

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.



ARCHIVED COPIES OF THE CHRONICLE

going back to 2000 are available on the Internet at <http://scm66.org> (Note: this is a new URL). 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

SCHEDULE OF CHAPTER EVENTS - SEPTEMBER

Saturday , September 1, 8:00

Theater Event: "The Three Musketeers"

The Elm Shakespeare Company will present "The Three Musketeers" at Edgerton Park, New Haven, CT , near the New Haven-Hamden town line. Suggested donation of \$10 adults, \$5 children. This is an outdoor theater so please arrive early and bring a chair. Contact Jim Mizera at (203) 522-1959, jmizera@hotmail.com, for info or reservations.

Friday, September 14, 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, or Rev. Bill Loring at (203) 794-1389, frbill@mags.net.

Saturday, September 15, 6:30

Monthly Dinner at Tonelli's Restaurant

41 Grassy Plain St , Bethel, CT 06801. Bob Liftig will speak on "The Loyalists of Fairfield County",

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the area's citizens who remained loyal to the British Crown during the American Revolution. Prof. Liftig started Fairfield U.'s Loyalist Project last fall and has written about the project's research for the Canadian Loyalist Gazette and Westport/ Darien Magazine. Come hear the other side of the story at September's dinner and enjoy the company of fellow Mensans. Dress is casual. Before the presentation, we will enjoy dinner. Choose what you like from the menu; restaurant adds tip onto the bill. You can bring a donation of money or food to benefit the Connecticut Food Bank. Contact Jim Mizera, jmizera@hotmail.com, 203-522-1959, for information and reservations. Guests are welcome. Restaurant review: <http://acorn-online.net/acornonline/bestbets/bbets05-04-21.htm> You can rate the restaurants we have attended at various web sites such as www.restaurantratingz.com, www.dine.com, www.menuetopia.com, If you have suggestions for other places we can meet or how we can run our dinners better, please contact chapter President Rick D'Amico at usamarbiol@aol.com.

Directions FROM STAMFORD: Take I-95. Merge onto US-7 Connector NORTH via EXIT 15 toward Norwalk. Take US-7 Connector to Main Ave. / US-7. Continue to follow US-7 North about 2 miles. Turn LEFT onto US-7 / CT-33 / Westport Rd. & continue to follow US-7 about 5.5 miles. Turn RIGHT onto School St. / CT-107 / CT-57. Follow CT-107 about 1.5 miles. Turn slight right

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.

onto Redding Rd / CT-107. Follow Redding Rd. 5.7 miles. Redding Rd becomes CT-53. Go about 3 miles to the Restaurant, on the left at 41 Grassy Plain St.

FROM BRIDGEPORT: Take CT-15 SOUTH / Merritt Pkwy Exit 44 toward CT-58 / Fairfield / Redding. Turn LEFT onto Congress St. Turn RIGHT onto Black Rock Tpke. / CT-58. Follow CT-58 about 15 miles. Turn LEFT onto CT-302 / Milwaukee Ave. Turn LEFT onto Greenwood Ave / CT-302 and go about 1.5 miles. Turn SLIGHT RIGHT onto Grassy Plain St. / CT-53. <0.1 miles Map Go about .1 miles to the Restaurant, at 41 Grassy Plain St.

FROM HARTFORD & I-84: Take I-84, EXIT 8 toward Newtown Rd. / Bethel. Turn SLIGHT RIGHT onto US-6 W. 0.1 miles Turn SLIGHT LEFT onto Newtown Rd. 1.2 miles Turn LEFT onto Old Shelter Rock Rd 0.5 miles Turn SLIGHT LEFT onto Cross St.. 0.1 miles Turn LEFT onto Shelter Rock Rd < 0.1 miles Stay STRAIGHT to go onto Shelter Rock Ln 0.4 miles 13: Turn RIGHT onto Great Pasture Rd. 0.2 mi. 14: Turn LEFT onto South St / CT-53 / Lower South St. Continue to follow CT-53. 0.7 mi.

TENTATIVE SCHEDULE OF EVENTS FOR OCTOBER

Friday, October 12, 7:00

Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner

See above listing for details.

Saturday, October 20, 6:30

Monthly Dinner

Southern CT Mensan Bob Liftig will speak on "The Loyalists of Fairfield County", the area's citizens who remained loyal to the British Crown during the American Revolution. Prof. Liftig started Fairfield U.'s Loyalist Project last fall and has written about the project's research for the Canadian Loyalist Gazette and Westport/ Darien Magazine. Come hear the other side of the story at September's dinner and enjoy the company of fellow Mensans.

CONNECTICUT AND WESTERN MASSACHUSETTS 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 air-waves 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.

C&WM Mensan 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.

SEPTEMBER

6, 13 Thursdays 7:00 pm

Scrabble

(ME) 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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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.

12 Wednesday 6:00 pm

Happy Hour

in Madison (ME, 2nd Wed) This one is at the Dolly Madison Inn in south-central CT. The Dolly is located just off Route 1 at 73 West Wharf Road, Madison 06443, phone 203-245-7377. We'll meet around 6 PM. There is free lounge food for patrons, and there are burgers and salads to order if you like.

Directions: Take I-95 to exit 61 Rt. 79. Go south on Rt. 79 toward Rt. 1 and Madison center for 0.5 mi. Take a right (west) onto Rt. 1 and drive 0.4 mi. to West Wharf Road. Take a left (south) on W. Wharf and drive 0.3 mi. to the Dolly Madison Inn. Parking is available next to the Inn and across the road in the large lot. Questions? Contact Joe Wonowski at 203-785-2998 weekdays, and 203-457-9770 evenings. Hope to see you there!

14 Friday 6:00 pm

Diner Dinner

(semimonthly, 2nd and 4th Fridays) 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. Questions? For info, contact Howard Brender at 860-635-5673 or howiebren@aol.com

20 Thursday 6:00 pm

NEW!!! Dinner in downtown New Haven

(ME, 3rd Thursday) We'll try a new restaurant each month! This month at Diner 21, 21 Temple Street, New Haven (203-787-2121). Minutes from I-95, Exit 47. Street parking or municipal garage above restaurant. Questions? Contact Mindy Hoffer at 203-785-1075 or mindyhoffer@yahoo.com

20 Thursday 6:30 pm

Pioneer Valley Dinner

(ME, 3rd Thurs) at the Thai Kitchen, on Bridge Street (just past the bridge from Main Street) in Northampton, MA. Join us. Conversations, friendship, solve the world's problems, drink and eat. Questions? MargotZalkind@aol.com

26 Wednesday 12:00 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. Contact Gail Trowbridge (203) 877-4472 or

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Currently, the deadline for postal submissions is the 15th of the month preceding publication, and the 20th of the month

Gail.Trowbridge@att.net.
24 Friday 6:00 pm

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28 Friday 6:00 pm

ShoreGrass at Musical Art Society Concert

Blackstone Library Auditorium, 758 Main Street, Branford, CT. FREE, info: 203-481-2819. Robert Messori, acoustic guitarist, opens for M Barbara Shaw's musical group who present an evening of bluegrass.

29 Saturday 2:00 pm

Book Discussion: A Painted House

by John Grisham (fiction), Wethersfield CT. All welcome to join in (kibitzing specialists included), contact Pam Guinan at 860-563-5761.

LOOKING AHEAD

October 5-7

MENSAUTUMN Fabulous Fifties

The 2007 Regional Gathering of Connecticut and Western Massachusetts Mensa, Manchester, CT. Register now if you haven't already, and have a blast from the past with old Mensa friends and make some new ones, too! <http://www.cwm.us.mensa.org/RG2007.htm>.

October 13

Book Discussion

updates: Son of a Witch by Gregory Maguire (fiction), Vernon, CT, contact Bob Smith or Gisela Rodriguez 860-872-3106 lilith@snet.net
We'll likely "do lunch" at noon at Rein's Deli in Vernon, too and subsequently (date & location TBA) War On The Middle Class by Lou Dobbs (nonfiction)

October 14 Sunday Noon to 5

NEW!! Oktoberfest.

We have moved, the date has moved but the party goes on. Continue the RG feeling for another week by coming to Neil & Dody Alderman's new condo in Hebron for our party, the 20th in the series. We ask everyone to bring a dish to share. Call 860 228 2678 for menu coordination and other directions.

REGIONAL GATHERINGS

November 23 - 25, 2007

2007 BRILLIANCE BY THE BAY

REGISTER BY AUGUST 15 FOR BEST \$65 RATE

All the fun happens again at the Holiday Inn Golden Gateway, 1500 Van Ness (at Pine), San Francisco, CA 94109. To reserve a room, call 800-HOLIDAY or 415-441-4000 and mention Mensa Brilliance by the Bay and our group code "AME" to get the RG rate. SR/DR/TR/QR only \$97 + tax (20th floor & above \$119). Room rates guaranteed to Oct.31. Parking \$23/night for overnight guests with in/out privileges.

Register online at www.sfmensa.org/rgreg.html and use PayPal® or send completed form with a check payable to "San Francisco Regional Mensa" to: SFRM RG, c/o Susan Heimlich, Registrar, 1960 Park Blvd., Palo Alto, CA 94306.

Registration: (check all that apply)

Meals: (check all that apply)

FULL WEEKEND DAY TRIPPER

Children 17 and under: half price

Nov. 22 (details will be provided)

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Used for registration purposes only

FROM THE REGION 1 VICE CHAIRMAN

Lori Norris

September has always been one of my favorite months. Cool crisp evenings are a perfect time to enjoy the yard swing. Leaves begin to change color and the woods behind my house are different every day. And for us here in Region 1, the annual RG (regional gathering) season begins.

It's not too late to register for Mid-Hudson's Autumn In New York, which takes place September 7 - 9 at SUNY Ashokan Field Campus, near Woodstock, New York. For additional information, go to www.mid-hudson.us.mensa.org/rg.htm.

October brings Connecticut and Western Massachusetts Mensa's MensAutumn. Even though this is my local group I don't think I'm biased. Last year's RG was memorable and, from what I have heard, this year's looks to be a winner as well. This RG is a bargain with rooms beginning at \$60 and an \$80 registration which includes Saturday dinner. Consider celebrating the "Fabulous Fifties" in Manchester, Connecticut from October 5 through 7. For more information, check out C&WM Mensa's website at www.cwm.us.mensa.org.

And it's not too early to register for Boston's RG "the Summer of Love" scheduled to begin on November 16, 2007. Information is available at <http://bostonrg.org/>.

With the beginning of September, students and teachers alike return to school; parents and students begin to think about financing college educations. Did you know that every year the Mensa Education and Research Foundation gives away an average of \$60,000 in scholarships? Scholarship essays are judged on the local, regional and national level. I have judged on both the local and regional level in the past and have always found it to be a rewarding

experience. Emily Gordon of Greater New York Mensa has graciously agreed to be the Regional Scholarship Chairperson.

As I have mentioned previously, Rhode Island Mensa will be hosting a Leadership Development Workshop ("LDW") in May of 2008. RIM's own Tom Padwa is organizing this event and has also agreed to serve as the Regional LDW Coordinator and advise for future LDWs.

Later this month, the new Region 1 website is expected to "go live" under the guidance of Regional Webmaster Al Beecy. Check it out. Send your photos of Mensa events for inclusion in the regional photo album. I can only take so many pictures.

For my husband and me, August was a great month. We had our annual two-week vacation in Canada, which included camping, bicycling, some canoeing and the highlight of the trip, the Stratford Festival of Canada. You'd be surprised with how many newly purchased books we can squeeze into our small car for the trip home. Why do my favorite book stores have to be so far from home? Perfect timing - our trip up north just happened to coincide with Mensa of Northeastern New York's Annual Dinner in Plattsburgh so we stopped in for dinner. Also in attendance were Mensans from Vermont and nearby Quebec.

September Mensa activities for us will include two book clubs; an AMC meeting for me and Mid-Hudson's RG for Ron; dinner at a marvelous Indian restaurant; lunch at a Japanese steakhouse; and probably another event or two. We enjoy socializing with our Mensan friends.

Don't forget: National Testing Day is October 20th.

Lori Norris
RVC - 1

THE AUGUST DINNER

Electronic Music and Computers in the New Millennium

Southern CT Mensa webmaster Tom O'Neill has been a musician and a computer hobbyist and professional for over two decades. In August he brought together his knowledge and talents in these two areas to give us a history and demonstration of electronic music. He discussed how the field grew up in the 20th century and how computer software has revolutionized it in the last ten years. Using his laptop PC, keyboard, and music software, Tom showed us how he uses the latest tools to produce music.

Tom has been a part of the electronic music revolution since he started playing in the 1970s but he still finds himself startled by the rapid change. "Every three to four years, some major shift in technology changes the way we do things," he said. He had the photos to prove it. On his laptop PC, he showed us a picture of his first studio in 1979, laden with equipment and elaborate wiring. Later we saw how a \$150 computer program now gives him the same power as his \$3000 synthesizer did in 1981.

Early History of Electronic Music

Tom's early equipment may seem burdensome but it was lightweight compared to the first electromechanical instruments. The first such instrument was the Telharmonium, developed by Thaddeus Cahill at the turn of the 20th century. It weighed tons and was as large as a trailer.

Our speaker had a slide of the first fully electronic musical instrument, the Theremin, invented by the Russian engineer Leon Theremin about 1920. You could play the Theremin without even touching it. You just moved your hands around its two metal antennas to control the frequency and amplitude. Tom mentioned that the Theremin was used in films such as the "Lost Weekend" (1946). It was the forerunner of the mini-Moog and Moog synthesizers, which came decades later.

The Post-War Era

After World War II, electronic music took a major step forward with multitrack recording, the separate recording of multiple sounds that are then combined to form a single recording. "We have Les Paul (a jazz guitarist and inventor) to thank for this," Tom said. With the help of a company run by Bing Crosby, in 1946 Les developed the first multitrack system and became the first musician to record on 8-track tapes. He and his wife Mary Ford pioneered the use of the new technology with their hit records and radio show.

Acoustic engineers carried things further, starting electronic music studios and taking advantage of magnetic tape recording, which burst on the scene in 1948. The 1950s saw the first computer to generate music, the 1956 RCA Mark 1 Music Synthesizer. It read data from IBM punched cards. As one of Tom's slides made evident, the computer was hardly portable ^ it took up a room and required enormous cooling to operate. But it and successors were used at the Columbia-Princeton Music Center, the first U.S. academic lab devoted to electronic music. Many visiting composers experimented there and at Bell Telephone Labs.

Synthesizers

The heart of electronic music is synthesizers - devices for creating, modifying, and mixing simple sound waves to make more complex waves like those of musical instruments.

Tom went into a little detail on how the basic wave forms ^ the sine, square, rectangular, and sawtooth ^ can be combined to create composite forms. But musicians couldn't do this until engineer Robert Moog took synthesizers out of the laboratory with his invention of the revolutionary Moog Synthesizer in the mid-1960s. Now, operators could manipulate knobs or a keyboard to control voltage and synthesize music in their own studios.

A key turning point, Tom recounted, was the hit album Switched on Bach, a classical music recording composed on the Moog synthesizer. In 1970, Moog took things a step further with his mini-Moog, a more portable model that didn't require as much technical skill to use.

The synthesizer Tom used in the 1980s was the Prophet-5 Synthesizer. He fondly recalled that it could play 5 notes at a time and had 40 memory slots so it could remember settings and sounds. "The sound was kind of homogenous," Tom allowed, but it was a major advance.

PC's and Digital Music

Before the mid-80s, synthesizers were largely analog - that is, they continuously took some property of the sound (such as the amplitude) and translated it into an analogous form on another medium for later playback. Then CD technology brought digital synthesizers. These work by sampling - taking the normal continuous signals of music, checking their properties at regular very short intervals, and then converting this info into strings of bits - binary digits of 0 or 1. These digits are then converted to voltages that vibrate some device to reproduce the music.

Digital synthesizers were cheaper and reduced most forms of distortion. They soon became the standard for musicians.

Tom jumped in on the digital revolution and his studio, as we saw in his progression of slides, mirrored the technological trends. In the mid-1980s, he began using the IBM PC in his musical work. He wasn't recording music then, he said, he was just recording keystrokes, which provided him with the notation he could use in composing.

The Software Revolution

Tom has played in bands before live audiences since his college days. But whether he was practicing in his studio or playing live, he always wanted to get his electronic equipment just right. However, that required intricate wiring, a chore that could take hours when musicians had to rely mostly on electronic hardware. Sometimes things would go wrong in the middle of a performance and Tom had to debug it.

Despite being a natural tinkerer, Tom admitted, "By the mid-1990s, I was fed up with all the hardware and wiring you had to do to set up for performances." Frustrated, he left the field for a

few years. But progress soon shifted the focus in electronic music from hardware to software. Now you didn't have to bother with the wiring; you had software synthesizers that could create more realistic notes right on your PC. You could see the schematics right on your monitor and easily "wire" things so your computer could produce the same music without the hours of laborious set-up. Moreover, Tom said, you were no longer limited in the number of instruments you could use - you could record many and put them together to create your own virtual orchestra.

The Basics of Computer Music

Tom explained how to use software to create a variety of musical effects. He started by showing us how you can use the "ADSR" envelope to manipulate volume. ADSR is an acronym for four terms - Attack, Decay, Sustain, and Release (or Fade) - that denote volume levels or phases.

"Attack is the time it takes for a sound to reach its maximum volume. You can control attack, and even make it instantaneous," he told us. The sustain level is steady volume, what you get when you hold a key down. The decay or fade time is the time between attack and sustain. Finally, the release time is how long it takes for the sound to decay from the sustained level to nothing when you let go of a key.

"It's amazing how you can simulate so many instruments just through these four envelope factors that control amplitude," Tom said. He proved this by adjusting the attack and fade times from lengthy to nil and tinkering with the sustain and release periods to simulate the sounds of a viola, tuba, French horn, trumpet, and piccolo. Each musical instrument has its characteristic attack and fade times, so by setting these on his computer, he produced sounds much like the real instruments'.

There are other factors you can vary such as filtering, which affects how much sound is muffled, latency, the time between when a computer generates sound and the time it is played, and reverberations. Tom demonstrated how to change these to make the sound more like what you hear in auditoriums and concert halls.

Digital Constraints

"Basic digital audio has two major constraints," Tom explained. "First, you are limited in how many "snapshots" of a sound wave you can take as it changes. If you take too few, you don't catch the change. But if you take too many, you run into memory limits." Memory limits the resolution, the number of bits you take per snapshot/sample, as well. On some digital devices, the memory may be more limited so the resolution is more limited, the information you can record about the sound is limited, and the sound quality is not as good.

"Why does digital music sample sounds at a frequency of 44.1 kHz?" someone asked. There's a good reason for this, Tom explained. 44,100 cycles per second is the minimum number of snapshots you have to take to capture all the frequencies that can be heard by humans. People's hearing goes up to 15-20 khz. A piano reaches a maximum of 10 khz. By taking the waveform at 44,100 cycles per second, you can get the full spectrum of human hearing. It requires 16 bits to represent numbers that high, hence that has become the CD audio standard.

Computers can handle any sound that humans can hear, but Tom pointed out that you can't adjust too many factors too quickly without hurting the sound quality. If you throw too many changes at the computer at the same time, it increases the number of calculations beyond what the circuits can handle, which produces a crunch and digital distortion.

The Future

In the digital world, what is the future of musicians? "There'll always be a place for people who can make instruments sing," Tom opined. "Digital music is still a little stiff ^ you can't change the tempo as well as with live musicians, although you can come close. Big budget movies want the real thing because audiences can tell the difference. Even a good simulation can't be a full orchestra."

If you want to try your own hand at creating music on your computer, Tom recommended the free program Audacity, which you can download from several sites. It has Windows, Mac, and Linux versions. For a web site with general info on the subject, he suggested Ishkur's Guide to Electronic Music, www.ishkur.com/music/. Along with its somewhat tongue-in-cheek guide to the history of the field, it offers audio samples, tutorials, and many other helpful features.

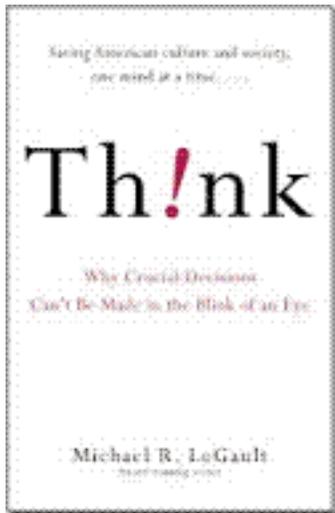
Next Month's Dinner

Next month we will have another superb topic and speaker. Chapter member Bob Liftig will talk on a neglected people of U.S. history - the Loyalists of Fairfield County, Americans who stayed loyal to the England during the American Revolution. Professor Liftig started Fairfield University's Loyalist Project last fall and has written articles about the project's research for magazines. Don't miss this discussion.



BOOK REVIEW

By Rick D'Amico

**Think!: Why Crucial Decisions Can't Be Made in the Blink of an Eye***by Michael R. LeGault*

Michael LeGault is a former columnist for the Washington Times, as well as a consultant to major U.S. companies on health, safety, environmental, and quality issues.

Ostensibly, this book was written as a retort to Malcolm Gladwell's *Blink*, which discusses the ability to "think without thinking" and was reviewed in this newsletter several months ago. Although some of the book is clearly anti-*Blink*, LeGault looks at the bigger picture of what he considers a national problem - the decline in people's ability to reason logically and weigh evidence. Instead, he feels that too often they make decisions based on emotion and intuition. They "blink" when they should think. We have gone, he says, from the Age of Reason to the Age of Emotion.

In the first chapter, he raises objections to the ideas expressed in *Blink*, and cites a number of cases where failing to think critically was the root cause of the problem. He counters one of Gladwell's examples of blinking by pointing out that the expertise of the person making the quick decision was the product of years of critical thinking, not a gut feeling.

One of LeGault's targets is political correctness. He considers it a type of deceit or dishonesty, arguing that a society of absolute social, economic, and intellectual equality is unrealistic, and egalitarian attempts to create a perfect and equal order are contrary to critical thought. Perhaps it's a mistake to compare *Think* and *Blink*; the first is about critical thinking and the second is about intuitive thinking. Oddly, I've found a strange similarity between LeGault and Gladwell. Both seem to think that anecdotes and correlations produce a valid theory.

While there are times when I think that LeGault strays from his purpose of repudiating *Blink*, his analysis is quite on-target, and his arguments are logical, clear, and often humorous. I'd give it a fairly strong recommendation, as it will make the reader think, which is its purpose, if I read the title right.

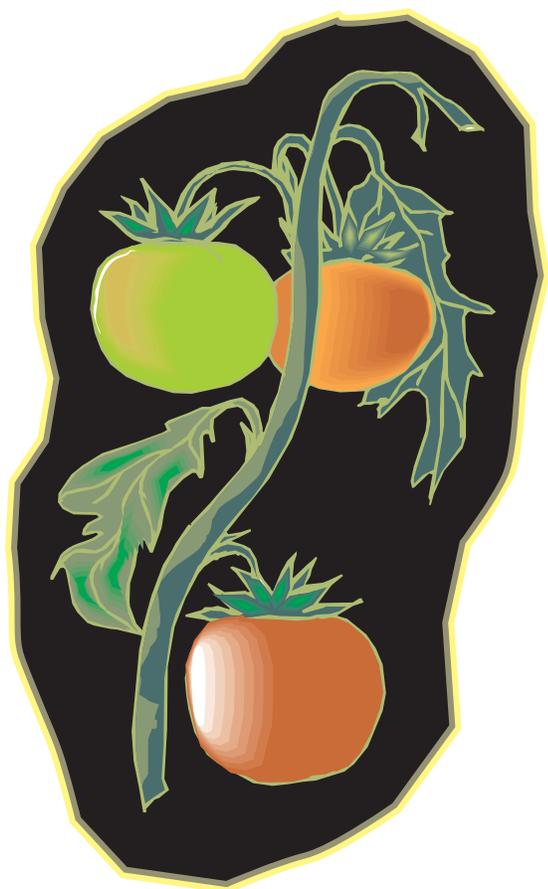
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GOOD WINE CHEAP**(and good food to go with it)**

By John Grover

OH MY GAWD! It's the attack of the killer tomatoes. My garden is overflowing with the things. Hmm, what will I do? The answer of course is tomato sauce and a good wine to go with it. There are few things that I look forward to with more enthusiasm than the fresh tomatoes of summer. The secrets to this recipe is to first roast the fruit (the tomato) to bring out its natural sweetness, and second, to scout down the fresh herbs used or grow them yourself.

The wine this month is the 2005 Zinfandel from Cline Cellars of Sonoma, California. This is a delightful red Zinfandel that starts with a rich berry aroma. The distinctly black cherry taste fills your mouth. But perhaps its finest attribute is the supple and exquisite tannins that dance across the middle of the tongue. This wine is widely available for about \$10 a bottle. I got it as a part of a case for \$8. Such a deal!

**PROVENÇAL OVEN ROASTED TOMATO SAUCE**

(from the Epicurious website; originally printed in Gourmet Magazine, August, 1998)

Ingredients:

olive oil for brushing pans

1 head garlic

4 lbs vine-ripened red tomatoes (about 10 medium) (We use a Roma [or paste] tomato)

1 tbsp fresh rosemary leaves

1 tbsp fresh thyme leaves

3 tbsp fresh orange juice, or to taste (Based upon the reviews we skipped the orange juice.)

Preheat oven to 450°F. and lightly brush 2 shallow baking pans with oil. Separate garlic head into cloves, discarding loose papery outer skin but keeping skin intact on cloves, and wrap in foil, crimping seams to seal tightly. Cut tomatoes into 1/2-inch-thick slices and arrange in one layer in baking pans. Sprinkle 2 tsp each of rosemary and thyme evenly over tomatoes and season with salt and pepper.

Put foil-wrapped garlic in one of baking pans with tomatoes and roast garlic and tomatoes in upper and lower thirds of oven, switching position of pans halfway through roasting, about 35 minutes total, or until garlic is tender and tomatoes are slightly charred. Unwrap garlic and cool slightly. Peel skins from each clove and force pulp with warm tomatoes and herbs through a food mill fitted with small disk into a bowl.

Finely chop remaining tsp rosemary and remaining teaspoon thyme and stir into sauce with orange juice (or not). Season sauce with salt and pepper and reheat if necessary. Sauce keeps, covered and chilled, 4 days or, frozen, 4 months. Reheat sauce over low heat and re-season with orange juice, salt, and pepper. Makes about 3 cups, enough for 1 pound pasta.

RUMINATIONS

The Majesty of Calmness Individual Problems and Possibilities...

William George Jordan (1864 - 1928)

Chapter I

Calmness is the rarest quality in human life. It is the poise of a great nature, in harmony with itself and its ideals. It is the moral atmosphere of a life self-centred, self-reliant, and self-controlled. Calmness is singleness of purpose, absolute confidence, and conscious power, - ready to be focused in an instant to meet any crisis.

The Sphinx is not a true type of calmness, - petrification is not calmness; it is death, the silencing of all the energies; while no one lives his life more fully, more intensely and more consciously than the man who is calm.

The Fatalist is not calm. He is the coward slave of his environment, hopelessly surrendering to his present condition, recklessly indifferent to his future. He accepts his life as a rudderless ship, drifting on the ocean of time. He has no compass, no chart, no known port to which he is sailing. His self-confessed inferiority to all nature is shown in his existence of constant surrender. It is not, - calmness.

The man who is calm has his course in life clearly marked on his chart. His hand is ever on the helm. Storm, fog, night, tempest, danger, hidden reefs, - he is ever prepared and ready for them. He is made calm and serene by the realization that in these crises of his voyage he needs a clear mind and a cool head; that he has naught to do but to do each day the best he can by the light he has; that he will never flinch nor falter for a moment; that, though he may have to tack and leave his course for a time, he will never drift, he will get back into the true channel, he will keep ever headed toward his harbor. "When" he will reach it, "how" he will reach it, matters not to him. He rests in calmness, knowing he has done his best. If his best seem to be overthrown or overruled, then he must still bow his head, - in calmness. To no man is permitted

to know the future of his life, the finality. God commits to man ever only new beginnings, new wisdom, and new days to use the best of his knowledge.

Calmness comes ever from within. It is the peace and restfulness of the depths of our nature. The fury of storm and of wind agitate only the surface of the sea; they can penetrate only two or three hundred feet, - below that is the calm, unruffled deep. To be ready for the great crises of life we must learn serenity in our daily living. Calmness is the crown of self-control.

When the worries and cares of the day fret you, and begin to wear upon you, and you chafe under the friction, - be calm. Stop, rest for a moment, and let calmness and peace assert themselves. If you let these irritating outside influences get the better of you, you are confessing your inferiority to them, by permitting them to dominate you. Study the disturbing elements, each by itself, bring all the will power of your nature to bear upon them, and you will find that they will, one by one, melt into nothingness, like vapors fading before the sun. The glow of calmness that will then pervade your mind, the tingling sensation of an inflow of new strength, may be to you the beginning of the revelation of the supreme calmness that is possible for you. Then, in some great hour of your life, when you stand face to face with some awful trial, when the structure of your ambition and life-work crumbles in a moment, you will be brave. You can then fold your arms calmly, look out undismayed and undaunted upon the ashes of your hope, upon the wreck of what you have faithfully built, and with brave heart and unflinching voice you may say: "So let it be, - I will build again."

When the tongue of malice and slander, the persecution of inferiority, tempts you for just a moment to retaliate, when for an instant you forget yourself so far as to hunger for revenge, - be calm. When the grey heron is pursued by its enemy, the eagle, it does not run to escape; it remains calm, takes a dignified stand, and waits quietly, facing the enemy unmoved. With the terrific force with which the eagle makes its attack, the boasted king of birds is often impaled and run through on the quiet, lance-like bill of the

heron. The means that man takes to kill another's character becomes suicide of his own.

No man in the world ever attempted to wrong another without being injured in return, - some-way, somehow, sometime. The only weapon of offence that Nature seems to recognize is the boomerang. Nature keeps her books admirably; she puts down every item, she closes all accounts finally, but she does not always balance them at the end of the month. To the man who is calm, revenge is so far beneath him that he cannot reach it, - even by stooping. When injured, he does not retaliate; he wraps around him the royal robes of Calmness, and he goes quietly on his way.

When the hand of Death touches the one we hold dearest, paralyzes our energy, and eclipses the sun of our life, the calmness that has been accumulating in long years becomes in a moment our refuge, our reserve strength.

The most subtle of all temptations is the "seeming" success of the wicked. It requires moral courage to see, without flinching, material prosperity coming to men who are dishonest; to see politicians rise into prominence, power and wealth by trickery and corruption; to see virtue in rags and vice in velvets; to see ignorance at a premium, and knowledge at a discount. To the man who is really calm these puzzles of life do not appeal. He is living his life as best he can; he is not worrying about the problems of justice,

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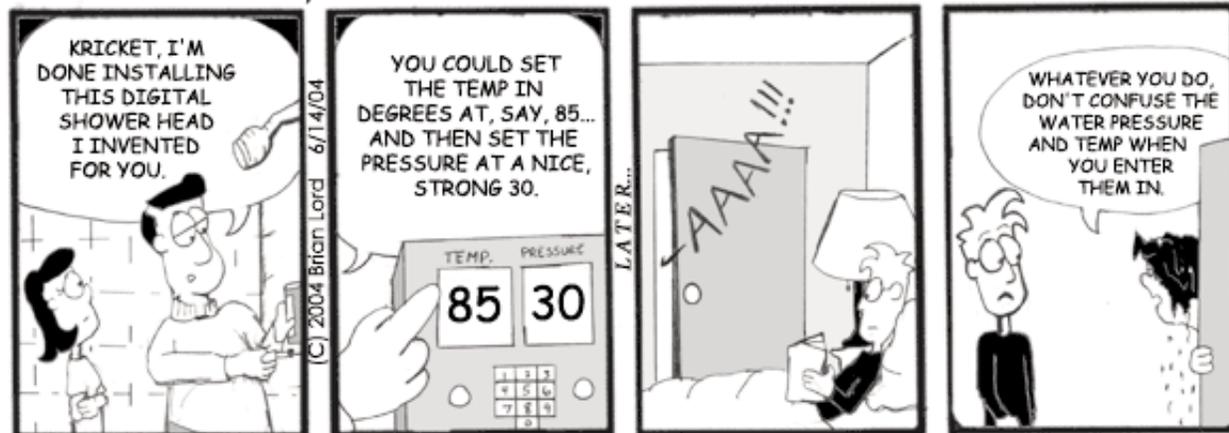
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whose solution must be left to Omniscience to solve.

When man has developed the spirit of Calmness until it becomes so absolutely part of him that his very presence radiates it, he has made great progress in life. Calmness cannot be acquired of itself and by itself; it must come as the culmination of a series of virtues. What the world needs and what individuals need is a higher standard of living, a great realizing sense of the privilege and dignity of life, a higher and nobler conception of individuality.

With this great sense of calmness permeating an individual, man becomes able to retire more into

himself, away from the noise, the confusion and strife of the world, which come to his ears only as faint, far-off rumblings, or as the tumult of the life of a city heard only as a buzzing hum by the man in a balloon.

The man who is calm does not selfishly isolate himself from the world, for he is intensely interested in all that concerns the welfare of humanity. His calmness is but a Holy of Holies into which he can retire "from" the world to get strength to live "in" the world. He realizes that the full glory of individuality, the crowning of his self-control is, - the majesty of calmness.

PLEASE NOTE:

In order to address privacy concerns regarding members' personal information appearing in the Chronicle, which is currently available to the general public through the Newsletter archive on the Southern Connecticut Mensa website (<http://scm66.org>), we are about to implement a "Members Only" area. When this feature of the website is activated, the Newsletter Archive will no longer be available to the general public - it will only be available to current SCM members.

During the next few weeks, SCM members who receive the Chronicle via email will receive an email message from Tom O'Neill, the SCM Webmaster. This will include instructions for accessing the "Members Only" area.

If you receive our newsletter via regular mail, we do not have your email address (or were asked not to use it). To gain access to the Members Only area of the site, you will need to contact Tom through the "SCM66 Webmaster" contact link on the homepage of the site.

Once the "Members Only" portion of the website is in place, there are plans to create an online hub, through which SCM members can communicate and exchange ideas and information with one another. Because this area of the site will not be available to the general public, members' privacy will be secured.

PUZZLES & QUESTIONS

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

1. Define stress.
 2. Estimate the population of these major cities: Berlin, London, Madrid, Moscow, Paris, Prague, Stockholm, Tokyo, Warsaw.
 3. Compare and contrast theater and film.
 4. Which country has lost the most manufacturing jobs since 2000?
 5. Name the most famous humorists (not comedians) in U.S. history.
 6. What is the difference between a reverberation and an echo?
 7. What is the ideal climate?
 8. What are the Connecticut towns with the smallest population?
-

ANSWERS TO LAST MONTH'S PUZZLES:

2. How many sharecroppers are there in the world?
A: There are an estimated 500 million sharecroppers in the world. Most live in India, Pakistan, Bangladesh, Indonesia, and Brazil.
4. How long is Maine's coastline?
A: If you measured a straight line from border to border, the coastline would be 228 miles long. However, if you travel the natural contours of the coast, it is over 5000 miles long, which is longer than California's.
6. What are good sources of calcium for people who don't drink milk?
A: Other good sources of calcium include spinach, broccoli, collards, turnips, mustard, beans, sunflower seeds, and calcium-fortified cereals and juices.

NOTED AND QUOTED

A silly remark can be made in Latin as well as in Spanish. - *Miguel de Cervantes, (1547 - 1616)*

Fate keeps on happening.

- *Anita Loos, (1893 - 1981), U.S. humorist*

Autobiography is an unrivaled vehicle for telling the truth about other people. - *Anonymous*

I can speak Esperanto like a native.

- *Spike Milligan, (1918 - 2002), Irish comedian, writer, actor and artist*

We often forgive those who bore us, but we cannot forgive those who find us boring.

- *Baron Duc de La Rochefoucauld, (1613 - 1680), French epigrammatist*

Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important.

- *Natalie Goldberg, (1948 -), U.S. poet, teacher, writer, and painter*

If you wait for tomorrow, tomorrow comes. If you don't wait for tomorrow, tomorrow comes.

- *African Proverb*

The world may be full of fourth-rate writers, but it's also full of fourth-rate readers.

- *Stan Barstow, (1928 -), English novelist*

We are all actors in our own lives, and there are no understudies. - *Anonymous*

Pride, perceiving humility honourable, often borrows her cloak. *Thomas Fuller, (1608 - 1661), English clergymen and historian*

Modesty is a vastly overrated virtue.

- *John Kenneth Galbraith, (1908 - 2006), Canadian-born U.S. economist*

He who is conceived in a cage yearns for the cage. - *Yevgeny Yevtushenko, (1933 -), Russian poet*

We look into mirrors but we only see the effects of our times on us - not our effects on others.

- *Pearl Bailey, (1918 - 1990)*

Celebrity! What is it but the honor of being known by those who do not know you?

- *Nicolas Chamfort, (1741 - 1794), French epigrammist*
Just because you like my stuff doesn't mean I owe you anything. - *Bob Dylan, (1941 -)*

Youth does not require reasons for living, it only needs pretexts.

- *Jose Ortega y Gasset, (1883 - 1955), Spanish philosopher and politician*

The price of hating other human beings is loving oneself less.

- *Eldridge Cleaver, (1935 - 1998), author, activist*

I hate and I love.

- *Catullus, Gaius Valerius, (84? - 54 B.C.E.), Latin poet*

In investing money, the amount of investment you want should depend on whether you want to eat well or sleep well.

- *Christopher Morley, (1890 - 1957), U.S. author and journalist*

Life is mostly procrastination. - *Anonymous*

Any clod can have the facts; having opinions is an art.

- *Charles McCabe, (1836 - 1906), U.S. clergyman, chancellor American Univ.*

Art is not what you see, but what you make others see.

- *Degas, (1834 - 1917), French painter, sculptor*

Sometimes I see it and then paint it. Sometimes I paint it and then see it.

- *Jaspers Johns, (1930 -), U.S. painter and printmaker*

As yet, Bernard Shaw hasn't become prominent enough to have any enemies, but none of his friends like him.

- *Oscar Wilde, (1856 - 1900)*

Wherever an inferiority complex exists, there is a good reason for it. There is always something inferior there, although not just where we persuade ourselves that it is.

- *Carl Jung, (1875 - 1961)*

POETRY CORNER**Tzu-yeh Song**

Li Po (701 -762)

in ten thousand houses, the sound of fulling mal-
lets.

Autumn winds keep on blowing,
all things make me think of Jade Pass!
When will they put down the barbarians
and my good man come home from his far cam-
paign?

Prayers of Steel

Carl Sandburg (1878 - 1967)

Lay me on an anvil, O God,
Beat me and hammer me into a crowbar.
Let me pry loose old walls.
Let me lift and loosen old foundations.

Lay me on an anvil, O God
Beat me and hammer me into a steelspike
Drive me into the girders that hold a
skyscraper together.

Take red-hot rivets and fasten me into the
central girders.
Let me be the great nail holding a skyscraper
through blue nights
Into white stars.

The Day is Done

from *The Belfry of Bruges and Other Poems* (1845)
by Henry Wadsworth Longfellow (1807 - 1882)

THE DAY is done, and the darkness
Falls from the wings of Night,
As a feather is wafted downward
From an eagle in his flight.

I see the lights of the village
Gleam through the rain and the mist,
And a feeling of sadness comes o'er me
That my soul cannot resist:

A feeling of sadness and longing,
That is not akin to pain,
And resembles sorrow only
As the mist resembles the rain.

Come, read to me some poem,
Some simple and heartfelt lay,
That shall soothe this restless feeling,
And banish the thoughts of day.

Not from the grand old masters,
Not from the bards sublime,
Whose distant footsteps echo
Through the corridors of Time.

For, like strains of martial music,
Their mighty thoughts suggest
Life's endless toil and endeavor;
And to-night I long for rest.

Read from some humbler poet,
Whose songs gushed from his heart,
As showers from the clouds of summer,
Or tears from the eyelids start;

Who, through long days of labor,
And nights devoid of ease,
Still heard in his soul the music
Of wonderful melodies.

Such songs have power to quiet
The restless pulse of care,
And come like the benediction
That follows after prayer.

Then read from the treasured volume
The poem of thy choice,
And lend to the rhyme of the poet
The beauty of thy voice.

And the night shall be filled with music,
And the cares, that infest the day,
Shall fold their tents, like the Arabs,
And as silently steal away.

MENSA MIND GAMES 2007 RESULTS

More than 200 Mensans gathered in Pittsburgh in April for Mensa Mind Games 2007. During the three-day event, members played and rated 59 board and card games. The top five games have earned Mensa Select distinction and may use the Mensa Select seal on their games.

**MIND GAMES 2008 will be held
April 11-13 in Phoenix.**

To register, visit
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Skullduggery
 Outset Media Games
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POETRY CORNER 2**The Cow**

Oliver Herford (1863-1935)

THE Cow is too well known, I fear,
 To need an introduction here.
 If She should vanish from earth's face
 It would be hard to fill her place;
 For with the Cow would disappear
 So much that everyone holds Dear.
 Oh, think of all the Boots and Shoes,
 Milk Punches, Gladstone Bags and Stews,
 And Things too numerous to count,
 Of which, my child, she is the Fount.
 Let's hope, at least, the Fount may last
 Until our Generation's past.



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

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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.

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

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