



THE FISH LADDER

USS Chinook NCC-71204

STARFLEET: The International Star Trek Fan Association, Inc.

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Incoming Communications by Lt. Cmdr. C. Pierce



The USS Chinook Crew

A hearty welcome to all of the newest members of the USS Chinook! We have expanded our numbers to fifteen members and still growing. Congratulations all around because this has given us the boost we needed in order to qualify for early commissioning!

The USS Chinook crew now consists of:

Commander Jereme Pierce
Lieutenant Commander Catherine Pierce
Lieutenant CP Dalen
OIC Karl Clark
DOIC Staci Moren
Crewman Robert Moren
Private Gary Lewis
Crewman Alexis Easterbrook-Lewis
Private Devon Woodley
2LT Pat Baxter
2LT Bobbie Baxter
Crewman Ian Doell
Crewman Sue Logas
Crewman John Pierce
Crewman Jeanette Pierce

Attention On Deck:

We are commissioning!

That's right folks! We are commissioning on April 3, 2010 from 4pm to 6pm at NorWes Con. The convention is being held at the Double Tree Hotel next to SeaTac Airport. The address is 18740 International Boulevard SeaTac, Washington. The admission rates for the convention are \$60 at the door because the convention doesn't do one day passes as of yet, however we are trying to get people in for free to attend our commissioning. We will let you know as soon as possible whether or not we will be able to do this.

Ship's Activities

Crew Meetings

Stardate 10910.17

General Meeting, discussed promotion point system and were visited by Dana and Keith Marshall of the USS Daniel Soule and Jonathan Freeman of the USS Thermopylae.

Stardate 10911.21

General Meeting. Constitution was read aloud and agreed upon. Pat and Bobbie Baxter from the USS Thermopylae joined us and helped fix a few details in the constitution document.

Stardate 10912.13

Looked at cloth for uniforms and took measurements to get an idea of how much cloth would be needed.

Stardate 11001.23

Discussed what was needed for the uniforms and explored ideas for a recruitment drive.

Command Crew Meetings

Stardate 10910.17

Promotion Point system

Stardate 10911.14

Finished planning out the by-laws, constitution, promotion system, and awards

Stardate 10910.17

Discuss By-Laws, Advice from members of the USS Daniel Soule and USS Thermopylae

Other Activities

Stardate 10912.31

New Years Eve Party with games, and spirits.

Stardate 11001.07

Commander J Pierce, Lieutenant Commander C Pierce, Crewman J G Pierce, and Crewman J L Pierce attended the Star Trek exhibit in San Jose, CA.

Stardate 11001.08

Commander J Pierce, Lieutenant Commander C Pierce, and Crewman S Logas studied Earth History at the mission in Sonoma, CA.

Communications



Website and Forums

We now have a website and forums. Our website can be found at <http://www.usschinook.org> and the forums can be found linked on that page, or you may go to the direct link at <http://www.usschinook.org/forum>.

We encourage members and non-members alike to use the forums. If you do sign up please give us 24 hours to get you set up with the correct permissions. Logins should consist of your first initial and your last name. Example: If I am using the name John Doe my log in would be JDoe. If you have any questions please feel free to contact information@usschinook.org.

Incoming Transmissions

The Characteristics of Solar Wind

Link provided by Lieutenant CP Dalen

This website has an interesting article about the characteristics of solar wind and includes a data plot documenting the speed and density of solar wind.

http://www.windows.ucar.edu/tour/link=/sun/wind_character.html&edu=mid



Seasonal Affective Disorder

Link provided by Lieutenant CP Dalen

This article is about Seasonal Affective Disorder

<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195/DSECTION=symptoms>

Crew Shirts

We now have USS Chinook crew shirts available! If you would like one just bring a black shirt (long or short sleeve) to Commander J Pierce or Lieutenant Commander C Pierce at your convenience. We have the iron-ons so you all you will need is the shirt.

Incoming Transmissions Continued

Twelve Little-Known Medical Facts About Wine

from a presentation by David Bruce, M.D

Article provided by Lieutenant CP Dalen.

1. Non-drinkers have approximately the same level of cardiovascular death as heavy alcoholics. Moderate drinkers have about half this level. Recently, strong evidence has been discovered to extend this 50% protective effect to strokes (cerebro-vascular accidents). The existence of this "U-curve" has been verified from the study of many different populations from all over the world using many different study technologies.

At least three factors appear to be at work here. The first is the prevention or reduction in oxidation of that bad cholesterol, LDL (low density lipoprotein), which reduces or prevents scarring of the artery. The second is preventing the platelets from becoming sticky and thus forming clots. The third is the production of nitric oxide, which causes restricted blood vessels to open, allowing more oxygen-rich blood to reach heart muscle or brain tissue.

2. Wine is a significant aid in the treatment of both anorexia and obesity! The wine has to be dry (no sugar). Isn't this amazing? How can this be? In obesity, 4 to 5 ounces is given at the major meal or at bedtime. The average weight loss was twice as great as the controls in the study. The explanation of this paradox appears to rest in relaxation of anxiety and emotional tension. (Anorexia is a condition characterized by excessive weight loss.)

3. Some afflictions of old age can be relieved by a glass of wine. The majority of hospitals in California have wine on their menu. It really can reduce the dependence on "heavies" like Thorazine. It's amazing what a glass of wine can do for patients. Their faces light up. They feel like socializing. Their appetite improves. Their self-esteem rises. They have a flood of happy memories. In short, life is worth living.

4. Moderate drinkers are, on the average, of higher intelligence than either non-drinkers or heavy drinkers. Moderate drinkers routinely have higher education status than non-drinkers.

5. On the subject of that "Contains Sulfites" label: Did you know that your body produces sulfites each and every day. In fact, every 24 hours your body produces sufficient sulfite to require 100 bottles of wine to be so labeled!!! Sulfite production is a normal by-product of most forms of life. It is not surprising to discover that even yeasts produce sulfites!

So... Even though wine makers who make wines that are completely organic (i.e. uses no sulfite at all) still may need to label their wine "Contains Sulfites." Just keep in mind that most wines contain very little sulfite. It is a non-problem for 99.9% of people.

6. True allergies to wine are extremely rare. This is my area of expertise. I was a physician in active practice for 25 years, and I actively looked for wine allergies. I never saw a single confirmed case! Three examples of allergy to wine (or specifically to egg-white, a fining agent used in wine) have been uncovered in a computer-aided search of medical literature. It is that rare!

7. The Fetal Alcohol Syndrome occurs only in the chronic alcoholic. Hard drug use, heavy smoking and undernutrition produce similar fetal defects. So which factor does what is often difficult to

determine. The question remains, "Does moderate wine intake have any affect at all?" There probably is more support for fewer medical problems! For example, there appear to be fewer fetal lung problems with moderate drinking mothers. More study is needed. For more information, click [here](#).

8. Auto accidents are not increased in areas of high wine sampling. California wine country Highways 29, 12 and parts of 101 have wine bars every 200 yards. Yet when statistics are compared to highways of equal density, the level of accidents is not increased.

9. Liver disease is decreasing during a period of increasing wine consumption and decreasing spirits consumption. Everyone knows that cirrhosis is a very serious liver ailment. Chronic alcoholism is its number one cause. In recent years cirrhosis has decreased by 12%. This appears to be following the reduction in consumption of spirits. I must conclude, changing people's drinking habits over to wine is saving lives, here as well as in cardiac deaths.

10. Red wine contains anti-cancer compounds. The components thought to be responsible for this are antioxidants. At least 25 antioxidant compounds have been discovered in wine, especially red wine. The most famous of these is resveratrol, a stronger antioxidant than Vitamin E (and Vitamin E is one of the strongest antioxidants you can take). But two other compounds in wine, epicatechin and quercetin, are twice as strong as resveratrol! One example of the protective effect: The U.S. Government's Center for Disease Control found that endometrial cancer (lining of the uterus) is decreased by 83% in women who consume 12 or more drinks per week.

11. Bones are more dense in both men and women with moderate wine consumption. After menopause, osteoporosis becomes a very serious problem in women. Hip fractures are notorious. Dense bones are resistant to fractures.

12. Frequency of the common cold is reduced (or at least the symptoms are reduced) by moderate wine consumption. It is an exciting possibility that certain elements in wine bolster immunity. Nobody will be surprised if it turns out to be those antioxidant compounds again.



Space Station 98% Complete with 4 Shuttle
Flights Remaining

Article Tariq Malik

Article provided by Second Lieutenant Bobbie
Baxter

With the successful landing of the space shuttle Endeavour Sunday night, the International Space Station is on the verge of completion after \$100 billion and 11 years of construction. NASA plans just four more missions to wrap up its few remaining station deliveries.

For Endeavour, in particular, Sunday's shuttle landing marked the beginning of the end. The spacecraft is the youngest of NASA's three aging space shuttles and engineers quickly began working to prepare it to launch one final spaceflight in July.

"We'll go into that with our heads held high," shuttle launch director Mike Leinbach said after the landing. "It's a little bit [of a] sad note, but a great ending to a great mission and we're looking forward to the next one."

Endeavour's 14-day mission delivered a seven-window observation deck and a new room to the International Space Station.

With the new additions — NASA's final major pieces for the space station — the orbiting laboratory is 98 percent complete.

NASA plans to retire its three space shuttles — Discovery, Atlantis and Endeavour — by the end of September. After that, American astronauts will

have to hitch rides to the space station on Russian Soyuz spacecraft.

Earlier this month, President Barack Obama canceled NASA's Constellation program responsible for building new spaceships and rockets to replace the shuttle fleet.

Instead of building its own spaceships, NASA is banking on the rise of commercial spacecraft capable of ferrying astronauts to orbit so it can focus on loftier goals such as the moon, asteroids or Mars. The space agency already has contracts in place with companies to provide unmanned launches to deliver cargo to the space station.

Leinbach said there's a "whole series of lasts" coming, and he feels for the engineers responsible for priming each of those final steps.

Endeavour's STS-130 mission was NASA's 130th shuttle mission since the fleet began flying in 1981, and the 24th flight for Endeavour.

Fully formed space station

When the first station crew of three astronauts took up residence in November 2000, the outpost was made up of just three modules. Now, its external truss segments span the length of a football field and the station can easily be seen from Earth by the unaided eye.

The station can now support permanent crews of six astronauts. It has three airlocks and 12 rooms, counting the new bay window compartment delivered by Endeavour. It has enough living space to rival the cabin of a Boeing 747 jumbo jet.

The dome-shaped observation deck gives astronauts stunning panoramic views of the Earth from space. It also doubles as a lookout during robotic arm operations. The new room, called Tranquility, will serve as a hub for life support systems and exercise equipment.

Both compartments were built for NASA by the European Space Agency. Together, they cost

nearly \$409 million and boosted the space station's mass to nearly 800,000 pounds (362,873 kg).

The next four shuttle missions include several spare parts delivery flights, as well as the installation of a small Russian module and a \$1 billion experiment called the Alpha Magnetic Spectrometer.

Next up on the launch pad will be the space shuttle Discovery, the oldest one after the Columbia and Challenger orbiters, both of which were lost in shuttle tragedies.

Discovery is due to launch on April 5 to deliver new science experiment gear and spare parts to the space station.

Shuttle era closing

Mike Moses, NASA's shuttle integration manager, said Endeavour's successful mission is a great start to the space shuttle era's final year. The shuttle launched one day late due to cloudy weather.

"We're off to a great running start with the year here," Moses said.

Cold weather in Florida has delayed Discovery's flight from its original March 18 launch target to April. But barring an unexpected setback or major payload delivery delay, NASA should be able fly all four remaining missions by the end of September as planned, Moses said.

But there is still a sense of loss for the space shuttle fleet. By the end of 2010, the world's only reusable space plane currently capable of reaching space will be grounded for good.

"The people fall in love with the machines, and it's going to be hard to let them go," Leinbach said. "We're professional about it, so we're going to prepare and process that last mission, and we'll move on."

That love was evident among Endeavour's crew after the shuttle landed late Sunday night. Shuttle commander George Zamka beamed with pride for his spaceship.

"Endeavour, my goodness, what a machine," he said from the runway. "She was perfect throughout the flight and we brought her back safe and sound thanks to Mission Control."

Mission specialist Kathryn "Kay" Hire, who started out at NASA as a shuttle engineer before joining the astronaut ranks, said she and her crewmates tried to be gentle with the spacecraft.

"I hope we didn't beat it up too much, because we know that you're going to be turning it around one more time to fly it again," she said.

Report to the Ready Room

We could really use help clipping, sorting, and counting coupons for the Bajoran Orphan Fund! (More commonly known as the Overseas Coupon Program (OCP) for our adopted base in Schweinfurt, Germany.) We would like to get these sent out ASAP because soon some of them will be past the six-month expiration date and the families over there will be unable to use them. If you are willing to help please contact Lieutenant Commander C Pierce at xo@usschinook.org and I will be happy to work out a time with you to help. Please also state your preferences on what you would like to do (clip, sort, or count).

Also: [Fresh from the Marjah Offensive, Afghanistan](#) Private Woodley who is serving with the US Army and is a member of the USS Chinook writes:

If the Star Trek group wants to get involved in some philanthropy, do a fundraiser to buy / acquire stuffed animals. I like to throw them to the kids here, and its been worth its weight in gold in terms of getting intelligence and in general rapport development.

Any ideas people have to make this happen please post on the forums or email me at xo@usschinook.org.

