



# *The RAINBOW CONNECTION*

The Official Monthly Newsletter of the USS Heimdal, NCC 1793  
Based (Space docked?) in Madison Heights, Virginia

**STARFLEET'S CHAPTER OF THE YEAR  
2008 & 2012**

The **NEW YEAR'S 2025 ISSUE**, January 2025

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*Happy New Year!!!*



## **FROM THE COMMANDING OFFICER**

**Admiral Linda Smith - Starfleet 2025 SFDPP Certified**

**HAPPY NEW YEAR ... 2025 !!!** 2024 was a very fast year and not always the best so I'm hoping for a better year ahead. For me 2024 had a lot of illness and unexpected things that are best seen now in the rearview mirror. My birthday was December 31 and I am ALWAYS happy to have another one.

Regardless of what is happening around us in the galaxy, the Heimdal has a lot of fun things planned for this new year, starting with the January meeting. Check the Heimdal's website for a full list of what's coming up each month and mark your calendars so you don't miss the things you really want to be a part of.

Willy and I have already started off this year by recertifying our SFDPP credentials, which assures that the Heimdal won't be put in 'drydock' for non-compliance. I never like taking tests but took it on January 1 to get it behind me and off my shoulders. Things like that are so easy to put off until the last minute and I wanted to avoid that.

Tighten your starship seat belts and prepare for our launch into the new year.

**"Mr. Millner ... prepare to go to WARP 2025."**

**HOLD ONTO SOMETHING ....**



## FROM THE OFFICE OF THE EXECUTIVE OFFICER

XO, Chief Science Officer, Adm. Willy Smith – Starfleet 2025 SFDPP Certified

It seems like we are always “gearing up” for something and usually it involves a calendar or specific date. Last month I was gearing up for Christmas and you would not believe how one incident can throw things off kilter. Most of you have heard about my fall in the attic, so I won’t go over that (or the 22 stitches afterwards. Only 12 but 22 makes a better story). But consider how far behind it threw me getting the fake tree up and the other decorations. Yeah, I felt like we were the only people on the block without the Christmas spirit. PLUS, the Amherst parade was coming up and I had to heal ‘cuz I was the star of our float (my costume rather).

Then I got a look at the things that Linda had in front of her dealing with the Heimdal and our annual charities we sponsor. I don’t know... I guess I figured the bank took care of all that for us or something. Linda must contact them first and receive a reply before doling out the checks and all of that takes time and organizational skills. One of our long-time charities didn’t reply for some reason so we didn’t send them the donation we had budgeted for them and that is *still* a mystery. Oh... so while I was internally whining about going back up in the land where I almost lost a foot, seeing all Linda was going thru gave me the kick in the butt to get back up there and in 2 days we had this place looking Christmassy. The gash was healing and I started A.M. walking again and I was a Yeti in a cage of which I’m sure young kids were told how some Trekkies found this beast and taught it how to sing ... even called him Elvis.

What I HAD NOT been gearing up for was the Starfleet Data Privacy annual update review we have to complete because we handle your private information. Such things as a birthdate and your email must not be shared because people could use the information for their own gain. Plus, any department head that may have to step in and run the Heimdal needs to be aware of the laws. Once you do it it’s really common sense and we really appreciate the help. You never know....

So, what could we be possibly “gearing up” for next (you’re asking yourself)? Ahhh, another year together as friends, some close by, some far away and one who is watching Jeopardy daily. Not far in the distant future there be tales of a movie and chili bean night (where the skies glow for days in Madison Heights due to a thick layer of, well, gas).

Christmas is behind us – decorations should be down at this point. I guess I’m “gearing up” for the new year and our next event. See you next month.



## FROM THE DESK OF THE SECOND OFFICER

RAdm. Carl Davis, Second Officer, Chief of Security - Starfleet SFDPP 2024 Certified



As I write this it is only a day away from the start of a brand new, never before used 2025. This year has certainly been one of the most fast passing years I’ve seen but that seems to be the new normal. Many people say it only seems faster because of the aging process but I choose to differ with them. I would challenge the Science and Engineering departments to develop a way to measure time accounting for all the variables that can affect linear time and see if we aren’t experiencing accelerated time passage. Perhaps such technology already exists and I am just unaware of it.

The Heimdal did manage to find time to enter an award-winning float in the local Christmas Parade. Thanks to all who had a hand in making it so. In reviewing the video of the parade, I believe it was obvious that we DID have the best theme interpretation. For a low budget entry, ours was pleasing to the sight and gave onlookers a thrill as we passed by.

At the start of the parade one of the starting officials complimented me as the driver by saying, *“You know how to be in a parade, your number is in the right place, you’re the proper distance from the float in front and your speed is just right.”* *“Just doing my job,”* I replied. *“Merry Christmas!”*

It was surprising to see how many entries didn’t pay any attention to the list of rules that we were provided with. It looked like most didn’t have their entry numbers displayed and failed to grasp the concept of not throwing candy to the spectators.

Bonnie, Linda and Willy spread good cheer from one end of the route to the other and gave a good performance when we stopped at the judges stand and Bonnie introduced Duane Yeti and his rendition of Jingle Bells.

Winning the award was especially meaningful this year as there was so much competition. Some years we have won but there were less entries. This year there were more than 80 spots filled in the parade and our unit was in number 45 slot. It was a good night to live.



## MEETINGS AND COMMITMENTS

### JANUARY MEETING

The January meeting will be January 18 starting at 6:30 p.m. at the Madison Heights Library and on ZOOM. It will be our Annual Chili Fest' and Movie Night, which is always a winner. Linda, Tammy and Glenda will be making a pot of chili each and everyone else should bring stuff you like WITH chili ... oyster crackers, cheese, sour cream – whatever YOU like, we probably will, too. Bud will be making his FAMOUS cornbread. We also need drinks & desserts.

**PLEASE NOTE – VERY IMPORTANT** – everyone is responsible for bringing their own GasX and BeanO. In the past, astronauts on the ISS have marveled that they could see a gaseous green cloud hovering over a library in Virginia. Rather than cause an international incident, it's just best to invest a dollar or two in those gas-preventing over-the-counter miracle remedies. It also saves the plumbing in the library and the county of Amherst does NOT have specific funds allotted for gas masks for all residents within a 20-mile radius of the library ... AND the ISS.

We encourage our ZOOM people to bring a bowl of chili and pull up a chair and join us for dinner.

Carl is planning the movie ... or perhaps small 'short subjects.' We'll all just have to wait and be surprised.

Darrell Millner will be our ZOOM Coordinator for the evening and here are the coordinates:



CO Linda Smith is inviting you to a scheduled Zoom meeting.

Topic: **Heimdal SD202501 Zoom**

Saturday Jan 18, 2025 06:30 PM Eastern Time (U.S.A. and Canada)

<https://us02web.zoom.us/j/83257458317?pwd=8WVP4VHuE3S6DEm1trVOAIL1ZraoF3.1>

**Meeting ID:** 832 5745 8317 **Passcode:** anewyear

**In case of winter weather, please check Heimdal email for postponement information**

**NOTE ABOUT THE PICTURE:** Larry Rowland was a Heimdal member for a number of years until 2021 when he didn't renew his membership. This fantastic photo of him at our 2015 Chili Fest' is just so wonderful and will forever be his legacy.

### DECEMBER MEETING / PARTY

Yeti's, Sweaters and Awards ... Oh My! (George Takei voice)

December 2024 Chapter Meeting of the USS Heimdal

*By Commander William M. Walker, Jr. - Operations*



The Heimdal crew gathered at the Madison Heights Public Library (part of Amherst County Public Library system) and online via Zoom on December 21, 2024, for the monthly chapter meeting.

Prior to conducting the monthly meeting, the crew enjoyed a sit-down Christmas dinner, with the Heimdal furnishing a meat platter and everyone else bringing side dishes and desserts.

Admiral Linda Smith called the meeting to order and announced that the Heimdal's float for the Amherst Christmas Parade won the Grand Champion Award for "Best Use of the Parade Theme (Christmas at the Zoo)."

Admiral Smith noted that this was the 31<sup>st</sup> parade that the chapter has participated in and the fourth time that an award was won.

Admiral Linda Smith made a series of announcements.

- The January meeting will be the Chili and Movie night event. Rear Admiral Carl Davis will decide which movie will be shown.





- Recertification for SFDPP will be next month. Admiral Smith urged all Department Heads to recertify, if they are able.
- The “Friends of Library” with the Amherst Public Library would like to do a program with the Heimdal next Spring.
- Admiral Smith will

begin accepting payments for the Anniversary Party in January.

Admiral Linda Smith led a discussion regarding the Region One Award process. It seems the Heimdal, considering the huge number of things we do in the community, has been consistently overlooked for the past several years for unknown reasons. After a short discussion about time involved to write submissions, there was a consensus to skip submitting nominations in the upcoming process.

Admiral Linda Smith presented CORA (Commanding Officer’s Recognition Awards) certificates to crewmembers, with every member receiving an award. Special awards included the following:

- **Willy Smith - Executive Officer of the Year**
- **Carl Davis – Second Officer of the Year**
- **Darrell Millner – Department Chief of the Year**
- **Bud Walker – Crewmember of the Year**
- **Engineering – Department of the Year**

There was an Ugly Christmas Sweater contest held during the meeting. PO3 Joe Arnold won the contest with his lit-up sweater and hat.

Following the contest, the crew participated in a process called “Dirty Santa,” with the exact rules and procedures being too intricate and convoluted for any description in this article to adequately explain them. Essentially this is similar to a “Secret Santa” event, but with the participants stealing presents from each other. Obviously, this is a Ferengi tradition.

Admiral Linda Smith adjourned the meeting.



### ANNIVERSARY PARTY

Heimdal’s 41<sup>st</sup> Anniversary party will be April 12 at the Lynchburg Grand Hotel. The theme is *Heroes and Villains*. The price of the meal per person is \$32.00. I will start taking payment for meals at the January meeting but the deadline for getting money to me will be April 1. It’s just nice to get it taken care of early. Checks or money orders should be made payable to Linda Smith and NOT Heimdal.

It’s going to be fun and the costume possibilities are endless.



### HEIMDAL PEOPLE

#### CONGRATULATIONS TO ZAK!

Let It Be Known ...

By Darrell Millner, CEO

The USS Heimdal Department of Engineering is honored to revive an important tradition and it is with great pleasure that we recognized a key member of the crew. CMDR Zak Lyon has been selected and recognized as the **2024 Heimdal Engineer of the Year**. With his epic energy, storytelling, determination, SFA exploits, and inspiration he reminds us all daily to put a little Star Trek in our day and continues to raise the standard for Engineering.

So, if you see him in the mess hall; raise a glass, offer a scone, give a cheer to an incredible STARFLEET Engineer.



## STARFLEET ACADEMY GRADUATES – CONGRATULATIONS!



**Linda Smith**  
Starfleet's Privacy Policy, SFDPP Recertification 2025  
- HONORS – January 1, 2025



**Willy Smith**  
Starfleet's Privacy Policy, SFDPP Recertification 2025  
- DISTINCTION– January 4, 2025



**Millner, Darrell**  
Millner, Darrell ( 5 Courses, 1 Award )  
SFA Awards  
Awarded for **Boothby 0400** - Zirconium (400) on Dec 17, 2024  
**IOSTS - College of Treknology (IOSF:COT)**  
HONORS for ENT-102 - Main Characters on Dec 12, 2024  
**IOSC - College of Oceanography COCN**  
DISTINCTION for COCN-101 Intro to Oceanography on Dec 15, 2024  
**IOSC - College of Physics (IOSC:CPHYS)**

HONORS for CP 101 Introduction to Physics Part 1 on Dec 15, 2024

**IOMA - College of Emergency Technology Equipment**

DISTINCTION for CETE 102 - THE DEFIBRILLATOR PART 2 on Dec 26, 2024

DISTINCTION for CETE 103 – Oxygen Treatment Equipment – Part 1 on Dec 26, 2024

### ROBIN HUDSON IS SOLOIST IN CHRISTMAS CANTATA

By Robin Hudson

This is the roving reporter reporting for December.

Robin Hudson did a solo with the Saint Andrews choir at the Christmas cantata. She volunteered for a solo part, which she got to sing December 15<sup>th</sup>. There is a video on YouTube with St. Andrew's Presbyterian Church. Just look it up - the service from December 15th. She sang like one of God's angels.

All the soloists wore mics. One of their ministers even sang one of the solos. His name is Dave Roberts. Look it up - the video having to do with St. Andrews Presbyterian Church in Lynchburg, Virginia on YouTube .

Now look it up at <https://youtu.be/owNPTJLXpIU>



Robin

### RENEWALS

A special **THANK YOU** to Niki Kessler, Leslie Miller, Janice Lawson, Nikki Cole and Larry & Kathy Whately for renewing and staying with our Heimdal “family” for another amazing year.

Our Membership Coordinator (one of the many hats he wears), Willy Smith sends out email reminders to everyone a month in advance of your renewal date. THANK YOU, Willy! And he will renew for you with the Heimdal's PayPal account and you can pay us back if you'd rather do it that way. To pay the Heimdal back if we renew for you, please make your check out to Linda Smith and she will deposit it into the Heimdal's account. We ask that you reimburse the Heimdal within in 60 days following your renewal.

Remember the increase in membership rates. Increase amounts are on the Heimdal website. **You may also renew for multiple years with Starfleet ... not just a year at the time.**



**XXX PLEASE NOTE: When Willy sends you your renewal reminder, he includes in that email your SCC number and expiration date.**

Remember, Starfleet suggests you renew a month before your expiration date so you won't risk being removed from the Heimdal's roster, which happens at the stroke of midnight on your expiration date if you haven't renewed.

**Those needing to renew are**

**February – NO RENEWALS IN FEBRUARY**

**March – Kenny Proehl & Chris Thompson – March 4**

**Cathy Fletcher – March 5**

**Jonathan, Karen & Allen Hatter - March 7**

**Jennifer & Jim Long, Darrell Spencer – March 21**

**Tammy White & Robin Hudson – March 23**

**Kristine Contreras – March 31**

**April – Paul Campbell – April 4**

**Gary Burley – April 16**

**Angie, Richard Arnold & Jonah Ryan – April 3**

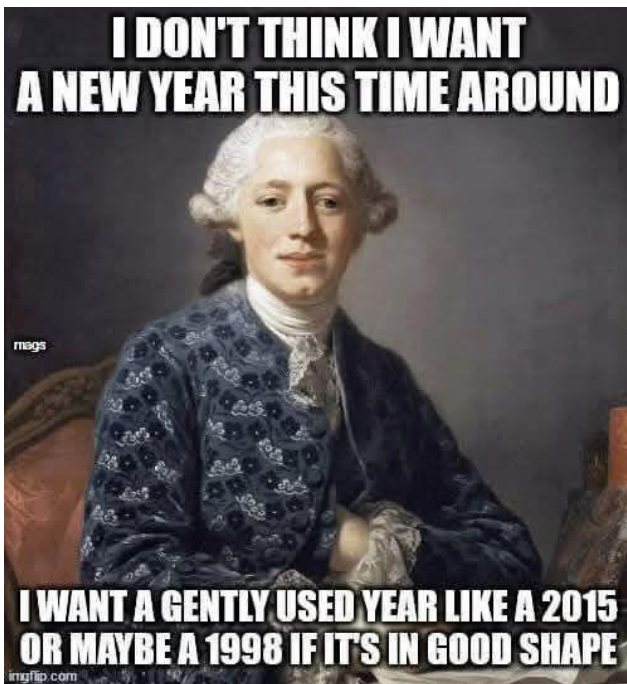
**Dee Stinson – April 3**

**Robert, Cindy & Kelsey Ward – April 18**

**Weston & Sarah Webb – April 18**



### JANUARY QUESTION OF THE MONTH



**WHAT DO YOU EXPECT 2025 TO BE LIKE? HOW WOULD YOU LIKE IT TO BE?**

**Carl Davis** - 2024 but perhaps a bit better now that we will have a different political situation.

**How would you LIKE it to be?** I would like it to be the year that the Lord calls His children home. I look forward to the rapture of the church and feel sorry for those who are left behind.

**Darrell Millner** - "I am remarkably hopeful for the possibilities of 2025 and the positive - though possibly turbulent - times ahead.

**What would I like?** Accountability, prosperity, joy, and good health"

**Willy Smith** - I try to remain optimistic and hope the 'elected' won't follow thru with things to hurt our country or to have revenge.

**What would I LIKE?** I'd like people to treat others as they would expect to be treated. Strive to be kind and helpful and have empathy for others.

**Linda Smith** – I really don't know what to expect. I imagine it will be chaotic .

**What would I like?** Praying for good health, happiness, less anger and hate, more acceptance of ALL people, honesty and minimal chaos. Peace and quiet.

### HEIMDAL STUFF

#### HEIMDAL MAKES ADDITIONAL DONATION TO THE FREE CLINIC

As most of you probably know, shortly after Christmas the Free Clinic of Central Virginia was one of 3 downtown Lynchburg buildings badly damaged by a fire. They are one of the non-profits the Heimdal donates to at Christmas and we had just sent them \$500.

Every year I contact our regular charities to make sure they are still operational. Lynchburg Social Services never returned my calls so we did not send them the \$250 we had budgeted for the Foster Children's Christmas Program. After learning about the fire and damage the Free Clinic sustained, Heimdal's Command Staff, Staff and I decided to make that donation to them for fire damage clean-up. They have been so appreciative. Even though our donation was small, every and any amount is a tremendous help.

There is a small staff at the Free Clinic with most of the physicians and some of the nurses volunteering their services. They also run primarily on donations. Currently the building is condemned while the damage is



accessed and the Free Clinic is attempting to find other locations to work from for continuation of care for those depending on their services. They don't see getting back to normal operations any earlier than February, if then.

For those interested in what services the Free Clinic offers, who they serve and how they are funded, visit their website at Free Clinic of Central Virginia and the Facebook page of the same name.

## ANNUAL HEIMDAL CORA AWARDS



Every year at the Christmas Party Linda gives out Annual CORA Awards (Commanding Officer's Recognition Awards) to the Heimdal crew. She includes the good and helping things each member does throughout the year and

recognizes everyone for their contributions.

Linda believes that EVERY Heimdal member is important to our chapter and thinks it's equally important that they know how much they are appreciated. There are also special awards every year and 2024 was no exception. Those special recognitions went to:

**Willy Smith – Executive Officer of the Year**

**Carl Davis – Second Officer of the Year**

**Darrell Millner – Department Chief of the Year**

**Bud Walker – Crewmember of the Year**

**Engineering Department – Department of the Year**

Congratulations to EVERY Heimdal member for being recognized with an award and THANK YOU for being the BEST CREW IN THE FLEET.

## HEIMDAL SAFE FROM DRYDOCK IN 2025!

### Linda and Willy are 2025 SFDPP Recertified

Starfleet's Privacy Policy certification and annual recertification is mandatory for all chapter COs and XOs. Those failing to keep up their certification will put their chapter in 'drydock' by Starfleet. Recertification begins on January 1 and ends January 31.

Because Starfleet is an international organization, we have to adhere to international privacy policy ... protecting individuals private data from theft or misuse. Starfleet's Data Protection Policy protects each of us from having any personal information misused or stolen. EVERY Starfleet member that handles private data of other members MUST be certified in this program. Linda and Willy are required to be certified because they have access to email addresses, physical addresses and other information for Heimdal members. Darrell is also SFDPP certified because he has that information for the members of his Engineering Department.

Failure of Linda and/or Willy to maintain their certification will temporarily remove the Heimdal from service and place them in 'drydock' until the CO and XO ARE certified.

Although taking the recertification exam annually is kind of a chore, it is a good program. Linda said, "*I hate taking tests so I try to get it over and done ASAP. It's too easy to put it off and I don't want it hanging over my head.*"

So, Linda and Willy are certified for 2025 and the Heimdal is SAFE for another year.



## RILEY'S RAMBLINGS

### I THINK THAT I SHALL NEVER SEE ...

By Richard Riley

*Hello everyone and Happy New Year!* So, it looks like we are in for our first winter weather event this Sunday and Monday. I would love to see some snow but this one looks like it will be more a slushy event. Whatever the weather may be let's all be safe on the roads!



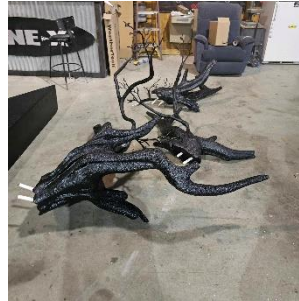


My latest piece is due to be delivered the 12th of this month but I am going to set it up outside and if we get any snow then take advantage of it with some photographs of my piece covered in it. It is not very often that I get the chance to take pics of my pieces covered in snow!

I was commissioned to build a tree but also a giant peach for the play *James and the Giant Peach*. As of this writing I do not have any final pictures of the peach yet however, I do have pictures of the tree and wanted to share them with you.

Apparently in the story the peach starts out growing from this dead tree and then eventually grows so large that James ends up living inside of it. I was very excited to create this piece. I have wanted to make a dead tree for years so now was my chance! The only criteria that I was given was it could be no taller than 9 feet tall due to size limitations of being stored in the wings of the stage during the production.

I started out using my CNC machine to cut the profile and the tree. I



had to cut this into multiple sections for ease of transport to South Carolina in a U-Haul and also to be able to get it through doorways at the theater.



After the profile cut was done, I was able to use my various hotwire tools to start carving the shape down to create a twisted gnarled up trunk with large knotted roots. I carved the limbs the same way and really wanted this tree to have a life to it and a lot of character as well. I knew I would have a problem making the small twig limbs at the end of the large limbs so my work around was to go to the craft store, Hobby Lobby and buy the fake plastic branches. These branches are quite durable, allow for bending and, after being coated with the rest of the tree, blend in quite well! The tree was sprayed with truck bed liner like I do most of

my creations which gives it a very durable finish. Finally came the paint work. I went with a lot

of greys and greens to give the tree a long dead look to it.

Another fun project to say the least! Next month will mark 10 years that I have been doing my art full time and will also mark 25 years that I have been doing my art when I started out part time back in 2000. I want to mark that event with more of a retrospective of some of my past works.

Until next time stay warm and safe this January!

### FROM OUR DEPARTMENTS





<<<SECURITY>>>

SECURITY REPORT: JANUARY 2025

By RAdm. Carl Davis, Chief of Security, Starfleet SFDPP Certified

2024 was a good year for our department. We may not have the largest number of members but we manage to do some good stuff. We held phaser sim practice the majority of the months of the year. It remains one of our regular planned activities and whether we have a few or several in attendance we have a good time.

Security also spearheaded the award-winning float entry in the Amherst town Christmas Parade. Many hours went into the preparation of the caged float that held a rare performing yeti. (No animals were harmed or injured in the making of the entry.)

With 2025 upon us I would remind the crew that there are still despicable individuals in the world who would prey on innocent folks with scams both simple and sophisticated. Last week I received a text from someone whose number I didn't recognize wanting to know how I was doing. I responded politely thinking it was someone I knew but just didn't recognize the number. After several exchanges of conversation, I asked who I was typing to. The name was not one I knew. I told her she had the wrong person and she apologized. Then proceeded to say I sounded like a nice person and perhaps we could continue our conversation anyway. I replied that I had to go and to have a Merry Christmas. Next day I had another text from a different number but also a wrong person. I chose to not respond. Perhaps it was a legitimate wrong person but it seemed unusual to get two in a row.

My advice is be careful of strangers and strange situations that present themselves. There are many new and improved scams out there and it might be worth your time to google "scams" and become acquainted with some of the latest. With AI growing it is now possible to be contacted by people you seem to know but they may be not as they seem. You don't want to be deceived by a Pakled.



<<<SCIENCE>>>

'PUNKINS' ... EXPAND YOUR KNOWLEDGE

Chief Science Officer, Adm. Willy Smith,  
SFDPP Certified

When I was a lad, I hung around some questionable guys, and now is the time to come clean. People decorated their house at Halloween with fresh pumpkins and those rascals I hung around with couldn't let a pumpkin survive after Halloween. I wake up sometimes from a pumpkin induced dream thinking they will have revenge. I apologize, but I thought it was fun. They talked me into believing that it was our DUTY to smash punkins. I didn't know people ate the seeds. Gross!

Where did those pumpkins come from? More than likely, they were grown in Illinois, which leads the nation by a wide margin in pumpkin production. In fact, nearly 40 percent of the pumpkins produced in the United States come from Illinois. We kept them in business!

Illinois produced over 650 million pounds of pumpkins in 2021, more than the next five top states combined. Indiana was the second-largest pumpkin producing state with 181 million pounds. Illinois is home to well-draining soil and hot, dry weather, and those are ripe conditions for pumpkin production.

Illinois is home to two large pumpkin processing plants. The biggest is Nestle Libby in Morton, the town dubbed as the Pumpkin Capital of the World. This plant produces over 85 percent of the canned pumpkins sold in the U.S. Also, Seneca Foods has a processing plant in Princeville. The top pumpkin producing counties are Tazewell, Kankakee, Mason, Logan, Will, Marshall, Kane, Pike, Carroll and Woodford.

Illinois produces plenty of the jack-o-lantern pumpkins, but it also is known for the smaller, sweet variety of pumpkins known as sugar pumpkins. These are traditionally used for pies. Nearly 18,000 acres of pumpkins were planted in Illinois in 2021, with 97 percent of those going to processing plants.

Jack-o-lantern pumpkins can be eaten, but they are also ornamental pumpkins that possess decorative appeal. They exhibit bright orange, smooth flesh with heavy handles. Some Illinois farms sell decorative pumpkins wholesale to major retailers, and many growers invite customers to their farms to pick in-person.

Processing pumpkins are bred and selected to be canned. They have pale flesh, meatier insides and a



more palatable flavor. The production of these pumpkins continues to increase with the growing public demand for pumpkin-flavored products. That demand is projected to continue growing at over a six percent rate per year for the next five years.

The world's largest pumpkin was grown in Italy in 2021, and it weighed in at 2,702 pounds. The largest recorded pumpkin in Illinois was grown by Gene McMullen in 2015, and it weighed in at 2,145.5 pounds. The winner in the 2022 contest in Illinois was Joe Adkins, and his pumpkin weighed 1,760 pounds.

Pumpkins take about 120 days to grow from planting to harvest. Libby's and Seneca Foods contract with farmers in their regions to grow processing pumpkins. Typically, farmers plant seeds for processing pumpkins in April and May for a harvest that starts in late July and lasts through November. Farmers typically plant ornamental pumpkins in May and June for a harvest closer to the beginning of fall. The sprawling plants grow and cover fields with vines up to 30 feet

## <<<ENGINEERING>>>



### ENGINEERING UPDATE FCAPT Darrell Millner, Chief Engineering Officer R1 RDC ENG., Starfleet SFDPP Certified, SFA RED Squad Monthly ENG/OPS Report - SD: 202501

As the legendary Montgomery Scott famously stated *"The more they overthink the plumbing, the easier it is to stop up the drain."* Well, the more this Chief Engineer overthinks things, the slower the process goes. Jan 2025 is the official relaunch of our departmental newsletter "The Engineering Link" after a five-month hiatus, hopefully it will be off the presses before the RainCon, but we will see.

December was a standard month for the Heimdal's Engineering Team. Our monthly departmental zoom was power-packed and we have excitement and a game plan for 2025. We were also glad to provide support and energy for the Heimdal's monthly Zoom, the Interdepartmental Role Play, and completed several STARFLEET Academy courses and one Award.

Speaking of Awards, it is with great pleasure that we recognized CMDR Zak Lyon as the 2024 Heimdal Engineer of the Year. He continues to raise the bar and inspire all those he comes in contact with and through his support of Engineering and the Heimdal. As a department we were also very honored to be recognized as the "USS Heimdal Department of the Year" and this Chief couldn't be prouder of his team.

In the realm of Star Trek, having been a strong supporter and admirer of Star Trek : The Next Generation, its revival of the franchise, the years of enjoyment, the technical and support material, I have to face the fact that it has given me great joy over the years. However, here recently I have been paying more attention to Star Trek: Strange New Worlds. In my opinion the writing, storylines, visual effects, and character development have been spectacular. Episodes like 'S2 E8 Under the Cloak of War', 'S2 E3 Tomorrow and Tomorrow and Tomorrow', 'S2 E7 Those Old Scientist' and the Star Trek: Short Treks : 'S2 E1 Q & A', and 'S2 E3 Ask Not' all leave me rewatching and wanting more. It may very well be my favorite series... time will tell.

Remember, stay 'HEIMDAL STRONG'– Millner Out



## <<<MEDICAL>>>



### MEDICAL MINUTE: Your Winter CAN be Fun By Tammy White, Chief Medical Officer – January 2025

It appears that cold weather is upon on us again and along with it comes a variety of problems that can occur. If you follow this advice from AAA along with other resources your winter can be fun. Some of these may not apply to you but they are good to keep in mind.

I found out there are ways to walk on snow and ice that will reduce your chances of falling and avoiding serious injuries. These recommendations are from the AAA

- Take short steps or shuffle for stability.
- Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Keep your hands out of your pockets.
- Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip and shoulder. Avoid using outstretched arms to brace yourself.
- Bend your back and head forward to avoid hitting your head against the ground.

Their tips for driving in cold weather include:

- Keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a glass scraper, blankets, medications, and more.



- Make certain your tires are properly inflated and have plenty of tread.
- Keep at least half a tank of fuel in your vehicle at all times.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Do not use cruise control when driving on any slippery surface, such as on ice and snow.

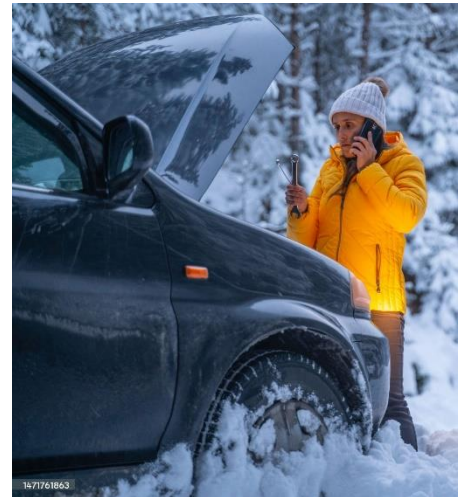
### Tips for Driving in the Snow

- **Stay home.** Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.
- **Drive slowly.** Always adjust your speed down to account for lower traction when driving on snow or ice.
- **Accelerate and decelerate slowly.** Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. **Remember:** It takes longer to slow down on icy roads.
- **Increase your following distance** to five to six seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- **Know your brakes.** Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- **Don't stop if you can avoid it.** There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- **Don't power up hills.** Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.

**Don't stop going up a hill.** There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway

### Tips for Long-Distance Winter Trips

- **Be Prepared:** Have your vehicle checked by a AAA Approved Auto Repair facility before hitting the road.
- **Check the Weather:** Check the weather along your route and when possible, delay your trip if bad weather is expected.
- **Stay Connected:** Before hitting the road, notify others and let them know your route, destination and estimated time of arrival.
- If you get stuck in the snow:
  - **Stay with your vehicle:** Your vehicle provides temporary shelter and makes it easier for rescuers to locate you. Do not try to walk in a severe storm. It is easy to lose sight of your vehicle in blowing snow and become lost.
  - **Don't over exert yourself:** When digging out your vehicle, listen to your body and stop if you become tired.
  - **Be Visible:** Tie a brightly colored cloth to the antenna of your vehicle or place a cloth at the top of a rolled-up window to signal distress. At night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.
  - **Clear the Exhaust Pipe:** Make sure the exhaust pipe is not clogged with snow, ice or mud. A blocked exhaust pipe can cause deadly carbon monoxide gas to leak into the passenger compartment of the vehicle while the engine is running.
  - **Stay Warm:** Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps. Pre-pack blankets and heavy clothing to use in case of an emergency.
  - **Conserve Fuel:** If possible, only run the engine and heater long enough to remove the chill. This will help to conserve fuel.



I found a list of 15 items you should keep in your car in the winter months. You may never need them, and I hope you don't but same as the tips above, they are good things to keep in mind.

### **15 things to keep in your car**

- |                                |   |
|--------------------------------|---|
| Ice scraper & snow brush       | Small shovel to clear a path                                      |
| Gloves & winter clothing       | Blanket   |
| Emergency flares or reflectors | Rock salt, sand or kitty litter                                   |
| First aid kit                  | Extra windshield washer fluid-can use it to clear your windshield |
| Flashlight                     | Rope or chain   |
| Jumper cables                  | Small tool kit  |

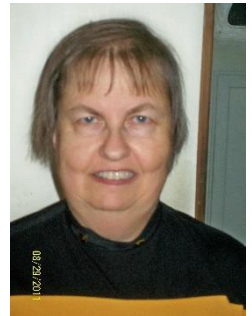


Sunglasses- these will help reduce the glare from the snow  
Cell phone charger- A pre-charged power pack is good idea  
Water & non-perishable snacks

<<<<COMMUNICATIONS>>>>



**COMMUNICATIONS REPORT: MISCOMMUNICATION**  
**By Vice Admiral Glenda Blanks, Communications Chief**  
**Starfleet SFDPP 2024 Certified**



Sometimes communication can be **miscommunication**. I'll give you an example:  
Wally Roach was a friend of the Heimdal from way back. He would let Linda and me go on his show to advertise the auction before Linda got a show of her own. And he would donate things to the auction from his store.

Wally died suddenly last June. I wanted to find out what happened to him so I messaged his wife on Facebook. I asked his wife "**What happened to Wally?**" Her response was "**He died.**" Now I already knew that. I was looking for more information, like how he died. I felt that I was being clear; apparently not. So how should I have worded my question? **Send me an email or we'll talk at the January meeting.**

**REGION ONE STUFF**

**Follow the Region One Summit Facebook Page for the latest information on the 2025 Region Summit to be held in Gatlinburg TN on May 2-4**



Get ready for a whole new experience at the 2025 Region One Summit! We're bringing you an exciting weekend filled with fresh ideas and new adventures, all at a brand-new hotel venue. We're also pleased to offer transportation to and from McGhee Tyson Airport in Knoxville, TN, for those flying in.

The Summit's Banquet and Dance will take place at a separate venue, with convenient shuttle service to and from the event. The Banquet will have a relaxed, fun vibe and will be held at a nearby sports bar, just a short trip from the hotel. Dress comfortably, as your attire will carry you straight into the Dance that follows the Banquet. Don't miss out—register today ( <https://r1.sfi.org/2025-registration/> ) for an unforgettable weekend!

\$40.00 per STARFLEET member until January 31, 2025 (Non-members and attendees under 17 can join us free of charge.)

Note: This fee covers registration only and does not include accommodations or food/drinks.

**PETFLEET**

**HOW TO PREPARE YOUR NEW PET FOR WINTER**  
**Tips for Cold Weather Care**

**The Spokesman-Review - Sat., Jan. 4, 2025**

Baby, it's cold outside!

Did you get the gift of a new furry friend for the holidays? Or maybe you made a resolution to adopt an animal from a shelter in 2025? Then congratulations! The new year is a perfect time to bring more of everything a pet can



offer into your life. Even though it can make your life crazier sometimes, pet ownership can be enjoyable and rewarding.

[Last month's newsletter](#) offered great tips on how to make sure your home, family, and budget is ready for the new



arrival and what to expect, whether you're new to pet ownership or have been opening your home to various critters for years.

A good first step is to make sure they're ready for the winter, inside and outside.

As of late December, we've had less snow but more rain in the Inland Northwest. So, pet owners are generally less concerned about slipping on the ice and more about more muddy pawprints on the floor.

But you should still be concerned about exposure since even though there isn't snow, the temperature is still usually at or near freezing.

In climates like ours, veterinarians suggest limiting outdoor activity for most dogs to around 10-15 minutes at a time. Owners should also watch them carefully for signs of trouble, such as shivering, whining, fatigue, and confusion. Like humans, dogs can suffer from hypothermia or frostbite if they're outside too long, especially lower-weight dogs.

Even an outside uninsulated doghouse may not offer much shelter – pet health experts don't recommend them being outside more than four consecutive hours in below 45-degree weather.

There's definitely an asterisk for some breeds of dogs who are more comfortable being outside in the winter such as huskies. While dogs with thinner fur may zip back inside to their warm bed after a quick trip outside, other furrer dogs may enjoy sitting outside in the cold and wind and even snowdrifts. They're usually OK staying out a little longer but definitely monitor. It's a fair trade, since they're usually the first ones seeking shade or AC in the summer while the short-hair dogs like to linger to soak up sunlight.

Sweaters or raincoats are recommended for smaller, shorter-hair dogs which can keep them warm and dry. Booties can keep their paws dry and reduce the risk of frostbite or damage from ice. Snow and ice can also dry paws and cause cracking and chapping. Paws can also absorb snow-melting chemicals. To reduce chapping and keep paws moist, some suggest applying Vaseline, although try to avoid them licking it off.

Inside suggestions for winter are easier: a comfy rug, bed, or couch may be all they need to stay toasty. If your dog lives in a crate, consider extra bedding or another blanket on top when it gets cold.

Your veterinarian can provide other advice and suggestions about proper winter attire or how well your dog may tolerate winter conditions.

## STAR TREK STUFF

### SECTION 31

Reported by Glenda Blanks, Star Trek Editor

Star Trek: Section 31 finds Emperor Georgiou living under an alias on the outskirts of the United Federation of Planets when she's pulled into a mission by Starfleet's shadowy black ops agency.

Georgiou will confront her own past as well as the sins of Section 31.

Star Trek: Section 31 was originally meant to be a TV series, but the COVID-19 pandemic and Michelle Yeoh's Oscar win shifted the project into a streaming film. Star Trek: Section 31's potential success could open the door to sequels and more made-for-streaming films about other Star Trek characters.



## INTERDEPARTMENTAL ROLE PLAY

### Act II, Chapter 26: A Matter of Constitution

By Kathy Whately, Darrell Millner, Zak Lyon and Jody Lyon

Commander Whately stared at the banner, studied it carefully, and blanched. She whispered quietly, yet urgently, *"Guys, guys, look at this!!!"* Captain Millner and Lt Lyon had made their way toward the exit of the mess hall but stopped in their tracks when they heard Kathy's voice. Zak was still at Kathy's side, his hand on her shoulder. A hideous banner loomed over the room. Banner Captain Whately victorious standing over the corpses of the pious monks of P'Jem.

Kathy looked away from the visage of the Captain of the ISS Garmr, grabbed Zak and hissed in his face, *"Why wasn't I told about this? I'm not cut out for this sort of thing! What a horrible person! Despicable! This Banner Captain is pure evil. Is everyone in the mirror universe evil? What are we doing here?"*

Zak calmly replied, *"Yes, she is evil, the opposite of you. And no, everyone in the mirror universe is not evil just as everyone in the prime universe is not good. For some people here...no they are not evil. It takes only a minor change in*



*circumstances to warp one's worldview, beliefs, behavior...*" Zak broke off when he saw the terror in Kathy's eyes as if she was wondering if this could happen to her. He continued "...but for someone like you, someone who is all about connections and reaching out, someone so grounded...so Starfleet" He paused again as the team was now at Kathy's side. "Now you know why we are here. Commander Hatter and Commander Walker are being held by this cruel empire, its purpose is unknown, but our brothers must be extracted.

*And Kathy, I didn't tell you because no one in their right mind would want to encounter such cruelty wearing their own face."* He smiled. "And you, being in your right mind, would never have come. You are crucial to our mission, as, I am sure, you can now see."

Kathy, calmer now, replied, 'Yes, I understand. I was just shocked to see my face on that disgusting banner. We must carry on.' The other team members patted Kathy's back and murmured encouragements. Jodi spoke quietly, "I would have freaked out too. I wonder what kind of person my mirror is. I hope she's nice."

Commander Lyon couldn't help but think of his Terran counterpart's reaction when he learned about the friendship between Commander Whately and Lt. Lyon in the Prime Universe. Zak gazed toward Whately and Lyon, deep in thought. *The one thing he could not conceive of is your friendship...and the power of that may save us all*, he thought, as he turned away from the banner and joined the team.

The team quietly headed out into an inconspicuous side corridor, hoping to find Jonathan quickly and leave this ship of horrors. But the horrors were just beginning. The corridor was lined with numerous doors indicating a number of small cells. Wondering what could be behind each they strategically pushed the entry ports to several doors. *It appeared that they were in a menagerie of some sort*, Kathy thought. *Like a space zoo where different species were held*. Opening one door, they discovered what looked like a miniature elephant. Another door revealed a cage with a funny white creature grunting something like a song.

"Nope, not that one," muttered Millner signaling for the group to move on. Soon, it was like a game show of **What's behind door number 3, 4, 5?** It looked almost like a Galactic Zoo. But the fun had to stop. There was a mission to complete. Millner indicated that they exit this corridor by taking a bend to the right. It was not lit as well. Sounds of beeping, buzzing and whirring machinery highlighted by human screams ran through the hallway.

*Nope, not this one*, Lt. Lyon thought, echoing her Captain's words.

Footsteps were heard and the team huddled in an alcove as two officers and a prisoner passed by. Eyes widened and turned to Millner as they all recognized the prisoner as Commander Hatter. Lt. Lyon looked into the face of the officer. Her Bajoran face. *Well, so much for me being nice*, she thought, as the Terran torturers with Commander Hatter rounded the corner.

Commander Lyon whispered. "We could have taken them. There were only two. We could have had Jonathan and gotten the heck out of here." Millner responded by hurrying his team down the dim corridor.

As they scuttled along, still confused that Millner did not appear to be staying on task, all were silent and moved as one. Light showed ahead, waning through two doors. Suddenly the Chief's voice broke the moment, almost like he was talking to himself – but all could hear. "Do you recall Federation History 201 and the discussions of the Constitution of the United Federation of Planets and the 30 Articles of the Federation?"

Kathy leapt in with an internal smile. "Yes Chief, old Professor LeoNard Beverly from Tycho City." She paused and shook her head as if recalling those days. "One of the driest guest lecturers at the Academy!"

Millner chuckled, "Yes, that's the one. I wish they would teach the full text and 'deletion' policy but for newbie cadets I guess it would create a moral dilemma."

Lt. Lyon gasped. "Moral dilemma?"

Millner turned and made eye contact with each member of the team, took a deep breath and said "I am sorry to have to read you in this way, and I must insist on threat of possible court martial you do not repeat this. There ARE factions inside of the Federation that operate in the shadows 'theoretically for the protection of the Federation' they do not have the chain of command or accountability that you and I have come to respect in STARFLEET. But they wield immense power and control. I hope this is the only time you ever hear this designation 'Section 31'. Unfortunately, here in this alternate universe, that power is unhinged. Davis has assigned me to acquire a key item from them in addition to the mission you know of."

Just when all thought the room could not grow more silent, Commander Lyon spoke up, "Chief I got your back, I suggest we split up, I will go with you. My contact with my counterpart could help." Captain Millner nodded. "Commander Whately and Lt. Lyon, you two stay on task, stay comm silent as long as possible."

The team split up. Different directions. Separate tasks. But all thoughts were on what Millner had just revealed. The Federation Constitution and the moral dilemma of its 31<sup>st</sup> Section.

To be continued....

### THAT'S IT - WE QUIT ...

THANK YOU to EVERYONE that contributed to this newsletter. We'll see you at the Chili Fest' and, for goodness sake, DON'T FORGET YOUR GAS-X AND BEAN-O.

Linda, Willy and our staff of THOUSANDS.



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*We'll See You Around the Galaxy...*

