

# SOUTHERN CONNECTICUT MENSA CHRONICLE

If you or someone you know would like to be a speaker at our monthly dinner, please contact Jim Mizera at 203-522-1959 or [Jmizera@hotmail.com](mailto:Jmizera@hotmail.com). The dinner is held the third Saturday of the month.

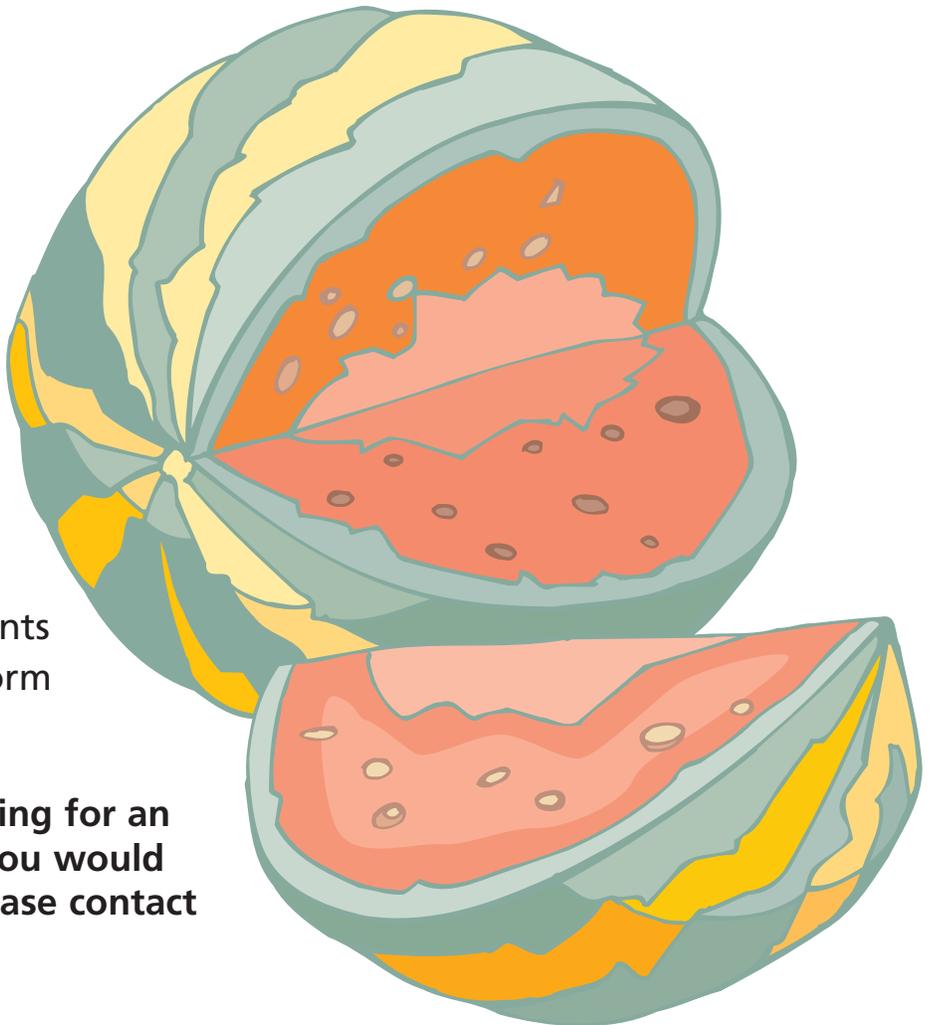
## ARCHIVED COPIES OF THE CHRONICLE

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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Southern CT Mensa is looking for an **Activities Coordinator**. If you would like to fill this position, please contact President Rick D'Amico at [usamarbiol@aol.com](mailto:usamarbiol@aol.com)



**SCHEDULE OF CHAPTER EVENTS FOR AUGUST**

Saturday, August 6 8:00 p.m.

**Theater Event: Shakespeare's As You Like It** by Bridgeport Free Shakespeare at the Beardsley Park Zoo, 1875 Noble Ave., Bridgeport, CT. Preliminary show put on by interns begins at 7:00, picnic grounds open at 6:00. Voluntary donation suggested. This is an outdoor theater so please arrive early and bring a chair. Contact Jim Mizera at (203) 522-1959, [jmizera@hotmail.com](mailto:jmizera@hotmail.com), for info or reservations.

Thursday, August 11 8:00 p.m.

**Music Under the Stars**

Join us at the Levitt Pavilion for the Performing Arts in Westport (<http://www.levittpavilion.com>), to be dazzled by the spectacular Chris Norman Ensemble. (<http://www.chrisnorman.com>) Chris is an extraordinary virtuoso flutist (of the wooden variety no less) who, with his ensemble brings to life the enchanting and spirited traditional music of Maritime Canada, Scotland and Ireland (with an emphasis on the music's 16-19th century roots). Admission is free, and it's an outdoor arena so please arrive early and bring a chair, blanket or whatever you find comfortable. You may also want to have some rain gear on hand just in case. Look for something yellow or similar shade, possibly a balloon, to locate the group. Or simply call me on my cellphone if you can't find us. To RSVP or for additional information contact Bruce Granville at (cell#) 203-947-0897 or [BGranville@usa.net](mailto:BGranville@usa.net).

Friday, August 12, 7:00.

**Southern CT and Western MA 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](mailto:wjm@danburylaw.com), or Rev. Bill Loring at (203) 794-1389, [frbill@mags.net](mailto:frbill@mags.net).

Wednesday, August 17, 8 pm

**Mensa, Music, and Mocha**

Join your fellow Mensans at SoNo Caffeine coffeehouse in Norwalk (<http://www.sonocaffeine.com>), for an evening of captivating compositions by eclectic guitarist Marc Huberman. ([www.marchuberman.com](http://www.marchuberman.com)) Marc is a local musician who crafts original instrumentals for the acoustic guitar. His technique is primarily finger-style, pastoral and evocative in its elements of such contemporary troubadours as Michael Hedges. His artistic styling runs through an amalgam of musical genres spanning jazz, blues, rock, folk, new age, funk, and others. If you're not already familiar with Marc's music, I'm sure you'll be impressed. No cover charge. I'll try to have something yellow or similar shade on our table to locate us. Or simply call me on my cellphone if you can't find us. To RSVP or for additional information contact Bruce Granville at (cell#) 203-947-0897 or [BGranville@usa.net](mailto:BGranville@usa.net).

Saturday, August 20, 7:00.

**Monthly Dinner**

John Grover will speak on "Wine and the Good Life". 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). You can bring a donation of food or money to benefit the Connecticut Food Bank.

Dress is casual. Contact Jim Mizera, [jmizera@hotmail.com](mailto:jmizera@hotmail.com), 203-522-1959, for information and reservations. Please try to MAKE RESERVATIONS by FRIDAY, August 19 so we can assure that the restaurant can provide seating in the main area for everyone. 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 Brookfield). 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.

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](mailto: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.

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Saturday, August 27, 8:00 pm

**Theater Event: William Shakespeare's Romeo and Juliet** presented by The Elm Shakespeare Company at Edgerton Park, , New Haven, CT ( ), near the New Haven-Hamden town line. Suggested donation of \$10 adults, \$5 children. This is an outdoor theater so please arrive early and bring a chair. Contact Jim Mizera at (203) 522-1959, [jmizera@hotmail.com](mailto:jmizera@hotmail.com), for info or reservations.

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Sunday, August 28, 7 pm

**Mensa Goes to the Movies**

Join us at the fantastically restored Avon Theatre in downtown Stamford on the morning of Sunday, August 28th for a FREE screening of (the original 1948 version of) *Unfaithfully Yours*: "The incomparable Rex Harrison stars in the last great film to come from the great Preston Sturges. The film is a study of the effects of music on the human mind. After being confronted with an apparent family crisis, Harrison's character must conduct an orchestra -- he imagines different ways to deal with the crisis that reflect the tone of the music he's conducting. *Unfaithfully Yours* is an example of cinematic creativity that's seldom explored today." Coffee, victuals, etc. afterward at a local diner, coffee shop or restaurant (by consensus.) Avon box office 203-967-3660 during showtimes, <http://avontheatre.com> or contact Catherine Musor at 203-856-6316 or [rin@optonline.net](mailto:rin@optonline.net) (please include MENSA in the subject line) for further information. Tickets: members/seniors \$6, non-members \$9, now on sale at the box office or call 203-967-3660 during show times. Coffee/victuals, etc. afterward at a local diner, coffee shop or restaurant (by consensus.) The exact screening time has yet to be announced, either check <http://avontheatre.com> or contact Catherine Musor at 203-856-6316 or [rin@optonline.net](mailto:rin@optonline.net) (please include MENSA in the subject line) for further information.

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**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](mailto:winginit04L8@aol.com) or call me at 860-309-2554 if you would be interested in either event. I will be happy to organize it if there is enough interest.

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**TENTATIVE SCHEDULE OF EVENTS FOR SEPTEMBER**

Friday, September 9, 7:00.

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

See above listing for details.

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Saturday, September 17, 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).

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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.

For event listings in the Media, leave a message for me by the 10th of the previous month at (860) 872-3106 or email [Lilith@snet.net](mailto:Lilith@snet.net) Subject: Calendar 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. And any Mensan who wants to notify their fellow Ms 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.

## AUGUST

4, 11, 18, 25 Thursdays 7:00 pm

**Scrabble** (WE) at Emmanuel Synagogue, 160 Mohegan Drive, West Hartford. Ellen Leonard, (860) 667-1966 (Please call first to make sure this is happening today).

5 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 upstairs at George's II Restaurant, 950 Yale Avenue, Wallingford, CT 06492 Phone: 203-269-1059 Directions: Exit 66 off Wilbur Cross Parkway. Turn left (south) onto Rte 5. Take first left that's not a highway entrance onto Yale Avenue. George's II is in the Yale Plaza on the right.

9 Tuesday 7:00 pm

**Board Games Night** (ME, 2nd Tuesday, location varies) August's Board Game Night will be held at the home of Larry Schwartz in Trumbull, on Tuesday, August 9, at 7 pm. Contact Larry at [statguy@juno.com](mailto:statguy@juno.com) or 203-374-6465 (203-257-7918 if busy) for RSVPs and directions. BYOB and a small munchie to share, and bring your favorite board game. Hope to see you!

10 Wednesday 7:05 pm

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

This is the last game outing Tom Thomas is hosting this season. If you haven't tried it, you're missing out! Meet in New Britain Stadium Section 213, about five rows from the top, to watch the New Britain Rock Cats play the Portland Sea Dogs, the Double-A franchise of the Boston Red Sox. More information available from the Rock Cats [www.rockcats.com](http://www.rockcats.com) or [Tom.Thomas@the-spa.com](mailto:Tom.Thomas@the-spa.com).

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.

13 Saturday 1:00 pm

**Potluck Picnic:** Enjoy an afternoon on Moodus Lake @ John Gibson's "estate" (rain or shine). Swim, Kayak, Canoe or take a ride on his pontoon boat. Mess around in his Veggie garden - if you know what you are doing. Or watch the Red Sox on HD television. E-mail [doc@auxjohn.com](mailto:doc@auxjohn.com) by 10 August for directions and to coordinate food. John maintains a smoke and alcohol free home. Please respect this.

13 Saturday 6:00 pm

**Waterfire** Region 1 trip to Waterfire in Providence, Rhode Island, check out [www.waterfire.org](http://www.waterfire.org). We will meet at the picnic tables at Providence River Park, just north of the intersection of South Water St. and Crawford St. on the east bank of the river; look for the yellow balloons. Bring food for a picnic and to share, plus beverages as you prefer. There are always food vendors, also. Downtown parking is at a premium! Use the "trolley" from a parking garage; carpooling is strongly suggested. Sustained heavy rain will cancel. Join us for an evening of relaxation and fellowship! Contact Bob Smith 860-872-3106 or [BoboRobDOS@snet.net](mailto:BoboRobDOS@snet.net) for carpooling.

14 Sunday 2:00 pm

**Rolling Card Party:** (ME, floating) At the home of Michele Croonenberghs in Bristol. Email: [michele49@snet.net](mailto:michele49@snet.net) or phone 860-585-9881 for RSVPs and directions. The usual BYOB and a munchie, and Michele says "Feel free to show up early or stay late if you'd like to swim in the lake!"

19 Friday 6:00 pm - 8:00 pm 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

26 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).

27 Saturday all day

**Rhode Island Lighthouse Cruise:**

Join Ron and Lori Norris on board a Bay Queen cruise. The boat will depart from its Warren, RI at 11:00 a.m. (boarding time is usually 45 minutes before departure) and return at 4:00 p.m. Cost is \$32.00 and includes the luncheon buffet. This cruise has been voted the Best Lighthouse Cruise by Rhode Island Monthly. Historical narration and peculiar, humorous items of interest. Lighthouses include Conimicut, Warwick, Plum Beach, Duthc Island, Rose Island, Beavertail, Castle Hill, Newport Harbor, Sandy Point and Hog Island. For reservations or directions, please contact Bay Queen Cruises at 401-245-1350 or 1-800-439-1350 or by e-mail at [info@bayqueen.com](mailto:info@bayqueen.com). For additional information, you can check out [www.bayqueen.com](http://www.bayqueen.com). Let us know that you'll be attending and we'll keep an eye out for you (we'll be in the yellow t-shirts). Bring your cameras, binoculars, sunscreen, etc. RSVP to Lori and Ron Norris 401-781-3247 or [ronnorrisjr@hotmail.com](mailto:ronnorrisjr@hotmail.com) or [lorijnorris@lycos.com](mailto:lorijnorris@lycos.com).

31 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

September 5 Sunday 12 Noon

**The Alderman's Annual Labor Day Picnic at Andover Lake** 39 Lakeside Dr. Andover CT Our Annual Picnic is now eighteen, old enough to vote. So vote for the party of your choice by coming to the choice party. All of you who have been here before know how much fun it is; the rest of you are invited to find out for yourself. We will not cook out this year again so bring a dish to share. Call 860 742 5265 for menu coordination or other directions. Bring bathing suits, lawn chairs, boats (no motors), and lawn games, if you wish. Directions from Hartford: Follow I-84 East to I-384 East. At the end of 384 take the right fork (Route 6) toward Willimantic. After about 5 ? miles take a right onto route 316 at the traffic light. After about 3/4 mile take a left onto School Rd. This changes name to be Lakeside Dr. with no turns. # 39 is on the left about 1 1/4 miles from the turn onto School Rd.

October 15 Saturday 3:00 pm

**Book Discussion: Atlas Shrugged by Ayn Rand** in Vernon, CT. Amazon.com sez: "Atlas Shrugged is the astounding story of a man who said that he would stop the motor of the world--and did. Tremendous in scope, breathtaking in its suspense, Atlas Shrugged stretches the boundaries further than any book you have ever read. It is a mystery, not about the murder of a man's body, but about the murder--and rebirth--of man's spirit. \*Atlas Shrugged is the "second most influential book for Americans today" after the Bible, according to a joint survey conducted by the Library of Congress and the Book of the Month Club." What does this book have to say about the nature of creativity, intelligence, and social responsibility? How do these ideas relate to how our country operates, now and in the past? Let's get into it and see what we find. It's widely available from libraries and in paperback. Originally published in 1957. Please call Bob Smith 860-872-3106 or [BoboRobDOS@snet.net](mailto:BoboRobDOS@snet.net) for directions or info.

## THE JULY DINNER

### The Connecticut Food Bank

Nancy Carrington, Executive Director of the Connecticut Food Bank, was the speaker at Southern CT Mensa's July dinner. She talked about her organization's efforts to feed the hungry in the state and gave an inside look at the Food Bank's operations and information on how individuals can contribute.

The Connecticut Food Bank is part of a national network of private nonprofit groups under the aegis of America's Second Harvest. The group serves six of the eight Connecticut counties, with Hartford and Tolland counties being served by sister food banks. It collects food and cash donations to give to food kitchens, pantries, and shelters throughout this area so that they can provide meals or packaged food to people who come for help. Due to the efforts of Nancy and her staff, the Food Bank operates with admirable efficiency, with 94% of donations going directly to help the poor. For every \$1.00 given, the CFB provides four meals to its clients.

Nancy has been with the Connecticut Food Bank for 23 years, and the demand for assistance has grown a little each year. The charity does its best to meet the need by collecting thirty-one tons of food a day, which helps local groups feed almost 32,000 people a week. The CFB finds that people visit the kitchens and pantries are usually having trouble affording food because of high housing, utility, or medical expenses. With these costs rising, many of the estimated 240,000 Connecticut residents living below the poverty level don't have money left in their budget to eat three square meals a day.

CFB's main office and food storage warehouse are in East Haven, but it also operates warehouses in Fairfield and Waterbury, and the public can tour these locations to see how they run and how they can join in the effort. From these regional warehouses, the Food Bank supplies local food kitchens in every area town, and also helps these organizations provide lessons in cooking and preparing food so that the poor can make the most of their meals.

The CFB is funded by a variety of sources - civic organizations, religious groups, foundations, corporations, and individuals. 45% of food donations come from national and local food companies, which usually donate food in slightly damaged packaging, foods that have passed their expiration date but are still safe to eat, canned goods without labels, mistakes from production lines, and grocery store salvage. The large truck farmers who supply local grocery stores also donate food, and in certain areas, local orchards provide food through gleaning.

Nonprofits, charitable groups, and schools often run food drives to collect food for the Connecticut Food Bank. Companies can run office drives as well. But the biggest contributors are individuals. Ordinary citizens help out not only by collecting food but also by volunteering to sort and salvage it, and planting rows in their garden to grow food for the needy.

The CFB and local food kitchens, pantries, and shelters can always use more help. To pitch in, you can check with these local organizations in your community, or talk to someone at the Connecticut Food Bank. You can give money, help run a food drive, volunteer at a food warehouse or distributor, or find new organizations that are willing to donate food. The Food Bank is always looking for new companies who can provide food, particularly foods that are rich in protein.

Nancy closed by answering questions from the audience and handing out a newsletter and pamphlet summarizing her group's efforts and suggestions on how everyone can help. Take the time to check into Connecticut Food Bank's operations and give a helping hand.

To receive Connecticut Food Bank's monthly e-newsletter, email [cfb@ctfoodbank.org](mailto:cfb@ctfoodbank.org). If you would like to volunteer at a CFB warehouse or event, contact Tony Spinelli at (203) 469-5000 or [tspinelli@ctfoodbank.org](mailto:tspinelli@ctfoodbank.org). Southern CT Mensa will be accepting food and money to benefit the Food Bank at future monthly dinners.

**FROM THE VICE CHAIR**

Marghretta McBean

Summer is upon us and I'm about to depart for the Annual Gathering in New Orleans. First, I would like to thank all of you (6.1975% of Region 1 members to be exact) who took the time to vote in the regional election.

Second, an especial thank you goes to those who felt that I deserved a second term of office. I am humbled and gratified by your votes of confidence in me and hope that I can continue to earn the trust that you have placed in me.

For those of you who, for whatever reason, felt a leadership change was due, I hope that your opinion was based on solid fact, not the half-truths and innuendos that surfaced during the election period.

Like all the RVC (Regional Vice Chair) candidates, I was asked by the editor of Going Forward (an independent Mensa-oriented publication) to write a short essay in answering the questions "From your perspective, what is the role of local groups within American Mensa? Are they important? What steps would you take to implement your vision of local groups?"

My first reaction was to write a piece that would have mirrored the rosy picture the other candidates painted. I have been a member since 1976 and the Mensa of today is greatly changed. Having served on the AMC and seen more of the inner workings of Mensa's operations, I can say that yes, local groups are its lifeblood but that blood is coagulating.

Over ten years ago my group (Greater New York Mensa Inc.) changed its election rules so that candidates effectively "run twice": for a specific office (Secretary, etc.) and also for Director. Why? We couldn't get enough people to run. It's been years since we have had contested elections. Our group is not alone, unfortunately. From national office down to local, it is becoming more and more difficult, impossible in many cases, to get people to run for office. (Of the 17 elected positions on the AMC, only 7 were contested.)

Once people get into office, they often stay for

years, bound by a strong sense of duty and because no one is there to replace them. To me a healthy local group has active member involvement: people attending events, participating in running the group, a place where a new member feels welcomed.

For whatever reason, there are members who are never active. The lowball estimate is 80 percent. Out of over 2300 GNYM members, about 5 percent are active. From what I read in the other Mensa newsletters, that is not an unusual figure. Is this what "vibrant local group" means?

I suggested in the Going Forward article that eliminating the local group structure might be a solution. Members living in a certain area could continue to meet. Those with similar interests would still have a way of getting in touch with fellow enthusiasts. The biggest change would be the lack of a "local" newsletter - perhaps it would be replaced by a regional one, and/or planned activities would be posted to a central site where searches could be done by interest, date, location, etc.

One big plus might be the elimination of the political wars that wreak havoc in groups; another would be the end of the "Volunteer Vacuum" - no more pleas to step forward to be on a committee or to run for local office. Scholarships go unrewarded because some local groups don't have Scholarship Chairs. Prospective members can't be tested because some local groups don't have Proctors. Local group officers often end up serving in multiple capacities (e.g. President and Editor and Treasurer) because there aren't any volunteers for these jobs.

I do not see this as anarchy. It means accepting the fact that most of our members didn't join to meet people who live (more or less) near to them and that perhaps their special interests are far more important to them than membership in a specific geographically defined group.

I have absolutely no desire to dismantle Mensa or any local group, no matter how floundering. While there are some on the AMC who think Vermont Mensa should be history, I don't, if for no other reason than there are dozens of other groups in the same boat: lack of volunteer leaders, members, small number of members in a ge-

ographically dispersed area. I also see no reason why if one group is having problems, subsuming it into a neighbouring group will solve the problems. All that means is another overburdened LocSec/President administering to an even larger area.

Far too many Mensans spend their time criticising every idea that passes in front of them and doing nothing else. I got politically involved because I had questions that weren't answered and ideas that I felt needed airing. I learned at a young age that if I wanted change, I would have to be the instrument. I invite all of you, whether you agree with me or not, to become active members. This is your Mensa.

**KULFI**

- 5 cardamom pods
- 1.25 cups sugar
- 1 cup milk
- 1 tablespoon rose water
- 1 cup evaporated milk
- 1 cup heavy cream
- drop of red food colouring, if desired

1. Remove the cardamom seeds from the pods and grind using a pestle and mortar.
2. Combine the ground seeds, milks, sugar, cream and rosewater, and stir until the sugar has dissolved.
3. Pour into individual moulds, or use a quart container, and freeze.

**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)



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**PUZZLES & QUESTIONS**

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

1. About how many times a day does the human heart beat?
2. Seven people meet and they each shake hands with each other once. How many handshakes take place?
3. Explain the most common mistakes people make in managing their time.
4. What philosophies do you think are the most popular?
5. What percentage of American homeowners have completely paid off their mortgages?

**ANSWERS TO LAST MONTH'S PUZZLES:**

6. *Name the top automobile producing countries and their percentage of world auto production.*

*A: In 2002, Japan produced about 21% of world automobile production, Germany, 12.5%, the U.S., 12.2%, France, 8.0%, and Korea, 6.4%.*

7. *About how many countries have literacy rates below 50%?*

*A: There are about 22 countries where more than half the population is illiterate.*

8. *What is the average temperature of the earth?*

*A: The earth's average temperature is about 15 degrees Celsius, or approximately 59% Fahrenheit.*



Chronicle is THE OFFICIAL PUBLICATION OF SOUTHERN CONNECTICUT MENSA #066  
The subscription rate for members is \$3.50 and is included as part of yearly dues Others  
may subscribe at a rate of \$10.00 per year (Monthly)

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know by sending two copies to the Editor (one copy for the Editor, one copy for the Au-  
thor).

## THE ELECTION COMMITTEE HAS ANNOUNCED THE WINNERS OF THE 2005 ELECTION

for the American Mensa Committee, who will take office in July.

### The new board includes:

Chair: Russ Bakke  
 First Vice Chair: Jim Werdell  
 Second Vice Chair: Elissa Rudolph  
 Treasurer: Charlie Bruce  
 Secretary: Judy Vasiliauskas  
 Regional Vice Chair, Region 1: Marghretta McBean  
 Regional Vice Chair, Region 2: Marc Lederman  
 Regional Vice Chair, Region 3: Alan Baltis  
 Regional Vice Chair, Region 4: Cynthia Kuyper  
 Regional Vice Chair, Region 5: Mike Seigler  
 Regional Vice Chair, Region 6: Ray O'Connor  
 Regional Vice Chair, Region 7: Kevin Myles  
 Regional Vice Chair, Region 8: John Recht  
 Regional Vice Chair, Region 9: Henry Miller  
 Regional Vice Chair, Region 10: Maggie Truelove

### Continuing to serve on the AMC are:

Past Chair: Jean Becker  
 Past Past Chair: Bob Beatty

### The following four voting positions on the AMC are appointed by the AMC at their first meeting :

Director of Science and Education  
 Communications Officer  
 Development Officer  
 Membership Officer

Also, the six proposed amendments to the American Mensa's Bylaws all passed.

Best regards,  
 Howard

J. Howard Prince  
 Director of Operations  
 Election Committee Liaison

American Mensa, Ltd.  
[howardp@americanmensa.org](mailto:howardp@americanmensa.org)  
 817/607-0060 x116

## 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

The books we think we ought to read are poky, dull, and dry; The books that we would like to read we are ashamed to buy; The books that people talk about we never can recall; And the books that people give us, oh, they're the worst of all. - Carolyn Wells, (1869 - 1942), U.S. writer of mysteries and verse

There are moments when everything goes well, but don't be frightened.  
- Jules Renard, (1864 - 1910)

Man is equally incapable of seeing the nothingness from which he emerges and the infinity in which he is engulfed. - Blaise Pascal, (1623 - 1662)

A man with outward courage dares to die. A man with inward courage dares to live.  
- Lao-Tzu, (6th cent B.C.E)

All human actions have one or more of these seven causes: chance, nature, compulsions, habit, reason, passion, desire. - Aristotle, (384-322 B.C.E)

To enjoy freedom we have to control ourselves.  
- Virginia Woolf, (1882 - 1941)

No human being, however great, or powerful, was ever so free as a fish. - John Ruskin, (1819 - 1900), English critic, essayist, and reformer

One who is contented with what he has done will never become famous for what he will do. He has lain down to die, and the grass is already over him.  
- Christian Nestell Bovee, (1820 - 1904), U.S. author

Contentment consisteth not in adding more fuel, but in taking away some fire.  
- Thomas Fuller, (1608 - 1661)

No great artist ever sees things as they really are. If he did, he would cease to be an artist.  
- Oscar Wilde, (1856 - 1900)

We forgive once we give up attachment to our wounds. - Russell Banks, (1940 - ), U.S. novelist

The wise man thinks about his troubles only when there is some purpose in doing so; at other times he thinks about other things.  
- Bertrand Russell, (1872 - 1970)

To be matter of fact about the world is to blunder into fantasy--and dull fantasy at that--as the real world is strange and wonderful.  
-Robert A. Heinlein, (1907 - 1988)

For the creation of a masterwork of literature two powers must concur, the power of the man and the power of the moment, and the man is not enough without the moment.  
-Matthew Arnold, (1822 - 1888)

I always tell people that I became a writer not because I went to school but because my mother took me to the library. I wanted to become a writer so I could see my name in the card catalog. - Sandra Cisneros

I value the friend who for me finds time on his calendar, but I cherish the friend who for me does not consult the calendar. -Robert Brault

I talk to myself. That's how I stay informed.  
- Helen Spengler

He who sleeps in continual noise is wakened by silence.  
- William Dean Howells, (1837 - 1920), U.S. novelist, editor

Courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what.  
- Harper Lee, (1926 - ), U.S. novelist, author of *To Kill a Mockingbird*

You may turn into an archangel, a fool, or a criminal - no one will see it. But when a button is missing - everyone sees that. - Erich Maria Remarque, (1898 - 1970), U.S. German-born novelist

You've got to get up every morning with determination if you're going to go to bed with satisfaction. - George Horace Lorimer, (1868 - 1937), U.S. magazine editor

## MENSA MIND GAMES 2005 RESULTS

One hundred sixty-five Mensans gathered in Tampa in April for Mind Games. During the three-day event, members played and rated 51 board and card games. The top five games have earned Mensa Select distinction and may use the Mensa Select seal on their games. **The winners are:**

DaVinci's Challenge - Briarpatch  
([www.briarpatch.com](http://www.briarpatch.com))

Ingenius - Fantasy Flight Games  
([www.fantasyflightgames.com](http://www.fantasyflightgames.com))

Loot - Gamewright  
([www.gamewright.com](http://www.gamewright.com))

Niagara - Rio Grande Games  
([www.riograndegames.com](http://www.riograndegames.com))

Zendo - Looney Labs  
([www.looneylabs.com](http://www.looneylabs.com))

Mind Games 2006 will be held April 21-23 in Portland, OR. To register, visit [www.mindgames.us.mensa.org](http://www.mindgames.us.mensa.org).

If you would like to order any of these games from the Mensa web site, here is the information.

### 7892-DAVINCI'S CHALLENGE \$25

The ancient game of secret symbols is a classic strategy game with hidden mysteries as old as the pyramids! Take turns placing shapes on the board to reveal 9 different patterns. The more complex the design, the more points you score. 2 players or 2 Teams 8-Adult

### 7893-INGENIOUS \$35

Ingenious is the new abstract placement game. Players place colored tiles on the hexagonal board, scoring points, blocking opponents' tile placement, and trying to protect themselves from being blocked by their opponents. 1 to 4 players 8-Adult

### 7894-LOOT \$10

Yo-Ho-Ho and a Barrel of Fun! Set sail for an exciting adventure of strategy and skullduggery in this captivating card game. Storm your opponents' merchant ships and seize valuable treasure. But watch your back, matey ~ plundering pirates are out to capture your ships as well! The player with the most loot rules the high

seas. Learn in 10 minutes, 20 minutes to play. 2 to 8 players 10-Adult

### 7895-NIAGARA \$45

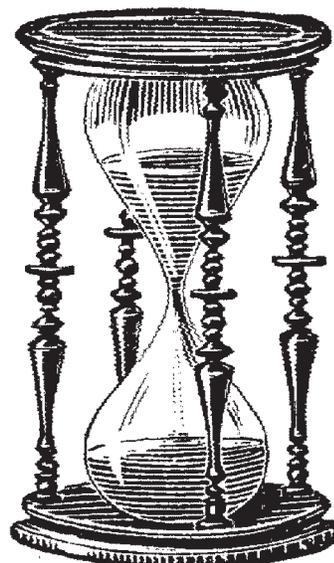
Players play on a 3D board, representing the Niagara River and the falls. Canoes float down the river as the riverflows, but players can row their canoes up-river or down-river to collect gems, to return them to shore, and to avoid the waterfall. This game is great fun for the family, but is strategic and gives players the chance to plan and steal from one another. 60 minutes to play. 2 to 5 players 8-Adult

### 7896-ZENDO (includes 4 sets of pyramids and book) \$44

Can you guess the master's riddle? What is the secret of the Buddha-Nature? One of today's most popular Icehouse games is now available. One player acts as the master, guiding the other players ("students") as they seek to unravel the secret rule by building little structures out of Icehouse pyramids.

**PLAYING WITH PYRAMIDS**-Your guidebook to the Icehouse gaming experience is this 128-page paperback containing the rules to ZENDO and 11 other Icehouse games. 3 to 4 Players 8-Adult

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## RUMINATIONS

On Dreams  
by Aristotle

1

WE must, in the next place, investigate the subject of the dream, and first inquire to which of the faculties of the soul it presents itself, i.e. whether the affection is one which pertains to the faculty of intelligence or to that of sense-perception; for these are the only faculties within us by which we acquire knowledge.

If, then, the exercise of the faculty of sight is actual seeing, that of the auditory faculty, hearing, and, in general that of the faculty of sense-perception, perceiving; and if there are some perceptions common to the senses, such as figure, magnitude, motion, &c., while there are others, as colour, sound, taste, peculiar [each to its own sense]; and further, if all creatures, when the eyes are closed in sleep, are unable to see, and the analogous statement is true of the other senses, so that manifestly we perceive nothing when asleep; we may conclude that it is not by sense-perception we perceive a dream.

But neither is it by opinion that we do so. For [in dreams] we not only assert, e.g. that some object approaching is a man or a horse [which would be an exercise of opinion], but that the object is white or beautiful, points on which opinion without sense-perception asserts nothing either truly or falsely. It is, however, a fact that the soul makes such assertions in sleep. We seem to see equally well that the approaching figure is a man, and that it is white. [In dreams], too, we think something else, over and above the dream presentation, just as we do in waking moments when we perceive something; for we often also reason about that which we perceive. So, too, in sleep we sometimes have thoughts other than the mere phantasms immediately before our minds. This would be manifest to any one who should attend and try, immediately on arising from sleep, to remember [his dreaming experience]. There are cases of persons who have seen such dreams, those, for example, who believe themselves to be mentally arranging a given list of subjects according to the mnemonic rule. They frequently find themselves engaged in something else besides the dream, viz. in setting a phantasm which they en-

visage into its mnemonic position. Hence it is plain that not every 'phantasm' in sleep is a mere dream-image, and that the further thinking which we perform then is due to an exercise of the faculty of opinion.

So much at least is plain on all these points, viz. that the faculty by which, in waking hours, we are subject to illusion when affected by disease, is identical with that which produces illusory effects in sleep. So, even when persons are in excellent health, and know the facts of the case perfectly well, the sun, nevertheless, appears to them to be only a foot wide. Now, whether the presentative faculty of the soul be identical with, or different from, the faculty of sense-perception, in either case the illusion does not occur without our actually seeing or [otherwise] perceiving something. Even to see wrongly or to hear wrongly can happen only to one who sees or hears something real, though not exactly what he supposes. But we have assumed that in sleep one neither sees, nor hears, nor exercises any sense whatever. Perhaps we may regard it as true that the dreamer sees nothing, yet as false that his faculty of sense-perception is unaffected, the fact being that the sense of seeing and the other senses may possibly be then in a certain way affected, while each of these affections, as duly as when he is awake, gives its impulse in a certain manner to his [primary] faculty of sense, though not in precisely the same manner as when he is awake. Sometimes, too, opinion says [to dreamers] just as to those who are awake, that the object seen is an illusion; at other times it is inhibited, and becomes a mere follower of the phantasm.

It is plain therefore that this affection, which we name 'dreaming', is no mere exercise of opinion or intelligence, but yet is not an affection of the faculty of perception in the simple sense. If it were the latter it would be possible [when asleep] to hear and see in the simple sense.

How then, and in what manner, it takes place, is what we have to examine. Let us assume, what is indeed clear enough, that the affection [of dreaming] pertains to sense-perception as surely as sleep itself does. For sleep does not pertain to one organ in animals and dreaming to another; both pertain to the same organ.

But since we have, in our work On the Soul, treated of presentation, and the faculty of presenta-

tion is identical with that of sense-perception, though the essential notion of a faculty of presentation is different from that of a faculty of sense-perception; and since presentation is the movement set up by a sensory faculty when actually discharging its function, while a dream appears to be a presentation (for a presentation which occurs in sleep-whether simply or in some particular way-is what we call a dream): it manifestly follows that dreaming is an activity of the faculty of sense-perception, but belongs to this faculty qua presentative. the laws of society, is not altogether without it.

## 2

We can best obtain a scientific view of the nature of the dream and the manner in which it originates by regarding it in the light of the circumstances attending sleep. The objects of sense-perception corresponding to each sensory organ produce sense-perception in us, and the affection due to their operation is present in the organs of sense not only when the perceptions are actualized, but even when they have departed.

What happens in these cases may be compared with what happens in the case of projectiles moving in space. For in the case of these the movement continues even when that which set up the movement is no longer in contact [with the things that are moved]. For that which set them in motion moves a certain portion of air, and this, in turn, being moved excites motion in another portion; and so, accordingly, it is in this way that [the bodies], whether in air or in liquids, continue moving, until they come to a standstill.

This we must likewise assume to happen in the case of qualitative change; for that part which [for example] has been heated by something hot, heats [in turn] the part next to it, and this propagates the affection continuously onwards until the process has come round to its point of origination. This must also happen in the organ wherein the exercise of sense-perception takes place, since sense-perception, as realized in actual perceiving, is a mode of qualitative change. This explains why the affection continues in the sensory organs, both in their deeper and in their more superficial parts, not merely while they are actually engaged in perceiving, but even after they have ceased to do so. That they do this, indeed, is obvious in cases where we continue for

some time engaged in a particular form of perception, for then, when we shift the scene of our perceptive activity, the previous affection remains; for instance, when we have turned our gaze from sunlight into darkness. For the result of this is that one sees nothing, owing to the excited by the light still subsisting in our eyes. Also, when we have looked steadily for a long while at one colour, e.g. at white or green, that to which we next transfer our gaze appears to be of the same colour. Again if, after having looked at the sun or some other brilliant object, we close the eyes, then, if we watch carefully, it appears in a right line with the direction of vision (whatever this may be), at first in its own colour; then it changes to crimson, next to purple, until it becomes black and disappears. And also when persons turn away from looking at objects in motion, e.g. rivers, and especially those which flow very rapidly, they find that the visual stimulations still present themselves, for the things really at rest are then seen moving: persons become very deaf after hearing loud noises, and after smelling very strong odours their power of smelling is impaired; and similarly in other cases. These phenomena manifestly take place in the way above described.

That the sensory organs are acutely sensitive to even a slight qualitative difference [in their objects] is shown by what happens in the case of mirrors; a subject to which, even taking it independently, one might devote close consideration and inquiry. At the same time it becomes plain from them that as the eye [in seeing] is affected [by the object seen], so also it produces a certain effect upon it. If a woman chances during her menstrual period to look into a highly polished mirror, the surface of it will grow cloudy with a blood-coloured haze. It is very hard to remove this stain from a new mirror, but easier to remove from an older mirror. As we have said before, the cause of this lies in the fact that in the act of sight there occurs not only a passion in the sense organ acted on by the polished surface, but the organ, as an agent, also produces an action, as is proper to a brilliant object. For sight is the property of an organ possessing brilliance and colour. The eyes, therefore, have their proper action as have other parts of the body. Because it is natural to the eye to be filled with blood-vessels, a woman's eyes, during the period of menstrual flux and inflammation, will undergo a change, although her husband will not note

this since his seed is of the same nature as that of his wife. The surrounding atmosphere, through which operates the action of sight, and which surrounds the mirror also, will undergo a change of the same sort that occurred shortly before in the woman's eyes, and hence the surface of the mirror is likewise affected. And as in the case of a garment, the cleaner it is the more quickly it is soiled, so the same holds true in the case of the mirror. For anything that is clean will show quite clearly a stain that it chances to receive, and the cleanest object shows up even the slightest stain. A bronze mirror, because of its shininess, is especially sensitive to any sort of contact (the movement of the surrounding air acts upon it like a rubbing or pressing or wiping); on that account, therefore, what is clean will show up clearly the slightest touch on its surface. It is hard to cleanse smudges off new mirrors because the stain penetrates deeply and is suffused to all parts; it penetrates deeply because the mirror is not a dense medium, and is suffused widely because of the smoothness of the object. On the other hand, in the case of old mirrors, stains do not remain because they do not penetrate deeply, but only smudge the surface.

From this therefore it is plain that stimulatory motion is set up even by slight differences, and that sense-perception is quick to respond to it; and further that the organ which perceives colour is not only affected by its object, but also reacts upon it. Further evidence to the same point is afforded by what takes place in wines, and in the manufacture of unguents. For both oil, when prepared, and wine become rapidly infected by the odours of the things near them; they not only acquire the odours of the things thrown into or mixed with them, but also those of the things which are placed, or which grow, near the vessels containing them.

In order to answer our original question, let us now, therefore, assume one proposition, which is clear from what precedes, viz. that even when the external object of perception has departed, the impressions it has made persist, and are themselves objects of perception: and [let us assume], besides, that we are easily deceived respecting the operations of sense-perception when we are excited by emotions, and different persons according to their different emotions; for example, the coward when excited by fear,

the amorous person by amorous desire; so that, with but little resemblance to go upon, the former thinks he sees his foes approaching, the latter, that he sees the object of his desire; and the more deeply one is under the influence of the emotion, the less similarity is required to give rise to these illusory impressions. Thus too, both in fits of anger, and also in all states of appetite, all men become easily deceived, and more so the more their emotions are excited. This is the reason too why persons in the delirium of fever sometimes think they see animals on their chamber walls, an illusion arising from the faint resemblance to animals of the markings thereon when put together in patterns; and this sometimes corresponds with the emotional states of the sufferers, in such a way that, if the latter be not very ill, they know well enough that it is an illusion; but if the illness is more severe they actually move according to the appearances. The cause of these occurrences is that the faculty in virtue of which the controlling sense judges is not identical with that in virtue of which presentations come before the mind. A proof of this is, that the sun presents itself as only a foot in diameter, though often something else gainsays the presentation. Again, when the fingers are crossed, the one object [placed between them] is felt [by the touch] as two; but yet we deny that it is two; for sight is more authoritative than touch. Yet, if touch stood alone, we should actually have pronounced the one object to be two. The ground of such false judgements is that any appearances whatever present themselves, not only when its object stimulates a sense, but also when the sense by itself alone is stimulated, provided only it be stimulated in the same manner as it is by the object. For example, to persons sailing past the land seems to move, when it is really the eye that is being moved by something else [the moving ship.]

### 3

From this it is manifest that the stimulatory movements based upon sensory impressions, whether the latter are derived from external objects or from causes within the body, present themselves not only when persons are awake, but also then, when this affection which is called sleep has come upon them, with even greater impressiveness. For by day, while the senses and the intellect are working together, they (i.e. such movements) are extruded from consciousness or obscured, just as a smaller is beside a larger fire,

or as small beside great pains or pleasures, though, as soon as the latter have ceased, even those which are trifling emerge into notice. But by night [i.e. in sleep] owing to the inaction of the particular senses, and their powerlessness to realize themselves, which arises from the reflux of the hot from the exterior parts to the interior, they [i.e. the above 'movements'] are borne in to the head quarters of sense-perception, and there display themselves as the disturbance (of waking life) subsides. We must suppose that, like the little eddies which are being ever formed in rivers, so the sensory movements are each a continuous process, often remaining like what they were when first started, but often, too, broken into other forms by collisions with obstacles. This [last mentioned point], moreover, gives the reason why no dreams occur in sleep immediately after meals, or to sleepers who are extremely young, e.g. to infants. The internal movement in such cases is excessive, owing to the heat generated from the food. Hence, just as in a liquid, if one vehemently disturbs it, sometimes no reflected image appears, while at other times one appears, indeed, but utterly distorted, so as to seem quite unlike its original; while, when once the motion has ceased, the reflected images are clear and plain; in the same manner during sleep the phantasms, or residuary movements, which are based upon the sensory impressions, become sometimes quite obliterated by the above described motion when too violent; while at other times the sights are indeed seen, but confused and weird, and the dreams [which then appear] are unhealthy, like those of persons who are atrabilious, or feverish, or intoxicated with wine. For all such affections, being spirituous, cause much commotion and disturbance. In sanguineous animals, in proportion as the blood becomes calm, and as its purer are separated from its less pure elements, the fact that the movement, based on impressions derived from each of the organs of sense, is preserved in its integrity, renders the dreams healthy, causes a [clear] image to present itself, and makes the dreamer think, owing to the effects borne in from the organ of sight, that he actually sees, and owing to those which come from the organ of hearing, that he really hears; and so on with those also which proceed from the other sensory organs. For it is owing to the fact that the movement which reaches the primary organ of sense comes from them, that one even when awake believes himself to see, or hear, or otherwise perceive;

just as it is from a belief that the organ of sight is being stimulated, though in reality not so stimulated, that we sometimes erroneously declare ourselves to see, or that, from the fact that touch announces two movements, we think that the one object is two. For, as a rule, the governing sense affirms the report of each particular sense, unless another particular sense, more authoritative, makes a contradictory report. In every case an appearance presents itself, but what appears does not in every case seem real, unless when the deciding faculty is inhibited, or does not move with its proper motion. Moreover, as we said that different men are subject to illusions, each according to the different emotion present in him, so it is that the sleeper, owing to sleep, and to the movements then going on in his sensory organs, as well as to the other facts of the sensory process, [is liable to illusion], so that the dream presentation, though but little like it, appears as some actual given thing. For when one is asleep, in proportion as most of the blood sinks inwards to its fountain [the heart], the internal [sensory] movements, some potential, others actual accompany it inwards. They are so related [in general] that, if anything move the blood, some one sensory movement will emerge from it, while if this perishes another will take its place; while to one another also they are related in the same way as the artificial frogs in water which severally rise [in fixed succession] to the surface in the order in which the salt [which keeps them down] becomes dissolved. The residuary movements are like these: they are within the soul potentially, but actualize themselves only when the impediment to their doing so has been relaxed; and according as they are thus set free, they begin to move in the blood which remains in the sensory organs, and which is now but scanty, while they possess verisimilitude after the manner of cloud-shapes, which in their rapid metamorphoses one compares now to human beings and a moment afterwards to centaurs. Each of them is however, as has been said, the remnant of a sensory impression taken when sense was actualizing itself; and when this, the true impression, has departed, its remnant is still immanent, and it is correct to say of it, that though not actually Koriskos, it is like Koriskos. For when the person was actually perceiving, his controlling and judging sensory faculty did not call it Koriskos, but, prompted by this [impression], called the genuine person yonder Koriskos. Accordingly, this sensory impulse, which, when

actually perceiving, it [the controlling faculty] describes (unless completely inhibited by the blood), it now [in dreams] when quasi-perceiving, receives from the movements persisting in the sense-organs, and mistakes it-an impulse that is merely like the true [objective] impression-for the true impression itself, while the effect of sleep is so great that it causes this mistake to pass unnoticed. Accordingly, just as if a finger be inserted beneath the eyeball without being observed, one object will not only present two visual images, but will create an opinion of its being two objects; while if it [the finger] be observed, the presentation will be the same, but the same opinion will not be formed of it; exactly so it is in states of sleep: if the sleeper perceives that he is asleep, and is conscious of the sleeping state during which the perception comes before his mind, it presents itself still, but something within him speaks to this effect: 'the image of Koriskos presents itself, but the real Koriskos is not present'; for often, when one is asleep, there is something in consciousness which declares that what then presents itself is but a dream. If, however, he is not aware of being asleep, there is nothing which will contradict the testimony of the bare presentation.

That what we here urge is true, i.e. that there are such presentative movements in the sensory organs, any one may convince himself, if he attends to and tries to remember the affections we experience when sinking into slumber or when being awakened. He will sometimes, in the moment of awakening, surprise the images which present themselves to him in sleep, and find that they are really but movements lurking in the organs of sense. And indeed some very young persons, if it is dark, though looking with wide open eyes, see multitudes of phantom figures moving before them, so that they often cover up their heads in terror.

From all this, then, the conclusion to be drawn is, that the dream is a sort of presentation, and, more particularly, one which occurs in sleep; since the phantoms just mentioned are not dreams, nor is any other a dream which presents itself when the sense-perceptions are in a state of freedom. Nor is every presentation which occurs in sleep necessarily a dream. For in the first place, some persons [when asleep] actually, in a certain way, perceive sounds, light, savour, and contact; feebly, however, and, as it were, remote-

ly. For there have been cases in which persons while asleep, but with the eyes partly open, saw faintly in their sleep (as they supposed) the light of a lamp, and afterwards, on being awakened, straightway recognized it as the actual light of a real lamp; while, in other cases, persons who faintly heard the crowing of cocks or the barking of dogs identified these clearly with the real sounds as soon as they awoke. Some persons, too, return answers to questions put to them in sleep. For it is quite possible that, of waking or sleeping, while the one is present in the ordinary sense, the other also should be present in a certain way. But none of these occurrences should be called a dream. Nor should the true thoughts, as distinct from the mere presentations, which occur in sleep [be called dreams]. The dream proper is a presentation based on the movement of sense impressions, when such presentation occurs during sleep, taking sleep in the strict sense of the term.

There are cases of persons who in their whole lives have never had a dream, while others dream when considerably advanced in years, having never dreamed before. The cause of their not having dreams appears somewhat like that which operates in the case of infants, and [that which operates] immediately after meals. It is intelligible enough that no dream-presentation should occur to persons whose natural constitution is such that in them copious evaporation is borne upwards, which, when borne back downwards, causes a large quantity of motion. But it is not surprising that, as age advances, a dream should at length appear to them. Indeed, it is inevitable that, as a change is wrought in them in proportion to age or emotional experience, this reversal [from non-dreaming to dreaming] should occur also.



**POETRY CORNER****In August**

Hamlin Garland (1860 - 1940)

FROM the great trees the locusts cry  
 In quavering ecstatic duo--a boy  
 Shouts a wild call--a mourning dove  
 In the blue distance sobs--the wind  
 Wanders by, heavy with odors  
 Of corn and wheat and melon vines;  
 The trees tremble with delirious joy as the  
     breeze  
 Greet them, one by one--now the oak  
 Now the great sycamore, now the elm.

And the locusts in brazen chorus, cry  
 Like stricken things, and the ring-dove's note  
 Sobs on in the dim distance.  
 Which hopes from thee, and thee alone, a cure!

**Stanzas for Music, (1815)**

George Gordon Lord Byron, (1788-1824)

THERE be none of Beauty's daughters  
 With a magic like thee;  
 And like music on the waters  
 Is thy sweet voice to me:  
 When, as if its sound were causing  
 The charmed ocean's pausing,  
 The waves lie still and gleaming,  
 And the lull'd winds seem dreaming:

And the midnight moon is weaving  
 Her bright chain o'er the deep;  
 Whose breast is gently heaving,  
 As an infant's asleep:  
 So the spirit bows before thee,  
 To listen and adore thee;  
 With a full but soft emotion,  
 Like the swell of Summer's ocean.

**The Tide Rises, the Tide Falls, (1879)**

Henry Wadsworth Longfellow (1807-1882)

The tide rises, the tide falls,  
 The twilight darkens, the curlew calls;  
 Along the sea-sands damp and brown  
 The traveller hastens toward the town,  
 And the tide rises, the tide falls.

Darkness settles on roofs and walls,  
 But the sea, the sea in the darkness calls;  
 The little waves, with their soft, white hands,  
 Efface the footprints in the sands,  
 And the tide rises, the tide falls.

The morning breaks; the steeds in their stalls  
 Stamp and neigh, as the hostler calls;  
 The day returns, but nevermore  
 Returns the traveller to the shore,  
 And the tide rises, the tide falls.

**Solitude**

Ella Wheeler Wilcox, (1850-1919)

Laugh, and the world laughs with you;  
 Weep, and you weep alone;  
 For the sad old earth must borrow its mirth,  
 But has trouble enough of its own.  
 Sing, and the hills will answer;  
 Sigh, it is lost on the air;  
 The echoes bound to a joyful sound,  
 But shrink from voicing care.

Rejoice, and men will seek you;  
 Grieve, and they turn and go;  
 They want full measure of all your pleasure,  
 But they do not need your woe.  
 Be glad, and your friends are many;  
 Be sad, and you lose them all, --  
 There are none to decline your nectared wine,  
 But alone you must drink life's gall.

Feast, and your halls are crowded;  
 Fast, and the world goes by.  
 Succeed and give, and it helps you live,  
 But no man can help you die.  
 There is room in the halls of pleasure  
 For a large and lordly train,  
 But one by one we must all file on  
 Through the narrow aisles of pain.)

**BOOK REVIEW**

Rick D'Amico

**The Truth About Hillary  
What She Knew, When She Knew It, and How  
Far She'll Go to Become President**

by Edward Klein, 2005, The Penguin Group, 305 pp.

Edward Klein is the former editor-in-chief of the New York Times Magazine, the former foreign editor of Newsweek and the author of several best sellers ("The Kennedy Curse" and "Farewell, Jackie"). This book is among the most talked about ~ if not the most talked about - publications to come out this year. At the time of this writing, it's number two on the New York Times Bestsellers List. Reviewers' comments have ranged from "nasty", "poorly researched", "poorly written", and "poorly sourced", to "required reading for everyone old enough to vote in the next election".

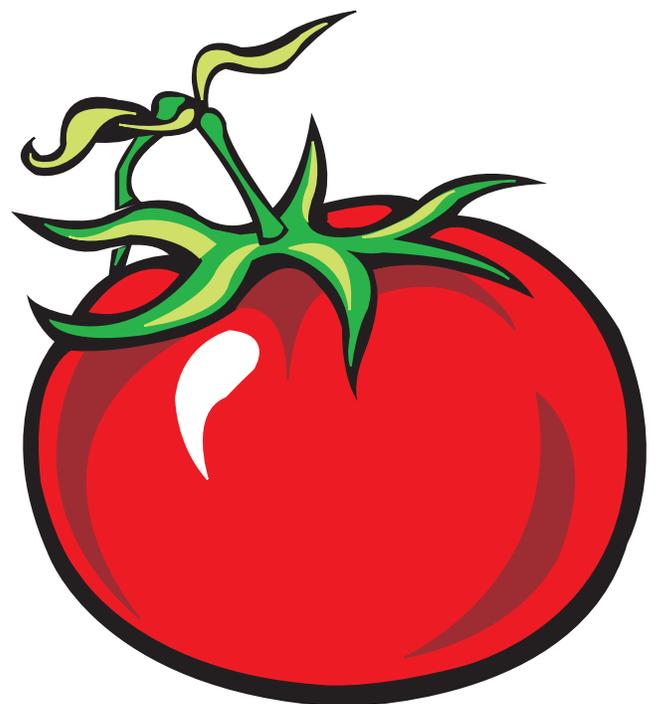
One of the first parts of the book is called "The Book of Life," and it describes Mrs. Clinton's younger days, when she learned about how to defend herself from bullies, and she converted from a Goldwater Republican to a somewhat radical liberal whose leftist views appeared in the Yale Journal of Law and Social Action. It discusses her days at Wellesley College, her early legal career when she worked on the impeachment of Richard Nixon, her relationship with Bill Clinton, complete with his affairs back then. I thought this part of the book was excessively salacious as it gets into some implications of lesbian activities at Wellesley College and an extremely distasteful story that gave the impression that their daughter Chelsea was conceived on a night on vacation when Bill came home drunk and raped Hillary. Even if these stories are true, I don't believe that they have any place in this book, and it marginalizes the more serious concerns brought up later. I suspect that the author included these stories more to sell copies than to supply relevant information.

Subsequent topics in the book, however, are far less offensive and far more interesting. For example, when Mrs. Clinton decided to run for Senator in New York, her announcement was met very coolly by the retiring Senator Daniel Patrick Moynihan, whose seat she sought to fill. Both Pat and his wife Liz Moynihan were reported to be very put out by her alleged attempt to take credit for Senator Moynihan's health care bill, while her attempt at health care legislation failed miserably.

Klein describes how, upon her election as Senator, she and Bill removed many of the furnishings in the White House and returned them only after it was brought to the public's attention. Another post-Senatorial election scandal was her book deal, where she received \$8 million for a book published by Simon and Schuster. It is true that the deal took place between the time when she was elected and when she assumed office, however, Simon and Schuster's parent company is Viacom, which has a vested interest in federal issues such as copyright and broadcasting legislation.

The book also describes the way that she re-invented herself as a candidate to appear more moderate. It sees her as driven by polls rather than ideology. Klein draws a parallel with President Richard Nixon's rise from the ashes after seemingly crushing defeats. Of course, he speculates that Mrs. Clinton wants to run for President in 2008, as did Richard Nixon in 1968, a view which he shares with the majority of political pundits.

If Ed Klein's purpose was to convert Hillary sympathizers over to the other side, then I'd have to call this book a failure. It doesn't contain the knockout punch that persuasive literature needs to win over the reader. In fact, the author's preoccupation with sex scandals may serve to energize folks in the Clinton camp. I'm no fan of Hillary Clinton, however, I wasn't thrilled about this book. If I had to describe it in three words, they'd be over-the-top.



## GOOD WINE CHEAP

(and good food to go with it)

By John Grover

Here we are in the midst of summer; and, what do we do with all those vegetables that are coming on in our gardens? (Or, what do you do with all those vegetables that show up in the office because of the inveterate gardener that inhabits the cubicle next to you?) The Boss has a recipe that should solve these pressing problems, at least for cucumbers. Her solution reminds me of the "new pickles" that can be found in old time delicatessens.

The wine this month is a 2004 Vinho Verde, a white wine from northern Portugal. The brand name is "Gazela," produced by Sogrape Vinhos. "Vinho Verde" translates as "Green Wine". This isn't its color, but rather its ripeness - it's picked before fully ripe and should be consumed young. This wine is light, dry and effervescent, with a citrus and slightly tart flavor. With only a 9% alcohol content, it's perfect for warm weather. Of course, when I mentioned this last fact to a couple of our more sybaritic friends, they said that just meant that you could drink more. It retails for around \$7 a bottle.

## MARINATED CUCUMBERS

### Ingredients:

- 6 to 8 cucumbers
- 1 cup vinegar
- 1 / 2 cup water
- 1 / 4 cup chopped parsley or dill
- 6 tablespoons sugar
- 1 teaspoon salt
- 1 / 4 teaspoon pepper

Peel and slice cucumbers very thin. Add remaining ingredients. Refrigerate for at least 2 hours before serving, although it gets even better overnight. We generally halve this recipe for just the two of us.



*I hope that you will contact me with your comments and favorite wines at [jgrover@berk.com](mailto:jgrover@berk.com). I will be happy to share them with the broader Mensa group.*

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