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# THE

# COMMLINK

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

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### Message from the CO - COMMODORE JOHN YELVERTON



The book club recently finished reading, *Do Androids Dream of Electric Sheep?* One thing that stood out for me and in my opinion is the theme of the book, is man's over devotion to animals and their well-being while continuing to be inhumane toward their fellow man. We're presented with androids who are incapable of compassion or feeling, and therefore, they inflict pain and suffering on everyone and everything around them. The humans are then presented, and quite frankly, it's impossible to tell the androids from the humans. They have no compassion and no feeling toward their fellow human beings, and therefore, they inflict pain and suffering on everyone around them.



Yet, in the novel, because animals of every kind are on the verge of extinction, man primps and pets with motherly devotion and affection members of the animal kingdom from owls to spiders. If you do not own an animal, because you cannot afford one or find one, you buy an electric one so that you look like you care. The protagonist buys an electric sheep... hence the title.

It was during this time that Cecil the lion was killed. I saw more ugliness and cruelty on TV and Facebook than I care to think about. I'm not making a statement, I'm just drawing a clear cut parallel. We treasure Cecil and want to lynch the dentist

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03-975683

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## THE COMMLINK - USS HAISE

Captain - John Yelverton

1st Officer - Ryan Case

Editor-in-Chief - Barbara Allen

Chief of Security - Mark Young

Article Submission Deadline:

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

04-865214



Special "Thank You" to XO Ryan Case for his awesome help with the newsletter.

WOW! Our summer was hot & dry & still is. I think I spent most of my time watering my flower pots and moving the sprinklers around the yard. My iguanas enjoyed getting out of their cages – Zoe spent the day in Michelle's old bedroom looking out the back window & Khan loved sitting out in the screened patio watching the birds & hummingbirds at the feeders and the squirrels running around, plus cats passing through the yard. I look forward to hopefully some cooler weather and some rain in our area.

05-167524

As for July, I was excited about picking up the new Hallmark Christmas ornaments for Star Trek & Star Wars. If you haven't gotten yours, be sure to get them while they last. At the end of the month, Glenn & I went to see Michelle & James in Georgia for the weekend. They took us to the Carrollton square and Newnan, GA square that weekend. They took us to one of the biggest Comic Book stores that I have been in at Carrollton. Glenn & I really had a great time and enjoyed seeing our precious daughter and our great son-in-law. We love them so and miss them so much!

As for August, I missed our meeting at Ryan and Ann's home. I missed seeing all their great collectibles. I love going to their home. I went to my 45<sup>th</sup> high school reunion which was actually held near to me at the Castlewood's Country Club. It was great seeing everyone and looking forward to the 50<sup>th</sup>. WOW – I'm getting old!!!!

05-934720

The summer is always filled with doctor's appointments and dental appointments. I told Glenn that I think all we do is go for doctor checkups/visits and to the grocery store. I guess that goes with getting older. Glenn found out he has sleep apnea and has to use a sleep therapy machine every night. I told him he sounds like Darth Vader in that mask thing. I guess it is better than dealing with all his snoring. LOL

06-758106

We celebrated our 33<sup>rd</sup> wedding anniversary on August 26. We had a lot of fun and great food with a day out of town. Two weeks later, Glenn & I celebrated my 63<sup>rd</sup> birthday with a trip to Wesson, Mississippi to a great restaurant called Porches on HWY 51. A friend told me about it. I checked it out online and off we went. Glenn & I loved the food and atmosphere. It is located in a big old beautiful house with a big long porch in the front. It was a great place to go to eat and get out of town for a day. And, we found a flea market open just down the street. That made my day!



We also made our hotel reservations for the 2016 Creation Entertainment Star Trek Las Vegas Convention (50<sup>th</sup> anniversary celebration) at the Rio Hotel, August 3-7, 2016. We got our tickets for the con and plane reservations. We are ready! Can't wait. Hope some of you all can go too!

I am looking forward to our much needed vacation at Disneyworld and Universal Studios in December. Unfortunately, we will miss the Haise Christmas Party because we will be on our way back home on the plane. Michelle & James will be at our house to babysit the lizards. Yav!



07-846821

## Message from the CO - FLEET CAPTAIN JOHN YELVERTON

02-824851



03-693369



05-314159

06-951413

But it doesn't end there. Planned Parenthood, Proposition 42, the Confederate flag, the Umpqua Community College shooting, and of course, the Presidential election have shown me one thing... we humans are losing our humanity.

So, I want you to think about some things. Jesus Christ told us to "Do to others as you would have them do to you." Not what they deserve. Not what they have coming to them. Not tit for tat. But how you wish it were. Have your dialogues on Facebook reflected that principle? I always loved the statement, "I find your statement indefensible, but I'll defend to the death your right to say it." Have you held to that principle, or have you tried to bully, curse, insult, and shout someone down into silence who disagreed with you?

07-601384

What about the principles of *Star Trek*? IDIC? Infinite Diversity in Infinite Combinations. It means there's room on the bridge for both Spock's cold, analytical rationalism, and McCoy's fiery, compassionate righteousness. It was this ying and yang that gave Kirk the tools he needed to always come out on top. Would Spock alone have helped Kirk? *The Galileo Seven* shows us, no. Would McCoy alone have helped Kirk? *The Empath* shows us, no. It is our uniqueness and individuality that allows us to complement each other and do what we could never do alone. Let us not forget that, lest we lose our ideals, our principles, and worst of all, our humanity.



12-357854

12-635487

12-983014

13-845888

13-901876

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Saturday, July 18, 2015 — Swim Party /Meeting at the McNeil's home. We had 13 members and 3 guests in attendance.

We enjoyed swimming in the late afternoon. Then we had a great feast of BBQ, grilled hamburgers & hotdogs plus a lot of other delicious food brought by crew members. During the meeting we enjoyed a great presentation by Scott Crawford about the NASA Horizons Spacecraft sweeping past Pluto. XO Ryan Case presided over the meeting. Roll call was followed by door prizes won by Bethany and Bill. Info was provided about the McCain funeral. Promotions were given to Joe Kennan & Jason Young. Congratulations! Upcoming events were discussed: Book club meeting on August 4, Taco night at the Case's home on August 15, & Starfleet IC 2015 at Niagara Falls, NY on August 21-23. DVD orders of the USS Haise 20th Anniversary presentation will be available from Ryan for \$10 each. Linda Nobles reported that she delivered our items to CARA & they were very appreciative. Ryan announced that at the next meeting, he will give the OTS test for interested. Clay announced wedding plans for August 8 and invited all of the crew. We watched Star Trek TNG: The Naked Now.



Bethanay brought this beautiful display of fruit!



12-357854

Saturday, August 15, 2015 — Taco Night at the Case's Home. Your Chief of Communications & Editor missed this meeting which was held at one of my favorite fellow collector's home. I went to a high school reunion that night. I hear you all had a great turn out and great food, fun, and fellowship. Sorry I missed it!

Ryan gave out door prizes (old style Trek toys) won by Clay, Mark, and Alex. Sorry, didn't get a picture of Alex's win! New member, Aimee, passed her OTS and was promoted to the position of Ensign. Congratulations to Aimee!

12-635487



12-983014

Upcoming IC was discussed along with Ship activities (Celtic Fest and Diabetes Walk). Ryan took DVD orders of the 20th anniversary video. Announced Book Club book (Nine Princes of Amber by Roger Zelazny). Watched Enterprise episode - Strange New World.

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Saturday, September 19, 2015—6:30 pm at Piccadilly Cafeteria, Jackson, MS 16 crew members were in attendance.

CO John Yelverton did roll call & door prizes awarded. Promotions were announced: Joe Keenan—Ensign, Kirk Lomax—MCPO, John Yelverton—Commodore. Congratulations! It was noted that our membership in one year has dropped from 38 to a current 23. John stated that is necessary to be a member of Starfleet in order to join the USS Haise. Upcoming events: Mississippi Diabetes Walk at Southern Farm Bureau on October 4—contact Bethany for additional information. The Mississippi Symphony Orchestra will present a Special Event—Star Wars, Star Trek & Beyond at Thalia Mara Hall—7:30pm. Haise crew members can get discounted tickets. Info was handed out and will be emailed to members. STAR TREK™ THE ULTIMATE VOYAGE National Concert Tour Coming To Memphis Friday, January 29, 2016 at The Orpheum Theatre, Memphis, TN—more info later. Oct. 6—book club meeting at 6:30 pm at Flowood, MS library. Next meeting—Masquerade Party—Oct. 17 at Broadmeadow United Methodist Church, Jackson, MS Other business: John announced that Emily Graves resigned from the position of Chief Medical Officer. Ann Case (formerly Counselor of the Ship) will be our new Chief Medical Officer effective immediately. John stated to the membership that if anyone has any problems or concerns in reference to the Haise, please let him or Ryan know. They will be happy to talk to you. We watched Star Trek: The Naked Time after the meeting.



12-357854

Our chapter had a special request from a family of a very big Star Trek fan. Mrs. Debra Pitts McCain of Polkville, Mississippi contacted us by Facebook stating that her husband was dying from cancer and made a special request in his funeral arrangements. He wanted to have our crew members in uniform at his funeral in honor of Star Trek, one of his favorite shows. Several members of our crew honored that request at his funeral August 4, 2015. It was an honor to show our respect for a fellow Star Trek Fan! Peace & Love to his family!

12-635487



### *IN MEMORY OF PAUL JOHNSON MCCAIN, JR.*

Born: November 26, 1962

Died: July 31, 2015

VISITATION: 5pm-8pm Monday August 3, 2015, and from 4pm-6pm Tuesday August 4, 2015.

FUNERAL SERVICE will follow Visitation Tuesday at 6pm in the chapel of Ott & Lee Funeral Home.

Paul Johnson McCain, age 52, a resident of the Polkville community near Morton, died Friday, July 31, 2015 surrounded by his loving family, following an extended illness.

12-983014

Funeral services will be held at 6pm Tuesday August 4, 2015 from the chapel of the Ott & Lee Funeral Home in Morton. The family will receive friends from 5pm-8pm Monday, August 3, 2015 at the funeral home and on Tuesday prior to the service from 4pm till 6pm. Graveside services will not be held. Rev. Zack Kilpatrick will officiate.

13-845888

Mr. McCain was born on November 26, 1962 in Cleveland, MS to his parents Charley Choyce Alexander and Elizabeth Smith Alexander. He had served in the Arkansas National Guard and the United States Air Force. Mr. McCain had retired from the United States Postal Service in Brandon where he was a letter carrier. He was an avid Star Trek enthusiast, as he loved collecting Star Trek items. He loved the outdoors and hunting was a favorite pastime. He was a member of Polkville First Baptist Church.

He was preceded in death by his parents.

13-901876

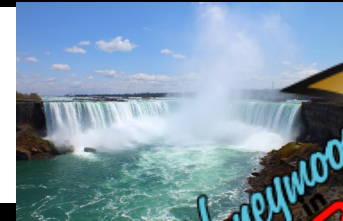
Survivors include his wife; Debra Pitts McCain of Polkville, four children; Jackie Watts (Josh) of Richland, John McCain of Morton, Tara Ward and T.J. Ward (Lyndsay) all of Brookhaven. Other survivors include one brother; Charley Alexander (Sandra) of Collins, one sister; Regina Speagle (Chris) of Purvis. He also leaves behind a legacy of five grandchildren: Madison Leah Norwood, Joshua Adam Watts, II, Kryslin Rainz Prem, Jordan Zane Prem, Ava Reign McCain, several cousins, nieces, nephews, aunts and uncles and very close friends: Robert Trigleth, Blaine Welker, Tim Webb and a host of friends. He loved his family and will be greatly missed by all who knew and loved him.



12-357854

STARFLEET 2015 International Conference  
August 21-23, 2015, Niagara Falls, New York

Conference & Event Center Niagara Falls, with guest rooms at the adjacent Sheraton at the Falls Hotel Conference & Event Center Niagara Falls



12-635487



USS Haise CO John Yelverton and son, Clark, and XO Ryan Case were in attendance.



USS Haise received a Certificate of Longevity for 20 years. USS Haise CO, John Yelverton received the award for the ship.

12-983014

13-845888



13-901876



15-102348



## Infinity Science Center September 17

15-211367

39 years ago today, (September 17, 1976) the very first space shuttle - Space Shuttle Enterprise, was unveiled. Although it never flew in space (it was constructed without engines or a functional heat shield), NASA used it to perform test flights in the atmosphere, aided by a modified Boeing 747. One of our board members, Fred Haise piloted Enterprise in free flight to three successful landings.

15-487102

The space shuttle was originally to be named Constitution, but President Ford was urged to change the name. Star Trek enthusiasts wrote thousands of letters to the White House asking it to be named after the Starship Enterprise, and it was! Cast members of the show attended the dedication ceremony.

15-551220



Space Shuttle Enterprise is now on display at New York's In-trepid Sea, Air & Space Museum in the Space Shuttle Pavilion.

15-989651



Above: (L-R)

Gordon Fullerton, Fred Haise, Joe Engle and Richard Truly pose in front of the prototype orbiter Enterprise



19-998210

### Message from XO - Fleet Captain Ryan Case



Greetings Crew!

The last quarter for me was a cluster bomb of activity that left me broke, tired, and sick—and I wouldn't change it for the world. In July, I got an opportunity to volunteer for the staff of my Fraternity's National Convention in New Orleans. For doing so, I was able to attend the event for free along with several other Alumni that I have known for years. It's been quite a while since I interacted with my Fraternity and I really needed the energy charge that being around other Sinfonians gives me. The event was amazing and I really look forward to the next event in 2018.

20-634851

In August, I attended GenCon in Indianapolis and had an opportunity to playtest several new board and card games that are coming out at the beginning of 2016 as well as play one of my favorite card games, Magic: The Gathering (more on that in our next issue). I love Indianapolis and could absolutely see myself returning to the city later in life. Later that month I attended Starfleet's International Conference in Niagara Falls, NY and got to hang out with our former CO, Lucy Franck, and walked around the Falls and other historical landmarks with (now) Commodore Yelverton (congratulations again, John). This was my first IC and I can say that I look forward to attending the next one in



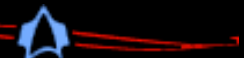
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21-854122

Louisville, KY which is helped being organized by Lucy. Additionally, the 2017 IC was announced to be in New Orleans so we have an IC coming to our back door very soon and being hosted by some of the members of our Region - make plans to be there. Late August/Early September is when my immune system finally decided to give out on me and I spent a fairly good portion of the month lying on the couch trying to get well enough to move - thankfully I was well enough to spend a very awesome 5th anniversary with Ann. We didn't do anything 'official' for it but we bought our tickets to go to Disney World in November. I sincerely look forward to the next quarter with the ship as these next 3 meetings are my favorite every year. As always, thank you for all that you do for the ship.



22-002145





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

19-998210



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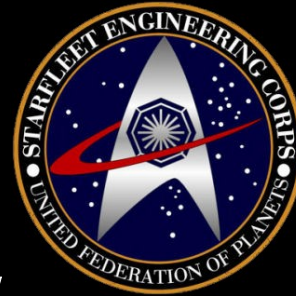
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Aside from having a wonderful time at our July 18<sup>th</sup> Pool Party at the McNeil's, our August 15<sup>th</sup> Taco Night at the Ryan's and our September 19<sup>th</sup> meeting at the Piccadilly, the 2 highlights of my life this quarter have been:

1. Craig and I (finally after 22 years together) were able to get married on August 8<sup>th</sup>! Thanks to all who from our ship attended and especially to Scott for taking such great pictures. People ask me if I feel different now . . . and I do. It's great!
2. I was quite involved in the Magnolia Classic Dog Show here in Jackson at the Trade Mart on September 11<sup>th</sup>-13<sup>th</sup>. Aside from being the treasurer of the club, I assisted with publicity and judge's hospitality for the event. We had about 700 dogs a day. Aside from humans, canines are my favorite species.

Remember, we'll be collecting toys for Christmas Toys For Tots. Bring them to our November "anti-turkey" meeting. (Toys for Tots does not publish a list of appropriate toys to donate. If such a list were created, most would follow it, resulting in a limited selection of items to distribute in each community. We would rather our donors consider what might be an appropriate gift for their own child/relative, purchase the item, and donate to Toys for Tots.) (New & unwrapped toys only.) (No stuffed toys)



### Message from Chief of Engineering - VADM Bethany Theilman

19-998210



\*Practical Engineering for a Shade Tent\*

Rise my minions!

I mean tent.

Remember those play parachutes we had in school as a kid? With a few alterations, they make terrific shade tents. And mine has proved to be tough and "mostly" waterproof.

20-634851



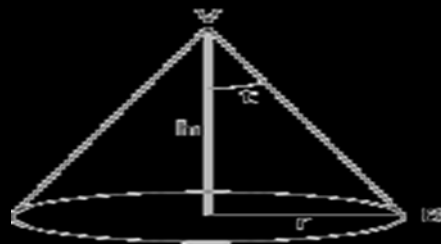
The first conundrum is that a play parachute is a flat circle but a round tent is a cone. I found that I had to remove three panels, and sew the edges back together with the flat-felled seams used on the rest of the tent to get a nice shape. Using  $Circumference = 2\pi r$ ,  $r =$  was calculated from the actual circumference of the circle made by the new bottom edge. I could measure the hypotenuse from V to B with a tape, and thus calculate the required height of the center pole above the outer edges .

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Since play parachutes have to let the air out of the middle so they descend in a timely fashion, the center had a +/-7 inch hole in it already covered with a mesh and reinforced with the same black nylon ribbed strapping that also runs all the way around the outside and forms the handles. This was perfect. I made a thick wooden disk the same size as the hole from 3 round pieces of 3/4 plywood glued together. Found the center (more geometry) and drilled a 3/8" inch hole in the middle. After that, I dropped my disk in the hole, put a washer on a lot of wood screws and went all the way around at perhaps 1" intervals through the nylon attaching the ribbing to the disk. It has held over 10 years even in a thunderstorm with no sign of failure.

22-002145



Since I had earlier figured out the variable  $h$ , I knew how much taller the middle pole needed to be than the outside poles. The combined length of pole would not fit in my car so it had to be made in two pieces or hinged. I drilled a hole in the end of my top piece of pole and screwed in a 3/8 inch lag bolt until I had about 3 inches sticking out and cut off the end to make a pin that would go in the center wood disc.

## Message from Chief of Engineering - VADM Bethany Theilman

19-998210



Then I got a really heavy duty hinge the width of the 2x4 I am using as the center pole and screwed it on so that there was no gap between the pole sections and one rested on the other. To keep it from folding in any breeze, I attached a u-shaped piece of metal pretty much like this one half onto the side of the joint opposite the hinge. This helped support the pole and kept it from swinging farther than even.



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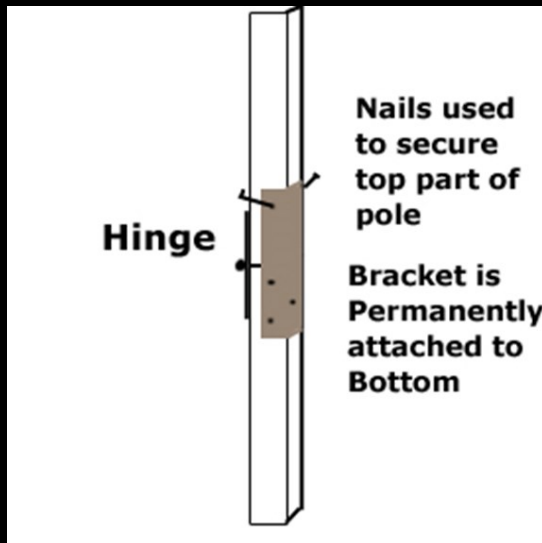
To keep it in "open" position, I drilled a couple holes at a slight downward angle through the ends of the U NOT permanently attached to the bottom pole into the pole and stuck large nails into them through the metal into the holes. The angled nails are useful for hanging things like shields or lanterns.

As flimsy as this looks, it has worked for many years in high wind and rain situations.

20-753912

21-854122

22-002145



As for the outside poles, I got about 10 2x2x8s and screwed big eye bolts into the end of each. My ropes (with adjustable sliders) have dog leash style clips on the ends so I just put the tent on the ground, drive in stakes about 2 feet farther out -enough to hold it temporarily. Then I get 4 more people and clip the poles to the ropes and the handles of the play parachute and the ropes are hooked to the stakes. When the center pole is put in, the four people hold on for dear life while the 5<sup>th</sup> person runs around tightening ropes and driving in stakes as fast as they can exactly in line with the center pole and the outer pole. In a reasonable wind, after 4-5 stakes and poles are in well and tightened up, the rest of the poles/stakes can follow at a slower pace. I put pieces of neon green pool noodle on the stakes to keep people from cutting themselves on the sharp steel tops or tripping on the ropes.

After using once, I cut a foot off all the pole bottoms so I could reach the edge of the tent.





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

19-998210



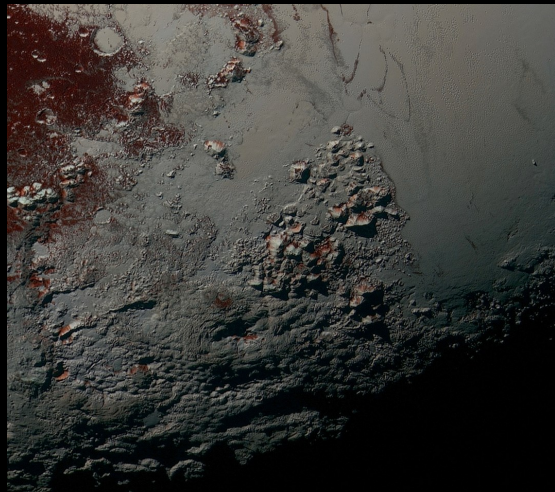
**NEW HORIZONS' ENCOUNTER WITH PLUTO:** New Horizons made its closest approach to Pluto-Charon on July 14th, 2015. Because of the extreme distance, it will take more than a year to download all the data collected. However, we now know that Pluto and Charon are far more complex and interesting than any scientist would have predicted. I heard one scientist say, "if an artist drew a landscape as varied and dynamic as we found, I'd have balked."



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Above is a detail showing the southern most region of Pluto just right of center.

*Sci-Am: "How We Conquered the Planet" (August 2015):*

I found an article in August's Scientific American called "The Most Invasive Species of All" particularly interesting. It is written by Professor Curtis W. Marean who studies Human Evolution and Social Change at Arizona State University.

Continued on next page -

22-002145



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

19-998210



We take for granted that there is only one human species: Homo Sapiens. However, this is an illusion based on our short lifetimes. Merely a few tens of thousands of years ago, there were other species of humans, including Neandertals in Europe and the Denisovians in Asia. Why are they gone now? What happened that left us alone on the top of the world's food chain? Curtis Marean devotes his research career to finding out what made us so different.



20-634851

Dr. Marean leads an archeological dig called Pinnacle Point on the southern coast of South Africa. There, they found some of the earliest evidence that some human clans became "territorial", meaning, they gave up the nomadic hunting-gathering lifestyle and stayed in one place for generations. The interior African food supply was always on the move, and thus, so were early humans. However, the population of Pinnacle Point recognized that shellfish could be harvested to meet the bulk of their dietary needs, whilst living in relatively protected caves. These coastal resources were highly predictable, only requiring a minimum effort to harvest.

20-753912

There was, however, one disadvantage. Other groups learned of the resource and given our genetically determined competitive nature, fought for it. The tribes that were able to cooperate best, in this case, to wage war, won out, and their genes were passed on generation to generation. Marean and others call this strong ingrained trait of cooperation "hypersociality" and believe it to be different from that shown by lower species.

21-854122

There was one other factor that gave Homo Sapiens an advantage over Neandertals and Denisovians: advanced projectile weapons. It began with a wooden stabbing stick, but progressed to stone tipped casting spears, then leverage-assisted casting spears called "atlatl", and finally the bow and arrow. ICBM's (intercontinental ballistic missiles) were a bit later. These projectile weapons that could kill from a distance required a number of technologies. First and foremost, the ability to carve sharp and very small stone points ("micro lithic" tech), which increased trauma, bringing the animal or rival down faster. Both Neandertals and H. Sapiens carved stone blades, but only humans were able to miniaturize the points to make them viable to throw as spear/arrow points.

22-002145

Marean and others believe that when Homo Sapiens started leaving Africa about 70,000-55,000 years ago, their genetic tendency to cooperate with unrelated individuals, plus their ability to kill from a distance, gave them all the advantage they needed to dominate our other ancestors, the Neandertals and Denisovians. It's likely that our ancestors wiped out their rivals and mated with their women, which explains the 1-4% of Neanderthal genes we have in us today.







19-998210

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



This paints a pretty bleak picture of human behavioral tendencies, and of course, we see it playing out in the news every day, with ongoing wars and armed conflicts across the globe. But that same tendency to cooperate in war also works for peaceful, altruistic endeavors. Neighbors helping one another through natural disasters, volunteerism, peaceful protest against injustice/inequity. And near and dear to my heart, cooperation with the goal of exploring the universe. We need no more proof than the International Space Station. Professor Marean makes the case, and I strongly concur, that we can and often do manage to overcome our competitive/ruthless natures by educating our younger generations, not just academically, but socially and ethically. We must capitalize on the pro-social aspects of cooperation for the greater good of all humanity, and protect this fragile space station we call Earth, even as we reach for the stars.

20-634851

### Happy Halloween from "Keep Building Jackson":



The traditional Halloween LEGO display is up from now until October 30th, at the Arts Center of Mississippi, 201 East Pascagoula Street, right beneath the Planetarium. It's free and open from 10am to 5pm Monday through Friday. New this year are Dinosaur sets and even more dragons. Can't have too many dragons! Come and pick out which creature you want to be this year. But please do not touch. The monsters love finger food!

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

19-998210

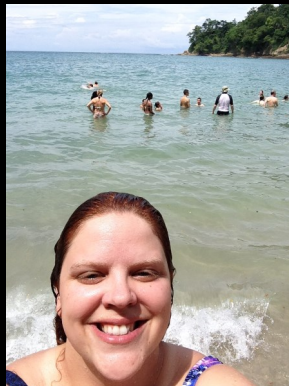


These past 3 months have been super fun and busy for me and Ryan. We have gotten to do a lot of amazing things.

July was an amazing month for me. I got to travel to Costa Rica on a tour and visit all the beautiful places and experience some amazing food. I got to meet new people from different places. I would like to assume that going on these trips is similar to landing parties from the Enterprise. We both get to go explore something new, different and amazing. There are unknown dangers and yet you are surrounded by people to help you along the way. It was such an amazing time!



20-634851



20-753912

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

19-998210



August was a crazy month for me because I started a new job. I now work for Brandon Middle School teaching 7th grade Science. It has been an adjustment, but a good one. I am also really excited that our last unit of the year is on SPACE!!!!!! I can't wait to get the students excited about everything that is out there! I'm really glad that Ryan and I could host Taco Night at our house and that so many of you could make it! Thank you for coming! Also August was an amazing month for one of our own as he got to get married to the love of his life. Congrats Clay and Craig! Your wedding was beautiful and the little Star Trek touches were amazing! Also for those who didn't come you missed a spectacular cake and a touching ceremony!

20-634851

September was slow when I compare it back to the previous months, but it is still my favorite month. Ryan and I celebrated our 5 year anniversary and though we didn't go do anything big, it was one of our best because we got to spend time together! September is also when I got promoted to Chief Medical Officer and I couldn't be more excited! I have always loved the ship's doctors on the show and am excited to be one of them on our ship!

20-753912

So this will be my last posting as the ship's counselor. I just want to say that it has been a ton of fun being y'all's counselor. I also want to apologize for the late birthday cards. I'm very much a procrastinator and that can lead to me being behind. I hope the next person in this position will enjoy it as much as I have and hopefully not drive Barbara nuts by being late with articles. Sorry Barbara! I'm going to try to be better as the Ship's Chief Medical Officer.

21-854122

With Love and Hope

22-002145

What doesn't kill you makes you stronger  
....except Klingons.

Klingons just kill you.



geekAcards  
Night of the Living Trekkies



19-998210

## Message from Ship's Counselor - VACANT

When you look at most people's list of bad habits they want to break, procrastination is typically one of them. Procrastination is hardly a new trend; it's been around for centuries. According to Dr. Timothy Pychyl, a master of procrastination (I mean, a master scholar of procrastination), the earliest documented reference of procrastination is in a sermon written in 1682.

What makes procrastination so robust? What makes it so hard to wipe out even though we know how much it affects not only our productivity but our peace of mind? If you struggle with procrastination and wonder why you haven't been able to break the habit, consider these three things that keep procrastination flowing in our bloodstream.

### 1. Things Get Done

Procrastination means not starting to do the work until you are dangerously close to the deadline. And then, pushed against the deadline, you start working at a frenetic pace. Fighting the deadline gives you a powerful adrenaline rush. While you couldn't be bothered with the task before, now you are full of energy. You focus your attention entirely on your almost-late project and ignore everything else. Your body can go for hours without sleep or food—copious amounts of coffee will do just fine.

Eventually, your last-minute frantic action pays off:

The work gets done! This way of getting things done gives you a false sense of confidence. It makes you believe that you can get *any* job done, regardless of how late you start. The thrill of achieving something that seemed so impossible—like creating an entire presentation for an important meeting in just one night—gives you an unforgettable high. You feel proud, relieved (and probably exhausted). But you did it! And maybe you can do it again ... and when you think you are able to get anything done, regardless of how late you start, you have *no motivation*—no reason—to stop procrastinating

### 2. Life Goals Have No Deadlines

Procrastination means waiting till the last minute to get things done. But that only works when you know when the "last minute" is. Without a clearly defined and well-established deadline, you risk *never* getting the task done. Of course, not everything we have to or want to do come with deadlines.

20-634851

20-753912

21-854122

22-002145

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## Theo Tsaousides Ph.D. Smashing the Brain blocks

The 3 Real Reasons We Procrastinate  
... and why a shift in your thinking could make  
a huge difference.  
Posted Aug 23, 2015 –  
PSYCHOLOGY TODAY



Consider life goals. Life goals have no deadlines. Early in our lives, there are some rough deadlines. People expect us to start crawling by 10 months, and start talking by about 24 months. We're supposed to start primary school at about age 6 and finish high school by around 18. And at least some of us have to come to terms with the fact that our parents won't be supporting us financially forever, so we know that at that point, we need to get a job.

### 3. You Think Procrastination Is a Problem

We tend to think of procrastination as a *problem*—as a bad habit or an irreversible personality trait that will constantly drain our potential and get in the way of our achievements. But procrastination may not be a problem at all. It may actually be a *solution*—a solution that your brain generates in response to the need to take action.

Procrastination is the tendency to delay taking action. It is the disconnect between intention and implementation. To translate a plan into action, your brain analyzes a vast amount of information from your internal and external environment, and makes decisions about what to do next. When you have all the information you need, you start working on a plan. If you don't, your brain stalls. And *that's* when you experience procrastination. This could be a critical shift in your thinking: Instead of considering procrastination as a big problem, a habit you need to break, or a hardwired part of your personality, think of it as an *alarm*, or a red flag—a sign that *something is missing*. Something is preventing you from getting started and getting things done.

Your job is to discover what that is. When you discover it, the odds will be in your favor.

## Message from Chief of Security - Commander Mark A. Young, Sr. — NO REPORT

19-998210



Tasha Yar— From Wikipedia, the free encyclopedia



20-634851

Natasha "Tasha" Yar is a fictional character that mainly appeared in the first season of the American science fiction television series *Star Trek: The Next Generation*. Portrayed by Denise Crosby, she is chief of security aboard the Starfleet starship USS Enterprise-D and carries the rank of lieutenant. The character's concept was originally based upon the character of Vasquez from the 1986 film *Aliens*. Following further development she became known first as Tanya, and then Tasha. Crosby had originally auditioned for the role of Deanna Troi, while Rosalind Chao became a favorite for Tasha. After Marina Sirtis auditioned for the role, the show's creator Gene Roddenberry decided to switch the roles for the actresses, with Sirtis becoming Troi and Crosby becoming Yar (Chao would later appear on the series in a recurring role as Keiko O'Brien).

20-753912

21-854122

The character first appeared in the series' pilot episode, "Encounter at Farpoint". After Crosby decided to leave the show, Yar was killed by the creature Armus in "Skin of Evil", the 23rd episode of the season. She was written back into the show for a guest appearance in the third season episode "Yesterday's Enterprise", in which the timeline was altered so that she did not die, and again in the final episode of the series "All Good Things...", in events set prior to the pilot.

She was described as a forerunner to other strong women in science fiction, such as Kara Thrace from the 2004 version of *Battlestar Galactica*, while providing a step between the appearances of female characters in *The Original Series* to the command positions they have in *Star Trek: Deep Space Nine* and *Voyager*. Questions were raised over the sexuality of the character, and it was thought that the events in the episode "The Naked Now" were designed to establish her heterosexuality. The manner of her first death was received with mostly negative reviews. One critic called it typical of the death of a *Star Trek* security officer, and the scene was also included in a list of "naff" sci-fi deaths.



22-002145



31-150876

Saturday, October 17— Masquerade Party, Broadmeadow United Methodist Church Fellowship Hall, Jackson, MS — 6:30 pm

Saturday, November 21— Meeting/Anti-Turkey Pizza Party at the Allen's home — 6:30 pm

Tuesday, December 1— Book Club meeting—Flowood, MS Library—6:30 pm

Saturday, December 19— Christmas Party/Meeting at Clay Bartunek's home

Tuesday, December 22— *Star Wars: Episode VII— The Force Awakens* at Parkway Theater, Flowood, MS— Time: TBA

31-942782



USS HAISE Star Trek Fan Club

<https://www.crowdrise.com/usshaisestartrekfanassn/fundraiser/bethanytheilman>

See above for more info -

The Jackson Walk will be held on the Southern Farm Bureau Life Insurance Campus – Oct. 4, 2015

I-220, Watkins Drive Exit at 1401 Livingston Ln, Jackson,

MS Registration begins at 1:00 pm

The walk will begin at 2:00 and Lunch will follow.

32-035749

33-830157

33-741058



OCTOBER

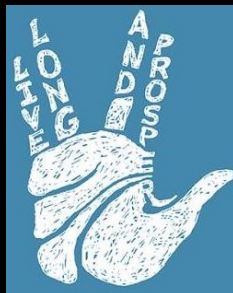
- 3 Clarence Winter
- 30 Joe Keenan
- 31 Evan Theilman

DECEMBER

- 8 Scott Crawford

NOVEMBER

- 14 Fred Haise
- 14 Joel Kelly
- 30 Kirk Lomax



Bring new & unwrapped toys to our November 21 meeting. This is one of our yearly charity events. Be generous and bring a lot of toys.

