



THE SILVER BULLETIN



Happy Birthday Bill!

U.S.S. Pioneer
NCC-5280-D

"Closest to the Final Frontier"



USS Pioneer

USS Pioneer
*"Closest To The
Final Frontier"*

Denver Chapter---UFPI, Starfleet and Grand Alliance

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THANKS!!!!

Deadline for Next Issue:
March 31, 2006
Friday 10pm
Direct Submissions to
newsletter@usspioneer.net

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Captain's Log



Another convention is around the corner. If you haven't already booked your room, it might be too late! The Pioneer is going to change up our participation in the convention this year, and I'll explain more at the meeting. If you can't make the meeting, please contact me or your department head and we'll explain more. We will be finalizing some details at the March meeting. We will need some planning and strategy sessions, we'll pick a few dates.

We need to come up with some good events over the next few months, so what would you like to see on the schedule?

Thanks to everyone who hosted an event in the last several weeks. I missed a couple of these due to being sick and also having to go out of town, but we did make the Buffalo Bill B-day party! What a blast! That was awesome!!! We had lots of fun, and found a few good trinkets.... And a very happy birthday to Bob, who turns 40, and had a wonderful birthday party, too--any excuse to sample his cooking is a good party!

I added a nutrition article this month, please let me know if you want to see more, or if you have certain topics that you want me to cover. I have lots of material currently, but keep finding more as I work on getting myself healthy.

We will be getting discount tickets again this year, so let me know if you need one. I'll bring them to the April meeting, but should have them at other events prior to that as well.

The book club discussions begins at the March meeting. New book next month! Register at the website forum (www.usspioneer.com) and join in the conversations! Upcoming besides the con.... hopefully Darrell will be able to put a Crush game on the schedule for us, and the poker party at Bob and Laura's house was moved to April, so, please mark your schedules!

That's all for this month.

Commodore Debby Horst
Commanding Officer
USS Pioneer





I just watched the trailer for the upcoming X-Men III movie opening 5/26/06 and it looks really good. Check it out here: <http://www.x-menthelaststand.com> I'm sure we will have more information at the convention (Apr 21-23). Speaking of the convention, per discussions with many of the members we have decided not to have a table at the upcoming convention. A good number of the active members

work on staff in some capacity. Our members' work the model show, volunteer coordination and hospitality for Starland and Alan runs the Fan Film Festival on Fri night. We are still co-sponsoring the Federation Ball and will continue our popular Utopia Planitia Shipyards panel on Sun. In addition and in place of the table we will be doing two new activities, on Sat we will be doing a crafts panel that Bob and Laura will be coordinating, and on Fri night we will be hosting a Texas Hold'em Tournament. The exact times are still in a state of Temporal Flux so stay tuned to your Pioneer channel for all the details.

For the crafts panel see Bob, Laura and Debby with your ideas and to volunteer your time and ideas to making it a success. Since we aren't having a table we need to take advantage of our panels to recruit. We need your ideas on how to best recruit at these activities. We haven't had much success in getting new members from the table at convention and we want to try something different. Get with a member of the Senior Staff and share your ideas ASAP so we can make the best use of this convention and still have a really good time.

Speaking of the convention, have you visited <http://starland.com> lately? No, well they are still announcing guests so far we have (from their site), Actors: Tricia Helfer, George Takei, Dwight Schultz, Denise Crosby, Dirk Benedict, and Gary Jones. Authors: Kevin Dillmore, Dave McDonnell, Carrie Vaughn, Dayton Ward. Cool Dudes: Jeff Walker, Kevin Atkins. Check back frequently for all the latest info. Do you need tickets? As you know we, as part of the Grand Alliance, get a discounted rate. So get all your friends and family that are interested and contact Debby for details.

Have you visited the forums on our <http://usspioneer.com> site? Have you registered? As a reminder to access all of the features of the site you will need to become a registered member. You can view the forums but won't be able to participate in the discussions. The book club forum is so far the most active but beware of spoilers before reading. There is a Favorite SciFi section with one Series BattleStar Galactica topic. Once you are registered you can also start topics. What is your favorite SciFi series and why? The



XO Files (Cont...)

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USS Pioneer discussion forums is the place, see you there.

I haven't had the time to start our discussion on the rank structure but I did want to thank those that stepped up and volunteered to take on the issue and refine it for the future, if you have comments on what we have now and ideas for improvement let me know. One other administrative note, the pioneer crew list is not the place to discuss your personal problems and/or attack other members doing so will result in immediate removal from the list for an indeterminate period of time. We recently had an issue and an email notice was sent to everyone on the pioneer crew list. With the new list software we are using we don't have the option to moderate an individual or individuals it is all or nothing. We endeavor to keep the list family friendly and free of flame wars and personal attacks. This is the first time we have had to remove a member and we don't expect it to be of a common occurrence we just wanted to head off any troubles. We do have members of other groups that are on our list as well.

No new information on the Alien festival in Roswell but several of us are planning on it. The dates are June 30th – July 3rd so mark your calendars. We are planning a few extra days to see some other area sites. Haven't looked at the NM Vacation Guide yet but if you have ideas let us know. Maybe we can also meet other SFI/UFPI members there. We had a great time when we went a few years back and are looking forward to a great time this year as well. What other ideas do you have for long term planning? The Starfleet IC in PA? An out of state Convention? Maybe the 40th anniversary Star Trek Con in Las Vegas? Let's start long term planning early so anyone who is interested can plan vacation time and save for the trips. Also don't forget Mountain Con Sept 22-24 2006. For all the info go to <http://www.mountaincon.org>.

Hope to see you, and a friend or two at some upcoming events. That's all for this issue, engines ahead full!

"A man either lives life as it happens to him, meets it head-on and licks it, or he turns his back on it and starts to wither away." - Gene Roddenberry

"We don't need more strength or more ability or greater opportunity. What we need is to use what we have." -- Basil S. Walsh

Fleet Captain David Horst
Executive Officer
USS Pioneer NCC 5280-D





The Con is coming, the Con is coming! That's right, Star Fest will be here before you know it. I can still use little doodads and electronic greeblies for the Utopia Planitia Spaceship Building Panel. If you have any, catch me at an event or bring them to the April Meeting. We can also use more, white glue, scotch tape, stickers, etc.

A great time was had by all at the Buffalo Bill Birthday Bash up on Lookout Mountain! There were a number of people in period costume and several men who represented Buffalo Bill himself at different stages in his life. At noon they served cake and ice cream and the museum was free all day. Thanks for setting up the event Charles!

Joe Horak and I are still trying to get together to work on the Pioneer insignia/com badge project. At this point the com badge will be based on Pioneer emblem with the snow capped mountain peaks. If any other engineers or club members are interested in helping with this project, get ahold of Joe or I.

Upcoming Engineering events include the annual St. Patrick's Day party at Rotok's Planet and Laser Quest on April 1th. See the event listing for details.

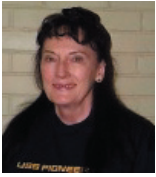
I'll close with a great quote by an unknown author that I recently read: "Your future depends on many things, but mostly on you."

Lt Cmdr Gary Hudson
Chief Engineer





Med-Com Report



February had several interesting activities for our crew. We started with Laser Quest organized by Gary. The next day some of us attended the SFI Region 17 "Super Bowl of Chili" party. After our regular monthly meeting, people went to IMAX. The following Saturday, swimming was scheduled by Kari. The last Saturday of the month, Rob set up a Laser Storm outing. The next day we celebrated Buffalo Bill's birthday with a trip to Lookout Mountain, with Charlie as our OIC.

I missed some of the earlier events, but I really enjoyed the trip to Buffalo Bill's grave and museum. Even the weather was cooperative: warm and clear. We walked up to the grave, then toured the museum which included a special "Buffalo Bill at Mardi Gras" exhibit because he was in New Orleans for the celebrations in 1884 and 1885. In honor of his 160th birthday this year, many people were in period costumes (complete with authentic beards and mustaches) and several of us had photos taken with them. We also were treated to free cake and icecream, lots of shiny beads, and a commemorative medallion. After that, we enjoyed buffalo burgers and toured the gift shop. Thanks, Charlie, for a great new idea!

March has all Saturdays scheduled already. We start with Bob's fortieth birthday "wake"; the next Saturday is our regular meeting; on the eighteenth, the Briscoes are hosting a St. Patrick's Day party; and we round out the month with a poker party at the McKeal's home. We still have other days of the week for activities, though, so please give your ideas to our new and enthusiastic Recreation Officer, Karina.

I also have one actual medical item: Our department maintains sealed envelopes containing pertinent medical information (medications, allergies, etc.) for our crew members, to be used only in case of an actual medical emergency during a club activity. If you have not completed a card, please see me at the meeting so we can get your data. Also, if your medical information has changed since you originally filled out your card, please complete an updated card. Thank you.

Audi
Chief of Med-Com



OCP Report



For the month of February, the Pioneer submitted \$951.30 in OCP coupons--\$384.10 from Dave R. (125.17 food, 258.93 nonfood) and \$567.20 from me (238.95 food, 328.25 nonfood). Added to our January figure of \$636.47, our total now is \$1,587.77.

The OCP website now has the totals for 2005. The program total was \$2,422,697.71, of which SFI submitted \$1,112,882.89 and the balance came from individuals and other organizations.

The USS Pioneer was fifth in the fleet with \$69,173.81. The USS Gasparilla was first with \$311,679.65.

Remember, all contributions are appreciated by our overseas military families.

Keep clipping!

Audi
OCP Coordinator



Book Club News

The new book for April is the second book in the series, The Red King, which was written by Michael Martin and Andy Mangels, who also wrote the first book, Taking Wing.

In March, we'll talk about the first book, and then also decide on our third book. Which one will it be? Is a month too long? Too short? Are you posting your comments on the forum pages? If not, please got to usspioneer.com and register and get into the fun!

Please give your comments to Kathryn Johnson and/or Debby Horst, co-chairs of this program.

Thanks, Kathryn and Debby



**Titan, Book Two -
The Red King**
by Michael A. Martin
and Andy Mangels
(Paperback - Sept/05)



The Book Nook

Have you noticed how science fiction and fantasy have crept into other genres? Of course other genres have crept into sci fi and fantasy as well.

For example, in the mystery section there's the 'In Death series by J.D. Robb. This is about a cop named Eve Dallas and is set in 2059. The 1st book 'Naked in Death' concerns the death of a 'Licensed Companion' by an 'antique, outlawed' handgun. Following books use computer viruses, virtual reality headsets and a droid cat as murder weapons. So far everyone that I've talked into reading this book has liked it and most have gone on to read the entire series of at least 10 books.

Speaking of J. D. Robb she also writes romance under the name of Nora Roberts. While much of her stuff is completely prosaic, much of it includes: psychic powers, witchcraft, ghosts and time travel and even elves.

The romance section appears to have the biggest crossover between the genres. Perhaps because the situations between the main characters are a form of fantasy to begin with that it's not that big of a leap.

Robin D. Owens in fact has two series going, one in Fantasy that starts with 'Guardian of Honor' and the 2nd in romance titled 'Heartmate. While Heartmate concentrates on the romance between the main characters, it's set on an alien planet that's been colonized by humans that over the centuries have developed magic powers.

Another series that I've gotten interested is The Challenge by Susan Kearney which starts with the female character being killed saving the life of the President and at that moment is whisked off to the future to learn how to waken her psi powers. To awaken her powers the male trainer has to get her frustrated – enough said. The story includes aliens and a sentient computer – female that grows curious about human relations. Her story is in the sequel.

Karen Marie Moning's highlander series has the Tuatha De Danan as aliens who came to Earth and trained a few humans in their 'science'. In her history there was then a war and when the greedy humans were overthrown, a few honest ones were given the task of guarding their secrets. Of course there's a few problems resulting in a couple of highlander's being transported from the past to the present where they find their true loves after much trials and tribulations.

Nook (cont)



Other romance writers with a sci fi or fantasy bent include: Susan Grant, Katie McAlister (main character discovers that she's a Guardian who's mate is a dragon shape changed into a human), Susan Krinard (werewolves), Dara Joy (woman getting ready to go to a Sci Fi Con who meets up with a real alien), Angela Knight. I could go on and on. Almost every romance writer seems to at one time or another try a time travel or psychic book.

In reverse you have always had a touch of romance in sci fi and fantasy. Heck in LOTR there's Arwen and Aragorn, Eowyn and Faramir. In Star Trek you've got Cpt Kirk and Dr. Marcus, and Ruth and Miramanee and Edith Keeler and...

Sci Fi has always drawn heavily from other genres. Besides romance, you could say that many Star Trek episodes are mysteries. What is the 'devil in the dark' killing all those miners? Why are people dying with red lesions and completely drained of salt? Heck, even figuring out the clues to 'why is that alien device doing whatever it's doing and how can we stop it?' could be considered a mystery. One of my favorite fantasy series (Jehreg by Stephen Brust) turns the murder mystery on it's head by having the main character be an assassin who has to figure out how to kill someone without getting himself killed or starting a war. Then don't forget writers like Michael Crichton. I've rarely seen his stuff shelved in the Sci Fi section, but *Andromeda Strain* and *Jurassic park* are definitely strong sci fi.

So, I suggest if you're running out of authors you want to read – don't be afraid of going to other sections of the bookstore and seeing if you can find more sci fi and fantasy in mystery, romance or literature. You might be surprised.

Karina DeCounter



Pioneer Calendar

March 2006

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	

April 2006

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						

May 2006

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			



March

4	2 pm	A Wake for Bob. At the McKeal house. Contact Sneakyminx@aol.com for more details.
11	Noon	USS Pioneer Meeting command@usspioneer.net
18	4 pm	Happy St Patty's Day. Party at Rob and Natalie's. See Rob Briscoe for details

April

1	noon	Laser Quest, Yosemite and Hampden lunch to follow
8	Noon	USS Pioneer Meeting command@usspioneer.net
15	noon	Convention meeting/strategy session. Location to be determined

May

6	6 am	Furry Scurry at Wash Park, see David to volunteer
13	Noon	USS Pioneer Meeting command@usspioneer.net

Got an event idea? Karina DeCounter. karidrgrn@comcast.net is the new Recreation Officer, and will be happy to assist you if you need assistance in planning your event.

Events on the horizon..... a ski train outing, Starfest, Roswell, the Great Sand Dunes, Wings Over The Rockies to welcome back the X-Wing, Mountain Con, Museum Outing, Movies, (Your Event Here ...), etc.



March Birthdays

Barbara (Moreau) Luna Mar, 02 , Star Trek
James (Scotty) Doohan Mar, 03 , Star Trek
Heidi (Rekelen) Swedberg Mar, 03 , Star Trek DS9
Anne (Uxbridge) Haney Mar, 04 , Star Trek Next Gen
Steven (Day) Weber Mar, 04 , Star Trek DS9
Jolene (T'Pol) Blalock Mar, 05 , Star Trek Enterprise
James B. (Styles) Sicking Mar, 05 , Star Trek III
Dean (Grat) Stockwell Mar, 05 , Star Trek Enterprise
Samantha (Marie Picard) Eggar Mar, 05 , Star Trek Next Gen
Joanna (Perrin) Miles Mar, 06 , Star Trek Next Gen
Larry (Nydrom) Cedar Mar, 06 , Star Trek DS9
Donna (Anij) Murphy Mar, 07 , Star Trek Insurrection
Davis (Ozaba) Roberts Mar, 07 , Star Trek
Jonathan (Hugh) Del Arco Mar, 07 , Star Trek Next Gen
Mickey (Kloog) Morton Mar, 08 , Star Trek
Bob McKeal Mar, 09 , USS Pioneer
Tricia (Rachel Garrett) O'Neil Mar, 11 , Star Trek Next Gen
Frank (Sandoval) Overton Mar, 12 , Star Trek
Rick (Jannar) Worthy Mar, 12 , Star Trek Enterprise
Paul (Piper) Fix Mar, 13 , Star Trek
Leslie (Palamas) Parrish Mar, 13 , Star Trek
Penny (Yates) Johnson Mar, 14 , Star Trek DS9
Walter (Mandl) Gotell Mar, 15 , Star Trek Next Gen
Craig (Ee'char) Wasson Mar, 15 , Star Trek DS9
Lawrence (Cyrus Redblock) Tierney Mar, 15 , Star Trek Next Gen
Karl (King Duncan) Bruck Mar, 16 , Star Trek
Granville (Klingon Magistrate) Van Dusen Mar, 16 , Star Trek Enterprise
J.G. (Martok) Hertzler Mar, 18 , Star Trek DS9
Ben (Akaar) Gage Mar, 18 , Star Trek
Brad (Lon Suder) Dourif Mar, 18 , Star Trek Voyager
Vanessa L. (Arandis) Williams Mar, 18 , Star Trek Next Gen
Jessica Gallegos Mar, 19 , USS Pioneer
Connor (Trip Tucker) Trinneer Mar, 19 , Star Trek Enterprise
Tige (Kras) Andrews Mar, 19 , Star Trek
Robert (Remmick) Schenckan Mar, 19 , Star Trek Next Gen
John (Q) de Lancie Mar, 20 , Star Trek Next Gen
Richard (Jaeger) Carlyle Mar, 20 , Star Trek
Karen (Eve) Steele Mar, 20 , Star Trek
Sabrina (Giusti) LeBeauf Mar, 21 , Star Trek Next Gen
Greg (Ekoor) Ellis Mar, 21 , Star Trek DS9
James T Kirk Mar, 22 , Star Trek
William (Kirk) Shatner Mar, 22 , Star Trek
Michael Westmore (Makeup) Mar, 22 , Star Trek TNG/DS9/Voy/Ent
Kenneth (Rurigan) Tobey Mar, 23 , Star Trek DS9
Anthony (Culluh) De Longis Mar, 23 , Star Trek Voyager
Leonard (Spock) Nimoy Mar, 26 , Star Trek
Ed (Fellini) Peck Mar, 26 , Star Trek
Jon (Alexander) Steuer Mar, 27 , Star Trek Next Gen
Ron (Wyatt Earp) Soble Mar, 28 , Star Trek
Deanna Troi Mar, 29 , Star Trek Next Gen
Marina (Troi) Sirtis Mar, 29 , Star Trek Next Gen
Richard (Gideon Seyetik) Kiley Mar, 31 , Star Trek DS9 -



Grace Lee Whitney Apr, 01 , Star Trek

Christopher Hudson Apr, 02 , USS Pioneer

Sharon (Odana) Acker Apr, 02 , Star Trek

Phil (Thopok) Morris Apr, 04 , Star Trek DS9

Casey (Damar) Biggs Apr, 05 , Star Trek DS9

Rober Bloch (Writer) Apr, 05 , Star Trek

Frank (Bele) Gorshin Apr, 05 , Star Trek

Alexander (Vorik) Enberg Apr, 05 , Star Trek Voyager

Judith (Tankris) McConnell Apr, 06 , Star Trek

Robert McKeal, Apr 08 , USS Pioneer

Arthur (D'Amato) Batanides Apr, 09 , Star Trek

Fred Dekker (Writer) Apr, 09 , Star Trek

Steve Geiser Apr, 10 , USS Pioneer

Michael (Zorn) Bell Apr, 10 , Star Trek Next Gen

Ron (Viceroy) Perlman Apr, 13 , Star Trek Nemesis

Kenneth (Colyus) Mars Apr, 13 , Star Trek DS9

Paul (Rozhenko) Sorvino Apr, 13 , Star Trek Next Gen

William (Sloan) Sadler Apr, 13 , Star Trek DS9

Russ Jack Apr, 14 , USS Pioneer

Joseph (Galt) Ruskin Apr, 14 , Star Trek

Jay (Petri) Robinson Apr, 14 , Star Trek

Michael (Kang) Ansara Apr, 15 , Star Trek

Robert (Charlie X) Walker, Jr Apr, 15 , Star Trek

David (Leskit) Graf Apr, 16 , Star Trek DS9

Michael (Apollo) Forest Apr, 17 , Star Trek

Robert (Morrow) Hooks Apr, 18 , Star Trek III

Elinor (Hedford) Donahue Apr, 19 , Star Trek

Tony (Amaros) Plana Apr, 19 , Star Trek DS9

Tim (Jack) Ransom Apr, 19 , Star Trek DS9

Ashley (Lefler) Judd Apr, 19 , Star Trek Next Gen

George (Sulu) Takei Apr, 20 , Star Trek

Clint (Balok) Howard Apr, 20 , Star Trek

Iggy (Yelgrun) Pop Apr, 21 , Star Trek DS9

Manu (Icheb) Intiraymi Apr, 22 , Star Trek Voyager

Alan (Koroth) Oppenheimer Apr, 23 , Star Trek Next Gen

David (Letant) Birney Apr, 23 , Star Trek DS9

Jill (Leila Kalomi) Ireland Apr, 24 , Star Trek

David L. (Galloway) Ross Apr, 24 , Star Trek

John (Jedda) Vargas Apr, 24 , Star Trek II

Glenn (Burke) Morshower Apr, 24 , Star Trek Next Gen

Vic (Tharn) Perrin Apr, 26 , Star Trek

McKenzie (Rose) Westmore Apr, 26 , Star Trek Next Gen

Lisa (Yuta) Wilcox Apr, 27 , Star Trek Next Gen

Kate (Janeway) Mulgrew Apr, 29 , Star Trek Voyager

Charles (Ed) Seel Apr, 29 , Star Trek

Robert (Rata) Towers Apr, 29 , Star Trek Next Gen

Kirsten Caroline (Hedril) Dunst Apr, 30 , Star Trek Next Gen



Membership Services

USS Pioneer

"Closest To The Final Frontier"

Local Expirations:

Expiring: Mar-May: McKeal Family, Kay Burch, Diana Dean, Eric Boethin, Horak Family, Harrod Family

Renewed: Duane Jonland – Thank you for your continue Support!

* If you have any Pioneer membership concerns or questions, please direct them to command@usspioneer.net .

SFI Expirations:

Expired – The McKeal Family, the Harrod Family, Dan Gallegos

* You can join/renew online @ www.sfi.org

*Note: it could take up to 8 weeks for your membership to be fully processed. Renew early, renew often, renew online. If you have any SFI membership concerns, please address them at any time to either: helpdesk@sfi.org or compopshelp@sfi.org.

UFPI Expirations:

Expired: Mckeal Family

*Reminder: You need to turn in your Chapter Assignment Card to get credit for UFPI renewal. . If you have any UFPI membership concerns, you may address them at any time to debby@usspioneer.net.

If you need a form see our web site <http://www.usspioneer.net> or one of the Command Staff at the meeting. If you have any membership concerns you can always direct them to command@usspioneer.net or contact one of the Command Staff directly (See the Pioneer Staff page for details).

Fleet Captain David Horst
Executive Officer/Chief Operations Officer
USS Pioneer NCC 5280-D





I thought I would try my hand at a monthly Technology topic article for our newsletter. Let me know if this is of interest and if so what you would like to see discussed here.

This month we take on Podcasting. No, it's not about alien Invaders (Invasion of the Body Snatchers) but I guess in a way it is. The formal definition reads as:

"Podcasting, a portmanteau of Apple's "iPod" and "broadcasting", is a method of publishing files to the Internet, allowing users to subscribe to a feed and receive new files automatically by subscription, usually at no cost. It first became popular in late 2004, used largely for audio files."

So in essence we 'snatch' files via subscription to our local systems be it a PC, Mac or an MP3 player like and iPod. Think of it as a DVR (Digital Video Recorder) for your internet broadcasts. I first got 'snatched' into the podcasting community by Trek United (a Save Enterprise community). They were on Slice of SciFi by Michael and Evo (<http://www.sliceofscifi.com/>) a weekly general Science Fiction podcast in an attempt to get their message out. I really liked the time independent format, they put it out when they can, you download and listen when you have time.

I use the Ipodder client from <http://www.ipodder.org/>. At times I get behind in checking, (sometimes VERY behind). I prefer to get updates manually but you can automatically check and update if that works better for you. At the time I had really gotten into listening to a weekly SciFi internet radio show but was constantly missing it due to other activities or interests. Now with my podcasts I can get the same content when I have time, and with a subscription I don't miss a show.

So you have downloaded and installed a podcast app now what? In Ipodder there are predefined categories of subscriptions you can add via the + icon run a check all from the menu and in short shrift you will be 'snatched' safely into your pod. Ipodder also has a directory at <http://www.ipodder.org/directory/4/podcasts>. The categories include wine, women and song (music) as well as Star Trek and Science Fiction. You can listen to audio files on finance, religion, politics, automotive repair and the podworld (it that a word?) wouldn't be complete without podcasts on beer. There is sure to be something of interest for everyone.

I currently subscribe to Slice of SciFi, SciFi Wire (SciFi channel), Area 51, OTN (Oracle Technology Network), and have several Star Trek Enterprise episodes where the writer/producer created a podcast for it. I also save files from Wil Wheaton's Radio Free Burrito podcasts (downloaded from his site). Looking at the directory I will probably add a few more real soon. It's like the Golden Corral try a bit and if you like it go back for some more. Go check it out and if there is enough interest we can start our own discussion forum on podcasting well and beer of course.

"The problem with computers is they do what you tell them." - Unknown.

Fleet Captain David Horst
Executive Officer
USS Pioneer NCC 5280-D



Lost

Sun has a secret that threatens to upset the entire balance of the survivors' community--apparently there was a romantic love triangle going on back home and Sun could be pregnant. Sounds like it might not be Jin's. Locke enlists Ana Lucia to interrogate the prisoner, hoping to get more information that he, Jack or Sayid could get. Locke and Sawyer have a connection in the past, and we might see a kindly latino priest. We get to see another Hurley flashback, where he apparently spent some time in a mental hospital. Things get more complicated between Charlie and Claire, and we see Michael again. Could Libby not be a pathological liar, but may be a television star.

Las Vegas

Danny apprehends a chip thief who claims he met someone who plans to blow up the Montecito (what, again?) Sam hears that there is a masseur who offers 'special services' to the 'hot' girls and she's ticked off when she doesn't get the offer. Wolfgang Puck and Gunther have a cook-off, judged by Donny Osmond and Charo. Mary is coordinating a huge wedding for one of Sam's biggest whales, and is a bit nervous about it--understandingly so, since the \$100,000 wedding dress goes missing. Mike is pursuing a woman who is part of a Born Again Virgins conference. Mike and Danny investigate a guy who has been winning at every table he's played. There's a problem with the vents at the M, looks like it's a faulty compressor, and when they check it out, they find a lot of other faulty materials. A Dr. Phil type relationship guru holds sessions at the M, and Jillian and Ed somehow get roped it. Danny and Mike are asked to pose for the 'Sexiest Bachelors of Vegas' calendar. There are some robberies going on, and the gang try to find out who is doing it.

Smallville

Lana plants a major lip lock on Lex. Clark and Lana break up again, and Clark has issues not being involved in her life anymore--he's sure that Lex is going to hurt her. Clark saves the life of a wealthy head hunter (Graham), who wants to repay his debt to Clark. He invites Clark to a party in Metropolis, where Lois is Graham's date. Graham also sets up Clark with a girl named Gia to help Clark have a good time. Graham finally offer to try and get Clark and Lana back together, and Lex is attacked and brought to the hospital.... where Lana is by his side.



Boston Legal

Catherine gets arrested again when she tries to help someone to escape from an assisted living facility. She then asks Alan to help the woman to get her life back from a greedy conservator. Paul seems to have left the firm, and Shirley tells Denny to get him back. Denny doesn't think they need Paul, but soon changes his mind. Shirley and Ivan are on opposite sides of a nasty divorce case.

Supernatural

Sam and Dean pose as reporters, a group of teams explore a local haunted house.

The 4400

Kim (seen before in episode Lockdown) attends a meeting in disguise. Ryland is asked about the promicin inhibitor program, and why he didn't think he needed approval from higher ups. During the questioning, a disturbing sound is heard - it makes men rub their necks and people wonder if their mics are still working. The council attacks Ryland. Shawn meets with a 4400 who wants Shawn to help one of his friends who's been hurt. Grown up Isabelle has an accident and Richard and Lily take her to the hospital, and they find out how powerful she really is. Lily's health is bad, and Shawn cannot cure her. There is another 4400 who is 17 who is having a hard time; he has the ability to manipulate other people's minds so they think he is someone else. He uses his power to fit in and be noticed.

Stargate Atlantis

The word is that Kiss guitarist Ace Frehley may guest star on Stargate Atlantis. Sounds like he is a big fan.

Reporting by Kaity Storm



Healthy Habits

Vegetables are not all created equal!!! Everyone knows that vegetables are supposed to be good for you. What I've found out recently is that not ALL veggies are as good as some others. I've been picking up lots of tips and information that I would like to share with the group. In our January meeting, there were quite a few people interested in this kind of news. This information was gathered from a combination of sources, including those who support the American Diabetes Association.

Veggies are either starchy or non-starchy. Starchy veggies have more carbohydrates, more calories and sometimes more fat than non-starchy ones. More next month on the starchy items in our diet--today we are going to address the non-starchy ones.

First a few tips. Your serving sizes for all of the following are:

- 1/2 cup of cooked vegetables or vegetable juice
- 1 cup of raw vegetables

If you are doing 'exchanges' on your diet, you can eat three cups or more of raw veggies or 1 and a half cups of cooked veggies and count them as 1 carb choice

Cooking and selection tips

- 1) Fresh and Frozen veggies have less added salt than canned. Drain and rinse canned veggies if you want to remove some salt. Also note that many of the popular brands (Libby's, Del Monte) have the no salt added varieties available.
- 2) The dark green and yellow veggies, like peppers, chilies, carrots, romaine, spinach and broccoli.
- 3) Broccoli, Brussels sprouts, cauliflower, peppers, spinach, greens and tomatoes are good sources of vitamin .
- 4) Veggies contain 1 to 4 grams of fiber per serving.
- 5) A 1 cup portion of broccoli is a portion about the size of a light bulb.
- 6) Tomato Sauce is different from spaghetti sauce, which is on the sweets, carbs and other carbs list. This means more carbs and calories, and more fat.
- 7) Starchy veggies such as corn, peas, winter squash and potatoes (my favorite) contain larger amounts of calories and carbs, and are on the starchy list.
- 8) Be careful if you're a dipper!! The healthy veggie becomes quite different when used with lots of ranch or blue cheese dressing!!
- 9) Don't fool yourself into thinking that fried mushrooms, zucchini, etc. are healthy. Unless they are cooked right, they may become dangerous to your healthy outlook.

An actual serving of the following veggies are 5 grams of carbs, 2 grams of protein, 0 grams of fat and only 25 calories:

- A- Artichoke, artichoke hearts, asparagus
- B- Beans (green, wax, Italian), bean sprouts, beets, broccoli, Brussels sprouts
- C- Cabbage, Carrots, Cauliflower, celery



- E- Eggplant
- G- Green onions or scallions, Greens (collard, kale, mustard, turnip)
- K- Kohlrabi
- L- Leeks
- M- Mixed veggies (without corn, peas or pasta), Mushrooms
- O- Okra, Onions
- P- Pea Pods, peppers (all varieties)
- R- Radishes
- S- Salad greens (lettuce, romaine, etc), sauerkraut, spinach, summer squash
- T- Tomatoes, tomatoes-canned, tomato sauce, tomato/veggie juice, turnips
- W- Water chestnuts, watercress
- Z- Zucchini

Note that some of these (Sauerkraut, tomato sauce and tomato/veggie juice) have a lot of sodium, so you may want to limit these.

Read product labels and make sure that you know what you're eating. You can't expect to be good all the time, so if you mess up, just know that you have to get back on your plan the next day.

More tips next month!

Debby Horst

Plan Ahead to Maximize your minutes!

Be proud of your efforts to lose weight and exercise regularly. Doing both may improve your health and your self-esteem. Struggling to find adequate time for exercise and meal preparation? Follow these tips to maximize your minutes.

Finding time to exercise

- Activate your family. Plan a family hike or golf outing.

- Incorporate physical activity with your other tasks. Head to the mall 30 minutes early and walk inside before you shop.

Finding time to prepare healthy meals

- Buy instant brown rice or canned vegetables to speed up food preparation. Be sure to read food labels ? buy foods that are low in sodium, fat and calories, and high in vitamins, minerals and fiber.

- Plan a week's worth of meals at a time. Make a detailed grocery list and shop for ingredients during the weekend, to eliminate midweek grocery runs.

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Submitted by David Horst



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