



# 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**  
**REGION ONE'S CHAPTER OF THE YEAR 1996, 2006, 2008, 2009, 2012, 2013**  
**REGION ONE'S RUNNER-UP CHAPTER OF THE YEAR 2007, 2011, 2017, 2018 & 2021**  
**BEST REGION ONE NEWSLETTER 2011 & 2020**  
**BEST R/1 MONTHLY NEWSLETTER 2015, 2018 & 2020**  
**BEST R/1 MEMBERSHIP HANDBOOK 2020**  
**WINNER - BEST FLOAT AWARD, AMHERST CHRISTMAS PARADE – 2006, 2020, 2021**

The **HAPPY NEW YEAR** Issue, January 2024

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## FROM THE COMMANDING OFFICER

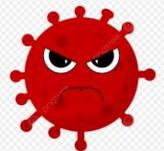
**Adm. Linda Smith - Starfleet 2024 SFDPP Certified**

**HAPPY NEW YEAR!!!** I hope everyone had a safe and happy Christmas holiday and New Year's celebration.

It's been a strange ending to 2023 for a number of us as you will see when reading this and Carl's Second Officer 'Hello' message. Both he and I ended the year with COVID, the bullet we had managed to dodge for almost 4 years. But the most recent variant is highly contagious and we both were holiday victims. Thankfully, and by the grace of God, Willy managed to stay negative while living in the same house with me through almost three grueling weeks of COVID. It's hard to isolate anyone when living in the same house but we did some 'home gymnastics' and managed it. What a blessing.

After 18 long and pretty miserable days, I finally tested NEGATIVE. Again ... WHAT A BLESSING!

As Carl will tell you, you do NOT want this nasty little virus. I stayed





congested for SOOO long I started talking OUT LOUD to myself just to see if I sounded normal. Willy walked in on one of those ‘conversations’ and looked at me like he thought I was nuts ...and after so long a time, maybe I was a little.

Being vaccinated and boosted kept it from being any worse, but trust us ... it was bad enough. Neither Carl nor I want to do THAT again. I hope it’s in our rearview mirrors until at least the next century, Stay well!

As we begin a new year globally and especially on the Heimdal we have plans to make 2024 a year of fun and enjoyment following on the heels of a couple of really hard-working Heimdal years. We need a rest and we certainly deserve it. We have some good programs lined up. Stick with us, kidd-os and enjoy the ride.

We’re starting off with a jump into full WARP. Why NOT start off BIG and jump right into this? OK ... here we go with January. **HOLD ONTO SOMETHING ...**

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

Hello everyone and welcome to another year with the Heimdal! We hope everyone had a great Christmas

I was glad to spend another December with our crew at the library and while I didn’t think my sweater was an award winner, I sorta like having Darth Vader on a garment. Oh, whoever got the box of Oreo Double Stuff for Dirty Santa, enjoy! ... it was good I took home an oven mitt set so I won’t burn myself on the pizza pan. I hope we have another good turnout for the chili cookoff in January. Dennis, I’ll miss your batch!

So, what’s been going on you ask? Many of you know I started out the year by trying to save our crew \$\$ by renewing early and both members due in January forked up the old rate of \$5.00 in December. Two members due in March saved the added membership fee and added a member! All the jumping around I did I realized no matter what size family plan you have; you will only pay five more dollars. You can even purchase multiple year memberships with STARFLEET now if you want.

STARFLEET is cracking down on members without email.

The “non-digital” members we have wouldn’t care if they have email or not and that’s the way I think it should stay. Sure, they miss out on the glitzy Communique every quarter, but our newsletter gives news they can relate to. After seeing the latest CQ there were only a few things I thought *really* cool ... maybe it’s just me. “By Grabthar’s Hammer they shall have their Heimdal newsletter!!!”

Solving a riddle, I now know why I watched cartoons and Leave it to Beaver when I first retired ... it’s too cold to walk around the neighborhood at 5AM. Now I wake that early, build a fire and take academy courses while the den is cooling off. If it’s in the low 30’s I’ll layer up like Carl and walk the 2+ miles. The feeling is hard to describe but I’m glad I am able.

There are openings in sciences, think about it because Science is everywhere! SMITH OUT



**FROM THE DESK OF THE SECOND OFFICER  
RAdm. Carl Davis, Starfleet SFDPP Certified**

It is good to be able to report in this month. Like many of the crew I finally was stricken by the dreaded Covid 19 virus. I tested positive after giving in to the sore throat symptoms and immediately went on the prescribed medication. I would say I had a mild case but still can’t think of anything good to say about the experience. Our family Christmas celebration was not all it usually is as our daughter was sick with the flu and both Bonnie and I were less than festive with yucky symptoms. But the new year promises better and we’ll move on rather than trying to go back in time and change anything. Especially after seeing the mess The Flash made when he just “ran” time back in one of the latest movies. Not one I would suggest watching unless you are hard up for entertainment. Even then I can recommend some much better flicks that are easier to follow. Now we’ll head into the future and see what kind of a difference we can really make. Happy New Year!!!



**MEETINGS AND COMMITMENTS**



## JANUARY MEETING

The January meeting will be January 20 starting at 6:30 p.m. at the library and on ZOOM. This will be the Annual Chili Fest' and Movie Night. **BUT, AND PLEASE NOTE**, we are going to do something a little different this year. Because so many of us have been sick during Christmas, Carl suggested and I agreed, that we just watch an episode of *Firefly*, which is always enjoyable, rather than stay confined for a 2-hour feature film since so many of us have been under the weather. Carl will be supplying the video.

We still have a couple of meetings without a speaker so we'll plan to have a REAL Movie Night later when there aren't so many nasty viruses floating around.

We'll still be having the full-on Chili Fest'.

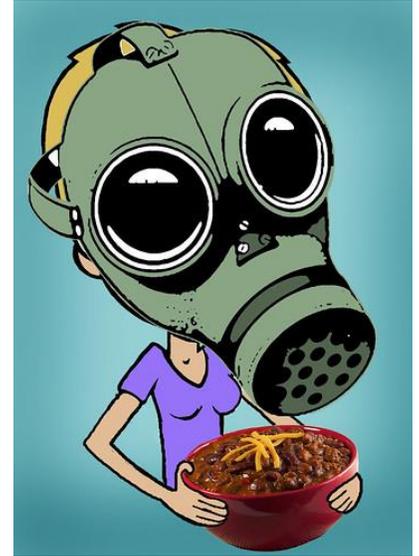
Several people have signed up to make a pot of chili and everyone else needs to bring stuff that goes with chili ... like crackers, cheese, sour cream, cornbread ... whatever YOU like will be just great. We also need drinks and ice and dessert.

Those signed up to bring chili are:

- Linda
- Glenda
- Niki
- Tammy
- Robin

Sarah will be bringing pigs in a blanket. They were a huge hit at Christmas.

Darrell will be our ZOOM Coordinator for the evening and the coordinates are:  
CO Linda Smith is inviting you to a scheduled Zoom meeting.  
Topic: **Heimdal 2024 Chili Fest' & Movie Night plus Zoom**  
Time: **Jan 20, 2024 06:30 PM** Eastern Time (US and Canada)  
Join Zoom Meeting :



<https://us02web.zoom.us/j/84697061651?pwd=bEt5TnpXSW1hN2lMYnBUVTRSREJnZz09>  
**Meeting ID:** 846 9706 1651 **Passcode:** GasMask

## DECEMBER MEETING

No Grammy for the Grand Moff  
December 2023 Chapter Meeting of the USS Heimdal  
*By Commander Bud Walker, Operations*



The Heimdal crew gathered at the Madison Heights Public Library (part of Amherst County Public Library system) and online via Zoom on December 16, 2023, for the monthly chapter meeting. The members of the chapter enjoyed a Christmas Dinner before the meeting.



Admiral Linda Smith called the meeting to order and led a short discussion on the various charities that the chapter has made donations to, including Gleaning for the World, Free Clinic of Central Virginia, the Salvation Army, Home Instead, Angel Tree Christmas, Amherst Humane Society, Lynchburg Humane Society, Friends of Madison Heights Library, and Lynchburg Social Services. Vice Admiral Glenda Blanks, Petty Officer Angie Arnold and Commodore Tammy White did the shopping for the Angel Tree and Home Instead.

Before turning to the Department Heads, Admiral Linda Smith made several announcements:

- The next meeting will be January 20, 2024, which will be our Chili and Movie Night. Several members volunteered to make chili and Admiral Smith asked for suggestions for the movie.
- January 2, 2024, is the deadline for the next newsletter.
- Two new members have joined the chapter: Niki Kessler and Leslie Miller.
- Admiral Smith announced that every member of the chapter will receive award this year, to be distributed by First Officer Willy Smith, via email. In addition to CORA awards for all members, Admiral Smith announced her CORA Awards (Commanding Officer's Recognition Awards), which were to **Engineering as the Department of the Year**, and **Commander Bud Walker as Crewman of the year**.

Rear Admiral Carl Davis reported on the Chapter's float for the Amherst Christmas parade and thanked those who participated.

With business concluded, a video sing-along was played for the crew as a virtual gift from the Zoom participants. The song was a parody of "Grandma Got Run Over by a Reindeer," entitled "Grand Moff Got Run Over by a Runabout." Featured singers included Commander Zak Lyon, Lieutenant Jody Lyon, Fleet Captain Darrell Millner, Lt. Commander Kathy Whately, Commander Jonathan Hatter, and both Admirals Linda and Willy Smith. While none of the participants will be getting a Grammy anytime soon, all were able to "make a joyful noise." Bud Walker portrayed the poor doomed Grand Moff. Lyrics were written by Zak Lyon, who also came up with the original concept for the video.

After the video, an Ugly Christmas Sweater Contest was held, which was won by Commander Jonathan Hatter. Following the contest, a gift exchange known as "Dirty Santa" was conducted. Several gifts were "stolen" back and forth but in the end, everyone got something. After much merriment was enjoyed by all, the meeting was adjourned.

## 40<sup>th</sup> ANNIVERSARY PARTY

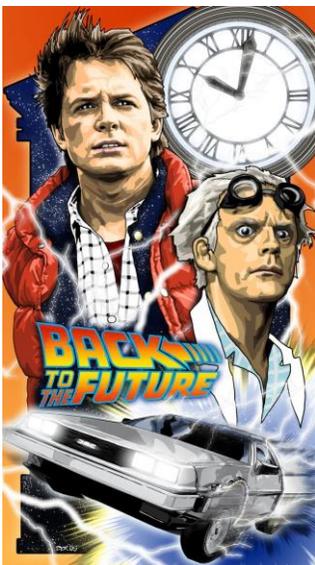
~ *Back to the Future 1984* ~

Really gearing up for the Anniversary Party. Any time you do something for 40 YEARS, there's reason to celebrate.

Because the Heimdal launched as shuttlecraft in 1984, the costumes for the evening can be one of two things ... any vintage outfit from that 1984 era OR any costume relative to the actual *Back to the Future* movie. That is a pretty broad range and will be fun. There WILL be a Costume Contest with prizes.

The meal is \$28.95 per person so start saving NOW so you'll be ready. The meal is the ONLY thing you'll be paying for at the party and that's quite a deal. **It includes tax and tip.**

I will be taking up money for your meal ANY TIME you want to give it to me. WATCH THIS SPACE ... Just 3 short months until **PARTY TIME ....**





## HEIMDAL PEOPLE

### WELCOME NEW HEIMDAL MEMBERS

#### **LESLIE MILLER** From Leslie Miller

Let's see: I am a wife, mother and most importantly a grandmother to 3 beautiful girls!! They are my life. I also love animals and especially dogs.

I joined Heimdal mostly because of my brother, Willy and his wife Linda. I've met so many of the folks already at the anniversary parties and the auctions. Everyone is so nice; I feel so welcome and I thought it could be a lot of fun



#### **NIKI KESSLER** From Niki Kessler

Warm greetings to my new ship mates! I'm very happy to be here at long last. Since I'm a long-time reader of the newsletter, I already know how interesting and surprising you all can be, but the role-play aspect of the department salutations has been so welcome and unexpected. You guys are SO MUCH FUN!

Many of you may know me as the 'face painter' or 'glitter artist', and yes! I love making art of all kinds and creating things, which for the past eight years, has been channeled into figuring out how to do DIY projects on my old house. But I also love being outside my house in the 'garden' (which actually just means 'yard'). I love all things trees, plants, animals, and natural world. (WHAT AM I DOING ON A STARSHIP??!!) including camping, hiking, swimming, roller-skating, searching for four leaf clovers, making very large brush piles, and just sitting on a rock somewhere, gazing proudly upon the brush piles I've made.

I grew up watching the original Star Trek re-runs and probably feel most allied with this series and characters. I watched The Next Generation religiously but since I haven't had cable access since the mid-90's, I missed most all of the other cool spin-off shows. (I'll catch them eventually, I promise!) My main 'nerd' thing, however, has got to be all things

Lord of the Rings. Until the year 2000, this meant The Books, most particularly, the tales of the elves in the Silmarillion. Now, of course, the movies are a big love of mine too. I played a LARP foam-fighting game as an elf for nearly 20 years also. (All the time wearing the 'Spock space ear tips'.) Lots of fun!

I love to write. (Fantasy, sci-fi...based on a different planet...go figure) and love to make music, although I also made a kid who can make music far more elegantly and articulately than myself, so I'll defer to her on that one. In addition to my redhead high school sophomore musician, I also have a middle school weapons and military history expert who is currently vying with me for who can do the most pullups. (Hint, mine are assisted pullups only, but the way I see it, I'm STILL pulling up more than he is...LOL) I have been hyper-focused on raising these two to be good humans, which has, to date, been my main excuse for not joining any fun clubs like Heimdal. I'm very much looking forward to attending more meetings, as time allows and getting to know everyone better.

Thank you for making me already feel like I belong, it is a wonderful thing to belong to something in this universe!

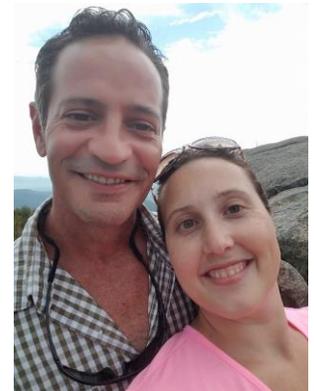
Sincerely,  
Niki Kessler

#### **JIM LONG**

Jim Long is Jennifer Long's husband and was Dennis Henderson's son-in-law. Jennifer just renewed her membership and added Jim. She is now the head of the household / family membership that left a vacancy when Dennis passed. She also renewed for her son, Darrell Spencer. She included Jim in case he wanted to attend some of the Heimdal meetings and events with her. She renewed in December 'under the wire' before Starfleet changed membership fees.

We're so glad Jennifer renewed and hope Jim will come to some of the Heimdal meetings and events with her.

Welcome Jim ...





## PROMOTIONS – CONGRATULATIONS!

### CONGRATULATIONS to:

**Cindy Ward** for being promoted in December from the rank of Lieutenant to Lieutenant Commander after 3 years in grade.

**Robert Ward** for being promoted in December from the rank of Lieutenant to Lieutenant Commander after 3 years in grade.

Both Cindy and Robert were promoted through the Heimdal's Promotion Point System by filling out a Point Sheet. Ask them how easy that was ...



## CONGRATULATIONS TO OUR BOOTHBY AWARD WINNERS

Boothby Awards are awards presented to members by Starfleet Academy for achieving /taking and passing certain numbers of SFA courses. Congratulations to:

**Bud Walker** - for receiving a **Gold Boothby** for taking and passing **150** Starfleet Academy courses.

**Willy Smith** – for taking and passing **50** Starfleet Academy courses.

This is **QUITE** an achievement for both Bud and Willy and we congratulate them.

## WESTON HELPS SALVATION ARMY

In early December Weston Webb and the 501<sup>st</sup> Mandalorian Mercs Costume Clubs (his **OTHER** club) volunteered, as they always do, to help ... in costume ... the Salvation Army with their Annual Kettle Drive. Weston said, "*All you have to do is sign up for a time slot when they open them up for volunteers. Anyone can do it.*"

This year Weston and his Mandalorian Mercs club volunteered on a Saturday and raised **\$940** for the Salvation Army. And they had fun doing it.

WAY TO GO ... (It's **ALWAYS** so cool to see what **OTHER** things our Heimdal members do when they aren't hanging out with us).



## STARFLEET ACADEMY GRADUATES – CONGRATULATIONS!



### Admiral Linda Smith

Starfleet's SFDPP Privacy Policy Recertification–  
HONORS - January 1, 2024

### Admiral Willy Smith

**Admiral Willy Smith** 26718 (19 courses, 2 Awards)

**SFA Awards** - Boothby 0050 - Dennis Rayburn (50) – Dec 30, 2023

**Awarded BOC**P - Counselor Certification - on Dec 30, 2023

HONORS for DRM 101 Dream Interpretation Part 1 from IOMA School - College of Psychology, Dec 13, 2023

HONORS for DRM 102 Dream Interpretation part 2 from IOMA School - College of Psychology, Dec 15, 2023.

HONORS for DRM 103 Dream Interpretation Part 3 from IOMA School - College of Psychology, Dec 17, 2023.

HONORS for DRM 104 Dream Interpretation part 4 from IOMA School - College of Psychology, Dec 19, 2023

HONORS for DRM 105 Dream Interpretation Part 5 from IOMA School - College of Psychology, Dec 20, 2023.

HONORS for DRM 106 Dream Interpretation Part 6 from IOMA School - College of Psychology Dec 21, 2023

HONORS for CMDS 135 Psychiatry & Psychology, Part 1 from IOMA School - College of Medical Studies Dec 26, 2023.





HONORS for CMDS 136 Psychiatry & Psychology, Part 2 from IOMA School - College of Medical Studies Dec 26, 2023.

HONORS for CMDS 137 Psychiatry & Psychology, Part 3 from IOMA School - College of Medical Studies Dec 26, 2023.

HONORS for DRM 107 Dream Interpretation Part 7 from School of IOMA - College of Psychology Dec 24, 2023.

DISTINCTION for DEFT 101a - Close Range Techniques from the IOMOS - CSOR - School of SpecOps Defense - Dec 28, 2023

DISTINCTION for DEFT 101b - Close Range Techniques II from the IOMOS - CSOR - School of SpecOps Defense - Dec 29, 2023

DISTINCTION for DEFT 102a - Medium Range Techniques from the IOMOS - CSOR - School of SpecOps Defense - Dec 30, 2023.

HONORS for DEFT 102b - Medium Range Techniques II from the IOMOS - CSOR - School of SpecOps Defense - Dec 30, 2023.

DISTINCTION for OPS 101 - Operations & Techniques from the School of IOMOS - CSOS - College of SpecOps Specialties - Dec 30, 2023

HONORS for OPS 102 - Types of Conflict from the School of IOMOS - CSOS - College of SpecOps Specialties - Dec 31, 2023

DISTINCTION for SEAR 101 - Checklist from the School of IOMOS - CSOT - College of SpecOps - Training Dec 31, 2023

DISTINCTION for SEAR 102 - Evasion from the School of IOMOS - CSOT - College of SpecOps Training - Jan 1, 2024

DISTINCTION for **SFDPP 2024 Re-certification** - STARFLEET Data Protection Policy completed - Jan 1, 2024



**CMDR ZACHARY LYON**

CMDR Zachary Lyon (1 Courses )

IOTK - College of Laser Technology –

DISTINCTION for COLT 105 - Lasers part 5 on Dec 15, 2023



**CMDR William Walker, JR. ( 8 Courses, Awards)**

CMDR William Walker, JR. ( 2 Awards )

Awarded for BOCP - Chief Science Officer on Dec 13, 2023

Awarded the Gold Boothby (150) on Dec 22, 2023

**RENEWALS**

**Thank you so much to Angie, Richard and Jonah, Janice Lawson, Nikki Cole, Jennifer Long and Darrell Spencer for renewing EARLY and ahead of Starfleet’s membership increase and staying with us another great year.**

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

Remember the increase in membership rates went into effect on January 1. For a reminder of what the rates are, please see an article from Willy under the heading of STARFLEET STUFF ... and congratulations to those of you that renewed ‘under the wire.’ **You may also renew for multiple years with Starfleet ... not just a year at the time.**



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

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

**Those needing to renew are**

**February** – No renewals in February – *Happy Valentine's Day!*

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

Cathy Fletcher – **March 5**

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

Tammy White, Robin Hudson & Madison Litchford – **March 23**

Katrine Contreras – **March 31**

**April** – Paul Campbell – **April 4**

Gary Burley – **April 16**

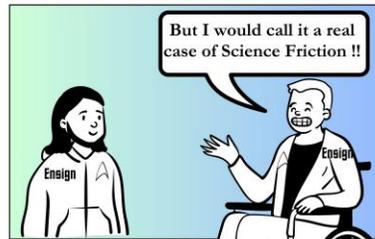
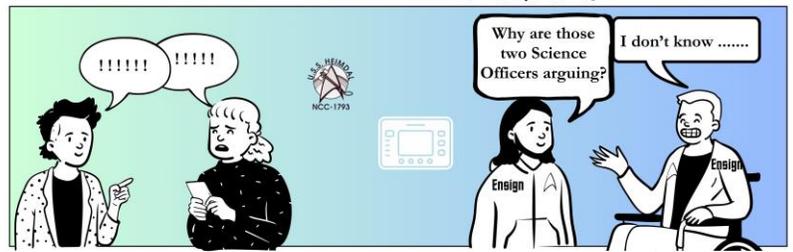
Dee Stinson – **April 13**

Weston & Sarah Webb – **April 18**

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

## HEIMDAL LOWER DECKS

BY BUD WALKER



Enlarge page for better view

### HEIMDAL STUFF

#### JANUARY QUESTION(S) OF THE MONTH

The January question of the Month is really two questions for a change:

**Bonnie Davis:** 1) What was the single best part of Christmas for you this past year? **To really be put in a position, due to sickness, to fully realize that people, gifts, family, activities are all trumped by resting in the promise of Jesus, coming to us as a baby, to save us from our sins!**

2) Did you make any New Year's Resolutions? If you don't mind sharing, what are they? **No resolutions except to continue living each day fully.**

**Darrell Millner:** 1) - Survival and a trip to the coast with my bride

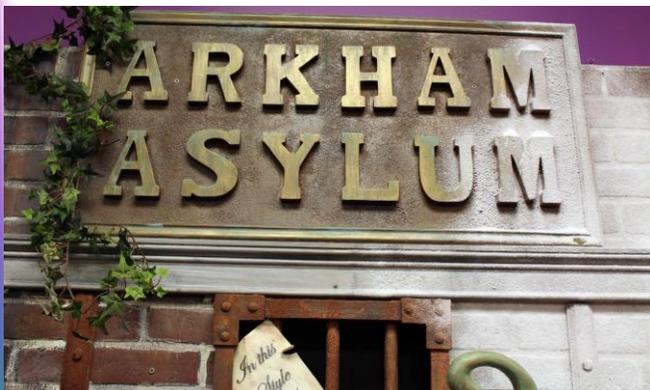
2) - None, but glad to still be here.

**Bud Walker:** 1) Working on the sing-along video for the chapter was the best part of this Christmas for me! Having so many of us come together to do something fun and humorous was enjoyable and a delight.

2) For the new year I have resolved to reinvigorate my faith and focus more on healthy habits.

**Zak Lyon:** This is more of a regional idea I guess, but could work as a chapter idea. I would like to have more inter-chapter activities. Things like book club, after show discussions, science and tech meetings - things that could be done on Zoom and allow participation from a greater pool of club members. As a distant member, this would be important to me, but could also be important to others looking for ways to participate at a greater level...

### RILEY'S RAMBLINGS



Hello everyone, where has the year gone?! Is it just me or does it seem that every year flies by a bit faster than the year before!





## SECURITY REPORT: JANUARY 2024

By **Adm. Carl Davis, Chief of Security, Starfleet SFDPP Certified**

Heading into 2024 Security is ready to do its part to make the USS Heimdal all that she can be. We, of course, hope to get in simulated phaser practice as often as possible (paintball). We would like to make more members aware of the fun that can be had as we enjoy the comradery and fellowship while competing with other departments. It would be fun to again offer a trophy at the end of the year but we would need more participation from more people.

If anyone has new ideas of things we can do through the department then please make mention of them as we are willing to explore ways to make the ship more fun for everyone. We're always looking for a few good members to join the department and add your skills to those we already have. To infinity.....and beyond!



## <<<SCIENCE>>>

**EUGENE SHOEMAKER: THE ONLY HUMAN BURIED ON THE MOON**  
Chief Science Officer, **Adm. Willy Smith, Starfleet SFDPP Certified**  
by **Mark Mancini**

He trained astronauts and founded a new science. His work on impact craters affected everything from NASA's Apollo missions to the dinosaur extinction debate. For his contributions to human knowledge, he was awarded the National Medal of Science by then-president George H.W. Bush in 1992.

Shoemaker studied the moon from afar, but he often dreamed of climbing into a spacesuit and walking on its surface. He never got the chance; Addison's disease crushed his hopes of becoming an astronaut.

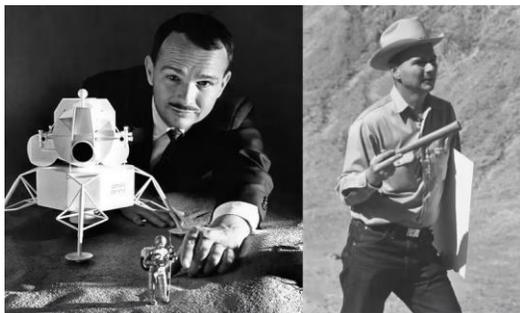
But in 1997, 1 ounce of his ashes were laid to rest near the moon's southern pole. That made him the first and only person to ever receive a lunar burial. (Yet) *Don't stop here...*

Shoemaker was a geologist by training and craters were his specialty. Shoemaker helped confirm that the famous 570-foot-deep Barringer Crater near Flagstaff, Arizona was made by an asteroid impact.

He also championed the hypothesis that another such impact killed the last non-avian dinosaurs 66 million years ago at Chicxulub crater. And by mapping some of the craters on our moon, he revolutionized our understanding of its geology.

His work was instrumental to the discovery of the Shoemaker-Levy 9 Comet, which struck Jupiter in 1994. *Name sound familiar yet?* On July 18, 1997, he was involved in a tragic car accident, wife Carolyn survived, Eugene was killed.

The very next day, Shoemaker's former student Carolyn Porco devised a fitting tribute, Porco learned that her mentor was going to be cremated. A polycarbonate urn capsule was built by *Celestis*, the same company that sent the ashes of "Star Trek" creator Gene Roddenberry into orbit. Wrapped around Shoemaker's capsule was brass foil ribbon bearing a picture of the Barringer Crater and a star-themed quote from "Romeo & Juliet" on it. More than a year later, Jan. 6, 1999, the vessel (whose objective had been to hunt for water) was deliberately crashed near the lunar south pole. Shoemaker's ashes went down with it.



## <<<MEDICAL>>>

### MEDICAL MINUTE: JANUARY 2024

By **Commodore Tammy White, Chief Medical Officer**  
**NEW YEAR'S RESOLUTIONS**

A lot of us are happy to be saying goodbye to 2023. It was full of the good, the bad, and the ugly like most years. I hope you have more good memories than the bad ones.

As you ring in the New Year, I hope you will consider making a few New Year's resolutions. Before you think you can't or shouldn't because they never work out consider the benefits of making those resolutions. The internet is full of information on New Year's resolutions ranging on things from why they are a good idea, which ones to make, to tips on how to keep them.





### **I'll start with why they are a good idea:**

1. They give you a chance to reflect to on the past year. By reflecting on the good, the bad, and the ugly of the previous year you can improve your life overall. Your new year can be better.
2. It can be a fresh start. It won't erase the past or change anything but is a new start. New year, new me rings true. It can give you the opportunity to take risks and step out of your comfort zone. Exercise this year, get a tattoo, read that book you've been wanting to read for years, in other words, live a little.
3. You come up with realistic and good goals. By looking back, you can more accurately look forward to the future. To make it easier to achieve your goals write down your short term and long-term goals.
4. You can change your lifestyle. A goal that started out as something small can turn out to be something huge.

### **Here are just 4 benefits of making a New Year's resolution:**

1. Motivation
2. Taking control
3. Sense of achievement
4. Self esteem

The more realistic your resolutions are, the better the chance you have of keeping them. Make the ones you think you can keep. If your goal is to eat healthier, instead of a bunch of cookies, cakes, and ice cream replace them with something else you enjoy like apples or other fruits. If that sounds like too much at once start by making the switch 3 or 4 times a week instead of 7. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Another good tip I found was to share your experiences with family and friends. Join a group with others with the same goals in mind. Look into a workout class or join a group of coworkers that want to quit smoking. Share your successes and your struggles to make your journey easier, fun, and less intimidating. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

If you're looking for a New Year's resolution to make here is a list of the top 10.

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money / spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more

### **Here is a list of some of the ways to help you with those resolutions:**

If you want to realize your New Year's resolution this year, follow these 10 steps:

1. Mentally prepare for change
2. Set a goal that motivates you
3. Limit resolutions to a manageable amount
4. Be specific
5. Break up big goals into smaller goals
6. Write down your goals
7. Share your resolutions with others
8. Automate where possible
9. Review your resolution regularly
10. If you fall off track, get back on quick

I have a couple of resolutions I'm going to make this year. My first one is to eat healthier and take care of my diabetes. My other resolution is to work out more. Last year Terri, my sister, and I joined Planet Fitness with the goal of working out a couple times a week. We do still workout but not as much as we had planned on. This year, I'm hoping to get back on track. Good luck with your resolutions.





<<<<ENGINEERING>>>>



ENGINEERING UPDATE, DECEMBER 2024

ENGINEERING UPDATE

FCAPT Darrell Millner, Chief Engineering Officer  
R1 RDC ENG., Starfleet SFDPP Certified, SFA RED Squad

Monthly ENG/OPS Report - SD: 202401.02

Recently I read over the normal “New Year Resolutions” and reviewed numerous videos regarding “The Positive Psychology Behind Fresh Starts,” flashbacks to my own journey, and those of friends. I get that, and I encourage anyone to set goals, follow up on them, and to move in a positive direction. It’s made a huge difference in my life and attitude many times over the decades.

The trap, if I may, is to restrict oneself to the masses time frame. Over the next sixty days or so just parking near a gym will be like River Ridge Mall in mid-December, frustrating and way too close to the donut shop. Just like SFI you are on your own journey, timeframe, and goals, I encourage you to “Walk YOUR Path”. Do “I” have goals, yes – yes, I do, and primarily applicable here is to “stop waiting till the 11<sup>th</sup> hour to submit the Engineering Monthly Report.” Now think about it, it is NOT that I don’t know it’s been counting down for 30+ days... ‘come on Darrell’ lol.



The Engineering team celebration for being recognized as the “USS HEIMDAL Department of the Year” continued late into the virtual night after the 16<sup>th</sup> DEC Holiday Extravaganza, and we are humbled, honored, and excited that our 12 months of consistent effort was seen and celebrated. It is truly not lost on this Chief Engineer how blessed and fortunate it is that this engaging team has chosen to work together to enhance the STAR TREK experience here in this department. I hope you will also take time to review this month’s “The Engineering Link (T.E.L.)” our departmental newsletter that the full team provides content, inspiration, and conversation to create. <https://trek.millnernet.com/home/eng-link/>

**Highlight:** As I am sure has been noted here in this issue of the ‘Rainbow Connection’, the Heimdal Interdepartmental Role Play team created, provided and astounded with its gift to the crew “Grand Moff Got Run Over by a Runabout” parody by our very own Zak Lyon. This was very much a great example of this crew working together. The IRP is not a one department operation, in its current active form we have players from Security, Science, Communications, Engineering, Command, plus R5-Q5. Please join in - we meet once a month via zoom on the second Thursday of the month.

On a final note, “Thank You” again. On the 17<sup>th</sup> of December I was put flat on my back for two weeks with health challenges, the team carried on with scheduled zoom, email, and other exchanges proving once again, ‘Leadership is not about title – it’s about moving forward.’ Third star to the right and on till morning..... – Millner Out

<<<<COMMUNICATIONS>>>>



JANUARY COMMUNICATIONS REPORT  
By Vice Admiral Glenda Blanks, Communications Chief,  
Starfleet SFDPP Certified

Angie Arnold and I shopped for 4 senior citizens, 2 ladies and 2 men. One lady asked for an electric space heater. The other lady asked for a winter coat. One of the men asked for jogging pants. The other man asked for boots and dress slacks. We were able to get everything they wanted, plus candy, and socks and gloves for the men and hats and gloves for the ladies.



On behalf of Angie and I we would like to thank you for the opportunity to help these seniors. This is probably the only Christmas they had and we couldn't have done it without the \$300 you provided. Also, it's always fun spending someone else's money<grin>

Without funds from the Heimdal we couldn't have done this.



## HEIMDAL'S CADET CORPS



Heimdal's Cadet Corps: Left to right – Allen Hatter, Darrell Spencer and Jonah Ryan

### CADET ALLEN HATTER WREATHS ACROSS AMERICA

By Jonathan Hatter

On Saturday December 16, Allen and I participated in the annual Wreaths Across America ceremony to honor Veterans, active-duty Service members and their families. It was again held at Old City Cemetery in Lynchburg. Along with other Scouts from BSA Troop 29 Allen helped to welcome guests, provide seating, and hand out programs.

The wreath laying ceremony is held annually on the second or third Saturday in December. With the help of volunteers, millions of wreaths are placed on Veterans headstones at several thousand locations across America. Allen volunteered to carry in one of the ceremonial wreaths during the event and brought in the one honoring the United States Navy. Accompanied by a Naval Veteran, he helped to hang the wreath in its honored space.



### HEIMDAL'S PET FLEET From Annette Overstreet

"It is better to have eaten something and thrown it up... and then eaten it again, than to have never eaten it at all"

- Unknown wise boi



### STARFLEET STUFF

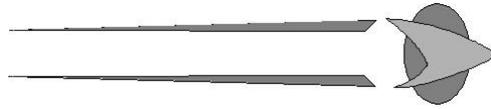


## NEW STARFLEET MEMBERSHIP RATES

From Willy Smith, executive Officer

Here's a reminder for those Heimdal member that will be renewing this year. Starfleet's new membership rates: **STARFLEET dues as of 2024 of January 2024**

- Individual: \$10.00 US
- Family of 2: \$14.00 US
- Family of 3: \$17.00 US
- Family of 4: \$19.00 US
- Family of 5: \$21.00 US
- Family of 6: \$22.00 US



## STAR TREK STUFF

### STAR TREK 4 GETS FRUSTRATING UPDATE FROM CHRIS PINE

Submitted by Glenda Blanks, Trek Editor

Chris Pine's latest update on the long-gestating Star Trek 4 isn't good news.

Following another false start, it's looking like Star Trek 4 is again stuck in development hell.

Since Star Trek Beyond was released in 2016, there have been tentative plans to make a fourth installment for what's called the "Kelvin Timeline," which features Chris Pine as Captain James T. Kirk, but the project has

been endlessly spinning its wheels ever since. In 2022, it was announced that the fourth movie would be finally moving forward, though the news came as a surprise to the cast. Speaking with ComicBook.com to promote his new movie Wish, Pine suggested that Star Trek 4 appeared to, again, be dead in the water.

"Not that I know [of]," Pine said when asked if Star Trek 4 was still moving forward. When asked to elaborate if he'd seen any scripts for the planned sequel, Pine added, "Of course not." It's clear from this response that Pine isn't expecting Star Trek 4 to end up moving forward at this point, and that may be a fair assumption, given how many issues the planned project has had. At one point, Pine had even said that the film was "cursed."

Suggesting that the studio was disappointed Star Trek Beyond didn't draw Avengers-level numbers, Pine told Esquire earlier this year, "I'm not sure Star Trek was ever built to do that kind of business. I always thought, 'Why aren't we just appealing to this really rabid fan group and making the movie for a good price and going on our merry way, instead of trying to compete with the Marvels of the world?' After the last one came out and didn't do the \$1 billion that everybody wanted it to do, and then Anton [Yelchin] passed away, I don't know, it just... feels like it's cursed."

With the latest attempt to pursue Star Trek 4, Matt Shakman (WandaVision) was tapped to direct, though he has since abandoned the project to focus on the upcoming Fantastic Four movie. Screenwriter Lindsey Anderson Beer also confirmed in October that she is no longer attached to the planned film, further hinting that the sequel attempt is kaput.

For now, the franchise lives on with shows like Strange New Worlds and Discovery, though the latter is soon ending, along with the animated series Prodigy and Lower Decks. A Discovery spinoff film starring Michelle Yeoh, Star Trek: Section 31, is also in the works at Paramount+.

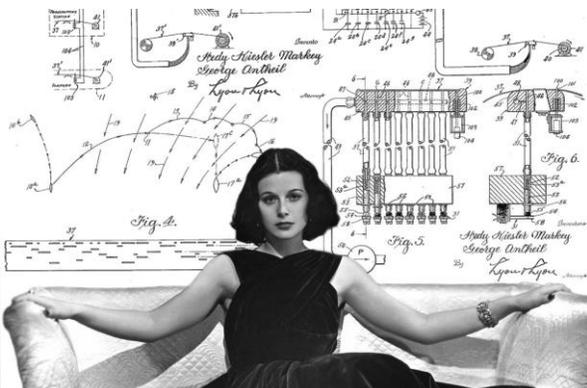
Source: [ComicBook.com](https://comicbook.com)

## THE ZAK PERSPECTIVE

### HEDY LAMARR – VOYAGES OF INNOVATION

By Zak Lyon

As I write this article my 40<sup>th</sup> birthday is quickly approaching. And so is the Heimdal's! I am in a position to give a "gift." A gift that I thought I would not be able to share in an article. A topic I held back, thinking it would be interesting but still a rather wistfully melancholic glimpse into what might have been. I have used melancholy a lot recently in my articles, so I dismissed it. But now, melancholy has been replaced by exciting news...and a reflection that must be shared.





Of course, *Prodigy* has returned to us.

On Aug 6, 2023, at STLV: A 57 Year Mission, *Star Trek: Prodigy* showrunners showed a clip of the first episode of season 2 of *Prodigy*. A cancelled *Star Trek* show, which at that time seemed unlikely to ever be seen. The clip was magical. There was a slow pan, like in *The Motion Picture*, of a new ship. As the new warrant officers (the old crew of the *Protostar*) approached their new home, an advisor describes the ship. “29 decks, 800 crew, 2 schools, Lamarr Class.” Something about that description feels familiar, doesn’t it.

Now I was too interested in the shot and the designation of the vessel, to correctly hear the class and I heard LaVar class. What? LaVar? Now to be fair, I understand why a cast member was honored with the Eisenburg Class. We all miss Aaron. But LaVar is still very much with us thankfully. Wouldn’t it have been nicer to actually invite him to direct something in the New Trek. But then I saw the full panel discussion about the clip where the namesake was identified. Wow! I needed to do some research. And what I found was just as interesting as my research on Lucille Ball. And now that the show is back, I can finally talk about Hedy Lamarr, actress and scientist. What, you might say? Well, come with me on the same journey I went on. I only vaguely knew of Hedy Lamarr as an actress from the Golden Age of Film. But wait, she was an inventor as well? Intrigued, I was determined to find out as much as I could. And I was not disappointed.

Hedy Lamarr was born in Austro-Hungary in 1914. Her father ignited her curiosity about how things worked on daily walks together. She was always depicted as a glamorous woman, but this was not important to her. In a 2017 documentary called **Bombshell: The Hedy Lamarr Story**, she said “The brains of people are more interesting than the looks.” And hers was certainly interesting.

One article I read said that she “invented Wi-Fi.” While that might be going a little too far, her work in the development of frequency hopping was the technology behind WiFi, Bluetooth, and GPS. How did she become the grandmother of Wi-Fi? Because men didn’t take women seriously in the 30s, Lamarr was privy to a military conversation involving Axis military efforts in WWII. They were discussing torpedo guidance. She was there as arm candy for her husband, an arms dealer with ties to Mussolini and later Hitler, but she continued thinking about ways a radio-controlled torpedo could avoid the jamming that would result in it missing its mark. After leaving her controlling husband and her beloved Vienna, she found herself in California making her living as an actress.

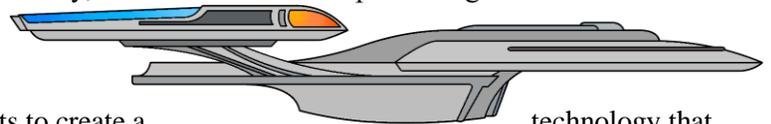
From Wikipedia: “Lamarr had no formal training and was primarily self-taught, she invested her spare time, including on set between takes, in designing and drafting inventions, which included an improved traffic stoplight and a tablet that would dissolve in water to create a flavored carbonated drink.”

Her next-door neighbor was avant-garde composer, George Antheil. (If you haven’t heard of him and like music, check out his work) If one of the shuttle crafts of this Lamarr Class vessel isn’t named after him, they are missing a good trick. Lamarr and Antheil became great friends. She discussed her ideas about frequency hopping and how it might be important to the war effort. He described how he attempted synchronizing note-hopping in a piece he was working on using multiple synchronized player pianos.

From Wikipedia: “Antheil's idea in the piece was to synchronize the start time of identical player pianos with identical player piano rolls, so the pianos would be playing in time with one another.” Lamarr felt they could use the same kind of technology involving radio frequency only miniaturized.

U.S. Patent 2,292,387 was granted for their frequency hopping invention (which they called Secret Communications System) on August 11, 1942. In 1997, Lamarr and Antheil received “the Electronic Frontier Foundation Pioneer Award and the Bulbie Gnass Spirit of Achievement Bronze Award given to individuals whose creative lifetime achievements in the arts, sciences, business, or invention fields have significantly contributed to society” In 2014, she and Antheil were posthumously inducted into the National Inventors Hall of Fame. And just this last year, she was awarded by Star Trek with her own Starship class... right up there with *Galaxy*, *Constitution* and *Intrepid* among others.

As a society we tend to see art and science as coming from two different sources. A person is either in one camp or the other. Right brain versus left brain. I think this is fundamentally flawed. This collaboration between two artists to create a technology that had such broad implications shows they are not separate. It was artist sensibility which led to them cracking the code on this invention. Imagination is at the heart of all creations - from a musical composition to acting choices to a radio jamming device.



It’s great that in the 21<sup>st</sup> century, we are finally recognizing how much women sculpted the modern world. And I thank the creators of *Prodigy* for giving me the opportunity to discover one of them. Who knows what random line of Star Trek dialog will send me down another path of research. I can’t wait to find out.

**CONTINUING ROLE PLAY**



**“Curiouser and Curiouser”**  
**By Zak Lyon and Jonathan Hatter**



Aboard the USS Heimdal ...

"Walker, you are the biggest pain I've ever encountered in this, or any other universe. I'd like nothing more than the chance to toast a goblet of bloodwine to your severed head."

Terran Officer Hatter held the gleaming blade close to Walker's throat and stared at it for a moment. He then grunted angrily and retracted the blade back into its hilt with a swooshing sound. He exclaimed ghuy' loudly at the empty air. "But I can't. Your death would make HIM very unhappy, and I can't have that. He's helped me, and after I deliver your miserable carcass, he'll help me again."

**Meanwhile on the Holodeck...**

Cmdr. Lyon had come here looking for calm and now he was bombarded with just the opposite. Unquiet. The Grey Lady did not know this spirit. He pushed down his unease.

"Oh, my gods," the shadow form said. "I've gotten through. Listen...we are the same." He faded slightly.

"Computer, delete image...end program..." Scotland was replaced with the holodeck grid pattern. The vision remained. He was not surprised. He didn't program this ghost...he had mentally accounted for each character he had designed. No. This is not something created by a computer. This was definitely... a version of himself, but a gaunt, worn and bruised version.

"The same...I know you can...listen. I can't hold this for very much longer. You have to help me. The Swordmaster is going to take him back!

Instinctively, Lyon knew he must help. But he couldn't make sense of what this messenger was saying. This straversion of himself was wagging his finger now. "Listen.... I am no ghost...more of a reflection. Yes... that's right. I am a reflection in the mirror. Your reflection. And your reflection is screaming at you to listen.""

"I don't understand. Mirror? What do you mean?"

"Oh...oh...oh...How to say this? With mushrooms...with ion storms... but all of that was so long ago. Why don't they teach history in this universe...I mean schools. No. I mean Universe." The vision was losing coherence.

"What? Mirror? "

"Universe. But that is not important right now. I scream to you from the looking glass... Because the Jabberwocky is stalking. Your Wayfinder will soon be lost."

Wayfinder, Lyon thought. Ancient Oceanian term for navigator....

"Does this have to do with Cmdr. Walker. "

"Commander Walker? Hmmm. Moved up in your world. But I guess you have to 'walk here' before you can run." His voice faded but Lyon heard a slight laugh. Lyon recognized his own sense of humor. Weird, he thought. The form was barely visible now, but he could still hear its voice in his mind.

"Run...Run...The Swordmaster comes... He will break your home. The shell...the shell you fly in...I can't think. Listen...Zak... listen like never before and run...run...The Mad Hatter. There's little time."

Billions of questions assaulting his brain, Lyon takes a piece of advice that all of us have been given at one time or another and trusts his instincts.

\*\*\*

And on the ISS Garmr. Doctor Lyon rests in a pool of blue liquid. He hopes he got the message across. His mind has been so clouded by torture and drugs. "It's up to my prime comrade ..."

\*\*\*

Cmdr. Lyon ran, following his instincts. When he rounded the corner into the corridor leading to the turbolift, he saw them. Security officer Hatter was dragging Walker's limp body, the heels of the engineer's boots scraping the deck as Hatter hoisted and adjusted the weight he carried. Lyon could hear Hatter's voice though he couldn't make out what he was saying. His tone was taunting, even menacing. Was that a laugh? Was this the Swordmaster? Lyon continued his silent pursuit. He was close. Gathering his strength and his courage, he yelled out.

"Stop!"

Hatter spun toward him, dropping his prey and fixing his eyes on Lyon. Lyon knew this was not Cmdr. Hatter. "Stay out of my mind, you leech," the imposter screamed.

As Lyon's hand reached toward his comm badge, his opponent mirrored his gesture and fiddled with a similar device on his own chest.

"How soft you are in this universe! Always ready to share in the agony of others. Well, have some of mine." A surge of red, hot pain assaulted Cmdr. Lyon, as he toppled and his face hit the cold deck.



Terran Hatter reached down and grabbed Walker's uniform using it to drag him into a sitting position. He put his hand on the unconscious man's shoulder and pulled a small object from his own waist. As he hit the button on the shiny rectangle, he looked up to see Lt. Whatley round the corner just as his vision shimmered.

Through his clouded vision, he witnessed Cmdr. Walker disappear in the clutches of a Jonathan Hatter...from somewhere else. Then he heard footfalls racing toward his location.

*To Be Continued .....*

## FILM REVIEW

### REBEL MOON

By CMDR Bud Walker

Zack Snyder's "Rebel Moon" received a limited release in movie theatres but is now available on Netflix. Snyder fully expects to build a franchise around the film, and there are plans to release a comic book line, video games and a role-playing game. Some of the early publicity hype suggested that this was going to be "the next Star Wars."

**Spoiler Alert:** it is not.

The movie is a visual feast of special effects, beautiful CGI landscapes and really cool looking spaceships and weapons. The action sequences stand up to Snyder's reputation and are exciting and thrilling. There is no denying that this is a movie that is a delight to watch. And there is always something comforting in listening to Anthony Hopkins, who voices the narration as well as one of the robot characters.



The overall plotline for the movie is a reimagining of the movie "The Magnificent Seven," which is not necessarily a criticism. That movie has been retold in many ways by many other directors. And for the record, Magnificent Seven is itself a reimagining of a Japanese film "The Seven Samurai." So, I do not fault Snyder, who wrote the story and the screenplay. However, Snyder then employs about every science fiction and action film trope that one can think of. I will not list them, to avoid any spoilers. But there was not one original idea in the film. And the story was so predictable that even what was supposed to be the big reveal at the end, was something I saw coming as soon as the character involved was introduced. In fact, the movie became somewhat boring, and I found myself tapping my toe, waiting for the next fight scene.

Snyder plans a second part to this movie, to be released in April of 2024. Given how flat the first part is, I am not confident that will happen. But if Snyder is able to launch the second part, I admit I will watch it. I figure a second movie cannot be any worse, and like the first part, probably will be very pretty to look at. But if I am ever tempted to go back and watch the first part again, I will turn the sound off. That way I can enjoy the visual spectacle and make up my own storyline.

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

Thank you to everyone that contributed to this newsletter AND to you for reading it. It's HEIMDAL ... it's who we are.

*Linda, Willy and our staff of THOUSANDS.*



***Disclaimer:** No part of this newsletter is intended as an infringement on the Star Trek copyright held by Paramount, CBS, Disney or any other company or entity. This is just us doing good and having fun.*

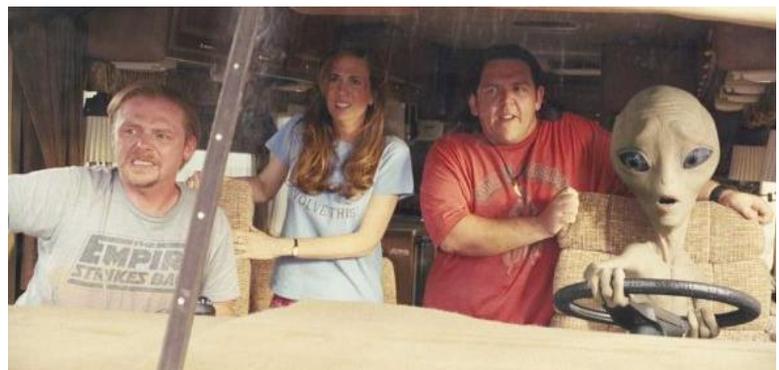
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### IN THIS JANUARY 2024 ISSUE:

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

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

**Staff Photographer:** Willy Smith



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



Other photo contributors – Linda Smith, Richard Riley, Bud Walker, Zak Lyon, Niki Kessler, Weston Webb, Jonathan Hatter, Annette Overstreet

**Contributors this issue:** Linda Smith, Willy Smith, Carl Davis, Darrell Millner, Tammy White, Zak Lyon, Glenda Blanks, Bud Walker, Jonathan Hatter, Leslie Miller, Niki Kessler, Weston Webb & all that answered the Question of the Month. *Thanks!*

On-Going Contributing Columnist:

Richard Riley (Riley's Replicas)

Guest Contributors – None this month

**Distribution Guy:** Willy Smith

For 2024 I wish you the strength of the stool and the courage of the dog



Long-time Heimdal member, Mike Davis

