



LCARS 40274

02-654598

THE COMM-LINK

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

LCARS ACCESS 441

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0128-069

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7232-838

Publication Stardate :

JANUARY FEBRUARY MARCH 2018

COMMAND

Message from the CO - Rear Admiral JOHN YELVERTON

03-975683

04-765466

05-224353

06-576565

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Congratulations

USS HAISE

Region 2 Chapter Of The Year
Award Winner - 2017





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Message from the CO - Rear Admiral JOHN YELVERTON— cont'd



When I took over as CO in 2014, I was thrilled that the fruits of our labor were rewarded with the USS Haise winning ship of the year. I was even more proud when our name was called at the Region 2 Summit in Huntsville, Alabama, to receive the ship of the year award once again for 2017.

It is very hard to win these awards. They don't just give them away. They have to be earned, and let me tell you all, you earned this one! When we have a meeting, you come and participate. We have ship's events, you are there. But above all, you are there for our charity events and drives. The Diabetes Walk was a success. The food drive for CARA was a success. The toy drive for Toys for Tots was a success. Mostly, the MS Walk, and the amount of money we helped raise was a roaring success.

All of that hard work has paid off. All of that effort has been rewarded. You are the 2017 Region 2 Ship of the Year. I am so proud of you all, and you should be proud of yourselves. I am doubly proud to go to Minneapolis, Minnesota this year to the International Conference, and Lord willing, we will bring home our second Starfleet Ship of the Year Award!



STAR TREK

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 - Joe Keenan
 Article Submission Deadline:
 10th Day of Publication Month
 Publication Date: Quarterly

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Message from Chief of Communications - Lt. Commander Barbara Allen



As your editor, I am so proud of the USS HAISE Commlink receiving at Region 2 Summit the award: 2017 NEWSLETTER OF THE YEAR! Congratulations and Thank You to all the hard work of those who contributed to the newsletter!

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



Oh my! This quarter has been something else! The weather was so cold in January and February, I felt like I was in hibernation! My husband, Glenn, and I endured sinus infections in January. We got well enough to venture out and drove our 15-year-old Mercury Marauder to the Antique Bottle Show at the MS Trade Mart in Jackson. We were ready to go home and it wouldn't crank. We were left stranded until we got it jumped off. We headed home very unhappy that we realized that we are too old to deal with this kind of stuff and needed to do something about this much-loved old collectible car soon! Had it checked out at the repair shop and was told it had not one, but several items in need of repair! Oh well! We decided it was time to let it go, trade it in, and get a new car. We decided on a much-needed larger travel car – a red 2018 Dodge Durango GT SUV. Love the fact that it can hold so much for when we travel to visit our daughter, Michelle, & her husband in Clarksville, TN – which is about once a month!

Mid-February, we both got the flu. Glenn got well, but I didn't! I ended up getting pneumonia in my left lung. The doctor gave me plenty of medicine and a shot, and I thankfully recovered quick. I've never been this sick in my life! Because of illness, I missed a few Star Trek meetings and events. I missed the March meeting/bowling due to a friend's wedding on that evening. Sure did miss seeing all our Star Trek Family this quarter. We are all like a big extended family! Be sure to check out our meeting/events calendar at the end of this newsletter. We are going to have another exciting year! Love ya to the moon and back!



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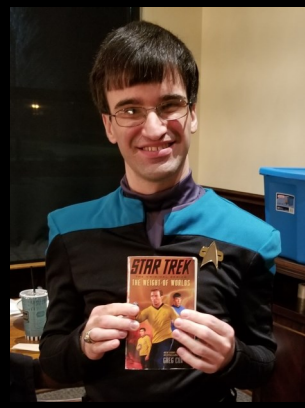
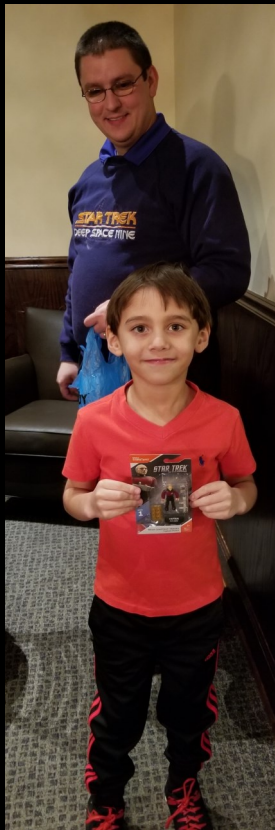
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Saturday 20th - 6:30 pm - Location: Corner Bakery (private dining room), 149 Grandview Blvd., Madison, MS 39110

12 crew members were present. After eating our meal, John opened the meeting with door prizes which were awarded to: Clark, Joe (donated his to Clark), and Bill. The business meeting started and the new event calendar for 2018 was presented and discussed. A reminder was given in reference to Haise dues that will be due at the February meeting. Dues are as follows: \$15 for an individual, \$20 for 2 in family, \$25 for 3 or more in family. We discussed the Mississippi Comic Con set for June 2018. John talked about Starfleet news concerning the Chief of Starfleet had resigned effective January 1, 2018 due to health issues. Discussion and questions was brought up about other Starfleet leadership and info. There have been 6 Chief of Starfleet in the last 2 years. The meeting concluded after we watched the Star Trek episode: Voyager: Heroes & Demons.





FEBRUARY MEETING/PICTURES LCARS ACCESS 719

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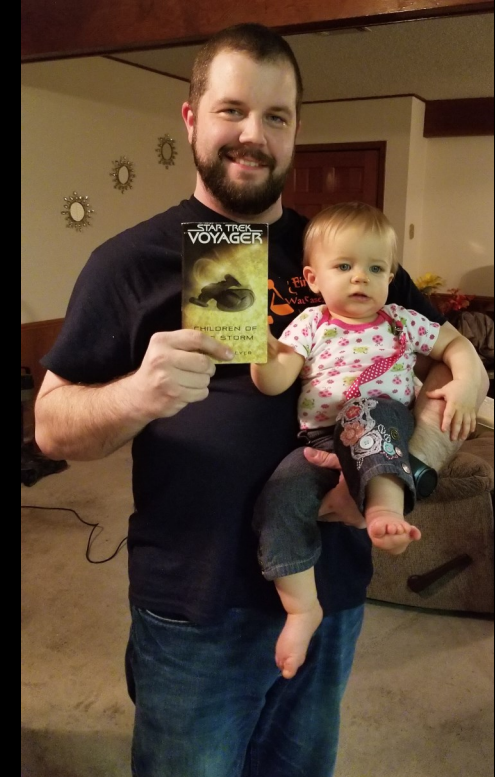
Saturday, February 17 - Meeting/Waffle Night - 6:30 pm at the Yelverton's home in Pearl. We usually have had a tradition of having the Waffle Night always at the Theilman's home. But not this time because Bethany was out of town in Florida taking care of her Dad who was very sick. Thanks to the Yelverton's for having us. Everyone had a great time at the Yelverton's home with waffles and all the fixings! Attending tonight's meeting was Clarence, Bill, Clay, the Cases and the Yelvertons. Congratulations to Bill Downes and Clarence Winter for receiving their promotion certificate to Ensign. Congratulations to CO John Yelverton who was awarded a promotion certificate to Rear Admiral by XO Ryan Case. Door prizes were awarded. At the meeting we discussed the Event Calendar. John said that you can't really do anything when you don't have a quorum. After the meeting we watched a Star Trek episode.

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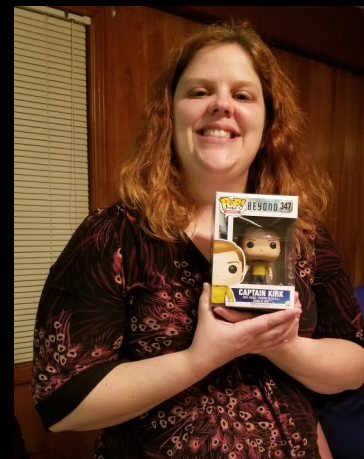


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MARCH MEETING/PICTURES

LCARS ACCESS 719

COMMUNICATIONS

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Saturday, March 17 - 6:30 pm - Meeting & Bowling Party at Indian Lanes, 815, E. Northside Drive, Clinton, MS 39056

Thanks so much to Scott Crawford for taking pictures. Your Chief of Communications/Editor was unable to attend. After a fun time at bowling, we all sat down for pizza and watched the Star Trek episode - Enterprise: Civilization.

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Region 2 Summit in Madison, Alabama theme was "When Worlds Collide", and the aim of that theme was to showcase the fact that we are not only a Trek fan organization, but a Sci-Fi fan organization and that we should embrace ALL our fandoms. A skit was held during opening ceremonies in which there were cosplayers representing comic book fandom, Firefly fandom, Doctor Who fandom, Star Wars fandom, and Game of Thrones fandom. The Iron Throne, was available for photo ops!

LET ME GET THIS STRAIGHT. SOMEONE WEARS JERSEYS OF THEIR FAVORITE ATHLETES, YELLS AT THE TV, HAS THEIR TEAM'S MEMORABILIA ALL OVER THE PLACE AND IT'S PERFECTLY ACCEPTABLE.

HOWEVER WHEN SOMEONE COSPLAYS, GOES TO CONVENTIONS AND BUYS STUFF RELATED TO THEIR FAVORITE MOVIES AND TV SHOWS IT'S CONSIDERED NERDY AND STUPID?



USS HAISE Crew Members who traveled to Summit



Date and Time:

Fri, Mar 9, 2018,
12:00 PM -Sun, Mar 11, 2018, 11:30 PM
CST

Location:

Best Western Plus Madison-
Huntsville9035 Madison Boulevard
Madison, AL 35758-1703

12-357854

It is my distinct pleasure to announce that we were awarded the Region 2 Ship of the Year Award for 2017. You should all be proud of yourselves, because this award was most definitely earned.

In addition, the Ship also won the Charitable Activity of the Year Award and the Newsletter of the Year Award. We came in 3rd in Best Website of the Year.

On an individual level, Clay Bartunek was awarded Officer of the Year, and Scott Crawford won the Social Media Award.

I am proud of all of you, and now I have added incentive to go to Minneapolis in August and Lord willing, bring home the International Ship of the Year Award! - Rear Admiral John Yelverton, CO USS Haise, & Zone 4 Coordinator for Region 2.

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Here are few more pictures from Region 2 Summit & Freddy Heller's Flickr page!

12-357854



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MOVIE NIGHT

Friday, March 2 - 6:30 pm

Location: Case's Home

The crew gathered to watch the movie:

Star Trek: Insurrection

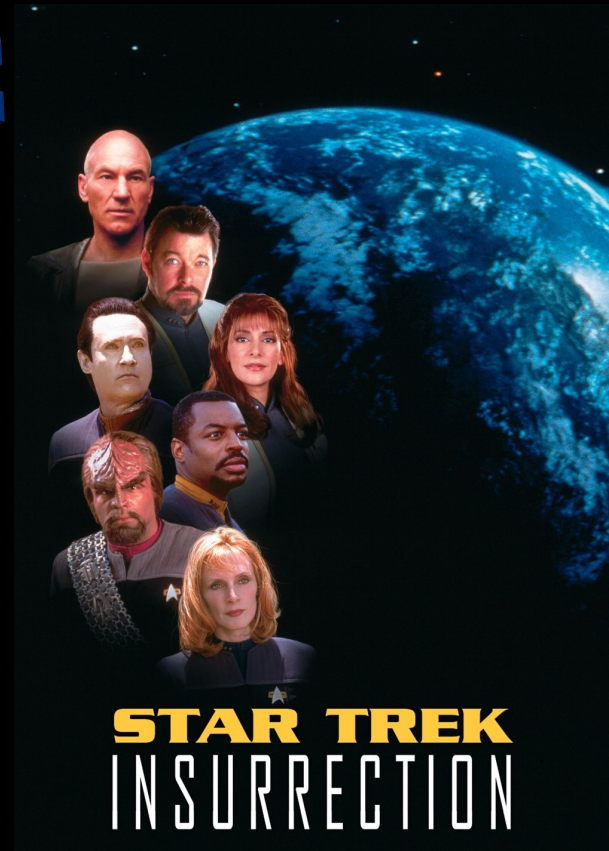
Chicken strips and fries were on the menu and a lot of great fun!

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15-102348



15-211367

15-487102

15-551220

15-989651

Fred says that the Infinity Science Center is gearing up to open their NEW Apollo 11 Virtual Reality simulator this April. Buckle up and climb aboard the Apollo 11 spacecraft and hold on tight, you are going to experience the historic launch of the of the most defining moments in space history. Your seats will shake, pitch, and roll as you embark on the journey of a lifetime! Get ready!



15-102348



15-211367

NASA's 2018 Stennis ASTRO CAMP® is a series of week-long summer camps held in June and July (excluding the week of July 4th) for children in grade levels 2nd through 10th. The theme for this year's ASTRO CAMP® is "Together We Go Farther... Moon...Mars...& Beyond!" The goal of NASA's Astro Camp® is to provide opportunities for learners to engage in Science, Technology, Engineering, and Mathematics (STEM) educational activities that capitalize on NASA's unique assets, content, and ASTRO CAMP® methodology to expose the next generations to STEM career possibilities aligned with NASA's Human Exploration Organization (HEO) initiatives.

15-487102

Astro Camp® is a challenging, science based non-residential series of camps designed to:
Inspire future generations to learn about space explorations and Science, Technology, Engineering and Mathematics developing pathways to STEM careers;

15-551220

Present nationally aligned math and science principles through fun, hands-on activities, teaching teams of campers to work together to complete missions through ASTRO CAMP® methodology;

Integrate NASA's unique resources through visits to the NASA Center or Visitors Center, presentations and demonstrations from NASA scientists, engineers, or educators, and immersion into current NASA missions;

Spark student's interest in learning the basics of engineering, rocketry, robotics, and supporting the NGSS alignments while having fun.

15-989651

Astro Camp® sessions are aligned with NASA current priorities: Aeronautics, Technology, Solar Systems & Beyond, Earth Right Now, International Space Station and Journey to Mars. The camp culminates with a tour of Stennis Space Center, including rocket engine test stands, launching of Estes Rockets and Astro Camp's family closing program. The 8th - 10th grade –SSC ASTRO CAMP® STARS includes advanced robotics and 3D printing experiences. An additional week is scheduled for the SSC ASTRO CAMP® STARS featuring SSC U.S. Navy Research Laboratory's SeaPerch ROV and NASA sharing activities from space to ocean robotics.

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NASA's vision is to inspire the next generation of scientists, researchers, and engineers to pursue careers in STEM fields. By tapping into the curious minds of our youngsters, NASA is planting the seeds necessary to attract and retain students in STEM education. Astro Camp® is an important "stepping stone" in developing our future workforce!

ASTRO CAMP® Summer 2018 Registration is open!

<https://www.nasa.gov/centers/stennis/education/students/astrocamp.html>

Message from XO - Commodore Ryan Case

19-998210



Greetings Crew!

Well, Summit has officially come and gone and I want to congratulate all of you on the Haise for another job well done - another individual award runner with Clay for Officer of the Year and Ship of the Year! I don't take winning these awards lightly - I watch how much thought goes into these each year and they are becoming more and more contentious every year. It's been a mission of mine to get 85+% participation in awards before my tenure as RC ends - we're somewhere in the 40% range, so I've got some ways to go, yet. Again, congratulations to all of the award winners - here's hoping we still have some yet to be given out (in August at IC). Overall,

20-634851

Summit wound up being a tremendous success - there were a few hiccups along the way, but everyone survived, had a good time, and the Region turned out a small profit at the end. Ann is now running the Region 2 store known as Moogie's - if you're interested in any of the wares, she would be more than happy to let you peruse what we have. Of note, we still have several the towels made for the event.



20-753912

21-854122

22-002145



Kahlan turned one this last quarter and (as you have all now seen) stays at a full run all around the house. She's the cutest kid and mostly stays out of trouble - luckily, she's just curious, examines/touches what she's looking at, gets bored, and moves on. We're anticipating her to start using her words very soon - then I'm sure she'll be at a full clip with that as well.

As always, crew, it is a sincere joy to be a member of the Haise - On and Ever Upward!



Message from Chief of Operations - Lt. Commander Clay Bartunek

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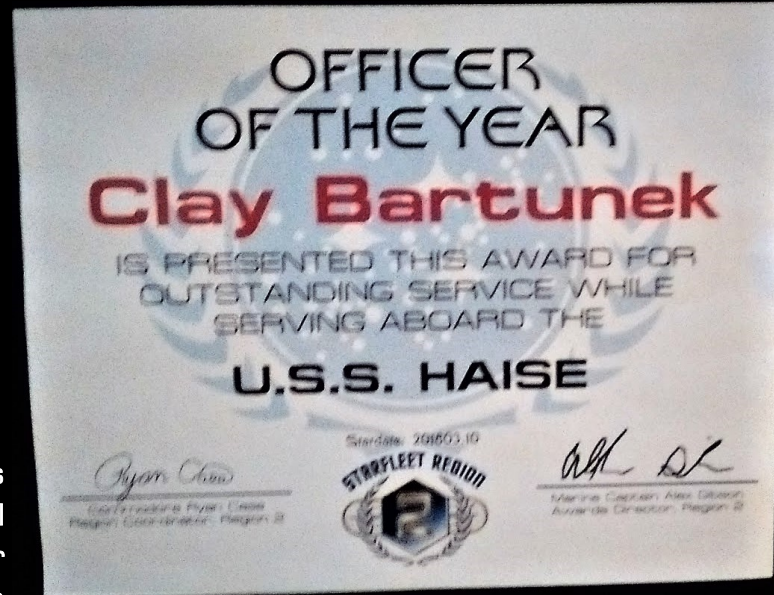
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Most of January is a blur for me as mom was still in rehab. from internal bleeding due to a blood thinner prescribe last December. Our ship did meet on January 20th at the Corner Bakery in Madison, but I just don't recall a whole lot of details. Mom was finally discharged from rehab. On February 6th and returned home where we started a re-model installing a walk-in tub for her and life started getting back to normal after almost 2 months.

Thanks to the Yelverton's as February 17th's "Waffle Night" was moved there where we enjoyed one of my favorite food theme meetings; however, the next night I took mom back to the ER for a GI blockage.



Many other doctor appointments followed the next 2 months! Thank God for Medicare and health insurance for mom or I would be in financial ruins by now.

My turn started on March 1st where I had a tooth pulled due to a crown that had failed on several occasions. Functionally and financially it just wasn't working. Our ship's Movie Night followed the next day at the Case's with "Star Trek Insurrection" one of my favorites. What a fun and relaxing evening that was. Chicken Strips and fries were on the menu, yum!



March 9-11 brought Starfleet Region 2 Summit in Huntsville, AL, my highlight for this quarter. Mom bought me a Garmin GPS for an early birthday present. After snatching Ethan early from school, I gave him the GPS to program and set coordinates to meet up with the rest of the Haise crew in Huntsville. He made a great navigator. I see much potential for him as helmsmen in the future . . . he just has to get his driving permit, not for lack of trying though this month. I'm going to make sure he gets it.

19-998210

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



During Opening Ceremonies Saturday morning, I received Region 2 "Officer of the Year" Award! Wow! Thanks folks! This is much appreciated. I'm so glad that I was able to be there to accept it. Now I'm entered in the nominations for IC in Minneapolis in August. Ethan, are you up for another away mission? Hope you have your shuttle driving permit by then. I'll need help with that trek.

That afternoon we enjoyed a trip to the U.S. Space & Rocket Center. The museum was amazing as well as the I-Max movie about our planet. After obtaining some souvenirs, Ethan and I headed back to the hotel for a much needed nap. We didn't get much sleep the previous night.

During our Banquet Dinner that evening we were presented a dancing show from some green, scantily dressed Orion slave women. It seemed very authentic including their theme music they used from the original series of Star Trek! What a nod to the franchise. Afterwards, I posed for some photos with them. They thought I was very special as they said they hadn't been with a "gold one yet". I was the only attendant in a gold uniform. Minutes later Ethan and I posed for photos in front of a back drop in the hotel hallway of the star ship Enterprise's bridge from STNG. I was caught off guard to the small bit of commotion between the Orion women and Ethan, but finally caught on when I heard one of them yell, in a friendly teasing tone from across the hallway, "May we grope him?" I didn't miss a beat and responded in the same tone, "No, you may not!" Well, he's only 16 and I'm his guardian for the weekend. Next, I hear, "Poor Ethan" from our shipmates. I look at Ethan to find him with his head down, face beat red with embarrassment, and slightly laughing. Nothing like being accosted by half a dozen Orion slave women on an away mission! Well, I must admit, he does look good in uniform.



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

19-998210



Closing Ceremonies with Auctions concluded our Summit Sunday morning. I must say I was so proud of the way our Ryan Case handled the meetings. He did it with poise, efficiency, and humor. I've never seen this run better in our region over the years. Also, a nod to his wife, Ann, who stepped up and handled the auctions and Moogies store with grace and style. Know that this ship is proud of both of you and appreciates all the hard work you two did to pull off this Summit. Kudos to you both!



20-634851

Our quarter concluded on March 17th with Bowling at Indian Lanes in Clinton. Even though I didn't bowl this time, I did enjoy this time spent with our crew. Pizza and cake followed as well as an episode of Star Trek.

Mark your calendar, Saturday, May 5th Star Trek Discovery Marathon, where we get to watch the entire 1st season at my house in Madison. That's all 15 episodes! If you don't have CBS All Access, this is your chance. Invite a friend. Start up time TBA. We can work out food details as well. See ya soon!

20-753912

21-854122

I'm looking forward to our Annual Banquet on April 14th and the Walk MS on April 21st at Trustmark Park in Pearl, MS. Please support our 1st philanthropy project this year. You can either donate or walk or both! Scott has made it very easy to sign up. Just follow his link that he e-mailed out. Teams like us are a powerful force in changing the lives of everyone affected by multiple sclerosis.



22-002145

Message from Chief of Engineering - Admiral Bethany Theilman

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USS Haise Engineering Report – without any Engineering

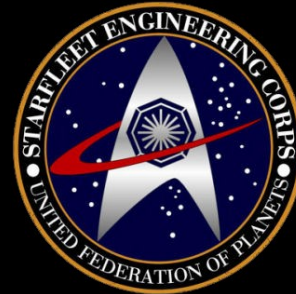
This was the lost quarter. I went to the USS Haise Meeting on the 19th and the Corner Bakery on the 20th. I had bought a bunch of waffle mix and bacon for Waffle night. And that was the last Star Trek thing I did for two months.

After a week of Dad saying he didn't feel good and his local friends Helen and Preston and I telling him to go to the doctor NOW, "Oh no, I have an appointment Monday, I'll go then...." On February 6th, he wasn't answering the phone and they went in, found him stuck in the bathtub too weak to get out and called 911. Obviously I drove down getting there around 1:30 am on the 7th.



Upon arrival at the ER, Dad was 4-5 liters of water dehydrated and had not one, but THREE microorganisms growing in his bladder, kidneys and bloodstream. But only a 99.4 temperature. <Boggle> So don't ignore those asymptomatic UTIs, if you feel run down, go to the doc and find out WHY. He was pretty much in renal failure and heaven knows what his blood sugars were doing.

So he was in the hospital and rehab regaining strength almost a month until March 2. Upon which they released him with home health. Just when I thought I was going to get to go home over St. Patrick's Day weekend, Dad's catheter clogged up so nothing was going down the tube into the foley bag. This causes urine to back up into the kidneys and is painful. We went to the Doc Friday morning and they changed out the tube and everything seemed fine. Friday night it relogged. Dad agreed that going to the ER was a good idea. They back flushed and everything seemed fine. Saturday morning he was back to ER. Changed Catheter to bigger version. Saturday night he went back to ER and they kept him because an ER nurse noticed some things growing on the exterior of where the catheter went in. We were both about strung out by then.



Message from Chief of Engineering - Admiral Bethany Theilman - cont'd

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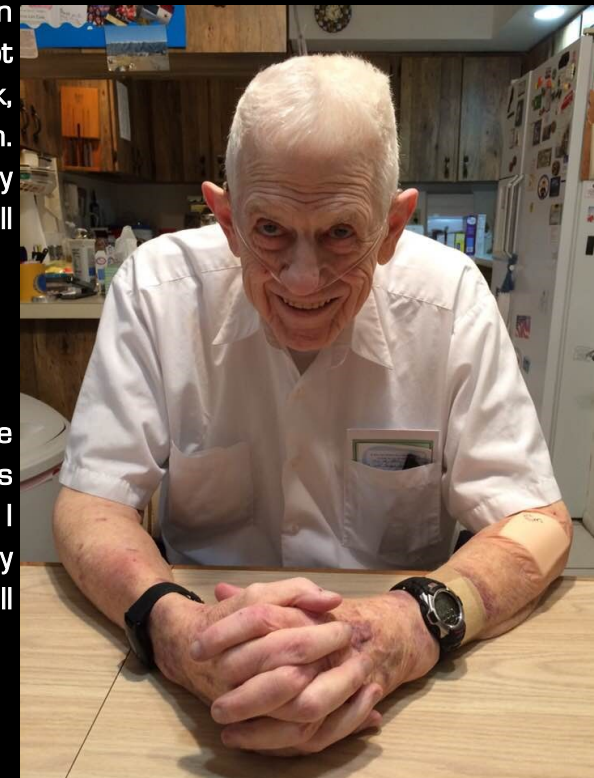
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Then we wasted another week in the hospital while all the cultures of the urine kept coming back negative. The exterior yeast was killed while all the labs kept saying nothing was alive where it shouldn't be, but his foley bag looked like cloudy strawberry lemonade with lumps and catheter kept clogging up. Finally the Urologist who had just been relying on the labs actually came in and LOOKED at the bag and ordered a scope up the wiener procedure to look around. He was very perplexed after that having found a bunch of dead stuff hanging off the top of the bladder. This was being attacked by the body so the cloudy stuff in urine had been pus. He basically did a D&C of the bladder and after the minor trauma of that healed, Dad's urine has been a proper color and clarity. My personal opinion was that it was a leftover of the first terrible infections and had basically started falling apart which created the clumps and clogged the catheter. So anyway, Dad went home on Good Friday, still on Oxygen because his O2 stats kept falling into the low 80s without it. He was still weak, but a whole lot more with it, and I left April 5th. Home health nurses, PT, OT are there almost daily and he is calling me daily so I know he is alive. He still refuses to move anywhere closer to me.



The Moral of this story: Why women live longer than men. "OMG. My urine is cruddy brown and I feel like death warmed over. I need to go to the ER." vs "Huh. My urine is cruddy brown and I feel like death warmed over. Well, I'll tell the doc about it in 4 days...."



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

19-998210

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22-002145



Note from your Editor:

Congratulations! We are so proud of you!

Region 2 Summit Social Media Award to Scott Crawford



SOCIAL MEDIA AWARD

Scott Crawford

IS PRESENTED THIS AWARD FOR BOLDLY CONTINUING TO FOSTER SOCIABILITY AMONGST THE MEMBERS OF THE SECOND FLEET

Stardate: 201803.10

Commodore Ryan Case
Region Coordinator, Region 2



Marine Captain Alex Gibson
Awards Director, Region 2





Message from Chief Science Officer - Fleet Captain Scott M. Crawford - cont'd

19-998210



TRIP TO DISNEY WORLD IN ORLANDO:

It was "quite a ride" for the eight days I was in Orlando. As y'all know, it isn't easy travelling in a wheelchair, and I'm unable to travel in my custom-made one because it won't fit in the cargo holds of the smaller planes that serve Jackson. Disney did a good job though getting me from the Airport to the hotel. I stayed at the Disney All-Star Movie Resort, complete with awesome statues from various classic Disney films.

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Highlights of the trip included the "Avatar - Flight of Passage" in Disney's Animal Kingdom, a simulated ride on a "Banshee", that is as close as one can get to a "Holodeck".

I also enjoyed "Mission: Space" although it was all I could do to keep from getting sick on the more intense "Mission to Mars" version:



Message from Chief Science Officer - Fleet Captain Scott M. Crawford - Cont'd

19-998210



I had a good time watching the Star Wars reenactments that included realistic storm troopers and others staying "in character" by intimidating the public with their "dark side" rhetoric. I had to remember it was just a "simulation" or I'd have drawn my lightsaber! ;)

The trip was fun, but I found the crowds too dense to easily maneuver my wheelchair. The feeling was "every person for themselves" so folks just cut me off, making it hard to move. I'd only recommend it for the most strident of Disney fans.

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Message from Chief Science Officer - Fleet Captain Scott M. Crawford - Cont'd

19-998210



Trip to Washington DC for the National MS Society:

As some of you may know, it's my mission in life to help end multiple sclerosis, the disease that took away my career and most everything else I really liked to do. Part of that means going to Washington, DC to help advocate on behalf of people living with the disease. This time we talked to Mississippi's senators and congressional representatives about ways of lowering the crushing costs of disease-modifying therapies. The typical yearly dose for someone living with MS costs about \$80,000, and the copays are very high (25-33%).

20-634851

It was a worthwhile trip in itself, but I managed to spend an extra day at my expense so I could see the Smithsonian National Museum of the American Indian. Obviously, it was a somber experience when viewed from the perspective of the terrible wrongs that were perpetrated upon our native people.

20-753912

Later that day, I stopped in at the Air & Space Museum (almost next-door) and managed to catch the USS ENTERPRISE original studio model (from the original Star Trek series) fully lit. This happens only three times a day (11am, 1pm, 3pm) for ten minutes at a time. It's meant to limit wear and tear on the motors in the nacelle tips.

21-854122



22-002145



If you look closely enough, you can almost see the heavenly light and angelic choir from above! Ha!



Message from Chief Medical Officer - Lt. Commander Ann Case

19-998210

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This has been a busy Quarter for everyone! Hoping to see everyone more during the next Quarter. We missed the January meeting due to illness, but truly enjoyed everything we attended. Our monthly meeting in February was great; breakfast for dinner is my favorite.

I want to thank everyone who came to movie night at our house on March 2nd. It was a great start to a birthday weekend. March was a busy month. We had movie night followed directly by Region Summit. Region Summit was a lot of fun and I think my first time running the Region 2 Summit store (Moogie's Store) went really well. I am so proud of all us winning Chapter of the Year! We are an amazing group! Coming back from summit we had a week to recover before our monthly March meeting at Indian Lanes. We had a lot of fun this year bowling and a nice size group turn out. We also got the closed off room which was great for the episode. We had a fantastic quarter and I know the ones coming up will be amazing too!





Message from Chief Medical Officer - Lt. Commander Ann Case - cont'd

And now for a little medical advice -

19-998210



spring	summer	fall	winter
Allergies due to tree pollen from specimens like oak, birch, maple, and poplar	Allergies due to specimens like Ragweed, Bermuda grass, Johnson grass, and rye grass	Allergies due to specimens like Ragweed, golden rod, mugwort, sagebrush and mold	Allergies due to specimens like dust, pet dander, household mold and also dry weather

SEASONAL ALLERGY GUIDE

20-634851

Pollen Update:

I know a lot of us have been struggling with allergies from the amount of pollen we've been having. So, with that in mind here are some helpful tips for dealing with it:

20-753912

What to do to limit exposure -

Outdoor exposure:

Stay indoors as much as possible when common triggers, such as high pollen counts, are at their peak, usually during the midmorning and early evening, and when wind is blowing pollens around.

Avoid using window fans that can draw pollens and molds into the house.

21-854122

Wear glasses or sunglasses when outdoors to minimize the amount of pollen getting into your eyes, as this can cause your sinuses to flare up.

22-002145

Indoor exposure:

Keep windows closed and use air conditioning in your car and home. Air conditioning units should be kept clean.

Reduce exposure to dust mites, especially in the bedroom. Use "mite-proof" covers for pillows, comforters and duvets, and mattresses and box springs.

To limit exposure to mold, keep the humidity in your home low (between 30 and 50 percent) and clean your bathrooms, kitchen and basement regularly. Use a dehumidifier, especially in the basement and in other damp, humid places, and empty and clean it often. If mold is visible, clean it with detergent and a 5 percent bleach solution as directed by an allergist.

Clean floors with a damp rag or mop, rather than dry-dusting or sweeping.





Message from Chief Medical Officer - Lt. Commander Ann Case - cont'd

19-998210



Exposure to pets:

Wash your hands immediately after petting any animals. Wash your clothes after visiting friends with pets.

If you are allergic to a household pet, keep it out of your home as much as possible. If the pet must be inside, keep it out of the bedroom so you are not directly exposed to animal allergens while you sleep.

Close the air ducts to your bedroom if you have forced-air or central heating or cooling. Replace carpeting with hardwood, tile or linoleum, all of which are easier to keep dander-free. Placing an air purifier in the bedroom may also help.

20-634851

20-753912

21-854122

22-002145

How to treat without a doctor (only for non-serious issues) -

At-home treatments

Apply a warm, moist washcloth to your face several times a day.

Drink plenty of fluids to thin the mucus.

Inhale steam two to four times per day (for example, while sitting in the bathroom with the shower running).

Spray the nose with nasal saline several times per day.

Use a Neti pot to flush the sinuses.

Take allergy medicine (over the counter)

Can't wait to see everyone in the next Quarter!

A truly "hypoallergenic" cat or dog does not exist.
If you have a cat or dog allergy, your body's immune system reacts to proteins in the pet's urine, saliva or dander.

AAFA.org





Message from Ship's Counselor - Lieutenant Commander —Jason Young

COUNSELOR'S RAMBLINGS - *No Report*

19-998210



Note from your Editor: Information below was found online

Star Trek Mindfulness

Since you are reading this post, you already know that Star Trek is as much about psychology and the human condition as it is about space travel and the future. Volumes of books have been written about this show and its impact on the American mythos. In truth, mindfulness is a natural fit for Trekkers!

So, without further delay, what follows are mindful tips from -

20-634851

Captain James T. Kirk

Kirk was in command of the Starship Enterprise (NCC-1701). His style of leadership was direct, bold and to a lesser or greater degree, raw. Like most all Federation Captains, he had the respect of his crew and fellow officers.

During the time he was captain of Enterprise, the Federation had just begun exploring space. There were no holodecks to simulate battles or to recreate stories from the past. The fastest his ship could travel during his period (a Constitution Class Starship) was Warp 5. The ship's phasers were mediocre at best as were its photon torpedoes.

His biggest asset as captain was the relationship he cultivated with his fellow shipmates, particularly Mr. Spock and Dr. McCoy. In many situations, Kirk had only his intuition to go by in order to get out of a jam or to keep him and his crew safe.


Mindful tips from Kirk include:

- When technology fails, listen to your gut
- Don't give in to fear and anxiety.
- Narcissism can sometimes be a good thing.
- Friendship and loyalty should be treasured
- Be willing to take risks

20-753912

21-854122

22-002145

IF LIFE IS SUPPOSED
TO BE A TEST ...
I THINK I GOT 
THE KOBAYASHI MARU

Message from Chief of Security - Captain Joe Keenan

19-998210

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Good day everyone! It is an exciting time to be part of the USS Haise and a Trekkie - a lot of exciting sci-fi events are occurring. We just completed the first season of the USS Discovery! There is increasing speculation of a fourth re-boot Star Trek film coming out! The upcoming Han Solo Movie (coming to theaters May 25) is an exciting proposition too!

At any rate, keeping you and your families safe and secure is the on-going theme on my newsletters. This quarter we will focus on electrical safety. This is an important topic for anyone at any time but especially those with small children. Here are some great Electrical Safety Tips:

Extension Cords:

- Use extension cords only on a temporary basis. No longer than 15 days. Use only extension cords approved for outdoor use when outdoors.
- Always use an extension cord that can be grounded and has a duty rating appropriate for the job.
- Use extension cords that have a seal of approval from a major testing laboratory, such as Underwriters Laboratories (UL).
- Never use a tool with a three-prong grounding plug with an extension cord that only accommodates two prongs.
- Protect your cords from heat, chemicals, oil, etc. and store cords in a dry place, coiled loosely. Never nail or staple an electrical cord in place or run cords under rugs.
- Never patch a cord with tape.



GFCI Outlets:

All sockets in wet or damp environments like in bathrooms, around sinks or outside should be equipped with special circuits called ground fault circuit interrupters. These simple devices prevent shocks. Check your outlets at home for the GFCI mark. An electrical contractor can install them if you don't have them already.





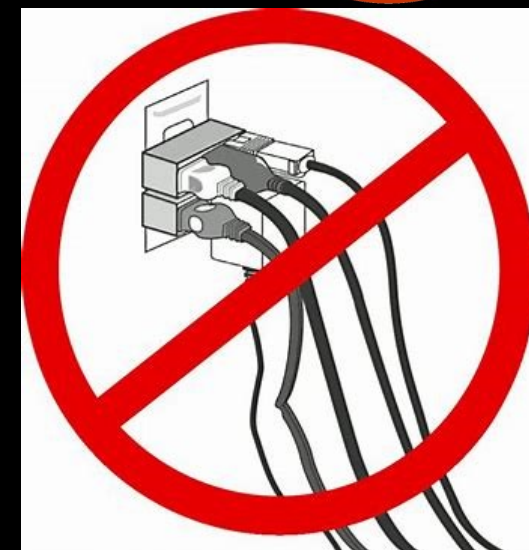
Message from Chief of Security - Captain Joe Keenan - cont'd

19-998210



Electrical Outlets:

Wall sockets can only handle two plugs safely. Don't overload outlets by using an "octopus" (an outlet with several plugged-in cords) or splitters.



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Electrical Cords:

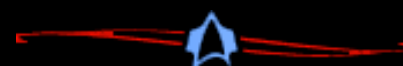
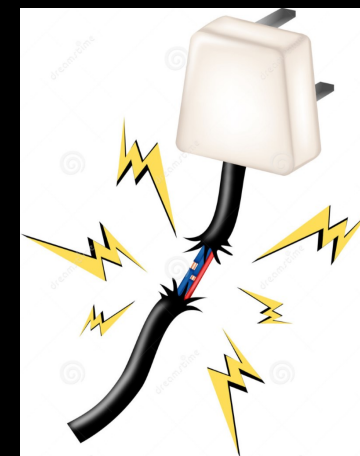
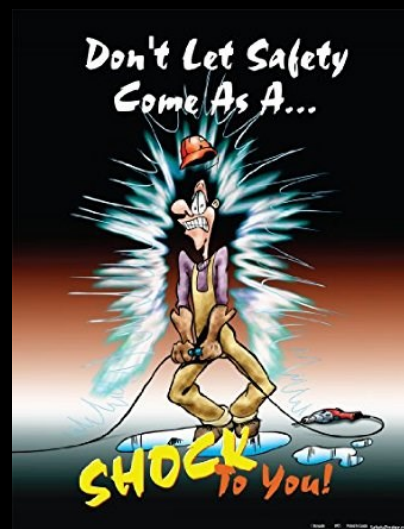
Here are some safety tips concerning electrical cords:

- Always replace worn or damaged electrical cords or wires or have it repaired by a qualified person.
- Keep cords in sight. Don't hide them under carpets or behind furniture. It is not safe to put electrical cords under mats or carpets even if they are taped down. The action of walking on these carpets will wear the protective covering on the cords.
- Always use power bars with surge protection for stereos, entertainment systems and computers.
- Never remove a plug by pulling on the cord. Don't pick up tools or electrical appliances by cords.

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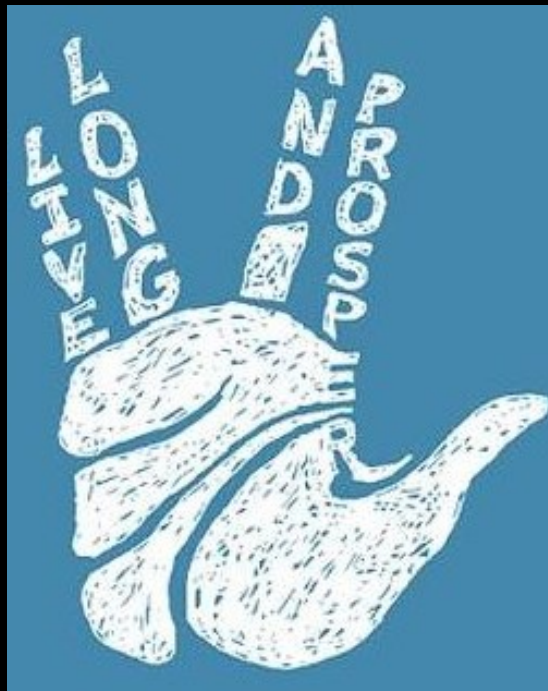
31-150876

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33-830157

33-741058



JANUARY -

29 - Jonathon Romero

FEBRUARY -

21 - Kahlan Case

MARCH -

- 4 - Ricardo Lemus
- 3 - Ann Case
- 5 - Braydon Kelly
- 15 - Clay Bartunek
- 29 - Mariana Yelverton



WE'RE STRONGER TOGETHER.



walkMS.org

Saturday, April 21, 2018

USS HAISE Chapter of Starfleet International Team
with our own Scott Crawford & Zoe

Location:

Trustmark Park, 1 Braves Blvd., Pearl, MS

Time:

Site opens at 8 am - Walk begins 9 am

For more info to volunteer and/or donate, see
Scott Crawford's USS Haise donation page

http://main.nationalmssociety.org/site/TR/Walk/ALCWalkEvents?pg=team&fr_id=29618&team_id=542448

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Mark your calendar, **Saturday, May 5th** - Star Trek Discovery Marathon - where we get to watch the entire 1st season at Clay's house in Madison. That's all 15 episodes! If you don't have CBS All Access, this is your chance. Invite a friend. Start up time TBA. We can work out food details as well.



Join us **Tuesday, May 29** at
Cinemark Theater, Pearl, MS - TBA
to see the new Star Wars movie:
Solo: A Star Wars Story



Friday, June 1st - 6:30 pm
Location: Kennen's home
More info TBA soon

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STARFLEET
INTERNATIONAL CONFERENCE
 2018 Family Reunion
 HILTON MINNEAPOLIS/ST. PAUL
 AIRPORT/MALL OF AMERICA
 Bloomington, Minnesota
 August 10 - 12, 2018
www.IC2018.org



IC 2018

USS HAISE CALENDAR OF EVENTS 2018*Note: Locations, dates, & times are subject to change*

31-150876

Tuesday, April 3 - 6:30 pm - AAPL Book Club meeting at the Case's home

31-942782

Saturday, April 21 - MS Walk, DETAILS: Start/Finish Location: Trustmark Park - 1 Braves Blvd., Pearl, Mississippi 39208, Time: site opens at 8:00 a.m.; walk begins at 9:00 a.m. - For more info to volunteer and/or donate, see Scott Crawford's USS Haise donation page listed below

32-035749

https://secure.nationalmssociety.org/site/Donation2?idb=70900718&df_id=59881&FR_ID=29618&mfc_pref=T&PROXY_ID=6399133&PROXY_TYPE=20&59881.donation=form1&59881.donation=root&df_id=59881&idb=224070950&FR_ID=29618&PROXY_ID=6399133&PROXY_TYPE=20&mfc_pref=T

33-830157

April 14 - Meeting/23rd Anniversary Banquet Celebration - 6:30 pm
At Greenfield Community Center, 3954 HWY 468, Pearl, MS 39208

33-741058

Tuesday, May 1 - 6:30 pm - AAPL Book Club meeting at the Case's home

31-150876

Saturday, May 5 - Time: TBA - Star Trek DISCOVERY Marathon at Clay Bartunek's home - more info coming soon

31-942782

Saturday, May 19 - 6:30 pm Monthly Meeting at the Yelverton's Home

32-035749

Tuesday, May 29 - Time: TBA - USS Haise Movie Night at Cinemark Theater, Pearl, MS - Solo: A Star Wars Story

33-830157

Friday, June 1 - 6:30 pm - Movie night at the Keenan's home

33-741058

Tuesday, June 5 - 6:30 pm - AAPL Book Club at the Case's home

Saturday, June 16 - 6:30 pm - Monthly Meeting at Los Cazadores Mexican Restaurant, 2855 HWY 49 South, Florence, MS 39073 -
Reminder: please bring your donations for CARA (to be collected outside after meeting)

Saturday, July 7 - Time: TBA - Game Night at the Case's home

31-150876

Tuesday, July 10 - 6:30 pm - AAPL Book Club Meeting at the Case's home

Saturday, July 21 - 6:30 pm - Monthly Meeting/Pool Party at the Keenan's home

31-942782

Tuesday, August 7 - 6:30 pm - AAPL Book Club at the Case's home

August 10 - 12 (Friday - Sunday) - Starfleet International Conference, Hilton Minneapolis/St. Paul Airport/Mall of America, Bloomington, Minnesota

32-035749

For more information, see website: www.IC2018.org

33-830157

Saturday, August 18 - Time: TBA - Monthly Meeting/Pool Party at the McNeil's home

33-741058

Tuesday, September 4 - 6:30 pm - AAPL Book Club at the Case's home

Friday, September 7 - 6:30 pm - Movie Night at Clay Bartunek's home

31-150876

Saturday, September 15 - 6:30 pm - Monthly Meeting at Panera Bread (Private dining room), 249 Ridge Way, Flowood, MS (located in the Lakeland Commons Shopping Center & is next to Georgia Blue Restaurant)

31-942782

Tuesday, October 2 - 6:30 pm - AAPL Book Club at the Case's home

32-035749

Sunday, October 7 - Diabetes Foundation of MS - Diabetes Walk - Register at 1 pm & Walk is at 2 pm. Located at Southern Farm Bureau - Sign up for Bethany Theilman's USS Haise Team - Donate and/or volunteer - More info coming soon

33-830157

Saturday, October 20 - 6:30 pm - Monthly Meeting/Costume Party at Broadmeadow United Methodist Church, Fellowship Hall, 4419 Broadmeadow Drive, Jackson, MS

33-741058

Tuesday, November 6 - 6:30 pm - AAPL Book Club at the Case's home

31-150876

Saturday, November 17 - 6:30 pm - Monthly Meeting/Anti-Turkey Pizza Party at the Case's home. Please bring your toy donations to the meeting for Toys for Tots

31-942782

Tuesday, December 4 - 6:30 pm - AAPL Book Club at the Case's home

32-035749

Friday, December 7 - 6:30 pm - Movie Night at the Yelverton's home

33-830157

Saturday, December 15 - 6:30 pm - Monthly Meeting/Christmas Party at Clay Bartunek's home

33-741058

Tuesday, December 25 - Time: TBA - USS Haise Movie Night at Cinemark Theater, Pearl, MS - Aquaman new movie

31-150876

*****AAPL book club meetings will be held at the Case's Home until further notice

For more info about what we are reading:

<https://www.goodreads.com/group/show/86442-ad-astris-per-libris>

31-942782

32-035749

2019

33-830157

Tuesday, January 8 - 6:30 pm - AAPL Book Club at the Case's home

33-741058

Saturday, January 19 - 6:30 pm - Monthly Meeting at Corner Bakery (Private Dining Room), 149 Grandview Blvd., Madison, MS (near Malco Grandview Theater)