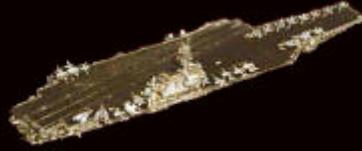


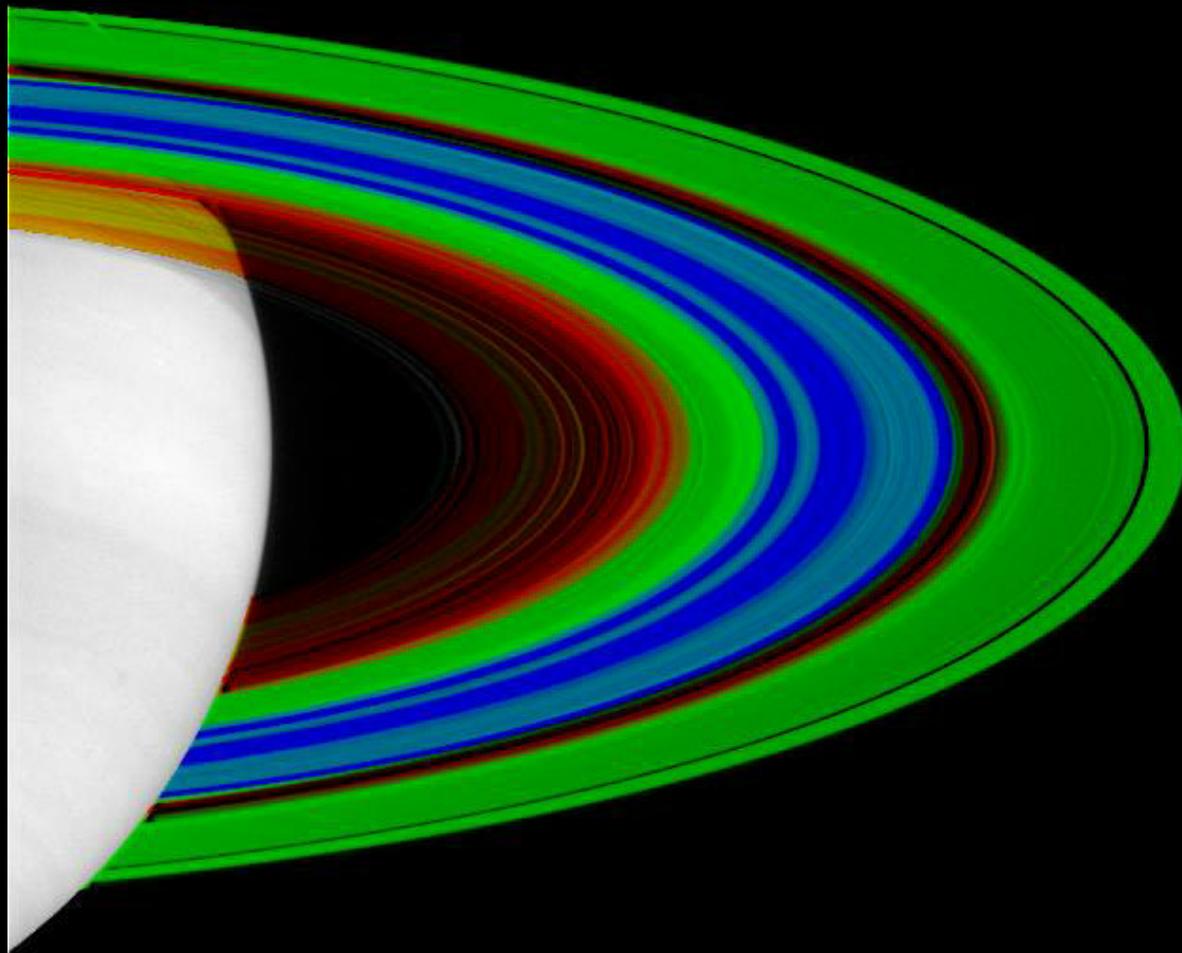
THE WRIGHT STUFF



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THE WRIGHT STUFF

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Publisher J.R. Fisher
Editors Jane Fisher
John Troan



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Wright Flyer from NASA/Ames PAO photo archive; *U.S.S. Kitty Hawk* (USN CV-63) from navicp.navy.mil; *Constitution* class cruiser from gwu.edu/~rljones/khawk.

IMAGE - Featured Front Page
Saturn and its rings by *Cassini*; from JPL/NASA. See next page for details.

A View From the Catbird Seat

By J.R. Fisher



We had hoped to get our newsletter out last month before the September meeting, but that was not to be. So, here is

our first newsletter of our new mission.

We have asked those of you who have a particular charity you support and would like us to support to write a brief description of their mission statement and submit it for review by your peers. Then, at the October meeting, we will discuss them and decide which one(s) we will contribute to and how much. *[Editor's note -- each charity suggestion in the newsletter is preceded with a Ó symbol. Also, check the table of contents for the complete listing of the charities being listed for consideration.]*

We have not had much in the way of donations of change or gifts this year so the jar is low. We can always take money from the general fund if that is what the majority of you wish. Last year in lieu of giving money to Duke Children's Hospital, the bridge crew opted to give \$1,000.00 to a fellow fleet member in desperate

need of help. The young man died, but the money was needed by his family and did a lot of good.

We know several people are going to write about some very good and deserving charities, and you can read about them further on in the newsletter. But we wish you to consider a few that may not get mentioned: the Salvation Army, Meals on Wheels, and helping the families of service personnel overseas.

Ó The Salvation Army has the highest percentage of donation going to those in need of any charity in the U.S. of A. Ó Meals on Wheels provides not only a nutritious meal once a day to people who need it, but also the personal contact that they otherwise do not get. Ó And obviously, the families of our service people are in desperate need to feed themselves and hold onto their apartments and houses, particularly Guard troops who do not have their usual income. All of these are worthy of our support as well as the other charities mentioned by others. We have to decide who and how much. Please give this the consideration it deserves and if any of you

would like to add to the kitty, all help will be appreciated.

To all fleet personnel, you should have received your ballots regarding the upcoming election of our fleet commander and amendments to our constitution/by-laws. Read the information carefully and if you have questions, please call me.

If you have renewed your STARFLEET membership but have not received your membership packet, wait a week or two and then make inquiry, best by e-mail. If you are not current in STARFLEET, go on-line and apply there or print out the form and mail it along with your check to the STARFLEET address specified. If you are not paid up with the Kitty Hawk, see me so I don't have to go see you.

Also, we are already discussing our anniversary dinner and if we should move it to January again so as to avoid the holidays. January 16 (Sunday evening) has been suggested at the Kanki. Let us have your input.

No one has volunteered to have a Halloween party this year, so if no one comes forward at the October meeting, we guess we won't have one.

Somewhat related, we wish to announce that Jane Fisher is planning to retire on November 1 of this year. Please wish her a long and happy retirement - she has earned it!

See you at the October meeting and cookout.

Esse Quam Videri

Full caption information for cover photo

Saturn's magnificent rings show some of their intricate structure in this image taken on May 11, 2004, by the Cassini spacecraft's narrow angle camera. Although they appear to be solid structures, the rings are composed of billions of individual particles, each one orbiting the planet on its own path.

Satellites visible in this image: Janus (181 kilometers, or 113 miles

across) above the rings, and icy Enceladus (499 kilometers, or 310 miles across) below the rings. The F ring shepherd moons Prometheus and Pandora can be seen along Saturn's outermost F ring if the image is further contrast enhanced. The image was taken in visible light from a distance of 26.3 million kilometers (16.4 million miles) from Saturn. The image scale is 158 kilometers (98 miles) per pixel. Contrast in the image was enhanced to aid visibility.

Science Report

By Elaine Pischke

You have most likely all seen those clips of that silver disk crashing to Earth and shattering in the Utah desert. Unfortunately, the Genesis project that was supposed to bring back a piece of the sun for closer examination did not go as planned. There is still hope that all is not lost, and some of the science can be recovered from the wreckage. The damage to NASA's image may not be as salvageable.

Meanwhile, the Mars Rovers, Spirit and Opportunity, are still going strong after eight months, on a mission designed to last for three months. However, they are about to go into a 12 day down time, due to interference from the sun. The challenge will be to wake them back up when the 12 days are over. Still, NASA scientists are thrilled that the rovers have performed as well as they have for so long.

I would like to suggest two charities for your consideration.

Ó The first is called Helping Horse. They are a local organization that provides therapeutic riding for kids with disabilities. They are located on Shooting Club Road in Raleigh, very close to where we live. They are the only therapeutic riding program in this part of the state. Graeme has been riding there for two years, and is about to start his third year. The program also participates in the equestrian events of the Special Olympics each year. The program currently has a full stable of horses – about 10-12 horses. It costs \$20 per day to feed a horse. That's \$140/week x 12 horses = \$1,680 per week just for food. The horses also need shoes, saddles, veterinary care, maintenance on their barn, and, of course, treats! Since the horses at Helping Horse are also mostly older animals, they require additional care. Also, the program is hoping to do some upgrades to the facilities in the future, including a roof for the riding

area so lessons can proceed in bad weather. Volunteer opportunities, for those interested, include volunteering to help with the lessons, or participating in the occasional work day.

Ó Another possible charity for your consideration is the North Carolina Autism Society. The Autism Society provides resources and education for persons with autism and their families. They run a camp for autistic kids in the summer. They sponsor an annual conference for parents and professionals in the field. Each year in October they have a Ribbon Run, which is a fund raiser that we could participate in if we choose.

Thanks for your consideration.

Charity Consideration

By Alastair Browne

Ó I feel we should help the Raleigh Rescue Mission. Here's why:

The Raleigh Rescue Mission is a Christian organization that takes in the homeless and helps them get back in society by providing them with a place to stay while they are homeless, hot meals, and even job training, and eventually when they (the homeless) are ready, help them find a permanent home and a job.

This is not a place where the homeless come, spend the night, get a free meal, and then leave. It is a four to six month program where the homeless come, is provided with physical needs, counselled, and if they have problems with drugs and/or alcohol, they are weaned off it. Community service is performed, and Bible study and very much a part of this, as is going to church. This is a Christian organization. Job training is

offered, not only in computers, but with other office skills, as well as the basic skills in living, such as money management, and even creative writing is offered.

When the Raleigh Rescue Mission feels that the person has come far in being able to manage himself on his or her own without getting into trouble, he or she is aided in looking for a good paying job and obtaining a place to live in a decent neighborhood, away from people who may have been a bad influence.

This organization helps men, women, and single mothers and their children.

The Raleigh Rescue Mission relies on donations in both money and material goods (e.g. Bibles, cleaning materials, sanitary needs, computers, food, medical needs) to help provide for the mission, cleaning up the placem etc.

I feel that the *U.S.S. Kitty Hawk* can help by providing these donations, and we will help solve the problem of homelessness in Raleigh, one person at a time. That is, getting him or her off the street and help him or her become a productive member of society.

I have printed literature from the web that I can send you (www.raleigh-rescue.org), if you just give me your address.

Also, the address of the Raleigh Rescue Mission is:

314 Hargett St.
Raleigh, NC 27611
phone: 828-9014
info@raleigh-rescue.org

I hope you will consider my suggestion.

Medical Report

By Amy DeJongh

Many Americans struggle with their weight on a daily basis. Here's the bottom line: one pound is equivalent to 3,500 calories. Whether by making slight changes to your diet like the ones listed below or exercising, a deficit of 500 calories a day will lead to the loss of a pound a week! Remember, it's the small changes we make every single day that make a big difference in the long run!

1. Switch to water first thing in the morning instead of fruit juice. Fruit juice is high in sugar. Since most of us are dehydrated in the morning, water's the best thing to do the trick anyway.
2. Switch to sugar-free yogurt instead of eating regular yogurt.
3. Switch to a low-fat store-bought bagel instead of a bakery bagel.
4. Save even more -- use all-fruit instead of flavored cream cheese on that low-fat bagel.
5. Replace bacon at breakfast with reduced-fat turkey bacon or Canadian bacon.
6. Steam veggies instead of sautéing them in butter or oil.
7. If you drink a lot of soda, switching to diet soda will probably save you hundreds of calories a day.
8. Switch to boiled shrimp instead of steak on shish kebabs.
9. Replace 1 tablespoon of regular mayo on your turkey sandwich with 1½ tablespoons of reduced fat mayo.
10. Indulge in Sunday-morning French toast... modified. Use non-fat milk and egg whites instead of whole milk and eggs.

Little things like these will add up! And making small changes, rather than drastic ones, make it easier to keep the weight off once it is gone. It takes a life style change – not a diet – to truly be our best.

Computer Operations Report

By John Troan

I'll actually keep this edition centered on computer news.

Microsoft has released Windows XP Service Pack 2. Unlike most of their previous service packs, this is more than just a set of code fixes. SP2 also includes a series of security configuration options that is supposed to make XP more secure -- but *not* 100% secure. One known side effect is that some programs might stop running due to some of the changes in SP2. The recommendations I've seen all state that SP2 should be installed -- but *after* you do a full system backup in case anything goes wrong and you need to recover.

Next is a word on anti-virus software. In today's world, this is a must. The two big names are Symantec and McAfee. Either will

work, but you need to remember to keep the virus signatures updated *at least* weekly. (Both big names do include a way to do this, either automatically on a schedule or manually hitting a couple of buttons within the software to pull the updates.) Also note that anti-virus software doesn't ward-off just virus. The software also looks out for worms and trojans -- just as dangerous for a computer as a virus.

On a related note, I recommend a firewall of some sort -- either hardware or software -- especially if you have a cable modem or DSL. A firewall is designed to protect your computer from other computers making undesired communications with your computer. Symantec and Black Ice are two of several software firewalls I know of that

work well. Hardware products -- designed for cable & DSL -- include products from NetGear and LinkSys. (Both hardware firewalls also give the ability for several computers to share the internet connection.)

Another type of software to be very careful of now is spyware. Typically this class of software will be installed along with another program that you're consciously installing -- or it could be installed without your knowledge from a web page you're visiting. The best way to handle spyware to is install and regularly run two products -- AdAware Personal (<http://www.lavasoft.de>) and SpyBot (<http://security.kolla.de>). Both products are free to download and use at home. (I personally use both on my home workstation.)

Upcoming Events

Sep.	28	<i>Voyager</i> (Season 4) DVDs Released
Oct.	2	4 p.m. Ship Meeting, Fisher Home (Cookout follows)
Nov.	2	<i>Original Series</i> (Season 2) Box Set Released
	6	4 p.m. Ship Meeting, Fisher Home
	9	<i>Voyager</i> (Season 5) DVDs Released

Also, the remaining *Voyager* (seasons 6 & 7) and *Original Series* (season 3) DVD sets are supposed to be released through the end of 2004.

***THE WRIGHT STUFF*
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