

# SOUTHERN CONNECTICUT MENSA CHRONICLE

If you or someone you know would like to be a speaker at our monthly dinner, please contact Activities Coordinator Nancy O'Neil at NancyOneil@aol.com or 203-791-1668. The dinner is held the third Saturday of the month.

**Membership Renewal:** If you have an annual Mensa membership, your membership will be expiring at the end of April. You should have received a renewal notice in the mail in January. You can return that form or visit [www.us.mensa.org](http://www.us.mensa.org) to renew.

## ARCHIVED COPIES OF THE CHRONICLE

going back to 2000 are available on the Internet at <http://www.solarandthermal.com/mensa>. You can download the latest e-mail version of the Chronicle there, as well as previous issues. All issues are in read-only Adobe Acrobat format so there is no chance of viruses accompanying the files.

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### PRESIDENT'S COLUMN

As some of you may know, our Proctor, Dr. Joseph Howells, recently stepped down, after years of serving our chapter. Our thanks and best wishes go to Joe for his valuable service.

This leaves us with an open position that we need to fill. It is the Proctor who makes it possible for prospective members to be tested. Needless to say, this is essential for member recruitment. If anyone is interested in this position, please contact me or any other chapter officer.

We've been fortunate to be able to hold our meetings at the Stony Hill Inn. We've been seeing an overall increase in attendance, and equally important, many new faces. If you haven't been to one of our meetings at the Stony Hill Inn, please feel free to try it. Just one reminder: because the room we're assigned at the Inn is dependent upon the number of people who are attending, it is important to contact Nancy O'Neil no later than the Friday before the meeting. I hope to see more and more of you there.

Rick D'Amico  
LocSec

**SCHEDULE OF CHAPTER EVENTS FOR APRIL**

Friday, April 8, 7:00

**Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner**

Monthly dinner at the Old Sorrento Restaurant, Newtown Road, DANBURY, CT Interested Mensans should contact Ward Mazzucco at (203) 744-1929, ext 25, wjm@danburylaw.com, or Rev Bill Loring at (203) 794-1389, frbill@mags.net.

Sunday, April 11, time to be announced

**Mensa Goes to the Movies**

Join us at the (fantastically restored!) Avon in downtown Stamford to see the award-winning documentary "Paperclips." It is about how the citizens of the tiny rural Tennessee community of Whitwell, who are almost exclusively white and Christian and not accustomed to any level of cultural diversity learn a profound lesson in tolerance. This film is about how that happened in one of the least likely of places. Coffee/victuals/ etc. afterwards at local diner, coffeeshop, or restaurant (by consensus). RSVP. For further information contact Catherine Musor at 203-856-6316 or rin@optonline.net (please put Mensa in the subject line).

Saturday, April 16, 7:00.

**Monthly Dinner**

**Mensan Susan Addiss will speak on Pesticides.** Before the presentation, we will enjoy dinner in our private dining room at the Stony Hill Inn, 46 Stony Hill Road (right off Exit 8 on Rte. 84), Bethel, CT 06801, (203-743-5533). Dress is casual. Contact Nancy O'Neil, Nancyoneil@aol.com, 203-791-1668, for information and reservations. You MUST call and MAKE RESERVATIONS by Friday, April 15 so we can assure that the restaurant can provide seating. If you make reservations and can't attend, PLEASE call and cancel.

Directions from New Haven or Bridgeport: Take Route 25 into Newtown, where it becomes Route 6 West. OR take I-84 and get off at Exit 9 (Route 25 Brook-

field). At the end of the ramp take a left if eastbound or a right if westbound. At the first light take a right on to Route 6 West. The hotel is located 2 miles on the right, not far over the Bethel line. From Stamford/Norwalk: Take Route 7 to I-84 and follow the above directions, turning right after exiting I-84.

Saturday, April 23 8:00

**THEATRE EVENT: I'll Be Back Before Midnight**

Clockwork Repertory Theatre, 133 Main St., Oakville (outside Waterbury), CT 06779 production of the I'll Be Back Before Midnight, a psychological thriller about a young woman recovering from a nervous disorder in a scary old Maine farmhouse. Tickets are \$15. Please contact Jim Mizera at jmizera@hotmail.com or (203) 522-1959 for info or reservations. To assure seating, it's best to call at least a few days in advance.

Friday, April 29, beginning at 5:30/6:00

**Mensa Happy Hour**

The Black Bear Saloon, 80 Washington Street, South Norwalk, CT (203) 299-0711. The Fairfield County Happy Hour returns! Join us for the scintillating dialogue or just because you have to eat eventually, so it might as well be here. <http://www.blackbearsono.com> For details, contact Catherine Musor at rin@optonline.net (put MENSA in the subject line) or (203) 856-6316

**EVENT FOR YOUNG OR SINGLE MENSANS**

As a relatively new member of the CWM chapter, I have attended a few events and been surprised at the low turnout of young members. I am offering to start a monthly event that would appeal to the younger crowd, and also, am considering planning an event for singles only. Without an idea of how many people would be interested, it is difficult to plan. Please email me at winginit04L8@aol.com or call me at 860-309-2554 if you would be interested in either event. I will happy to organize it if there is enough interest.

If you wish to comment on articles or submit material, please write or e-mail Jim Mizera at PMB #181, 7365 Main St., Stratford, CT. 06614-1300, Jmizera@hotmail.com. E-mail submissions are preferred. Please include your name, address, and e-mail address or telephone number. Anonymous material will be rejected, although names will be withheld on request. Items will be returned if accompanied by a self-addressed, stamped envelope. Currently, the deadline for postal submissions is the 15th of the month preceding publication, and the 20th of the month for e-mail submissions.

**TENTATIVE SCHEDULE OF CHAPTER EVENTS FOR MAY**

Friday, May 13, 7:00.

**Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner.**

See above listing for details.

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Saturday, May 21, 7:00.

**Monthly Dinner.**

See above listing for details.

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**CONNECTICUT AND WESTERN MASSACHUSETTS MENSA CHAPTER UPCOMING EVENTS**

This is not a complete listing WE - Weekly Event, ME - Monthly Event, YE - Yearly Event CT & W. Mass Calendar Editor Gisela Rodriguez, (860) 872-3106, email: [lilith@snet.net](mailto:lilith@snet.net).

There's also the [CWM-Announce] upcoming events reminder email list, which I send out \*approximately\* weekly. Subscribe and unsubscribe options are located at <http://lists.us.mensa.org/mailman/listinfo/cwm-announce> for your convenience. Any Mensan who wants to notify their fellow M's about any late-breaking event s/he wants to share with our delightful chapter, please email me ASAP with the details and I'll get it out to the list. You may also check the website [www.cwm.us.mensa.org](http://www.cwm.us.mensa.org) for our calendar updates. - CT & W. Mass Calendar Editor Gisela Rodriguez, (860) 872-3106, email [lilith@snet.net](mailto:lilith@snet.net).

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**Mensans on the Radio:**

C&WM Mensan Janine Bujalski is on the airwaves every 1st & 3rd Friday 6-10 a.m. on 89.5FM, WPKN in Bridgeport, CT. There is a limited internet broadcast - about 25 can listen simultaneously at [www.wpkn.org](http://www.wpkn.org). From 6-9 AM there's jazz, blues & music from Brazil and from 9-10 AM the music is from Louisiana, mostly Cajun & zydeco.

Vice LocSec Will Mackey is hosting Friday evening Classics from 4:00 p.m. until 7:00 p.m. weekly on 91.3 FM, WWUH, in West Hartford. The name of the program is "What You Will"

and its focus is chamber music.

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**APRIL**

1 Friday 5:30 pm

**Happy Hour in Wallingford** (ME, 1st Fridays) Ann Polanski (contact her at 203-269- 4565 or [ann.polanski@rfsworld.com](mailto:ann.polanski@rfsworld.com) ) hosts us at George's II Restaurant, 950 Yale Avenue, Wallingford, CT 06492 Phone: 269-1059 Directions: Exit 66 off Wilbur Cross Parkway. Turn left (south) onto Rte 5. Take first left onto Yale Avenue. George's II is in the Yale Plaza on the right.

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7,4,21 Thursdays 7:00 pm

**Scrabble** (WE) at Emmanuel Synagogue, 160 Mohegan Drive, West Hartford. Ellen Leonard, (860) 667-1966 Cancelled on the 28th for Passover.

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7 Thursday 7:30 pm

**CT Butterfly Association Spring Meeting**

in New Haven, CT. DAVID WAGNER presents: "Butterfly Conservation in Connecticut: A Post - Butterfly Atlas Assessment of the State of the State" at the Agricultural Experiment Center Jones Auditorium. What are Connecticut's 22 highest priority species? What butterflies are likely to be at-risk in the coming decades? Join us and find out! Free & open to the public. Diane Adams will be there with her famous yellow scrunchie in her hair--please call or email for more info or directions! (860)526-1993 or [ButterflyPR@comcast.net](mailto:ButterflyPR@comcast.net).

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9 Saturday 9:30 am

**Mensa Qualification Test in Windsor**

Proctor Coordinator Dick Dolliver has arranged for a test at the nature center meeting room at Northwest Park, Windsor. (Library is being remodeled.) Any current member who wants to get a look at how the tests are run, with an eye toward possibly becoming a Proctor for our chapter, should contact Dick at (860) 688-0484 or email at [RDolli8239@aol.com](mailto:RDolli8239@aol.com) for directions and information. Likewise, if you have a brainy friend or relative who is interested in taking the test.

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15 Friday 6pm - 8pm or so

**Diner Dinner** (ME, 3rd Friday) at Olympia Diner, Rte 5, Newington, just north of the Berlin town

line and North East Utilities. Menu ranges from toasted cheese sandwich to steak and fish dinners. Basic bar menu available, no happy hour prices, but the food is good and very reasonable. Please contact Nicole Michaud at (860) 434-7329 or email [nirimi@snet.net](mailto:nirimi@snet.net), Subject: Diner Dinner.

16 Saturday 1:35 pm

### **Mensa Goes to a Baseball Game**

Join Tom Thomas in Section 213 in New Britain Stadium and watch the Rock Cats host the Harrisburg Senators. Parking, \$3, a general admission ticket, \$5, pointless running commentary, price-less. More info at [tom.thomas@the-spa.com](mailto:tom.thomas@the-spa.com)

16 Saturday 4:00 pm

**American roots concert** at Trinity Episcopal Church, Churchill Road, Newtown, CT Info: Bill Meiners (203) 426-4082 Trinity Church departs from their classical concert series to showcase American roots music presented by Barbara Shaw's band ShoreGrass. [www.shoregrass.com](http://www.shoregrass.com). The program will consist of old-timey, early country, traditional bluegrass, folk and original music. There will be a reception following the concert. Free-will donation.

17 Sunday 2:00 pm

### **And the Rolling Card Party keeps on rolling!**

We're having so much fun, we hope you can join us. April's card party will be held at the home of Jeryl Sault in East Haven CT. Please RSVP to [jm-sault@snet.net](mailto:jm-sault@snet.net) or 203-469-6056. BYOB and bring a small munchie to share. Hope to see you!

22 Friday 5:00 pm

**Happy Hour** (ME, 4th Friday) Colonial Tymes, 2389 Dixwell Ave, Hamden. Located about 1/2 mile north of Exit 60, Wilbur Cross Parkway. We are now reserving the middle tables on the left as you walk in the bar. Dinner is a possibility if enough people are interested. Come on down and join us this month, we'd love to see ya. Contact Gail Trowbridge (203) 877-4472 or [Gail.Trowbridge@att.net](mailto:Gail.Trowbridge@att.net).

24 Sunday 10 am

**Butterfly Hike: "Butterflies/Wildflowers of the Traprock Ridge"** at Chauncey Peak (aka Guifrida Park), Meriden This is a joint field trip of the Connecticut Butterfly Association and the Me-

nunkatuck Audubon Society. It is free and open to the public. It is expected to be a strenuous hike, so wear appropriate footwear and bring water. Rain and inclement weather cancels. Diane Adams will be there with her famous yellow scrunchie in her hair--please call or email for more info or directions! (860)526-1993 or [ButterflyPR@comcast.net](mailto:ButterflyPR@comcast.net)

27 Wednesday 12 Noon

**Middlebury Lunch** (ME, last Wednesday) at Maggie McFly's in Middlebury, visible on the right from Rte. 63 just south of the Rte 63 and Rte 64 intersection. This intersection is at the end of a long ramp at Exit 17 on Rte 84 west. From this exit, turn left at the 63/64 intersection. If you use Exit 17 on Rte. 84 east (heading toward Hartford), turn left off the exit ramp and see Maggie McFly's on your left. Contact Richard Fogg at 860-274-2370 for more info.

## **LOOKING AHEAD**

May 1, Sunday 3:30 pm

### **Book Discussion Group**

(floating, this time in Woodbridge, CT, west of New Haven) The first meeting of C&WM Mensa's newest book discussion group will focus on Ken Follett's historical novel The Pillars of the Earth. There's plenty of time for you to obtain and devour a copy of this long and complex page turner. It's available in most libraries and in paperback and trade paper. If you prefer audio-books, it's available in both unabridged and abridged versions. Do yourself (and your fellow discussants) a favor and listen to the unabridged one if at all possible. Amazon's write-up is available here: [http://www.amazon.com/exec/obidos/ASIN/0451166892/qid=1060826692/sr=2-1/ref=sr\\_2\\_1/104-8477391-9634349](http://www.amazon.com/exec/obidos/ASIN/0451166892/qid=1060826692/sr=2-1/ref=sr_2_1/104-8477391-9634349) Or try <http://www.ken-follett.com/bibliography/pillars.html> For further information, contact our first meeting's host Manny Ratafia at [manny@ratafia.net](mailto:manny@ratafia.net)

May 7 Saturday 7:00 pm

### **May's Rolling Card Party**

will be held at the home of Pamela Guinan in Wethersfield, CT. For RSVPs and directions, call 860-563-5761 or email [Pamela.Guinan@po.state.ct.us](mailto:Pamela.Guinan@po.state.ct.us) (email is available during business hours only). BYOB and bring a small munchie to share.

May 15 Sunday 12 noon

**Guided Tour of Elephants! Exhibition**

at Yale Peabody Museum, New Haven. Gail Trowbridge sponsors this special tour for up to 20 Mensans. Tour is free and includes general admission to the museum. Mensa families with kids over age 5 are welcome. RSVP required for reservation by May 1. We may go out for dinner afterwards, RSVP for that, too. Contact Gail Trowbridge (203) 877-4472 or Gail.Trowbridge@att.net. For info about the exhibition itself, see [www.peabody.yale.edu/exhibits/elephants.html](http://www.peabody.yale.edu/exhibits/elephants.html)

May 15 Sunday 5:15 pm

**Theatre event: Guys and Dolls** at New Britain Rep, Questions? BarbCPA@att.net or 860-632-7873.

**REGIONAL GATHERINGS**

April 8-10

**STATEN ISLAND RG**

STATEN ISLAND, NY The New York experience and free parking.

Registration \$45 to 1/31; \$50 to 2/28; \$55 post-marked before 3/31; \$60 after.  
Saturday night banquet: \$42.

Staten Island Hotel

(71) 698-5000 SR/DR/TR/QR \$110

Checks payable to NYRG.

Registrar: Karen-Coopersmith-Tobin, 20 Wisteria Court, Monmouth Junction, NJ 08852 (732) 438-006. [llanasMom@aol.com](mailto:llanasMom@aol.com)

April 15-17

**MIND GAMES 2005**

**HOSTED BY TAMPA BAY MENSA**

An intense weekend of play. Mensans judge and critique games released in the past year and award the coveted Mensa Select seal to the top five. Past winners include Scattergories, Trivial Pursuit, and Taboo. Mind Games begins on Friday afternoon and ends Saturday morning.

Double Tree Hotel - Tampa Westshore Airport  
4500 W Cypress St., Tampa, FL 33607, (813) 879-

4800. Mention MENSA to get a special hotel rate of \$99 per night (plus tax). The cut-off date for getting the special Mensa rate is March 15, 2005.

REGISTRATION through April 1 = \$65. Contacts:  
Sylvia Zadorozny, Mind Games 2005  
Chair: [MGChair@mindgames.us.mensa.org](mailto:MGChair@mindgames.us.mensa.org)  
Kathy Crum: [AsstMGChair@mindgames.us.mensa.org](mailto:AsstMGChair@mindgames.us.mensa.org)  
Registration: [Registration@mindgames.us.mensa.org](mailto:Registration@mindgames.us.mensa.org)  
Register online now at [mindgames.us.mensa.org](http://mindgames.us.mensa.org)!

Send your registration to:

Mind Games 2005, American Mensa, Ltd., 1229 Corporate Dr. W., Arlington, TX 76006-6103

You can also call 817-607-0060 x122 using your Visa or MasterCard.

Please direct registration questions to [Registration@mindgames.us.mensa.org](mailto:Registration@mindgames.us.mensa.org)

**2005 Post-AG Cruise**

The 2005 Annual Gathering in New Orleans will end with a Mensa cruise to Jamaica, the Cayman Islands and Cozumel. Extra-special pricing until August 5, 2004. Details at <http://www.suitecruising.com/ag2.htm>



## THE MARCH DINNER

Diets and nutrition both interest and confuse Americans. At the March dinner, Mensans heard Brookfield nutritionist Connie Marcy try to clarify these matters in her talk on holistic nutrition. Ms. Marcy began by assuring the audience that she had not scrutinized their dinner selections, and joked that she did not serve guests at her house lettuce and hay. After putting everyone at ease with these disclaimers, she clarified her use of the term holistic nutrition. While many consider it "alternative medicine", Connie said that what she practices is really complementary medicine. She is a certified nutritionist, holds an MS in Human Biology and Nutrition, and bases her programs on well-documented research from medical journals. Her talk highlighted what she has learned from this research and from her 18 years practicing nutritional therapy.

Ms. Marcy focused both on what Americans need to take out of their diet and what they need to put back in. She stated that most Americans don't get the minimum recommended daily allowance (RDA) of many essential nutrients. She finds this particularly distressing because she thinks that the RDA standards don't keep you in optimum health, they merely keep you from getting disease. Connie cited the research of Dr. Wolfgang Lutz, Dr. Bernard Wolfe, Dr. Robert Crayhon, and others to show that Americans can improve their health by reducing trans fats (partially hydrogenated oils), refined or white flours and sugars (especially fructose), and excess carbohydrates in their diets. They also would gain by adding more of the Omega 3 fats (fish and fish oils), fiber (fruits and vegetables and flaxseed), and proteins. Such changes can decrease the unhealthy LDL cholesterol and increase HDL cholesterol, protect against heart and artery diseases, and help people lose weight.

"Fat is where it's at in nutrition", our speaker emphasized, and this is a place where the American diet is out of whack. The current ratio of Omega-6 fatty acids to Omega-3 fatty acids in Americans' diets approaches 20 to 1 but people should digest comparable amounts of the two. Both are essential but studies show that digest-

ing more of the Omega 3 fatty acids, ALA, EPA, and DHA, would decrease the concentration of triglycerides (a common fat associated with heart disease), protect joints, help the kidneys, and sharpen visual acuity. It would also help your brain develop, improve the mood of depressed patients, and ward off dementia. You can get Omega 3 fatty acids from seafood, DHA eggs, cheese and milk from wild animals, flaxseed oil, and cod liver oil. Egg yolks, meat and dairy products, safflower oil, sunflower oil, and corn oil provide Omega 6.

Connie outlined both the macronutrient (protein, carbohydrates, and fats) balance and the micronutrients (vitamins and minerals) needed to optimize health. She analyzed the balance of these elements in a few popular diets and compared them to her guidelines stressing protein and Omega 3 fats. She also provided specific advice for people suffering from diabetes, atherosclerosis, and other conditions, and answered questions about both general diets and special needs.

Ms. Marcy handed out several pages of notes that summarized her recommendations and the research studies demonstrating their effectiveness. She included a couple of sample diets, and an illuminating chart listing the functions of over two dozen micronutrients such as Vitamin A, Biotin, Chromium, and Zinc. She finished up by playing two humorous radio tapes dramatizing the benefits of a high protein, low starch carb diet, and the vital role neurotransmitters play in moods and thinking.

Our speaker gave listeners plenty to think about, and ably demonstrated her approach to nutrition counseling. With the ideas and materials she provided, Mensans can continue to investigate the topic and find the right balance in their own diets.

*Connie Marcy, MS, LN, Holistic Nutritionist practices nutritional counseling at 246 Federal Road, D-22, Brookfield, CT, 06804. You can contact her at (203) 775-2104.*

**FROM THE VICE CHAIR**

Marghretta McBean

February started off with Staten Island Chuck's observation that winter would soon be gone. Staten Island is the home of not only this genius groundhog (Staten Island Zoo), but the Jacques Marchais Centre of Tibetan Art, and last but not least, Greater New York Mensa's biennial RG. Join us New Yorkers as we party hearty 8-10 April. This is an unabashed plug, but hey, I am a member of the group. By the way, Chuck, New York City has gotten 22 inches of snow since your prognostication.....

Fashion Week swooped in after the groundhog, (parties, after-parties and oh, yes - clothes!) followed the next week by the Westminster Dog Show. As a former model I can definitively say that the canines have far more runway presence than most supermodels do. While I was rooting for the otterhound, I will say the German short-haired pointer who won was a real show stopper.

New Hampshire Mensa more than outdid itself with its Phant-M RG. Music all weekend - what talented members we have!!!! Clarinetists, singers, guitarists, conductors (Lisa Maxwell gave an excellent workshop) - you name it, they performed! Some of the hospitality highlights included shrimp, caviar(!!!), and would you believe - barbecue! Manchester, I learned, has over 70 different ethnic groups, affording a lot to culinary diversity.

The highlight, however, was the presentation to Joseph Zanca of an award granted by the Mensa Foundation. Joe was made an Honourary Trustee in recognition of all the work he has done raising funds for the many scholarships administered by the Foundation. Congratulations, Joe!

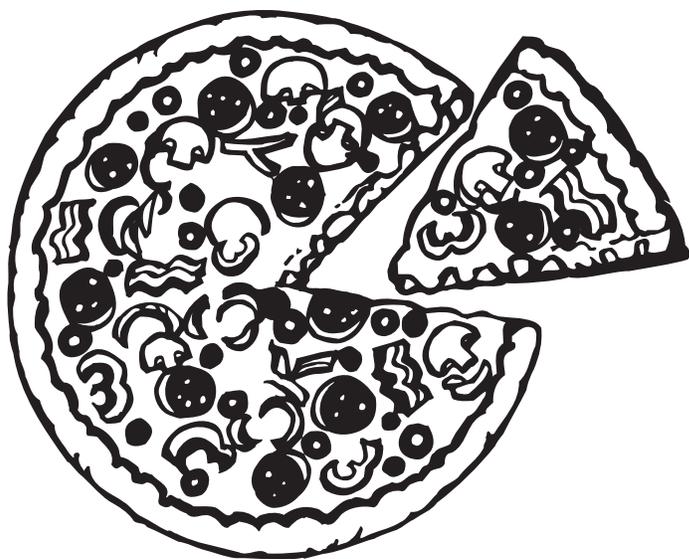
The month ended on high note - Northern New Jersey Mensa's Mid-Winter Blahs Party. Such much fun was had last year that NNJM decided to make this casual one-day get together an annual event. Having never played Carnelli before, I can now say I could easily become an addict. Carnelli (which I didn't know) was invented by a Mensan.

Easter comes early this year. (Trivia: it's the first Sunday after the first full moon after March 21st). Although most of the Italians I grew up with were Sicilians, the Neapolitan kids always had this dessert on Easter Sunday.

**PIZZA CON RISO (PIZZA WITH RICE)**

Filling:	Dough:
1 / 2 cup rice	1 cup flour
2 cups milk	2 Tbl. melted butter
3 eggs	1 Tbl. Sugar
Grated rind of one lemon	1 / 2 tsp. bkg powder
	1 egg

1. Preheat oven to 350 degrees F.
2. Cook rice in milk until tender. Cool. Mix with eggs and lemon rind. Set aside.
3. Put flour on a board. Make a well in the centre and add the rest of the ingredients. Mix together and knead well. Roll out and line bottom and sides of a 10" pie plate.
- 4 Add filling and bake about 1hour.
5. Serve at room temperature or chill and serve cold.



## PUZZLES & QUESTIONS

(Answers may be in next month's Chronicle.)

1. What is the probability of rolling at least one six in six rolls of a die?
2. Is calling someone a pragmatist a compliment, a criticism, or neither?
3. What things most urgently need to be automated?
4. Name a dozen mixed blessings.
5. What more can be done to stop bank robberies?
6. How much wool do we get from an average sheep in a year?
7. What is the difference between drama and melodrama?
8. How long would it take to build Rome from scratch?

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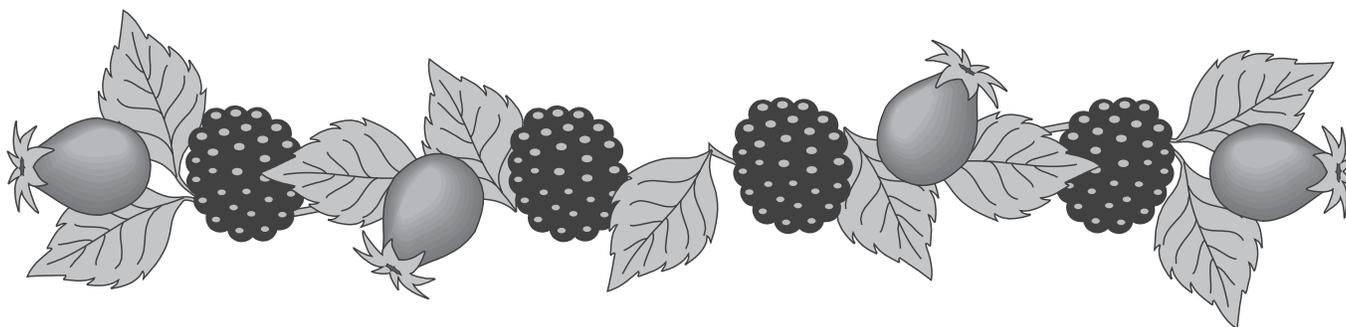
### ANSWERS TO LAST MONTH'S PUZZLES:

2. What is the average commuting time to work in the United States?

A: According to the 2003 Bureau of Transportation Statistics' Omnibus Household Survey, the average daily one-way commute to work in the United States takes just over 26 minutes. 6% of Americans spend one hour or more traveling to work.

6. Distinguish between an obsession and a compulsion.

A: Obsessions are persistent intrusive thoughts that cause anxiety or distress. Compulsions are acts that a person feels driven to by obsessions.



## MIND AND MONEY

### THE INSIDE VIEW AND THE OUTSIDE VIEW

One of Murphy's Laws tells us that projects invariably take longer than planned. But Murphy didn't tell us why this is and what can be done to overcome it. In the last twenty years, however, scholars in the new field of behavioral finance and economics have come up with some explanations and some suggestions on how we can make our estimates more realistic.

A fundamental problem with project planning is that managers estimate the completion time based on an "inside view" of the problem rather than an "outside view." What is the difference between these two ways of looking at things? The inside view tends to see each project as unique and estimates the time required by adding up time estimates for each task of the project. This relies on a detailed knowledge of the plan and the future. The outside view, in contrast, doesn't start by looking at the current project, but by looking at how similar projects have done in the past. In other words, it tries to

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### MIND AND MONEY CONT.

look at the track record, to get a statistical view. This method doesn't try to scrutinize details of the proposed plan, but takes a general view, categorizing the plan and comparing it to previous such plans.

The outside view, while less detailed than the inside view, is more objective and more realistic. It looks at history, taking note of improvement rates and past forecasting errors, and thinks in probabilities. Project managers, either because of personal involvement or illusions of control, tend to come up with best-case scenarios. They see their project as special, and ignore "base rates" of probability for similar projects. While they may churn out many numbers in defense of their forecasts, some of these may just be subjective estimates piled on top of each other. When they don't look outside for parallels with other projects, they miss the big picture.

Behavioral finance scholar Daniel Kahneman, a psychology professor and a winner of the 2002 Nobel Prize in Economics, has written about the follies of the inside view in forecasting. He re-

counts a personal example of a planning disaster he participated in. He and a group of scholars served on a committee to write a textbook. They estimated that the project would take 2-1/2 years. But they seriously misjudged the turnover, absences, and general delay that would occur. The project staggered on for eight years before the committee finally dropped it. It was a classic case of insiders, leading psychologists, no less, taking a much too rosy view of the schedule for a project. Not only did their best-case scenario fail, but even a hypothetical worst-case scenario would have proven too optimistic!

Like Kahneman's group, managers make many planning mistakes come because they overestimate how much control they have over projects. They think that they can systematically eliminate risks by anticipating them and making plans. But while you can reduce risk, you cannot eliminate risk because no one can possibly account for every risk. Hence, managers neglect the unknown risk that shadows every project.

Manager's personal involvement may very well inflate their confidence in a plan. Studies show that people habitually overestimate their chances of success and underestimate their personal risk. For example, when asked how likely it is that they will get cancer, people rate their chances as unrealistically low but rate their friends and colleagues chances as much higher. The vast majority of drivers consistently judge themselves above average in skill. Similarly, studies show that entrepreneurs usually overestimate their chance of success, preferring to ignore or not even look at failure rates in their business. All of these cases show people's overconfidence and their habit of ignoring the base rate in the population and emphasizing the special factors that they believe will make them less vulnerable. These findings suggest that managers need an outside view to become more detached and realistic in their forecasts.

If inside forecasts are usually too optimistic, what can managers do to improve? Psychologists and management scholars have several recommendations. Dan Lovallo, a senior lecturer at the Australian Graduate School of Management, says that companies should keep careful records of initial forecasts and actual performance. But he also suggests that they look not only at the fail-

## WORD ORIGINS

Many American English words come from Italy, including the name of the country itself. Here are a few of them.

**America** - the continents of America take their name from the Italian Americus Vespuccius, known to the Spanish as Amerigo Vespucci, a geographer, astronomer, mapmaker, and seaman. On two voyages, Amerigo visited present-day Brazil, Columbia, Venezuela, and Argentina, and mapped the lines of longitude. He first identified the New World as a new continent. In 1507 the German cartographer Martin Waldseemuller created a popular map that named the new lands discovered by Columbus as "America" in honor of Vespucci, although Vespucci appears to have falsified the date and extent of his travels.

**Ballot** - This comes from the Italian word "ballotta", meaning small ball. Several centuries ago, Italians voted by dropping small balls into a box. They used white balls for yes votes, and black ball for no votes.

**Bankrupt** - In medieval Italy, moneylenders worked in the streets from "bancas" - benches. When a lender ran out of money, he was forced to suspend business and his banca was broken up. He became a "bancarotto." Eventually the word was extended to anyone who couldn't pay his debts, and came into English as "bankrupt."

**Buffoon** - In medieval Italian comedys, a common stock character was the "buffone", a ricolous character who puffed out his cheeks and then made a raspberry cheer.

**Fiasco** - This traces to the Italian root "flasco", meaning flask. How it got its current meaning is a little uncertain, but many suspect it came from the fact the drinks stored in olden flasks often became flat when the flasks were opened.

**Gazette** - In 16th century Venice, a "gazeta" was a small copper coin. A "gazeta de la novita" was a newspaper sold for the coin. (The gazeta actually only paid for the reading of the paper; the purchaser didn't get to keep the paper.) The English borrowed the word and changed the spelling. In 1642, they used it in the name of England's first official court newspaper, the Oxford Gazette.

**Macaroni** - The Italian word "macherone" originally meant a jumbled-up mixture. So it was probably applied to the pasta dish because this dish is usually mixed with sauces and condiments.

**Mafia** - this word originally comes from an Arabic word "mahyah", meaning boastful or bragging. It passed into the Sicilian dialect and took on the meaning "boldness and lawlessness." In the 19th century, the term was applied to a secret antigovernment terrorist society. This group expanded into organized crime and came to the United States using such names as the Black Hand and Cosa Nostra.

### THE READING EDGE - WHAT'S YOUR READING SPEED?

Do you know what your reading speed is? There is an online test that can give you a quick estimate. The Reading Edge, a Wallingford, CT company, has a test at their website [www.the-reading-edge.com](http://www.the-reading-edge.com). The tests take only a minute and calculate your reading speed instantly. For a more comprehensive test, the company a free demo that you can download that will test not only your speed but also your comprehension. The software can be set for different grade levels to test children as well as adults.

The company reports that the average person reads at a speed of between 200-300 words a minute but that people who enjoy reading can read more than 400 words per minute, and that some people can even read well at more than 800 words a minute.

The Reading Edge also offers books, tapes, tele-classes, and personal lessons to help people read faster and more efficiently. For more information, visit their website at [www.the-reading-edge.com](http://www.the-reading-edge.com) or contact them at [info@the-reading-edge.com](mailto:info@the-reading-edge.com)

## NOTED AND QUOTED

Heredity is a splendid phenomenon that relieves us of responsibility for our shortcomings.

- Doug Larson

Hearing is one of the body's five senses. But listening is an art. - Frank Tyger, (1929 - )

Someone's sitting in the shade today because someone planted a tree a long time ago.

- Warren Buffet, (1930 - )

Compassion is an unstable emotion. It needs to be translated into action, or it withers. The question is what to do with the feelings that have been aroused, the knowledge that has been communicated. People don't become inured to what they are shown...because of the quantity of images dumped on them. It is passivity that dulls feeling.

- Susan Sontag, (1933 - 2005), U.S. author and critic

The odds of hitting a target go up dramatically when you aim at it. - Mal Pancoast

Anytime four New Yorkers get into a cab together without arguing, a bank robbery has just taken place. - Johnny Carson, (1925 - 2005)

The trouble with treating people as equals is that the first thing you know they may be doing the same thing to you.

- Peter DeVries, (1910 - 1993), novelist

What we need is more people who specialize in the impossible. - Theodore Roethke, (1908 - 1963), Pulitzer Prize winner for Poetry, 1954

It is a good rule in life never to apologize. The right sort of people do not want apologies, and the wrong sort take a mean advantage of them.

- P.G. Wodehouse, (1881 - 1975), British humorist

People don't change. Only their costumes do.

- Gene Moore, display arranger, Tiffany

Science is really going at a rapid pace. Now it's only a hundred years behind the comic strips.

- Joey Adams, (1911 - 1999), American comedian

People used to watch television. Now it is just on. - Reuven Frank, (1920 - ), Pres. ABC News

An optimist is a person who sees a green light everywhere. The pessimist sees only the red light. But the truly wise person is color blind.

- Albert Schweitzer, (1875 - 1965)

Crimes, like virtues, are their own rewards.

- George Farquhar, (1678 - 1707), British comic dramatist

Art washes away from the soul the dust of everyday life.

- Picasso, (1881 - 1973)

We grow neither better nor worse as we get old, but more like ourselves.

- May Lamberton Becker, advice columnist

There is a great difference between knowing and understanding: you can know a lot about something and not really understand it.

- Charles Kettering, (1876 - 1958), U.S. inventor

Sentiment is the poetry of the imagination.

- Alphonse de Lamartine, (1790 - 1869), French novelist and poet

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## RUMINATIONS

Men willingly believe what they wish to be true  
(1753) Samuel Johnson

TULLY has long ago observed, that no man, however weakened by long life, is so conscious of his own decrepitude, as not to imagine that he may yet hold his station in the world for another year.

Of the truth of this remark every day furnishes new confirmation: there is no time of life, in which men for the most part seem less to expect the stroke of death, than when every other eye sees it impending; or are more busy in providing for another year, than when it is plain to all but themselves, that at another year they cannot arrive. Though every funeral that passes before their eyes evinces the deceitfulness of such expectations, since every man who is born to the grave thought himself equally certain of living at least to the next year; the survivor still continues to flatter himself, and is never at a loss for some reason why his life should be protracted, and the voracity of death continue to be pacified with some other prey. But this is only one of the innumerable artifices practised in the universal conspiracy of mankind against themselves: every age and every condition indulges some darling fallacy; every man amuses himself with projects which he knows to be improbable, and which, therefore, he resolves to pursue without daring to examine them. Whatever any man ardently desires, he very readily believes that he shall some time attain: he whose intemperance has overwhelmed him with diseases, while he languishes in the spring, expects vigour and recovery from the summer sun; and while he melts away in the summer, transfers his hopes to the frosts of winter: he that gazes upon elegance or pleasure, which want of money hinders him from imitating or partaking, comforts himself that the time of distress will soon be at an end, and that every day brings him nearer to a state of happiness; though he knows it has passed not only without acquisition of advantage, but perhaps without endeavours after it, in the formation of schemes that cannot be executed, and in the contemplation of prospects which cannot be approached.

Such is the general dream in which we all slumber out our time: every man thinks the day coming, in which he shall be gratified with all his wishes, in

which he shall leave all those competitors behind, who are now rejoicing like himself in the expectation of victory; the day is always coming to the servile in which they shall be powerful, to the obscure in which they shall be eminent, and to the deformed in which they shall be beautiful.

If any of my readers has looked with so little attention on the world about him, as to imagine this representation exaggerated beyond probability, let him reflect a little upon his own life; let him consider what were his hopes and prospects ten years ago, and what additions he then expected to be made by ten years to his happiness; those years are now elapsed; have they made good the promise that was extorted from them? have they advanced his fortune, enlarged his knowledge, or reformed his conduct, to the degree that was once expected? I am afraid, every man that recollects his hopes must confess his disappointment; and own that day has glided unprofitably after day, and that he is still at the same distance from the point of happiness.

With what consolations can those, who have thus miscarried in their chief design, elude the memory of their ill success? With what amusements can they pacify their discontent, after the loss of so large a portion of life? They can give themselves up again to the same delusions, they can form new schemes of airy gratifications, and fix another period of felicity; they can again resolve to trust the promise which they know will be broken, they can walk in a circle with their eyes shut, and persuade themselves to think that they go forward.

Of every great and complicated event, part depends upon causes out of our power, and part must be effected by vigour and perseverance. With regard to that which is styled in common language the work of chance, men will always find reasons for confidence or distrust, according to their different tempers or inclinations; and he that has been long accustomed to please himself with possibilities of fortuitous happiness, will not easily or willingly be reclaimed from his mistake. But the effects of human industry and skill are more easily subjected to calculation: whatever can be completed in a year, is divisible into parts, of which each may be performed in the compass of a day; he, therefore, that has passed the day without attention to the task assigned him, may

**RUMINATIONS CONT.**

be certain, that the lapse of life has brought him no nearer to his object; for whatever idleness may expect from time, its produce will be only in proportion to the diligence with which it has been used. He that floats lazily down the stream, in pursuit of something borne along by the same current, will find himself indeed move forward; but unless he lays his hand to the oar, and increases his speed by his own labour, must be always at the same distance from that which he is following.

There have happened in every age some contingencies of unexpected and undeserved success, by which those who are determined to believe whatever favours their inclinations, have been encouraged to delight themselves with future advantages; they support confidence by considerations, of which the only proper use is to chase

away despair: it is equally absurd to sit down in idleness because some have been enriched without labour, as to leap a precipice because some have fallen and escaped with life, or to put to sea in a storm because some have been driven from a wreck upon the coast to which they are bound.

We are all ready to confess, that belief ought to be proportioned to evidence or probability: let any man, therefore, compare the number of those who have been thus favoured by fortune, and of those who have failed of their expectations, and he will easily determine, with what justness he has registered himself in the lucky catalogue.

But there is no need on these occasions for deep inquiries or laborious calculations; there is a far easier method of distinguishing the hopes of

**KICK IRRATIONAL** Brian Lord is a cartoonist and member of Middle Tennessee Mensa (Nashville area). His cartoon Kick Irrational is read weekly by people in 192 cities, 46 states and 9 countries via the Internet. You can see the Kick Irrational comics page at [www.kickirrational.com](http://www.kickirrational.com)



KICK IRRATIONAL by Brian Lord

[www.KickComics.com](http://www.KickComics.com)



**RUMINATIONS CONT.**

folly from those of reason, of finding the difference between prospects that exist before the eyes, and those that are only painted on a fond imagination.

Tom Drowsy had accustomed himself to compute the profit of a darling project till he had no longer any doubt of its success; it was at last matured by close consideration, all the measures were accurately adjusted, and he wanted only five hundred pounds to become master of a fortune that might be envied by a director of a trading company. Tom was generous and grateful, and was resolved to recompense this small assistance with an ample fortune; he, therefore, deliberated for a time, to whom amongst his friends he should declare his necessities; not that he suspected a refusal, but because he could not suddenly determine which of them would make the best use of riches, and was, therefore, most worthy of his favour. At last his choice was settled; and knowing that in order to borrow he must shew the probability of repayment, he prepared for a minute and copious explanation of his project. But here the golden dream was at an end: he soon discovered the impossibility of imposing upon others the notions by which he had so long imposed upon himself; which way soever he turned his thoughts, impossibility and absurdity arose in opposition on every side; even credulity and prejudice were at last forced to give way, and he grew ashamed of crediting himself what shame would not suffer him to communicate to another.

To this test let every man bring his imaginations, before they have been too long predominant in his mind. Whatever is true will bear to be related, whatever is rational will endure to be explained; but when we delight to brood in secret over future happiness, and silently to employ our meditations upon schemes of which we are conscious that the bare mention would expose us to derision and contempt; we should then remember, that we are cheating ourselves by voluntary delusions; and giving up to the unreal mockeries of fancy, those hours in which solid advantages might be attained by sober thought and rational assiduity.

There is, indeed, so little certainty in human affairs, that the most cautious and severe examiner

may be allowed to indulge some hopes which he cannot prove to be much favoured by probability; since, after his utmost endeavours to ascertain events, he must often leave the issue in the hands of chance. And so scanty is our present allowance of happiness, that in many situations life could scarcely be supported, if hope were not allowed to relieve the present hour by pleasures borrowed from futurity; and reanimate the languor of dejection to new efforts, by pointing to distant regions of felicity, which yet no resolution or perseverance shall ever reach. But these, like all other cordials, though they may invigorate in a small quantity, intoxicate in a greater; these pleasures, like the rest, are lawful only in certain circumstances, and to certain degrees; they may be useful in a due subserviency to nobler purposes, but become dangerous and destructive when once they gain the ascendant in the heart: to soothe the mind to tranquillity by hope, even when that hope is likely to deceive us, may be sometimes useful; but to lull our faculties in a lethargy is poor and despicable.

Vices and errors are differently modified, according to the state of the minds to which they are incident; to indulge hope beyond the warrant of reason, is the failure alike of mean and elevated understandings; but its foundation and its effects are totally different: the man of high courage and great abilities is apt to place too much confidence in himself, and to expect, from a vigorous exertion of his powers, more than spirit or diligence can attain: between him and his wish he sees obstacles indeed, but he expects to overleap or break them; his mistaken ardour hurries him forward; and though, perhaps, he misses his end, he nevertheless obtains some collateral good, and performs something useful to mankind, and honourable to himself.

The drone of timidity presumes likewise to hope, but without ground and without consequence; the bliss with which he solaces his hours he always expects from others, though very often he knows not from whom: he folds his arms about him, and sits in expectation of some revolution in the state that shall raise him to greatness, or some golden shower that shall load him with wealth; he dozes away the day in musing upon the morrow; and at the end of life is roused from his dream only to discover that the time of action is past, and that he can now shew his wisdom only by repentance.

## POETRY CORNER

## April Rain Song

Langston Hughes

Let the rain kiss you  
 Let the rain beat upon your head with  
     silver liquid drops  
 Let the rain sing you a lullaby  
 The rain makes still pools on the sidewalk  
 The rain makes running pools in the gutter  
 The rain plays a little sleep song on our roof  
     at night  
 And I love the rain

## April's Charms

William Henry Davies (1871-1940)

When April scatters charms of primrose gold  
 Among the copper leaves in thickets old,  
 And singing skylarks from the meadows rise,  
 To twinkle like black stars in sunny skies;

When I can hear the small woodpecker ring  
 Time on a tree for all the birds that sing;  
 And hear the pleasant cuckoo, loud and long --  
 The simple bird that thinks two notes a song;

When I can hear the woodland brook, that could  
 Not drown a babe, with all his threatening mood;  
 Upon these banks the violets make their home,  
 And let a few small strawberry vlossoms come:

When I go forth on such a pleasant day,  
 One breath outdoors takes all my cares away;  
 It goes like heavy smoke, when flames take hold  
 Of wood that's green and fill a grate with gold

## Spring Pools

Robert Frost, (1874 - 1963)

These pools that, though in forests, still reflect  
 The total sky almost without defect,  
 And like the flowers beside them, chill and shiver,  
 Will like the flowers beside them soon be gone,  
 And yet not out by any brook or river,  
 But up by roots to bring dark foliage on.

The trees that have it in their pent-up buds  
 To darken nature and be summer woods -  
 Let them think twice before they use their powers  
 To blot out and drink up and sweep away  
 These flowery waters and these watery flowers  
 From snow that melted only yesterday.

## Spring Comes To Murray Hill

Ogden Nash (1902-1971)

I sit in an office at 244 Madison Avenue  
 And say to myself You have a responsible job havenue?  
 Why then do you fritter away your time on this doggerel?  
 If you have a sore throat you can cure it by using a good  
     goggeral,  
 If you have a sore foot you can get it fixed by a  
     chiropridist,  
 And you can get your original sin removed by St. John  
     the Bopodist,  
 Why then should this flocculent lassitude be incurable?  
 Kansas City, Kansas, proves that even Kansas City needn't  
     always be Missouriible.  
 Up up my soul! This inaction is abominable.  
 Perhaps it is the result of disturbances abdominable.  
 The pilgrims settled Massachusetts in 1620 when they  
     landed on a stone hummock.  
 Maybe if they were here now they would settle  
     my stomach.  
 Oh, if I only had the wings of a bird  
 Instead of being confined on Madison Avenue I could  
     soar in a jiffy to Second or Third.

## MENTAL MATTERS

### MEASURES OF MEMORY

There are three general ways of judging how well someone remembers something: recall, recognition, and relearning. Since there is no direct way of telling how well something is stored in the brain, we must test memory using one of these methods.

Recall is the most demanding test of memory. If you recall something, you retrieve it from memory unaided. People demonstrate recall of something they have learned when they explain it to someone or when they can answer questions about it, such as with essays and fill-in-the-blank questions. Reciting material without a cue also demonstrates recall. Of course, this doesn't necessarily show understanding, but it demonstrates serial recall, the ability to remember things in the order in which they were encountered or learned. Free recall, on the other hand, is the ability to recall things regardless of order.

Our recall of stories shows consistent patterns. In a classic 1932 experiment, Frederic Bartlett gave subjects a short story and asked them to retell it. He found that people typically shortened the stories, and made them more coherent and more consistent with their own viewpoints. They changed details to make them more familiar, and they remembered their attitudes toward the events more quickly than the details. Subjects also anchored their memories of the story around a certain feature. These tendencies have repeatedly turned up in recall tests.

A less stringent test of memory is recognition. If someone cannot retrieve something from memory, they cannot recall it. But if they can identify it after being shown or told a little about it, then they recognize it. Multiple-choice tests that don't require problem solving measure recognition. Social situations test our ability to recognize people and places every day. The familiar scene where we run into someone and can remember their face but not their name perfectly illustrates the difference between recognizing and recalling. Here, it's not surprising that we remember faces better than names, because remembering faces is merely recognizing something presented to you while remembering names requires recalling it - spontaneously retrieving words from memory.

Even when we see people we know, we don't always immediately recognize them when we see them in a different place. A typical example of this is workers who are slow to recognize each other outside of work, when people are wearing different clothes and moving against a different backdrop. In these situations, people don't have the cues that ordinarily make it easier to recognize their colleagues quickly.

There are also variations on multiple-choice tests of recognition. These questions are easier when the incorrect choices, the "distracter" items, are much different than the correct choice. When the choices are very similar, respondents must make finer discriminations. A classic example of a multiple-choice test is a police line-up. If the suspects lined up look very similar, victims may find it very difficult to tell who is the criminal, especially since the suddenness of the crime and the stress of the events blur memories.

A third way of judging how well a person remembers something is testing how long it takes them to relearn it. It may be that someone cannot recall a subject they learned long ago, but they know that they studied it. They can recognize it but that doesn't tell us how well they learned it. However, if they can go through the subject again and pick it up quickly, they are probably showing that they have an implicit memory of it. Even amnesiacs improve on relearning things, which indicates they retain knowledge somewhere in their memory even if they don't remember where they learned it.

People may do much better on relearning tests than on recall tests because the factors affecting recall are much different. People recall things better when they pay careful attention to the looks, sound, and sense of words. But relearning ideas or words don't depend on these characteristics. Relearning doesn't depend as much on moods either. Recalling something may depend on getting back into the same mood as when we first experienced it, while relearning seems nearly independent of emotion.

Schools typically test students' ability to recall and recognize what they have learned, but rarely do they measure how students relearn ma-

*continued on next page*

**BOOK REVIEW**

Rick D'Amico

The Compleat Gentleman

The Modern Man's Guide to Chivalry by Brad Miner

Hardcover, 272 pages, 6x9, with index and bibliography

ISBN: 1-890626-52-X

Brad Miner, executive editor at Bookspan and former literary editor of National Review, opens the book by, among other things, advising readers that they will probably not find a reason for nostalgia for some previous, glorious era. He acknowledges that much of chivalry's roots are in feudalism and it is a poor model for today's society. Nonetheless, he finds elements of the gentlemanly arts, from feudal and other societies, that he feels have been somewhat lost in today's culture.

He rejects the idea that one way of behaving is as good as another, which he observes to be the predominant school of thought in current society. Instead, he advocates a new aristocracy, not of birth, but of virtue.

In coming up with a definition of gentleman, Miner explores three masculine archetypes that comprise the "compleat gentleman." They are:

- The Warrior-Certainly in stories of knights we hear of chivalry. In today's society, however, there are day-to-day situations that require much the same courage. Miner points out that courage must be accompanied by honor, otherwise it may lead to bravado or, even worse, cruelty.
- The Lover-Miner cautions the reader (tongue-in-cheek) not to confuse courtly love with Courtney Love. Courtly love, inherent to chivalry, means treating the opposite sex with passionate respect.
- The Monk-While at first it might seem counter-intuitive to include a monk with a warrior and a lover, Miner associates the monk's pursuit of learning and truth with the gentlemanly arts.

He also includes "sprezzatura" as one of the traits of a gentleman. In a few words, "sprezzatura" means the art of nonchalance. Miner devotes the final chapter of the book to this topic. Throughout the book, Miner gives numerous effective anecdotes and examples to illustrate his points. One of my favorites was the story (part of the legend around King Arthur and the Round

**MENTAL MATTERS CONT.**

terial. It's simply quicker and easier to test recall and recognition. But the world often tests our ability to relearn things we haven't done in a while. If we had to continually practice every skill in our repertoire, we probably wouldn't want to learn much.

Recalling, recognizing, and relearning are all important in life because we have to remember different things in different ways. So psychology does well to test the three R's of memory and help us find our strengths and weaknesses in each.

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Table) of Sir Gawain and Dame Ragnalle. In short, Gawain, to spare King Arthur, was obligated to marry Ragnalle, who was cursed to be homely half the day, and beautiful for the half of the day. When she asked Gawain whether he wanted her to be beautiful by day or night, he said that she should have the choice. With that, the curse was lifted and she was continuously beautiful. Miner uses this as an example, however fictitious, of how a gentleman should allow a woman to be what she wants to be.

Another anecdote that Miner uses takes place aboard the Titanic when it was sinking. The movie Titanic depicted a real situation where a passenger (Benjamin Guggenheim) appeared on the top deck in formal attire and stated "We are dressed in our best, and are prepared to go down like gentlemen-but we would like a brandy." What the movie failed to show was passenger Guggenheim, prior to that, dressed in a warm sweater and life vest, escorting women and children to the lifeboats.

Miner does not always hold himself up as the perfect example of a gentleman. One of the things he does in the book is come to grips with his "Conscientious Objector" status during the war in Vietnam. He expresses his remorse ("If I had the power, I would rip 1970 from the history of my life..."). However, he also realized that it was time to move on, which I guess is an example of "sprezzatura."

I paid this book the highest compliment that I know how to bestow on a written work - I read it a second time, copiously using a highlighting marker. This book was a very enjoyable, thought provoking read, and I recommend it highly.

## RUSS BAKKE FOR AMC CHAIRMAN

My name is Russ Bakke and I'm hoping you'll vote for me to be the next Chairman of the American Mensa Committee (AMC), the group of representatives speaking for you, the member.

Mensa is a living, growing, changing entity, and it needs a leader who will bring a knowledge of the past and a vision of the future to bear on the present. I believe I am the person best qualified to represent the changing membership of American Mensa.

I've been a member of Mensa since 1970, and actively involved in its leadership for most of those 35 years. I'm currently in my eighth consecutive term on the AMC, so I believe I have an understanding of Mensa greater than that of many other officers. I understand its concept, its history, and its potential. I know the issues facing us today and, as a life member, I truly care about Mensa's future.

Today's Mensa is not the Mensa of 40 years ago, 20 years ago, or even five years ago. We're 50 thousand members strong and we have a \$3M-dollar yearly budget. We face daily decisions that require both an in-depth knowledge of our history and a vision of our future. We need AMC representatives who know how and why to continue our past 8 years of steady growth. I believe I am one who can, as your next Chairman of the AMC, do just that.

No substitute exists for experience and a proven track record. Whoever becomes the next Chairman of the AMC must recognize the here-and-now of our organization, deal with the fact that it is changing, and accept that its leaders must be prepared to lead within the framework of that change. I believe I am the one who can, as your next Chairman of the AMC, do just that.

American Mensa as a group has been growing, until recently, older. Our average age has been that of the baby boomers. Now, particularly with the advent of the Internet, we've made ourselves more accessible to younger people and they are joining in greater numbers. As a result, our average age has been decreasing, and many of our local groups have thriving Gen-X groups.

I strongly advocate prideful growth. With the changing face of Mensa, our leadership must stay ahead of the curve to retain current members and recruit new members. With each new member comes another opinion, another chance to learn something new and, perhaps, another new friend. Expanding technology, however,

and most specifically the Internet, has led to a social phenomenon sometimes referred to as cocooning. It's often easier to sit at a keyboard munching Doritos while enjoying social interaction by email, chat groups, or e-lists, instead of getting dressed and driving across town to a face-to-face Happy Hour event. The hoped-for outcome is, of course, that members will get to know each other on-line and feel compelled to put names to faces at enjoyable in-person events. As Chairman of the AMC, I'll do everything I can to encourage this activity.

The AMC necessarily takes its business seriously, but we can do that and still enjoy what we do. I plan to put more fun in the function of leading our membership into the next generation. I'm certainly not going to do this all by myself!

One of my prized strengths is delegation. I can - and will - form a team of capable advisors who have not only the relevant strengths their tasks require, but the ability to work within and maintain a cordial volunteer environment.

I'll build consensus in all ways possible - the old-fashioned way, by talking person-to-person or by phone, and the current way, by email. By knowing ahead of time where the differences lie among AMC members and why, I'll be better equipped during meetings at negotiating agreement. We'll discuss issues cogently, come to agreement, solve problems, and do so in a non-contentious manner.

In order to do this effectively, though, I'll need your participation. First of all, VOTE in this election. That action alone will empower you to become a happier member of Mensa. It's a small action, but it's powerful. Second, after the election is over, talk to your local AMC representative, your Regional Vice Chair. Let him or her know what you think, regardless of subject or opinion. Explain why something matters to you and what request or solution would make you happy.

Join me in the next generation of Mensa!

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Ps. Don't know how to vote? Look for a ballot in the April Mensa Bulletin, which you'll receive about April 20. Follow the instructions, it's due back May 31.

## REGION 1 2005 VICE-CHAIRMEN CAMPAIGN LETTERS

As Region 1's representative to Mensa's national board of directors (the American Mensa Committee), I am asking that you allow me to continue the work which I began in 2003.

Since taking office I have constantly sought to make our region the best in governance, membership growth and group stability.

As an outspoken AMC member, I have striven to eliminate the layers of bureaucracy and obfuscation that have burdened the management of Mensa.

Being a Regional Vice Chair is more than just attending an RG; it is working months before with the planning committee, resolving problems, reviewing contracts, approving the application and acting as a liaison to the national staff should problems arise, as I have done.

It is strongly encouraging a group that has never done so to consider hosting a regional or national Mensa event, be it a RG, LDW, Colloquium or an AMC meeting, and providing ongoing support and resources, as I have done.

Effectively working as Region 1's RVC is more than using a bookstore's toll-free telephone number: it is reading and responding to the two to three dozen email messages received daily. 90% of all RVC and AMC communication is via email. 95% of AMC documents: forms, minutes, reports, etc. are delivered in digital format. Anyone who is unwilling to use a computer or unable to conduct business online cannot perform the duties of a RVC.

A RVC must be able to work well in a corporate board setting, with people who often have diverse ideas and business methodologies. My twenty years' board (corporate and non-profit) experience is invaluable.

A great sense of humour, stamina, and extraordinary attention to detail have stood me well in my term as your RVC. Please help me, with your vote, to make it another term!

Marghretta McBean, Region 1 Vice Chair  
<http://region1.us.mensa.org/>  
 American Mensa Ltd.

Some notes by your alternative candidate.

Hi ... I've met many of you at RGs and at the Leadership Workshop, etc.: but, many more of you are as yet un-met friends I can only reach via print. Our Region has about 6,500 members, so you can see it is not easy to meet each of you, at least in a short period of time.

Who am I and what am I doing here? I'm a motivated, dedicated, competent 25-year member, active on many levels during the past 14 years, hosting many events and dinners; currently also NH/ME vice-president and RG co-Chairman. (By the time you read this, many of you will know I can produce a large, fun RG.) Behind the scenes, I solve short and long-term problems, without delay, to help both sides gain fruitful resolution. I have also been a long-term Mensa philanthropist. I have written numerous published articles, bringing humor and (common?) sense to often prickly subjects.

Personally, I am a widower (but promise not to disappear if I meet 'the one'); and, have been a self-employed businessman since age 11, founding and owning a rare bookstore at the same location in Portsmouth, NH for the past 32 years, dealing with individuals, professionals, institutions in America and abroad. I am a person who shares Elvis' motto of "TCB" (Taking Care of Business - for decades, he wore a necklace with "TCB"). I often travel 500 to 1,000 miles for Mensa per month, expecting more travel if I am elected as your RVC1. I have reliable transportation, and have provided transportation for others as well.

I am attentive and even-tempered. It is easy to reach me day or night; and, I have a DEDICATED TOLL FREE PHONE FOR MENSA which is (877) 436-7250. I promise to bring insight, philosophy, humane humanism to all conduct and writings. And last, but not least, I promise NO recipes or sports. Please consider me for your VOTE in the April election (ballot and envelope will be in the April "Mensa Bulletin").

With Care,  
 Walter Wakefield

**CHAPTER NOTES**

Southern Connecticut Mensa has an e-mail server list on Topica where members can discuss topics with other Mensans on the list To subscribe, just send a blank e-mail to:  
MensaSCT- subscribe@topica.com

If you would like to organize or sponsor a Mensa event, please contact Activities Coordinator Nancy O'Neil at NancyOneil@aol.com or 203-791-1668. The event can be posted in the Chronicle and announced at monthly dinners It can also be listed in the newsletter of the Connecticut and Western Massachusetts Mensa chapter, the Media, if enough lead-time is available.

**Change of Address**

Please allow four weeks for the change in MENSA Bulletin (the National Magazine) delivery, and eight weeks for the Chronicle Remember to give your membership number to facilitate this process (This number appears on your membership card and labels affixed to the Chronicle and MENSA Bulletin.)

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