



THE GUARDIAN

THE OFFICIAL NEWSLETTER OF THE USS HELEN PAWLOWSKI NCC-8494
A CORRESPONDENCE CHAPTER OF STARFLEET INTERNATIONAL

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ISSUE 4

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Don't miss the midnight showing!



Special points of interest:
* Engineer's of Starfleet



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[Ensign Heather Fikes](#)

OIC, 120th Marines Strike Group
[Second Lieutenant Sam Phillips](#)

Command Support Staff

Judge Advocate General
Vacant

Inspector General
Vacant

Personnel Officer
Vacant

Command Yeomen
Vacant



THE GUARDIAN

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POSTMASTER:

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Commander's Update By RADM Paul C. Dyl



**Rear Admiral
Paul C. Dyl**

Hello again crew of the USS Helen Pawlowski. I hope everyone is doing good?

Well another month down and May is upon us. I think most of us have been waiting for this month to come. We have the Region One Summit, the premier of the new Star Trek movie and the beginning of the warmer weather.

I would like to thank all the Department Heads for their hard work on the revamp to the department duty positions and qualifications. I had asked the Department Heads to make the qualifications challenging, but fun for the individuals going thru it all. As you advance in duty position, the more courses that will be needed. Its not hard and for most, you could do it in a day depending on the courses taken. An example is the Security Courses. Recent LCPL David Richards completed the Security College courses. These happen to be all on-line and he did four of them before going off to school. All of the Department Heads and the Command Staff are going thru our qualifications now as a test of the process and a matter of fact, a few are already completed.

I am looking forward to the Regional Summit. I have never been to a Region One Summit. I have been to a Region Summit back in 2001 and a STARFLEET IC in 1996. I hope to see some friends that I have not seen in some time and to meet some new friends. This will be Carol's and Paul's first summit or any real activity outside of the chapter. So I hope they learn from it and have fun.

I know Paul will be busy. The Bat-



alion Marine OIC had contacted me and asked if Paul and I would help him on the Honor Guard for the Summit. So I said sure. Also The Marine's will have the Marine Muster and I have never seen one before and Paul will be participating and representing our very own 120th Marine Strike Group. I can't wait to see Paul's reaction to the Klingons who will be all decked out and in character. Its all new to him.

Also at the summit, they will award the Regional yearly awards. I had submitted both the newsletter and chapter Handbook for consideration for the Different categories of the

Communications of Excellence Award and the Newsletter of the Year. Keep your fingers crossed!

We start our new feature article in this issue, the "Engineers of Starfleet". I hope you enjoy this series. Ensign Walker has done an excellent job on bring us the news of the chapter and around the region and Fleet. I thank her for the long hours with me on the phone or computer getting the formatting correct and preparing the publication of the newsletter.

We do still have a Department Chief position still available. The Operations Department is an important department in the day to day operations of the ship. If your interested, please call either the First Officer or myself. Any one of us will be glad to go over in more details.

Well that's all I have for now...be save and may the winds be on our backs...

RADM Paul C. Dyl
Commanding Officer
pdyl@ec.rr.com





First Officer's Update By CDR Carol A. Dyl



**Commander
Carol Dyl**

Greetings from the Bridge!

Where to start? Well first off I would like to talk about some of the changes in the departments.

The back story to it all was that a majority of the crew wanted to know more about what their department was about in the "Fictional" aspect of the ship. We looked at all the possibilities and determined two options and after consideration by the Command Staff and feedback from the crew, The CO decided that we would re-vamp the departments into subsections and instead of section positions which we basically had the Chief and Assistant and then the subsection name with either the term "Officer" for any officer and "Tech" for any enlisted. Now we have the subsections but they have been re-vamped and more closely correct naming and for some we added on.

Then we went into the possible duty position titles for Officer and then Enlisted. Some of the subsections actually moved to another department all together.

The reasoning is that we had so many options depending on what era the chapter was in. While changing uniforms would be easy, the departments were another story. Our theme is the ST II-VI era. It's based on the design of our ship. The saucer sec-

tion is clearly from that time frame and so are the markings.

But a problem it causes is the chapter shirts. If we go by the colors from the ST II-VI era then we end up having many different colors and ordering can be a problem. By using the NG era colors, we have the basic 3 colors and Black for the Marines. It cuts down the multi color shirts down to four. Pw something to think about is the idea of just one color shirt for the "official" chapter shirt and then have the department shirts as options? Let me know what you think.

The department realignments are progressing very well. We found



some very good resources for ideas of duty positions and organization. We have about all the departments completed, and I believe we will finalize it before the next newsletter.

A question that many of you have pertains to the qualification for said positions. No it does not mean you have to do the qualifications to be a member, but what it does mean that if you want to participate in the promotion and awards portions of the chapter then yes, you will need to become qualified. The exception to this are the leadership positions. The department Heads, Command Staff and section chiefs will need to be qualified. For now, everyone is grandfa-

ther clause for 1 year. Which means you can hold your current position but you have one year to complete the qualifications. But let me tell you, the qualifications really are not that difficult. Most can have it completed in about 2 months and that working on it an hour here and an hour there.... I already completed 3 of the qualification courses and in total I spent about two hours maybe three.

We have a few events coming up. The first one is the Regional Summit. So far my family is all set to attend. It's not too late if you still want to go. Just give me a call and I will talk through the registration and all. I really think we will have a good time and I hope to get a lot of pictures.

The second event is the Star Trek movie. A few of the groups who live local here in NC have plans to attend. I think that all the theaters in this area will be having a midnight showing on the 17th. So far I believe we have three separate groups. If you live near Fayetteville, then Jessica Reynolds will be heading up that group. For Shallotte, Paul and I will be heading that group and in Jacksonville, James Nelson will head that group. Just as a reminder, be safe. It will be a late night, make sure you get some rest during the day or early evening. I look forward to a few reviews of the movie. (hint! hint!)

Well I think I covered everything I needed to. If you have any questions pertaining to the qualifications and duty positions, feel free to give me a call.

Until later...

CDR Carol Dyl
First Officer
Chief Medical Officer
USSPawlowskiMedical@ec.rr.com





Commander, STARFLEET Fleet Admiral Dave Blaser (CQ #173)



*Fleet Admiral
Dave Blaser*

Hi, STARFLEET!

I've probably used this one before, but I've heard that there's an ancient Chinese curse: May you live in interesting times. Boy, oh, boy, have the last two months ever been interesting times!

We've had some interesting issues take place out in Region 4 with their summit. There were some issues that could have been extremely difficult if not for the hard work and dedication of a few individuals, so I'd like to take a moment to recognize Jennifer Cole, Michael Garcia, Brian Murphy, and Heather Stern. Thank you very much for stepping up and turning things around so quickly and finding a way to make it an enjoyable event for those who came in for the summit.

The last two months have also been pretty interesting at the HQ level, specifically with Communications as we've been working together get the print edition of the Communiqué back on-schedule. As I write this, we're almost there, with issue 169 having been printed and entering the mail now, 170 now at the printers, 171 about to go through its final proofing, and 172 having been edited for con-

tent and being prepared for layout. By the time you get this, we should have the print edition of the Communiqué back on-schedule, and we'll be ready to go to the quarterly rotation over the next calendar year.

I'd like to take a minute to thank Mary Kane for her efforts with the CQ. Mary works very hard as a member of the Communications team on the CQ, and I'd like to let Mary know how much I appreciate her strength and perseverance!

I also want to thank our Layout Editor, Christina Sievers, who has been putting up with my requests of "can you change this, please?" and "could you adjust that, please?" and "you know what, you were right about that graphic, could you change it back, please?" Your patience and understanding are endless. You are simply amazing, Christina. Thank you!

We have a couple of new volunteers stepping up to the plate and helping us out with the Communiqué. Barbara Lariscy and Mitch Dunn have joined the team and have been working closely with Mary on copy-editing this issue, and getting it ready to be put into layout by Christina. Thank you both!

There are a lot of challenges in producing a newsletter like ours. One of the things that Mike Dugas and I have noticed when we've been discussing the history of CQ production is that, when STARFLEET publishes the CQ on its bi-monthly rotation, the only time it seems to have been on-schedule is when we've had a Senior Editor who is unemployed

and able to focus most of his or her time on producing the newsletter. Mike is still looking for writers and copy editors for the CQ, and we really do need the help! So if you're interested in helping out STARFLEET put together our magazine, please drop a line to Mike at comms@sfi.org. He will be happy to talk with you about getting you connected as part of the team!

I think that we've made a great deal of progress these last couple of months, and I think that we've learned a great deal about what areas of the process of putting the CQ together have needed the most changes, and which were working well.

We're still working on figuring out how to best share the work, as well as the tools that the Communications team will be using to make sure we stay on-track.

The process that we're taking in working on the Communications department is a lot like what Scotty or La Forge did with engineering on their respective Enterprises – they found ways to tweak, adjust and overall make things better so that things end up working better at the end of the day. We'll get there, it'll just take some time.

Well, folks, that's it for me for this edition of the CQ. Talk to you in edition 174, as we return to a magazine format!





Vice Commander, STARFLEET Lieutenant General Bran Stimpson (CQ #173)☆☆☆



Lieutenant General
Bran Stimpson

I recently read an article in a chapter newsletter, talking about the wonders that they do as a group. The part that caught my attention (and I 100% agree with it) is how cool it is to be part of a group that, for relatively little money, gets to dress up in costumes, play with character makeup, and then go out in public and support charities. How amazing is that, really? This time of year is when many of our chapters and members do just that: go into charitable mode.

From collecting non-perishable food stuffs for the Fleet Admiral's Challenge, to collecting toys for those less fortunate with the SFMC Commandant's Toys for Tots Campaign, and just about anything else you can think of, I hope that each of you is prosperous in your charitable pursuits.

I would like to take a moment to talk about the Annual Campaign, which is designed to bring some friendly competition to the members of STAR-

FLEET. Just recently announced is the return of the Annual Short Story Contest. Submissions should be 7500 words or less, and must be submitted by 12:00 PM Eastern Time (US) on May 18, 2013.

Stories will be judged by a panel of STARFLEET members, and the top winners announced at the 2013 IC in Dallas, TX. Submit your story today at fiction.sfi.org!

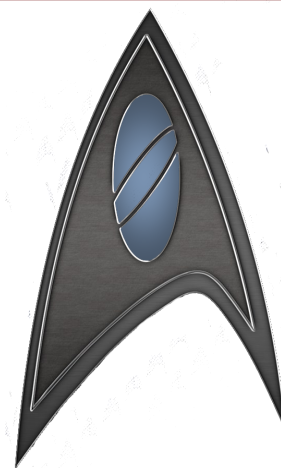
Also currently administered by the Annual Campaign is the Fleet Admiral's challenge. By the time this publication hits your mailbox, the chapters that collected and donated the most non-perishable foods for 2012 should be known. The top three from 2011 were:

- USS Constellation – 1325 lbs.
- USS Ravensclaw – 603 lbs.
- USS Anasazi – 400 lbs.

How did this year's participants do? Well, here we are at the start of a new year, 2013. This is the final year in the Blaser/Stimpson administration, and what an interesting two years it has been for me! I hope that I am able to complete some of the goals that I had set while campaigning almost 3 years ago. The STARFLEET election season is fast approaching, which means members will be stepping forward to ask for your vote to

run STARFLEET, and to serve the membership for the next three years (2014-2016). Just like in real world politics, it is important that you get involved. Yes, it really does make a difference if you participate or not! If there is someone whom you feel would be a good candidate to run our organization for the next three years, I suggest that you speak with them about it to make sure that they are interested in doing so. If anyone is interested in possibly running for Commander or Vice-Commander, STARFLEET, I am certain that Dave and I will be more than happy to answer any questions you might have. Please remember, however, that active campaigning cannot begin until June 1st and early campaigning is against the STARFLEET rules. However, asking questions is not early campaigning.

See you in 2013!






MAY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Rene Auberjonois	2	3 R1 Summit	4
5 Marc Alaimo R1 Summit	6 Timothy Pawlowski	7 John Fleck	8 Salome Jens	9	10	11 Nancy Hower
12 April Grace	13	14	15	16	17 ST XII	18 Elizabeth Rogers
19 Andreas Katsulas	20 John Billingsley Heather Fikes	21	22	23	24	25
26	27	28	29	30 Colm Meaney	31	



JUNE 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Anthony Montgomery	3 Suzie Plakson	4 Duncan Faser	5 Vickie Dyl	6 Gary Graham	7 Tarik Ergin	8 James Darren
9	10	11	12 Felecia Bell	13 Mark Correy	14	15
16	17	18	19	20	21	22 Tim Russ
23	24	25	26	27 Ken Marshall	28	29
30						

USS HELEN PAWLOWSKI Promotions Update By RADM PAUL DYL



As the Commanding Officer promoting a deserving crewmember is one of the key duties I enjoy most. Again congratulations to you all.



Promotion to Private First Class

Freddy Mogilka Jr
120th MSG



Promotion to Lance Corporal

David Richards
120th MSG

Paul G Dyl
120th MSG



Promotion to Lieutenant JG

Jessica Reynolds
Support Services

Ashley Walker
Communications

If you have any questions pertaining to the chapter promotion system, please reference your Chapter Membership Handbook to Regulation 100.

Please review the Time in Grade requirement in Regulation 100. If you feel that you qualify for a promotion, see your Department Head. He/She will assist you in completing the chapter promotion worksheet and having submitted to the Operations Department

Remember that for Officer ranks, OTS is a prerequisite and depending on the rank being recommended for, OCC could also be a prerequisite.

A reminder that the next Promotions Board will be conducted on June 8th. The board members are as follows: CDR Carol Dyl, ENS Kattie Staples, LTJG James Nelson, 2LT

Doug Kirk and PO1 Rachel Richards

Board results of only approved awards will be published in the July issue of "THE GUARDIAN". All approved Awards will have an effective date of 1 June 2013 unless the award is a time in service award in which case the effective date is the date in which the award was qualified.

Any promotions that were either denied or returned without action will be sent back to the Department Chief with an explanation as to why the promotion was denied.



USS HELEN PAWLOWSKI Awards Program By CDR Carol Dyl



As the Executive Officer and representative of the Commanding Officer, it is my privilege to announce the following chapter awards:

Officer Command College



James Nelson
Jessica Reynolds
Ashley Walker

Good Conduct 10 yr Award



Paul G Dyl
Robert Dyl Jr
Vickie Dyl
Kalobe Dyl
Daniel Dyl
Rebecca Dyl

Michael McCarthy

Good Conduct 15 yr Award



Timothy Pawlowski

Please congratulate them all for their achievements.

A reminder that the next Awards Board will be conducted on May 18th. The board members are as follows: CDR Carol Dyl, ENS Kattie Staples, LTJG Jessica Reynolds, 2LT Sam Phillips and PO2 Ellen Dyl

Board results of only approved awards will be published in the July

issue of "THE GUARDIAN". All approved Awards will have an effective date of 1 June 2013 unless the award is a time in service award in which case the effective date is the date in which the award was qualified.

Any awards that were either denied or returned without action will be sent back to the recommender of the award with an explanation as to why the award was denied or what is needed to correct the recommendation.

If you have any questions about the chapter awards program, please refer to the Chapter Membership Handbook to Regulation 200.



Operations Officer's Update VACANT



The Chief Operations Officer is appointed by the Commanding Officer, USS HELEN PAWLOWSKI and fifth in command. The COO reports monthly to the Commander, USS HELEN PAWLOWSKI and is responsible for all chapter record, personnel records, chapter database and membership processing.

The Chief Operations Officer will be at least 20 years age and upon appointment to the position of COO, he/she will be temporarily promoted to the rank of Junior Ensign in which he/she will complete OTS with in four (4) months and then OCC in three (3) additional months.

The Operations Department aboard

the USS HELEN PAWLOWSKI is a busy department and has the responsibility for the operational duties of the chapter.



The department starts off as the first contact for all new incoming members

and we will assist them to get adjusted to the operation of the chapter and help them to choose a department.

The department also is responsible for the records keeping from chapter reports and day to day correspondence to personnel records, awards processing, promotions and much more.

For more information please contact the CO at pdyl@ec.rr.com

Engineering Officer's Update By ENS Gary Reynolds



Hello and greetings from the Engineering Department.

Here it is Issue number 4. It felt like I just did my last report a week or so ago. But since my last report, things have been busy.

Mike Marrow who is one of the graphic members in the R1 Logos and Graphics Department and a member on the USS Star League has been working on our "Official" Ship schematics. What a fine job he has done. Paul received a copy of the schematics by mail just over a week or two ago and they are just great. He formatted the 11x14 sheets to make them more like official schematics compared to just some graphics on a piece of paper. I gave the CO my \$30.00 for a copy for me. The money is just to help recover any expenses such as postage, paper and ink that Mike needed to use. Believe, me, for us to have had to pay someone to produce these, \$30.00 is way cheap. If you are interested in a copy, please feel free to contact me or Paul.

Well as with all the other departments, I too and the command staff have been working the changes to the department to create sub-sections and actual position titles. I am happy



to say that for us, our department sub-sections were already in our department already, so minor adjustments needed to be made and now the duty position titles portion is completed. I am very happy with the outcome.

The only portion that I have left is figuring what courses from SFA

would give that particular position its qualifications.

We still have other Officer and enlisted positions available, for more information, please contact me.

In closing I look forward to many more issues of the newsletter and I hope to see many of you who can make it to the movie with us in a few weeks.

ENS Gary Reynolds
Chief Engineering Officer
USSPawlowskiEngineering@ec.rr.com

Medical Officer's Update

By CDR Carol Dyl



changes to the department to create sub-sections and actual position titles. I am very happy to say that the Medical department is completed.

The duty positions really came out very nicely and I think the descrip-



tions fit the position title. I went through the SFA course catalog and I think I matched up the requirements pretty fairly and going with the intent. Our biggest activities over the next month is the Region One Summit that

Hello from the Medical Department.

The spring months are coming up on us, school will be out in just over a month. Then its summer break, which leaves me to remind everyone to be safe. Make sure you are drinking plenty of water. You will find yourself doing more outside activities as the weather warms up. The insects are already coming out, so make sure you have your insect repellent ready.

Well as with all the other departments, Medical has been working the

the family will be going. This will be my first as well as Paul Gregory's first. I am very much looking forward to this. The other event of course is the Star Trek movie. I know that we have two separate groups going. The Reynolds are supporting an event in Fayetteville and we will be in Shallotte. If you want to go with either group, just contact Jessica or myself.

Well I need to get back to my sewing. I am almost completed with Pauls Star Trek monster Maroon uniform and I am hoping to have it done so he can have it for the summit.

We still have Officer and Enlisted positions available, for more information, please contact me.

Until next time.....

CDR Carol Dyl
Executive Officer
Chief Medical Officer
USSPawlowskiMedical@ec.rr.com

Security Officer's Update

By LTJG James Nelson



Green, but I will get it corrected soon I hope.

As you may or not know, I started my retirement from the US Army. Af-



this year, but I will have a lot of things I will need to do before that date. Paul has already gone through the process and has been advising me and guiding me through my appointments etc.

Congratulations to David Richards for complete the SFA College of Security. A job very well done.

I lost half of my Security personnel to the Marines, so we still have other Officer and enlisted positions available, for more information, please contact me.

This is it for now, so I will see you at the movies.....

LTJG James Nelson
Second Officer
Chief Security Officer
USSPawlowskiSecurity@ec.rr.com

Here it is, another issue and another report from Security.

The Security Department has been busy with the reorganizing of the department and getting the duty position titles all taken care of.

After doing the research and all, I realize my uniform colors are wrong. But I can not seem to find a Security Officer in a Monster Maroon with the

ter 20 years of service, I have decided that due to health issues and helping to care for my mother, that it would be best to retire. So My retirement will be effective on 1 October of



Communications Officer's Update

By LTJG Ashley Walker



The next issue is here! My department has work very hard to insure this issue is published on time. I want to thank them all for their time and dedication to bring you the news of not only the chapter but Fleet and Region.

Remember that Issue 5 will be published on 1 July. The deadline for submissions is 25 June.

Items I am looking for are, a review of the Region One Summit, which means Only of three can do that...Right Paul, Carol or Paul Gregory! Another would be a movie review of the Next Star Trek movie. Please tell me what you thought about it, but please no spoilers until everyone has had the chance to see it.

Well as with all the other departments, I too and the command staff have been working the changes to the department to create sub-sections

and actual position titles. As you know, the department is primarily devoted to the production of the chapter newsletter. So with that said, like the CO said in his report, the duty de-

and Enlisted positions available in the department, for more information, please contact me.

Until the next issue,

LTJG Ashley Walker
Chief Communications Officer
USSPawlowskiComs@ec.rr.com



scriptions are the "fictional" descriptions. I am still working on the position requirements for the SFA courses, but I hope to wrap that up well before the next newsletter.

We still have plenty of other Officer

Science Officer's Update

ENS Kattie Staples



Hello everyone!

I am sorry to say that the Science Department has not been too active this past month. My mother has had some heart issues and recently had a defibrillator put in. with this, she is unable to drive for a few months or lift anything greater than 10 pounds, so I had her move into my house for awhile so that I can help take care of her during this time. Between myself and Carol, we have been busy.

I found this article the other week about space travel to mars and I found it very interesting and wanted to share it with you. Its on page 15 of the newsletter. I hope you enjoy it.

Well this department as with all the other departments have also been working to make the changes to the

department to create sub-sections and actual position titles. The science field is so vast that many of the positions are generic in nature, for exam-

does allow greater room for the different SFA courses that could taken for the duty position qualifications.

We still have plenty Officer and Enlisted positions available in the Science Department. If your interested in science, then this department could be for you. for more information, please contact me.

Thank you everyone who wished my mother well and for the prayers.

Until next time.....

ENS Kattie Staples
Chief Science Officer
USSPawlowskiScience@ec.rr.com



ple, a Historian. Well many can n=be historians but can major in many different areas, like ancient earth History, or 20th Century history. But this

Support Services Officer's Update

By LTJG Jessica Reynolds



Greetings everyone!

Here it is already, May! Time is just flying by so fast.

For the department these past two months, we have been working on the reorganization of the department by adding the sub-sections and then the duty position titles. I would have to say that this has been one of the toughest departments to be working on. The key problem is settling on a time frame for the department. During each era of the Star Trek universe, the departments have undergone their own changes and sub-sections changed from one department to the other or was just adsorbed by another department all together. As you know from the Co's report, we are going with the ST II-VI era as far as departments go. So one of the major changes is that the Legal and Personnel Sections will move under Support

Services. We are still finalizing our departments position titles but I expect to have it all completed prior to our next newsletter in July.

We still have many positions avail-



able in the department. So if you are interested, please contact me at the email at the end of my article.

As a reminder, when working out a proposal for a project, please make

sure you add what support you will need. This would include manpower, materials and even skills needed by individuals to complete the project. If you need a float made as an example, then someone with woodworking would be handy.

Well this is it for this issue, I look forward to issue 5 in July...so until then be safe and enjoy the spring and summer months as they approach.

LTJG Jessica Reynolds
Chief Support Services Officer
USSPawlowskiSupportSvc@ec.rr.com

Marine Officer's Update

By 2LT Sam Phillips



Greetings fellow crewmembers and Marines!

Our department has been very busy at both the SFMCA and SFA. During the last two months we have completed a combined of 32+ SFMCA exams and 9 SFA courses...A job well done Marines!

We have made a few minor changes to our logo as you can see to the right. The colors in the border which was black had to be changed because it was not going well with the Shirts. The black shirts were nullifying the border on the logo. We wanted to keep the shirts black because that is the basic Marine color. What we decided was to use the colors found in the uniforms of the Marines pictured on the logo. I liked the black version but it just was not going to work on the shirts.

The Marine portion of the was

already broken up into sections and duty positions, so our objective was to clean up a few things and the logo which I am happy to report is completed.



The contest for the Marine to complete his 24 courses for qualification is still going on. We have a few Marines who have earned the MOS, but to make things even, each person

had to complete the 24 courses. I think we could have a winner before the next issue of the newsletter.

I would like to congratulate LCPL Dyl, LCPL Richards and PFC Mogilka on their recent promotions. All well deserved.

The Marines still have Officer and enlisted positions available, for more information, please contact me.

That will be all for now...

Semper Fi!

2LT Sam Phillips
120th MSG OIC
USSPawlowskiMarine@ec.rr.com



Diplomatic Officer's Update By ENS Heather Fikes



Hello everyone!

This is another great issue of the GUARDIAN. We have the new movie coming out in just a few weeks, which I hope that you all attend in groups from the chapter. Many of our members are grouped pretty close to other members, so reach out to each other and make a party out of it.

Also just a few days from now is the Region One Summit. I hope that Paul, Carol and Paul Gregory all enjoy it. This is Carol's and Paul G's first summit or any STARFLEET/Region event.

Well as most of you know since the last issue, I and the command staff have been working the changes to the departments to create sub-sections and then actual position titles. I am happy to say that the Diplomatic Corps portion is completed. I am very happy with the work that has been done on this. I hope you do too.

I have to tell you, for those who have not tried it yet, but the SFA alien courses are just fantastic. I have been working on the Andorian race and I have learned so much. I am currently on my 4th exam and it is very challenging to me. They have a



few of the other races with in-depth information. Then they have some courses is more generic, but I can not say that for sure as I have not

taken any of those just yet. But I do highly recommend that you try it.

I would like to take this time to announce the appointment of my Assistant Chief Diplomatic Officer. Please welcome ENS Christine Young. I know she will do great things for the department and look forward to working with her.

We still have other Officer and enlisted positions available, for more information, please contact me.

In closing I thank you for the opportunity to serve the crew of the USS Helen Pawlowski and until our next issue.....

ENS Heather Fikes
Chief Diplomatic Officer
USSPawlowskiDiplomatic@ec.rr.com

Update to Save the Galileo Shuttlecraft! By www.galileo restoration.com



The Shuttlecraft Galileo has been moved from storage in Ohio, where it has been for 20+ years to Master Shipwrights, a professional boat restoration facility in New Jersey where it will undergo a massive, ground-up restoration.

The decision to use Master Shipwrights was two fold:

1) It was decided a boat restorer was the perfect entity to restore the

Galileo. Galileo was built by Gene Winfield in the 1960s of wood on a metal frame. A boat builder has expertise in working in these materials.

2) We needed the Galileo restored in a facility close to Adam, who is undertaking the entire cost of the restoration by himself. This way Adam can monitor the entire process.

While the move itself from Ohio was uneventful, the Galileo, and Master

Shipwrights were victims of Hurricane Sandy, which hit New York in October. Master Shipwrights facility was flooded with two feet of water. Fortunately, Galileo was up on a trailer and was unaffected! How terrible would it have been to make it through 45 years of travel and neglect to suffer a dismal fate in a hurricane?



Continued on Page 17

Nuclear fusion rocket could reach Mars in 30 days

www.space.com

Nuclear fusion, the energy source that fuels the sun and other active stars, could one day propel rockets that allow humans to go to Mars and back in 30 days, researchers say.

Fusion-powered rockets promise to solve problems of deep-space travel that have long plagued plans for manned missions to Mars — long journeys, high costs and health risks, among them. Scientists at the University of Washington and a space-propulsion company named MSNW say they are getting to closer to creating a feasible fuel for travel to other planets.

"Using existing rocket fuels, it's nearly impossible for humans to explore much beyond Earth," John Slough, a UW research associate professor of aeronautics and astronautics, said in statement. "We are hoping to give us a much more powerful source of energy in space that could eventually lead to making interplanetary travel commonplace."

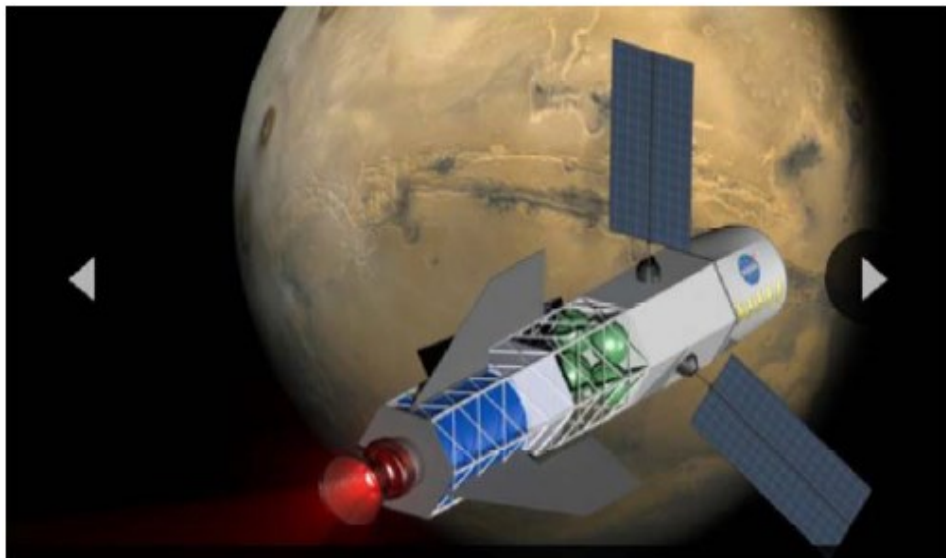
Previous estimates have found that a roundtrip manned mission to Mars would require about 500 days of space travel. Slough, who is president of MSNW, and his colleagues calculated that a rocket powered by fusion would make 30- and 90-day expeditions to Mars possible. The project is funded in part through NASA's Innovative Advanced Concepts Program and received a second round of funding under the program in March.

For comparison, past NASA studies have centered on Mars flights that would take two years to complete, and could cost \$12 billion just to launch the fuel needed for the mission, according to Slough's team.

Nuclear fusion occurs when the nuclei of two or more atoms combine,

cause large metal rings (likely made of lithium) to collapse around the plasma material, compressing it to a fusion state, but only for a few microseconds. Energy from these quick fusion reactions would heat up and ionize the shell of metal formed by the crushed rings. The hot, ionized metal would be shot out of the rocket nozzle at a high speed. Repeating this process roughly every minute would propel the spacecraft, the researchers say.

Slough said the design is fairly straightforward. The next step of the team's work is to combine each of the isolated tests they've already completed successfully into a final experiment that produces fusion using this technology.



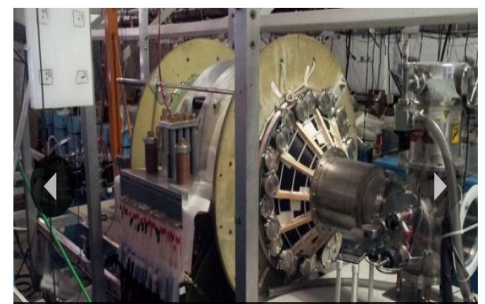
resulting in a release of energy. The sun and other stars convert this energy into light, and the same process gives hydrogen bombs their destructive power.

But to use fusion to power a manned spacecraft, a more controlled process is needed.

Lab tests by Slough and his team suggest that nuclear fusion could occur by compressing a specially developed type of plasma to high pressure with a magnetic field. A sand-grain-sized bit of this material would have the same amount of energy as current rocket fuel, the team says.

To get this fuel to propel a rocket to Mars, the team says a powerful magnetic field could be used to

"We hope we can interest the world with the fact that fusion isn't always 40 years away and doesn't always cost \$2 billion," Slough said in a statement.



The fusion driven rocket test chamber at the UW Plasma Dynamics Lab in Redmond. The green vacuum chamber is surrounded by two large, high-strength aluminum magnets. These magnets are powered by energy-storage capacitors through the many cables (University of Washington, MSNW)



20 Snacks That burn Fat By www.health.com



Americans love to snack almost as much as we want to lose weight. But according to [recent research](#) by the USDA, our snacking habits are adding too many calories and too few nutrients to our diets. It doesn't have to be this way, says Susan Bowerman, RD, assistant director of the UCLA Center for Human Nutrition. "When done right, (snacking) keeps your [energy levels](#) up and gives you more opportunities to get in all your nutritional needs."

What snacks burn fat?

Eating snacks with the right ratio of nutrients, with the right calories, will help keep you body energized and help you lose weight. Protein (plus exercise) fuels the growth of lean muscle mass, which boosts metabolic rate and increases calorie burn. Fiber, meanwhile, helps improve digestion and keeps you from binging on fats and sugars. So while there's no food that will literally "burn fat" while you eat it, smart choices with these ingredients will help your body operate at maximum efficiency. Bowerman suggests snacks under [200 calories](#), with 10 grams of protein and close to 5 grams of fiber. Here are 20 of our favorite fat-burning snacks.

An apple and skim milk



"Almost any fruit is going to make a great snack, but you usually want to pair it with a bit of protein to make it more satisfying," says Bowerman; "unlike carbohydrates, which get used up relatively quickly, protein will help sustain your energy and hunger levels for a couple of hours."

Our pick for a protein-fruit pairing: one large apple and one cup of skim milk. This duo will give you 10 grams of protein and 5 grams of fiber for just over 200 calories.

Cottage cheese-filled avocado



Here's another fruit and dairy combo, this one for when you're craving something rich, creamy, and a bit savory. Remove the pit from one half of an avocado and fill the space with 2 ounces of 1% cottage cheese. For 200 calories, you'll get 9 grams of protein and 7 grams of fiber—and no dirty dishes!

Canned tuna on whole-wheat crackers



If you don't want to incorporate dairy into every snack, a can of tuna (packaged in water) is another great source of lean protein plus healthy [Omega-3s](#). For about 200 calories, you can enjoy 3 ounces of light tuna and 6 whole-wheat crackers—complete with 3 grams of fiber and 20 grams of protein.

Sunflower lentil spread with pita bread

Lentils are a good source of iron, a [metabolism-boosting](#) nutrient that



20% of us don't get enough of. This savory recipe makes four 180-calorie servings, with 10 grams each of protein and fiber.

Shrimp stack



You may not think of shellfish as a grab-and-go snack food, but you can put this tasty treat together in a flash if you keep pre-cooked shrimp on hand. With Greek yogurt and avocado, it's a protein powerhouse with 9 grams per serving (and 4 g fiber), for only 129 calories.

Power berry smoothie



This recipe, which calls for soy protein powder and low-fat plain yogurt, contains 9 grams of protein; swap in Greek yogurt to add even more. Frozen berries add fiber (4 grams total), and honey provides sweetness. All this for only 139 calories!

Warm pear with cinnamon ricotta

Continued on Page 21

Galileo Shuttle Cont.

Continued From Page 14



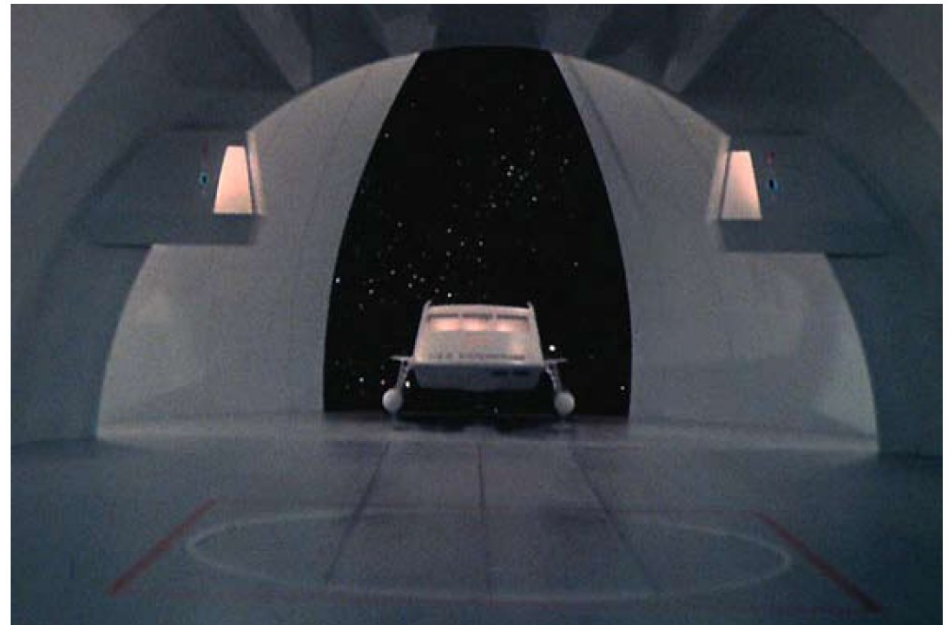
Down to the metal frame as the wood gets replaced where needed.



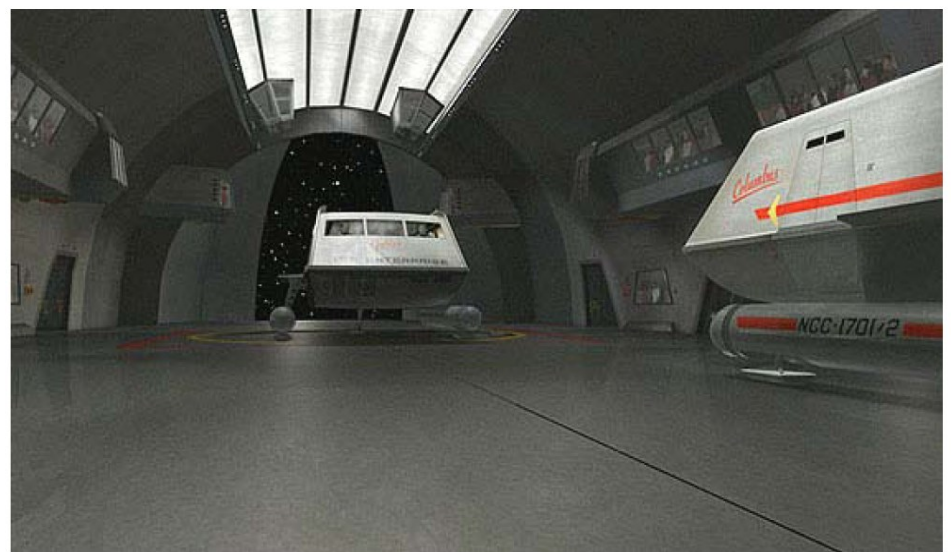
Hans and his crew are working to a very high standard. Recently, the process of restoring the Galileo was reviewed by the curator of one of the largest air and space museums in the country and we were told Hans and his team were doing EXACTLY what a museum expects in a restoration of this type. So you know Galileo is getting the treatment it deserves.

And Galileo was noted in a New York Times article naming the Galileo one of the top 10 most interesting items at auction in 2012. More to come, so stay tuned!

Alec and Adam



The original shuttle bay sequence From "Journey to Babel" as it appeared in 1967



The same sequence From "Journey to Babel" remastered in HD



USS HELEN PAWLOWSKI NCC-8494 CREW ROSTER

<u>NAME</u>	<u>RANK</u>	<u>SSC #</u>	<u>DEPARTMENT</u>	<u>POSITION</u>
DYL, ANGELA	PO2	55185	MEDICAL	NURSE
DYL, BOBBY	PO2	55186	SECURITY	SECURITY TECH
DYL, BRIAN A.	PO2	55184	SCIENCE	OCEANOGRAPHER
DYL, CAROL A.	CDR	67308	MEDICAL	CHIEF MEDICAL OFFICER/XO
DYL, DANIEL	PO3	55174	SECURITY	SECURITY TECH
DYL, ELLEN	PO2	55181	SUPPORT SERVICES	MISCELLANEOUS SERVICES TECH
DYL, ERIC	PO2	55178	SECURITY	SECURITY TECH
DYL, HANNAH	CCR	69309	SUPPORT SERVICES	MISCELLANEOUS SERVICES TECH
DYL, KALOB	CRMN	55175	MEDICAL	MEDICAL TECH
DYL, KYLE	CRA	56684	MEDICAL	MEDICAL TECH
DYL, LANCE	PO2	55176	SCIENCE	COMPUTER SCIENCES
DYL, MATTHEW	PO2	55179	MEDICAL	XENOMEDICINE TECH
DYL, MOLLY	CRA	55176	MEDICAL	MEDICAL TECH
DYL, PATRICK	PO2	55177	SUPPORT SERVICES	COMMISSARY TECH
DYL, PATTY	PO3	56527	SUPPORT SERVICES	COMMISSARY TECH
DYL, PAUL C.	RADM	22241	COMMAND	COMMANDING OFFICER
DYL, PAUL G.	LCPL	67307	MARINES	HEAVY WEAPONS-RIFLEMAN
DYL, REBECCA	PO2	55173	MEDICAL	MEDICAL TECH
DYL, ROBERT JR	PO2	55170	ENGINEERING	SHIP FITTING
DYL, ROBERT SR	PO2	55182	SCIENCE	COMPUTER SCIENCE TECH
DYL, SANDRA L.	PO2	55183	MEDICAL	NURSE
DYL, TIMMOTHY	PO2	55180	SUPPORT SERVICES	MISCELLANEOUS SERVICES TECH
DYL, VICKIE	PO2	55171	MEDICAL	NURSE
DYL, ZACKERY	CRR	68205	SUPPORT SERVICES	MISCELLANEOUS SERVICES TECH
FIKES, ELIZABETH	CRR	67809	MEDICAL	MEDICAL TECH
FIKES, HEATHER M.	ENS	23493	DIPLOMATIC CORPS	CHIEF DIPLOMATIC CORPS OFFICER
KIRK, DOUGLAS	2LT	69835	MARINES	MARINE STRIKE GROUP XO
KRAATZ, JAMES	ENS	51764	SCIENCE	SCIENCE TECH
KRAATZ, JEFFERY	ENS	51765	SECURITY	SECURITY TECH
KRAATZ, LAURA	ENS	51766	MEDICAL	MEDICAL TECH
KRAATZ, LLOYD	ENS	51763	ENGINEERING	ENGINEERING TECH
KRAATZ, MADONNA	CMDR	51762	COMMAND	FINANCE OFFICER
KRAATZ, MEGAN	ENS	51767	SCIENCE	SCIENCE TECH

<u>NAME</u>	<u>RANK</u>	<u>SSC #</u>	<u>DEPARTMENT</u>	<u>POSITION</u>
KRAATZ, TANYA	ENS	65919	MEDICAL	MEDICAL TECH
LLOYD, JESSICA	ENS	69654	MEDICAL	DOCTOR
MCCARTHY, MICHAEL	LCPL	55172	MARINES	MEDIC
MILLER, DAVID A.	ADM	12730	MEDICAL	DOCTOR
MOGILKA, FREDDY JR	PFC	69872	MARINES	LIGHT WEAPONS-RIFLEMAN
MOGILKA, FREDDY	PO3	69870	SUPPORT SERVICES	QUARTERMASTER TECH
MOGILKA, PATRICIA	PO3	69874	SUPPORT SERVICES	MISCELLANEOUS SUPPORT TECH
MOGILKA, ROSALIE	PO3	69871	SUPPORT SERVICES	MISCELLANEOUS SUPPORT TECH
NELSON, BRANDIE	PO3	67694	MEDICAL	MEDICAL TECH
NELSON, HEATHER	PO3	67695	MEDICAL	MEDICAL TECH
NELSON, JAMES E.	LTJG	67692	SECURITY	CHIEF SECURITY OFFICER
NELSON, KAYLA	CRMN	67696	MEDICAL	MEDICAL TECH
NELSON, MELONY	ENS	67693	MEDICAL	SURGICAL NURSE
NELSON, PEARSON	CRR	67697	SECURITY	SECURITY TECH
PAWLOWSKI, IAN	ENS	51761	SCIENCE	SCIENCE TECH
PAWLOWSKI, LESLIE	ENS	60584	MEDICAL	MEDICAL TECH
PAWLOWSKI, TERANCE	ENS	51760	SCIENCE	SCIENCE TECH
PAWLOWSKI, TIMOTHY	ENS	46295	SCIENCE	SCIENCE TECH
PEFFER, PAUL	PO3	PEND	SUPPORT SERVICES	QUARTERMASTER TECH
PEFFER, ALISHA	PO3	PEND	SUPPORT SERVICES	QUARTERMASTER TECH
PHILLIPS, CASSANDRA E.	ENS	23492	SUPPORT SERVICES	MISCELLANEOUS SERVICES TECH
PHILLIPS CHRISTOPHER	CRR	69540	MEDICAL	MEDICAL TECH
PHILLIPS, SAM	2LT	67808	MARINES	MARINE STRIKE GROUP OIC
PHILLIPS, STEPHONIE	CRR	68198	MEDICAL	MEDICAL TECH
REYNOLDS, EDDIE	CRR	67763	SECURITY	SECURITY TECH
REYNOLDS, EMILY	CRR	67760	MEDICAL	MEDICAL TECH
REYNOLDS, GARY	ENS	67762	ENGINEERING	CHIEF ENGINEERING OFFICER
REYNOLDS, JESSICA D.	LTJG	23494	SUPPORT SERVICES	CHIEF SUPPORT SERVICES OFFICER
REYNOLDS, XANDER	CRR	67761	SECURITY	SECURITY TECH
RICHARDS, AMY	PO3	55168	MEDICAL	MEDICAL TECH
RICHARDS, BETHANY	PO3	55167	MEDICAL	MEDICAL TECH
RICHARDS, DAVID	LCPL	55169	MARINES	LIGHT WEAPONS-RIFLEMAN
RICHARDS, JOEL	PO2	55166	SUPPORT SERVICES	MISCELLANEOUS SERVICES TECH
RICHARDS, RACHEL L.	PO1	55165	SUPPORT SERVICES	COMMISSARY TECH
BRADY STAPLES	CRR	69965	SECURITY	SECURITY TECH
CARLTON STAPLES	PO3	69964	SECURITY	SECURITY TECH



<u>NAME</u>	<u>RANK</u>	<u>SSC #</u>	<u>DEPARTMENT</u>	<u>POSITION</u>
KATTIE STAPLES	ENS	69963	SCIENCE	CHIEF SCIENCE OFFICER
WALKER, ASHLEY R.	LTJG	67309	COMMUNICATIONS	CHIEF COMMUNICATIONS OFFICER
YOUNG, CERIA	CRR	67800	MEDICAL	MEDICAL TECH
YOUNG, CHRISTINE R.	ENS	23495	MEDICAL	MEDICAL TECH
YOUNG, NATALIE	CRR	67802	MEDICAL	MEDICAL TECH
YOUNG, WILLIAM	PO3	67801	SECURITY	SECURITY TECH



20 Snacks That Burn Fat Cont.

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Ricotta cheese is rich in protein, and pears are a good source of fiber. Together with a teaspoon of cinnamon, they make a delicious snack for any time of day. Each serving contains 8 g protein, 5 g fiber, and 170 calories.

Miso-glazed tofu



This recipe is touted as a main course, but it's so light on calories (only 164) that it can stand in as a mid-day snack, as well. It also packs plenty of protein (12 g) thanks to the tofu, as well as 3 grams of fiber.

Edamame



One cup of [edamame](#), or boiled soybeans, contains 17 grams of protein, 8 grams of fiber, and 189 calories. A perfect snack all by itself!

Serve hot or cold, season with salt, and enjoy.

Chicken pita sandwich (half)



There's no reason you can't have smaller portions of "real" food as snacks, says Bowerman. Oftentimes, the healthiest and most balanced snacks are the ones that start as full meals—like a half a sandwich, or a plate of leftovers put together from dinner the night before," she adds.

Whip up this chicken and veggie pita in the morning, and split it in half for two snacks throughout the day. Each half contains 200 calories, 3 grams of fiber, and more than 20 grams of protein.

Cauliflower with white bean dip



Make a batch of white bean and roasted garlic dip at the beginning of the week to spread on crackers and eat with veggies when hunger strikes. Pair a quarter-cup serving with 2 cups of raw, chopped cauliflower, for example, for a total of 11 grams protein, 8 grams fiber, and 199 calories.

Toast with walnut & pear breakfast spread



Split this breakfast recipe in half to make a healthy mid-day snack with 200 calories, 11 grams protein, and 3.5 grams fiber. Not only will it help prep your body for fat burn, but it may also boost your energy levels (so you're more likely to get to the gym, perhaps?): Walnuts are rich in serotonin, a hormone that produces feel-good chemicals in the brain.

Lentil salad with tomatoes and watercress

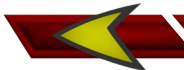


Salads aren't just for mealtime—when they're about 200 calories, they make a great afternoon snack, as well. This one has 11 grams of protein and 8 grams of fiber, thanks to superfood lentils and plenty of veggies. (The recipe makes six servings, so hold off on adding the vinaigrette if you're not eating the whole thing at once.)

Luna protein bar



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The Engineer's of Starfleet: CDR Charles Tucker

By StarTrek.com

STARFLEET PERSONNEL FILE: Tucker, Charles

Rank: Commander

Assignment: Chief Engineer, *Enterprise NX-01*

Full Name: Charles "Trip" Tucker III

Birthplace: North America, Earth

Marital status: Single

Tucker first met Jonathan Archer about a decade prior to the launch of *Enterprise* when the two worked together on an early warp 2 prototype vessel using the warp engine designed by Archer's father, Henry Archer.

While a knowledgeable engineer, Tucker can be rash and "illogical", a fact that early on causes friction between him and *Enterprise's* Vulcan science officer, T'Pol. During the first year of *Enterprise's* mission, he finds himself coping with situations no Starfleet engineer has ever coped with, and is a key player in the vessel finally achieving its then-record breaking speed of warp 5. Tucker also has to contend with a more dubious honor when he becomes the first human male to become pregnant.

Tucker also enjoys occasional romantic relationships, including one with an exotic alien princess in the episode "Precious Cargo." When challenged about these relationships, his stock phrase is, "I was a perfect gentleman." He is statistically the greatest charmer aboard the *Enterprise* and he has gone down in Star Trek history as the first human male ever to be pregnant and the first human male ever to be in a relationship with a member of another species. (Before Trip, there was a woman who fell in love with a Vulcan in disguise when he, along with one of T'Pol's ancestors, crashed on planet Earth while studying the first man-made



**Conner Trinneer
as Commander Charles Tucker**

satellite.) Even though he had multiple romances that were *one episode long*, his true love was T'Pol.

On the first episode of the third season Earth was attacked by an alien race called the Xindi. The attack was made by a prototype WMD that struck Florida and caused the deaths of 7 million people, including Tucker's sister. This left Tucker emotionally scarred and unable to sleep without experiencing vivid nightmares. At the request of Dr. Phlox, Tucker agreed to undergo Vulcan neuro-pressure treatments with T'Pol. Although the treatments required very intimate contact between the two, there were no signs at first of anything beyond a professional relationship developing between the officers. Fellow officers (especially Travis) were suspicious but Trip denied all their conclusions. At a crucial point during the Xindi mission, Tucker suffered a potentially fatal injury, and the only way to save his life was to create a clone in order to harvest needed brain cells. The clone, named "Sim", grew to adulthood over only a few days, and many of the crew became fond of him, in particular T'Pol, who actually kissed Sim after he confessed to being attracted to T'Pol — but adding that he

was uncertain whether those feelings were his own or Tucker's. Against Sim's objections, Archer ordered him to undergo the medical procedure to extract the needed cells in order to save Tucker's life, even though this proved fatal to Sim.

As the Xindi mission progressed, Tucker found himself growing closer to T'Pol, and the two briefly became lovers, an event T'Pol later dismissed as an experiment, though the real cause was a side-effect of her addiction to the substance Trellium D, which affected her emotional judgment. Later, however, the two found themselves continuing a somewhat clandestine relationship.

Tucker realized he was in love with T'Pol during a trip to Vulcan with her after the Xindi mission, during which she decided to marry a Vulcan named Koss in an arranged marriage. Although T'Pol's mother encouraged Tucker to express his feelings to her daughter, he chose not to do so. Later, following T'Pol's annulment of her marriage, Tucker considered becoming involved with her again; however, T'Pol told him that she was not interested in reviving their relationship. In the episode "Observer Effect", T'Pol expressed great concern for Tucker, suggesting her feelings for him remained strong, despite her claims to the contrary.

In 2154, during a mission to prevent a Romulan automated marauder from starting a war, Tucker determined that his attraction to T'Pol was negatively affecting his ability to do his job. After the mission, he requested, and received, a transfer to the new warp 5 starship, *Columbia*, under the command of Captain Erika Hernandez. Within two days of Tucker's assignment to the vessel, several of *Columbia's* engineering crew request transfers. During this period, Tucker began experiencing vivid daydreams involving T'Pol, not realizing that she was actually unintentionally communi-

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Engineer's of Starfleet Cont.

Continued From Page 22

ctating with him via a newly discovered mental ability that was unlocked when she began performing mind melds. In the episode "Bound", it was revealed that Tucker and T'Pol had somehow psychically bonded when they had made love a year earlier, although this link apparently didn't manifest itself right away.

During the events of the episode "Divergence", Tucker was temporarily reassigned to *Enterprise* in order to facilitate repairs following a run-in with the Klingons. He subsequently submitted a request to return to *Enterprise* full-time, a request that was presumably granted. Not long after, Tucker and T'Pol reestablished their relationship.

Tucker served as *Enterprise's* chief engineer for a full decade, and prepared to transfer to one of the newly-built warp 7-capable starships following the decommissioning of *Enterprise* in 2161, which was to coincide with the signing of the Federation Charter. The series finale "These Are the Voyages..." revealed that Tucker and T'Pol ended their romantic relationship at some point after the events of "Terra Prime", for reasons as yet unrevealed. Despite this, the two remained close, and Tucker had to reassure T'Pol that the decommissioning of *Enterprise* and their reassignment to different vessels would not have any bearing on their friendship.



USS ENTERPRISE NX

In the last episode, when Shran's former associates track down *Enterprise* and board the ship, they de-

mand that Archer take them to Shran, but the captain refuses. The aliens are about to kill Archer, so Trip, thinking fast, tells them that he will take them to Shran. When Archer protests, the aliens knock him out. Trip leads the aliens into what appears to be a harmless utility closet — he tells them it's simply a com station and he's going to get Shran to come to them. Trip tells them he just needs to connect a couple of things, but when he brings



Enterprise Crew

a pair of conduits together, a massive explosion erupts, taking out both Trip and the aliens. Trip is critically Wounded. In a July 2005 interview, Berman revealed that had the series been renewed, Trip would have survived; and he and T'Pol would be back together.^[2]

Personal life

In 2153, Tucker lost his sister, Elizabeth, in the Xindi attack on Earth which destroyed his hometown of Panama City, Florida. In a first season episode, "Fusion", he revealed he had a brother whom he practiced "dancing with", although we never saw him. His parents survived the attack and later relocated to Mississippi; they were invited to attend the signing of the UFP treaty in 2161, and kept their promise to attend even after Tucker's death. T'Pol requested the opportunity to meet them at this occasion, but it's not known if she did. Little is known of Trip's parents ex-

cept that Archer described them as being "eccentric."

At least three offspring have — directly or indirectly — been linked to Tucker:

In 2151, Tucker was accidentally impregnated by a Xyrillian female, but had the unborn fetus transplanted into another Xyrillian before it was born. The offspring was not genetically related to Tucker as Xyrillian reproduction only uses the mother's genes. No further information about this offspring has been revealed. ("Unexpected")

In an alternate timeline in the episode "E2", at some point following an incident that sent *Enterprise* back to the year 2037, Tucker and T'Pol marry and have a son, Lorian, whose fate after the restoration of the timeline has yet to be revealed. In 2155, in the episode "Demons", Tucker learns that he has a six-month-old daughter, the mother apparently being T'Pol. It was revealed that the daughter was cloned using Tucker and T'Pol's DNA, which was stolen from *Enterprise* by an infiltrator working for Terra Prime. The cloning procedure was improperly executed, however, and the daughter — whom T'Pol named "Elizabeth" after Tucker's sister — died soon after being rescued. The child's death left Tucker emotionally devastated as T'Pol — herself emotionally drained — tried to comfort him.

Trip is knowledgeable about the ancient board game Go, and actually has a Go board in his cabin (he is seen playing the game with the title character of the episode "Cogenitor")

Alternate timelines

In the alternate timeline seen in the episode "Twilight", Tucker becomes captain of *Enterprise* following the incapacitation of Jonathan Archer and T'Pol's resignation from Starfleet. He is killed when *Enterprise's* bridge is destroyed shortly before Archer

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Engineer's of Starfleet Cont.

Continued From Page 23

resets the timeline.

As stated above, the episode "E2"



takes place in another altered timeline, except for the fact that Lorian is the son of T'Pol and Tucker. Little else is revealed of the alternate Trip except that he is long deceased (the cause apparently was a tragic one, but not specified in the episode) by the time Lorian's version of *Enterprise* rendezvous with its namesake.

Mirror Universe

In the Mirror Universe, Tucker is the chief engineer of the ISS *Enterprise*, but is badly disfigured due to exposure from heavy delta ray radiation emanating from his *Enterprise's* engines. This version of Tucker also had a sexual relationship with the Mirror T'Pol, who once exploited this relationship in her attempt to sabotage *Enterprise*; she used a mind meld to implant a post-hypnotic suggestion in Tucker's mind. It is implied this isn't the first time she has used him in this way. Tucker is subsequently tortured in the agony booth, but vehemently denies any wrongdoing, insisting that he has always been loyal to the Empire and Archer. In the end Archer tells Reed to break Tucker before releasing him from the booth, much to Tucker's horror. He later confronts T'Pol in main engineering and tells her he spent four hours in the booth. This version of Tucker, along with much of the ISS *Enterprise* crew, travels to the USS *Defiant* - which had been discovered in the Mirror Universe - and tries to get the ship working to further the Mirror Jonathan Archer's attempt to take over the Terran Empire. Tucker successfully foils a plot by the mirror Phlox to sabotage key systems aboard *Defiant*.



STARFLEET International Conference 2013

It is an honor and a privilege to personally invite you to the STARFLEET International Conference 2013, to be held at the beautiful and luxurious MCM Elegante Hotel in the heart of Dallas, Texas on August 1-4, 2013. We have a lot of surprises in store for those in attendance, in addition to all of the wonderful things you've come to expect from an International Conference!

The theme for this IC is "The Year of the Phoenix", as 2012 is supposed to be the year the world comes to an end. From the ashes, the phoenix will arise, reborn. As Gene Roddenberry was often referred to as the Great Bird of the Galaxy (which was also referred to in the *Star Trek: New Frontier* books by Peter David) and the Phoenix was the name of Zefram Cochrane's ship in *Star Trek: First Contact*, we felt it would be a fitting theme for this 2013's International Conference.

Information will be added to the website as it becomes available, and we strongly encourage you to keep checking with us as 2013 approaches — we'll be posting some very exciting information between now and then.

In the meantime, if you are planning on attending IC2013, we suggest that you take this opportunity to lock in the early registration rates by printing your information on the downloadable registration form and returning it to us with your full payment to the address provided below:

IC 2013
STARFLEET
P.O. BOX 1885
Round Rock, TX
78680-1885



Region One Summit 2014

Greetings Region One,

I would like to take this time to update everyone on the Region One Summit. It will be again in Pigeon Forge at the Main Stay Suites. The dates are May 3-5, Mainstay Suites, Pigeon Forge, TN.

Link to R1 Summit page: <http://regiononesummit.webs.com/>

Link to Mainstay Suites: <http://www.mainstaypigeonforge.com/>

Link to Registration page: <https://2013sfir1summit-eorg.eventbrite.com/?nomo=1#>

At this moment... rates are as followed until April 3rd.

Summit registration: \$25

Banquet rates are as followed until April 18th.

Adult: \$28

Child: \$18

Hotel room prices:(remember to call Mainstays hotel directly and ask for the Starfleet discount)

1-888-880-5207

Friday - \$99

Saturday - \$99

Sunday - \$79

Monday \$79

We will be have a couple of new events along with the time tested summit regular events. Besides the usual panels, gaming, banquet, General Session, dance, scavenger hunt, CO/XO Challenge and duck race, events that will be coming back from popular demand will be the model contest, costume contest, chocolate party and the video contest. New this year will be the Klingon cooking contest and Klingon karaoke.

Linda Smith will be doing a book signing of her book "Reflections of My Life of Rhyme" and a dollar of each book will be donated to our charity.

Speaking of charity, ours will be the Wounded Warrior Project. If you have some charity auction items to donate, please let me know.

The banquet menu will be the same as last years. (err once I remember what we had!!!)

If it becomes possible, we might have a special guests. More on this later.

Now what we need from you are some volunteers to help during the summit. We need people for the Registration table, helpers, and judges.

We are now taking those who want to do a panel. So if you are thinking about wanting to do a panel, now is he time to let us know.

Please check the website for changes and updates. Start saving now and join us for fun!

R1 Summit 2013 Chair

Vice Admiral Warren Price, CO, USS Providence NCC-71796

R1 Historian <http://sites.beyondweb.com/r1-historian/>, E-Mail wormmy@aeneas.net

Ships Web Page -----><http://theussprovidence.org/Providence.htm>

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 ADDRESS : 209 E Smith St
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 ZIP/POSTAL : 28472
 PHONE : 910-918-0984
 CHAPTER TYPE : CORRESPONDENCE
 CO : RADM Paul Dyl
 XO : CMDR Carol Dyl
 NEWSLETTER : THE GUARDIAN

REPORT FOR : Mar, 2013
 SUBMITTED : 03/26/2013
 STATE : North Carolina
 COUNTRY : United States
 REGISTRATION : NCC 8494
 CLASS : Lynx
 PUBLICATION DATE : 2013-03-01

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69965	CRR	STAPLES, BRADY	11/09/2013

70078	PO3	REYNOLDS, REBECCA J.	02/04/2014
99998	PO3	PEFFER, ALESHA	12/07/2013
99999	PO3	PEFFER, LENAORD P.	12/07/2013

ACADEMY INFO

Paul Dyl**IOMS - CMIK-EA Electronic Age**

DSS 102 - Desert Shield/Storm-Part 2	DISTINCTION	03/25/2013
DSS 103 - Desert Shield/Storm-Part 3	DISTINCTION	03/25/2013

Heather Fikes**IOAS - Andorian Orientation College**

AOC 103- Government and Military	DISTINCTION	03/03/2013
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Jessica Reynolds**IOLS-Officer's Command College (IOLS:OCC)**

OCC	PASS	03/21/2013
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David Richards**Infantry**

IN-21	DISTINCTION	03/12/2013
IN-23	DISTINCTION	03/12/2013

IOMS - College of Security (IOMS:COS)

IOMS:COS-101 TOS Rank Recognition	DISTINCTION	03/18/2013
IOMS:COS-104 TNG Early Rank Recognition	DISTINCTION	03/18/2013
IOMS:COS-105 ENT Rank Recognition	DISTINCTION	03/18/2013

Leadership Development

LD-20	DISTINCTION	03/14/2013
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NCO Development

NCO-10	PASS	03/19/2013
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Professional Development

PD-12	PASS	03/03/2013
PD-13	DISTINCTION	03/07/2013

SFMC Awards

Marine Proficiency Award	Awarded	03/03/2013
Leadership Device with Gold Wreath	Awarded	03/14/2013
NCO Development Award	Awarded	03/19/2013

Michael McCarthy**IOLSS - COM - School Of Emergency Services**

EMS-100 - Basic Emergency Care	PASS	03/10/2013
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Professional Development

PD-12	HONORS	03/07/2013
PD-13	DISTINCTION	03/14/2013

SFMC Awards

Marine Proficiency Award	Awarded	03/07/2013
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Paul Dyl**Infantry**

IN-20	DISTINCTION	03/01/2013
IN-21	DISTINCTION	03/12/2013
IN-23	DISTINCTION	03/25/2013

SFMC Awards

Infantry Advanced Device - Silver	Awarded	03/01/2013
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Sam Phillips**Infantry**

IN-20	DISTINCTION	03/25/2013
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Professional Development

PD-15	HONORS	03/03/2013
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Douglas Kirk**Infantry**

IN-21	DISTINCTION	03/25/2013
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Leadership Development

LD-12	DISTINCTION	03/17/2013
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Professional Development

PD-13	PASS	03/03/2013
PD-14	HONORS	03/08/2013
PD-15	PASS	03/16/2013

Freddy Mogilka Jr**Infantry**

IN-20	DISTINCTION	03/01/2013
IN-11	DISTINCTION	03/01/2013
IN-21	DISTINCTION	03/12/2013

SFMC Awards

Infantry Advanced Device - Silver	Awarded	03/01/2013
Parachutist Wings Device	Awarded	03/04/2013

Special Operations

SO-11	DISTINCTION	03/01/2013
SO-13	DISTINCTION	03/04/2013

Kattie Staples**IOST - Vulcan Academy of Science (IOST:VAS)**

VAS 101 - Specialist I in Genetics	HONORS	03/20/2013
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OTHER INFO

MEETING DATE : 2013-00-01

PROMOTIONS : SCC: 23494 Jessica Reynolds
 PROMOTED TO Lieutenant JG on 03/23/2013
 SCC: 55169 David Richards
 PROMOTED TO Lance Corporal on 03/15/2013
 SCC: 67307 Paul Dyl
 PROMOTED TO Lance Corporal on 03/26/2013



ACTIVITIES : Members have been very active in SFA and the SFMCA with 29 courses completed for the month. Stood up our new SFMC Strike Group, the 120th MSG, "Temporal Guardians". Marines have a contest going on as to who completes the requirements for their MOSC. The winner will get a set of BDU's. Submitted 31 Campbell Soup Labels or Education this month. Chapter assisting with the R1 RC newsletter. Making changes to Handbook to include the new Marine Strike Group. Plans continue for the R1 Summit and IC 2013.

COMMENTS : Sadden to report the passing of one of our members. Gerald Mogilka passed away at the age of 78 on 24 January 2013. Members attend funeral that was held on 26 January 2013.



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70078 PO3 REYNOLDS, REBECCA J. 02/04/2014

ACADEMY INFO**Paul Dyl****IOMS - CMIK-EA Electronic Age**

GI 101 - GRANADA INVASION DISTINCTION 04/21/2013

IOSFC - College of Time Travel

FNL 101 - The Final Countdown HONORS 04/21/2013

IOSTS - College of Federation Studies (IOSF:COFS)

HUFP 100 - Presidents of the UFP DISTINCTION 04/22/2013

David Richards**IOMS - College of Security (IOMS:COS)**

IOMS:COS-102 Basic Security Officers Course HONORS 04/11/2013

IOMS:COS-301 Intermediate Security Officers Course DISTINCTION 04/11/2013

IOMS:COS-103 Early Law Enforcement History DISTINCTION 04/11/2013

NCO Development

NCO-120 DISTINCTION 04/15/2013

Michael McCarthy**IOLSS - COM - School Of Emergency Services**

EMS-101 - Bloodborne Pathogens HONORS 04/15/2013

Paul Dyl**Infantry**

IN-152 DISTINCTION 04/13/2013

NCO Development

NCO-100 HONORS 04/29/2013

Ashley Walker**IOLS - Officer's Command College (IOLS:OCC)**

OCC HONORS 04/16/2013

Freddy Mogilka Jr**Infantry**

IN-153 DISTINCTION 04/07/2013

Leadership Development

LD-151 DISTINCTION 04/21/2013

NCO Development

NCO-100 PASS 04/22/2013

Professional Development

PD-12 HONORS 04/08/2013

SFMC Awards

Marine Proficiency Award Awarded 04/08/2013

NCO Development Award Awarded 04/22/2013

OTHER INFO

MEETING DATE : 2013-04-01

PROMOTIONS : SCC: 67309 Ashley Walker
PROMOTED TO Lieutenant JG on 04/16/2013
SCC: 69872 Freddy Mogilka Jr
PROMOTED TO Private 1st Class on 04/15/2013

ACTIVITIES : The chapter submitted 31 Campbell Soup Labels for Education this month. Worked on our Department structures and detailing duty positions that are in each department. Completed our chapter newsletter which publishes on the 1st. CO and XO will be going to the R1 Summit. Collected and donated two large bags of cloths to the drop off box. Plans for the Star Trek movie premier continues.

COMMENTS : None





20 Snacks That Burn Fat Cont.

Spiced green tea smoothie

Continued From Page 21

When choosing an [energy bar](#) as a snack, the rules are the same: Look for bars with 200 calories or less, 10 grams of protein and close to 5 grams of fiber. The Luna Protein bar certainly comes close (190 calories, 12 g protein, 3 g fiber), and tastes "almost like candy," Health.com testers said.

Veggie tostata



In the mood for Mexican? You can't go wrong with black beans and veggies: These tostatas cook up quickly and easily for a fast and healthy mini-meal between lunch and dinner. At just over 200 calories, you get 13 grams of protein and 10.5 grams of fiber. Top with tomato salsa for added flavor without fat.

Roast garlic and edamame dip



Edamame is a great snack by itself, but it also makes a great ingredient in this creamy dip for raw veggies or whole-wheat pita bread. You can enjoy up to three servings in one snack session, for a total of 162 calories, 9 grams protein and 6 grams fiber.

Asparagus and hard-boiled egg



It's no wonder this classic combo goes so well together: Fiber-rich asparagus balances out eggs' natural protein. (Plus, asparagus is [known as an aphrodisiac](#), thanks to its folate and vitamins B6 and E levels. Talk about fun ways to burn fat!)

Pair 15 asparagus spears (cooked or raw) with one hard-boiled egg for a 126-calorie snack, complete with 11 grams of protein and 5 grams of fiber.

Minty iced green tea



A calorie-free beverage doesn't qualify as a real snack, but if you find yourself scouting the kitchen just because you're bored, rather than hungry, this tasty drink may just hit the spot. Plus, green tea has been shown to help dieters lose more weight, according to a study published in the American Journal of Clinical Nutrition, thanks to its metabolism-boosting antioxidant compound called EGCG.

Bowerman says that most research on green tea for weight loss has been inconclusive, but that either way it's a healthy, tasty way to stay hydrated throughout the day. "Drinking water and tea is a good way to keep all of your body's processes, including your metabolism, running smoothly and efficiently," she adds.



Here's another way to sip metabolism-boosting green tea: as a smoothie! Pair this sweet and spicy drink with a few ounces of lean protein—some sliced turkey, for example—for a complete afternoon snack.

One serving will get you 3 grams of fiber (thanks to its secret ingredient, pear!) for only 82 calories. Plus, it contains cayenne pepper, which may help burn fat by heating up your body temperature.

To read the article and to get the recipe on some of these snacks presented here, please go to <http://www.health.com/health/gallery/0,,20682477,00.html>



STAR TREK WORD FIND

Z P R O C O N S U L T G J K N
 L R P H M A L G E R O N Z M A
 X A E T L X O W A R B I R D I
 W E V U A A M B A S S A D O R
 B T M Q N I J S I K W F E V U
 T O G N L I B P E T O H M A T
 R R I Z M G F A K N Z R P N N
 E F T R K D W I K O A X I K E
 A C L O A K A V C U T T R M C
 T L Q M R V X R O A H A E F A
 Y A O U U E E H P B T L S P R
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 J U C A U Z V H F E I F O J L
 G A I S B A W T L M Z O N E
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ROMULAN
 STAR
 EMPIRE
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 NEUTRAL
 ROMULAS
 REMUS
 WARBIRD

CLOAK
 TAL
 VULCAN
 SENATE
 PRAETOR
 TREATY
 ALGERON
 SELA

TORETH
 DAR
 REUNIFICATION
 TELLRA
 SATOK
 CENTURIAN
 COMMANDER
 MIROK

PROCONSUL
 TAIBAK
 AMBASSADOR
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THE GUARDIAN

THE OFFICIAL NEWSLETTER OF THE
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Tardis Publications
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Whiteville, NC 28472

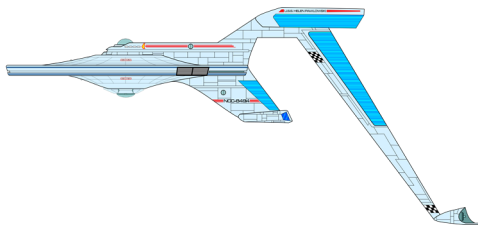


U.S. S. HELEN PAWLOWSKI NCC-8494

USS Helen Pawlowski
C/O 209 E smith St
Whiteville, NC 28472
pdy1@ec.rr.com

We will be on the
web soon!

"Our future is our past"



The USS HELEN PAWLOWSKI NCC-8494 is a correspondence chapter of STARFLEET International. We are a Star Trek fan club that come together on a monthly basis via computer chat areas, telephone, and even video conferencing to discuss events in the Star Trek universe, whether or not your interest lie in the Classic Star Trek, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager or Star Trek: Enterprise.

Many of our crew enjoy going to the movies, to Star Trek and other Sci-Fi conventions. A great part of being able to experience the dream of Gene Roddenberry gives many of us the opportunity to help our community by volunteering in community projects such as the Angel Tree Project over Christmas and the US Marine Corps Toys for Tots.

While many volunteer to participate, others do not, but our main goal is to have FUN!