

Phoenix Rising



November 2017

Table of Contents

Monthly Status Report by RADM Ralph Planthold	2
Second Officer's Report by CAPT John Bevan	4
Marine Unit Report by ADM Sunnie Planthold	6
Chief Engineer's Report by LCDR Rezty Felty	7
Acting Chief Tactical Officer's Report By ENS Tony Celeste	8
Acting Chief Medical Officer's Report by LCDR Rezty Felty	9
Ship's Counselor's Report by LTJG Brenda Smith	10
Astronomer's Report by LTJG Carolyn Kaberline	12

MSR REPORT

CHAPTER:	USS Dark Phoenix
REPORT FOR:	October, 2017
SUBMITTED:	11/05/2017
SUBMITTER:	RADM Ralph Planthold
ADDRESS:	2200 W 26th St #C-15
CITY:	Lawrence
STATE:	Kansas
ZIP/POSTAL:	66047
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PHONE:	785-312-0521
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CLASS:	Prometheus
CO:	RADM Ralph Planthold
XO:	ADM Sunnie Planthold
NEWSLETTER:	Phoenix Rising
PUBLICATION DT:	10/23/2017

FLEET MEMBERS

SCC	RANK	NAME	EXPIRE DT
44342	ADM	Sunnie Planthold	07/13/2019
46072	COL	Patrick Malone	07/04/2018
49691	RADM	Ralph Planthold	07/13/2019
55881	CRMN	Michael Malone	07/04/2018
61751	PO3	Teague Banister	07/14/2018
61754	CDT	Ethan Banister	07/14/2018
64850	CDT	Emma Banister	07/14/2018
71621	LT	Jeremy Schroeder	03/03/2018
73140	CAPT	John Bevan	01/26/2021
73240	LTJG	Carolyn Kaberline	02/27/2019
73257	CRMN	Ruth Lichtwardt	03/04/2018
73697	ENSjg	Jean Martin	09/26/2018
73886	LT	KLar Batt	08/02/2019
74085	LCDR	Rezty Felty	09/27/2018
74086	LCDR	Laura Felty	09/27/2018
74087	CDT	Tesla Felty	09/27/2018
74088	CDT	Sagan Felty	09/27/2018
74089	CDT2C	Dyson Felty	09/27/2018
74487	CDT	Hannah Batt	08/02/2019
74509	CRMN	Carol Jean Walker	02/05/2018
74659	LTJG	Martin Peterson	04/14/2018
74802	ENS	Sara Fisher	04/29/2018
74803	CRMN	William Fisher	04/29/2018
74804	ENS	Troy Fisher	04/29/2018
74805	CDT	Lacy Fisher	04/29/2018
74821	CRMN	Natasha Maklakova	01/26/2021
74822	CRMN	Charles Hays	01/26/2021
74823	CRMN	Judith Bevan	01/26/2021
74824	CRMN	JoAnn Hays	01/26/2021
74825	CRMN	E Dean Bevan	01/26/2021
74856	CRMN	Robert R Planthold	05/13/2018
74869	CRMN	David Planthold	05/13/2018
74870	CRMN	Josie Thompson	05/13/2018
74871	CDT	Kira Thompson	05/13/2018
74872	CDT	Lea Thompson	05/13/2018
74873	CDT	Corbin Thompson	05/13/2018
74874	CDT	Flynn Planthold	05/13/2018
74920	ENS	Ben Szemere	05/28/2018
75110	CRMN	Kyrstin Talley	03/03/2018
75656	LTJG	Tracy Mengel	09/30/2018
75789	CRMN	John Eppich	10/28/2018
75790	CRMN	Connie Arensman	10/30/2018
75972	ENS	Mark Sarver	12/21/2017
76016	LTJG	Brenda Smith	12/29/2017
76263	CRMN	Mary Everly	09/26/2018
76264	CRMN	Tara Olsen	09/26/2018
76465	PO3	Justin Ballard	05/01/2018

76468	LTJG	Anthony Celeste	05/01/2018
76512	CRMN	Renea Reasoner	05/09/2018
76513	CRMN	Jeffrey Brown	05/09/2018
76935	CRMN	Jarek Rosocha	08/11/2018

ACADEMY :

Rezty Felty

IOSTS - College of Star Trek Episodes

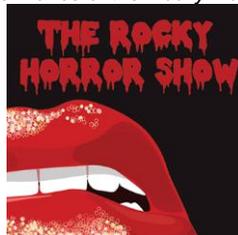
TNG 103: Code of Honor	HONORS	10/01/2017
TNG 104: The Last Outpost	DISTINCTION	10/01/2017
TNG 105: Where No One Has Gone Before	DISTINCTION	10/01/2017
TNG 106: Lonely Among Us	DISTINCTION	10/01/2017
TNG 107: Justice	DISTINCTION	10/01/2017
TNG 108: The Battle	DISTINCTION	10/01/2017
TNG 109: Hide and Q	DISTINCTION	10/01/2017
TNG 110: Haven	DISTINCTION	10/01/2017
TNG 111: The Big Goodbye	DISTINCTION	10/04/2017

OTHER INFO

MEETING DATE : 10/28/2017

ACTIVITIES :

- 10/1 Command Staff, LTJG Mengel met for dinner at Perkins.
- 10/4 SO/TL assumed role as pilot for medical shuttle services to transport DOIC Colonel Patrick Malone to doctor's appointment.
- 10/11 Command Staff, LTJG Mengel met for dinner at Perkins.
- 10/13 SO/TL hosted Game Night. Only LTJG Mengel attended. We ended up watching DVDs rather than playing games, as that was Mengel's choice.
- 10/14 SO/TL, LCDR L. Felty, LCDR R. Felty attended Theatre Lawrence's live performance of the *Rocky Horror Show*.



- 10/18 Command Staff, LTJG Mengel met for dinner at Perkins.
- 10/25 SO/TL assumed role as pilot for medical shuttle services to transport ATL to doctor's appointment.
- 10/25 Command Staff, LTJG Mengel met for dinner at Perkins. Ship issues discussed during the meeting were plans for the 2018 Region 12 Away Mission.

10/28 The Dark Phoenix had its monthly meeting at Jin Shan Chinese Buffet.

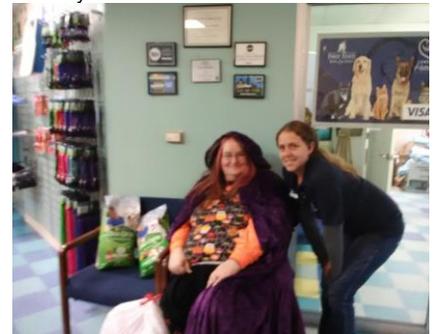


L-R: CRMN Eppich; SO: CRMN Arensman; CO; LTJG Mengel, Smith; CRMN Everly; LTJG Celeste, Kaberline. Not pictured: guests Mark Smith, Noah Souvannavong. Behind the camera: XO/OIC 269th MSG.



LTJG Celeste receives Willard Decker Award from CO as SO looks on.

10/31 XO/OIC 269th MSG, LTJG Mengel delivered monthly donations to:



Ballard Center Food Bank



Lawrence Humane Society.

11/04 Hosting 2017 KC Metro All-Call at Golden Corral in Olathe.



11/10 KANSAS CITY COMIC CON 2017: Bring -12 two or more cans of food for USS Valiant's drive to benefit Harvesters and do some recruiting!



11/18 USS Dark Phoenix monthly chapter meeting, 6 PM at Conroy's Pub in Lawrence. **RSVP required by noon, day of meeting.**

COMMENTS :

- The following crewmembers are reminded that their memberships are now **APPROACHING** expiration date, and that they should renew **NOW**:

SCC	RANK	NAME	EXPIRE DT
75972	ENS	Mark Sarver	12/21/2017
76016	LTJG	Brenda Smith	12/29/2017

- The following crewmembers are reminded that their memberships have **EXCEEDED** expiration date, and that they should renew **NOW** to retain their positions on the ship, in the region, and at the Fleet level:

SCC	RANK	NAME	EXPIRE DT
74910	CRMN	Shelby Peek	05/21/2017
74918	CRMN	Alton Girdner III	05/21/2017
74919	CRMN	Melissa McCandless-Girdner	05/21/2017
75212	CRMN	John Antons	07/20/2017
73954	LT	Brent Barbee Mr	08/20/2017

Second Officer's
Report
By Captain John
"Sparky" Bevan



Good Gravy! It's November already! Time for stuffing ourselves just like we stuff our turkeys. Where has this year gone?

As 2017 winds down and our Fleet Admiral Robert Planthold completes his first year of his three-year term of office, I reflect back on how much we have accomplished this past year. We have gained many great new members to accompany all of those great folks we already called our friends and crew. We have seen many earn various awards and promotions. The ship has revised its website and added some features that the Command Staff has wanted for two years. The Crew Handbook received quite a bit of attention and fixed some issues that made it an even better guide to how to have fun and play on our ship. But, most of all, we have continued to be the close-knit family that has endless fun together. On behalf of the Command Staff, I send you all our Thanksgiving wishes and give thanks for sharing your time with us.

Events

On October 28th, we had our most recent ship meeting. It was held at Jin Shan Chinese Buffet. At the meeting, as our XO

will discuss in her article this month, she made a presentation regarding the qualities of Wonder Woman. Also at this meeting, the newest edition of the Crew Handbook was distributed. If you have not received one, be sure to come to our next meeting (this coming Saturday, November 18th). Those who attended were the Command Staff (with the XO, as can be seen above, wearing her chocolate Halloween costume); Lieutenants (Junior Grade) Tony Celeste, Carolyn Kaberline, Tracy Mengel, and Brenda Smith; Crewmen Connie Arensman, John Eppich, and Mary Everly; and guests Mark Smith and Noah Souvannavong.



On November 4th, we hosted the first KC Metro All-Call at the Golden Corral in Olathe. The evening was wonderfully attended by the Valiant, Katana, and us. As a surprise, our Deputy Officer-in-Charge of the MSG 269th, the Black Bettys, Colonel Pat Malone, joined in the festivities. For those who had never met him, this was a great opportunity to meet him. (He rarely gets to attend functions due to his work schedule.) As a special honor, the top man of our fan association, Fleet Admiral Robert Westfall, joined us. In total, those who attended were:

Dark Phoenix

- Admiral Sunnie Planthold
- Rear Admiral Ralph Planthold
- Captain John "Sparky" Bevan
- Colonel Pat Malone
- Lt. Commander Rezty Felty
- Lieutenant (JG) Tracy Mengel
- Crewman Mary Everly
- Crewman Ruth Lichtwardt
- Cadet Lieutenant Dyson Felty
- Cadet Sagan Felty
- Cadet Tesla Felty

ISS Katana

- Fleet Admiral Robert Westfall
- Rear Admiral Michelle Westfall

USS Valiant

- Ensign Ian Wepprich
- PO3 Debra Nickelson

Upcoming Events

November 18th, this coming Saturday, is our next ship meeting. Please note this is one week earlier than usual due to the proximity of Thanksgiving. It will be at the usual time of 6pm and be at Conroy's Pub (3115 West 6th Street) in their private dining room. Please make sure to send your RSVP by noon that day.

November 19th, the CO and XO will lead an excursion to the Regal 12 Cinema at 3433 South Iowa Street for the 6:30pm showing of Justice League: Dawn of Justice. Tickets can be purchased online at <http://www.regmovies.com>. The tickets are \$11.11 for adults, \$9.15 for seniors, and \$8.17 for children (excluding tax). To avoid paying the "convenience fee," be sure to

use the promotion code of **JusticeLeague77**. If you already sent an RSVP to Ralph and asked him to get a ticket for you in response to the email he sent out a few days ago, be sure to meet him in the lobby at 6pm so as to pay for your ticket and receive it from him.

Also, be aware that all seats in the Lawrence Regal Cinema theaters are assigned, so if you did not buy your tickets through Ralph, you may be sitting away from the rest of the ship.

Everyone who attends is asked to wear their ship uniforms. If you do not have a uniform, then don't sweat it: come on and join the fun anyway. ☺

November 23rd is Thanksgiving, so Happy Turkey Day everyone. Be safe as you pilot your personal shuttles all over the sector. Be sure to look out for any who may have imbibed too much blood wine, Romulan ale, or Aldebaran whiskey.

November 24th would be the date of the next Game Night but due to its close proximity to Thanksgiving, the event is cancelled.

December 8th will be the next Game Night. It will start at 7pm and be hosted at my home. Please RSVP by December 7th.

December 16th will be the next Ship Meeting. This is a week earlier than usual due to the close

proximity of Christmas if scheduled on the regular "4th Saturday" date. It will be held at Perkins located at 1711 West 23rd Street. The meeting will start at 6pm. Please RSVP by noon that day.

December 22nd would be the date of the next Game Night but due to its close proximity to Christmas, the event is cancelled.

December 25th is Christmas. Merry Christmas, one and all! The holodeck shall be available to those who wish to enjoy snowball fights, building snowmen, or pursuing other *flaky* activities. (Just make sure not to conjure up the giant snowflake-- aka the Crystalline Entity--if you want to keep your holodeck privileges.)

December 31st is New Year's Eve. Happy New Year, everyone!

January 1st is New Year's Day. Happy Hangovers, everyone!

January 4th will be the next Game Night. It will start at 7pm and be hosted at my home. Please RSVP by January 3rd.

January 18th will be the next Game Night. It will start at 7pm and be hosted at my home. Please RSVP by January 17th.

January 27th will be the next Ship Meeting. It will be held at McAlister's Deli located at the

corner of 27th and Iowa. The meeting will start at 6pm. Please RSVP by noon that day.

February 2nd will be the next Game Night. It will start at 7pm and be hosted at my home. Please RSVP by February 1st.

February 16th will be the next Game Night. It will start at 7pm and be hosted at my home. Please RSVP by February 15th. February 24th will be the next Ship Meeting. It will be held at a site as yet to be determined. (February, June, and October are months during which we tend to have meetings in other cities so as to attract more folks to SFI, whether for our ship or on behalf of our sister ships from around the Sector.) The meeting will start at 6pm. Please RSVP by noon that day.

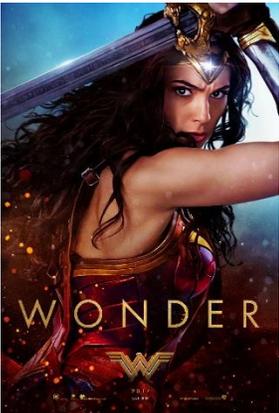
As always, if anyone has any questions about the contents of this article, suggestions for future events, or announcements for publication, please feel free to contact me by email at so@ussdarkphoenix.org or give me a call at (785) 727-1355. Be aware this is a regular phone, so do not try to send it text messages.

John Bevan is the Second Officer of the USS Dark Phoenix and the Team Leader of the Strategic Operations Unit 666-- The Dark Devils--and has been a member of Starfleet International since January 2015. When not honoring our ship with his dedication, he owns and operates a computer sales and service firm he founded back in June 1989. The motto by which he lives is "Nothing changes until something changes."

Marine Unit Report
By Admiral Sunnie Planthold



At the October ship's meeting, I presented an educational moment about the



attributes of Wonder Woman as shown in this past summer's cinema action drama of the same name.

I was impressed by the question, "Which of her characteristics can you identify with?" No matter who you are as a *Star Trek* fan or where you live, consider these attributes and how much you identify them within yourself:

Fearlessness is shown in Diana when she left her safe world to help fight in conflicts, not knowing what she would encounter or whether she could achieve a positive outcome.

Perseverance and determination in her mission even though the public couldn't recognize its worth. She focused on pushing forward due to her solid belief in what was right.

Self-belief kept her pushing "uphill," no matter what she had to face and do. Her soul's foundation helped her trust in what she had already done and would still have to do.

Strength was stimulated and grew as she pushed her mind, body, and soul far beyond normal limits. Her whole being worked together in balance, to turn her body and mind into an awesome force.

Curiosity kept Diana thinking for herself, hunting for answers to questions about anything she found that led her to some unique misunderstandings.

Humanity and compassion blended together in her. She strongly believed in and dedicated herself to defending those who couldn't defend themselves. She recognized that anyone at any time can become helpless. Her "helping hand" to mankind shone forth from the compassion she embraced as a sacred duty.



Among these listed characteristics of Wonder Woman, where do you, male as well as female, find yourself in your daily living while having fun in our *Star Trek* club?

Sunnie Planthold has been a member of Starfleet International since February 1995. She holds the billets of Executive Officer and Officer in Charge of the 269th Marine Strike Group--The Black Bettys. When pursuing civilian life, she is an independent sales consultant for LegalShield (alongside her husband Ralph), performs community service for the Lawrence Humane Society and the Willow Domestic Violence Center, and interprets church services into American Sign Language each Sunday. The quickest way to befriend her is to offer her a bite of chocolate.

Chief Engineer's
Report
By Lieutenant
Commander Rezty
Felty



No article submitted due to family
priorities.

Acting Chief
Tactical Officer's
Report
By Lieutenant
(Junior Grade)
Tony Celeste



No article submitted due to
professional duties.

Acting Chief
Medical Officer's
Report
By Lieutenant
Commander Rezty
Felty



No article submitted due to family
priorities.

Ship's Counselor's
Report
By Lieutenant
(Junior Grade)
Brenda Smith



Let's Talk

Here in the United States, on Terra, it is nearing time for the annual Thanksgiving holiday. For some, this is a time of warm celebration sure to result in pleasant memories of family and friends. For others, this time of year is bitter-sweet or even downright unpleasant due to painful memories associated with the holidays. Regardless of whether your personal memories are good or not so great, cultivating gratitude into your lifestyle is a good thing. For instance, there are several scientifically proven benefits of gratitude, as noted by Amy Morin in an article she wrote on Psychology Today's weblog.

- ❖ **Gratitude opens the door to more relationships.** Not only does saying "thank you" constitute good manners but showing appreciation can help you win new friends, according to a 2014 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So, whether you thank a stranger for holding the door or send a thank-you

note to that colleague who helped you with a project, acknowledging other people's contributions can lead to new opportunities.

- ❖ **Gratitude improves physical health.** Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.
- ❖ **Gratitude improves psychological health.** Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.
- ❖ **Gratitude enhances empathy and reduces aggression.** Grateful

people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.

- ❖ **Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed and you may sleep better and longer.
- ❖ **Gratitude improves self-esteem.** A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component of optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs, a major factor

in reduced self-esteem, grateful people are able to appreciate other people's accomplishments.

- ❖ **Gratitude increases mental strength.** For years, research has shown gratitude not only reduces stress but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11th. Recognizing all that you have to be thankful for--even during the worst times--fosters resilience.

So, I challenge you to consider what YOU can do to increase the gratitude in your life. It's as simple as identifying things for which you are thankful. Start by listing five things every day. The least that will happen is your life will be more pleasant. ☺

Live Long and Prosper.
See you next month for *Let's Talk*.

P.S. Please let me know if you have a question or if there's a topic you'd like to see in *Let's Talk* by e-mailing me at counselor@ussdarkphoenix.org or talking2brenda@gmail.com.

[Source: <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>]

Brenda Smith is the Ship's Counselor of the USS Dark Phoenix and has been a member of Starfleet International since December 2016. When not involved in official Starfleet business, she keeps busy as a Licensed Professional Counselor in the state of Kansas, a database developer supporting the US Air Force, and enjoying time with her family.

Astronomer's
Report
By Lieutenant
(Junior Grade)
Carolyn Kaberline



Although it may be a bit chilly, there are several stellar events to observe this month: several meteor showers and super moon will be there to see.

The first meteor shower to observe is the Taurids meteor shower. While the peak for this shower is November 4th and 5th, you will still be able to see meteors through December 10th. Although considered a minor shower, you should still be able to notice five to ten meteors per hour especially just after midnight from a dark location.

Venus and Jupiter will be close together in the evening sky around November 13th. Look for this pairing to be within three-tenths of a degree from each other in the eastern sky just before sunrise.

Another meteor shower to watch for is the Leonid shower which has its peak on November 17th and 18th. Since there will be only a new moon, the viewing should be excellent and you should be able to see about 15 meteors per hour at its peak. This shower usually lasts from November 6th through the 30th. Best viewing will also occur after midnight.

If viewing galaxies and other faint objects is your thing, November 18th will be your best time to do so as this will be the time of the new moon. A few days later on November 24th, Mercury should be easy to find in the evening sky as it will be at its greatest distance from the sun and at its highest point in the sky. Look for it in the western sky right after sunset.

December 3rd will be the date for the next full moon. This one will be considered a *supermoon* as the moon will be at its closest approach to Earth and will therefore look larger and brighter than usual. This full moon was often referred to as the *Full Cold Moon* because of the cold winter air that settles in.

One last meteor shower for this year is the Geminids Meteor Shower, considered by many astronomers to be the best of the showers. Running from December 7th to the 17th with its peak the night of the 13th and the morning of the 14th, it is not unusual to see as many as 120 multicolored meteors per hour. Look for these meteors after midnight.

And be sure to stay warm while viewing these. Until next time—Carolyn Kaberline

[Source: Information taken from The Sky website at <http://www.seasky.org/astronomy/astronomy-calendar-2017.html>]

Carolyn Kaberline is a semiretired public school teacher, having retired from one school district after teaching high school English for 45 years and now is a substitute teacher in another school district. Additionally, she is a script consultant for Project: Potemkin, a fan-created Star Trek-themed web series. In her spare time, she is an amateur astronomer and member of the Northeast Kansas Amateur Astronomers' League (NEKAAL) as well as a freelance journalist.

