

FLEET CHANNELS

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FROM THE REGIONAL COORDINATOR

Admiral Sam Black

Howdy, everyone!

I'd like to take a few minutes here in my first article to say how honored I am to be your Regional Coordinator. Whatever differences we might have had in the past, let's consider it water off a duck's back and put both feet forward as we work to bring the region into the future.

First off, we have just come out of our first Summit in a couple of years and, from the sounds of things, a good time was had overall. We raised some money for a good cause. We partied like it was 2014. Or at least that's reports I received. I, unfortunately, was unable to attend due to professional obligations.....that means I was away spending 8 hours a day for 8 days grading my share (as one of 38 graders on my question) of 40,000 Advanced Placement Computer Science exams! I definitely would have preferred to be down in H-town.

With this Summit behind us, it's already time to be thinking about next year. Zone 4: you're up to bat. We are accepting bids for the 2015 summit through 2014-JUL-15 11:59pm CDT. My plan is to make an announcement by August 1st. Bids should be sent to myself with copies to the VRC and Chief of Ops.

As for the future, there are a few things I'm interested in putting before the membership for consideration. One item which has been brought up is regional merchandise. I'm putting that on hold temporarily because there has also been some suggestions made that we look into rebrand-

ing, or, at the very least, refreshing, the region's image and logos. Our Chief of Comms is heading up this and I'm sure Jeremy's willing to listen to any thoughts, suggestions and possibilities on that front. I'm also looking to make a few changes to the structure of the staff, streamlining how some things are done and eliminating redundancies. That will be placed before the CCO in July for comment and consideration.

It's also time to start thinking about this year's Game Day festivities. As someone who has been around since the first Game Day was held, this is one of the most fun events we have had since the days of the old Region Three Olympics and Parises Squares tournaments. This is an event for members of all ages and all interests, from card games, to board games, and role playing games to computer games. This year's details are still being worked out so stay tuned and be ready to have some real fun.

One last item; each region has been asked to write up a history of itself for publication in an upcoming CQ in correlation with STARFLEET's 40th anniversary. If you have a story to add or want to help craft our article, please get with me as soon as possible.

I guess that's it for now. I'm finalizing my plans to represent you at this year's International Conference in Rockford, IL, and will have a full report for you the next time we go to press. My comm channels are always available so don't be afraid to open those hailing frequencies.

FROM THE SENIOR ENLISTED ADVISOR

Chief Petty Officer Steve Sardeson

Greetings Shipmates!

If you missed the Region 3 Summit, you definitely missed out on a great time. I cannot recall an event where I had more fun with Region 3, and I'm sure others will be discussing the event for quite some time. Since Summit is also a time to publicly recognize the STARFLEET members and chapters for exceptional accomplishments, I'd like to share with you some things about the Region 3 Awards Program. I had hoped to have this discussion at Summit, but sadly nobody showed up and I'll take the hit for that as I could have advertised it better. The benefit of having the discussion there would have also included how we on the Awards Committee can also improve. As such, I'll share with you, and feel free to email any feedback or questions to sea@region3.org.

First, I'll go into how the Awards Committee processes nominations. After the submission deadline has passed, the committee members review all nominations. Once we've verified that all committee members have all of the nominations, we review them for about one to two weeks before scheduling a formal meeting. During this review phase, we separate each nomination by category (e.g. Iron Star, Silver Pillar, "of the Year", etc.). For the individual awards, we discuss each submitted write up and decide how to adjudicate the award. The options are "Accept", "Upgrade the Award", "Downgrade the Award", or "Reject the Award".

For the "of the Year" nominations, this process is not quite as easy. In fact, deliberations have ranged from "immediate agreement" to "verbal knock-down, drag-out spirited debate". It should also be noted that any committee member nominated is automatically recused. As with the other awards, the deliberations are based on the write up. I will address write ups later in more detail as they are CRITICAL to the process.

The write ups are compared against other like nominations. Some nominations are discarded due to lack of competitiveness with the others, and the remainder are voted on after discussion. The nomination

with the most votes becomes the recipient.

As a nomination received for "Member of the Year" is automatically discarded for being ineligible, once we have gone through all of the "of the Year" categories and recipients have been identified, we then decide which one will be the recipient of the "Member of the Year" Award. Only those who have been selected in the other categories can compete for this one. After all the recipients have been identified, they are submitted up to FLEET for consideration for FLEET-wide awards, provided the categories match. Note that there is no FLEET level for "Member of the Year". This is (to my knowledge) only a Region 3 recognition.

Remember earlier when I said the write-ups were CRITICAL? Well, I'll put it straight. Every person has biases to one degree or another. To mitigate that and to protect the integrity of the Awards Committee, I discard the information regarding the submitter, who is nominated, and which chapter the nominee belongs to. Any decisions are based solely on the write up. Also, keep in mind that not everyone on the committee knows everybody, what they did, and how well they did it. Thus, here are some guidelines to observe when working on the write up.

Assume the reader has no knowledge of the person or chapter.

State specifically what the person did and what the impact or results were.

Avoid using the word "help", as it tends to justify making vague statements that leave the reader wondering if the person really was a significant contributor.

Common difficulties encountered when reading the write ups include assumptions that I know what your chapter did or is doing, overly vague in description of events and activities, contain a lot of "fluffy" words that sound wonderful but don't really describe why the nominee deserves the award. It also sets a bad tone to the committee when the award write up seems as if the Region Awards are being used as a substitute for a Chapter Awards program.

Here are some examples that are generalizations and examples of "not so great" write ups from the last two years of submissions I reviewed:

"LT Smithy shows up when he can, does what he can, and has a great attitude." Yes, this has actually been the gist of entire nominations from previous years, and it feels that this would have been better as a Commanding Officer writing a thank-you letter.

"LT Frazier Banks is an excellent member. I wish I had 10 of her." This is a great lead in statement, but there is nothing in the write-up subsequently to make me understand why, what or how well it was done.

"LT Frazier Banks contributed numerous hours on numerous critical projects." This type may sound impressive, but we have no idea how many hours, what those projects were, why they were critical, or how this person impacted the effort.

"LT Frazier Banks helped run recruiting tables." I have no idea what this person did. Did this person fetch snacks and drinks? Did he engage with candidates or interested passersby? Did he stock the table with displays? How many people signed up and become active members? This is why the word "help" can be dangerous in nominations. It makes sense to the writer with first-hand knowledge, but it did not make sense to me as someone who is asking "Does this nominee deserve this award?"

"USS Archer-Fish deserves the 'of the Year' award. CAPT Frazier Banks does a lot." Well, I have no idea why Archer-Fish stands out, and despite how much Captain Frazier Banks did, that is something to specify in either Commanding Officer or Officer of the Year. Chapter of the Year type awards should be written by what the chapter accomplished, not just the Commanding Officer.

Here are some examples of how award nomination write up should reflect on the person or chapter:

"LTCOL Frazier Banks ran the recruiting table (*heck, specify what the person did if not in charge*) and actively recruited 3 new members as well as 2 prospective candidates."

"LTCOL Frazier Banks conducted inventory at the food bank during an away mis-

sion that contributed to providing 33 meals to needy families in the local community."

"LTCOL Frazier Banks contributed 8 hours for Habitat for Humanity, ensuring a low-income family could have a suitable home."

"USS Danny Boy was able to commission 2 months ahead of the prescribed schedule. Chapter performed 2 charitable activities, generating \$400 and \$300 respectively for Coats and Kids and American Cancer Society Respectively." OK, I'm not perfect, I didn't specify what those activities were. I'll address that in a bit.

"USS Broadsword is routinely sought to support Habitat for Humanity and D.A.R.E. Chapter supported 2 events for each and contributed to 2 homes for needy families and prevented children from becoming victims of drug addiction." Hmmm, I probably should have specified what those events were.

I think I've also illustrated another key point – I'm not perfect either. I will admit that I am a better editor than I am a writer. Likewise, when I was writing awards and evaluations on Sailors during my time on active duty, I did not do these alone, and I did not do these in one sitting. I had several strategies to compensate for my writing shortfalls. There were times when I would incorporate all of them, one of them, or some other kind of combination – it all depends on the situation and how much time was available.

Have someone else write them, then follow behind for editing and "wordsmithing".

Write it and have someone else follow behind and edit and wordsmith.

Have a discussion with the other person on why changes were made.

Write the award nomination, save it, set it down and work on another. Then come back the next day and check again.

I am not going to pretend to be an all-knowing expert. There's a reason why there are other folks on the awards committee, and every single one of them is smart and has the best intentions. Also, again, feel free to contact me with questions or discussion points. I am here to serve YOU, not the other way around.

YOUR NEW CHIEF OF COMMUNICATIONS

Captain Jeremy Mayes

Hello Region 3,

I guess that since I'm the "new kid in town", I should take some time to introduce myself.

My name is Jeremy Mayes, and I'm the Commanding Officer of the newly-commissioned U.S.S. *Artemis* located in Dallas, Texas. While I may be new to the center seat, and even newer to holding a Regional Staff position, I've been in STARFLEET before as the Second Officer on another ship.

After things didn't exactly go as intended with that chapter, I took some time off and decided to regroup with a crew of people I know personally and I have to say that things are going much better this time around.

Some of you may be asking "Who is this new guy with so many responsibilities thrown upon him?" Well, let's start with some of the basics.

I started watching Star Trek with my oldest brother who subscribed to those old Columbia House VHS mail systems (anyone remember those?), and every month we'd receive a new tape in the mailbox with three episodes of The Original Series – this was before The Next Generation was even a rumor so aside from the first three films, that's all we had to keep Star Trek alive.

We'd practically abuse each tape rewatching

it repeatedly out with before the next one was shipped to us. And then he introduced me to the films. As a child, I remember weeping at the end of Wrath of Kahn, being confused by the Search for Spock (yet utterly in love with Christopher Lloyd's character as Kruge and just Klingons in general), and then the Voyage Home happened and Star Trek went from "that show I watched with my brother" to an all-out obsession.

To this day, I'm an activist against whaling (especially Humpbacks), and I owe all of that to Star Trek.

I was the kid who did his 6th grade Social Studies Fair project on the life of Gene Roddenberry and the social impact of Star Trek on society, and even did the presentation wearing a TOS uniform (complete with Vulcan ears).

When I was a sophomore in high school, I convinced our band director to transcribe the introduction to the Deep Space Nine theme to the beginning of "Pomp and Circumstance" for the Senior Graduation Ceremony that year (what can I say, I love low brass and French horns).

I wore Starfleet cufflinks with my tuxedo at my wedding, and even Richard Jefferies, brother of Matt Jefferies, was in attendance.

So yeah, I definitely live and breathe Star

Trek.

Personally, I'm a new home owner along with my wife, Stephanie. We've been married two years this July and it's great to be with someone who not only accepts and embraces my nerdier side, but also has one of her own (which at times I believe has surpassed me). Of course, the "new home owner" bit explains why I've been so quiet since accepting the position of Chief of Communications because we closed on the house the same week that I accepted the gig.

Professionally, I work in the hosting industry and I am currently studying for certification to become a project manager.

So here's what I want to do for Region 3, and why I accepted the position as Chief of Communications. It is my personal opinion that Region 3, STARFLEET, and even Star Trek fandom itself needs to be modernized, rejuvenated, and re-energized.

I plan on starting with taking a page out of the Region 3 Handbook's description of the job details for staff members, and focusing primarily on the part that says the Chief of Communications is responsible for "developing the branding/stylesheet for the Region". I want to show all of you, all of STARFLEET, and the world that just like the show we all know and love, we are willing to grow and expand because being static and refusing to change is the same thing as withering away.

I'm a huge hockey fan. Living in Dallas, my team is the Dallas Stars. I've watched this team go from a year-after-year Stanley Cup contender to five straight years of missing the playoffs, leading to poor ticket sales and stagnant play. During the last off-season the

team got a new General Manager and a new head coach. They traded away players who were kept around for nostalgia's sake and brought in some new faces to add to the core of strong veterans of the team to build a strong core. They even went so far as to re-brand the team's logo and color scheme, and based the season on the motto "A New Star is Rising". The city embraced this new team and new look, and the players embraced the city right back. The playoff drought finally ended the same year and the Stars are now poised to once again become a year-after-year Stanley Cup contender.

I'd like to see something similar happen with Region 3. We have new leadership and a new staff. We have new chapters commissioning or just entering their Shakedown Cruises. And, just like the Dallas Stars we have a nucleus of veteran members who are the heart and soul of this group. So I personally believe it's time for us to re-brand Region 3 and show everyone we intend to lead the way into the next chapter of STARFLEET's journey. A New Star is Rising, indeed!

In the coming months, you'll all start hearing from me a bit more. With the blessing of the Regional Coordinator and Staff, I'll be presenting a fresh, new logo and website design. I'll modernize and update our official documentation stylesheets. And I'll be working toward more efficient and streamlined methods of intra-chapter communications.

We have a rich history and a lot of new faces and ideas – I think that the only way we're going to succeed is if we work together, vets and newbies. And it's my job to make that as easy and hassle-free as possible.

Inside and out, we have some exciting times ahead.

ZONE 4 REPORT

Colonel Michael R. McCoslin, Zone 4 Leader

Everyone that went to Summit this year seemed to have a great time. I would like to thank everyone for taking their time out and going to these through the years to not only have fun, but to try to help out a great charity.

As most of you know, Summit 2015 falls at the feet of Zone 4 and we are looking for a place to hold the fun that we have planed out for next year. I would like to thank Colonel Jeremy Carsten for taking charge of the team by getting his feet in the mud and looking for a place to host. We all have full faith in him.

Would like to bring up that the crew of the USS Texas have made their name known by stepping up to host the Zone 4 Game Day. I have put this up to the Commanding Officers of Zone 4 and feel that this will be a fun time. Thanks to Colonel Bobby Dean and Major Jeff Webb for being the first to take charge of hosting Game Day.



Sadly, I also have the duty to report that we will be losing a chapter. The USS Serenity has fought the good fight, but as many of you know keeping a chapter together can be quite hard. As I am new to the duties of being the Zone 4 Leader, I regret that I was not able to get to know a crew that, from what I hear, was a proud, family-driven chapter. Her loss will be felt not only here in Zone 4 and Region 3, but also by all the STARFLEET. To the commander and crew of the USS Serenity, I speak on behalf of all of us when I say that you will be dearly missed.

USS NEVERLAND LAUNCHES IN SLIDELL, LA!

Captain Randolph Allen, CO USS NEW ORLEANS

The store Level Up Gaming became the center of STARFLEET Activities in the Louisiana City of Slidell, as CMDR Dreux Blalock prepared for the the first-ever Chapter Meeting of USS NEVERLAND (NX-2048). The NEVERLAND finally forming is a dream come true for North Shore Star Trek Fans. Until the NEVERLAND was formed, fans who lived north of Lake Ponchartrain along the small towns and cities along the I-12 corridor had to either travel to Baton Rouge (home of the USS CORSAIR) or New Orleans where the USS NEW ORLEANS was near. There was even a third option for members to consider going to Biloxi, Mississippi to meet with the USS NEPTUNE.

In preparation for his role as Commanding Officer of the NEVERLAND, Commander Blalock resigned from active duty in the STARFLEET Marines to dedicate full time to center chair. He was assisted by his Executive Officer, Lieutenant Commander John Giangrosso and together started work on the Shuttle program. Assisted by STARFLEET Shakedown Operations Officer Admiral Beau Thacker, the NEVERLAND's staff made the decision to move from Shuttle to Shakedown and the process to get them launched was under way.

The next step was to come to a decision as to which kind of ship they wanted to reflect their new crew. Together the crew of the NEVERLAND decided upon the venerable EXCELSIOR-Class Heavy Cruiser. To reflect it's lineage as 23rd and 24th century platform, it was a simple decision to have

the NEVERLAND as an ENTERPRISE-B variant. STARFLEET Department of Technical Services signed off on it and NEVERLAND was a good as launched.

In response to her rapid deployment from Shuttle to Shakedown Chapter, Admiral Sam Black, Commander of the Third Fleet announced her launch and that her support ship would be the USS NEW ORLEANS. Thus, on June 6th when the NEVERLAND officially met at Level Up Gaming, four members of the USS NEW ORLEANS were there. Customers and fans joined in the festivities as Captain Randolph Allen read the Launch Orders for the USS NEVERLAND and handed their Commanding Officer, Commander Blalock a bottle of champagne to use at the time of their Commissioning Ceremony.

During the meeting that followed, both Captain Allen and Commander Blalock brought the crew of the NEVERLAND up to speed on what was in store for them. They were exposed to both STARFLEET Academy and STARFLEET Marine Corps Academy and the various awards that come with these sites. They were told about the Orders of Merit and how not only were they a part of the largest Star Trek Fan Association in the World but how the NEVERLAND could help in their local communities.

The evening wrapped up with the USS NEW ORLEANS departing for Time Fest in Kenner, Louisiana while the NEVERLAND began its adventure "boldly going" into their STARFLEET experience.

TIME FEST II: STARFLEET BACK IN TIME

Captain Randolph Allen, CO USS NEW ORLEANS



The Airport Doubletree Hotel became the scene as fans of Doctor Who once again made themselves known for their annual one-day event. The organizers of the convention were members of the local branch of Krewe Du Who (the local Doctor Who club) and Consortium of Ge-

nius, who extended their invitation to other fan groups and local conventions, who all descended upon the event. As such, STARFLEET was also there once again promoting the organization and waving the flag for this one-day convention.

The USS NEW ORLEANS led the way with setting up an information table for the event which was manned not only by the Chapter, but assistance came from the USS NEPTUNE. Captain Randolph Allen and newly-minted Lieutenant Rob Cerio took also assisted with time travel-related programming. The first panel, called "The Keeler Paradox" specifically dealt with time travel in the Star Trek Universe. Famous episodes like the *City on the Edge of Tomorrow*, *Yesteryear* and *Yesterday's Enterprise* were explored in great depth.

The second panel, which coincided with Time Fest's costume contest was called "The Other Doctor; Keeping Time Travel Classy with Doc Brown", and it capitalized on the Back to the Future Franchise. This panel also featured a video

presentation of the internet-famous "Epic Rap Battles in History" - specifically, the episode featuring Doc Brown versus Doctor Who, which served to entertain waiting contest participants.

The evening wrapped up with a concert by a steampunk band called the Confabulation of Gentry. In typical style of this band, it became a battle "through the ages" as members of the Mad Scientist Band and the Consortium of Genius attempted to crash the event, which made the performance a memorable final note for the evening.

The next morning, survivors from Time Fest then came and visited the USS NEW ORLEANS during their monthly social gathering, "Coffee and Sci-Fi". It became the largest meeting in recent history as the local Chapter was joined by the USS NEPTUNE and newly launch USS NEVERLAND, plus additional new friends that we met during the convention.

The weekend proved to not only fun, but one that will remain in the memories of STARFLEET members of the area for a long time coming.



WHAT'S IN THE GALLEY: REDUCING FATS IN MEATS

Colonel Cathey "Denah" Osborne, USS FIREBIRD

While the youth of the SFMC is going strong, many of us are finding a need to change our eating habits. One of those habits is indulging in flavorful meats, cooked the way our parents and grandparents taught us, in all their fatty glory.

Fat does provide a lot of flavor for beef and pork, turkey and bacon, venison and duck. It is not however the only source of flavor. There is an intrinsic flavor to individual meats that needs to be uncovered to be discovered.

The dietician's term "lean meat" is not always restricted to chicken and fish. These meats are naturally lower in fat, and generally the easiest way to cut unhealthy fats out of your diet. Cutting away the hard white fats on red meats, is also helpful as it removes a lot of material that your heart and arteries may take exception to.

So how do you put the fatty flavors back? Add a pat of butter! Yes, it is just that simple. While this may seem like it's just adding fat right back onto your steak or pork roast, it's adding less fat than you have already cut away, and a different type of fat – one that is more easily digested by the human body.

There is also a red meat that is naturally low in fat that can be added to your meal planning: buffalo. When cooking buffalo, it can be treated just like beef. Keep in mind, however that the lower fat content means it will cook dryer than most beef if you are not diligent. Again, that little pat of butter added just before serving will give your taste buds something to talk about.

Lowered or low fat meats can also stand to be "sealed" in a very light coating of olive oil. Flavored oils, such as garlic oil and pepper oil, may be mixed into the base olive oil to add zing to your meat. This process is very helpful for searing, grilling, roasting (in the oven or crock-pot), and just about any other way you wish to cook meats.

For those of us who still have meat on our regular diets, these tips can help you keep to a healthier diet plan without having to give up all the things we carnivores consider tasty.

