

# 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 NOVEMBER**

Thursday, November 3, 8:00 pm

**Concert: Pat Metheny Trio With Christian McBride & Antonio Sanchez & Quartet with David Sánchez**

Quick Center for the Arts, Fairfield University, 1073 North Benson Road, Fairfield, CT, (203) 254-4000 Enjoy this special concert in the intimate space of the Quick Center. For this tour, intertwining new music and old favorites, audiences will be treated to a round of powerful and explosive new performances, filled with deftly intuitive improvisational exchanges. Tickets: \$50, 45 We may also meet beforehand somewhere nearby for camaraderie and food/drink. Contact Bruce Granville at (cell#) 203-947-0897 or BGranville@usa.net

Tuesday, November 8, 6:15pm or 8:00 pm

**Concert: Biava Quartet with Jesse Levine**

Yale University, Morse Recital Hall in Sprague Memorial Hall, 470 College St., New Haven, CT, <http://www.facilities.yale.edu/Campus/IMapnew.asp> Chamber Music Society. Admission \$10 (students \$5) The Biava Quartet, winner of the 2003 Naumburg Chamber Music Award, is recognized as one of today's top young American quartets. Having established an enthusiastic following in the United States and abroad, the Quartet captured top prizes at the 2005 Premio Paolo Borciani and 2003 London International String Quartet Competitions, impressing audiences with its sensitive artistry and communicative powers. Recent graduates of the New England Conservatory of Music, the members of the Biava Quartet are Austin Hartman and Hyunsu Ko, violin; Mary Persin, viola; Jacob Braun, cello. This is a bonus concert, with Jesse Levine, viola. Performances are - Debussy: Quartet in G minor; Stacy Garrop: „Demons and Angels% (world premiere); Mozart: Viola Quintet in C minor, K. 406. We are also meeting beforehand at 6:15pm at Caffe Bottega, 910 Chapel St., New Haven, for cama-

*Admitted in CT, NY & OR*

**Sharon Oberst DeFala, Esq.**  
GENERAL PRACTICE OF LAW

<p>Law Offices <b>Gary Oberst</b> A Professional Corporation 111 East Avenue Norwalk, CT 06851</p>	<p>Office (203) 866-4646 Home (203) 852-9571 Fax (203) 852-1574 <a href="mailto:sharon@oberstlaw.com">sharon@oberstlaw.com</a></p>
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raderie and sustenance. To RSVP or for additional information or parking suggestions contact Bruce Granville at BGranville@usa.net or (cell#) 203-947-0897. (Look for the little yellow smiley-face man standing on our table to locate us.)

Friday, November 11, 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).

Thursday, November 17, 6:15pm or 8:00 pm

**Free New Music Concert: Dark Fluorescence, for electric guitar, classical guitar, and chamber orchestra**

With Benjamin Verdery and Andy Summers, former guitarist with The Police, Yale University, Morse Recital Hall in Sprague Memorial Hall, 470 College St., New Haven, CT, <http://www.facilities.yale.edu/Campus/IMapnew.asp> New Music New Haven. Admission is free. Martin Bresnick, director. Ingram Marshall, featured composer. We are also meeting beforehand at 6:15pm at Caffe Bottega, 910 Chapel St., New Haven, for camaraderie and sustenance. To RSVP or for additional information or parking suggestions contact Bruce Granville at BGranville@usa.net or (cell#) 203-947-0897. (Look for the little yellow smiley-face man standing on our table to locate us.)

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.

Saturday, November 19, 7:00.

### Monthly Dinner

Mensan Bob Lifting will speak on "Working in Community Theater." Bob has acted with Clan Na Gael, Fairfield; Shakespeare on the Green, Stamford; Curtain Call, Stamford; Westport Community Theater, and the Darien Players, and studied Shakespearean Acting at the American Globe Theater in New York City. He has also taught high school English in Westchester, Drama, Literature, and Writing at Fairfield University, and is a Writing Fellow at Quinnipiac University. 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 money or food to benefit the Connecticut Food Bank or the relief efforts for Katrina. 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, November 16 so we can assure that the restaurant can provide seating in the main area for everyone. Guests are welcome. 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.

Tuesday, November 29, 8:00 pm

### Mensa, Music & 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 (<http://www.marchuberman.com>). Marc is a local musician who crafts original instrumentals for the acoustic guitar. His technique is primarily finger-style,

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pastoral and evocative in its elements of such contemporary troubadours as Michael Hedges, with an artistic styling that runs through an amalgam of musical genres spanning jazz, blues, folk, new age, and others. There is a \$1 per person music charge added to any food/drink order. To RSVP or for additional information contact Bruce Granville at [BGranville@usa.net](mailto:BGranville@usa.net) or (cell#) 203-947-0897. (Look for the little yellow smiley-face man standing on our table to locate us.)

### TENTATIVE SCHEDULE OF EVENTS FOR DECEMBER

Saturday, December 3, 8:00 pm

### Theater Event: Bram Stoker's Dracula

performed by the Renaissance Theater Company Actor's Ensemble at Fellowship Hall, 45 Tabor Drive, Branford, CT ([actorsensemble.com](http://actorsensemble.com)). Tickets are \$15. Contact Jim Mizera at (203) 522-1959, [jmizera@hotmail.com](mailto:jmizera@hotmail.com), for info or reservations.

Friday, December 9, 7:00.

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

See above listing for details.

Saturday, December 17, 7:00.

### Monthly Dinner.

See above listing for details.

### 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).

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.

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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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## NOVEMBER

3, 10, 17 Thursdays 7:00 pm (No game on Thanksgiving)

**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).

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4 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 en-

trance onto Yale Avenue. George's II is in the Yale Plaza on the right.

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5 Saturday 5:00 & 6:00 pm

**Free Concert: Barbara Shaw's group Shoregrass** return to the Northeast Music Art and Dance Festival (NOMAD) festival in New Haven, CT for two sets, one at 5:00 with the Gospel Messengers to do a program of "Gospel in Black & White" and another set at 6:00 to do their own program "Songs of the Civil War Era." (And the Shaws will accompany Karen Kobela at 2:00 for a program of "Gospel & Ballads"). This is a nice music and dance festival that takes over Cross High School for a weekend of fun. More info at: <http://www.nomadfest.org>.

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18 Friday 6:00 - 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.

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25 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).

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30 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**

Friday December 16th  
The C&WM annual Holiday Party at the Solomon Welles House in Wethersfield is coming up Friday December 16th.

November 18-20, Fri. - Sun.  
**New England Pilgrimage 2005 • Boston Mensa**  
www.neprg.org  
Whatever Comes to Mind  
Sheraton Braintree Hotel  
37 Forbes Rd.  
Braintree, MA 02184  
Mensa Room Rate guaranteed until 11/7:  
Single \$84, Double \$84, Triple \$94, Quad \$106

Guest speakers, movies, games, and music. Karaoke, arts & crafts, a full kids track, plus Boston Mensa's signature hospitality: plentiful, food, beer, & wine. Two open- bar mixers, chocolate orgy, shrimp fest, Irish coffee, and more.  
REGISTRATION ^ Adults received by 11/5: \$55; after 11/5: \$65. Children under 6: free. Ages 6-20 are \$2 per year of age. T-Shirts \$14. No meal plan. Registration includes food available in Hospitality for Fri. dinner, Sat. lunch, and continental breakfast Sat. and Sun. Dinner Saturday is on your own. Full-size .pdf registration form online ^ or provide the following information for everyone you are registering. "Name for badge" can be your first name or a nickname, to appear in larger letters on your badge.

FULL NAME: \_\_\_\_\_  
NAME FOR BADGE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
CHAPTER: \_\_\_\_\_ ) \_\_\_\_\_  
AGE: \_\_\_\_\_ (IF under 21 yrs)  
AMOUNT YOU OWE: \_\_\_\_\_  
OTHERS: \_\_\_\_\_  
TOTAL: \_\_\_\_\_

The contact information you supply above will be used only for confirmation of registration or other information about New England Pilgrimage. Send check payable to "Boston Mensa" to:

New England Pilgrimage  
Paul Mailman  
17 Eskimo Way  
Billerica, MA 01862



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.

## BOOK REVIEW

by Rick D'Amico

### **The Tipping Point: How Little Things Can Make a Big Difference**

*Malcolm Gladwell*

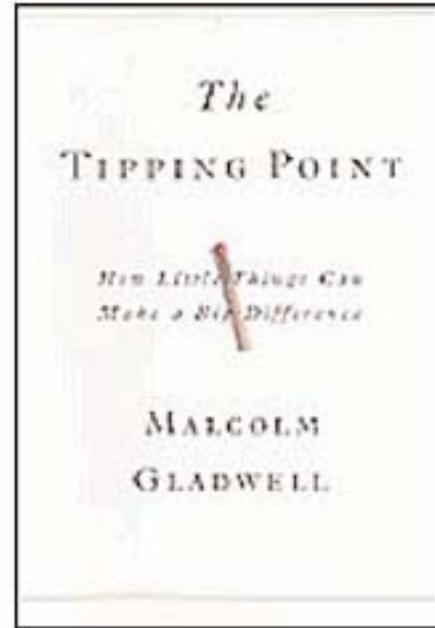
Malcolm Gladwell has been a staff writer with *The New Yorker* magazine, and in 2005 he was named one of *Time* Magazine's 100 Most Influential People. In addition to *The Tipping Point*, he is the author of another *New York Times* bestseller, *Blink: The Power of Thinking Without Thinking*.

After reading *Freakanomics* (by Steven Levitt and Stephen Dubner) last month, I thought it might be interesting to read how another maverick thinker explains how things happen. *The Tipping Point*, first published in 2000, fills this bill admirably.

Gladwell uses the analogy of epidemics to explain some social phenomena. His analyses of events supports the idea that concepts, like epidemics, spread in geometric progressions.

Gladwell cites an easily recognized example of something growing and reaching a tipping point—the proliferation of fax machines. Their numbers kept increasing until there came a point where so many people had fax machines that it made sense for almost everyone, or every business, to get one.

Like an epidemic, a trend usually begins with a few people. Once the concept is introduced, however, it must have a way to spread to the public at large. This is where what Gladwell calls mavens, connectors, and salesmen come into play. Perhaps Gladwell's most effective example of a connector is Paul Revere. Most people know of Revere's midnight ride to warn the American colonists that British troops were arriving on our shores. However, another man named William Dawes did essentially the same thing, and was virtually ignored. Hence, Paul Revere is generally given the credit for warning the colonists.



For a trend to persist, there must be a “stickiness factor.” This is often a subtle thing. In the case of a children’s television show, it can be something about a character’s persona that can make all the difference between whether the show becomes a hit or is just sampled by the target audience.

The next factor is context. One of Gladwell’s examples is how cleaning up graffiti on NYC subways led to a significant drop in crime. He reasons that removing a small crime (e.g., the defacing of public property) created an atmosphere that discouraged bigger crimes.

Obviously, Gladwell made a great effort in researching this book and his reasoning appears to be unimpeachable. I found the book immensely informative and an enjoyable read. Perhaps it could be said that this book reached the “tipping point” for my approval. Now, if only I can use the information in the book to find a way to start a trend of members attending our meetings—but I digress.

## GOOD WINE CHEAP (and good food to go with it)

By John Grover

This month we take on the challenge of finding a wine that matches well with ham. The strong taste of this smoked meat can be rather off putting with wine. But this month's wine has a strong character that stands up and combines well with our recipe.

Our choice is a red from the South of France, the 2003 Cotes-du-Rhone from Louis Bernard. This wine is a blend of Grenache and Syrah grapes. This combination produces a rich flavor of raspberry and black cherry with hints of pepper and perhaps chocolate. The intense fruit flavor makes it a good match for savory dishes such as stews or roast pork. This wine should retail for between \$8 and \$10 a bottle.

## HONEY BOURBON HAM STEAK

(adapted from (from Born to Grill by Cheryl Alters Jamison and Bill Jamison, Harvard Common Press, 1998)

Ingredients:

3 tbsp honey

2 tbsp. Bourbon whiskey

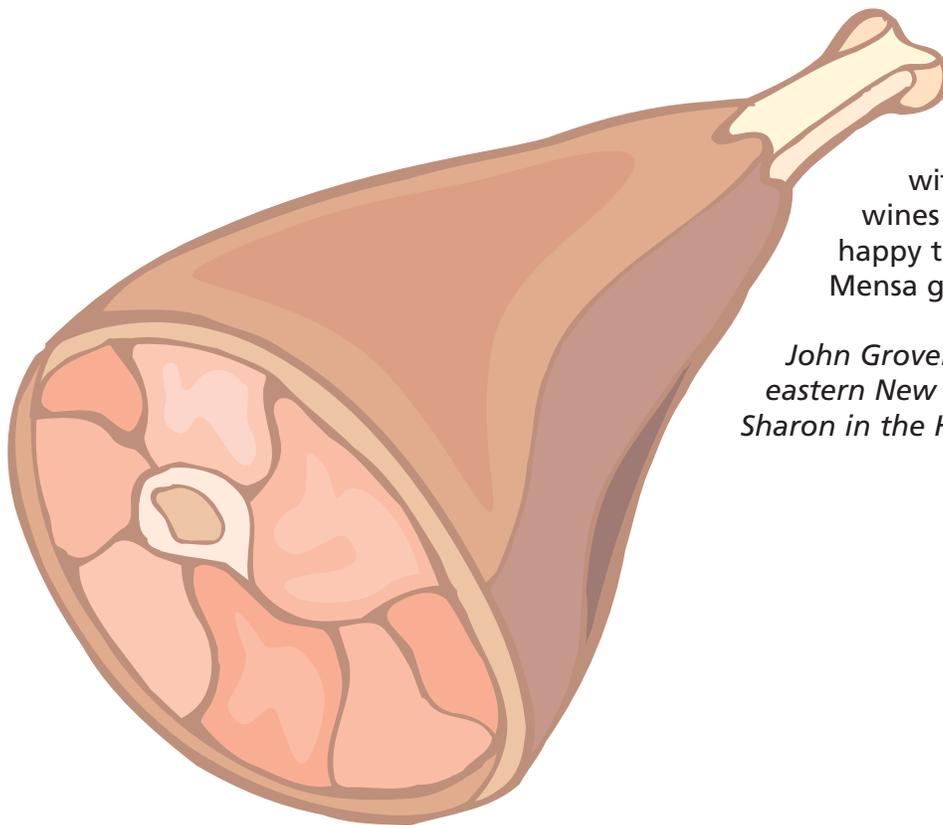
1 tbsp soy sauce

2 garlic cloves roasted and mashed

1/2 tsp. dry mustard

Two 1-lb fully cooked bone-in ham steaks 1/2 to 1 inch thick (Buy a good brand like Smithfield).

Combine the glaze ingredients in a food processor. Brush glaze on steaks and place on a pre-heated open grill over high heat for about 3 1/2 to 4 minutes; turn steaks once, apply more glaze and grill for 3 1/2 to 4 minutes more; apply more glaze about a minute before you are done; remove and serve hot; pour on any remaining glaze. Serves 4. The result is the best ham that I have tasted in memory.



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.

*John Grover is a member of Mensa of Northeastern New York. He lives with his wife Sharon in the Hudson Valley of New York.*

**FROM THE VICE CHAIR**

Marghretta McBean

The long hot days of summer are gradually giving way to shorter days and cool nights. My garden's bumper crop of basil (five! different kinds) is slowly diminishing and I doubt if any more tomatoes will make an appearance. The kale, beets and salsify, however, will have no problem with the frosty days ahead. And I'm planting hyacinth bulbs under tomorrow's full moon.

Moving away from my bucolic reveries, I can report that the recent AMC (American Mensa Committee - Mensa's board of directors) meeting held in Arlington Texas was a pleasant and productive affair. An all-day planning session yielded many worthwhile interesting goals. The motion to amend the Local Group Host Agreement by including the national office staff as Annual Gathering (AG) registration agents was defeated. One salient point did emerge from the spirited discussion: AGs are national events that are partially funded by American Mensa Ltd. While host groups provide the locale, volunteers, speakers, hospitality, etc. they do not operate independently. I was surprised to learn there is even a cap on the amount of money a group can expect to net, which is a reason some groups have refrained from bidding for an AG. Finally, the AMC decided to explore several issues that surfaced that directly impact not only local group-national office relations, but also the very nature of membership in the national organisation.

I have appointed Lawrence (Larry) Pool of Northern New Jersey Mensa and Ernest Adams of Connecticut & Western Massachusetts Mensa as Region 1's representatives to the Mensa Hall of Fame Committee, which will choose the 2006 nominees.

October is the month of National Testing Day; get a friend to take a Mensa test and make her/his IQ happy.

Happy 25th Birthday to New Hampshire Mensa! Best Wishes on its Silver Anniversary!

L'shanah tovah ('for a good year') - it's the Jewish Year 5766. May the new year bring peace to all.

Ramadan is the holiest month in the lunar Islamic calendar, beginning when the moon is at its apogee (maximum distance from Earth) from the earth. Devout Muslims fast during daylight hours, eating only at night. In 2005, the first day of fasting begins on 4 October and ends on November 2nd.

**BASBOUSA**

Basbousa is an Egyptian sweet dense cake saturated with syrup. It is served after the nightly Ramadan meal. Other versions of Basbousa include Nammurra (Lebanese) and Hareesa (Palestinian).

**Syrup:**

3 cups sugar  
1-1/2 cups water  
1 tsp. - 2\* Tbl. fresh lemon juice

**Cake**

1 cup sugar  
1 cup flaked coconut  
1 cup yogurt  
1 cup vegetable oil  
1 cup heavy cream  
1-1/4 cups semolina\*\*  
2 medium eggs  
2 teaspoons baking powder

Whole blanched almonds, pistachios, or pine nuts

1. Prepare syrup by putting the sugar and water in a heavy saucepan. Bring to a boil while stirring to dissolve the sugar. Let boil until it appears clear. Add lemon juice and let boil for a minute or so. Remove from saucepan and let cool completely.
2. Preheat the oven to 350° F. In a bowl beat all cake ingredients and stir until well mixed. Pour into a 9-inch square baking pan. Decorate the surface with nuts.
3. Bake until golden for about 30 minutes. Remove from oven and pour some syrup over the entire cake surface and return the pan to the oven for about 5 minutes to dry the surface.
4. Allow to cool, then cut the basbousa into squares like brownies. Serve with additional syrup.

\* I like tart so I use more.

\*\* Cream of wheat can be substituted for the semolina. Also, you can reduce the semolina by half and add ground almonds instead.

**PUZZLES & QUESTIONS**

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

1. When do Fahrenheit and Centigrade temperatures coincide?
2. List as many styles of jazz music as you can.
3. Construct an argument against the claim that history repeats itself.
4. When was the word "terrorist" coined?
5. Should grammar cater to the ear or to the eye?
6. Approximately what percentage of India's population consists of untouchables?
7. What has been your worst prediction for this year?
8. What is the world's largest island?
9. What percentage of Americans carry over a monthly balance on their credit cards?

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

1. What is the difference between a stalagmite and a stalactite?  
A: A stalactite is a calcium deposit hanging from the roof of a cave. A stalagmite is similar except it rises from the floor. You can remember the difference by associating the "c" in stalactite with the ceiling and the "g" in stalagmite with the ground.
5. What is the difference between reparations and restitution?  
A: These two words are usually used interchangeably. However, "reparations" is sometimes used to mean "compensation for damage," while "restitution" is used to mean "restoration of what was stolen."
6. True or false: In the 19th century, the U.S. Patent Office Commissioner recommended that the office be closed down, saying, "Everything that can be invented has been invented"?  
A: False. This statement is often attributed to Charles H. Duell, who was Patent Commissioner in 1899, but he never said anything like that. Patents increased during his tenure, as they had done nearly all century. An earlier head of the office, Henry Ellsworth, made a somewhat facetious remark to this effect in an 1843 report to Congress, but he never seriously expressed the opinion that inventions would cease.

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## OCTOBER DINNER

## THE OCTOBER DINNER

At our October dinner, Mensans heard a very timely report from Jerry Brooker about his three weeks in Alabama as part of a Red Cross team of caseworkers whose assignment was to assess the immediate financial needs of Katrina's victims.

The job was enormous. Most of the thousands coming through were from New Orleans, Gulfport, Biloxi, Mobile and Hattiesburg. Some were on their way to friends or relatives, or marking time before they could go back to see what remained of their homes and possessions. The task of caseworkers was to listen to the stories of victims. In many instances it was their first chance to tell about their gripping experiences (see the article that follows). Jerry recounted some of these tales. At the same time, workers had to be certain that eligibility requirements were satisfied: recipients had to have lived in the designated disaster zones and sustained damage to property, and dependents had to show proof of relationship to head of household. Sometimes, this task was creatively difficult, especially in the case of victims who fled in a hurry. Prescription bottles and received letters often satisfied!

Some of the first wave coming through needed health-care assistance, especially for prescriptions re-fills and/or observations. Local drugstores in Tuscaloosa were extraordinary in their help and generosity.

Jerry also described how anyone willing could take immediate emergency training with the Red Cross to volunteer, how the safety of volunteers is a prime concern of the RC, and how the RC pays for volunteers' air/accommodations/meals/incidentals. The RC is in this for the long haul, and 40,000 additional volunteers are needed.

Here is Jerry's first-hand account of relief efforts:

Tuscaloosa, Alabama  
September 13, 2005

"The wind sounded like a huge jet was flying a few feet over our roof. And then the trees began to fall."

This is how one Mississippi grandmother caught in Katrina's wrath remembered the night when she and her two grandchildren huddled behind mattresses in the bathroom, the safest place because there were no windows in the room.

They stayed safe. At least physically. After spending most of the night listening to falling trees tattooing neighbor's cars and roofs, Valerie and the girls fell asleep. And when they woke again to the coming of the morning light, their world was not, and would never be, the same again.

I am a Red Cross volunteer from the Danbury, Connecticut, chapter. The organization provided my training several years ago, so when Katrina struck, I was ready to go. I called the local chapter to inquire if I was needed. "Can you be on a plane tomorrow?" was the response.

I flew into Montgomery, Alabama, where the Red Cross has a huge staging center. The next day I was on my way, with nine other volunteers, to Tuscaloosa. I call us "The Team of Ten."

Ed Welch, a retired Army colonel, is "The Old Man," a term of respect and affection for some officers. Quentin, a young Air Force enlisted man assigned to the Pentagon, is taking his vacation time to be here. Paula is one of the sweetest people I've ever known. Gwynne, from Nebraska, is our team captain. The list goes on.

Marcia McIntosh, who directs the West Alabama Chapter of the Red Cross, greeted us. She fed and briefed us, and asked us to get a good sleep before starting the work in the morning. Among the many exceptional people I am meeting, she shines.

One of us has been assigned to do shelter work, and three others to do outreach work. They have already found an extended family of twenty-three from New Orleans. The rest of us are doing casework.

Casework in a disaster of this magnitude includes assessing victims' needs for food, clothing and shelter, as well as referring them, where needed, for medical assistance to volunteer Red Cross nurses.

We have been assigned to Skyland Boulevard

Baptist Church where the Red Cross has set up an emergency center to handle the thousands of Katrina's victims who have headed north to wait it out before returning home, or to start a fresh life. Jean Cruse, an extraordinary and experienced Red Cross volunteer who lives in Tuscaloosa, manages the center. By the time we got there, she and the parishioners of the church had everything up and running.

Our group handles evacuees from Louisiana, Mississippi, and seven counties in Alabama, including Greene, the poorest in the United States. We refer to each evacuee as a client. Ironically, my first client is a young woman whose name is Katrina. I ask her how people are reacting to her name.

"Are you sure you want to go there?" she says. We have a few laughs. It is good to laugh here.

After a few days, we are getting the hang of the paperwork and spending more time talking with the people coming through. Their stories are compelling.

There is Winny, a sixty-three year old grandmother who lived two blocks from one of the levees in New Orleans. She got out a few hours before it burst.

And Harold who was not so lucky. He watched his wife slip away from him as New Orleans flooded. We got him food, fresh clothes, and shelter before placing her name on the national hot line of Katrina's missing persons.

The diabetic couple we have to convince about the need to buy healthy food with the assistance they received from the Red Cross has been eating crackers for three days, afraid to spend the money.

One man came face-to-face with an alligator as he swam in the flood. "I was lucky it wasn't hungry," he tells me.

There is the woman from Heidelberg, Mississippi, and her child who clung to a tree to prevent from being blown away. All she remembers was screaming to her daughter "Get out of here!" as a tree fell on her mobile home. She doesn't have any time for niceties with me. "My daughter is

retarded," she tells me. As I fumble for the correct term to put on the forms, she says, "Just put down retarded."

Lucille is 84 years old. A woman of great dignity, she was rescued in New Orleans on the second day of the flooding. Each time she begins to tell me about the horrors she witnessed - dead bodies of people and animals floating by - she cries and releases the floodgates of sorrow we all know.

Most describe the sound of the wind as a jet plane or a loud train. Trees "popped" as they were ripped out of the ground, and telephone polls, as a man from Louisiana explained, "bowed to the ground."

One amazing lady told me that in the middle of the fury she began to be curious about what was going on outside. When she opened the front door, the windowpanes on the first floor blew out!

A 24-year old woman with four children came to us this morning after wandering about for over a week. She seems dazed and in need of medical help, which we get for her right away.

Downed structures and trees also made millions of bees and insects homeless. I am noticing that many people who come to us have bite marks on their faces and arms.

Ramon and Elizabeth bring sunshine into our lives. While struggling to get through the flooded streets of New Orleans, they heard the tiny sound of a dog barking. Ramon wanted to put him on high ground, but "Poncho" placed both front paws around his neck and never let go! We got Poncho to a vet today for a check-up and shots. He's one of the lucky ones. Actually, Ramon and Elizabeth say they are the lucky ones.

I am touched by the blank stares on the faces of many of the young children. One child takes the hand of our crisis counselor and walks her around every part of the center, opening doors. I ask her what she is looking for. "The boogie man," she says.

My heart shall forever be captive to the black grandmothers of the south who come through

our doors. They are fiercely loyal to their families, and outrageously loving of their grandchildren. They are my new heroes.

The "thank you's" we receive are endless. Hugs and kind words are commonplace. One man left us a note today. It reads, in part: "You have shown us light in a dark time."

And I will never forget the woman who, after her daughter nudged her that her name had been called, jumped out of her seat and ran to me as if I were an old friend. She hugged me, and hugged me some more as she tried to tell me that she was deaf. We cried. In front of everyone. It didn't matter. She knew I was from the Red Cross. And that I really was her friend.

**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)

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## NOTED AND QUOTED

If we were brought to trial for the crimes we have committed against ourselves, few would escape the gallows. - Paul Eldridge

We must learn our limits. We are all something, but none of us are everything.  
- Blaise Pascal, (1623 - 1662)

It is far easier to stifle a first desire than to satisfy all the ensuing ones. - Baron Duc de La Rochefoucauld, (1613 - 1680), French aphorist

Fear not those who argue but those who dodge.  
- Marie von Ebner-Eschenbach, (1830 - 1916), Austrian novelist

Consciously or unconsciously we all strive to make the kind of a world we like.  
- Oliver Wendell Holmes, Jr., (1841 - 1935), U.S. Supreme Court justice 1902-1932

Life is rather like a tin of sardines - we're all of us looking for the key.  
- Alan Bennett, (1934 - ), English author, actor

There is nothing in a caterpillar that tells you it's going to be a butterfly  
- Buckminster Fuller, (1895 - 1983)

We read the world wrong and say that it deceives us. - Rabindranath Tagore, (1861 - 1941), Hindu poet, *Stray Birds*

Anybody who gets away with something will come back to get away with a little bit more.  
- Harold Schonberg (1915-2003), music critic

Don't say, 'If I could, I would.' Say, 'If I can, I will.'  
- Jim Rohn, motivational speaker

I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars.  
- Og Mandino, (1923 - 1996), motivational speaker

You will never be the person you can be if pressure, tension, and discipline are taken out of your life. - James G. Bilkey

Man is the only kind of varmint who sets his own trap, baits it, then steps on it.  
- John Steinbeck, (1902 - 1968)

One may go a long way after one is tired.  
- French Proverb

It is difficult to see the picture when you are inside the frame. - R.S. Trapp

Why did I write? Because I found life unsatisfactory. - Tennessee Williams, (1911 - 1983)

No one can go on being a rebel too long without turning into an autocrat.  
- Lawrence Durrell, (1912 - 1990), British novelist and poet

Reading is like permitting a man to talk a long time, and refusing you the right to answer.  
- Edgar Watson Howe, (1854 - 1937), American journalist

A daydream is an evasion.  
- Thomas Merton (1915 - 1968), U.S. Trappist monk

You can outdistance that which is running after you, but not what is running inside you.  
- Rwandan Proverb

It is not enough to do your best; you must know what to do, and then do your best.  
- W. Edwards Deming, (1900 - 1993), U.S. statistician,

Every difficulty slurred over will be a ghost to disturb your repose later on.  
- Frederic Chopin, (1810 - 1849)

A critic is a gong at a railroad crossing clanging loudly and vainly as the train goes by.  
- Christopher Morley, (1890 - 1957), U.S. journalist, novelist, poet

There are so many things that we wish we had done yesterday, so few that we feel like doing today.  
- Mignon McLaughlin, (1913 - 1983), U.S. author, journalist

## RUMINATIONS

### How to Live on 24 Hours a Day

by Arnold Bennett, (1867 - 1931)

#### Chapter I • THE DAILY MIRACLE

"Yes, he's one of those men that don't know how to manage. Good situation. Regular income. Quite enough for luxuries as well as needs. Not really extravagant. And yet the fellow's always in difficulties. Somehow he gets nothing out of his money. Excellent flat--half empty! Always looks as if he'd had the brokers in. New suit--old hat! Magnificent necktie--baggy trousers! Asks you to dinner: cut glass--bad mutton, or Turkish coffee--cracked cup! He can't understand it. Explanation simply is that he fritters his income away. Wish I had the half of it! I'd show him--"

So we have most of us criticised, at one time or another, in our superior way.

We are nearly all chancellors of the exchequer: it is the pride of the moment. Newspapers are full of articles explaining how to live on such-and-such a sum, and these articles provoke a correspondence whose violence proves the interest they excite. Recently, in a daily organ, a battle raged round the question whether a woman can exist nicely in the country on £85 a year. I have seen an essay, "How to live on eight shillings a week." But I have never seen an essay, "How to live on twenty-four hours a day." Yet it has been said that time is money. That proverb understates the case. Time is a great deal more than money. If you have time you can obtain money--usually. But though you have the wealth of a cloak-room attendant at the Carlton Hotel, you cannot buy yourself a minute more time than I have, or the cat by the fire has.

Philosophers have explained space. They have not explained time. It is the inexplicable raw material of everything. With it, all is possible; without it, nothing. The supply of time is truly a daily miracle, an affair genuinely astonishing when one examines it. You wake up in the morning, and lo! your purse is magically filled with twenty-four hours of the unmanufactured tissue of the universe of your life! It is yours. It is the most precious of possessions. A highly singular commodity, showered upon you in a manner as singular as the commodity itself!

For remark! No one can take it from you. It is unstealable. And no one receives either more or less than you receive.

Talk about an ideal democracy! In the realm of time there is no aristocracy of wealth, and no aristocracy of intellect. Genius is never rewarded by even an extra hour a day. And there is no punishment. Waste your infinitely precious commodity as much as you will, and the supply will never be withheld from you. No mysterious power will say:--"This man is a fool, if not a knave. He does not deserve time; he shall be cut off at the meter." It is more certain than consols, and payment of income is not affected by Sundays. Moreover, you cannot draw on the future. Impossible to get into debt! You can only waste the passing moment. You cannot waste to-morrow; it is kept for you. You cannot waste the next hour; it is kept for you.

I said the affair was a miracle. Is it not?

You have to live on this twenty-four hours of daily time. Out of it you have to spin health, pleasure, money, content, respect, and the evolution of your immortal soul. Its right use, its most effective use, is a matter of the highest urgency and of the most thrilling actuality. All depends on that. Your happiness--the elusive prize that you are all clutching for, my friends!--depends on that. Strange that the newspapers, so enterprising and up-to-date as they are, are not full of "How to live on a given income of time," instead of "How to live on a given income of money!" Money is far commoner than time. When one reflects, one perceives that money is just about the commonest thing there is. It encumbers the earth in gross heaps.

If one can't contrive to live on a certain income of money, one earns a little more--or steals it, or advertises for it. One doesn't necessarily muddle one's life because one can't quite manage on a thousand pounds a year; one braces the muscles and makes it guineas, and balances the budget. But if one cannot arrange that an income of twenty-four hours a day shall exactly cover all proper items of expenditure, one does muddle one's life definitely. The supply of time, though gloriously regular, is cruelly restricted.

Which of us lives on twenty-four hours a day? And when I say "lives," I do not mean exists, nor "muddles through." Which of us is free from that uneasy feeling that the "great spending departments" of his daily life are not managed as they ought to be? Which of us is quite sure that his fine suit is not surmounted by a shameful hat, or that in attending to the crockery he has forgotten the quality of the food? Which of us is not saying to himself-- which of us has not been saying to himself all his life: "I shall alter that when I have a little more time"?

We never shall have any more time. We have, and we have always had, all the time there is. It is the realisation of this profound and neglected truth (which, by the way, I have not discovered) that has led me to the minute practical examination of daily time- expenditure.



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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)

**POETRY CORNER****My November Guest**

Robert Frost, (1874 - 1963)

MY Sorrow, when she's here with me,  
 Thinks these dark days of autumn rain  
 Are beautiful as days can be;  
 She loves the bare, the withered tree;  
 She walks the sodden pasture lane.

Her pleasure will not let me stay.  
 She talks and I am fain to list:  
 She's glad the birds are gone away,  
 She's glad her simple worsted grey  
 Is silver now with clinging mist.

The desolate, deserted trees,  
 The faded earth, the heavy sky,  
 The beauties she so truly sees,  
 She thinks I have no eye for these,  
 And vexes me for reason why.

Not yesterday I learned to know  
 The love of bare November days  
 Before the coming of the snow,  
 But it were vain to tell her so,

**Burning Leaves, November**

Christopher Morley, (1890 - 1957)

THESE are the folios of April,  
 All the library of spring,  
 Missals gilt and rubricated  
 With the frost's illumining.

Ruthless, we destroy these treasures,  
 Set the torch with hand profane--  
 Gone, like Alexandrian vellums,  
 Like the books of burnt Louvain!

Yet these classics are immortal:  
 O collectors, have no fear,  
 For the publisher will issue  
 New editions every year.  
 Will learn with terror to despise  
 All tumult, movement, and unrest;

For he who follows every shade,  
 Carries the memory in his breast,  
 Of each unhappy journey made.

**November Song**

Johann Wolfgang von Goethe, (1749-1832)

TO the great archer - not to him

To meet whom flies the sun,  
 And who is wont his features dim

With clouds to overrun--

But to the boy be vow'd these rhymes,

Who 'mongst the roses plays,  
 Who hear us, and at proper times

To pierce fair hearts essays.

Through him the gloomy winter night,

Of yore so cold and drear,  
 Brings many a loved friend to our sight,

And many a woman dear.

Henceforward shall his image fair

Stand in yon starry skies,  
 And, ever mild and gracious there,

Alternate set and rise.

**The Death of Autumn**

Edna St. Vincent Millay, (1892 - 1950)

WHEN reeds are dead and straw to thatch the marshes,  
 And feathered pampas-grass rides into the wind  
 Like Agèd warriors westward, tragic, thinned  
 Of half their tribe; an over the flattened rushes,  
 Stripped of its secret, open, stark and bleak,  
 Blackens afar the half-forgotten creek,--  
 Then leans on me the weight of the year, and crushes  
 My heart. I know that beauty must ail and die,  
 And will be born again, --but ah, to see  
 Beauty stiffened, staring up at the sky!  
 Oh, Autumn! Autumn! -What is the Spring to me?

**CHAPTER NOTES**

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