



ScuttleButt

The Newsletter of the USS Southern Cross
<http://www.uss-southerncross.com/>

From The Bridge

January/February 2007
Volume 1, Issue 3

The 2006 Chapter Awards

***Away Team Report:
An Evening With Jolene Blaloc***

Australasian Convention Listing

Star Trek Re-Mastered

Star Trek Technology

TaiChi and You!

Medical Reporting on the net

Real Life Tricorders

The JPL Spaceflight Calendar

Australasian Dinosaurs

K'Pinky and The Brain

Space Camps in Australia

Recipes to toast your health ...

... and to improve your health!

So here is an update of where we are – as of Nov 14 we “launched” and are officially recognised as a chapter of SFI. We have progressed so far in such a short time that we should feel proud and take credit for the efforts that we have applied that have got us to where we are now.

And where exactly is that, you may well ask?

Well by now, we have firmly established in the eyes of the international world that is SFI, that the people who reside in Region 11 are indeed, fervent followers of Science Fiction – particularly Star Trek and all that it stands for – and that we are keen, enthusiastic disciples who regularly appear at the altar of sci fi.

This year we have the intention of being a ‘bright light from Downunder’ (the Southern Aurealis perhaps?) an achievable goal provided we maintain our current level of activity and good self-promotion. With this goal in mind, we will become the attractant to all those who live in our region who wish to pursue their interests in Star Trek & sci fi, in a safe and VERY friendly environment.

I for one, have no doubt that the Southern Cross will achieve this – if by no other method than simple ‘word of mouth’ via the good work we shall be seen to be doing. By the ‘word of mouth’ that spreads the gospel as to how we operate as a combined family of friends, all working together to create a unique environment in which each of us can pursue our personal interests with pleasure.

The Southern Cross will establish a precedent for every other chapter that follows us in this wonderful region in which we live. We will become more than that “southern aurealis” – and in fact we will become so confident in this objective that we are going to refer to ourselves as “the Pearl of the Pacific”, which of course we already are!

Our membership grows and we will attract new people over time. And each new member will be just as important as those who form our current crew. As we grow in knowledge and stature, so will the number of friends who will join our family and this new and highly motivated chapter of ours will play an important part in both the Region and SFI internationally, simply because we intend to make it so....

Onward and forever upwards the Southern Cross!

Lieutenant Colonel Bruce O'Brien, Commanding Officer

Scuttlebutt is the newsletter of the USS Southern Cross a correspondence chapter of Starfleet International covering Australia and New Zealand. For all inquiries please contact ...

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Executive officer - xo@uss-southerncross.com

Announcing the 2006 Southern Cross Chapter Awards

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We have only been in existence as a chapter for but a few months, but the huge amount of effort that has gone into the creation of one of Starfleet's best starships certainly warrants the recognition of the individuals involved. In choosing this year's recipients, those included in the nomination process found that settling on the final winners in some categories, was no easy task. In many cases, these awards could have been given to several.

This was certainly the case with the Captain's Award – and I can confess to having to juggle quite a few personal thoughts and feelings in making this choice. So here they are, and with each award, you will find an explanation as to the reason for their placing. I would like to personally thank these individuals for their significant contributions to our ship.

The envelope please ...



Captain's Award – crew member of the year

This award could have definitely gone to one or two people quite easily. The person chosen for this first year's award has to be recognised as not only being one of the main instigators of the Southern Cross as a chapter, but also as a recognition of the huge amount of time, passion, commitment and effort that has gone into the creation of a VERY good SFI chapter. I am very pleased to announce that the winner of our inaugural Crewmember Of the Year is presented to:

Lieutenant Commander Wayne Smith

The Press Gang Award

Recruitment is the foundation for any club. Ours is no different. We started this chapter in September with six members, then were introduced to the UFP club in Adelaide. As a direct result of the efforts of this person, our club membership swelled overnight to help create a formidable Region 11 SFI chapter. We recognise the loyalty to that foundation by awarding the Press Gang Award to:

Lieutenant j.g. Louise Hup

The Banjo Patterson Award

We all know the importance of our club newsletters. Working to deadlines, creating articles, surfing the net, writing, writing, writing.... And then we start all over again.

There is only one person to whom this award could be presented this year as the founding of our newsletter (ScuttleButt) has required a skilled hand and an awful amount of time and commitment. We are really pleased to pass this award in recognition of his time and efforts, to:

Lieutenant Kirok of L'Stok

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SC Excellence in Academia

Self education is always important – in all walks of life. Within SFI, we are fortunate to have the Academies to help keep us learning, involved and best of all, having fun. The presentation of this award is one of the easiest as one of our members has put in countless hours studying and taking exams to have reached a total of almost 100 exam passes by year's end. We therefore present this award to our reigning 'academic':

Lieutenant Commander Wayne Smith



Sunshine Award

The Sunshine Award is a special award. This is presented to the individual who is chosen to have best portrayed the 'best attitude' befitting a Starfleet member and an attitude that also is typical of a Region 11 resident (we are the friendliest people in the world are we not?).

This officer has portrayed a winning combination of enthusiasm, loyalty and commitment – all bounded within a cheerful, open, friendly and bright manner. Well done! The 2006 recipient as nominated by the Ships Services Chief Officer and seconded by the Promotions Committee, is:

Ensign Josephine Fisher



Downunder Ambassador Award

This particular award is an award that has a great relevance to our chapter. Because we live in one of SFI's furthestmost regions, our association with other SFI chapters, and other science fiction organisations around the world, are very important to our ships' profile.

There can be only one 'winner' in this category – someone who has diligently worked hard for SFI, and Australasian science fiction fans, promoting not only sci fi, but passing out huge servings of good old Downunder goodwill and conviviality on an international basis for many years – all without apparent recognition for his efforts. The Southern Cross already bears evidence of his international exposure on our behalf with the high degree of attention that we are beginning to see every day.

Our 2006 Downunder Ambassador is quite rightly:

Lieutenant Kirok of L'Stok



Chief Officers Award

This is an award that is normally to be passed forward by HOD, as a recognition for a member of a Division's crew, who has provided a high degree of commitment, action, activity or 'special task' for either the Division, or the Southern Cross.

But for this, our first year of awards presentation, I wish to make a notable and very special commendation as being an award nomination from the Command officers, to an officer who has proven to be one of the Southern Cross's best assets.

So in recognition of his huge effort and input into our burgeoning chapter, the Commanding Officer and the Executive Officer wish to present this Chief Officer's Award to the (ex) Chief Operations Officer:

Lieutenant Commander Gary Amor

So there they are – the winners of the 2006 Southern Cross Awards. We can all salute these crew members and congratulate them for a job well done and then look forward to seeing another crop of nominations in December 2007.
Well done all!

Lt Col Bruce O'Brien, Commanding Officer

From The Raven's Writing Desk

Editorial by Kirok of L'Stok

ScuttleButt is off to a solid start with two great issues behind us and I think this issue, with more input from the members, will build on that.

Matt Tuting, the Head of Division (HOD) of Security has taken over the Region 11 Convention Listing, making it the most authoritative and up to date listing for Australia and New Zealand. This could be a great drawcard for the Southern Cross! If any members spot any new ones don't forget to drop Matt a line.

Conventions are a big part of the ships fan activities and I'm hoping to get more "Away Team Reports" of the type that Louise Hupp has given us on p8. It could be a detailed account or just a paragraph and a photograph but this is your chance to show off the goodies you have come away with! Remember, it doesn't have to be just Star Trek either, There are some interesting SG1 guests coming to Australia shortly. We might even have a special to celebrate the upcoming Star Wars anniversary, who knows!

Louise and Gary have submitted excellent reports for their Divisions, extending on the fine work they did in the first issue. It has been from Wayne and Bruce that we have had the majority of the material though, providing interesting fillers for Communications and Engineering at short notice.

Our Operations report shows that we have a pool of 33 potential reporters. If everyone contributes in a small way, the HOD's will be swamped with material for their next issue! Even if you don't have confidence in your writing ability, you could still pass on any interesting scraps of information you might come across locally or on the internet.

I firmly believe that everyone has something to contribute, has a part to play, a story to tell. However I fully realise as well that writing doesn't suit everyone - if this is you, then sit back and enjoy the ride!

Star Trek and Sci Fi in Australia is on the rise and the USS Southern Cross is going to be the flagship that people will look to for their fan entertainment and information!

Lt Kirok of L'Stok
Editor, ScuttleButt

The New Year is here already, boy 2006 has flown by.

Attention All Hands

From the XO's Desk by Lt Cdr Wayne Smith

Well first of all I want to say a big welcome to all our new members who have joined us recently. What I would like to discuss in this issue is the website and what we have been able to do so far and what we hope to do in the near future.

I have most of the Division's web pages up and going, except for the following who I hope will submit some info for me to put a page up there for them.

- Science
- Cadets
- Security
- Engineering

If the Division heads could contact me with some details that would be great, just have a look at the other divisions for ideas.

The newsletter page is also up and going, of course, with the Starfleet RSS feed working in real time on the same page.

When we get some decent pictures we can use for ranks, we will be using them next to your names. We are also hoping we can do some bios for the crew in their departments, which people can access by clicking on the persons name.

We have the awards criteria up on the site now, with the calendars as well. I will be getting the Project Monkeybum pages up and going in the next couple of weeks with all the crews pets that have had pictures submitted. I must say that Gary has done a great job and you will see why when it's up and going.

I have put up two different counters with statistics on the website. The one on the main page is great, it gives details of where and when people visit. We are getting hits from the USA and Canada etc, so our name is getting around. I think Lt Kirok has a lot to do with that.

The other is in the left menu bar at the bottom, it's not as informative but is more graphic, giving you the distribution details in a more visual format.

Remember to keep looking at the website since it changes just about weekly.

Lt Cmdr Wayne Smith
XO USS Southern Cross
DOIC 377th MEU



My News Year's resolution is to smoke more, drink more and to get a little fatter - ahhh!! So much to look forward to.

Onto ship matters. Courses successfully completed by crewmembers from the 1/11/06 up to the 30/12/06, hopefully I haven't left anyone out. We have quite a list, well done to everyone.

LT Colonel Bruce O'Brien

College of Treknology

- ST3: Search for Spock:Char
- ST3: Search for Spock:Quotes
- ST3: Search for Spock:Tech
- ST3: Search for Spock:Trivia
- ST4: The Voyage Home: Char
- ST4: The Voyage Home: Quotes
- ST4: The Voyage Home: Tech
- ST4: The Voyage Home: Trivia

College of Federation Studies

- History of Enterprise 1
- History of Enterprise 2
- History of Enterprise 3
- History of Enterprise 4
- History of Enterprise 5
- History of Enterprise 6
- Voy Ent 1,part 1
- Voy Ent 11,part 1
- Voy Ent 111,part 1
- Special Federation Studies 1
- Special Federation Studies 2
- Special Federation Studies 3
- Federation Law 1
- Federation Law 2
- Federation Law 3
- Federation Law 4

College of Star Trek Chronology

- Trek Chronology

LtCDR Gary Amor

- Independence Day Characters
- Independence Day Technology
- Independence Day Trivia

College of Treknology

- Star Trek main Characters
- Star Trek TNG Episodes

Ensign Alec Donnon

College of Security

- Convention Security Officers Course
- Early Law Enforcement History
- TOS Rank Recognition
- 102 Basic Security Officers course

Lt CDR Wayne Smith

College of Alien history and culture

- Romulan
- Trill
- Borg
- Ferengi
- Bajoran
- Cardassian
- Xindi
- History of Enterprise 1
- History of Enterprise 2
- History of Enterprise 6
- Miscellaneous Worlds

College of Borg Technology

- Bachelor

College of Star Trek Chronology

- 101 Trek Chronology

Starfleet in Cyberspace

- Basic Course Cyberspace

Corporal Andrew Currie

Officers Training School

Ltjg Christine Chapel

College of Medicine

- Basic Doctorate.

USS Southern Cross New Members-

Welcome aboard to the following new members:

- Ensign Louise Drew (Medical Division)
- Crewman FC Wendy Brokensha
- Crewman Recruit Craige Juratowitch (unassigned)
- Paul Ryan
- Sandra Mutter (Associate member)

The USS Southern Cross current crew compliment is as follows:

- 26 Starfleet International members
- 5 Non Starfleet members
- 2 Associate Members
- A total of 33 members

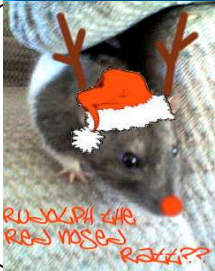
Operations News

During the next couple of months the Operations division will be implementing **Project Monkey Bum**. You can find details for this project on the crew's activities page. The idea is to develop a web page dedicated to our ships, lets say "quieter crew members" who are none the less vital to the well being of all on board.

If you have a photo of your pet please send it to me at so@uss-southerncross.com.

For those members that have not yet joined **Project SETI** and the Southern Cross team, please consider doing so. All the relevant information can be found on the crew's activities page and it's a bit of fun.

That's it from Operations this month: you can contact the Chief of Operations by sending me an email at any time. If I have left out anyone in regards to new members or academy results please let me know and I will make sure it is added to the next newsletter. so@uss-southerncross.com



Don't forget to send photos of your pet in to 'Project Monkeybum'

This is 'Ratticus' of L'Stok, my daughter's pet rat, getting into the festive season!

Kirok

Change of Command

As you are all probably aware by now I have the honour of taking on the position of Second Officer of our great chapter. This has made way for LTjg Josephine fisher to take on the position of Chief Operations Officer. I would like to congratulate Josephine on her well-deserved new appointment and also Josephine's hard work and commitment to the Southern Cross. The operations division is an integral part of the USS Southern Cross and has many responsibilities to our chapter. I am more than confident that operations will flourish under Josephine's guidance.

This will be my last report as Chief of Operations I do however look forward to reporting to the crew via our newsletter as the Second Officer in the next issue of the Scuttlebutt.

Faithfully
LtCDR Gary Amor
Second Officer
USS Southern Cross

Academy Exams

Lt Col Bruce O'Brien – Commanding Officer

By now, many of you will be well aware of the Starfleet and SFMC Academies – and probably, many of you have taken some of their courses.

Both of these long-established Academies offer a very wide-ranging and extremely varied series of course – all designed to peak the interest of the average SFI member.

Most are great fun and in many cases, provide an excellent education into some of the finer aspects of sci fi – particularly the 'world' of Star Trek.

These course offer such things as Star Trek 'history'; studies of alien biology and cultures; real History tied in with fictional events; the study of military weapons and soldiering; personal development aimed at improving an individual's outlook on the 'real' world; and even things as diverse as survival tactics that will certainly be of value if your car breaks down when you are way out west of Birdsville sometime...

The point of all these academic listings is really quite simple. Not only do they provide you with relevant points toward promotion – they are aimed at assisting you with furthering your interest and education into the well-constructed organisation that is SFI.

No other fan organisation offers such a pronounced and varied form of study and it is to the credit of many SFI members that these courses have been made available for us to 'play with'.

And now, even in our Region, there is a the College of Downunder which is being put together offering a range of 'regional examinations' of which we will no doubt hear more of, to be no doubt followed by other entrants into the local academy submission "race" even further extending the number of courses made available.

So what is the point I hear you ask? Well it is this. Studying at these Academies is quite simply **fun**.

Fun with a capital F – most especially if like everyone else, you get the buzz from being 'tested' at something and then passing.

Fun in that your achievement could quite simply be the impetus to that next pip on your collar – or even learning more about Ferengi and Cardassians than you ever thought possible.

Fun when you sit back and suddenly realise the amount of effort that someone else has gone to in the creation of these courses that are designed to not only test your knowledge, but to provide you with some form of pleasure. Fun when you realise that yes, you DO actually know many of the answers to the exam questions and you can sit there beaming quietly to yourself, feeling all-knowing and all-clever (which you are!).

Fun, when you open your email and see your Doctorate or Degree with your name on it – something that gives a small tangible reward for your efforts. Fun when after but a few months, you suddenly realise that you have dedicated quite a bit of time in this ‘study’ and you have actually been awarded a Boothby (given for passing 50 exams) and you realise just how intent your fandom experience in SFI has become.

And fun when you finally think back on all of your achievements and can take great pleasure in knowing that you have committed time, effort and some skill into the participation of one of the best past-times invented so far – having fun!

Study well my friends.....

(Note: for those interested – the Marine Academy exams offer many ‘real-life’ courses that are not necessarily geared towards science fiction or Star Trek. These can be found under the ‘Personal Development’ section, or any of the military arms (Infantry, Aerospace, Engineering and so on.) These courses can be more difficult than their Fleet counter-part, but full manuals are always provided.)



Star Trek universe: The game spans the entire original series, Next Generation, Deep Space Nine, Voyager, and Enterprise. It's all here for you to control.

Real-time Starfleet combat: Engage in large-scale combat with dozens of warships fighting simultaneous battles across vast sections of space.



Lt Cdr Wayne Smith – Executive Officer

Well Club 360 is up and going. We had our first game on the 9th of November and another game two weeks later but still had a few issues.

Present from the Southern Cross were Bruce, the CO, Wayne, the XO, Gary, CHOPS and Steve, Ships Services.

We planned to have these games nights every two weeks, on a Friday night, but we have been so busy it has not been happening. Any Southern Cross member is welcome to join in the fun though, just contact the XO. It's a great way to get to know your fellow crewmates and have a good deal of fun at the same time.

Please find below the gamers tags of the crew members we have on line so far.

Flagrant Cactus (XO, Southern Cross)
jarheadinspace (CO, Southern Cross)
delta flier (Chief of Ops, Southern Cross)
organarse (Ships Services, Southern Cross)
Merriac (XO, Chicago)

Me, Bruce and Gaz are buying Star Trek Legacy next week and we hope to start a game online, it should be unreal! Below are some of the features.



Dynamic three-dimensional battlefields:

Battle through beautiful space environments filled with fully realized nebulae, wormholes, planets, and stars. Intuitive controls allow you to quickly select targets and destinations in 3D space.

Detailed weapon effects and damage

modeling: Experience weapons searing with energy and charged shields that surge with every hit. Ships have full damage modeling and break apart, strewing debris and sparks.

Customizable fleets, ships, and

captains: Victories earn Command Points, which are used to personalize your fleet, ships, and captains.





Greetings for the New Year to all from Lt jg Louise Hup.

Here is a little spiel about my quick trip to Melbourne to see Jolene Blalock (Star Trek: Enterprise & Stargate SG1)

Anton, Harry 7 & I arrived in Melbourne at 6pm ready for the [First Contact convention](#) (Scott Liston) to see .

A very tall slim woman with a soft spoken voice and a good sense of humour is the impression Jolene gives while listening to her. As she had only been acting one year when she was offered the part of T'Pol she considers herself very lucky to have the privilege of acting and learning from someone like Scott Bakula.

She said she spoke about the ending of Enterprise and how they considered it an insult to them as actors, but as Rick Berman was a true Next Generation fan, nothing happened to change that ending.

I personally was disappointed that the powers that be chose to ignore the story line and let Rick Berman have his way with the series in the first place when in season three/four, new writers had been brought in.

Having my photo and an autograph from Jolene gave me the opportunity to chat with her (she loved my Star Trek earrings....) and

as I had so many to get for other UFP club members that I was allowed to go first in line!

As I placed my arm around Jolene for the photo shot I was surprised at how thin she actually is. Boy those photos are very real of her (the side-on body shots).

Jolene does say she suffers from 'Irritable Bowel Syndrome' hence the stories of her passing wind heard from other actors like Connor Trinneer and John Billingsley whom we have had over here in Adelaide recently. Apparently if other actors around thought they were too good to associate with the rest of the normal crew she would initiate them with the 'wind' .

Anton (club member) was going to ask Jolene to marry him but his godchild objected. My husband - he was the driver -wondered what all the fuss was about and I just thought she was lovely and was glad that we made the effort to go over.

P.S. Jolene did say, and with Scott Liston backing her, that JJ Abrams is a true Star Trek fan and that the powers that be thought that with selling all of the five sheds of Star Trek products, that they finally had got rid of the franchise. But with them giving Scott an open cheque book to make five movies and his first choice being a Star Trek one, says quite a lot really.

So let that be a lesson in decision making. Funnily enough 75% of Paramounts money came from Star Trek for many years so why the animosity is very strange. Some people just don't like Sci-Fi I suppose.

Bye for now....Louise H

By Lt jg
Louise
Hup



For more photos and info on this convention, see [Peter Fallon's photo gallery](#)

Trivia

The next production that Joeline Blalock is due to be seen in is "*Slow Burn*", a American motion picture starring Jolene, Ray Liotta and LL Cool J.

A crime drama which was produced in 2003 and finally given a showing at the 2005 Toronto Film Festival. It is currently scheduled for American theatrical release sometime in 2007.

http://en.wikipedia.org/wiki/Slow_Burn

USS Southern Cross — Region 11 Convention Listing

By Lt jg
Matthew
Tuting

There are some good conventions coming up for those fans who love to go and meet the stars. Here is the next few months listing - hope to see you there! If I have missed a convention that you know about, please drop me a line at mad101man@yahoo.com.au and I will add it to our list.

Chief Of Security

Lt jg Matthew Tuting

Jan 2007

25 [Arcanacon XXV](#), Melbourne, Victoria, Australia
Info: PO Box 5207, Pinewood 3149; Email: orgs@arcanacon.org; Website: <http://arcanacon.org/>

Feb 2007

9 - 11* [Best Of Both Worlds](#), Carlton Hotel, 50 Church Street, Parramatta, Sydney, NSW, Australia
Info: PO Box 960, Belconnen Mall, Belconnen ACT, 2616, AUSTRALIA Phone: +61 2 6241 4555; Email: alc@bobw.com.au; Website: <http://www.bobw.com.au/>; Benefits: Guide Dogs NSW & ACT
Guests: Joe Flanigan, Richard Searfoss, Teryl Rothery, Peter Williams, Sonny Whitelaw

Mar 2007

24* [Friends of Science Fiction](#), Sydney, NSW, Australia; Guests: John Barrowman **POSTPONED**
25 [First Contact Conventions](#), Carlton, Vic, Australia; Guests: John Barrowman **POSTPONED**

Apr 2007

05 - 09 [Swancon 32: Inconceivable!](#) All Seasons Perth (Acacia Hotel) Northbridge, Perth, WA, Australia
Contact: Website: <http://www.swancon.com/>
Guests: (Int'l) Elizabeth Moon, David Gerrold (Aus) Matthew Reilly (Professional) Russell B. Farr (Fan) Damian Magee

06 - 09 [Conquest, Melbourne High School](#), Forrest Hill, South Yarra, Melbourne, Victoria, Australia
Contact: PO Box 5318, Mordialloc VIC. AUST. 3195; Email: enquiries@conquest.asn.au; Website: <http://www.conquest.asn.au/>

13 - 15 [Supanova Pop Culture Expo](#), RNA Showgrounds, Gregory Terrace, Brisbane, Queensland, Australia
Contact: Address; Website: <http://www.supanova.com.au/index.html>
Guests: To Be Advised

14 - 15* [Armageddon: Pop Culture Expo](#), Christchurch Convention Centre, Christchurch, New Zealand
Contact: PO Box 13419 Onehunga, Auckland, New Zealand; Ph: +64 9 625 8054; Email: info@pulpexpo.com; Website: <http://www.pulpexpo.com/>
Guests: Steve Blum, Kevin Weisman, Vic Mignogna, Arthur Suydam, Darren Dunstan, Mira Furlan, Rachel Luttrell, Joe Straczynski

21 - 22* [Armageddon: Pop Culture Expo](#), Queens Wharf Events Centre, Wellington, New Zealand
Contact: PO Box 13419 Onehunga, Auckland, New Zealand; Ph: +64 9 625 8054; Email: info@pulpexpo.com; Website: <http://www.pulpexpo.com/>
Guests: Steve Blum, Kevin Weisman, Vic Mignogna, Arthur Suydam, Darren Dunstan, Mira Furlan, Rachel Luttrell, Joe Straczynski

14 - 15* [Armageddon: Pop Culture Expo](#), Aotea Center, Auckland, New Zealand
Contact: PO Box 13419 Onehunga, Auckland, New Zealand; Ph: +64 9 625 8054; Email: info@pulpexpo.com; Website: <http://www.pulpexpo.com/>
Guests: Steve Blum, Kevin Weisman, Vic Mignogna, Arthur Suydam, Darren Dunstan, Mira Furlan, Rachel Luttrell, Joe Straczynski

20 - 22 [V - The Emissary Cometh](#), Stamford Grand Hotel, Glenelg, SA, Australia
Website: www.startrek.com.au
Guests: Avery Brooks (Captain Benjamin Sisko) Barry Jenner (Admiral William Ross)

28 [A Day with Don and Dave](#), Melbourne Business School, 220 Leicester St, Carlton, Vic, Australia
Contact: 2 Ardmore St, Mitcham, Vic, 3132, Australia; Ph: +61 03 9873 0231; Email: info@firstcontactconventions.com.au; Website: www.firstcontactconventions.com.au
Guests: Don S. Davis (Gen. Hammond SG1), David DeLuise (Pete Shanahan SG1)

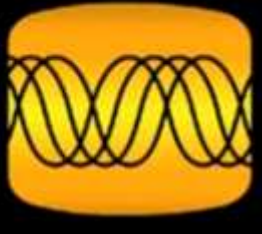
29 [A day with Don and Dave](#), Bankstown Sports Club, 8 Greenfield Pde, Bankstown, Sydney, NSW, Australia
Info: PO Box 106, Caringbah, NSW, Australia, 1495; Ph: +61 02 9523 8385; Website: <http://www.fsf.net.au/>
Guests: Don S. Davis (Gen. Hammond SG1), David DeLuise (Pete Shanahan SG1)

May 2007 Nil

Jun 09* [OzScape2](#), Sydney, New South Wales, Australia

Sep 28-Oct 1* [Conflux 4](#), Australian National Museum, Canberra, ACT, Australia
Contact: PO Box 903, Belconnen, ACT 2616; Email: info@conflux.org.au
Guests: Graham Joyce, Garth Nix, Simon Brown, Donna Maree Hanson, Kaaron Warren

*Lead from [Fanboy's Convention List](http://dactylmanor.org/fanboy/), <http://dactylmanor.org/fanboy/>



(taken in an abridged format from the www.startrek.com article published online 7/9/06)

The re-mastering of *Star Trek* is not a project to be undertaken lightly. There is a history here of some 40 years, a timespan long enough that some people are suspicious of using modern digital technology to enhance a show that was considered pretty cutting edge in its day; the quaint appeal of its admittedly now creaky special effects would somehow be lost. But to others, the relic of *Star Trek's* original visual effects is exactly what needs to be updated to make the show more appealing for repeated viewings and future High Definition media, and to a younger audience already transfixed by the digital chaos that exists in some modern movies.

To allay any fears, and to answer your most common questions, we've compiled a list and presented them to the experts, the ones actually overseeing the all-new and improved digital effects while striving to maintain the integrity of the Original Series.

Mike Okuda – Former *Star Trek* (multiple series) scenic art supervisor, technical consultant and author

Denise Okuda – Former *Star Trek* (multiple series) scenic artist, video supervisor and author

Dave Rossi – Former *Star Trek* (multiple series) producer, production associate and overseer of special projects.

Will the episodes appear in their full length form? Or cut for syndication?
We are using the full-length episodes for our work. They will, however, be cut for syndication airing purposes. [Any future DVDs would most likely be full length. - Ed.]

Will we see any new items or effects that were maybe mentioned but never seen?
You mean like the U.S.S. *Antares* from "Charlie X?" Oh wait, that's top secret. We better not say anything!

Will all the Original Series episodes be redone?

They are all being re-mastered in high definition and all 79 episodes will have visual effects work done. The extent of that work depends on the episode.

Will there be any enhancements to alien species, as opposed to ships? Like the puppet in "The Corbomite Maneuver"?
Typically, aliens will not be touched, but

there may be cases where we add some sparkle.

Does the CGI work have anything to do with the next movie, "Star Trek XI"?
No. While CBS and Viacom share rights to *Star Trek* to some extent, this has nothing to do with what Paramount Pictures is planning.

How long does it take to do each episode? Does it depend on the amount of FX?
We have a very tight schedule and we'll be delivering one episode per week (at least) but CBS Digital is working on multiple episodes at once.

Will you be doing new models for cases where they simply re-used models, such as the Botany Bay from "Space Seed" being re-used as the Woden in "The Ultimate Computer"?
Where we can without affecting story or dialogue, we'll be generating new models.

If this is successful, will we see some re-doing of FX in The Next Generation?
That isn't even a consideration at this point. Let us finish this first! Sheesh!!

How are you going to ensure that the new CGI footage blends well with the original filmed shots? Will you be sampling film grain from the original stock and overlaying it on the new footage, like they did with the "Star Trek: The Motion Picture - The Director's Edition"?

Yes we are. Our goal is to never pull you out of the story.

Will you be removing hairs, dust and print scratches too?
That process is well underway and the transfers are gorgeous!

Will the static viewscreens on the bridge be updated to look more animated?
Again, we want to respect the original art direction. Also, when we did the re-created *Enterprise* bridge in "In a Mirror, Darkly," we used actual computer video projectors in the upper viewscreens. We tried to change the upper screens to make them cool. But we also discovered that changing them and animating them would draw the viewers' eyes to the point where it was distracting. Obviously, that's something that we don't want to do. So we're pretty much leaving them alone.

In "Balance of Terror," Kirk orders the ship to fire phasers, but we see photon torpedoes. Are you going to fix this?
You know, this is the first thing that we wanted to do when we started working on this episode. But then we started studying the

episode more closely and discovered a number of things. First, Kirk orders "proximity phasers" to be used. This is the only time in the entire series where he does so. Second, the phasers behave differently than normal. They fire into space, then explode like depth charges. This is clearly the intention of the writer and director [Paul Schneider and Vincent McEveety respectively], since the episode is based on submarine movie metaphors.

Finally, the sound effects clearly dictate the timing of the weapon firing, and we very early decided that we did not want to mess with the soundtrack. As a result, we thought the best approach was to use a different

phaser effect than is seen in the rest of the series. The new proximity phasers will have longer bolts than they did in the original "Balance of Terror," but they will still be tied to the original sound effects.

And finally...

Is there a favorite shot that you have worked on, or are looking forward to working on?

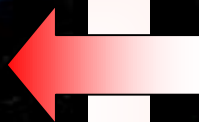
Dave Rossi - The *Fesarius*!!!!

Denise Okuda - The proximity phasers in "Balance of Terror."

Mike Okuda - The Orion ship in "Journey to Babel."

The remastered episodes of the Original Series are not currently available in Australia or new Zealand. If you want a comprehensive peek at what you could be in for, check out the [TrekUnited video center](http://www.trekunited.com). In their TOS remastered section you will find live streaming clips of:

- Preview trailers for 17 episodes (so far) the 15 that have aired as of Jan 15 and two upcoming episodes, *Wink of an Eye* and the just released trailer for *Where no man has gone before* !!
- VFX reels that show all the new effects for the 15 aired episodes, good to see if you missed the episode and want to see the effects that have changed etc ...
- The remastered trailer and 4 promotional bits for the remastered series!



<http://www.trekunited.com/community/index.php?showforum=329>



(an article contributed by Lt Cmdr Wayne Smith for the Engineering Division)

With the 40th Anniversary of Star Trek having been celebrated, and in the world-wise age of smart technology, we it can be easily taken for granted just how "far ahead" the Star Trek Original Series was in terms of the technology that was shown on the screen.

The following is taken from an article in startrek.com, which was originally published in 2004 but is well worth reading – and remember, we are talking technology that was being shown over 40 years ago.

Time warp

To appreciate how far ahead of its time *Star Trek* was, consider that in 1964:

— The main consumer communications device was a telephone tethered to the wall by a cord that could not be unplugged except by a trained technician from Ma Bell. Modular jacks and cordless phones were years from being average household items, so the idea of a personal wireless communications device was as alien as a [Keeper](#) on [Talos IV](#).

— Computers were large contraptions used by big corporations or the government, not in the home.

— Television broadcasters and makers of TVs were still in the early stages of the transition from black-and-white to color, and many households had only one TV. A typical "big screen" TV of that era measured 23 inches diagonally and was housed in a wooden box.

— Audio entertainment was stored on vinyl records or spools of magnetic reel-to-reel tape.

— Although a Sony engineer proposed the idea of a videocassette recorder that year, it would be a dozen years before the company introduced the first Betamax home video recorder in the United States.

On *Star Trek*, however, computers were ubiquitous, running everything from life-

support systems to long-range sensors. The voice-activated computer gave any crew member instant access to a database containing the recorded histories of Earthlings, [Vulcans](#), [Romulans](#) and other known life forms.

"The flashing lights and teletype sounds when they were computing were silly, but the concept that computers would be ubiquitous in life as tools seemed inevitable to me, but was not a widely held belief in the 1970s," said *Star Trek* fan Steve Perlman, a Silicon Valley entrepreneur and founder of WebTV.

Today, the Internet links personal computers in homes, schools and businesses. And computer technology is incorporated into every modern convenience, from automobiles to watches.

Star Trek writers "didn't succeed in predicting the Web, and they didn't predict the networking of computers," said David Allen Batchelor, an astrophysicist in the Science Communications Technology Branch at NASA Goddard Space Flight Center in Greenbelt, Md.

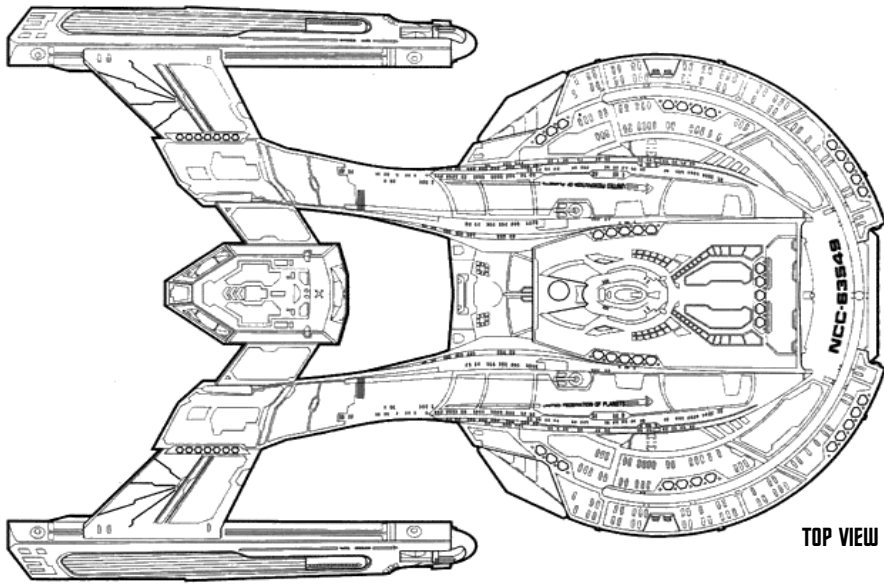
But *Star Trek* "had a huge multimedia library, accessible like the Web is now," Batchelor said. A lifelong *Star Trek* fan, Batchelor wrote a paper called "The Science of Star Trek," posted on the NASA Goddard site, that examines *Star Trek* technology that is already available, possible, unlikely or impossible.

There are no smart androids, such as "[Norman](#)" in the episode "[I, Mudd](#)." But Batchelor noted there is a form of artificial intelligence not seen when that episode aired in 1967 that is taken for granted today — phone answering systems.

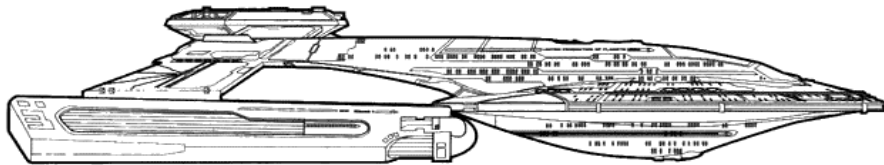
"This is rather primitive usually, but there are some good systems, like the one that I use to call the Washington Post and suspend delivery at my home while I'm away," Batchelor said. "It's pleasant to use and performs its task automatically."

By Lt Cmdr
Wayne
Smith

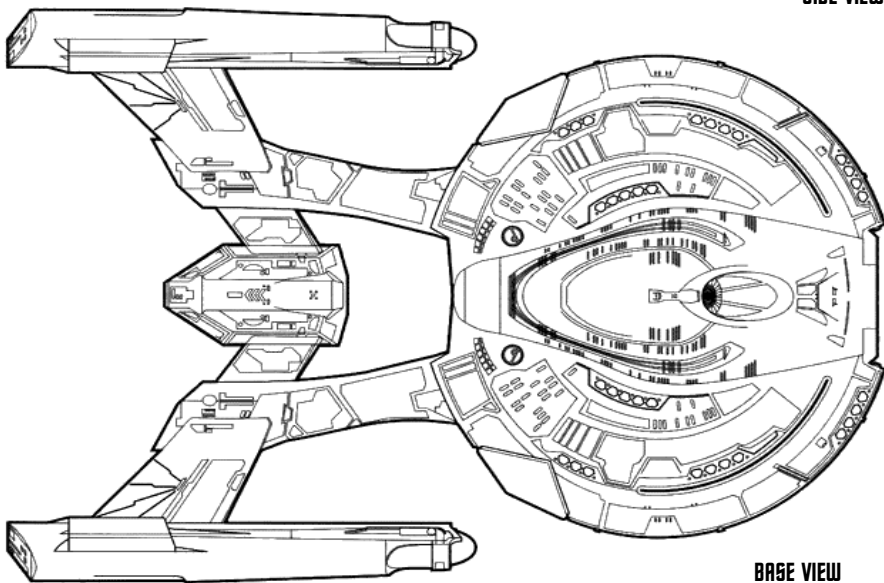
USS Southern Cross Tech Spec's 1 — General Arrangement Blueprints



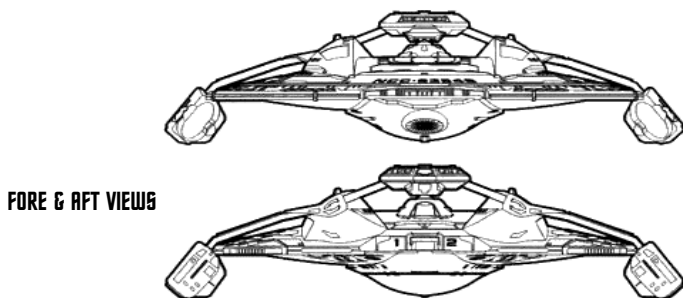
TOP VIEW



SIDE VIEW



BASE VIEW



FORE & AFT VIEWS

Lieutenant Commander Wayne Smith

"The Akira Class starship entered service in 2355 and has quickly become the pride of Starfleet's next generation of starships ..."

Dimensions

Overall Length 464.43 metres
Overall Draft 87.43 metres
Overall Beam 316.67 metres

Performance

Maximum Velocity warp 9.8 (12 hours maximum)
Armament
6 Type X phasers, 5 photon torpedo launchers (3 tube)

Personnel Complement
Officers and Crew 500
Evacuation Limit 4500

Initial production,

ASDB Integration Facility, Antares Fleet Yards, Antares IV
ASDB Integration Facility, Utopia Planitia, Mars
ASDB Integration Facility, Balikinur Kosmodrome, Earth



Tai Chi for fitness, health and mental stimulation.

There are different styles of T'ai Chi, although most agree they are all based on the system originally taught by the [Chen](#) family to the [Yang](#) family starting in [1820](#). It is often promoted and practiced as a [martial arts therapy](#) for the purposes of [health](#) and [longevity](#), sometimes even to the point of being taught exclusively as an exercise technique ignoring martial applications entirely with [recent medical studies](#) support its effectiveness. T'ai Chi is considered a [soft style](#) martial art, an art applied with deep relaxation or "softness" in the musculature as possible, to distinguish its theory and application from that of the [hard](#) martial art styles which use a degree of tension in the muscles.

Historically, T'ai Chi has been regarded as a martial art, and its traditional practitioners still teach it as one. Even so, it has developed a worldwide following among many thousands of people with little or no interest in martial training for its aforementioned benefits to health and [health maintenance](#). Some call it a form of moving [meditation](#), besides general health benefits and [stress management](#)

The study of T'ai Chi involves three primary subjects:

- **Health** - an unhealthy or otherwise uncomfortable person will find it difficult to meditate to a state of calmness or to use T'ai Chi as a martial art. T'ai Chi's health training therefore concentrates on relieving the physical effects of stress on the body and mind.
- **Meditation** - the focus meditation and subsequent calmness cultivated by the meditative aspect of T'ai Chi is seen as necessary to maintain optimum health in order to use it as a soft style martial art.
- **Martial art** - the ability to competently use T'ai Chi as a martial art is said to be proof that the health and meditation aspects are working according to the dictates of the theory of T'ai Chi.

In its traditional form every aspect of its training has to conform with all three of the aforementioned categories.

T'ai Chi training involves learning solo

routines, known as *forms*, and two person routines, known as [pushing hands](#). T'ai Chi is seen by many of its schools as a variety of [Taoism](#), and it does seemingly incorporate many Taoist principles into its practice. Movement towards a state of stillness. *T'ai Chi* comes about through the balance of [yin](#) and [yang](#).

Health benefits

Researchers have found that long-term T'ai Chi practice had favorable effects on the promotion of balance control, flexibility and cardiovascular fitness and reduced the risk of falls in elders. The studies also reported reduced pain, stress and anxiety in healthy subjects. Other studies have indicated improved cardiovascular and respiratory function in healthy subjects as well as those who had undergone coronary artery bypass surgery. Patients also benefited from T'ai Chi who suffered from heart failure, high blood pressure, heart attacks, arthritis and multiple sclerosis.

I myself practice Tai Chi for Arthritis sufferers designed by Dr Paul Lam's and have found through these slow movements I have become stronger and also my balance has improved.

If any of you would like to take up Tai Chi please contact me at cchapel52@yahoo.com so I can recommend a practice near you to attend to.

Are you supervising what your children are watching on T.V. or at the Movies?

Let's learn from the US experience and protect our children from destructive lifestyles!

(Join them up for the Southern Cross Cadets! - Ed.)



Review of articles by [Steven Reinberg HealthDay News](#)

The internet can be a minefield for parents. What is more, it is a minefield that we know that our children play in every day! Luckily it comes with it's own safeguards to combat the dangers.

Primary amongst these safeguards is the way that parents and children have access to information that educates and warns them of the "location of the mines". Healthcare is one example of the type of information that is freely available to the concerned parent.

Steven Reinberg has published a number of articles that have child & teen healthcare as a common thread.

His latest article on Dec 4, "[Movie, TV Smoking Doubles Kids' Chances of Lighting Up](#)" quotes the results of a recent study that says that ...

Each year in the United States, some 1.4 million children under age 18 start smoking, and half of these start as a direct result of tobacco advertising ...

The researchers found that the psychological effect of tobacco marketing or media exposure increases the odds of taking up smoking almost threefold. For example, watching someone in a movie smoke can be more psychologically powerful than a cigarette ad, creating a bigger impression on children's smoking attitudes and behavior, the researchers found. Moreover, exposure to positive images of smoking increased the odds that children would smoke by about 90 percent. Overall, children exposed to tobacco ads and positive images of smoking were about 50 percent more likely to want to smoke in the future. In addition, tobacco marketing and media increased by 42 percent the chances that children who already smoked would become heavier smokers.

The findings are published in the December issue of the *Archives of Pediatrics and Adolescent Medicine*.

Reinberg's use of studies and reports that can be verified is important - reporting, especially medical reporting, needs to be very careful in the way it influences the public. Reporting ethics also require that he

give a balanced view by giving both sides of the story, as he does by quoting a tobacco industry source ...

Despite the criticism and results of this and other studies, one tobacco company thinks it's doing its part to keep children from smoking. "We believe that we have a role in preventing kids from smoking," said Bill Phelps, a spokesman for Philip Morris USA. These efforts include targeting nonsmoking ads to parents and developing strategies to limit children's access to cigarettes, he added. "We have spent more than \$1 billion in our youth prevention effort since 1998," he said. Phelps also said Philip Morris doesn't support the use of its products in movies. "We don't want our brands or brand imagery depicted in movies and television shows," he said.

Similar articles on HealthDay by Reinberg in the past are...

- ⊕ [Watching Pro Wrestling on TV May Spur Violence Among Teens](#)
- ⊕ [Many U.S. Kids Not Getting Timely Vaccinations](#)
- ⊕ [Unsafe Gun Storage Endangering Teens](#)
- ⊕ [Medication Errors Common in Kids' Leukemia Treatment](#)
- ⊕ [Adolescent Obesity Linked to Premature Death](#)
- ⊕ [Kids Need More Exercise to Stave Off Future Heart Trouble](#)

The problem with reading too many of these warnings though is that one can become despondent about the future for our kids but it is not all 'doom-and-gloom'!

- ⊕ [Watching Cartoons Eases Children's Pain](#)
- ⊕ [Topical Gels Alone May Control Severe Acne](#)
- ⊕ [Education Linked to Better Fathers: Study](#)
- ⊕ [New Clues to Neurological Diseases Discovered](#)

Be informed! Although it is good to learn from experience it's even better to learn from *some else's* experience!



by Lt Kirok
of L'Etok

One of the coolest things in Star Trek was the way they used to point their tricorders at something - a rock, a wall, an injured arm - and tell you what was inside it! That it held traces of Lithium Trioxide, there was a tunnel 2.5 metres in or you were looking at a compound fracture of the Tibia! Whether it was the classic black plastic and leather tricorder that Spock carried on a shoulder strap (Designed and built by master prop maker, [Wah Ming Chang](#)) or the chunky flip-style, handheld units from *The Next Generation*, they were every Geek's dream!

What *is* a tricorder? A handheld or at least portable sensor that could give us information about ... whatever? We've had those for ages to measure a number of different phenomena - I still have my brother's old light meter that he used to use for photography in the '60's.

The first serious contender for a tricorder in fact included a light meter amongst its five functions. Vital Technologies Corporation brought out the TR-107 Mark 1 (bottom left) in 1996 and are said to have sold 10,000 of them before going out of business in 1997. The TR-107 had an Electromagnetic Field (EMF) Meter - Could be handy for checking for [emf bio-hazards](#) like microwave oven leaks! - a "weather station" measuring temperature and barometric pressure, a Colorimeter, Light Meter, and a "Stardate Clock and Timer". Yes, it even had a watch and stopwatch function!

Whether the Vital Technologies tricorder was specifically created as a Star Trek collectable or not, it doesn't fit my main requirement for a tricorder: it doesn't see inside anything!

One reason for my fascination with tricorders is because for over seven years I was an ultrasonics operator checking for cracks in steel [using a portable ultrasonic device](#). This is defined as "non-destructive testing" - looking inside something without destroying it! In our case we used sound waves, bounced off any imperfections, in much the same way that [sonar](#) detects fish or submarines. Ultrasonics are limited though. For example you have to have a good "connection" between your transmitter and the medium you're sending the sound waves through. Air, strangely enough, is not a good transmitter of sound - although bats seem to use [echo-location](#) quite nicely thank you!

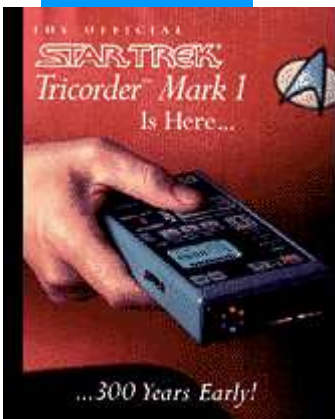
What about the medical uses of tricorders? Well, wireless biosensors come in a variety of forms depending on the method used to "probe" the patient. They go back as far as 1997 when we first [heard about the work](#) at the Scripps Research Institute (TSRI) of La Jolla, California and the University of California, San Diego's towards a "[portable, hand-held biosensor](#) capable of detecting a wide range of medically important chemical compounds".

There was the [DNA sensor](#) developed by Meade and Kayyem in 2001 that used electron transfer or the [researchers at Loughborough University](#) who announced a development of photoplethysmography (PPG) in 2002 to measure blood flow using light absorption. Perhaps the [most promising](#) would seem to be the [TRIMprob](#) (Tissue Resonance Interferometer Probe), a battery-powered baton and computer developed in Turin, Italy, by [Galileo Avionica](#) which it is hoped will detect cancerous tumours using microwaves.

My attention has recently been drawn, by the [Starfleet International Science-Lab](#) Yahoo Group, to something that really fits the bill though!

Robert Downs and Bonner Denton at the University of Arizona, working on a NASA project, have [created a device](#) which shoots a laser beam at, say a Mars rock, causing its atoms to vibrate. This gives off a spectrum which is measurable using a 'Raman spectrometer' and the results [can be compared to known minerals](#). Since every mineral vibrates at a specific frequency, if our Mars rock is the same mineral it should vibrate at the same rate. The trick is to create a database of 'signature spectra' that can be used, so far one fifth of the four thousand or so mineral types have been measured.

The Downs and Denton spectrometer, (illustrated at the top of the page) first announced in [October 2002](#), [will fly on](#) the [Mars Science Laboratory](#), a large, nuclear powered Rover, the successor to Spirit and Opportunity, which is scheduled for launch in 2009. The 'Raman spectrometer' is really getting close to the ideal of the Star Trek tricorder since it is [already being used](#) extensively by law enforcement agencies in the Crime Scene Investigations - CSI!



ASTRO NOTES

January 2007

- Jan ?? - [NSS-8](#) Zenit 3SL Launch
- Jan ?? - [Jan 01] [Hai Yang 1B \(No. 2\) CZ-2C Launch](#) (China)
- Jan 03 - [Quadrantids Meteor Shower](#) Peak
- Jan 06 - [Deep Impact Near-Mars Flyby](#) (0.033 AU)
- Jan 10 - [Jan 04] [Cartosat 2/ SRE-1/ Lapan-Tubsat/Pehuen PSLV Launch](#)
- Jan 16 - [Egyptsat 1/ Saudisat 3/Saudicomsat 3-7/ AKS 1 & 2/ N-Cube 1 Dnepr 1 Launch](#)
- Jan 18 - [Progress M-59](#) Launch (International Space Station 24P)
- Jan 25 - [Jan 03] [Astro/NextSat-CSC/STS-Sat 1/NP-Sat 1/ CFE-Sat/Midsar1/ Falconsat 3/ MEPSI 4A & 4B](#) Atlas 5 Launch
- Jan 27 - 40th Anniversary (1967), [Apollo 1 Fire](#) (Gus Grissom, Edward White & Roger Chaffee)
- Jan 30 - [Genesis 2](#) Dnepr 1 Launch

February 2007

- Feb ?? - [NROL-25](#) Delta 4M Launch
- Feb ?? - [Bluesat](#) Dnepr 1 Launch
- Feb ?? - [Orbcomm-CDS 3](#) Cosmos 3M Launch
- Feb ?? - [Vietnam DMC/Thai-Paht 2](#) Cosmos 3M Launch
- Feb ?? - [Star One C-1](#) Ariane 5 Launch
- Feb ?? - [Agile PSLV Launch](#)
- Feb ?? - [Beidou 2A](#) CZ-3A Launch
- Feb ?? - [Anusat](#) PSLV Launch
- Feb ?? - Cosmos 2424 ([Parus N97](#)) Cosmos 3M Launch
- Feb ?? - [Cosmos \(Tselina-2 N23\)](#) Zenit 2 Launch
- Feb ?? - [Jan 01] [Demosat \(DARPA/Air Force\) Falcon 1 Launch](#)
- Feb 02 - [GeoEye 1 \(Orbview 5\) Delta 2 Launch](#)
- Feb 07 - [Mercury](#) At Its Greatest Eastern [Elongation](#)
- Feb 10 - [Jan 04] [Saturn](#) At Opposition
- Feb 15 - [THEMIS Delta 2 Launch](#)
- Feb 15 - [IGS-3B H-2A](#) Launch (Japan)
- Feb 18 - [Chinese New Year](#)
- Feb 27 - [TerraSAR-X](#) Dnepr 1 Launch

Extracted from the [JPL NASA Space Calendar](#)

Science Division Report

The roster of the Science division still stands at two, myself and Crewman Darren Reid, and if you haven't heard much from us, it's been because we've been working hard on the Newsletter!

One thing I'd like to stress to other crew members is that you can write an away mission report on anything interesting that you do. If you go to a convention, be sure to take the camera and give us a blow-by-blow account of what you did and who you saw as Louise has on p8.

I'd especially like to remind anyone who is going to the "[Walking With Dinosaurs](#)" exhibit that this would make a great "Away Mission" report for the Science pages here.

Lt. Kirok of L'Stok, Science officer

Australian Dinosaurs (From the ABC's [Walking With Dinosaurs](#) website)

Until quite recently, finds of dinosaurs in Australia have been few and far between. The first find of an Australian dinosaur [[or was it? Ed.](#)] was a partial skeleton found on Cape York. Later named [Agrosaurus](#), this small plant-eater from the triassic period was found during an exploration of the area by HMS Fly. A large claw of a meat-eating dinosaur was found near Inverloch, Victoria around the turn of the Century and bones of a long-necked sauropod dinosaur, [Rhoetosaurus](#), were found near Roma in Queensland in the 1930s. Other dinosaurs include a plant-eater similar to [Iguanodon](#) that was later named [Muttaburrasaurus](#) and a small armoured dinosaur named [Minmi](#).

It was not until the 1980s and 1990s that significant numbers of dinosaurs began to be excavated from Australia. These principally came from excavations at Dinosaur Cove in Victoria and Lightning Ridge in New South Wales. Most of these fossils are from dinosaurs that are new to science and are still being studied.

New Zealand Dinosaurs (From [Wikipedia](#))

Although the evidence is rare, fossils reveal that there were dinosaurs in New Zealand. Possibly because it lacks the right conditions for fossilisation, only fragments of bone and a few vertebrae have been found there. Because these fossils are only a single bone or a piece of a bone, we cannot identify the dinosaur's species, but by comparing the fossils with others we can see which family or order it belonged to.

Marine fossils are more common than fossils of land animals in New Zealand because dead animals and plants are easily preserved in sand and mud. Therefore, some fossils of large marine reptiles are nearly complete, and so can be recognised as a species.

The New Zealand mosasaur has been named [Rikisaurus](#), and was one of the largest mosasaurs in the world. The New Zealand plesiosaur has been named [Mauisaurus](#).

Kirok

CADET CORPS



The Cadets Mess

This month sees the USS Southern Cross gain our first cadets! It gives me great pleasure to welcome James and Thomas to the Cadet's Mess!

Why is it called the Cadet's Mess?

Well, it's an old tradition on Starfleet starships to use old sailing ship terms and the common room that a division used to spend most of their time in was their "Mess". You'd have the Engineering Mess, the Gunners Mess and, of course, the Cadet's Mess. It was were sailors used to stow their gear, eat their meals, read or play cards until it was time for lights out when they would sling their hammocks and sleep there as well!

Of course they had to be very neat - their officer would make regular inspections to make sure everything was clean and tidy. It was a very important job being in charge of the Mess.

So the next time that Mum looks into your room and says, "Who's responsible for this Mess?" You'll know that she is actually wanting to know

by Lt Kirok of L'Stok, Cadet Liasson Officer

who is the Officer of the Mess.

So, always be proud of your Mess and keep it tidy! Then you'll have a tidy Mess!

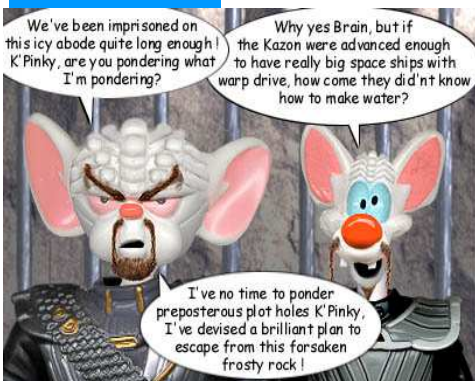


This little beauty by John V Schmidt of Twisted Head Swap Theater is an example of satire done right - short, sharp, fast moving and witty! It even has an "A" list of guest stars doing cameos - I haven't seen Boris and Natasha in years! I'm not sure how he has made it, he's photoshopped action figures for some of it, but I think there is a fair amount of original artwork in there as well.

Follow the link to read the rest of the adventures and remember kids: never let your Klingon mutant mice loose at the cutlery!

<http://www.hotink.com/HST/kp01.html>

PGR





New Year's Resolutions

Wesley Crusher:

Stop saving the ship. - [Amanda](#)

Write Mom.

Worf:

Find a better way of expressing myself than just growling. - [Michael](#)

Seven of Nine:

Try not to piss off the rest of the crew! - [Carlos](#)

Chakotay:

See the Doctor, I seem to be short of breath all the time. -- [Brenda](#)

Beverly Crusher:

Remember to let Picard's next mystery woman die on the table. - [Erin](#)

Captain Kirk:

Redecorate the Nexus

Ezri Dax:

Get rid of Jadzia's Klingon pain stick collection

Jake Sisko:

Land interview with Bambina, the new Dabbo girl

Admiral Uhura (retired):

Find out about maybe copywriting "Hailing frequencies open, sir."

Commander Riker:

Remember Lwaxana's birthday

Ambassador Spock:

Find out just where that Nexus thing is right now

Garak:

Plot overthrow of current Cardassian government. Kill Ezri if she smiles at me one more time

Ensign Kim:

Remember to breathe normally around Seven, even when she's asking about mating rituals

Q:

Say something really sexist to Janeway

Captain Janeway:

Cut back on the coffee

For more see [About.com](#)

STARFLEET GROOMING REGULATIONS:

Personnel will at all time be clean shaven unless a shaving waiver is authorised by the Commanding Officer. Shaving waivers will be granted to personnel who wish to grow a moustaches, beards, or other such facial hair (or currently already have facial hair they wish to keep), however the individual must trim any facial hair and maintain a high degree of appearance through-out the growing period of the hair, or in maintenance of current facial hair.

No facial hair shall extend below the top lip line, of the upper lip (Ed. assuming the individual indeed has any lips in the first place...)

Personnel placed under arrest in respect to Starfleet regulations are permitted to maintain any current facial hair in place, however personnel convicted and placed into prison are not permitted facial hair, and must be clean shaven. Only in the case of cultural requirements, or on valid medical reasons will a prisoner be given shaving waiver.

(Ed. in short, don't get caught and put in prison if you don't want to shave...)

Klingon Blood Wine recipe I

(For cowardly Terrans who want to drink alone....)

1 shot Gold Tequila

1 shot Rum

(preferably Captain Morgan spiced)

1 dash Grenadine syrup

2 dashes Tabasco sauce
cranberry juice

Add tabasco sauce to an ice-filled beer mug/glass. Pour in the tequila, rum and grenadine, and fill with cranberry juice. Shake twice and serve.

Serve in a big glass Beer mug

A Betazoid Post-Seasonal “Pick Me Up”

(a healthy article from the Ship’s Counsellor)

While we naturally do not celebrate Christmas on Betazed, we are however only too familiar with the ‘over indulgences’ of food and alcoholic consumption from other religious or seasonal festivals. We Betazoids have an almost identical physiology as Humans, so the effects of these little “excesses” are all too common to the average Betazoid as well.

For us, the most significant aspect to an excess consumption over a short period of time is the disturbance to our telepathic abilities.

Too many carbohydrates; high sugar and alcohol levels; and lack of sleep coupled with stress factors – all combine to give us garbled telepathy at times, which can lead to blurred vision and headaches. And there can be nothing worse for a Starfleet Counsellor than to read the wrong message from a telepathic thought or empathetic wave.

On Betazed, we have long ago discovered the benefits of the juice and pulp from many of our indigenous plants – particularly our native vegetables.

While these can be replicated, there is nothing more healthy and satisfying than the freshly sourced product taken straight from the hydroponics nursery.

Of course, some of our native vegetables will certainly not find favour with Humans (Ferengi and Bajorans do not have the same problem with the flavours however) and to alleviate this, I have done some research into the use of Terran vegetables as a substitute.

Vegetable juice contain about half the amount of kilojoules as fruit juices so there is really no restriction on the amount that you can consume. Often referred to as the ‘body restorers’, vegetable juices are packed with chemical nutrients that restore the blood and provide bone-building minerals.

I have listed below a little ‘cocktail’ that I suggest you try as a pre-dinner drink, taken about one hour before eating. Consumed on a daily basis, I can assure you of the benefits to your mind, body and soul. This recipe comes with my highest recommendation and is the best way I know to revive your tired mind and over-stressed cells!

The ‘Sol System’, System Reviver....

Into a blender place:

1 x half red capsicum (seeds removed)

approx. 3-4 carrots (unpeeled but trimmed tops)

¼ (only) fresh beetroot

1 x sml/med stalk of celery (leaves optional to give an ‘earthy’ flavour)

1x fresh lime (unpeeled)

1x apple (more if sweeter flavour desired)

Blend all ingredients then pour into two large glasses (strain if wished but best results obtained by including the ‘froth’). Stir and drink. After a few days, you WILL feel “different”.

Good health to you all for 2007 !

Ensign Mylan Kelnar
(aka Ensign Mollie O’Brien)



Note: the colour will vary depending upon the amount of different vegetables used. This one is has more Beetroot and red Capsicum than the above recipe

January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MSRP
EDUE

HOD Meeting

All Hands Meeting

300 Games

General Chat



February 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 MSR TRC	26	27	28			

[2007 Calendar](#)

[All Hands Meeting](#)

[360 Games](#)

[General Chat](#)





A Year's End Message from the CO

So much for 2006.... It certainly went by in a flash.

Speaking as someone who has spent most of this whole year being involved with SFI; the launching of two Region 11 chapters; countless hours of online chat with lots of friends; late nights and many weekends spent researching and writing for membership handbooks, ship's specifications, division detailing; designing logos and artwork for the two separate websites (the 'Cross and the Mawson) and the many hours spent in researching and answering the multiple Academy exams – I for one can say that 2006 has been one heck of a year.

While the Southern Cross may only in reality be no more that four months 'old', since it's inception by myself and the XO, and only have been first commissioned for just a few weeks, it certainly seems like we have been around for a lot longer. I am willing to bet you all that when you reconsider just how long you have spent being involved with the Southern Cross as a chapter member, you will be surprised at just how little time has passed – it will certainly seem like a lot longer.

And the reason for this? Well I believe it is all about how quickly we have become a close unit of friends who are all having some fun with our 'spare' time (*Ed: Ha! WHAT "spare time"?*)

So a few moments reflection for us all of where we were, way back in January 2006, to where we are today January 2007, will certainly give you some reason for remembering some of the significant things that may have occurred in your own social calendars. After all, unless we each take time for some reflection of where we have been and what we may have done or achieved, the passing of a year becomes nothing more than a "forgotten journey".

For my own personal notes, 2006 was year mixed with much sadness. I said a final goodbye to one of my best mates (an Aussie bloke good enough to be a Kiwi he reckoned!) who passed away in Ballarat after a long battle with cancer; my mother-in-law who died suddenly in April; and then just before New Year's eve, my eldest brother who also died suddenly from a very unexpected heart attack.

So I look forward to this next year. With my new group of good friends, I shall explore many areas of the local galaxies of friendship, science fiction, *Star Trek*, conventions, letter writing, laughter, chat sessions, fund raising, charity work, recruiting, role playing, "dressing up", fan fiction, more exams, graphic design, final commissioning of our wonderful ship and the great commissioning party that will follow, meeting even more new people – and most of all, having lots of FUN!

For no matter whatever else it is that we each of us wish to take from being involved in this great environment that is the USS Southern Cross, we must never forget that our Prime Directive is all about enjoyment.

May I take this opportunity to wish all my fellow chapter members and their families, the very best of wishes for this New Year and to hope that, like me, you are all looking forward to the challenges that 2007 will bring to us all.

And as I said at the beginning of this newsletter – Onward and forever upward the Southern Cross!

Lt Col Bruce O'Brien
Commanding Officer

