer.
11. Set aside time to deal with the tasks you're avoiding.

22-002145



STAR  
TREK  
THE NEXT GENERATION



Message from Chief of Security - Rear Admiral John Yelverton

19-998210

20-634851

20-753912

21-854122

22-002145



NO REPORT



Security Chief Tuvok

"In any covert battle, logic is a potent weapon."



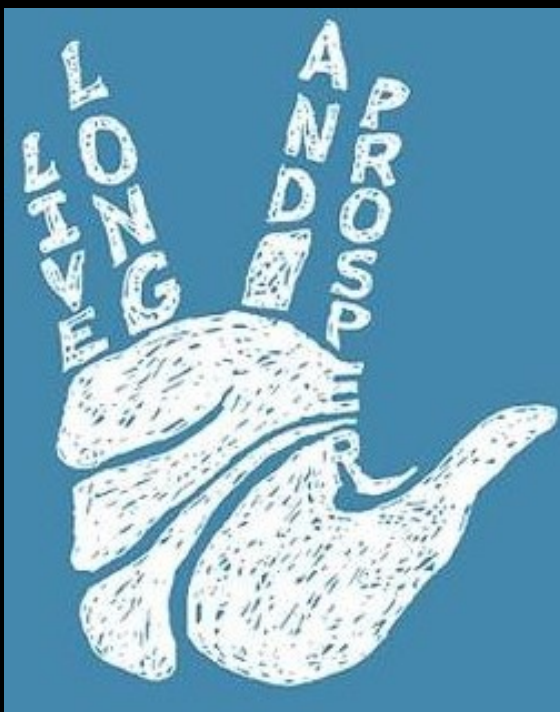
31-150876

31-942782

32-035749

33-830157

33-741058



APRIL

- 11 Bianca Kelly
- 17 Clark Yelverton

Join Crew Member Scott Crawford & the USS Haise Team

Saturday, April 18, 2020

DUE TO THE CORONAVIRUS PANDEMIC, THIS WILL BE A VIRTUAL WALK

For donation info: <https://www.facebook.com/donate/548348885943380/>

MAY

- 21 Glenn Allen
- 22 Mark Nichols
- 26 Bethany Theilman

JUNE

- 14 Bill Downes
- 15 Jason Young
- 22 John Yelverton



31-150876

[https://www.facebook.com/STARFLEETINTCONFS/?\\_tn\\_=%2Cd%2CP-R&eid=ARDVOePSZ-KvsrTSdh5X-PO\\_hDm1AVhttJsU9s7Va3C1CUVnsPRkl7td3m1ldVTnuDxeD1E4gp-8A6jw](https://www.facebook.com/STARFLEETINTCONFS/?_tn_=%2Cd%2CP-R&eid=ARDVOePSZ-KvsrTSdh5X-PO_hDm1AVhttJsU9s7Va3C1CUVnsPRkl7td3m1ldVTnuDxeD1E4gp-8A6jw)

To register - see above link - **NOTE: NEW DATE OF IC**

Starfleet IC 2020 San Francisco, CA

Join us for a STARFLEET CLASS REUNION in San Francisco in 2020 as BayCon hosts our International Conference for days of panels, meetings, and fun activities at the San Mateo Airport San Francisco Marriott (at Hwy 92 & 101 in San Mateo, CA)

31-942782

32-035749

## The Bay Area's Premier Science Fiction & Fantasy Convention

33-830157

Home of the Starfleet International Conference 2020

33-741058

BayCon 2020 returns for its 38th year, and will again be hosting the convention at the San Mateo Airport San Francisco Marriott (at Hwy 92 & 101 in San Mateo, CA) over the weekend of November 6-8, 2020.



31-150876

**USS HAISE CALENDAR OF EVENTS 2020**

Note: Locations, Dates, &amp; Times are Subject to Change

***Monthly Meetings/Events for 2020 - Monthly Meetings are at 6:30 pm***

April 18, 2020 - MS Walk at Trustmark Park, Pearl, MS (site opens at 8 am with walk beginning at 9 am) (MS Walk Donations due by 18th)

***NOTE: Due to coronavirus, this will be a virtual walk!***

31-942782

April 25, 2020 - Banquet at TBD (going to be either Pearl HS or Pearl Community Center) - **CANCELLED DUE TO CORONAVIRUS**

May 16, 2020 - Video Chat online using Discord at 7 pm

June 20, 2020 - Video Chat online using Discord at 7 pm

32-035749

July 18, 2020 - Video Chat online using Discord at 7 pm

August 15, 2020 - (Tentative) McNeil's home

33-830157

September 19, 2020 - Panera Bread Flowood (Stewpot)

October 17, 2020 - Case's home

November 14, 2020 - Panera Bread Flowood (Toys for Tots)

December 19, 2020 - Clay's home

33-741058

January \*23\*, 2021 - Panera Bread Flowood

Please continue your understanding on changing dates and times due to the current outbreak.

31-150876

**USS HAISE CALENDAR OF EVENTS 2020 - CONT'D**  
**Note: Locations, Dates, & Times are Subject to Change**

31-942782

Listed with meetings are Charities for 2020 collection dates. Emails will be sent out to the crew about donation items needed for each charity.

Charities This Year Are:

CARA, MS Walk, Gateway Rescue Mission, Stewpot, MadCaap Food Pantry, & Toys for Tots

32-035749

We apologize for having to cancel so many events due to the ongoing CORONAVIRUS outbreak

33-830157

Game Night will be at 1pm on May 9th at Case's home - CANCELLED DUE TO CORONAVIRUS.

33-741058

The Home Movie Nights are still tentatively set for 6:30 pm on:

Aug 7 - Joe Keenan's

Nov 6 - Case's

Mississippi Comic Con has been cancelled for 2020.