

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. The dinner is held the third Saturday of the month.

MEMBERSHIP RENEWAL: If you have an annual Mensa membership, your membership will be expiring at the end of April. You should have received a renewal notice in the mail in January. You can return that form or visit www.us.mensa.org to renew.

ARCHIVED COPIES OF THE CHRONICLE

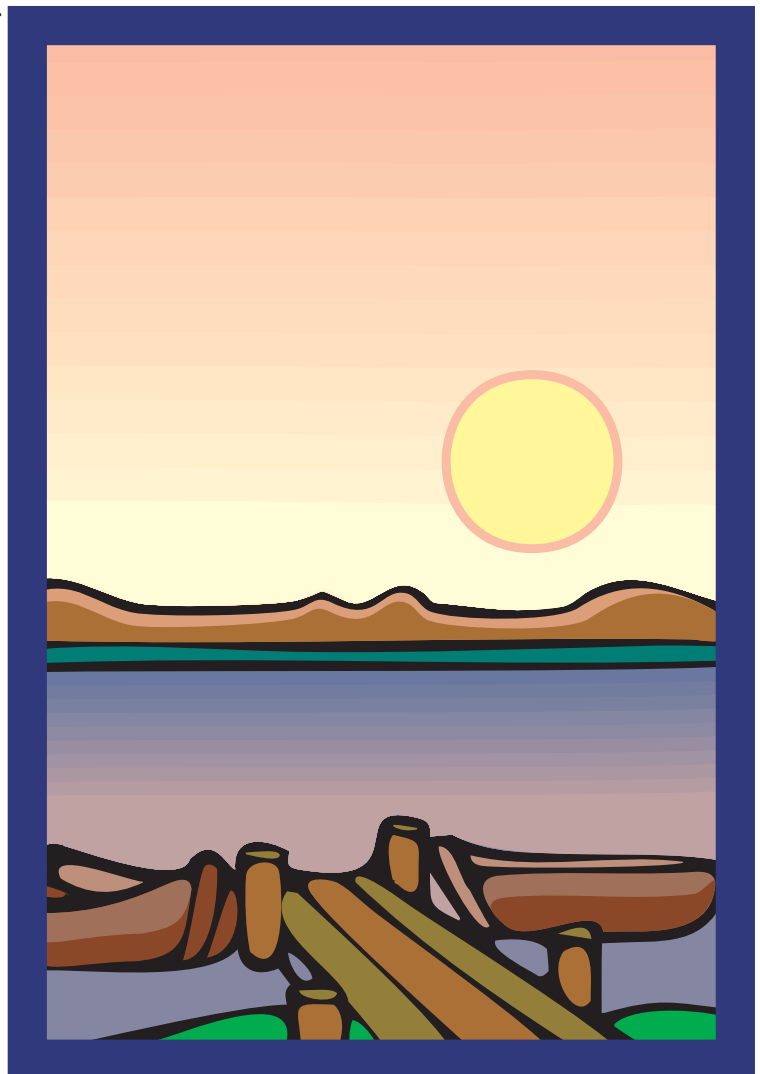


going back to 2000 are available on the Internet at <http://www.doctechanical.com/scm>. You can download the latest e-mail version of the Chronicle there, as well as previous issues. All issues are in read-only Adobe Acrobat format so there is no chance of viruses accompanying the files.

TABLE OF CONTENTS

- 2 Schedule of Southern Connecticut
Mensa Events
- Schedule of Connecticut and
Western Mass Mensa Events
- Happy Hours & Get Together's
- 5 Regional Gatherings
- 6 From The Vice Chairman
- 7 Puzzles & Answers
- 8 Kick Irrational Comics
- 9 Noted and Quoted
- 10 March Dinner
- 12 Ruminations
- 15 Poetry Corner
- 16 Book Review
- 17 Chapter Notes
- Member Advertisements
- Change of Address Form
- 18 List of Officers

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



SCHEDULE OF CHAPTER EVENTS FOR APRIL

Friday, April 21, 7:00.

Rescheduled because of holiday
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, or Rev. Bill Loring at (203) 794-1389, frbill@mags.net.



Saturday, April 22, 6:30
Rescheduled because of holiday
Monthly Dinner

Southern CT Mensan Scott Sylvestri will speak on "Glutathione - A Key to Health and Longevity." Make your reservations early for this important talk. We look forward to an intriguing presentation, so make your reservations early. 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. Dress is casual. Contact Jim Mizera, jmizera@hotmail.com, 203-522-1959, for informa-

Admitted in CT, NY & OR

Sharon Oberst DeFala, Esq.
 GENERAL PRACTICE OF LAW

Law Offices
Gary Oberst
A Professional Corporation
 111 East Avenue
 Norwalk, CT 06851

Office (203) 866-4646
 Home (203) 852-9571
 Fax (203) 852-1574
 sharon@oberstlaw.com

tion and preservations. Please try to MAKE RESERVATIONS by FRIDAY, April 21 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.

Saturday, April 29, 8:00

Theater Event

"A Man for All Seasons" performed by the Town Players of New Canaan (www.tpnc.org) at the Powerhouse Performing Arts Center, Waveny Park, 681 South Avenue, New Canaan, CT, 06840. Tickets are \$12. For info or reservations, please call Jim Mizera at (203) 522-1959 or e-mail Jmizera@hotmail.com. Tickets are \$20. Contact Jim Mizera at (203) 522-1959, jmizera@hotmail.com, for info or reservations.

Financing Properties
Throughout Connecticut!

★100% Financing ★ No Income Verification
 ★ Multi-Units ★ Investment ★ Jumbos
 ★ Programs to Fit All Credit Types

Where every client is treated
like our BEST client!

Mention Mensa Membership
 and receive a FREE appraisal*

Eric Strom - Senior Partner
 848 High Ridge Road * Stamford, CT 06905
 (203) 461-6300 * 866-551-BEST * (203) 461-7711 Fax
 www.BestLendingGroup.com

*Up to \$350 credited at closing

Mensa-Member Owned

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

TENTATIVE SCHEDULE OF EVENTS FOR MAY

Friday, May 12, 7:00.

Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner

See above listing for details.

Friday, May 20, 6:30.

Monthly Dinner

Neuropsychologist Dr. Jonathan Michaelis, Clinical Director for Attention Modification Systems (Newtown and Newington), will speak on "Attention Deficit Disorders and Neurotherapy." Stony Hill Inn, Bethel, CT.

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.

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. 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 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 for our calendar updates.

APRIL

6, 27 Thursdays 7:00 pm

Scrabble

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

7 Friday 5:30 pm

Happy Hour

in Wallingford (ME, 1st Fridays) Ann Polanski (contact her at 203-269-4565 or 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.

8 Saturday 5:30 pm

New Years Eve Party in Cromwell

Re-re-scheduled to Saturday May 6. See Looking Ahead.

21 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, Subject: Diner Dinner

ARCHIVED COPIES OF THE CHRONICLE going back to 2000 are available on the Internet AT www.doctechical.com/scm. 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.

22 Saturday 2:00 - 6:00 pm

EarthDay Pot Luck at Moodus Lake,

East Haddam (ME) April is a "swing month" in CT. The temperature can be in the 80's, or there can be snow on the ground. In any event, the 22nd is Earth Day and deserves some sort of recognition. If we have a warm, early spring, I will have the boat in the water. If not, we will engage in some terrestrial activities. Surly we will be able to play shuffleboard. I will have a trophy for the best 2-person team. (But you don't need to come as a "team." We will pick them here.) We'll chow down around 4:00. Make your reservation early, no later than Sunday April 16, seating limited to 12. Rain date next day. Call or e-mail for directions and to coordinate contributions doc@auxjohn.com, or John C. Gibson @ 860- 873-1794.

23 Sunday 1:30 pm

Mensa Goes to a Ballgame

Join Tom Thomas and a cast of up to a dozen for a minor league baseball game in New Britain. The Rock Cats host the Reading Phillies in New Britain Stadium. Buy a general admission ticket, go to the third base side, climb up to close to the top of Section 213, listen for the laughs. Details at tom.thomas@the-spa.com and www.rockcats.com

26 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.

28 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. Con-

tact Gail Trowbridge (203) 877-4472 or Gail.Trowbridge@att.net.

29 Saturday 9:00 am

Ham Radio Class

A How-To class for licensed ham radio operators is being offered by the Conn. Section of the American Radio Relay League (www.arrl.org). The single session 4 hour class will be from 9 am -1 pm on 29 April at the Meriden Amateur Radio Club www.meridenarc.org and will be presented by Conn. Section Technical Coordinator (& Mensan) Joe Wonoski - N1KHB and Technical Specialist Mike Loukides - W1JQ.

Planned topics include antenna construction and adjustment, along with antenna tuners and analyzers. We will also cover choosing and working with plastic and metal materials for construction of electronics projects along with adhesives, sealants, and fastener selection. There will also be instruction in soldering and an example of basic circuit calculations resulting in a small project to take home.

The class is free and open to licensed amateur radio operators. Seating space is limited, so please reserve by contacting Joe Wonoski at N1KHB@aol.com or call H. 203-457-9770 or B. 203-785-2998.

LOOKING AHEAD

May 6 Saturday 6:30 pm

New Year's Eve Postponed Once Again Due To Impending Blizzard

We got a little snowed out for our regular Chapter New Year's Eve Party, and the Farmer's Almanac is predicting a blizzard of epic proportions for April 7th. (And coincidentally the hostess is really jammed for time - coincidentally). So it's best to not take chances - lightning can strike twice.

The usual format: arrive anytime after 5:30 pm. Wear your fanciest outfit and bring your fanciest dish to share, BYOB & \$2 for the champagne kitty. At 7:00 (Greenwich Mean Time for midnight) we play Auld Lang Syne, hug everyone in sight, yell Happy New Year, and proceed to the overloaded dining room table. By 9:00, everyone goes home. The perfect party!

RSVP (required) to Barb Holstein at BarbCPA@att.net or 860-632-7873.

Directions: I-91 N or S to Exit 22 onto Rte 9 South. First exit off 9 = West St, Cromwell. Right at end of exit ramp, first right on Rte 3 N, first right on Evergreen Rd, and second right onto Old Colony Lane. #2 is the very first house on the right - look for the pink door & the gargoyles.

May 7 Sunday 2:00 pm

Book Discussion: Island & Brave New World by Aldous Huxley. Two short books on the themes of eutopian/dystopian social engineering. <http://www.huxley.net/hotlinks.htm>
Our hostess will be Pam Guinan in Wethersfield. For RSVPs and directions, call 860-563-5761 or email Pamela.Guinan@po.state.ct.us (email is available during business hours only). BYOB and a small munchie to share.

REGIONAL GATHERINGS

COLLOQUIUM 2006 - "Revolution in Cosmology", OCT. 6 - 8, 2006

ALBANY, NY. Presented by Mensa and the Mensa Education and Research Foundation. Hosted by Mensa of NORTHEASTERN NEW YORK.

Einstein unified space, time and matter 100 years ago; recent events have revealed the existence of a mysterious new kind of matter and energy. This existence was unforeseen by even Einstein, and it demands a new vision of unification. This new matter/energy has now been confirmed by many of the world's top scientists in astronomy, astrophysics and cosmology. It encompasses 96 percent of the known universe. It is quite likely that the resolution of this conundrum will impact the world as we know it forever.

We are inviting speakers from an elite group of world renowned scientists. These guests are not simply familiar with the current state of knowledge; they created it! Topics will include: Dark matter, Dark energy, String theory, Quantum loop gravity, The accelerated expansion of the universe, and more....

REGISTRATION:

Register online at www.colloquium.us.mensa.org. Space is limited! "Revolution in Cosmology" will take place at the Albany Marriott in Albany, N.Y. To make your reservations, call 800/443-8952 and mention Mensa to get our group rate of \$109 per person for single or double rooms. If making reservations online, enter the code "amsamsa" to get the group rate.

The hotel provides free transportation to and from Albany International Airport; for pick up, use the courtesy phone kiosk in the luggage claim area. Hotel parking is free.

Albany Marriott
189 Wolf Road
Albany, N.Y. 12205
Phone: 518/458-8444
Fax: 518/458-7365
<http://marriott.com/property/property/page/ALBANY>

Adult member registration rates:

\$170 until April 30, 2006

\$220 until Aug. 31, 2006

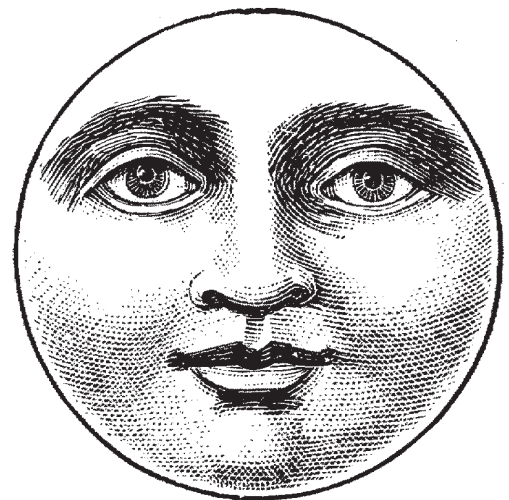
\$270 after Sept. 1, 2006

Non-Mensa registration rates: add \$50

Student registration rate: \$220

Your registration includes lunch on Saturday and dinner on Friday and Saturday.

All Colloquium 2006 reservations must be made by the cut-off date of Sept. 15, 2006. Reservation requests received after this cut-off date will be subject to availability and rate review. All reservations must be accompanied by a first night's room deposit or guaranteed by a major credit card.



FROM THE VICE CHAIR

Marghretta McBean

February in New York City got off to its usual start: the Westminster Dog Show and Fashion Week. The winner of the former, a bull terrier named Rufus, had tons more aplomb than the zombie-like teenage waifs wobbling down the runways. Rufus is living proof that traditional ideas of attractiveness can be ignored when one possesses self-confidence and good attitude. Beauty really does come from within!

How can a 45-minute flight take 8 hours? When you're flying to Manchester New Hampshire in near hurricane strength winds. En route to New Hampshire Mensa's Granite Gathering 2006 "Return to Middle Earth" RG in Nashua, my plane made two landing attempts (add 1.75 hours), ran out of fuel, flew to and refueled at Logan Airport (add 1.25 hours), made three more landing attempts (add 2 hours) and finally flew back to Logan where we were eventually put on vans (add 1 hour) and driven (during rush hour traffic: add 2 hours) back to Manchester. Throw in another hour to get from Nashua to Manchester because the hotel shuttle folks were overwhelmed: power failures sent area residents to the hotel, the telephone lines were down, etc. etc.

The hospitality crew outdid themselves. Home-made soups, bread, and cookies; wonderful cheeses paired with excellent wines; games, games and more games; great speakers (the Global Warming lecture given by a meteorologist was especially fascinating); music offerings from professional level members - tons of talent! Over forty dedicated volunteers made this another stellar Region 1 event. Kudos to all!

Northern New Jersey Mensa reprised their now famous "Mid-Winter Blahs" one-day RG. The featured morning speaker, Joseph D'Angeli, is a licensed chiroptologist: a bat specialist. Joe gave a fascinating presentation on our flying mammalian friends and brought along Jonathan, a very amiable fruit bat. What motivates someone to spend seven weeks bicycling across the United States? Kevin Gately of NNJM gave attendees his answer in a great travelogue. In addition the traditional game room, Carnelli, and a raffle of gift baskets full of chocolate goodies completed the

day's festivities. A big tip o' the hat to the Blahs Committee for their dedication, inventiveness and esprit de corps!

Where I grew up, no Italian Easter dinner table was complete without a dish of Malfatti (spinach dumplings). Italian Jews make a Passover version substituting matzo for the breadcrumbs and flour. Happy Easter and ein zeisen Pesach to all!

MALFATTI

2 cups ricotta cheese
 2 cups cooked spinach (or 1 lb. frozen chopped spinach, thawed and squeezed dry)
 1/2 cup grated Parmesan cheese plus more for layering
 1/4 teaspoon cinnamon
 3 Tbl. flour
 4 Tbl. bread crumbs
 Salt and freshly ground pepper to taste
 Butter

1. Mix all ingredients except butter together thoroughly.
2. Sprinkle a little flour on waxed paper and, with floured hands, form little dough ovals about 2" long x 1.5" wide x .5" thick, using about 1 tablespoon of mixture for each malfatto.
3. Bring a gallon of salted water to a hard boil, then lower heat. Ease malfatti into the water one at a time. When they float to the surface, they are cooked. Remove with slotted spoon and place on warm serving platter.
4. When a layer covers the bottom, dot it with butter and additional grated Parmesan. Keep warm. Repeat layers until all malfatti are cooked, adding butter and Parmesan to each layer.

To see this and past articles visit
<http://region1.us.mensa.org/cooking.shtml>

PUZZLES & QUESTIONS

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

1. What folk songs should kids learn at summer camp?
2. What portion of taxpayers get refunds? What is the average size of a tax refund?
3. How often is your intuition wrong?
4. What is the most popular domestic airline flight in the U.S.?
5. What percentage of income should one give to charity?
6. How many nuclear power plants are there in the world?
7. Name 5 to 10 historic sites in your town.
8. What percentage of couples have a baby within 3 years of marriage?
9. What do you think was the fiercest civil war in history?
10. What is the difference between jealousy and envy?
11. Which occupations have the workers who are the most organized in their work habits?
12. Which domestic automotive dealers sell the most cars per dealership?

ANSWERS TO LAST MONTH'S PUZZLES:

2. What is the difference between undertones and overtones?
A: The two words have similar meanings but different connotations. An overtone is a subtle hint, quality, or meaning; a nuance. An undertone is an underlying quality, emotion, or atmosphere. However "overtone" has positive associations while "undertone" has negative ones.

4. What is the size of the labor force in Fairfield County? In New Haven County?

A: According to the 2004 U.S. Department of Labor, Bureau of Labor Statistics report, Fairfield County's labor force is slightly over 206,000 people, New Haven County's labor force is over 205,000 people, and Connecticut's labor force is almost 2,100,000 people. The respective unemployment rates that year were: Fairfield County, 4.8%; New Haven County, 5.9%, and Connecticut, 5.2%.

6. Who are the United States' largest trading partners?

A: The U.S.'s largest trading partner is Canada, followed by Mexico and Japan, Germany, China, the United Kingdom, South Korea, Taiwan, France, and Singapore.

8. What is the median retirement age in the US?

A: The median retirement age for both men and women is between 61 years of age and 62. In 1950 - 1955, it was about 67 years of age for both men and women.

10. What is the only U.S. state with no straight lines in its border?

A: Hawaii.

12. Who is the world's best selling author?

A: The late Barbara Cartland is usually credited as being the world's best selling author. She wrote 723 books and had sales of about one billion copies in 36 languages.

14. Name the world's largest landlocked country.

A: A landlocked country is a country without a coastline. There are 43 landlocked countries in the world - 15 in Africa, 14 in Europe, 12 in Asia, and two in South America.

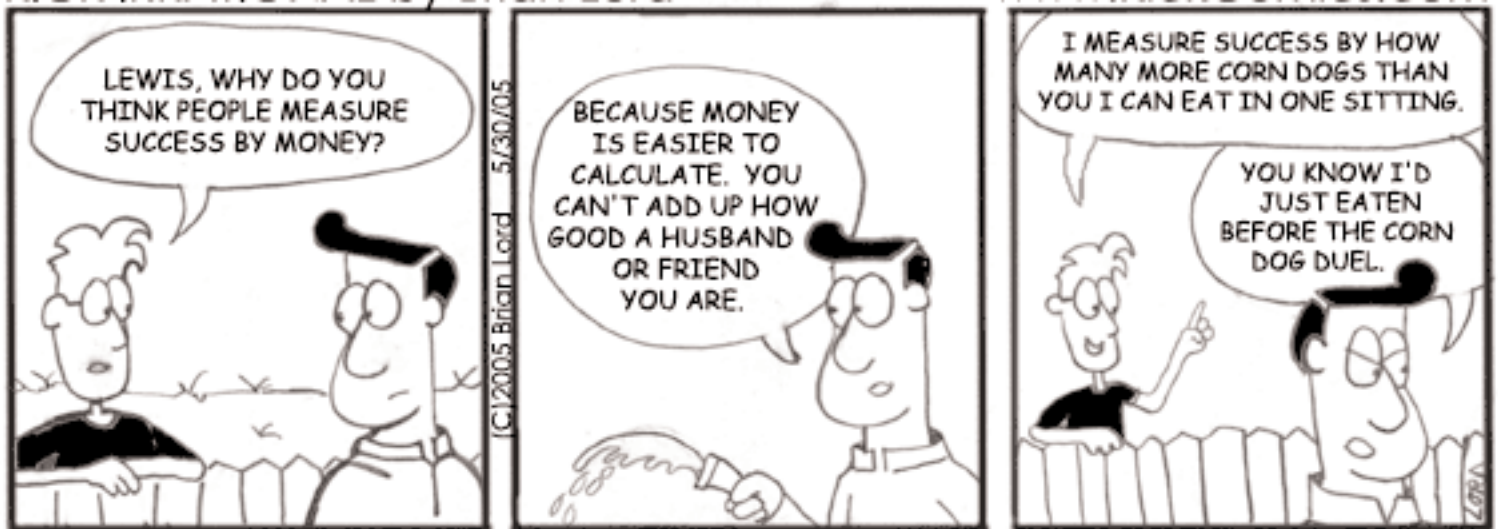
Kazakhstan, which is the ninth largest country in the world, covering just over 1 million square miles (2.65 million square kilometers), is the world's largest landlocked country.

Landlocked countries are generally poorer than other countries. The weighted world average of GDP per capita is approximately \$18,000, while the weighted average of all

landlocked countries is under \$4000! Only two landlocked countries, Switzerland and Austria, have higher GDPs per capita than the world average.

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



KICK IRRATIONAL by Brian Lord

www.KickComics.com



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.

NOTED AND QUOTED

There is no reason why the schoolroom should be any less mechanized than, for example, the kitchen. - *B.F. Skinner, (1904 - 1990)*

Work without hope draws nectar in a sieve, and hope without an object cannot live. - *Samuel Taylor Coleridge, (1772 - 1834), English critic and poet*

Mere activity does not constitute experience. - *John Dewey, (1859 - 1952), Democracy and Education*

All photos are accurate. None of them is the truth. - *Richard Avedon, (1923 - 2004), U.S. photographer*

A wise man hears one word and understands two. - *Yiddish Proverb*

To translate is to betray. - *Italian Proverb*

Fight your weaknesses. - *Anonymous*

He is as good as his word - and his word is no good. - *Seumas MacManus, (1869 - 1960), Irish author*

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other. - *Douglas Everett*

Why is propaganda so much more successful when it stirs up hatred than when it tries to stir up friendly feeling? - *Bertrand Russell, (1872 - 1970)*

To appreciate a work of art we need bring with us nothing from life, no knowledge of its ideas and affairs, no familiarity with its emotion. - *Clive Bell, (1881 - 1964), British art critic and philosopher*

Life is what we make it. Always has been, always will be. - *Grandma Moses, (1860 - 1961)*

I strive to be brief, and become obscure. - *Horace, (65 - 8 B.C.E.), Roman lyric poet*

They are ill discoverers that think there is no land, when they can see nothing but sea - *Sir Francis Bacon, (1561 - 1626)*

Choices are the hinges of destiny. - *Pythagoras, (582 - 500 B.C.E.)*

The brotherhood of man is not a mere poet's dream; it is a most depressing and humiliating reality. - *Oscar Wilde, (1856? - 1900)*

Temptations, unlike opportunities, will always give you second chances. - *O.A. Battista, (1917 -), Canadian-born author-scientist*

The amount of sleep required by the average person is almost five minutes more. - *Wilson Mizner, (1876 - 1933), American humorist.*

He was a victim of his own rage. - *Paule Marshall, (1929 -), African-American poetess*

Show respect for all men, but grovel to none. - *Shawnee Proverb*

We enjoy seeing through others, but not being seen through. - *Baron Duc de La Rochefoucauld, (1613 - 1680)*

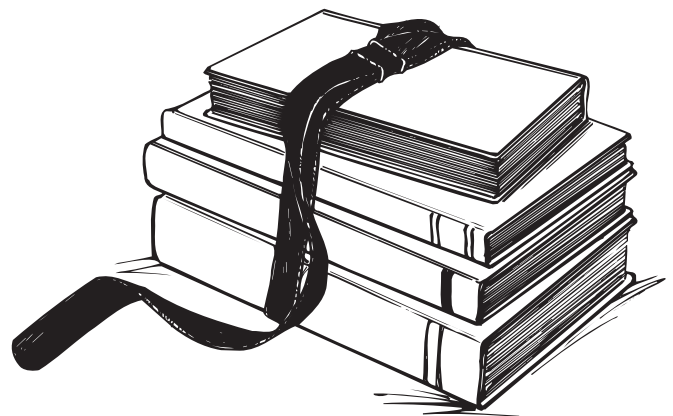
Glamour: when the value of the package exceeds that of the contents. - *Dr. Paul B. Popenoe, (1888 - 1979), U.S. agriculturalist and eugenicist*

It is better to be a coward for a minute than dead for the rest of your life. - *Irish Proverb*

The graveyards are full of indispensable men. - *Charles De Gaulle, (1890 - 1970)*

All pleasantries ought to be short - and, for that matter, gravities too. - *Voltaire, (1694 - 1778)*

A practical man is a man who practices the errors of his forefathers. - *Benjamin Disraeli, (1804 - 1881)*



THE MARCH DINNER

BODY LANGUAGE AND THE BRAIN-BODY CONNECTION

Everyone is interested in staying physically and mentally fit but few people have seriously studied how body movements can sharpen the mind and help us communicate better. Applied Kinesiologist and Speech Pathologist Carolyn Finch was on hand at our March dinner to let us know how we can do both. Ms. Finch surveyed the general principles of applied kinesiology and body language and gave several practical tips on how we can use them to boost our physical and mental abilities.

Carolyn started her presentation by outlining the major bones in the skeletal system, from the anklebone to the skull bone. She also talked about our muscles, emphasizing that every muscle in the body is connected to an organ. This means that we have to eat and exercise properly to avoid taxing our heart, lungs, and general health, especially as we age.

To describe her work helping people physically and mentally, Ms. Finch defined some key terms. Kinesiology, she explained, is the study of the movement of the muscles. Applied Kinesiology is a method of assessing the body balance and finding and correcting imbalances. To accomplish this, the Kinesiologist may test muscles, massage lymphatic areas, apply acupressure, use agility exercises, and prescribe changes in diet. Functional Kinesiology takes things a step further, working to develop the function of the brain through body movement.

Work habits can damage the body and make movement painful. Carolyn offered some exercises and precautions to prevent and remedy these problems. In general, she advised, people should try to keep their bodies as flexible as possible. This means, for example, keeping their shoulders moving and adjusting their hips from time to time to prevent them from getting locked at the waist. The zone from the top of the head to the shoulders requires special care. This area, Ms. Finch stated, forms a "stress triangle". If people sit for long periods typing away at their computers, they can become stiff in their neck and shoulders, which will aggravate tension. So

workers should try not to spend more than five hours a day at the computer. When they do work with their PCs, they should look away for 20 seconds every 20 minutes.

Another point that Carolyn emphasized was that you need to practice cross-body movements to improve right-left coordination. She demonstrated such an exercise with someone from the audience. After using her left hand to apply pressure for spots on her right arm for eight seconds, the subject immediately showed greater resistance and strength in her arms. Carolyn showed a similar work out with the knees, lifting them and touching them with the opposite hand. She has used this exercise with roofers who spend a lot of time on their knees at work, and it has given them much greater flexibility and reduced injuries.

Our speaker stated that these types of right-left exercises improve not only our muscles but also our brains. Children especially need to practice these movements in order to acquire balance and to build the connections between the right and left parts of their brain. If they don't, they may not develop physical or mental coordination. Without the connections between brain halves, they won't be able to think fast or concentrate; their thoughts will be disorganized, fuzzy, and unfocused and they may suffer from attention-deficit disorder. Fortunately, Carolyn has been able to help children with learning disabilities with remedial exercises that apply sound kinesiology to improve motor and mental skills.

Another major topic discussed was body language - reading other people's posture and gestures to know how they feel, and using movements to clearly make our own points. One of Carol's recommendations is to watch where people's feet are pointing when they are conversing. When she enters a room, she immediately looks for someone in a group whose feet are pointing outward. This signals that the person isn't really interested in the conversation and is looking for a way to leave. This gives Carolyn an opportunity to start a new conversation with that person or to take his or her place in the group. Once she starts talking with someone, she faces feet forward so that she can listen attentively to what they are saying.

Using good body language in business helps you win the confidence of others and convey your message better. Whenever you shake hands with someone, you should make eye contact. Carolyn suggested that you should prepare for introductions by wearing your name badge on your right, not on your left as is commonly done, because people's eyes naturally follow up from your hand to your arm to your right side.

Different personality types reveal themselves by how they stand, walk, and gesture. Ms. Finch described the four basic types and their body language. The analytic type of person likes to collect all the facts, look at details, ponder decisions, and organize things. He listens with his temple resting in his fingers or with his hands steeped in front of him. Drivers, on the other hand, like to make quick decisions. They are mostly interested in the end result - they want to be winners. They talk fast and walk fast; often one has to talk to them as you are walking behind them. They can be gruff without realizing it, so coworkers have to learn not to take their brusqueness personally.

The analysts and the drivers tend to be the decision makers in organizations. The amiable personality type more often serves as an assistant. She is less decisive, often changing her mind to please others because she loves everybody and wants everyone to love her. She is generally guarded in her body language, holding her materials close to her, as if covering up.

The last of the personality types is the expressive type. This person is more interested in the here and now. He is a born storyteller and likes to be the center of attention. You can usually recognize him right away because he uses his hands liberally when speaking and moves his head a lot.

Ideally, you should combine all four styles to do best intellectually, emotionally, and physically. But even if you can't synthesize the habits of the four personality types, you should understand them because you are sure to encounter all of them in business.

In the last part of her presentation, Ms. Finch gave us advice on how to use body language to appeal to right and left-brained thinking. The left brain, she explained, takes in signals from the right eye and ear while the right brain decodes input from the left eye and ear. The left brain thinks of the big story while the right brain focuses on the details. So if you are explaining something to someone, you should sit on their left side if you want to explain the details, but on their right if you just want to explain the big picture.

Carolyn's talk stimulated us to rethink some of our physical habits, routines that may be hurting our health, stunting our imaginations, and preventing us from getting our ideas through to listeners. She demonstrated that the connection between moving and thinking is too important to neglect. The mind is a terrible thing to waste and we risk wasting both body and mind when we overlook the bond between the two. Happily, Carolyn Finch is bringing greater awareness of this vital link to the public.

Carolyn Finch, M.S. Speech Language Pathology, is a professional speaker, corporate consultant, speech coach, workshop leader, and educator. You can visit her website at www.electrific.com to learn more about her services. Her Electrific Learning Center is located at the White House at 499 Federal Road, Suite 12, Brookfield, CT. You can contact her office at (203) 775-0290.

April's dinner will be on the fourth Saturday of the month, April 22, because of the Passover and Easter holidays. Our speaker will be Southern CT Mensan Scott Sylvestri, who will talk on "Glutathione - A Key to Health and Longevity."



RUMINATIONS

THEY POLISH LIFE BY THE USEFUL ARTS (1753)

By Samuel Johnson

THAT familiarity produces neglect has been long observed. The effect of all external objects, however great or splendid, ceases with their novelty; the courtier stands without emotion in the royal presence: the rustick tramples under his foot the beauties of the spring with little attention to their colours or their fragrance; and the inhabitant of the coast darts his eye upon the immense diffusion of waters, without awe, wonder, or terror.

Those who have past much of their lives in this great city, look upon its opulence and its multitudes, its extent and variety, with cold indifference; but an inhabitant of the remoter parts of the kingdom is immediately distinguished by a kind of dissipated curiosity, a busy endeavour to divide his attention amongst a thousand objects, and a wild confusion of astonishment and alarm.

The attention of a new comer is generally first struck by the multiplicity of cries that stun him in the streets, and the variety of merchandize and manufactures which the shopkeepers expose on every hand; and he is apt, by unwary bursts of admiration, to excite the merriment and contempt of those who mistake the use of their eyes for effects of their understanding, and confound accidental knowledge with just reasoning.

But, surely, these are subjects on which any man may without reproach employ his meditations: the innumerable occupations, among which the thousands that swarm in the streets of London, are distributed, may furnish employment to minds of every cast, and capacities of every degree. He that contemplates the extent of this wonderful city, finds it difficult to conceive, by what method plenty is maintained in our markets, and how the inhabitants are regularly supplied with the necessaries of life; but when he examines the shops and warehouses, sees the immense stores of every kind of merchandize piled up for sale, and runs over all the manufactures of art and products of nature, which are every where attracting his eye and soliciting his purse, he will be inclined to conclude, that such quantities cannot easily be ex-

hausted, and that part of mankind must soon stand still for want of employment, till the wares already provided shall be worn out and destroyed.

As Socrates was passing through the fair at Athens, and casting his eyes over the shops and customers, "how many things are here," says he, "that I do not want!" The same sentiment is every moment rising in the mind of him that walks the streets of London, however inferior in philosophy to Socrates: he beholds a thousand shops crowded with goods, of which he can scarcely tell the use, and which, therefore, he is apt to consider as of no value: and indeed, many of the arts by which families are supported, and wealth is heaped together, are of that minute and superfluous kind, which nothing but experience could evince possible to be prosecuted with advantage, and which, as the world might easily want, it could scarcely be expected to encourage.

But so it is, that custom, curiosity, or wantonness, supplies every art with patrons, and finds purchasers for every manufacture; the world is so adjusted, that not only bread, but riches may be obtained without great abilities or arduous performances: the most unskilful hand and unenlightened mind have sufficient incitements to industry; for he that is resolutely busy, can scarcely be in want. There is, indeed, no employment, however despicable, from which a man may not promise himself more than competence, when he sees thousands and myriads raised to dignity, by no other merit than that of contributing to supply their neighbours with the means of sucking smoke through a tube of clay; and others raising contributions upon those, whose elegance disdains the grossness of smoky luxury, by grinding the same materials into a powder that may at once gratify and impair the smell.

Not only by these popular and modish trifles, but by a thousand unheeded and evanescent kinds of business, are the multitudes of this city preserved from idleness, and consequently from want. In the endless variety of tastes and circumstances that diversify mankind, nothing is so superfluous, but that some one desires it: or so common, but that some one is compelled to buy it. As nothing is useless but because it is in improper hands, what is thrown away by one is gathered up by another; and the refuse of part of mankind fur-

nishes a subordinate class with the materials necessary to their support.

When I look round upon those who are thus variously exerting their qualifications, I cannot but admire the secret concatenation of society that links together the great and the mean, the illustrious and the obscure; and consider with benevolent satisfaction, that no man, unless his body or mind be totally disabled, has need to suffer the mortification of seeing himself useless or burthensome to the community: he that will diligently labour, in whatever occupation, will deserve the sustenance which he obtains, and the protection which he enjoys; and may lie down every night with the pleasing consciousness of having contributed something to the happiness of life.

Contempt and admiration are equally incident to narrow minds: he whose comprehension can take in the whole subordination of mankind, and whose perspicacity can pierce to the real state of things through the thin veils of fortune or of fashion, will discover meanness in the highest stations, and dignity in the meanest; and find that no man can become venerable but by virtue, or contemptible but by wickedness.

In the midst of this universal hurry, no man ought to be so little influenced by example, or so void of honest emulation, as to stand a lazy spectator of incessant labour; or please himself with the mean happiness of a drone, while the active swarms are buzzing about him: no man is without some quality, by the due application of which he might deserve well of the world; and whoever he be that has but little in his power, should be in haste to do that little, lest he be confounded with him that can do nothing.

By this general concurrence of endeavours, arts of every kind have been so long cultivated, that all the wants of man may be immediately supplied; idleness can scarcely form a wish which she may not gratify by the toil of others, or curiosity dream of a toy, which the shops are not ready to afford her.

Happiness is enjoyed only in proportion as it is known; and such is the state or folly of man, that it is known only by experience of its contrary: we who have long lived amidst the conveniences of a town immensely populous, have scarce an idea of a place where desire cannot be gratified by money. In order to have a just sense of this artificial plenty, it is necessary to have passed some time in a distant colony, or those parts of our island which are thinly inhabited: he that has once known how many trades every man in such situations is compelled to exercise, with how much labour the products of nature must be accommodated to human use, how long the loss or defect of any common utensil must be endured, or by what awkward expedients it must be supplied, how far men may wander with money in their hands before any can sell them what they wish to buy, will know how to rate at its proper value the plenty and ease of a great city.

But that the happiness of man may still remain imperfect, as wants in this place are easily supplied, new wants likewise are easily created; every man, in surveying the shops of London, sees numberless instruments and conveniences, of which, while he did not know them, he never felt the need; and yet, when use has made them familiar, wonders how life could be supported without them. Thus it comes to pass, that our desires always increase with our possessions; the knowledge that something remains yet unen-

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. 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 or contact them at info@the-reading-edge.com

joyed, impairs our enjoyment of the good before us.

They who have been accustomed to the refinements of science, and multiplications of contrivance, soon lose their confidence in the unassisted powers of nature, forget the paucity of our real necessities, and overlook the easy methods by which they may be supplied. It were a speculation worthy of a philosophical mind, to examine how much is taken away from our native abilities, as well as added to them, by artificial expedients. We are so accustomed to give and receive assistance, that each of us singly can do little for himself; and there is scarce any one among us, however contracted may be his form of life, who does not enjoy the labour of a thousand artists.

But a survey of the various nations that inhabit the earth will inform us, that life may be supported with less assistance; and that the dexterity, which practice enforced by necessity produces, is able to effect much by very scanty means. The nations of Mexico and Peru erected cities and temples with out the use of iron; and at this day the rude Indian supplies himself with all the necessaries of life: sent like the rest of mankind naked into the world, as soon as his parents have nursed him up to strength, he is to provide by his own labour for his own support. His first care is to find a sharp flint among the rocks; with this he undertakes to fell the trees of the forest; he shapes his bow, heads his arrows, builds his cottage, and hollows his canoe, and from that time lives in a state of plenty and prosperity; he is sheltered from the storms, he is fortified against beasts of prey, he is enabled to pursue the fish of the sea, and the deer of the mountains; and as he does not know, does not envy the happiness of polished nations, where gold can supply the want of fortitude and skill, and he whose laborious ancestors have made him rich, may lie stretched upon a couch, and see all the treasures of all the elements poured down before him.

This picture of a savage life if it shows how much individuals may perform, shows likewise how much society is to be desired. Though the perseverance and address of the Indian excite our admiration, they nevertheless cannot procure him the conveniences which are enjoyed by the va-

grant beggar of a civilized country: he hunts like a wild beast to satisfy his hunger; and when he lies down to rest after a successful chase, cannot pronounce himself secure against the danger of perishing in a few days: he is, perhaps, content with his condition, because he knows not that a better is attainable by man; as he that is born blind does not long for the perception of light, because he cannot conceive the advantages which light would afford him; but hunger, wounds, and weariness, are real evils, though he believes them equally incident to all his fellow-creatures; and when a tempest compels him to lie starving in his hut, he cannot justly be concluded equally happy with those whom art has exempted from the power of chance, and who make the foregoing year provide for the following.

To receive and to communicate assistance, constitutes the happiness of human life: man may, indeed, preserve his existence in solitude, but can enjoy it only in society; the greatest understanding of an individual, doomed to procure food and clothing for himself, will barely supply him with expedients to keep off death from day to day; but as one of a large community performing only his share of the common business, he gains leisure for intellectual pleasures, and enjoys the happiness of reason and reflection.



POETRY CORNER**THE SPRING STORM**

William Carlos Williams, (1883-1963)

THE sky has given over
its bitterness.
Out of the dark change
all day long
rain falls and falls
as if it would never end.
Still the snow keeps
its hold on the ground.
But water, water
from a thousand runnels!
It collects swiftly,
dappled with black
cuts a way for itself
through green ice in the gutters.
Drop after drop it falls
from the withered grass-stems
of the overhanging embankment.

AN APRIL NIGHT

Lucy Maud Montgomery (1874-1942)

THE moon comes up o'er the deeps of the
woods,
And the long, low dingles that hide in the hills,
Where the ancient beeches are moist with buds
Over the pools and the whimpering rills;

And with her the mists, like dryads that creep
From their oaks, or the spirits of pine-hid springs,
Who hold, while the eyes of the world are
asleep,
With the wind on the hills their gay revellings.

Down on the marshlands with flicker and glow
Wanders Will-o'-the-Wisp through the night,
Seeking for witch-gold lost long ago
By the glimmer of goblin lantern-light.

The night is a sorceress, dusk-eyed and dear,
Akin to all eerie and elfin things,
Who weaves about us in meadow and mere
The spell of a hundred vanished Springs.

CITY TREES

from Second April

Edna St. Vincent Millay, (1892 - 1950)

THE trees along this city street
Save for the traffic and the trains,
Would make a sound as thin and sweet
As trees in country lanes.

And people standing in their shade
Out of a shower, undoubtedly
Would hear such music as is made
Upon a country tree.

Oh, little leaves that are so dumb
Against the shrieking city air,
I watch you when the wind has come,--
I know what sound is there.
udy sail straight and bridge the deep, deep sea.

THE ROSE OF MIDNIGHT

Vachel Lindsay, (1879 - 1931)

THE moon is now an opening flower,
The sky a cliff of blue.
The moon is now a silver rose;
Her pollen is the dew.

Her pollen is the mist that swings
Across her face of dreams:
Her pollen is the April rain,
Filling the April streams.

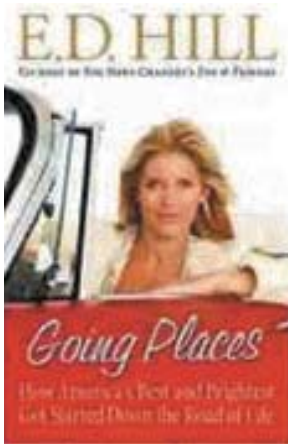
Her pollen is eternal life,
Endless ambrosial foam.
It feeds the swarming stars and fills
Their hearts with honeycomb.

The earth is but a passion-flower
With blood upon his crown.
And what shall fill his failing veins
And lift his head, bowed down?

This cup of peace, this silver rose
Bending with fairy breath
Shall lift that passion-flower, the earth
A million times from Death!

BOOK REVIEW

By Rick D'Amico



Going Places: How America's Best and Brightest Got Started Down the Road of Life

by E.D. Hill

E.D. Hill is an anchor for FoxNews' morning show, "FOX & Friends." Prior to joining FOX, she was a contributing reporter for

ABC News' "Good Morning America," where she covered family issues.

The author asked a number of famous and successful people, "What one piece of advice has made all the difference in your life?" *Going Places* is a compilation of their responses.

Given Ms. Hill's affiliation with FOXNews, one might be tempted to think that this book would be all about right-wing individuals. While there are a number of conservatives - President George W. Bush, Senator Zell Miller, rocker Ted Nugent - there are also several people noted for their more liberal philosophies - actor Henry Winkler, former Congresswoman and vice-Presidential candidate, Geraldine Ferraro, and then-Senator, now New Jersey Governor, John Corzine. There are also numerous apolitical individuals featured in the book - former gymnast Cathy Rigby, musician and former Klingon on Star Trek, John Tesh, and Lucent Technologies CEO Patricia F. Russo.

While there may not be a clear common denominator for success, one of the frequent themes throughout the book is the influence of parents. Fitness expert Denise Austin credits her mom as her ultimate role model. Olympic swimmer Donna de Varona (the only person in this book whom I've personally met) mentioned her father's advice when she wanted to become a competitive swimmer ("It's a way of life, not a hobby."), as well as her mother's insistence that she keep a balance in life by making sure that

she went to big dances and ran for class officer while she was in school. Former Secretary of the U.S. Navy, John Lehman, recalled key advice from his father: "In the final analysis, you should follow your instinct, because you're the only one who knows what that is."

Although parents were frequently an influence on the people in this book, many obtained inspiration and wisdom from others. Singer Trace Adkins cited a friend and associate's advice that if he wanted to be a country singer, he should go to Nashville, with getting him out of the oil fields and into the spotlight. Retired Lieutenant Colonel Oliver North recalled his Battalion Commander's counsel and moral leadership and how it changed his perspective on life. Former Secretary of State Alexander Haig credited one of his professors in graduate school at Georgetown University with wisdom that influenced his career: "Don't mistake issues that are the product of historic change and ultimately become fact for contemporary problems that require timely solutions."

Not surprisingly, many of the people featured in the book are regulars on FOXNews, especially on Ms. Hill's program, Fox & Friends. Some of these FOX regulars include one of her co-hosts, Steve Doocy, NY Giants' running back Tiki Barber, James "J.B." Brown, and Bill O'Reilly. The final person commenting in the book is Ms. Hill herself.

Every now and then, it's a good idea to study success stories. This book provides just that, in a brief, easy-to-read format. Besides being informative and inspirational, this book can serve as a reference. I strongly recommend it.

ISBN: 0060828048

Format: Hardcover, 320pp

Pub. Date: October 2005

Publisher: HarperCollins Publisher

CHAPTER NOTES

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

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

Member Number:

Name:

Old Address:

New Address:

Telephone Number:

Please send form to:
 American Mensa, Ltd.
 Membership Dept
 1229 Corporate Dr West
 Arlington, TX 76006-6103

ADVERTISEMENTS

Advertising Rates Short classified ads free to Mensa members and subscribers, \$2.00 per month and \$20.00 per year for others Send copy to the editor Display ads: Full page, \$50; half page, \$30; quarter page or business card, \$15 Discounts: 10% for three issues, 20% for six issues, 30% for 12 issues All ads must be paid in advance, checks payable to Southern Connecticut Mensa.

It doesn't take a genius to generate sales - it takes The Voice. The Voice, a collective of emerging talent, develops fresh and cost-effective advertising, design, web and marketing solutions for clients of all sizes. The Voice is a training environment where apprentices are supervised and mentored by senior management. Matthew Hallock, creative director, is a Mensa member. Call (203) 334-0718 or visit www.TheVoiceTheVoice.com.

Do you have food allergies/sensitivities? Don't Go Nuts, Inc. is a non-profit company whose mission is to educate people (especially restaurant owners) about people with food allergies & sensitivities, focusing on food that is not self-prepared. We are looking for support - either in time or dollars. 203-261-5990, amyharold@earthlink.net, www.dontgonuts.org.

BUSINESS OFFICE AMERICAN MENSA, LTD.
1229 Corporate Drive West
Arlington, TX 76006-6103

Phone: 817-607-0060
Fax: 817-649-5232
E-mail: AmericanMensa@mensa.org
Website: www.us.mensa.org

LIST OF SOUTHERN CONNECTICUT MENSA OFFICERS

President	Rick D'Amico	203-368-2778	usamarbiol@aol.com 1353 Brooklawn Ave. Fairfield, CT 06825
Vice-President	Jim Mizera	203-522-1959	Jmizera@hotmail.com PMB #181, 7365 Main St. Stratford, CT 06614-1300
Treasurer	Paul Passarelli	203-846-1623	paul@solarandthermal.com 44 Ellen St Norwalk, CT 06851-2520
Secretary	Amy Harold	203-261-6517	amyharold@earthlink.net 110 Bart Rd. Monroe, CT 06468-1117
Editor	Jim Mizera	203-522-1959	Jmizera@hotmail.com PMB #181, 7365 Main St. Stratford, CT 06614-1300
Publisher	Amy Harold	203-261-6517	amyharold@earthlink.net
Web Master	Thomas O'Neill	203-336-5254	Doctec@optonline.net 68 Pierce Ave. Bridgeport, CT 06604-1607
Ombudsman	Gary Oberst	203-853-1810	gary@oberstlaw.com 111 East Ave. Norwalk, CT 06851-5014
Membership Officer	Jim Mizera	203-522-1959	Jmizera@hotmail.com
Reg Vice Chairman	Marghretta McBean	845-889-4588	rvc1@us.mensa.org http://region1.us.mensa.org/