

KELLY COMMUNIQUE

Issue #56

Summer 2000

Beam Into Summer



With The U.S.S. Kelly

Log Entry:

CAPTAIN'S LOG, STARDATE 53060.1

We are in the midst of a long mission patrolling the perimeter of the Alpha Quadrant...star charting and cataloging anomalies at the far reaches of Federation space. We have seen and investigated many things, but it has nevertheless been an uneventful few months. I can't help but wonder at the wisdom of assigning a "class one ship of the line" like the *U.S.S. Kelly* to such a detail. Perhaps someone is trying to prevent our ship from being in position to react to a situation in our own sector 1. In order to provide some entertainment we have been working on a few things here aboard ship to relieve some of the boredom which has seemed to come over some of the crew. We held a party for the crew in conjunction with a Sci-fi convention known as CONDUIT: Night of the Living Dead. Crewmates were afforded the opportunity to view various "old-time" videos and to play certain games such as UNO, Monopoly, and of course, the ever popular Star Fleet Command battle simulation game. Plenty of food and drink was consumed and everyone seemed to have a good time before going back to the job at hand of running a starship. Although at the time of this writing, it hasn't happened yet, members of the Command Staff have assembled a number of collectible items to hold an auction for the crew. This will give the crew a chance to own a piece of *Kelly* history for their enjoyment. Many articles will be auctioned off to the highest bidder in a spirit of friendly competition. The proceeds will go into the ship's fund to sponsor other such upcoming activities.

Speaking of which, on Stardate 53061.2 we will be attending what has been touted as the 7th Fleet Olympics. Our crew will be pitted against other ship's crews in physical competition to hopefully bring us closer together and learn of each other's strengths and abilities. Later that month we will have an outing to ride an old fashioned locomotive train known as the Heber Creeper. There will be live entertainment and a barbecue dinner. We hope that some of these "Shore Leave" activities will help repay some of the hard work that has gone into this latest mission. Several crew members have displayed outstanding service and dedication and should be given credit for jobs well done. Ensign Stephanie Thalmann has been promoted to the rank of Lieutenant (jg). Lieutenant Galen Anderson has been promoted to the rank of Lt. Commander (bridge officer), and Lieutenant Billy Craig has received his Legion of Honor ribbon for outstanding duty to the ship. Others have also distinguished themselves and will be receiving recognition in the upcoming months. Remember, the *U.S.S. Kelly* will be celebrating her 14th anniversary in September. Everyone should take the time to reflect on the history of our fine ship and come up with some ways to celebrate this milestone as we move forward in this new millenium, century, and decade. Now, I'm afraid it is time to go back to our star charting and my pondering on the mystery of why we are out on a mission of this type. To the crew, I give my highest recommendation and the admonition to "See what's out there."

CAPTAIN RICHARD L. HENLINE, RECORDING

KLINGON KUISINE **(RECIPE REQUEST)**

Volume II (Klingon Kuisine) of the Kelly Kookbook is in progress. Klingon recipes are needed.

Roast Leg of Targ
Yar Bear Stew (no, not Tasha Yar)
Stuffed Trellian Crocodile
Dunghill Fowl with Fire Ant Dumplings
Yigrish Cream Pie
Your Recipe Here!!
(No Tribble Kabobs please)

Submit your entries to Ruth Burns 4721 S. 3930 S. WVC UT 84120

Or e-mail to twosoks@juno.com (no attachments)

3 service or leadership points will be awarded for each accepted recipe



EXECUTIVE STRESS

By Lt. Cmdr George Bogler, Executive Officer

This month I'm dis-stressed because you are not turning in PMP forms. I know there are some in our crew who don't want to do the "Rank-Thing" but most have chosen to earn rank. As you know this is done by accumulating merit points in 4 categories: Participation, Leadership, Service, and Knowledge. Each month you should have earned *some* points in at least one category. To have those points count for you & earn rank they **MUST** be reported on a PMP sheet and turned in. It is **YOUR** responsibility to fill out a PMP sheet. They are available from our website, your Department Chief, or a member of the Command Staff. Your Department Chief assigns point values to the items listed, turns the form in to the Operations Manger. The points you earn have a time limit on them. After 3 months they are no longer valid, so please get in the habit of turning in points monthly. To help in this I have extended the expiration date on Who Wants To Be A Trekker points until Aug 31. If you received a points coupon for that activity (NOT the one at CONduit), just attach it to a PMP sheet to use those points.

Regarding Y2Kelly: We are halfway through the year & therefore the Y2Kelly program. We have had a lot of certifications, but there are still those among you who have not achieved Y2Kelly Compliance. If you have something in mind, now is the time to go for it!

Contact Info: 265-1233 (home), 755-4100 (cell), KellyXO@USWestmail.net

Crew Profile

1. James C. Ziter

D.O.B. 07/21/59

Wants to be an officer in Starfleet Diplomatic Corps or Starfleet Advocate General. Has not decided which department on the ship he wants to be in.

He was born in Burlington, Vermont in 1959 and lived in Vermont, New York, and Texas during school years, except for a three year exile in Nebraska (1991-1994) for law school. Lived the balance of his life in Utah.

Professionally, a real estate and contract litigation lawyer; practice law in both the states of Nevada and Utah. He is an avid chess player, and is one of a dozen or so best tennis players in Utah.

Has been a trekkie for perhaps 25 years. Attended about a dozen Star Trek conventions and have one of the best collections of cast signed original art and movie prints that I have ever seen.

What I like best about Star Trek: The good guys win, for the right reasons, against all odds, nearly every time. I also love to read Star Trek.

What I like least about Star Trek: The only thing I HATE about Star Trek is they are not making any more TOS or NG episodes; Dorn reports that he is probably good for only one more NG movie... That really makes me sad.

If I could be any kind of character in the universe it would be one of the Q... Why not have all the power and control in the universe? With all that power, I would probably be an evil Q; probably not even as nice as Q... As a second choice, I really have some affection for the Vulcans, but I am a little more of a capitalist, so I would probably get along better in Romulan society...

My character (as a preliminary suggestion). SEZAK is a middle age individual with a Vulcan mother and Human father. This character was raised in a very disciplined but less rigorous tradition compared to that of Vulcan youth. He was raised on Vulcan somewhat isolated from other youth because of the relative lack of Vulcan convention in the family. Sezak is very precise, has great emotional control, is dedicated to precision and accuracy, and has always aspired to live the life of a respected Ambassador.

2. Charles V. Jaehn Sr.

D.O.B. 11/23/46

Correspondence member from Rochester, New York. Wants to be a records officer. He was born in Rochester, N.Y. and grew up there. Graduated from high school and took all the regular courses. Joined the Navy instead of going to college. Was in Viet Nam twice, but was on ship board when a couple of friends went on shore to the supply depot that was bombed and killed them. Got out of the navy in 1969, but am sorry because he misses the Navy.

His folks are dead. Been married twice. Have a son and daughter with five grandchildren who are his life right now. So is Star Trek. Do not have any other hobbies, but likes to read Star Trek a lot.

Have always liked S.F. and have been a fan of Star Trek since it first came out well over thirty years. There is nothing about it that hate, I just like it all.

His character is Tubulu who is part human, part Klingon, and part Vulcan. Tubulu is always having conflicts because of the Klingon side. Gets into lots of fights with everyone because of it. The human part is very peaceful and that is a big part of the problem.

COMM Traffic

*By Ensign
Dawn Anderson*

I have been the Communications department head for several months now. I decided it was about time I introduced myself. I grew up on the East Coast in New York State—specifically a small town called Glens Falls just north of Albany.

I had always lived close to family, until I went to college. I attended and graduated from Brigham Young University. I am an elementary education major and math minor. Since January I have been teaching math at Kearns Junior High. Previously I taught at a small, private junior high/high school in Sandy. I also work at Shopko in the evenings, doing whatever jobs need getting done.

I met Galen at BYU and we have been married for six years. Our daughter, Cassandra (known by one and all as Casey) is 3 ½ years old. We live in Sandy and most of you have been to our house since Galen likes to throw parties focusing around either season ending or season opening episodes.

I hope in the future to continue what I have started here and spotlight members of the crew, so that we can all get to know each other better.



SEV TREK
A CARTOON PARODY

Features comic strips and cartoons parodying Star Trek. Buy the Sev Trek cartoon book and other cartoon merchandise from the Sev Trek web site or ask your club about group discounts!

Visit our web site at www.sev.com.au

Security Alert
Presents

Knowledge Builder

1. Name the alien race that was conned out their bolomite by the Janeway imposter.
2. According to Tuvok imposter, how far away is *Voyager* from Earth?
3. Who is the author of the saga of the *Voyager* Eternals?
4. What is “Winter’s Tears”?
5. To which race did the old Kes attempt to betray the crew of *Voyager*?
6. Who was Pyong Ko?
7. What is “Roy” and who commissioned it?
8. Name the shuttle that Barclay took to Jupiter Station.
9. What did the Borg encounter in Galactic Grid Eight?
10. What happened to the crew of the *Salvoxia*?

Quotation Corner

“Sounds like the beginning of a beautiful friendship”

“A Borg is a Borg is a Borg.”

“When hearts are in harmony, time collapses.”

“With all these new personalities floating around, its too bad we can’t find one for you.”

What language is this:



What class of starship is this?



Identify this



Name the alien race that uses this ship

Bio-neural Technology

By

George Bogler, Chief Engineer

Bio-neural technology involves replacing traditional isolar circuitry with a biological (i.e. living) component. That component is the Bio-neural Gel Pack first used in Intrepid Class starships such as U.S.S. Voyager. A functioning bio-neural system will consist of traditional isolar circuits and chips working in conjunction with gel packs. Each gel pack consists of artificial neural fibers¹ floating in bio-mimetic gel². Think of it as a very thick liquid such as partially melted Jello®. These are contained in a transparent bag with metallic bars at either end. The top bar contains all the necessary connections for plugging the gel pack into the computer system. The fibers and gel allow the "circuit" to "think" in faster, and more complex ways than the optical data network (ODN) in conventional starships prior to apx 2370. It also allows for so called "fuzzy logic", meaning that a bio-neural computer system can think like a sentient organism, and even guess what the answer to a problem will be before it has finished doing the necessary calculations. Although such anticipation was possible in computers as far back as the 1990's, those developments were very primitive in comparison to the gel packs.

Advantages of the gel pack are seen in how rapidly bio-neural systems handle complex tasks such as real-time (instantaneous) navigational computation, and Voyager's Stellar Cartography lab (Borg technology also plays a role here). Also it is widely believed that they contributed to Voyager's EMH becoming sentient³.

The disadvantages are rarely seen, but can be major problems when they do arise. Early in Voyager's trip through the Delta Quadrant the ship's gel packs became infected and threatened the chances of Voyager getting home. Replacements are, of course, impossible to get outside of Federation space. Due to their close similarity to living matter, replicating them would require tremendous processing loads and energy. If the inventory of gel packs ever became seriously depleted, these requirements could start a vicious circle.



1. "Neural" refers to the nervous system; consisting of the brain and nerves of a biological life form.
2. "Bio-mimetic" means that the gel mimics or simulates a biological environment such as protoplasm (cellular matter)
3. Intelligent & self aware.

® Jello is a registered trademark of Kraft/General Foods.

Medical Corner

By Lt. (j.g.) Stephanie Thalmann

Stress, that thing that we all face at one time or another. Stress is what most of us feel before we take a test, try to pass off a Merit Sheet, or when we procrastinate doing something (such as our Communiqué article). Stress is what I feel now, even as I write.

What is stress? Stress is a biological reaction that the body undergoes during a disruptive or disquieting situation. Most of us do not even notice the physical symptoms of stress. Stress is usually associated with an increase in heart rate, breathing, and blood pressure. How many people, who are not already watching their blood pressure, can recognize when it elevates?

When we are under stress for long enough other symptoms can arise such as eating or sleeping disturbances. The only problem with this is that changes in sleeping or eating patterns can also cause stress! What a vicious cycle.

Mild stress can be manifest as nothing more than irritation or snappishness. As stresses build, though, more serious symptoms can occur. If left unchecked, stress can lead to a heart attack, so we all need to do things to reduce the stress levels in our lives.

OK, so just what really causes stress? There are known factors which will cause elevated stress levels in our lives. A change in job or school can cause stress. Marriage or divorce can obviously cause stress, and of course, the death of a loved one would greatly increase anyone's stress level. Many other things, both large and small, can cause us to be under stress. They are too numerous to list here.

Now that we know what stress is, what it does, and just what causes it, what can we do about it? Everything! OK, almost everything. There are certain things which we might not be able to prevent, but if we reduce the other stresses in our lives, then we will be better able to deal with these unexpected occurrences.

First and foremost, quit PROCRASTINATING! It is statistically proven that we as a whole perform much better when we have sufficient time to finish a task. Not only do we get it done on time, but we also feel good about the ability to proof read our work. There is nothing wrong with taking a little pride in doing a good job. (Unless of course you happen to be a Vulcan who doesn't choose to feel emotion.)

Secondly, and something I currently struggle greatly with, allow extra time to be at an appointment. Leave early and enjoy the scenery. That way if something unforeseen crops up (like a traffic jam) you may still be on time.

Thirdly, be optimistic and count your blessings. If we always look at the world with a frown, it will rain on our parade. A famous philosopher once said that "you only see what you look for," if you expect the bad, it will happen. Quit it! It doesn't help, so be positive, even if it is only to say, "Well, it could be worse." At least that's a start. If it rains on your vacation, tell yourself that you are glad that you will have water to drink because of the rain. When my car was stolen, I learned to be grateful for the time to read on the bus. I know it can be hard to see the good in things, but give it a try. You will find your outlook improving on it's own.

Fourthly, don't be afraid to talk things out. We are not alone. If we were not meant to talk out our problems, we would not have mouths! Talk with your spouse or significant other. Talk with your friends. They want to help us, so let them. Sometimes we will find the solution to our own problems if we just verbalize them. You could even try talking to your reflection in the mirror. (But if you get a response, please contact Counselor Hollinger for an appointment.)

While we are on the subject of talking: eliminate destructive self talk. Quit telling yourself things like "I can't..." or "I don't deserve...". These will only lead to misery. That's a state we don't want to go to, or at least I don't. We really can do anything that we set our minds too, it may just take a little longer for some.

Guess what! We all need some time each day for ourselves. I know that with our busy schedules and families, it's hard to find that alone time, but we need to strive for some me time. Take turns getting away from the kids for fifteen minutes. Run to the store, but take a few minutes to breathe, away from our hectic lives. Take a long hot bath and read a book. Do something for yourself by yourself. It doesn't have to be long, just enough time to remind yourself of your own needs too.

While you are at it, remember to do something each day that you thoroughly enjoy! Whatever it is, have some pleasure. Read a book, fly a kite, or eat that triple-decker ice cream cone. (Forget about counting calories once in a while.) I remember one time a friend of mine was having a very stressful time in college. Another friend of mine and I went to her school and kidnapped her for an evening. We just went and did something fun and wouldn't even discuss school. After we took her home a few hours later, school didn't seem so bad.

When faced with an unpleasant task, do it first. I can't stand anything to do with eating fish. I've never liked it and probably never will. One night when I was growing up, my mom made fish sticks, mashed potatoes, and lima beans. I like potatoes and lima beans, but not the fish. I ate everything but the fish sticks. Finally after sitting at the table by myself staring at those pesky fish sticks, mom came back in the room and told me to get it over with. Give myself a little bit more mashed potatoes and lima beans. Then eat the fish sticks first washing the taste out of my mouth with the foods I liked. Ever since then, I've tried to look at unpleasantness like the fish sticks. Eat it first and wash it down with what I like. If you get an unpleasant task out of the way first, you don't have to agonize over it any longer.

Always remember the KISS principle. Keep It Simple Silly. If you always take the hard way with a task, you are being silly. There is rarely a reason to struggle over a task, if there is an easier method. Remember to simplify where advisable.

Lastly, but certainly not least, get enough sleep. We all have different internal clocks. Most of us need around eight hours of sleep in a twenty-four hour period. Some of us need ten and some of us only need six to function at our best. (We also have our own prime sleep schedules, but that's a subject for an article of it's own.) Find out how much sleep you need and try to schedule that amount of time for yourself. If you have to set an alarm clock to remind yourself to go to bed, give it a try. We all know that if we don't get enough sleep we are tired and cranky, but we are also tired and cranky if we get too much sleep! We also need to strive to keep a consistent time for waking up. I know that if I let myself sleep in too long, I have a difficult time falling asleep the following night.

Now that we know all about stress, we will live happy healthy lives, right? I won't be seeing any of you in sickbay, right? Right? Well, at least we know what to expect and a few techniques for dealing with stress. Let's go and have happy, healthy lives.

Keep on Trekkin'. - Lt. (j.g.) Akiela Xal (AKA Stephanie Thalmann)



T.F.K.K.R.

THE 7TH FLEET OLYMPICS

Saturday August 12, 2000 at the park adjacent to the Weber County Library--Ogden Ut

Registration: 9:00 AM

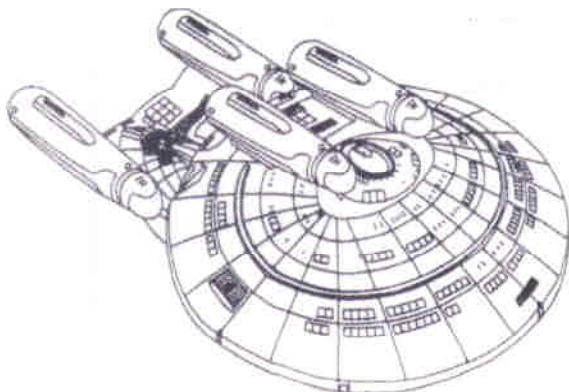
Games Begin 10:00 AM

Following the Closing Ceremonies there will be a bring your own meat BBQ.

U.S.S. KELLY CODES OF CONDUCT

EVERYONE

- I will offer to pay for gas when given a ride by another member.
- I will not bring drugs, alcohol, tobacco, or bad language to activities.
- I will not come to activities if I am sick.
- I will clean up after myself, and help clean up at activities.
- I will avoid reckless horseplay.
- I will leave prejudices, rumors, gossip, and backbiting outside all Kelly activities.
- I will not be involved in loud or abusive arguments. If possible I will defuse confrontations.
- I will not cheat or take advantage of a fellow crewmember.
- I will take complaints about ship or crew to my Department Chief or the Command Staff.
- I will use common courtesy and treat everyone on board like family!



SENIOR OFFICERS

1. I will be a shepherd not a sheepherder (I will lead by example).
2. I will scrupulously follow the club's general Code of Conduct.
3. I will attend all the club functions my schedule permits.
4. I will arrive on time to all club functions as my schedule permits.
5. I will inform the Captain or Executive Officer as soon as possible if I will be late to or absent from any club function.
6. When unable to attend SOM I will send a fully briefed representative (this can be another member of the Sr. Staff), or a written report. Failure to do so WILL result in demerits!
7. I am my department members' interface and advocate with the Command Staff. I will have a monthly contact with my department members - preferably in person or by phone. I will collect and turn in their PMP sheets promptly.
8. I will not ask any member of my department to do something I am not willing to do myself.
9. I will ask the Command Staff for help when I feel overwhelmed.
10. I will have fun

QUOTE OF THE MONTH

"Has anyone ever told you you're a freakasaurus?"

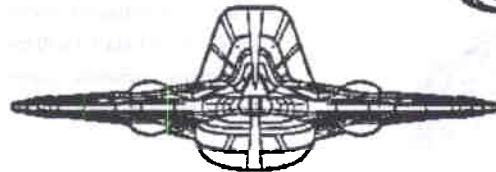
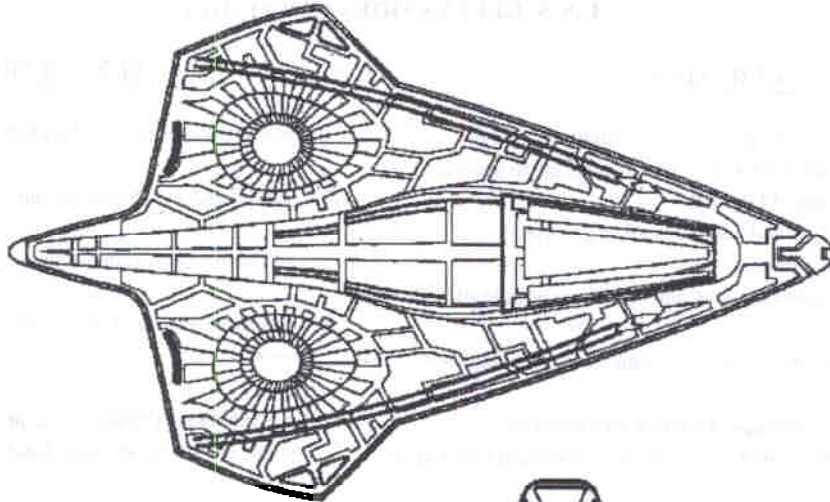
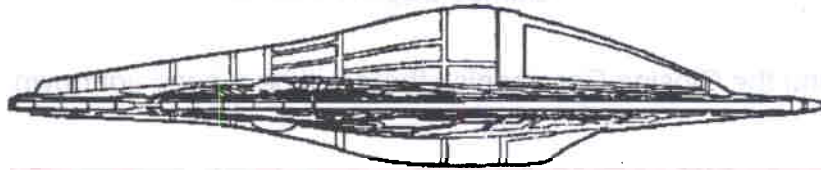
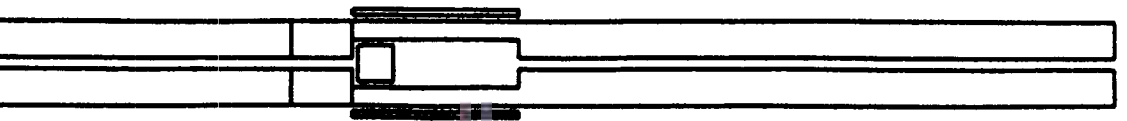
TOM PARIS to TUVOK



AEON

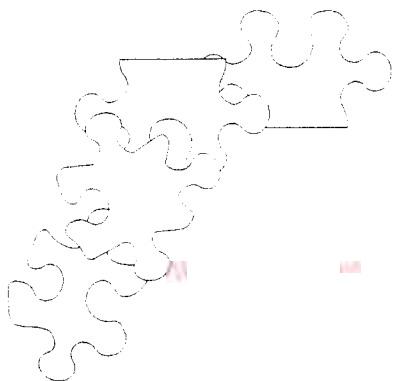
AEON. FEDERATION TIMESHIP FROM THE 29TH CENTURY, COMMANDED BY CAPTAIN BRAXTON. THE AEON MADE A FORCED LANDING ON EARTH IN THE YEAR 1967, WHERE IT WAS CAPTURED BY EARTH NATIVE HENRY STARLING, AND BECAME A SOURCE OF SIGNIFICANT TIMELINE CONTAMINATION. THE AEON WAS EQUIPPED WITH SUBATOMIC DISRUPTOR WEAPONS. "FUTURE'S END, PARTS I & II"

LCARS
DE HQL



STARBOARD ELEVATION
DORSAL PLAN VIEW
FRONT/AFT ELEVATION

FEDERATION TIMESHIP



SCRAMBLED

See if you can figure out the Voyager episode titles scrambled below.

1) honumagnithn _____

2) poisoncr _____

3) cuteehht _____

4) servemuna _____

5) otatot _____

6) soarmiretfc _____

7) eaxihstc _____

8) sorehdmsednanoe _____

9) otsxfceotap _____

10) kniatkht _____

11) cursebolifono _____

12) attgessmeanoelib _____

13) yolehrfea _____

14) dicelapsd _____

15) stonmekaimgwn _____

16) slomtailro _____

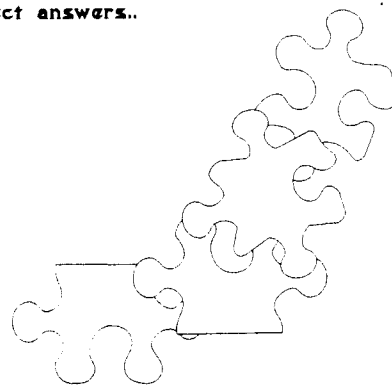
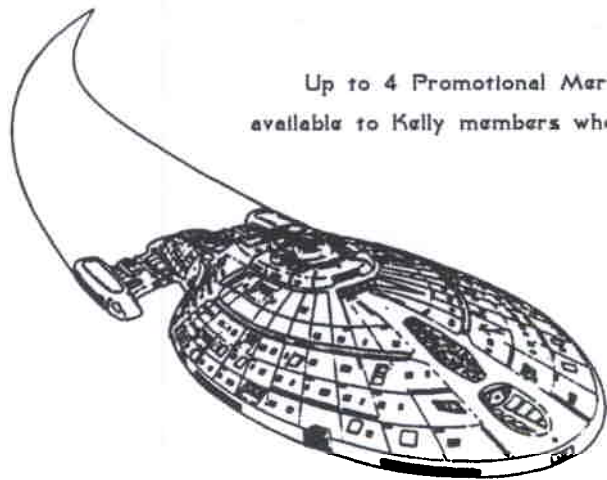
17) clecnitighfrong _____

18) trelje _____

19) qtraygehtednhe _____

20) dnatorstigini _____

Up to 4 Promotional Merit Points (PMP's) in the Knowledge category are available to Kelly members who turn in their puzzles with correct answers..



Birthdays

JULY

- 1 Jenny Hansen
Mary Lou Page
- 17 Donna Yates
- 21 Mark Mahoney
- 23 Annette Wentz
- 28 Stephanie Thalmann
- 29 Rachel Nation
- 30 Jeremy Rouviere

AUGUST

- 1 Laura Owen
- 6 Connie Hallett
- 8 Dineh Torres
- 10 Jay Wilkinson
- 13 Carol Mahoney
- 21 Cindy Henline
Carl Stark
- 24 Don Hallett
- 28 Anne Lisa Ledru
- 31 Dave Powell

SEPTEMBER

- 05 Amber Hollinger
- 06 Krystal Fisher
- 08 Brandon Holfeltz
- 10 James Yates
- 26 Richard Henline
- 28 Elaine Lamour



The Kelly Communique welcomes articles from all crewmembers. Submissions for the Fall 2000 Issue of the Communique are due September 1st. NO EXCEPTIONS

IMPORTANT DATES:

- | | |
|-----------|---|
| Jul 04 | Independance Day |
| Jul 10 | Heinlein Blood Drive |
| Jul 13 | Patrick Stewart's Birthday |
| Jul 24 | Pioneer Day |
| Jul 26 | Nana Visitor's Birthday |
| Jul 28 | Will Wheaton's Birthday |
| Aug 07 | Cirroc Lofton's Birthday |
| Aug 12 | Jane Wyatt's Birthday |
| Aug 17 | Do Something Nice Just Because Day |
| Aug 18 | Gene Roddenberry's Birthday Jonathan Frakes' Birthday Diana Mudaur's Birthday |
| Aug 24 | Jennifer Lein's Birthday |
| Aug 28 | Gates McFadden's Birthday |
| Sep 01 | U.S.S. Kelly 14th Anniversary |
| Sep 04 | Labor Day |
| Sep 08 | Star Trek Anniversary |
| Sep 11 | Roxanne Dawson's Birthday |
| Sep 14 | Walter Koenig's Birthday |
| Sep 22-24 | Star Con (Denver) |

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