



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 *ALMOST FALL* Issue, September 2025

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The August meeting was Star Trek Trivia Night. Read all about it on page 3

FROM THE COMMANDING OFFICER

Adm. Linda Smith - Starfleet SFDPP 2025 Recertified

And just like that ... like waking up from a short nap, summer is ending and fall is just ahead of us. To be honest, I wouldn't have minded sleeping through a lot of it ... temperatures constantly in the 90s and the humidity level in that 85% to 90% range. It was miserable. Lately, the weather has been beautiful and it would have been a wonderful summer if most of it had been like the end of it is. We WERE finally able to have the Heimdal's Pool Party and Picnic just as this lovely weather started.

This month's meeting is such a special one featuring Xenia Bannister, the student we sent to NASA's Space Camp this year. It will be wonderful to meet her and hear her tell us all about her trip. She is the 17th. student we've sent to Space Camp but no matter how many times our winners come and tell us about their trips, each perspective has been different and each presentation has been exciting. I hope all of you are able to come to the meeting to give Xenia a huge welcome.

With each of our winning students I look at them and think to myself, "*We (Heimdal) did this,*" and nothing makes my heart so happy. Hope to see you there.



FROM THE OFFICE OF THE EXECUTIVE OFFICER
Admiral Willy Smith, Starfleet 2025 SFDPP Recertified





Just minutes before I was to leave the house for the last “Phaser Sim”, I found out many members weren’t able to attend so I took the day off. It was a good thing I DID ‘lay out’ because my ordered paintballs hadn’t arrived but I found a bag of 500 in the basement and thought luck was on my side. Deer have decimated Linda’s prize forsythia and azalea bushes she planted when buying this house and every attempt at deer spray only kept them away for a few days. The frequent summer downpours washed it off. *Anyway*, my goal was to scare the deer off and when a herd showed up, I used the above-mentioned paintballs and they didn’t like the sound. What I found out in the process was the paintballs were in perfect shape but were bone dry ... didn’t break on tree impact. This would have made me not only loose at Phaser Sim, it may have been painful to others. I found paperwork and the paintballs were 4 years old. Hopefully Linda

can shorten the dry paintball story and I hope you’re still with me.

The Heimdal has collectibles that have been given to us and we really need the space. Plus, the Star Trek plates are in perfect condition and we have 3 uniforms, 3 Star Trek DVDs (movies) and 2 other boxes of collectible that are residing in our basement. If you have ideas how to sell these items, please let us know. We have Star Trek props from Tyler that have been given to our members but we still have a dozen or more items. Any ideas would be helpful and we could reclaim storage space.

We missed you at the last Heimdal pool party. We enjoyed the food and our time together but it’s just too expensive to continue reserving the pool and pavilion. So, this was our last get-together there.

Thanks for renewing after my reminder, some even do it early!

FROM THE DESK OF THE SECOND OFFICER Rear Admiral Carl Davis, Starfleet 2025 SFDPP Recertified

The months are flying by and the days are giving subtle hints that cold weather will be here any day now. One day last week I had to come back in the house and get a light jacket because my short sleeves were not providing the ideal comfort that I desired. Just making a minor adjustment made a big difference and I was reminded of how blessed we are to have so many creature comforts at our disposal.

We sometimes tend to take things for granted amidst the hustle and bustle of day-to-day living. Being mechanically gifted I probably am a bit better able to appreciate some of the things that others may not. Our home is heated primarily with wood but we have propane heaters for backup and a wall mounted heat pump unit that can provide heat or a/c as needed. I installed each piece of the equipment and do the maintenance on them so it’s pretty easy for me to be thankful when the plan comes together and we can adjust the temperature to suit our tastes.

Living in Virginia we get to experience and enjoy the changing of the seasons. A little warm weather and a little cold weather but usually not the extremes on either side. Several years ago, Bonnie and I volunteered to serve meals during the days following hurricane Katrina in Louisiana. It was my first experience working in the extreme heat and humidity of the deep south. We wore rubber gloves during the hours of food prep and serving and it was the first time I remember being so hot that perspiration would run out of gloves when we would raise our hands. And walking outside would lead to every thread of clothing being instantly wet. We worked outside for a week and I was very pleased to return to our balmy temperatures. Yet some people live like that all the time. It really makes me thankful for what we have here and quicker to remember to give thanks.

So, I encourage you to have an attitude of gratitude during this change of the seasons. Storms don’t last and things change. Be thankful for what you have.



MEETINGS AND COMMITMENTS

SEPTEMBER MEETING

The September Heimdal meeting will be September 20 at the Madison Heights Library and on ZOOM starting at 6:30 p.m. Please bring an item for refreshments to share with everyone.

Our guest speaker will be Xenia Bannister, the student we sent to NASA’s Space Camp this year. Xenia will be telling us about her trip and her dad told me she has a video presentation for us. **PLEASE DO** try to come and



give Xenia a big welcome and DO bring a guest with you to the library and on ZOOM. She is the 17th. student we have sent to Space Camp.

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

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

Topic: **September Space Camp Spectacular**

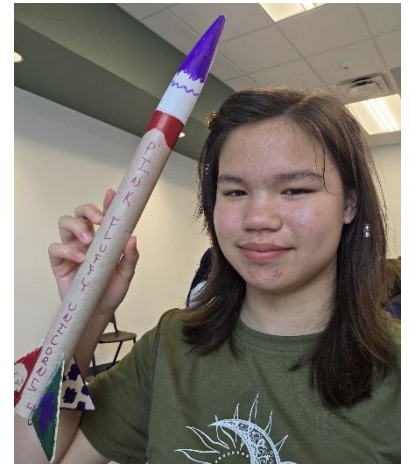
Time: Sep 20, 2025 06:30 PM Eastern Time (US and Canada)

Heimdal's September 2025 Monthly Chapter Meeting and Zoom

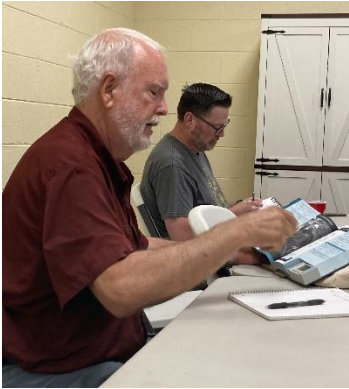
<https://us02web.zoom.us/j/85965385070?pwd=IrB0AZvgaBYWCKk7fYtNPKG02Catcx.1>

Meeting ID: 859 6538 5070 **Passcode:** 17931793

We'll see you there for this special meeting.



AUGUST MEETING



We had low attendance at the August meeting, sadly – because it was such a fun meeting. Carl presented one of his challenging *Star Trek Trivia Nights* and those there had a wonderful time. The Trivia Nights are something our ZOOM people can fully participate in and in August they were pretty amazing.

The ZOOM people squared off against those at the library to form 2 teams that gave each other major challenges. Those members on ZOOM became **Jody's Army** and the library people were the **Rubber Chickens**. Carl was brutal with his questions and the game ended with **Jody's Army** winning the evening. It was fun playing the game and laughing with friends. We had a little social time afterward, just talking and having fun.

HEIMDAL'S 42ND ANNIVERSARY PARTY, April 18, 2026

We have a venue.

We have a menu

We have a theme

We have a scheme.

FOR details *WATCH THIS SPACE ... coming soon!*



HEIMDAL STUFF

UPCOMING HEIMDAL SOCIAL



Super Rad Arcade

You wanted to go; we voted on the date that suited the people at the August meeting so **WE'RE GOING**. Here's the details:

Meet us at –

Super Rad Arcade 58 9th Street , Lynchburg, VA,

Saturday, September 13

400 p.m.

Charge for entrance – all games included in this one charge - \$10

See you there.

POOL PARTY AND PICNIC

We were supposed to have a Pool Party and Picnic in 2023 but it was rained out so we carried over our reservation at the Sugar Mill Recreation Area to 2024. The day of the party was beautiful until about an hour



before the party was scheduled and we started having non-stop, fairly bad storms. SOOO ... we postponed the party a second time until this year. We finally hit it right ... EXCELLENT weather, pleasant temperature ... so the party was ON.



10 people showed up for the Pool Party and Picnic starting at 5 p.m. Nobody swam but the food was excellent and the fellowship was so enjoyable ... sitting, eating and talking to friends ... NO MEETING. Willy and Carl did the cooking on the grill and everyone else brought side dishes. Nobody went home hungry. We wish more people had been there.

Sadly, this will be the last Pool Party and Picnic we have at the Sugar Mill Rec Area. The reservation fee for the area has gone up to \$100 and that's just too much, especially for only a few people and no one using the pool. BUT ... we have had some wonderful parties there ... picnics

and days in the pool. It also allowed us to meet in person during COVID because we were outside and could actually meet without wearing masks. It's also been perfect for some of Richard Riley's presentations, sculpting large pieces of foam as demonstrations of his talent. Outside it didn't matter if he got messy with the foam.

So, it's been a good place for us over the years and can be again if there's more interest. I'm glad the last party was fun, relaxed and perfect weather.

SPACE CAMP

School has started locally and we will be kicking off our Space Camp Contest in local middle schools in early October. If everything goes as planned, we should have read the entry essays and chosen our 18th. Space Camp winner by early in November. We'll keep you updated on the progress of the contest. *Watch this space ...*

HEIMDAL PEOPLE

STARFLEET ACADEMY GRADUATES – CONGRATULATIONS!



Adm. Willy Smith

Awarded Boothby 0500 - Trilithium (500)

Aug 19, 2025

School of SFI Sciences Division: Awarded Specialty: Botanist

Aug 15, 2025

School of SFI Sciences Division Awarded Specialty: Astrobiologist

Aug 15, 2025

College of Xeno Studies

FXZ101 - D Aug 26, 2025

FXZ 102 - D Aug 24, 2025

FXZ 103 - H Aug 24, 2025

FXZ 104 - H Aug 24, 2025

FXZ 105 - D Aug 25, 2025

FXZ106 - D Aug 25, 2025

FXZ107 - D Aug 25, 2025

College of Invertebrate Biology

IAA 101 - D Aug 26, 2025

IAI 101 - H Aug 26, 2025

IAM 101 - D Aug 27, 2025

IBW 101 - D Aug 28, 2025

IMG 101 - D Aug 28, 2025

College of Mortuary Science

CMORT 016 - D Aug 23, 2025

CMORT 031 - D Aug 24, 2025

College of Ecology

ECOL 108 - H Jul 30, 2025

ECOL 109 - D Aug 1, 2025

ECOL 110 - D Jul 31, 2025

ECOL 113 - D Aug 2, 2025.

College of Traditional Medicine

TMED 100a - D Aug 2, 2025

TMED 100b - D Aug 2, 2025

TMED 100c - D Aug 3, 2025

TMED 100d - D Aug 3, 2025

College of Astrobiology

ABIO 102 - H Aug 5, 2025

ABIO 103 - P Jun 21, 2025

ABIO 104 - P Aug 6, 2025

ABIO 105 - P Aug 8, 2025

ABIO 106 - P Aug 8, 2025

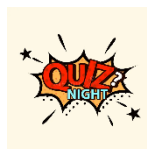
AST 214 - D Aug 8, 2025

College of SpecOps Training

RPL 101 - D Aug 9, 2025

RPL 102 - D Aug 10, 2025

RPL 103 - P Aug 10, 2025



RPL 104 - D Aug 10, 2025
 RPL 105 - D Aug 10, 2025
 TRA 101 - D Aug 11, 2025
 TRA 102a - H Aug 12, 2025
 TRA 102b - H Aug 12, 2025
 TRA 102c - D Aug 12, 2025
 TRA 103 - D Aug 13, 2025
 TRA 104 - H Aug 13, 2025
 TRA 105 - D Aug 14, 2025
School of SpecOps Flight
 FSH 101a - D Aug 14, 2025
 FSH 101b - D Aug 15, 2025
 FSH 102a - D Aug 16, 2025
 FSH 102b - D Aug 16, 2025

FSA 101 - H Aug 31, 2025
 FSA 102 - D Sep 1, 2025
College of Medical Personnel
 CSMP 101a -H Aug 6, 2025
 CSMP 101b -H Aug 6, 2025
 CSMP 101c -H Aug 6, 2025
 CSMP 101d -H Aug 7, 2025
College of Medical Studies
 CMDS 140- D Aug 22, 2025
 CMDS 141-H Aug 23, 2025



Fleet Captain Darrell Millner

SFMC Awards: International Service Award – August 5, 2025
IOMD - College of Leadership Development (IOMD:LD)
 (Delayed processing)
 PASS for LD105 - Performance Indicators on Jun 16, 2025
 HONORS for LD104 - Character Presence & Intelligence on Jun 16, 2025.



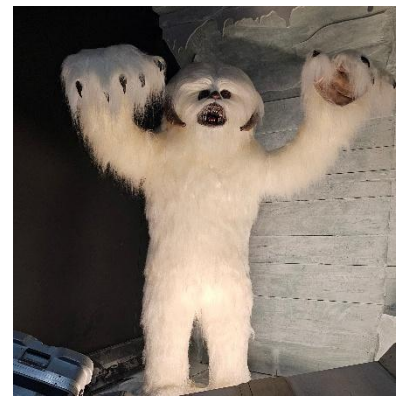
CMDR Zachary Lyon

IOSS - College of Spaceflight
 HONORS for APPO 104 - Apollo 4 on Aug 10, 2025.

UNOFFICIAL GALAXIES

By Tim Hazlett

In a galaxy far, far away... well, maybe not a galaxy, but definitely several state lines away. Last month I traveled to Columbus, Ohio, to visit COSI's *Unofficial Galaxies* exhibit — and stepping inside felt like making the jump to hyperspace.



The exhibit was packed with Star Wars memorabilia — costumes, full-scale models, recreated scenes, lightsabers, and stormtroopers — all created by fans. Seeing C-3PO and R2-D2 up close was a highlight, like meeting old friends from a story that first captured my imagination when I was a teenager and saw *Star Wars* on the big screen.

Unofficial Galaxies went far beyond *A New Hope*: Grogu from *The Mandalorian*, Jar Jar Binks from *The Phantom Menace*, a towering Wampa from *The Empire Strikes Back*, Jaxxon T. Tumperakki from the Marvel comics, BB-8 from *The Force Awakens*, Huyang from *The Clone Wars* and *Ahsoka* — nearly every corner of the Star Wars universe was represented.





Though the exhibit is now closed, it left me with a renewed appreciation for the craftsmanship and creativity behind the saga — and for the way great stories can connect generations, spark imaginations, and make even a long road trip feel like an adventure among the stars.

Even though its next trajectory is unknown I would advise you to keep your eyes to the stars (or at least to Google.) Keep your sensors tuned... and *May the Force be With You.*

RENEWALS

Thank you to **Jimmy Farlow & Beth & Peter Hopkins** so much to **for renewing their Starfleet membership and staying with our Heimdal 'family.'** Unfortunately, Eric Merrill did not renew. He has been a resident of a nursing home in Amherst for quite a while now and we wish him improvement and will miss him. He has been a member since 2005.

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.

Membership and renewal fees 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. 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

October – Glenda & Dan Blanks – October 11

Karen Delano – October 18

November – Tim Hazlett – November 18

December – Niki Kessler – December 5

Leslie Miller – December 8

WHERE ARE THEY NOW? Ryan Maddox

In 2010 Ryan Maddox was Heimdal's second Space Camp Contest winner. After that he was a Heimdal member for several years before graduating from high school in 2017. He went on to make / create / write / produce small films locally and eventually studied at Cinema Productions at Point Park University.

Ryan moved to Los Angeles, CA 2 years ago where he works in the film industry.

Recently Ryan's mom, Alesia sent me this picture of Ryan and I'm sharing it with you. Ryan apparently STILL has Star Trek in his blood.



Ryan Maddox

WHERE ARE THEY NOW?

Weston and Sarah Webb and little Phoenix are on vacation at Disney World having the time of their lives.

Bud and Karen Walker are on their way to Disney World. (We seem to have a Heimdal mass exodus to Disney World this summer).

Have a wonderful time, guys. We're living vicariously through you.



QUESTION OF THE MONTH – SEPTEMBER

If you won a trip to adult Space Camp, would you be excited about the trip? What part of the trip would you be MOST excited about?

Darrell Millner: Excited - Yes, beyond belief, and most excited if the scuba pool is still in use for spacewalk simulations. Also, would want a better understanding of the radio communications grid on board the ISS and Artemis.



Zak Lyon: I would enjoy experiencing simulated versions of missions that NASA was actually trying to prepare for, even if they had done these simulations hundreds and hundreds of times. I couldn't help but dream that the information that they might gather from my simulated mission might assist the real future of space travel.

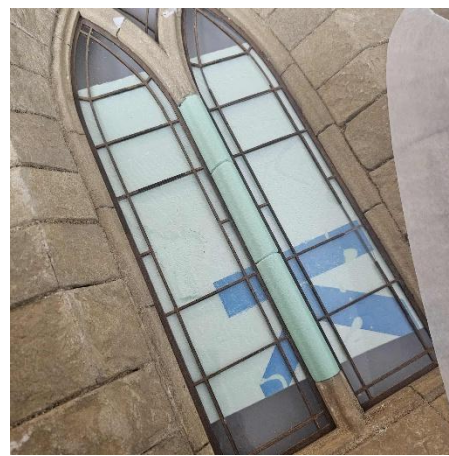
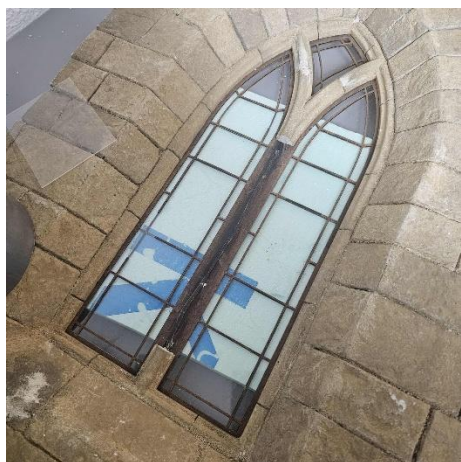
Jody Lyon I am a pretty creative person and I like to design. I think that I would like to make a rocket and shoot it off! I never did that as a child and I remember watching the students where I taught shooting off the different kinds of rockets that they had been working on in science class. It was exciting!

Linda Smith: After sending so many kids to Space Camp I'd be excited about seeing it for myself and I'd LOVE to do an EVA.

RILEY'S RAMBLINGS

PROP RESTORATION

By Richard Riley



Hello everyone! I hope everyone had a great Labor Day!

Time keeps on rolling and here we are a month before October which, of course, brings us Halloween! I am working away on pumpkins, tombstones and a spooky tree, those I will show you next month though. For this month's column I wanted to show a completely different side of my work, prop restoration. This work is very different in that I am working with pieces that are in movies or TV shows. The pieces that I restore might be masks, weapons, set pieces or costumes. I have to use a lot of different tools and skills to repair the pieces. This is not like making a large Styrofoam monster, which I am accustomed to doing. The client sent me a broken window frame that was used in a stop motion animated film. Not sure what the film was unfortunately because it is a really interesting piece! The prop arrived to me with the center section broken out, I needed to be able to replicate and replace that piece.

The task whenever restoring a prop is to make it blend in. You do not want the repairs to stand out. Sometimes that even requires making the repairs appear aged or dirty to match the age of the prop. Also, if you can, you do not want the repair to be permanent. It is best if the repair can be removed at a later time but sometimes it is not feasible, such as when restoring a latex mask or clothing.

For this piece the first thing I needed to do was to recreate the center section. I made a pattern of the piece and carefully carved a new one from foam. This was very time consuming. I am used to building large pieces and the small-



scale work is not really in my wheelhouse however; I am always up for a challenge! The wall section had some broken chips out of it as well. Those were repaired using a two-part putty epoxy that I applied and then textured to look the same as the wall.

The biggest challenge for this piece was to color match everything. There are numerous shades of tans, browns and even a touch of green. I was never 100% satisfied with the color match but the client was ecstatic and that was all that mattered in the end. All in all, a very fun piece to do. It does break up the work load of large Styrofoam pieces that I am accustomed to building.

Until next time have a great September and enjoy the start of Autumn!

FROM OUR DEPARTMENTS



<<<SECURITY>>>

SEPTEMBER 2025

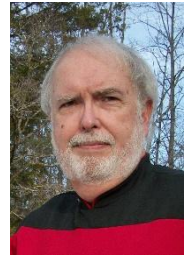
By RAdm. Carl Davis, Chief of Security, Starfleet SFDPP Recertified 2025

There is little to report from the Security Department this month. Phaser Sim was cancelled for the month of August leaving me all dressed up and no place to go. Looking forward to September's gathering.

I have spent a lot of time removing downed trees from the small playing field and getting it ready for our next game day. Hauled two loads of logs to the mill and have helped two friends get firewood cut up and hauled away. There is finally room to run and find cover during our games.

We did provide a trivia game at the last meeting and everyone seemed to enjoy it.

Have a good month. Stay safe.



CONGRATULATIONS TO CENTRA HEALTH PUBLIC SAFETY LIEUTENANT

From Linda

I saw this today and thought it might be nice to add this article to Heimdal's Security Section about a local Security Guard at Centra Health who is being honored. From Centra Health press release:



public safety.

👉 Read more about Corey's inspiring path and what drives her leadership: <https://bit.ly/3HHUbq3>
[#Centra](#) [#WomenInSecurity](#) [#PublicSafety](#) [#Leadership](#)

~ ~ ~
Congratulations to Lieutenant Corey Sebera, recently honored with Security Magazine's **2025 Women in Security Award!**

As a Public Safety Lieutenant at Centra, Corey leads Bravo Team and works tirelessly to ensure our caregivers, patients and visitors feel safe and supported every day. From responding to emergencies to mentoring her officers, Corey brings both heart and strength to her role.

Her journey to this career is a story of resilience, family and dedication that ultimately led her to find her calling in healthcare



<<SCIENCE>>>



SCIENCE IMPRESSES ME STILL

By Adm. Willy Smith, Chief Science Officer, Starfleet 2025 SFDPP Recertified

I have chosen to continue with STARFLEET Academy Science *Specialty Training* and this month it is ENTOMOLOGY. I really enjoyed the first part that dealt with Animals and Insects in the Star Trek world, and I really must review some of the episodes because I missed some of the exotic things Dr. Phlox had on hand from time to time. That was the EASY part of the course because REAL LIFE animals were next, Invertebrates such as Arachnids, Insects, Worms and Gastropods were up next. I asked myself, “*Why was I having to answer questions about these creepy crawling things?*” – many not pleasant to even look at or handle. But I was really surprised to see that not only do these creatures serve a purpose on the Earth and most likely were here WAY before humans and the pyramid builders, just doing their thing to live.

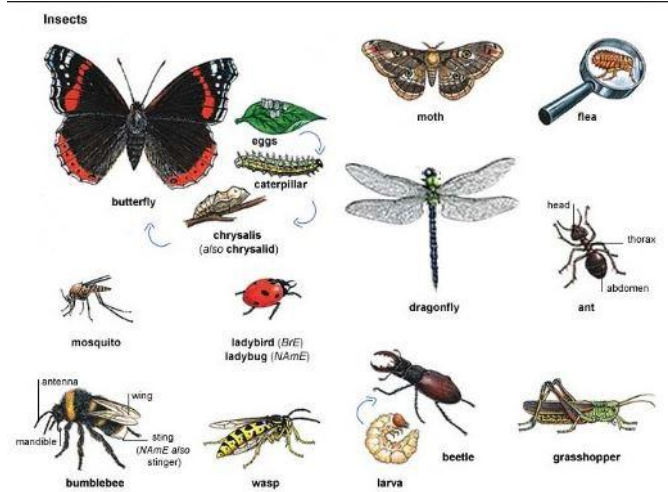
I was impressed to see that biologists and scientists have mapped out each creature, learning what makes them move, what they do, what their predators are, and so on. I was interested to learn that the material that spiders use to form the many different types of webs comes from a gland and the type of web is hardwired into that species, and how they jump into the wind and sail across your yard leaving the strand of silk that we sometimes walk into. It's taken centuries to learn which are dangerous and how they breathe, smell, reproduce and why they have survived.

It's wild to see *how* these creatures in the course are put together, almost like going on a car lot and seeing the thousands of models of the *same* creatures are put together differently and how certain things are so alien to you and that they had to give the parts exotic names because we weren't born with equipment like that!

Scientists have found out what they eat and what they give back to our planet. I wasn't expecting to wonder how these creatures came into existence and wonder why there are so many different types of invertebrates, but they have survived. Also, how they can survive alongside humans who mostly take away from the Earth ... me included. To learn that a slug and a snail are essentially the same ... minus the shell and they cannot *hear* at all, rather taste and smell keeps them alive and alert. Worms enrich our soil and do it with no legs. The difference between a centipede and millipede is large, one has legs *under* their body and the other you see the legs move. 750 is about the most you're gonna get from the largest “thousand legs” and if you really want to learn something gross, look up Symphylans

I still don't like most bugs but maybe now I have a new respect for them. I now know what Christopher Pike's horse's name is ...

It's an interesting course to take because: “The job of a scientist is to define the laws of the universe as best we can and determine how those laws may have produced the universe we observe”.



<<<ENGINEERING>>>



ENGINEERING UPDATE

FCAPT Darrell Millner, Chief Engineering Officer
R1 RDC ENG., Starfleet SFDPP Recertified, SFA RED Squad
Monthly ENG/OPS Report - SD: 202509

People are telling me Fall is just around the corner, but I seem to have “Fallen and I'm trying to get back up” already he he. But as the weather starts to level out from somewhere between “Surface of the Sun” and “Frost Bite” this engineer is very thankful for the opportunities and adventures associated with the USS Heimdal, Region One, SFI and the franchise as a whole.

This morning I did my STARFLEET Member Duty and Honor and voted in the Commander Starfleet Election. As the process continues through the month of September, I would like to share a note I sent to our members this very morning. ... I would like to take a moment to encourage you to read back over Linda's detailed information (17AUG email) regarding the current “Commander Starfleet Election”. The paragraph on Nomination / Voting phase she provides gives much more detail than the actual voting



site. Though there is only ONE candidate, as a fellow member of STARFLEET (SFI) I encourage you to participate in this important process, 2 minutes and a simple vote of YES, NO, or ABSTAIN. As leadership we cannot advise you on HOW to vote, but strongly encourage you to participate in the system. The Federation is trusting you to be involved.

Back to Engineering, The Engineering Link will be out any day now, as a combination of our August and September issues. Even in our department LIFE can snag up a bit. I apologize to our readers for the delay and hope you will enjoy this amazing issue. The entire department rises to the occasion in so many ways.

Here's to an amazing September, and I hope to see you all very soon. – Millner Out.

<<<<COMMUNICATIONS>>>>

WHAT IS STARLINK?

Reported by Vice Admiral Glenda Blanks,
Starfleet 2025 SFDPP Recertified



Starlink is a satellite constellation system that aims to deliver global internet coverage. This system is ideally suited for rural and geographically isolated areas where internet connectivity is unreliable or nonexistent.

A [SpaceX](#) initiative to create a global [broadband](#) network, Starlink uses a constellation of low Earth orbit ([LEO](#)) satellites to provide high-speed internet services. SpaceX, more formally known as Space Exploration Technologies Corp., is a privately held rocket and spacecraft company that Elon Musk founded in 2002.

How does Starlink work?

Starlink operates on a satellite internet service technology that has existed for decades. Instead of using cable technology, such as fiber optics to transmit internet data, a satellite system uses radio signals through the vacuum of space. Ground stations broadcast signals to satellites in orbits, which in turn relay the data back to the Starlink users on Earth. Each satellite in the Starlink constellation weighs 573 pounds and has a flat body. One SpaceX Falcon 9 rocket can fit up to 60 satellites.

The goal of Starlink is to create a [low latency](#) network in space that facilitates [edge computing](#) on Earth. The challenge of creating a global network in outer space isn't a small one, especially because low latency is an important demand. SpaceX has proposed a constellation of almost 42,000 tablet-size satellites circling the globe in low orbit to meet this demand. The *CubeSats* - miniature satellites commonly used in LEO -- create tight network coverage, and their low Earth orbit produces low latency.



<<<< MEDICAL >>>>

SEPTEMBER 2025 MEDICAL MINUTE: DESTANY "SKY" PETE

From National Geographic
By Commodore Tammy White



October is Breast Cancer awareness month so I decided I will devote the next couple months or more to bring awareness to women who have made contributions to medicine.

This month I will introduce you to high school student, Destany "Sky" Pete. She is of the Shoshone and Paiute Tribes of the Duck Valley Indian Reservation in Idaho and Nevada. She had interest in the medicinal properties of the chokecherry, which is used to make chokecherry pudding. The traditional method of making the pudding included crushing the seeds. She told ICMN, *"Nowadays, some people just kind of juice the berry and take out the seed completely. But maybe the seed has medicine that can help us to stay well."* A traditional leader in her community stressed that the many recent illnesses within the tribe was the lack of traditional foods, specifically the traditional chokecherry pudding.

Motivated by that conversation she embarked on an ambitious school science project. She wanted to test the hypothesis that the chokecherries are medicine. Can the traditional preparation of the pudding inhibit the growth of cancer cells? She got connected with a biochemistry professor at Boise State University, Dr. Ken Cornell, who works with uterine sarcoma cancer cells.



While there she tested four different specimens of the chokecherries by combining them with uterine cancer cells and allowed a 24-hour incubation period. Of the four specimens tested, the traditionally prepared pudding specimen had cancer inhibiting properties. While the short incubation period only yielded a small amount of cancer killing cells, longer incubation times or stronger dilution could yield better results.

She wanted to try her experiments on different types of cancer cells in the future, especially breast cancer. She entered the 2017 Elko County Science Fair in northern Nevada. Out of over 440 science project entries, she was honored with a First Grand Prize award for linking the traditional chokecherry pudding with the reduction of uterine sarcoma cancer cells.

The prize earned her a \$500 scholarship, and a collection of other awards from the likes of the Navy and Air Force. She also qualified for the Intel International Science Fair in Los Angeles in which she competed against 1,800 other high school students from over 75 countries. While she didn't take the grand prize she did walk away with second place for her microbiology project.

Her work laid the foundation for future research into the health benefits of traditional foods. She plans to extend her research to test other types of cancer cells over longer periods.

Her journey from high school student to a celebrated young scientist underscores the importance of bridging traditional knowledge with scientific inquiry. Her story is an inspiring reminder of how youthful curiosity, when paired with rigorous scientific methodology, can lead to groundbreaking discoveries that benefit the broader community.

Sky's discovery underscores the importance of traditional foods in maintaining good health, a belief echoed by many indigenous communities. ***"It was the traditional preparation of toishabui with the crushed seeds that had the results,"*** Sky explained. ***"I feel like our ancestors were really healthy. Nowadays, we're prone to diabetes and other diseases. But back then, it was our food that made us healthy."***

Destany 'Sky' Pete (Shoshone and Paiute), graduated from the University of Idaho with a B.S. in Ecology and Conservation Biology!

To make traditional chokecherry pudding, you'll need just a few simple ingredients:

- Chokecherries (fresh or dried) – The key ingredient, offering a deep, tart flavor.
- Water – Helps extract the natural juices from the berries.
- Sweetener (honey or maple syrup) – Balances the tartness of the chokecherries.
- Flour or cornstarch – Thickens the pudding to a smooth consistency.
- Optional: Crushed seeds – Some traditional recipes include ground chokecherry pits, which contain natural medicinal properties.

Step-by-Step Guide to Making Traditional Chokecherry Pudding

1. Prepare the Chokecherries
 - If using fresh chokecherries, rinse them well and remove any stems.
 - If using dried chokecherries, soak them in warm water for an hour.
2. Cook the Chokecherries
 - Place the berries in a pot and add enough water to cover them.
 - Simmer over medium heat for 15-20 minutes, stirring occasionally.
3. Mash the Berries
 - Once soft, gently mash the chokecherries using a spoon or potato masher.
 - For a smoother pudding, strain the mixture to remove the skins and pits.
4. Thicken the Pudding
 - In a separate bowl, mix flour or cornstarch with cold water until smooth.
 - Slowly pour the mixture into the pot, stirring continuously to avoid lumps.
5. Sweeten and Serve
 - Add honey or maple syrup to taste.
 - Continue cooking for another 5-10 minutes until the pudding thickens.
 - Serve warm or chilled.



HEIMDAL PET FLEET

PROFESSOR WAFFLES McSQUEE AND THE PEA

David Attenborough Fans - By Alison Henrique

So, today my cat, Professor Waffles McSquee (yes, that's his name, and yes, he earned it), decided to reinvent the concept of "cat logic" in the most absurd way possible. It all started when he discovered a single pea that had rolled under the fridge. Now, most cats would ignore it or maybe bat it around for a second. Not





Professor Waffles. Oh no. He became obsessed. He spent a solid 20 minutes army-crawling across the floor, pawing at the fridge like he was trying to solve a Rubik's Cube.

Please take a minute to read fully this story:

<https://ifeg.info/.../the-pea-the-water-bowl-and.../>

But here's where it gets weird. After finally retrieving the pea (heroic, I know), he didn't eat it. He didn't play with it. He carried it in his mouth like a prized trophy, trotted over to his water bowl, and dropped it in. Then he sat there, staring at the floating pea like he was waiting for it to hatch into a pea-dragon or something. When nothing happened, he looked at me, let out the most dramatic sigh, and walked away like I was the one who wasted his time.

So now there's just a pea in his water bowl, and I'm too emotionally invested to remove it.

STARFLEET STUFF



COMMANDER STARFLEET ELECTION: VERY IMPORTANT

The Voting Phase of the Starfleet election of Commander and Vice

Commander of Starfleet began on September 1. Since there is only one candidate team for CS and Vice CS there will not be an actual vote but it will be a VOTE OF CONFIDENCE instead for the nominee team. Starfleet's Inspector General, Stephen Stott **urges EVERYONE** to send in your ballot so proper records may be kept about the election participation.

All voting members MUST have been in good standing with Starfleet on August 1, 2025 and 18 years of age also on August 1.

You should have received an email ballot from **Simply Voting**, the company that counts our votes. Voting ends on September 30. If you do NOT receive your ballot and you've checked email and SPAM and it isn't there, please contact IG, Stephen Stott immediately at ig@sfi.org and let him know you did NOT receive your ballot.

No votes will be counted after September 30.

Your ballot will require a YES or NO or ABSTAIN vote for Ryan Case for Commander Starfleet and Richard Sams for Vice Commander. Their platform will be included on the ballot with a link to follow to read that.

There will be 2 additional subjects included with the ballot and Simply Voting will include links to follow to vote for those and an explanation of what they are.

Remember, you just vote YES or NO or ABSTAIN whether you approve of Case and Sams or if you don't but **you DO need to vote and return your ballot.**

Should you cast your vote and change your mind about that vote, please get in touch with IG Stephen Stott immediately at the email address above and tell him you changed your mind and wish to change your vote.

STAR TREK STUFF

STAR TREK: STARFLEET ACADEMY

Reported by Glenda Blanks, Star Trek Editor

Paramount+ today released an electrifying first look teaser trailer for its new original series, Star Trek: Starfleet Academy. The series is set to premiere on the service in early 2026 as a kickoff to the year's Star Trek 60th anniversary celebrations. The highly-anticipated first look teaser featured the series' main campus in San Francisco plus the main starship, and integral part of the Starfleet Academy campus, the U.S.S. Athena.

In addition, new details about the Starfleet Academy characters were revealed. Academy Award winner Holly Hunter as Nahla Ake, the Chancellor of Starfleet Academy and Captain of the U.S.S. Athena, who also happens to be a long-lived half-Lanthanite.

The Starfleet Academy cadets are:

Star Trek: Starfleet Academy Cadet Badge - Caleb Mir (StarTrek.com)

Sandro Rosta is Caleb Mir, an orphan with a troubled past — and unlikely Starfleet cadet.

Star Trek: Starfleet Academy Cadet Badge - Jay-Den Kraag (StarTrek.com)



Karim Diané is Jay-Den Kraag, a Klingon cadet who dreams of becoming a medical officer.

Star Trek: Starfleet Academy Cadet Badge – Sam (StarTrek.com)

Kerrice Brooks is Series Acclimation Mil, a.k.a. Sam, the first of her kind to ever attend Starfleet Academy.

Star Trek: Starfleet Academy Cadet Badge - Darem Reymi (StarTrek.com)

George Hawkins is Darem Reymi, an aspiring captain from a wealthy home world.

Star Trek: Starfleet Academy Cadet Badge - Genesis Lythe (StarTrek.com)

Bella Shepard is Genesis Lythe, an admiral's daughter determined to make her own name in Starfleet.

Plus,

Zoë Steiner as Tarima Sadal, a Betazoid and daughter of the president of Betazed.

Robert Picardo, reprising his iconic role as The Doctor.

Tig Notaro, reprising her role as Jett Reno.

Oded Fehr, reprising his role as Admiral Vance.

Recurring Guest Star Gina Yashere as Commander Lura Thok, a Klingon/Jem'Hadar hybrid who is the chancellor's First Officer and Cadet Master.

Recurring Guest Star and Academy Award nominee, Paul Giamatti, as part Klingon, part Tellarite Nus Braka, the season's villain with an ominous past connected to one of our cadets.

The announcements were made during today's Star Trek Universe presentation in Hall H at Comic-Con International in San Diego, CA. The Star Trek: Starfleet Academy panel portion featured an exclusive conversation with executive producers and co-showrunners Alex Kurtzman and Noga Landau as well as series star Holly Hunter, plus cadets Sandro Rosta, Karim Diané, Kerrice Brooks, George Hawkins and Bella Shepard. The panel was moderated by fellow series cast member and Star Trek legend Robert Picardo.



MICHAEL DORN (Worf): BEYOND THE BRIDGE

Reported by Linda

Michael Dorn, best known as Worf—the stoic, honor-bound Klingon—has a life beyond the bridge of the Enterprise. Off-screen, Dorn is an accomplished aviator with a passion for aviation that rivals his love for acting. His personal fleet has included rare and vintage military aircraft such as the T-33 Shooting Star, T-38 Talon, and the F-86 Sabre, which aviation fans often compare to the P-51 Mustang for its historic legacy and flight prowess.

Dorn has flown in formation with elite teams like the Blue Angels and Thunderbirds, showcasing his skills in the sky.

He's also deeply involved with the Air Force Aviation Heritage Foundation, serving on its advisory board. His expertise in aviation earned him a featured role in the History Channel's Modern Marvels episode "Private Jets." Dorn's dual legacy—both as a Star Trek icon and as a real-life pilot—reflects a rare combination of science fiction fantasy and real-world flight mastery.

THE ZAK PERSPECTIVE

LOOKING UP TO THE SKY FOR HOPE

By Zak Lyon

As a child I enjoyed watching TV shows over and over again. I had this one special VHS tape which I would surely have worn out if it had not been partially taped over during football season. The story told by this show had quite an impact on 4-year-old Zak. The comedy sketch of it went over my head and to me it was a documentary. I didn't know the actors and to me they were actual citizens, news reporters and politicians of Metropolis coming to celebrate 50 years since Superman came to Earth. I saw citizens of a grateful city reflecting on not just what Superman had done for them, but what he had meant to them. These images stuck with me - people from all walks of life looking up and waiting for him with concern. The Museum docent who spoke about the Superman collection was so passionate and overwhelmed by the importance of this Man of Steel to their city. Others who were interviewed expressed similar emotions and were just regular people. People who knew Superman. I was mesmerized. This kind of emotion, to a 4-year-old, couldn't be faked. I hoped with them that their hero would show and not miss his own party. If he would show, they could thank him in person and maybe have an enduring memory.



Finally, the clarion call! First a child: “Look up in the sky!” Flying sounds heard from far distance. “It’s a bird!” A red and blue blur. “It’s a plane!” The blur is slightly more in focus. “It’s Superman!” And here’s the wonder of the thing, it actually was! Not some guy hoisted on wires. An actual Max Fleischer Superman! And that was the first time I saw him this way. It’s been meaningful to me in later years that this was my introduction to the character. No one actor’s take on the character, but *the* Superman that has been flying around in our heads for lo those many years! As bright and vivid as we always imagined him to be.

I know what you are thinking... There he goes again. Enjoying the blurring of the line between fantasy and reality. For one thing I’m glad that you have paid attention to my style. For another, I saw these images before this line was firmly established... As I said in my Disneyland piece, I like to write about enduring things. And Superman has always been rather elevated. Get it? Elevated up above most other figures in fiction. A hero who stood for Truth, Justice and the American Way.

Since this TV “documentary” was my introduction to the character and I was quite young, Superman was real to me. My grandpa, who I believe only stepped foot in a comic store once in his long life, knew Superman! Pa would sing songs to me and one time he was explaining the song, “You don’t mess around with Jim.” Well, Zachary, he said. You don’t spit into the wind because it will come right back at you. And you don’t grab Superman’s cape because he could take off with you. If he could fly off with me that meant that Superman must be real!

I’ve always gotten the most enjoyment out of those things that I call perpetual entertainment. Tales that get richer over time. Like Star Trek, the Muppets, Star Wars, the Land of Oz, Sherlock Holmes and even Donald Duck (look at how he’s grown). The worlds that get my fan heart pumping and never feel like they slow down. Superman is one of these enduring characters.

Every generation’s iteration would add something new to the world of the Man of Tomorrow. The radio dramas needed to give their lead actor a chance to rest his deep voice. So, the radioactive fragments of the planet Krypton were imagined to sap Kal El’s strength. He could use a weak voice from time to time. The Max Fleischer cartoons gave us the name of the Daily Planet’s stern editor, Perry White, a version of Lois Lane, and Jimmy Olson. The TV show of the 50s solidified his powers. And Lois Lane has found her place as more than an intrepid girl reporter. *Lois and Clark* brought a domestic aspect to Clark’s life. And the 20 ought’s show, *Smallville* raised the question of Jor-El’s true motivation for the first time. *Superman and Lois* had Clark question his role as a superhero when he just wanted to be a family man.

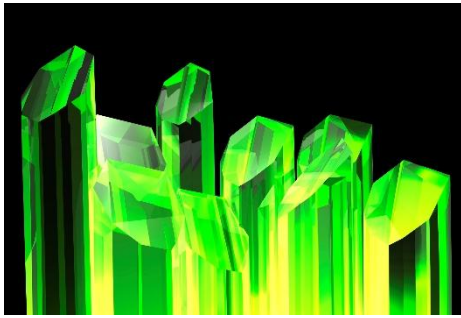


Whenever the right people add the right things to the world of this Kansas farm boy, it feels like it has always been there. It’s retroactively canonized. The world grows and is enriched. The 1978 *Superman the Movie* canonized Smallville’s location to be in Kansas. And who can forget Marlon Brando’s voice bouncing off the crystals in the Fortress of Solitude speaking of the people of earth: “They can be a great people, Kal-El, if they wish to be. They only lack the light to show the way.” This movie gave Kal-El a mission. And from Bryon Singer we learned that the “S” we see on the costume was actually the Kryptonian hieroglyph for “hope.”

And to think, all of this began in the minds of two friends, Joe Shuster and Jerry Siegel who only recently got the credit they deserved. At first the friends were nervous about the rise of Hitler’s fascism in Europe, so their first illustrated science fiction stories were about a mind controlling villain with superstrength - weirdly called Übermensch. These first stories were a warning. While warning us about the dangers of fascism was important, thankfully, some rethinking led them to conceive a more aspirational main character that spoke to us all. In a hopeful way. This character helped in small ways to raise up the downtrodden. The cover of his first comic in 1938 shows him raising a car off an injured man. He had once rescued a kitten. He was there to help – one person at a time rather than there to oppress a people. There has been more than one scriptural interpretation of Kal-El. But that’s another story.

There is a moment when Superman was reimagined as an aggressive being. It was in the Snyder movie that he became someone who when brought back from the dead didn’t first hug his loved ones but went on a rampage. But even that misstep didn’t dim the “idea of Superman” as the unselfish champion. In a November 2019 interview, the actor David Cornswet expressed interest in portraying [Superman](#). He said he hoped to eventually see a bright and optimistic version of the character on screen. Four years later, James Gunn, a director with a similar vision, hired him.





This could have been a movie review, but I didn't want it to be. Some are saying that future DC movies are solely dependent upon the success of *Superman*. Some are saying that film in general is dying. I don't want to talk about that. I know when it comes to Superman all that doesn't matter. For the last Son of Krypton's greatest power, along with causing all of us to look up to the sky in hope, is that he grows stronger with reinterpretation and always will. Every time we are introduced to him, we are given a new element or two. Like Gunn's version of Krypto, the Superdog an annoyingly rambunctious pup who still tries his best. And the idea that Jimmy Olson is a player which I believe was first hinted at in a throw-away line in *Smallville*. See, the tale keeps growing. The world is real.

Entertainment can be totally redefined over and over again, but there will still be an adopted boy on a humble farm wondering why he is so different. And then, learning to fight for Truth, Justice, and, to use the more modern words, a better tomorrow. Superman now belongs to the world, so this new ending is appropriate. But always remember, in our better moments, the American Way can lead to a better tomorrow.

INTERDEPARTMENTAL ROLE PLAY

ACT II – Chapter 33 Do Not Go Gentle into That Good Night By Bud Walker

Commander Bud Walker stood up, looking down at his father's body. This man had dominated and had literally tortured Bud as a child, so there were no tears and no remorse on Bud's part. Nevertheless, Bud was stunned as he had never known any existence where his father was not present or lurking in the background of his life. Freedom was not the best word, but Bud did feel an emotional untangling that somehow lifted a great weight from his mind.

Bud then shook his head to focus on his current situation. His father may no longer present a threat, but Bud was still alone and marooned on a Terren warship. *How am I going to get back to the so called "ghost" universe?* Bud knew that Terran Hatter had brought him here, so Hatter must have an interdimensional transporter device to move between universes.

"I need to either locate Hatter or somehow find another device somewhere," Bud said to himself.

Bud then reached down to his father, hesitating for a second, but then searched his father's pockets. He found a data card, which probably contained his father's access codes. *This will allow me to move about the ship!* Then he found a single iso-linear chip in the other pocket. *No clue what is on this, but I can examine it later.* Bud pocketed both items, replaced the knife in his sleeve and made his way to the door. He then looked back at his father's body.

"Goodbye Father. Despite everything, I hope you rest in peace."

Bud then exited the Ready Room and made his way down a corridor.

To be continued...

DON'T FORGET – MYSTICON IS BACK in 2026!!!

We're very excited about our guest lineup for this next MystiCon. What a way to bring this great event back to our community! We have changed venues and will be at the Holiday Inn, Tanglewood. Thanks so much to our sponsors: Budget Blinds and Rate - Guaranteed Rate!

The MystiCon Team

January 23-25, 2026, Holiday Inn Tanglewood, Roanoke, VA.

Watch this space for info

IN CONCLUSION ...

We're REALLY looking forward to seeing all of you at the meeting. Space Camp winner, Xenia Banister is our speaker and we want to make her feel SUPER, EXTRA welcome. Her dad just sent me an email that said:

"We are very excited about this event."

THAT'S IT - WE QUIT ...

THANK YOU to EVERYONE that contributed to this newsletter. YOU make it what it is and that's pretty cool.

See you at the meeting... *Linda, Willy and our staff of THOUSANDS.*



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MEMES FOR US ... FOR FUN

