



# *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 **VALENTINE'S DAY ISSUE**, February 2025

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*Happy Valentine's Day!*



**FROM THE COMMANDING OFFICER**  
**Admiral Linda Smith - Starfleet 2025 SFDPP Certified**  
*Happy Valentine's Day!*

**Month Two – 2025.**

Even though January has seemed like it's been a year long, it's still hard to believe that we are into the second month of this new year. And it's Valentine's Day month. Later in this newsletter several people have answered the **Question of the Month** and tell us what Valentine's Day means to them.

Willy and I got married on Valentine's Day in 1997. **(HAPPY ANNIVERSARY TO US!)**. Willy chose the date so in case he forgot our anniversary he was pretty sure he wouldn't forget Valentine's Day. It



was a great strategy because he hasn't forgotten once.

So many Heimdal people came to our wedding. It snowed in the morning and I was afraid we would get 'snowed out,' but it stopped snowing and warmed up a little and we were able to go ahead without interruption. My aunt and cousin from North Carolina were the only people that didn't make it.

We took a cruise to the Bahamas ... a gift from a friend. It was a lovely honeymoon and we got to do all sorts of fun things like eating all kinds of wonderful food on the ship, taking excursions off ship (ask Willy to tell you about the little boy that stole his camera) and a scary ride in a van with a cab driver that didn't speak English, drove all over the road at about 400 mph and scared us silly. We even got married again in April at the Region One Summit in Gatlinburg, TN. The Summit committee hired a real minister who was a wonderful sport and wore a Bajoran robe, earring and nose. Because we got married twice by REAL ministers, I wear 2 wedding bands. Willy has a second band but it doesn't fit him anymore. A Starfleet friend who owned a jewelry store had them made for us. What wonderful memories.

Here's a funny picture of us after the wedding. Still in the church, Willy was making a 'move' on my maid of honor.

**FROM THE OFFICE OF THE EXECUTIVE OFFICER**  
**XO, Chief Science Officer, Adm. Willy Smith – Starfleet 2025 SFDPP Certified**  
**XO's Moral Dilemma**



**Getting ready to dig the hole to replace the mailbox ... LOL**  
**(BIG mailbox)**

First off, some of you will be getting those "friendly reminders" from me in the next couple of months, so surprise me and renew with STARFLEET if you can. I've had a couple of easy months and March and April will be busy (check NL). WHEN you renew, please send me a quick email letting me know.

Remember last month's meeting (I hope you were able to come). We had a cool video presentation from Carl and Jonathan. ALSO, there was more chili beans than you could shake a stick at ... anyway, there were some good recipes and I fasted all day so I could have my fill. WELL! Eating a tandem load of chili is a lot different than eating a whole medium pizza, let me tell ya ... let's just leave it at that.

Anyway, a day or so after that event we had a snowfall and then some ice to boot and my neighbor's tree fell across the road. I grabbed my saw and started clearing the road, only to notice the wood was locust and I wanted it and the owner didn't. A couple of days later I was backing down to load that wood up in my truck and I hit a neighbor's mailbox. I rigged the broken post with rebar and Gorilla tape ... (yeah, it would make it until the ground thawed). Over a week later I had a new post and was about to replace it (I'd never met this new neighbor) when he was home during the day. I thought of all sorts of BULL to tell him (like the limb clipped his mailbox or something) but when I opened my mouth, I told the truth and he laughed at my sturdy workmanship and said, "*Thankyee.*" I told him that I had bought a post and had been waiting for a clear day to dig the hole to put it in. To my surprise he told me to return the post ... that HE would replace the post (he had never liked that style) and that HE hit a mailbox when he moved in and that neighbor replaced it. "*No problem,*" he says.

I didn't know why I even thought of not telling the truth until later that day when I heard yet another 'large one' about our military turning the water back on in California. Could it be affecting me?

I feel better having told the truth and I think I even made a friend that day. Plus, I can return the post and realized it wasn't a moral dilemma at all.

**FROM THE DESK OF THE SECOND OFFICER**  
**RAdm. Carl Davis, Second Officer, Chief of Security - Starfleet**  
**SFDPP 2025 Certified**

January has been the snowiest in the past several years. Not that we've had multiple accumulations but the one that we had with ice mixed on top of five inches of snow has refused to melt. The road to our house is a half mile of gravel and





some of it is shaded by trees and terrain so the sun never shines and thus the snow remains. I scraped the snow off as well as possible and then spread wood ashes on the icy spots so we're able to come and go without four-wheel drive but it takes some effort. I'm not sure how global warming has led to such weather but it's plain that winter has come to Virginia. Thankfully in another month we should be blessed with some warmer days.

Heimdal's annual chili and movie night came and went with a fairly good attendance. We opted to go with a series of short films rather than a two-hour movie so that people could get home earlier since the weather has been so cold and foreboding. YouTube provided several shorts that were humorous and made with trekkers in mind. I've been amazed at how many entertaining clips are available. Check it out if you haven't already.

Trek **Section 31** is now available on Paramount+ and I tried to enjoy it last night but I was saddened that vulgar language was included in the dialogue. After the second use that added nothing to the storyline I gave up on the show. I refuse to listen to garbage when the English language has so many highly descriptive non-vulgar words to choose from. I'd write Paramount but I doubt it would do any good at all. I gave up and switched to Disney. Sad.

## MEETINGS AND COMMITMENTS

### FEBRUARY MEETING

The February Heimdal meeting will be February 15 at the Madison Heights Library and on ZOOM starting at 6:30 p.m. Carl Davis will be presenting **TRIVIA NIGHT** and we all know how much fun that is. So, sharpen up your trivia knowledge and come prepared to be challenged.

Please bring an item for refreshments. Since it will be the day after Valentine's Day, if possible, please bring Valentine-themed refreshments ... just for fun. (Should be able to get a good deal on cookies and stuff).

Darrell Millner will again be our ZOOM Guy. Here are the coordinates:

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

Topic: **Heimdal Feb Meeting & Zoom 2025**

Time: Feb 15, 2025 06:30 PM Eastern Time (US and Canada)

<https://us02web.zoom.us/j/84149355562?pwd=xc9NG1bOUbQ2YMnWIMia5cIFSraTtb.1>

**Meeting ID:** 841 4935 5562 **Passcode:** intheair



### JANUARY MEETING

By Jonathan Hatter

The monthly meeting of the USS Heimdal was held on Saturday January 18th at the Madison Heights Library. This was the annual chili fest' and three crew members shared their wonderful recipes. We had six crew members and three guests in person along with three crew members attending on Zoom.

To begin, Admiral Linda Smith held a business meeting to bring the crew up to speed on all things Heimdal related. Please take note of the following items.

- The Anniversary Party is scheduled for April 12, 2025 at the Lynchburg Grand Hotel and the cost will be \$32 a person for food and entertainment. Linda can start taking payment at any time.
- There are some Star Trek memorabilia that was donated to the ship to help with fundraising and Linda was asking for suggestions on how to best utilize it. Included is a set of 36 collector plates, some storage bins of assorted products and some 3D printed props that were donated by Crewmember Tyler St. Claire that includes a Klingon dagger and a phaser. If you have any ideas on the best way to fundraise with these please let Linda know via Facebook private message or email. Some ideas discussed include a silent auction at the Anniversary Party or a raffle.



- The February meeting will be on Saturday the 15th and Admiral Carl Davis will be hosting trivia for us. Come out and test your Trek knowledge.
- Linda submitted the December newsletter to the Region 1 newsletter contest.



- Admiral Willy Smith explained that he is starting a Science Department newsletter and encourages Department personnel to submit data and articles for publication.
- Captain Daryl Millner noted that the role play exercise continues and everyone hopes you all enjoy it. Make sure you keep up with the continuing adventure.

We had several different pots of chili for the evening and they were all fantastic. Thank you to all who cooked for us and to the folks who brought sides and fixings. While we dined, we enjoyed a selection of videos that were picked by Security Chief Davis. Our thanks go out to him for researching some videos that were fun and musical. We enjoyed “Make It So” that had Captain Picard do a patchwork video set to the tune of *Let It Snow*. There was an interesting video that set *Carol of the Bells* to the *Imperial March* while Darth Vader looked on. He was clad in a Santa Hat and wielding his lightsaber. Make merry or meet your fate, I thought.

We finished with a short film titled *Star Trek Unification*. I don't want to spoil the message of this beautiful video so I will simply ask that you go watch it. You won't be disappointed, it is phenomenal.

Thanks to all who came, both in person and virtual. We hope to see you in February. Until then stay warm, stay safe, and Live Long and Prosper.



### 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 have started taking payment for meals and have payment for 2 people so far. 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

### STARFLEET ACADEMY GRADUATES – CONGRATULATIONS!



**Carl Davis**

IOLS - STARFLEET Data Protection Policy **SFDPP 2025 Recertification HONORS** Jan 07, 2025



**Millner, Darrell**

IOLS - STARFLEET Data Protection Policy **SFDPP 2025 Recertification HONORS** Jan. 6, 2025



**William Walker Jr :**

IOLS - STARFLEET Data Protection Policy **SFDPP 2025 Recertification HONORS** Jan 06, 2025

IOMA - College of Psychology :

**SCM 103 - Stress and Coping Mechanisms** *DISTINCTION* Jan 08, 2025

**SCM 104 - Stress and Coping Mechanisms** *DISTINCTION* Jan 08, 2025

**SCM 105 - Stress and Coping Mechanisms** *DISTINCTION* Jan 08, 2025

**SCM 106 - Stress and Coping Mechanisms** *DISTINCTION* Jan 09, 2025

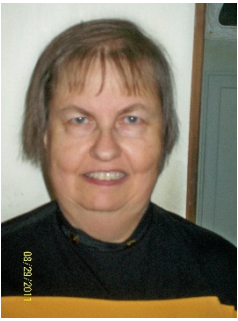
**SCM 107 - Stress and Coping Mechanisms** *DISTINCTION* Jan 09, 2025

**SCM 108 - Stress and Coping Mechanisms** *HONORS* Jan 09, 2025

**SCM 109 - Stress and Coping Mechanisms** *DISTINCTION* Jan 12, 2025

**SCM 110 - Stress and Coping Mechanisms** *DISTINCTION* Jan 12, 2025





**Glenda Blanks -**

IOLS - STARFLEET Data Protection Policy **SFDPP 2025 Recertification**  
PASS Jan 31, 2025

**SPECIAL CONGRATULATIONS**

Very special congratulations this month to Bud Walker, Darrell Millner, Carl Davis and Glenda Blanks for taking their time to recertify in Starfleet's Data Protection Policy **SFDPP 2025 Recertification**. It can be challenging and their efforts are truly appreciated.

**RENEWALS**

We have no renewals due in February but watch out for March and April!

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 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**

**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**

**May - Paul Muse – May 10**

**Bill Booker – May 18**

**Mike Davis - May 21**

**Bud Walker – May 31**



**FEBRUARY QUESTION OF THE MONTH**

**What does Valentine's Day mean to you? Is it a special day for you or not? Why?**

**Carl Davis** - It is a day to celebrate love. I remember elementary school and the many cards we would get through the school exchange. And now it is a day to buy candy for my main true love as an expression of joy in being wed to the one I was meant to spend my life with. Of course, I recall the stories related to St. Valentine and why we celebrate the day.

**Willy Smith** - Valentine's Day for me is a reminder that it's our Wedding Anniversary (Linda and myself) Of course it's a special day for me. I wonder how many people were able to marry their Best Friend? It still remains that way to this day. It's a day to remind me what a lucky person I am. There are always flowers 'cuz I enjoy them too. ( I'm married to a special person who happens to be a babe.)





Darrell Millner – The day after Valentine’s Day ... February 15, 1985 ... Barbara and I got married so Valentine’s Day will always be special to me because we were getting ready for the wedding. She’s STILL and always will be, my BRIDE.

Linda Smith – Married Willy on Valentine’s Day 1997. It was the best day of my life.

## HEIMDAL STUFF

### HEIMDAL SCIENCE DEPARTMENT RECOGNIZED

Heimdal’s Science Department has been recognized by the Region One Science Department.

**FOR REPORTING EVERY MONTH - USS Heimdal (2022 & 2024) –**

**Adm. Willy Smith (CSO)**

*Congratulations, Willy!!!!*

### HEIMDAL MAKES ADDITIONAL DONATION TO THE FREE CLINIC

Last month I told you Heimdal made an additional \$250 donation to the Free Clinic after the building caught fire and they lost not only equipment, they lost the building. For our donation they sent us a lovely, personal letter thanking us *‘from the depths of our heart. Your gift is so much more than dollars ... In times like these I’ve learned to look for glimmers of hope ... the small but brilliant lights that remind us we’re never alone. Thanks for being a part of this journey with us.’*

It was a much longer letter and it made me cry when I read it. This is what caring looks like. This is what giving from the heart FEELS like.



## RILEY’S RAMBLINGS

### IN THE BEGINNING ...

By Richard Riley

How is it February already? I blinked and January is gone! Well, this month marks two life events for me, I started in 2000 doing my artwork professionally and also 10 years ago I went from this being a part time job to a full-time career. I thought for this month’s column I would explain what lead me down this path and show some of my earliest works.

In 1999 I was employed at a Country Club working on the grounds maintenance crew. We would mow the greens, fairways etc. I had left that job and went to work for a fire extinguisher company. That job entailed recharging and testing fire extinguishers, inspecting them and so forth. It was a good job, steady work, benefits, but the pay was not as much as I would have liked it to be.

Two things occurred that changed the direction of my life. The first was I was talking to my father about getting a part time job to supplement my income. He suggested that I do something with my art. He thought that I would have better luck at making more income that way and I would also be able to control my hours better versus juggling my hours with my full-time job. The second thing that happened was my brother, who, at the time was buying a magazine that catered to



people that bought and collected action figures and toys. The magazine was called *Toyfare* and they were hiring people that could build backdrops and dioramas for the toys to be showcased in, photographed and then published in the magazine. I had never done anything like that but I thought, *“What do I have to lose?”* I borrowed some of my brothers action figures, made backdrops for them, took pictures and submitted my work. A week or so passed and I got a phone call from *Toyfare*. They hired me on the spot! So, we were off to the races, zero experience making dioramas and deadlines that I had to keep!





The first piece that I sold was actually one of the pieces that I had submitted photos of. It was of a Spider-man action figure. I had created an Apollo era astronaut suit for the figure and made a diorama with him on the moon planting a flag with the logo of the magazine name *Toyfare* on it. The company used it as a promotional poster that was given to comic book shops and displayed in the windows of their shops. From there it was every month creating anything and everything! From a scale model of the Brooklyn Bridge to police cars to fit specific scale action figures and even a *Back to the Future* DeLorean time machine. I would not be given much time. Usually, I would get an assignment on a Wednesday or Thursday and it would need to be in their hands in New York by the following Tuesday. That had to be my greatest 'on the job' training, learning how to keep a deadline! So, my weeknights and

weekends consisted of me working this job for about a year and a half. The company ended up splitting into another division and a lot of the guys from there left and went to California to start making stop motion animated films. I was asked to start making pieces for this new company so my work shifted to making pieces for the California company. That work lasted for about a year or so but the logistics of making and shipping pieces to California was a bit much for the company since they were just starting out so that work came to an end.

So, at that time I was back to not having any work so my brother showed me where people were making and selling replicas of characters from the *Star Wars* movies on eBay so I decided to try my hand at that. I started making the characters of Ewoks and Jawas and offering them for sale. I had no idea what I was doing but learned as I went. The fateful day came when a customer who bought a Jawa from me asked me if I could make a figure for him if he provided the mask. I said sure, I would give it a try! He sent me a mask, I would use a mannequin, my mother would sew the costume and I would build the weapon that the character was supposed to be using. I was creating a new *Star Wars* character for this client ever 2 weeks! He eventually asked me if I knew how to sculpt masks. I had never worked in

clay before or made a mold so I turned to the only medium that I had any experience with, Styrofoam. I had never tried to make anything out of foam that was a likeness of a person or creature. All of my work involved making backgrounds for action figures, buildings, sidewalks, rooms etc. So, I could either run the risk of losing this client or I could take the leap and learn how to sculpt likenesses, so I took the leap! That led to my working in Styrofoam and building larger and larger pieces.

This is as good of a stopping point as any for this month, I will continue with next month's column with where that led to with my work and where I am today with my projects. It has been a journey so far but not a straight path that is for certain!

### FROM OUR DEPARTMENTS





<<<SECURITY>>>

SECURITY REPORT: FEBRUARY 2025

By RAdm. Carl Davis, Chief of Security, Starfleet SFDPP Certified 2025



Weather has kept us from having any phaser sim sessions but long range looks like February may have some possibilities. Bonnie and I take frequent hikes with our dog to Far Point Station and it stirs up the desire to be back on the fields slinging paint, er, simulated phaser fire. The woods are filled with memories of camaraderie and firefights of yesteryear ... crew that have been and those who are gone. And memories yet to be made. I look forward to spring and phaser sim once again.

<<SCIENCE>>>

THE FIREFLY MISSIONS

Chief Science Officer, Adm. Willy Smith, 2025 SFDPP Certified



Firefly Aerospace Blue Ghost, or simply Blue Ghost, is a class of [lunar landers](#) designed and manufactured by [Firefly Aerospace](#). Firefly plans to operate Blue Ghost landers to deliver



small [payloads](#) to the surface of the [Moon](#). The first Blue Ghost mission was launched at 1:11 a.m. EST on January 15, 2025. Carrying science and technology on Firefly Aerospace's first delivery to the Moon, aboard a **SpaceX Falcon 9 rocket** from Kennedy Space Center in Florida. Lunar landing is targeted

for Sunday, March 2. It is named after the firefly [Phausis reticulata](#) known as the Blue Ghost.

Once on the Moon, NASA will test and demonstrate lunar drilling technology, regolith (lunar rocks and soil) sample collection capabilities, global navigation satellite system abilities, radiation-tolerant computing, and lunar dust mitigation methods. The data captured could benefit humans on Earth by providing insights into how space weather and other cosmic forces impact our home planet.

LUNAR SCIENCE

Firefly's Blue Ghost lunar lander is targeted to land near a volcanic feature called Mons Latreille within Mare Crisium, a more than 300-mile-wide basin located in the northeast quadrant of the Moon's near side. The NASA science on this flight will gather valuable scientific data studying Earth's nearest neighbor and helping pave the way for the first Artemis astronauts to explore the lunar surface later this decade.

What gets me is that we flew an empty rocket that was launched in November 2022 (an uncrewed Moon-orbiting mission) with dummies as the flight crew and just cruised around the moon and came back. While this is interesting, personally I think it's a waste of energy and all sorts of stuff. Let China go first and see how they do it. Just my 2 cents



TOLDJA IT WAS UP THERE! (MICROWAVE SPHERE)

By Adm. Willy Smith

The time was the early 70's and I was in the Boy Scouts, Troop 22. There was a storm that closed the Blue Ridge Parkway and we were enlisted to go help clean up the road. We worked all day dragging brush off the road and I really wanted to run the power saw ... I'd never seen one. Wasn't gonna happen.

We pitched our tents near Apple Orchard Mtn but couldn't build a fire in the grass. This was unique because we didn't have to cook for ourselves and we had sandwiches for lunch. What was strange was





there were army men up there and they had saws – we kept dragging, OH... and the scoutmaster gave us work gloves.

Nobody tells kids anything and we kept wondering how we were going to cook supper. I had 2 hot cokes in the tent but all they gave us was water out of a big orange thing.

Later that day, more army men came and they had a truck we all fit in with a cloth over the back and we rode up a steep road and there were “golf ball” looking things with buildings and MORE army men that lived there. They showed us around and said this was the highest spot to Virginia Beach and the radar looked out for “the enemy” (later found out it was Russians).

We had ham for dinner and they said it could be cooked in the “golf ball” thingy, and that we couldn’t go into where they worked (one army man told us somebody stuck his head inside and died). They had a bowling alley and they gave us sandwiches to take for breakfast (I ate mine at night) but was asleep before the sun went down.

The next day we found they were Air Force and not Army men. We worked half the next day and another troop was coming from Bedford. I went home with all my adventures and ragged gloves and nobody believed me that there were golf balls on the mountain. I hear it’s automated but still working.

Later that year we cleaned off a fire trail near Sunset Fields and were able to build fires and camp normally. I think we got a pin for the job we did but I lost it. One friend is still alive that was with me and he remembers.

Later in life, TV advertised a microwave oven and I remembered the wonderful ham and wondered how they would keep people from sticking their heads inside Thoughts from an old guy.....

Here’s one in Greenland that we built.



<<<<ENGINEERING>>>>



**ENGINEERING UPDATE**  
**FCAPT Darrell Millner, Chief Engineering Officer**  
**R1 RDC ENG., Starfleet SFDPP Certified, SFA RED Squad**  
**Monthly ENG/OPS Report - SD: 202502**

For some reason there's a tune ringing in my head, 'A Three Hour Tour...!' but the reality of 'On MY - has it been a seven-month journey in the desert' slaps me back to *reality*. Well, 'Heimdal Engineering reality'. Comm systems are functioning but very little making through the CEO's terminal. Video conferencing continues on track with Heimdal Interdepartmental Role Play, Heimdal Engineering Departmental, and R1 RDC ENG Monthly zoom.

I was delighted with the January Heimdal Zoom, what a woot that was. Stay tuned for more as we impulse drive into February. - Millner out



<<<<MEDICAL>>>>



**MEDICAL MINUTE: HEART HEALTH**  
**By Tammy White, Chief Medical Officer – January 2025**

February is Heart Health Month and according to the CDC, and most of us already know, that heart disease is the leading cause of death for men, women and those of racial and ethnic groups.

I won't bore you with a bunch of statistics but, I'd like to hit a couple of main ones. High blood pressure is a leading cause of heart disease. Nearly half of the U.S. adults have high blood pressure which puts them at risk for heart disease and stroke. To add to that, only 1 in 4 people with it have it under control. Only half of those with high blood pressure take their medication as recommended.

There are things we can all do to keep our hearts healthy. Healthline.com has several suggestions for heart health. I'll just hit the highlights. The first one is to not smoke or use any tobacco products. I think we all know that one by now.

Others include a healthy diet. The [Journal of the American College of Cardiology](#) has linked excess belly fat to higher blood pressure and unhealthy blood lipid levels. If you're carrying extra fat around your middle, it may be time to make lifestyle adjustments. Eating fewer calories and watching your portion sizes more can make a big difference. Having a



healthy plan with a variety of foods can help keep your blood pressure in a healthy range which will decrease your risk for heart disease and/or stroke. Reducing salt and saturated fat intake is another way to keep your heart healthy.

The good news is that dark chocolate contains heart-healthy flavonoids. Eaten in moderation, these help reduce inflammation and lower the risk of heart disease.

Exercise is another way to a healthy heart. You don't need to go to a gym to get plenty of exercise. Go for a walk, take the stairs, go bowling, roller skate, play ball with your kids or grandkids, just move - don't be a couch potato. Getting a good night's sleep, or days if you work nights like me, sleep is also important. Our bodies need it. Sleep is vital for good health, brain function, and emotional well-being.

Having a healthy heart isn't all about what you eat or how much exercise you get. Let your mind unwind. Life can be rather stressful at times and we all need to find ways to handle that stress. Find things that you can do that are fun and relaxing. Curl up on the couch and watch a favorite movie or TV show. I recently wrote an article on how hobbies are good for us and help us relax. My hobby is watching TV while diamond painting. I know most of us have a hobby or two, and if you don't, try several until you find one that's right for you. Whatever you decide it shouldn't stress you.

**Be happy in your life. Smiling** - We smile because we're happy, and smiling causes the brain to release [dopamine](#), which makes us happier. Healthline suggests the next time you find yourself feeling low, crack a smile and see what happens. Or try starting each morning by smiling at yourself in the mirror.

Practice gratitude in your day-to-day life. Being grateful can give your mood a big boost. Start each day by acknowledging one thing that you are grateful for, even if it's just that you woke up. Look for things you encounter every day for things that make you smile, laugh or just give you a warm fuzzy feeling.

Performing acts of kindness goes a long way for your well-being as well as the other persons. Give someone a sincere compliment, thank them for doing a good job, pick something up that someone has dropped, open a door for a stranger and smile while doing it. That one act of kindness you show someone may boost their morale, it will most defiantly boost yours.

No one is happy all the time. Life can be hard and almost unbearable at times. It's okay not to be happy, too. Let yourself experience it but don't dwell on it. Focus on what it might take to make you recover. Talk with a friend, write it down, do what you need to do to take care of yourself. Remember, no one is happy all the time.

There you have it - have a healthy heart

## PETFLEET



## [Newsweek Magazine](#)

### **Does Your Dog Truly Love You? Science Has the Answer**

**May 17, 2023**

It's probably impossible to know exactly what your dog is thinking. But a few years ago, Gregory Berns, a neuroscientist at Emory University, decided he wanted to try and find out anyway.

The catalyst was Bern's diminutive pug, Newton, a fawn-colored pooch with a friendly disposition and a small black mole on his cheek vaguely reminiscent of a young Robert De Niro. Every night for more than a decade, Newton climbed into bed with Berns and his wife and nestled his meatball-shaped head into the crook of the neuroscientist's armpit, before passing out and snoring loudly. The routine continued even after Newton grew so arthritic that he relied on a tiny-wheeled cart attached to his hind legs to tow himself around and required assistance to get into the bed.

When Newton finally passed away at the ripe old age of 97 (in dog years), Berns was so devastated that he began to ruminate on the nature of their relationship. Yes, he really had loved that little guy intensely. But had Newton, he wondered, felt the same way about him? Berns tried not to dwell on the question. It was sad to contemplate the possibility that for Newton their relationship might have come down to nothing more than a hankering for dog treats or a new chew toy. And how could one ever really know what went on in the head of an animal?

A few months later, while watching news footage of a trained dog participating in the military operation to capture Osama bin Laden, Berns had an epiphany. If a dog could remain calm during a military raid, perhaps he could train his new pet terrier to lie still in an MRI machine long enough to scan her brain and see how she thinks.

Since then, Berns has scanned the brains of more than 100 dogs, published the results in two books and established himself as a pioneer of the rapidly growing field of research called "canine cognition," which is revealing new insights about the often-enigmatic behaviors of our fabulous furry four-legged friends

### **Does My Dog Love Me?**





All the research findings in the world about how much dogs understand language, read human intent and are keen judges of character did not satisfy Gregory Berns. He still sought an answer to his Big Question about Newton. When his beloved pug looked up at him with those puppy-dog eyes, was it true love?

Since Newton had already crossed the Rainbow Bridge, Berns turned his attention to Newton's successor, a pet terrier named Callie. He trained Callie to lie still in an fMRI scanner. Berns fed her, praised her and left her alone in the huge donut-shaped machine and monitored the reward areas of her brain to see when they lit up the most.

The results were unambiguous: kind words from Berns lit up Callie's reward centers just as much as the dog treats, demonstrating that Callie—and by extension, Newton—loved him just as much, if not more, than a scrumptious piece of food.

"When people want to know 'what is my dog thinking,' I think what they're asking is, 'does my dog love me? I love him,'" Berns says. "The answer is 'absolutely.' It's remarkably similar to how we experience the relationship. They have these social bonds with us, that they find intensely rewarding."

Science, in this case, is telling us what we already knew.

## STARFLEET STUFF



### Summary of the January 2025 Command Status Report

*By Commander William M. Walker, Jr, Operations Officer, 2025 SFDPP Certified*

The Command Status Report for January 2025 is 28 pages long and contains reports from the Commander and Vice-Commander of STARFLEET. There are also reports from the Inspector General, Judge Advocate General, as well as Auxiliary Services and Membership Services. The current state of SFI finances is also included. Having read the report, I feel that the following information may be of particular interest to the crew of the USS Heimdal.

**Fleet Admiral David Nottage** reported the following:

- Currently we still have no viable (cost effective) bids for IC2025 or IC2026. If no bids that meet the frugal attributes of our membership the ECAB meeting will be held via Zoom or Google meet some in August or September of 2025.

**Vice-Commander Admiral Ryan Case** reported the following:

- Two new committees were created by the Admiralty Board:
  1. Committee for Organizational Changes has been formed to gather and evaluate ideas for potential improvements to STARFLEET's structure and operations. This group will focus on exploring new opportunities to enhance the member experience and streamline processes across the organization.
  2. Database Review Committee has been created to assist in making a finalized decision on our much-needed database overhaul. This committee will play a critical role in helping us move forward with modernizing our systems to better serve STARFLEET's members and operational needs.
- Several important changes are coming to the Membership Handbook (MHB), which will be released in February 2025 following the closure of the SFDPP (STARFLEET Data Protection Policy) renewal window.

**Office of Starfleet Operations:**

- 4931 members serving in 205 chapters
- Two chapters on standby
- Four chapters in drydock
- Six chapters undergoing shakedown

If you wish to read the January 2025 CSR in its entirety, I have placed a copy on the Archive page in the member's only section of the USS Heimdal web site. On that page, you will also find a copy of the latest SFI Communique, the latest Region One newsletter, and the latest Admiralty Board meeting minutes. If you need the password, contact me at

[tiggerhobbes1776@gmail.com](mailto:tiggerhobbes1776@gmail.com)

## 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.

## STAR TREK STUFF

MICHELLE YEOH OF SECTION 31  
Reported by Glenda Blanks, Star Trek Editor

CBS Mornings

Michelle Yeoh on charting new course with "Star Trek: Section 31" and how to be resilient in Hollywood

cbs-mornings

By Analisa Novak

Updated on: January 23, 2025 / 1:19 PM EST / CBS News

An emperor's past comes back to haunt her in "Star Trek: Section 31," as Oscar winner Michelle Yeoh returns to one of her most compelling roles. The new Paramount+ film follows Emperor Georgiou's journey into Starfleet's mysterious black ops division.

Yeoh, who won the Oscar for Best Actress in 2023 for "Everything Everywhere All at Once," said in interview with "CBS Mornings" on Thursday that she is excited about revisiting the franchise.



*"This time as Philippa Georgiou, she's an inventor,"* Yeoh explained. *"She's literally a lethal walking diva."*

The character uses her inventiveness — her choker, for example, turns into a dagger — showcasing her physicality and resourcefulness.

Yeoh also reflected on her recent surge in success after years in the industry, offering advice for those seeking their career breakthrough.

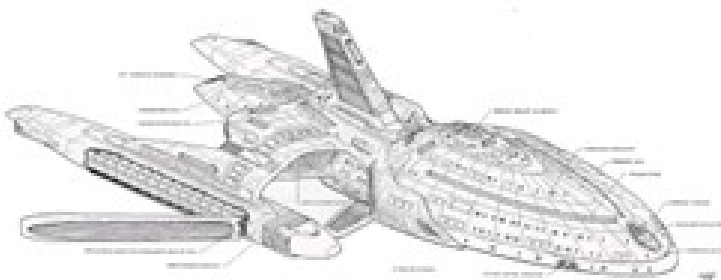
*"Don't give up. Keep going for it,"* she said. *"If you give up, if you're the one that says no, that's the end of the journey."*

In addition to "Star Trek: Section 31," Yeoh has also found success in other major roles, including "Wicked," where she works with director Jon M. Chu, who persuaded her to take on the role despite her initial hesitation about singing.

*"That's the great thing about Jon. He can persuade you, charm you, to do the impossible,"* Yeoh said.

## THE ZAK PERSPECTIVE I KNEW HER BEFORE SHE WAS NOVA CLASS ...

By Zak Lyon



I knew her when she was Nova Class. She's come so far.

I was aware of *Deep Space Nine* before it premiered, but only through TV Guide and right when it was eminent. I wanted to give this new show a chance. But could it measure up to DS9? *Star Trek: Voyager* was the first sci fi series I really followed from the earliest stages of its evolution. And the evolution of its captain. Much of this "keeping up with Katherine" had to do with a newspaper column — "Inside Trek," I seem to recall. I

say "Katherine," here because I was right in there in the days of [Geneviève Bujold](#) playing Elizabeth Janeway. Was this show starting out with trouble? *Voyager's* class also changed. The Intrepid class is now iconic of course but the Nova class always makes me think of *Voyager's* first pencil line sketches by Rick Sternbach and what could have been. What would that show have looked like? But we didn't get that show.

The pilot went out of its way to remind the viewers that the Federation is more progressive than we are today. Today being 1995. Despite what the marketing was leading you to believe, this was not the story of the first female starship captain. What was great about Kate Mulgrew's Captain Janeway is that she was the first female *lead of a Star Trek program*. But nowhere near the first woman sitting in the Captain's chair. But she did make it her own.





She bent regulations to suit herself early in the first episode. When Harry Kim addresses her as sir: Ensign, despite Starfleet protocol, I don't like being addressed as "sir." I'm sorry... ma'am. Ma'am" is acceptable in a crunch, but I prefer "Captain."

Tuvok was always one of my favorite characters. Because of how he portrayed the deep culture and noble heritage of the Vulcans. I never liked the idea put overly forward in TOS that Spock's best character traits came from his human side. Of all the souls I have ever encountered...etc...etc. I have since learned from a mixed-race podcaster how dangerous it is to make anyone feel they should choose one side of their heritage over another. Tuvok never gave anyone that problem. He drew strength from his philosophy and raised his three children with care and love. Even though he would never acknowledge ha-lohk. (Vulcan for love)

Then there are 7of9 and the Doctor. Though I missed Jennifer Lien's, Kess whom Jeri Ryan replaced in the cast, even I couldn't deny the alchemy that happened when *Voyager's* two outsider characters were on the screen - her as the questioning foil, him as the experiential observer. These two characters allowed Janeway to make new headway with questions about humanity and the nature of existence that Picard and others had struggled with. Together 7 of 9 and the Doctor formed "a Spock" sans his particular baggage.

You will notice that up until now I haven't said a lot about Chakotay. That is because the seeds of his character were more than a little bit mishandled on *Voyager*. So, to talk about his character's full arc I must talk about *Voyager's* spiritual successor, *Star Trek: Prodigy*. In *Prodigy*, the writing of his character - his knowledge, his advice, his struggles came from realistic lived experience rather than a cultural advisor who turned out to be more of a Harold-Hill-esque flim-flam man. Sad story but one for another day. But I don't want to spoil anything about *Star Trek's* best season of 2024. Just to say, the Lamarr class, *Voyager-A* was a beauty,

When I originally sat down to watch *Voyager* 30 years ago this January, it was truly an investment of time and resources. Why? The first three seasons of the original broadcast coincided with my rehearsals with a local tv show. (I know, poor me.) Channel 10 never changed the date of rehearsal - directors, crew and talent changed regularly. Rehearsal was set in stone. Let's just say I hoped and prayed that my VCR did its work! I couldn't miss the first run of a new Star Trek show without any chance of seeing it again other than an uncertain rerun schedule. (What was this - the 1960s?) Well, the VCR did its work. I became a fan of another Trek show, its ship, its characters and its captain. Back then it took a great deal of work to follow a show in development and for me a great deal of work to watch it! Since I invested a lot of time, I have always felt that I have had a special connection to that crew that was lost and 75 years away from the Alpha Quadrant.

So, I knew her when she was Nova Class, grew with her when she was Intrepid Class, and the last time I saw her she was Lamarr Class and warping off to save the universe. Oops!

Anyway, Happy Birthday, *Voyager*! You are sure classy

\*It was my intention to submit this article honoring the 30th anniversary of the premiere of *Star Trek: Voyager* for last month's Rainbow Connection, but just couldn't make it work. Enjoy this belated birthday present to the 4th live action series in this incredible universe.



## INTERDEPARTMENTAL ROLE PLAY

### ACT II – Chapter 27 – The Ability to Carry On

By Bud Walker and Jonathan Hatter

*“Go ahead .... it would be a relief,”* Bud Walker said quietly.

Hatter hesitated and fingered his knife, lost in thought. After a few moments, he turned away from Walker and without responding he silently left the room. Walker lay on the interrogation bed, alone in the Security Bay of the ISS Garmr. He stared up at the ceiling, not sure if he was relieved or not.

*I really thought Hatter was going to do it. I could almost feel his knife sinking into my chest.* Walker thought to himself. *A momentary pain and then it would all finally be over. An end to all the anxiety, the worry, and the fear. No more feeling like I don't really fit in, in either universe. No longer feeling like I am an outsider no matter where I go.*

Walker quickly shook his head to drive out these thoughts. He thought back to his mentor, Stodok, and could almost hear the voice of his old Vulcan tutor beside him.

*“Young one, when you find yourself facing difficulty and overwhelmed with self-defeating thoughts, follow these steps: Start where you are. Use what you have. Do what you can.”*



Walker took a deep cleansing breath and steadied his emotions. *“Thank you Stodok,”* Walker whispered. He then moved the toes in his right-hand boot until he located a small stud along the seam of the inside of the boot. He pushed the stud with his big toe and there was the sound of a small click. All along the outline of the bottom of Walker’s boot, a small blade popped out. The blade was under a half centimeter long, but it was razor sharp. Walker began to move his boot to cut the restraining strap around his ankle. *Not exactly Federation issue. I am glad I kept a few things from my time as a Terran.* Once his right foot was free, he moved it to his left ankle and cut that restraining strap. Now he swung his right foot up and over his body, so the boot rested next to his left hip. *I need to be better about my stretching routine, I am not as limber as I used to be,* Walker thought. After some effort, he got his boot to the strap retraining his left hand and was able to cut it. Now he could lean forward and take his boot off and cut the last remaining strap.

Walker swung his legs over the side of the bed and put his right boot back on. He stood up and moved quickly to the interrogation tray and retrieved a knife. Slipping the knife up his left sleeve, he then picked up a small torture probe with electrical contacts on the end. Walker then moved to the side of the room containing storage bins and started rifling through them. Finding a Terran uniform shirt, Walker quickly changed into it. He then moved to the door to the hallway, and as expected, found it locked. Remembering some of the survival tricks he learned when he was a Terran officer onboard a Terran vessel, Walker took the electrical probe and jammed it in-between the door seams and activated it. There was a sizzle sound as the probe sent an electrical current into the door and its automatic sensors. With a satisfying “swoosh” the door parted and opened into the corridor beyond.

Walker walked out of the Security Bay, pocketing the probe and proceeded down the hallway. Passing a crewman, Walker almost forgot to give the customary Romanesque salute, having grown use to the more egalitarian ways of the Prime Starfleet. He was not intimately familiar with the layout of this class of warship, but Walker knew that the auxiliary Security Station was usually located aft of tractor beam control. Sure enough, Walker soon located the room he was seeking and slipped inside. The room was empty and dark. Walker activated some lighting and stepped up to a console. Walker did not even attempt to use his old Terran access codes, but he was guessing that his father was too lazy to regularly change his. Having surreptitiously learned his father’s codes years ago, Walker now typed them in. “Imperial Gubernatorial Level Access Granted,” a male mechanical voice uttered.

Walker nodded to himself and leaned forward to continue typing at the console.

*Let’s find out exactly where you are, Father.* Walker thought. *It is time to ensure that this is our last family reunion.*

### THAT’S IT - WE QUIT ...

THANK YOU to EVERYONE that contributed to this newsletter. We’ll see you at the February meeting. We hope you all have a wonderful Valentine’s Day filled candy, flowers, a night out or a quiet evening at home, a good meal ... and especially filled with love.

*Linda, Willy and our staff of THOUSANDS.*

*Disclaimer: No part of this newsletter is intended as an infringement on the Star Trek copyright or trademarked properties held by Paramount, CBS, Disney, Skydance, the ACLU, CIA, FBI, HSUS, AFL/CIO or any other company or entity. This is just us doing good and having fun so we hope all those folks and anyone else looking for something to do will leave us alone.*

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#### IN THIS FEBRUARY 2025 ISSUE:

**Editor-in-Chief, Staff Writer & Layout:** Linda Smith

**Star Trek Editor/Staff Writer:** Glenda Blanks

**Staff Photographer:** Willy Smith

**Other photo contributors** – Linda Smith, Richard Riley, Bonnie Davis

**Contributors this issue:** Linda Smith, Willy Smith, Carl Davis, Darrell Millner, Glenda Blanks, Bud Walker, Tammy White, Zak Lyon, Jonathan Hatter - *Thanks!*

**On-Going Contributing Columnist:** Richard Riley (Riley’s Replicas)

**Guest Contributors** – None this month

**Distribution Guy:** Willy Smith



*We’ll See You Around the Galaxy*





# STAR TREK PLATES

Donated to the Heimdal by William Booker – 8.5 inch color

1. LaForge	2069 A
2. Data	3721 I
3. Dr Crusher	4609 A
4. Best of Both Worlds	1968 Y
5. Admiral Kirk	0289 D
6. Star Trek Movies : <i>Star Trek 2</i>	2427 F
7. Star Trek Movies : <i>Star Trek 4</i>	1652 E
8. Uhura	0264 O
9. Star Trek :The Voyagers (ENTERPRISE NCC 1701)	2600 F
10. Star Trek :The Voyagers (ENTERPRISE NCC 1701)	0759 T
11. Scotty – 25 <sup>th</sup> Anniversary Commemorative Collection	2720 A
12. McCoy - 25th Anniversary Commemorative Collection	3903 A
13. Kirk - 25th Anniversary Commemorative Collection	0025 L
14. Spock - 25th Anniversary Commemorative Collection	3781 B
15. Uhura - 25th Anniversary Commemorative Collection	3862 F
16. Chekov - 25th Anniversary Commemorative Collection	0134 B
17. McCoy - 25th Anniversary Commemorative Collection	4801 G
18. Kirk - 25th Anniversary Commemorative Collection	4246 H
19. Encounter at Farpoint – <i>EPISODES TNG</i>	1004 G
20. Dr McCoy	0451K
21. Captain Kirk	1204 M
22. Dr McCoy	0451 K
23. Captain's Tribute - 30 Years	0512 P
24. Second in Command – 30 Years	3287 F
25. Mr. Spock	0320 R
26. Dr McCoy	4867 M
27. Riker	2946 K
28. Picard & Enterprise 1701-D	2518 B
29. Picard	0594 X
30. Ferengi Marauder	0704 D

Highlighted plate numbers simply mean there is no *Certificate of Authenticity* included.

I looked at each plate and they have been well cared for and only ONE has no original box (but is bubble wrapped)

**We have several sale ideas, please let us know your idea of making money for our club.**

**Send ideas privately to Linda, Willy, or Carl.**

**I have photos of each plate I will send you if you are interested.**

[heimdalscience@comcast.net](mailto:heimdalscience@comcast.net)

[heimdalco@aol.com](mailto:heimdalco@aol.com)

31. Worf	1686 G	
32. Sulu	1376 E	
33. Checkov	0319 C	
34. Scotty	2276 S	
35. Unification - <i>EPISODES TNG</i>	1780 G	
36. Deanna Troi – 5 <sup>th</sup> Anniversary Commemorative		3685XX
37. James T Kirk	8353	