

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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ATTENTION SOUTHERN CT MENSANS: *The Southern CT Mensa Executive Committee needs members to assume the open position of Secretary. We also need Proctors, who administer admissions tests to local candidates for Mensa. This is your chance to put ideas that can help our local chapter into action. Please notify one of the current board members to volunteer for these positions.*

SCHEDULE OF CHAPTER EVENTS - OCTOBER

3 Saturday 11 am - 5 pm

Mensa Multi-Chapter Event: A Day at the Races

Lime Rock Park Racetrack, Lime Rock CT.
Hosts: Mike Yost (Greater N.Y. Mensa), Tom Thomas (CT & W. Mass. Mensa). The Bruce Grohe Memorial SIG invites you to the beautiful Lime Rock Park race track to enjoy a day of SCCA Sports Car racing. Join That Nice Tom Thomas and Mike Yost, sit on a grass hillside watching a variety of sports cars negotiate Lime Rocks twisty, challenging circuit. Feast on whatever you bring (and what you might care to buy from the surprisingly good concession stands) and enjoy autumn in New England. Dress in layers, expect anything from sunny and warm to

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cool and damp, the races run rain or shine. Meet us on the Infield Spectator Area overlooking the Esses. Look for yellow balloons. Note: BYO lawn chairs or blankets, picnic food and drink. No pets and No Glass Bottles. Park admission is reasonable, 15 dollars at the gate, 10 dollars advance purchase from the track's website.

Lime Rock is located in northwestern Connecticut, and getting there on the scenic roads of the area is part of the fun. For directions, or to order tickets, they have a website: <http://www.limerock.com/> or you can call them at 1-800-RACE-LRP. For details about this event, or to RSVP, email mike@mikeyost.com, or call his mobile 917-603-0410

Friday, October 9, 7:00

Danbury Dinner - Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner at a new venue, The Pasta Garden, 174 Federal Rd, Brookfield CT 06804 (restaurant phone: (203) 775-0426). Interested M's should contact Ward Mazzucco at 203-744-1929, ext 25, wjm@danburylaw.com or Rev. Bill Loring at 203-794-1389, fr.bill@comcast.net for more info on location and/or reservations.

Saturday, October 24, 6:30 pm

MONTHLY DINNER. TONELLI'S RESTAURANT 41 Grassy Plain St., Bethel, CT 06801. Dress is casual. Speaker to be announced. 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. There are plenty of seats. Contact Jim Mizera, jmizera@hotmail.com, 203-522-1959, for information and reservations. Reservations encouraged but not required.

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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, 860-888-9867, email: lilith@beadylittleskies.com.

OCTOBER

1, 8, 15, 22, 29 Thursdays 7:00 pm

Scrabble

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

2 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 Ave. George's II is in the Yale Plaza on the right.

2 Friday 8:00 pm

Revolutionary Thinkers

An amazing assortment of entrepreneurs and innovators you should know. Presented by the Connecticut Forum. It will be an unscripted conversation between accomplished thinkers and change-makers to talk about issues of leadership, creativity and reform. The Connecticut Forum is a non-profit in Hartford, CT that puts on four Forum events per year on various topics, bringing celebrities and experts together for live, unscripted conversation. They typically have audiences of 2200-2800 people. You can learn more at their website www.ctforum.org. No one has stepped forward to host this, but just grab some friends and go!

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3 Saturday 11:00-5:00 pm

A Day At The Races

at Lime Rock Park Racetrack, Lime Rock, CT. Hosts: Mike Yost (GNYM), Tom Thomas (C&WM) The Bruce Grohe Memorial SIG invites you to the beautiful Lime Rock Park race track to enjoy a day of SCCA Sports Car racing. Join That Nice Tom Thomas and Mike Yost, sit on a grass hillside watching a variety of sports cars negotiate Lime Rocks twisty, challenging circuit. Feast on whatever you bring (and what you might care to buy from the surprisingly good concession stands) and enjoy autumn in New England. Dress in layers, expect anything from sunny and warm to cool and damp, the races run rain or shine. Meet us on the Infield Spectator Area overlooking the Esses. Look for yellow balloons. Note: BYO lawn chairs or blankets, picnic food and drink. No pets and No Glass Bottles. Park admission is reasonable, 15 dollars at the gate, 10 dollars advance purchase from the track's website.

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4 Sunday 12 noon

Bread & Puppet Theater

Glover, Vermont

We thought it would be fun to go Bread & Puppet Theater (I've lived in VT for 30 years and never gone!). They have a special performance in October. We'll plan to meet at noon at the main entrance, just as a place to meet. The museum opens at 10 and Ted says it's a "not to be missed" experience (although maybe a little weird.) Bring a picnic lunch and something to sit on (blanket or chair) as there are places on-site where we can gather for lunch. Last time I spoke to them, they had not yet decided whether to have the performance at 2 or 3, but either should give us plenty of time for schmoozing - is that really a word? Admission is by donation and they apparently have the performances rain (inside) or shine (outside). It is, of course, a beautiful time of year to be in Vermont.

Directions: Glover is in the so-called Northeast Kingdom. Take I91 North to Exit 24, VT-122, toward Wheelock/Sheffield. Go a short distance and turn right onto Gilman Rd./VT-122. Continue to follow VT-122 for about 12 1/2 miles. Bread & Puppet will be on your right. I can't imagine that there won't be signs. Guests and prospective members welcome....Bring a friend!!
Go to <http://breadandpuppet.org> for more information. Please RSVP to Blakeney Bartlett, realestate@cozycap.com or (802)333-3683.

7, 14, 21, 28 Wednesdays 6:30 - 9:00 pm
Open Mike Night
(WE) at Peaberry's Coffee Shop on Rte 10 in between Fitzgeralds Market and CVS, Simsbury, CT. This is a regular musician event. If you want to see MensaFran make a fool out of herself, this is the place. Great munchies, coffee, tea, freeziedrinks and stuff. No alcohol. Fun people. Fran Devevo 860-738-8488 leave a message, calls returned about 9 pm or weekends or email mensafran@yahoo.com

9 Friday 6:30 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
Subject: Diner Dinner

14 Saturday 5:00 pm
Happy Hour in Branford
(ME, 2nd Wed) Donovan's Reef 1212 Main Street, Branford Conn. 06405. The Donovan's Reef <http://donovans-reef.com> web site has a small map, and here are some directions with distances - from I-95 take exit 54/Cedar Street. Go south on Cedar Street crossing Rt. 1/Boston Post Road for about 0.5 mi. to Rose Street. Take a left on Rose and go 0.25 mi. to a driveway on the right which has a low sign that says "1188 - 1238" where you will enter a parking lot for a number of businesses in a complex known as Lockworks Square. Drive part way through the

lot and look for Donovan's Reef on the left. Locals can also enter Lockworks Square from the Ivy Street side just off of Main Street where Shoreline Foods faces Ivy. The lounge is on the left inside. I'll see about a table reservation and will likely have an "M" sign visible. We start around 6. I'm told there is some sort of daily bar goodie along with any menu items that you may want to order. Donovan's phone number is 203-488-5573. Questions? Contact Joe Wonowski at 203-785-2998 weekdays, and 203-457-9770 evenings. Hope to see you there!

15 Thursday 6:30 pm
Pioneer Valley Dinner
(ME, 3rd Thursday)) at Red Fez Bar and Grill, 70 Exchange Street, Chicopee, MA, 413-594-5244
Questions? Ian Fraser ianfraser@usa.net

16-18 All weekend!
Mensautumn
Mensautumn Regional Gathering (YE) at the Super 8 Hotel & Convention Center in Manchester CT. C&WM's annual weekend get together. Come enjoy the speakers, the food, and most especially, the Mensans!! Stay the weekend or come for a day, enjoy your chapter to the fullest. Online registration form and more info under Regional Gathering link at <http://www.cwm.us.mensa.org/> Questions? Contact Ann Polanski, our registrar at ann.polanski@comcast.net.

23 Friday 5:00 pm
Happy Hour
(ME, 4th Friday) at The Playwright in Hamden, web site <http://www.playwrightirishpub.com>
Another venue will be considered at the next get together. Contact Gail Trowbridge 203-877-4472 or Gail.Trowbridge@att.net

23 Friday 6:00 pm
Open Mike Night
at First Church of Winsted, CT.
You have to pre-sign up for at info@firstchurchofwinsted.org with Deb Storrs. Fran usually does not play at this one as she's busy filming. Food and drinks available. Starts at 6:30 pm (ish time) and ends about 10. Usually not churchy music, but some great rock, blues and even

some jazz. The money raised goes to help people in Mexico that live in a dump, and special needs kids at an orphanage. Call Fran at 860-738-8488 9-10pm, or on the weekends, or email at mensafran@yahoo.commensafran@yahoo.com

23 Friday 6:30 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
Subject: Diner Dinner

25 Sunday 12-5 pm

Oktoberfest at the Alderman's

Neil & Dodie (YE, late Oct)

This is the 3rd Oktoberfest at our condo.

Continue the enjoyment started at the RG. Bring a dish to share for lunch. Call 860 228 2678 for menu coordination.

Directions from Hartford: Route 2 East to exit 13 (Rt 66 -- get your kicks). Turn left onto 66 for about 6 miles. Go straight through 2 traffic lights and the commercial district. Take the first left onto Loveland Rd. and then the second left onto Buttonwood. We are the first house on the right. Park on the street or across the street at the clubhouse.

31 Saturday 2:30pm

Book Discussion Group

A comedic change of pace for Halloween. This month we'll be discussing DEAD UNTIL DARK (Southern Vampire Mysteries, No. 1) by Charlaine Harris. [The basis of the HBO series Trueblood.] Sookie Stackhouse is just a small-time cocktail waitress in small-town Louisiana. Until the vampire of her dreams walks into her life--and one of her coworkers checks out. Maybe having a vampire for a boyfriend isn't such a bright idea. A fun, fast, funny, and wonderfully intriguing blend of vampire and mystery that's hard to put down, and should not be missed. Contact Pamela Guinan at (860) 563-5761 or email Pamela.cwm@hotmail.com

31 Saturday 5-10 pm

Halloween Party

at the Meriden home of Don & Gail Trowbridge
Our LocSec has encouraged us to open up our party to new members in particular. RSVP only, as our home will comfortably hold about 20 people. We will have soft drinks and wine and a huge pot of home made minestrone with crusty bread. Please bring something to share and a bag of candy. Last year we gave out 14 bags and we expect even more this year. Costume or not is up to you. gail.trowbridge@att.net or 203-877-447

*FROM THE REGIONAL VICE CHAIRMAN**LORI NORRIS**RVCHAT*

First, a word about Mensa merchandise. Fox Imaging is now the official Mensa store. Review their online catalog at www.foximaging.com. Many thanks to Joe and Nancy Zanca for their years of providing this service to us - you will be missed. Also, Thinkgeek.com is currently running a discount for Mensans - \$10 off a purchase of \$30. Check out other member benefits on the AML website. Get the most out of your membership and start your holiday shopping early - buy yourself a gift. This way you know you'll get something you like.

The next AMC (American Mensa Committee, or the National Board of Directors) meeting is being held in Arlington, TX the fourth weekend of October and will include the annual planning meeting. The agenda should be online at Inside AML. Please take a look at it and let me know if you have any thoughts or concerns you like discussed. Part of my job as RVC is to represent the members of Region 1 and bring their input to the national level, especially as the AMC discusses the direction Mensa will be taking into the future.

September has been a busy month for us. Ron started back to school; he's a high school math teacher. We attended a half-dozen Mensa events, including a book club meeting, and hosted a games night and a dinner night. Of course, I seem to spend an inordinate amount of time on

Facebook; it gobbles up time, but I enjoy it and it is a great way to keep in touch. October will be even busier, with the Leadership Development Workshop the first weekend - it may not be too late for you to attend (call me). And then there will be the Connecticut and Western Massachusetts (CTWM) Regional Gathering (RG) and the AMC meeting and, hopefully, a book club, luncheon and Halloween party all on the 31st, fortunately all in the same state. So 4 out of 5 weekends in October will be dedicated to enjoying my fellow Mensans. What fun!

CTWM's MensAutumn is being held the weekend of October 16-18. This is my home group and I will be running tournaments as well as bringing a selection of home-baked goodies. My husband, Ron, will be running the Tiki bar on Saturday night and he makes great frozen margaritas.

- Lori

GOOD WINE CHEAP (AND GOOD FOOD TO GO WITH IT)**BY JOHN GROVER**

A few years ago, my domestic supervisor and I took an extended vacation to the Southern United States. One of the highlights was our visit to Savannah, Georgia. Savannah is a city replete with history, architecture, charm and very good food. The recipe this month is from a delightful Savannah restaurant called "Lady and Sons". This restaurant is the home of gourmet Southern comfort food. Its proprietor, Paula Deen, can be seen on the Food Network.

Our wine this month is from Barefoot Cellars, based in Sonoma County, California. Their non-vintage (a blend from more than one year and often more than one area) Chardonnay is a delightful example of a very good affordable wine. While it's down right cheap, it does not exhibit the faults of the many inexpensive Chardonnays on the market today (read faults as insipid, flabby, cloying and way too much oak). Barefoot Cellars has produced a Chardonnay that is bright, crisp and has the taste of fresh apples and peaches. It is a real steal at about \$7 a bottle and goes well with a cream sauce such as the following recipe.

VEAL AND CREAMED SPINACH

(from the Savannah Country Cookbook by Paula H. Deen)

Ingredients:

4 to 6 veal scallopini
 1 egg, beaten
 1 tsp. House Seasoning (see below)
 1 sleeve of Ritz crackers, crushed
 3 tbsp. olive oil; half cup white wine
 1 large onion, chopped
 1 bunch fresh spinach trimmed and cleaned
 quarter cup cream
 salt and pepper to taste

(The House Seasoning is 4 parts salt, 1 part pepper and 1 part garlic powder. The Boss keeps a saltshaker full of it by the stove.)

Between sheets of wax paper, pound veal into quarter-inch thick slices. Beat egg adding House Seasoning. Dip veal in egg, and then dip into Ritz cracker crumbs. Sauté the veal in heated oil for about 2 minutes on each side, over medium heat. Pour wine into pan and cook for another minute or two. Remove veal. Add chopped onion and fresh spinach to pan and sauté until spinach is done, 2 or 3 minutes (don't overcook). Add cream and continue to sauté for 1 more minute or until hot. Season to taste with salt and pepper. Place on platter with veal on top of the spinach. The cookbook suggests that if you want to cut back on calories, not to add the cream. But, I say go for it.

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

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

THE SEPTEMBER DINNER

Twenty people came to Tonelli's Restaurant in Bethel for our September dinner, the first one after a three-month summer layoff. The topic was acupuncture and our speaker was Southern CT Mensa member Ingri Boe-Wiegaard, a licensed acupuncturist for 25 years who has offices in Bethel, Wilton, and Fairfield. She explained the basis of acupuncture, its history, and how she conducts her practice, fielding questions from the audience as she went along.

Ingri started out by giving each member of the audience an information folder with sheets providing her professional bio, a short history of acupuncture's origin, guidelines for choosing an acupuncturist, an introduction to nutritional theory in traditional Chinese medicine (TCM), meal suggestions for non-cooks, some background on Tao and Zen, and a dozen funny medical and acupunctural cartoons. The folder also had a diagnostic chart - a Report of Findings - which she uses in her practice.

WHAT IS ACUPUNCTURE?

Ingri described acupuncture as a safe, drug-free, and effective method of treating a variety of health problems, including but not limited to skeletal and muscle pains, and endocrinal and circulatory maladies. It is based on the Chinese idea of a vital life energy Qi that flows through the human body. It travels in weak electric currents along paths called meridians, or organ networks. We are healthy when Qi is balanced and flowing freely, energizing every cell, tissue, muscle, organ, and gland, and activating the body's self-healing abilities. We can fall ill when pollution, poor diet, accidents, strains, addictions, or stress disrupt or block the flow of Qi, causing imbalances. Acupuncturists treat illnesses by placing tiny, sterile needles in 12 acupuncture points (six on each side of the body) on the meridians. They also may use acupressure massage, electro-acupuncture, tai chi movement exercises, and nutrition to restore the balance of Qi.

We got to see the tools of the trade, as Ingri passed around acupuncture needles, which are stainless steel and made to very stringent standards. She places these into specific points,

depending on the ailment she is treating. Patients feel only a slight prick because the needles are very thin, much thinner than conventional medical needles. The only thing felt afterwards is a slight tingling and warmth and a general sense of relaxation.

MISCONCEPTIONS

Ingri sought to clear up some misconceptions people commonly have about acupuncture. One misconception is that acupuncturists don't study much medicine. On the contrary, Ingri emphasized, a person who goes to acupuncture school to get a license must have at least the medical training of a nurse. Ingri received degrees from the International College of Oriental Medicine in England, and the Norwegian Academy for Natural Medicine (Naturopathic-Homeopathic), and did post-graduate work at several other universities.

Acupuncturists must study many of the same things doctors study because they must communicate with a patient's general physician and know about the drugs the patient is taking. Ingri said that she, like most acupuncturists and naturopathic physicians, wants to integrate complementary medicine with Western medicine, not compete with it. She has no quarrel with modern medical advances, declaring "antibiotics were a great achievement." She cooperates with doctors and they may refer patients to her. While many doctors know next to nothing about acupuncture, an estimated 3,000 M.D.'s in the U.S. have acupunctural training, and Ingri has treated doctors and other medical professionals in her practice.

Another mistake laymen in Western countries make is to equate traditional Chinese medicine with acupuncture. While some archaeological findings suggest acupuncture originated in China 5,000 years ago, a recent finding of a mummy bearing markings in central Europe may indicate earlier practice. Regardless of acupuncture's origin, however, traditional Chinese medicine has always been herbal and acupuncture is only a small part of it. Ingri said, "Probably only a small number of Chinese people ever had acupuncture."

HOW ACUPUNCTURISTS WORK

The Report of Findings is essential because the first thing Ingri does when she meets with new patients is to talk with them about their pains, illnesses, and symptoms, and record their responses. She takes a patient's pulse, probes with her needles, and makes notes on the report. The report shows a front and back-diagram of a human body complete with the meridians and acupuncture points. It has diagnostic checklists for each of the organ networks, - the Lung and Large Intestine meridian, the Kidney and Bladder, the Liver and Gallbladder, the Heart and Small Intestine, and the Spleen and Stomach. Each section lists more than twenty problems or symptoms. Finally, at the bottom it includes a small diagram showing the energy flow between the organ networks.

Taking a pulse is an essential part of diagnostics because in acupunctural theory the pulse registers the quantity, quality, and balance of Qi. However, Ingri explained, acupuncturists do not rely on pulse monitors because the human touch is much more sensitive than a machine in feeling all the characteristics of a pulse. She said that there are 26 subtle variations and she must check the pulse at six different points on each wrist to take full stock of the energy flow in the body.

Acupuncture diagnostics are quite thoroughgoing. Beyond the extensive pulse checking, acupuncturists also closely examine voice, hearing, sight, odor, swelling, and the color, shape, and coating of the tongue. All of these are said to reveal facets of Qi.

As Ingri mentioned earlier, there is really nothing to fear about the needles used in acupuncture. There should not be any bleeding. The needles may be inserted at various depths, but the general effect is calming not painful.

With such extensive diagnostics, the initial session with an acupuncturist goes for an hour or more. Beyond the first session, the length of the treatment depends on the person's condition. Ingri stated that the longer a problem has gone without treatment, the more the body will spread the pain around. Hence, she sometimes

sees patients whose entire body is racked by pain they have accumulated from a lifetime of bad habits. Such severe cases may require continued treatment for months, whereas most ailments require only 2 - 6 sessions.

RESULTS

A fairly experienced acupuncturist will achieve strong improvement with about 76% of patients, Ingri estimated, and this is roughly the success rate she has in her practice. This far exceeds the 40% success rate of patients given a placebo. Ingri has treated many problems successfully, including neck and back pains, headaches, arthritis, muscle and tendon problems, allergies, asthma, digestive problems, obesity, and even infertility. Ingri told us about one infertility-sufferer, a seemingly healthy doctor, whose problem had remained unresolved for years despite treatments by several specialists. Ingri found an imbalance and her patient was able to have children.

Ingri admitted that she has been less successful treating some conditions, one example being tinnitus, a ringing or similar sound in the ears. She has succeeded in only about 30% of these cases. But Ingri's son William, who graduated from a pre-med program, gave personal testimony of Ingri's success with another ear problem, the frequent earaches he experienced as a teenager. His mom's treatment immediately eliminated his pain.

Someone in the audience asked Ingri, "How do investigators actually test the effectiveness of acupuncture?" Ingri said that testers use a fake or partly inserted needle to serve as a placebo. She said that acupuncture has outperformed these control cases and has given not just temporary but lasting relief.

Others in the audience questioned whether meridians and acupuncture points have ever been detected and whether acupuncture is more effective than placebos. Ingri stated that investigators lacking training often do not look in the right places. Rigorous and careful testing upholds the efficacy of acupuncture, she maintained, citing research done by the National Institute of Health (NIH) and World Health Organization (WHO) that documented the suc-

cess of acupuncture in treating 40 conditions.

For most of the audience, it was probably the first time they had talked with an acupuncturist. Ingri Boe-Wiegaard’s presentation was a good introduction to the subject, one that gave Mensans ample opportunity to gather information and ask questions. Southern CT Mensa will try to feature more speakers on medicine and health in future meetings, so check your monthly calendar for upcoming events.

You can visit Ingri’s website at www.ctacupuncture.com. Next month’s dinner will be the fourth Saturday of the month, October 24, rather than the third Saturday, because of the CT and Western Massachusetts Regional Gathering, which will be held in Manchester the weekend of Oct. 16 - 18. Online registration form and more info under Regional Gathering link at <http://www.cwm.us.mensa.org>.

***SOUTHERN CONNECTICUT MENSA
TREASURY***

**Fiscal Year:
April 1, 2009 - March 31, 2010**

**Opening balance at 4/1/09
\$9013.70**

INCOME
American Mensa Local Group Support
Funds: \$1261.38

TOTAL INCOME: \$1261.38

EXPENSES
Chronicle Printing Expenses: \$426.12
Chronicle Postage: \$318.88
Speakers’ Dinners: \$73.37

TOTAL EXPENSES: \$818.37

PUZZLES & QUESTIONS

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

1. What is the most nutritious fast-food?
2. What is the average percentage tip given to cab drivers in the U.S.?
3. Describe the differences between physical time and psychological time.
4. How many baby-boomers (persons born from 1946 - 1964) are there in the U.S.?
5. What are the best openings for novels?
6. What is the oldest factory still operating in Connecticut?
7. Name some wars that ended more quickly than expected.
8. About what percentage of U.S. citizens move to a different state each year? What percentage move within a state each year?

ANSWERS TO LAST MONTH'S PUZZLES:

2. How many vitamins are there?

A: Most sources state there are 13 vitamins for humans, where vitamins are defined as organic compounds that are required in tiny amounts by an organism and must be obtained from food because they cannot be synthesized by the organism in sufficient amounts. Vitamin A (Retinol or Beta Carotene), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6, Vitamin B9 (Folic Acid), Vitamin B12 (Cyanocobalamin), Vitamin C, Vitamin D, Vitamin E, Vitamin H (Biotin), and Vitamin K. The water-soluble vitamins are the B vitamins and vitamin C, and the fat-soluble vitamins are A, D, E and K.

Some researchers include choline, inositol, para-aminobenzoic acid (PABA) and coenzyme Q10 as vitamins.

4. What percentage of his/her portfolio does the average U.S. investor hold in foreign investments?

A: The average U.S. investor holds about 11% of his/her portfolio in foreign investments, though the value of foreign stocks is almost 60% of the total world market value.

6. What is the highest city on earth?

A: Two cities are usually cited as the highest city in the world: Wenzhuan, People's Republic of China, and La Rinconado, Peru. Both are commonly listed as being 16,728 feet (5,100 m.) above sea level. The Guinness Book of World Records credits Wenzhuan as the highest city, at 16,730 ft. Other high cities include Parinacota, Chile (14,435 ft.), (Dolpa, Nepal (14,301 ft.), Phari, Tibet (14,300 ft.), El Alto, Bolivia (13,488 ft.), Potosi, Bolivia (13,000 ft.), Olacapata, Argentina (13,153 ft.), Lasa, Tibet (12,000 ft.)

The highest city in the United States is Alma, Colorado, listed at 10,355 ft.

WORD CHECK

See if you can define these difficult words.
 Answers are below.

1. thrasonical (thruh- SAH- nih- kul)
2. threnody (THREN- uh- dee)
3. thaumaturgist (THAW- muh- tur- jist)
4. tchotke (CHOCH- kuh)
5. tatterdemalion (tat- er- di- MAYL- yuhn, tat- er- di- MAL- yuhn)
6. tyro
7. truculent (TRUK- ye- lent)
8. trope
9. tocsin (TOK- sin)
10. tergiversate (TUR- ji- ver- sayt)
11. tenebrous (TEN- uh- bruhs)
12. terpsichorean (TERP- si- ke- ree' - en)
13. toothsome
14. traduce (truh- DOOS)
15. tumid (TOO- mid)

1. thrasonical - bragging, boastful.
2. threnody - a dirge; song of lamentation.
3. thaumaturgist - a miracle or wonder worker; magician.
4. tchotke - a trinket; a knickknack.
5. tatterdemalion - (noun) a ragged fellow, a shabby person. (adj.) ragged, unkempt, dilapidated.
6. tyro - a beginner at learning something; a novice.
7. truculent - aggressive, savage.
8. trope - a figure of speech, such as a metaphor, simile, or hyperbole.
9. tocsin - an alarm bell.
10. tergiversate - 1. to equivocate; to use evasions or ambiguities. 2. to change sides, desert.
11. tenebrous - dark, gloomy.
12. terpsichorean - relating to dancing.
13. toothsome - 1. pleasing to the taste; delicious. 2. agreeable; attractive.
14. traduce - slander, defame.
15. tumid - 1. swollen. 2. pompous; bombastic.

ANSWERS:

NOTED & QUOTED

Character is Fate.

- Heraclitus, (544 - 483 B.C.E.), Greek philosopher

Nobody wants to become something, everybody wants to be something.

- Johanne Von Goethe, (1749 - 1832), German poet, novelist, and dramatist.

How you spend your day, is how you spend your life. - Anonymous

You know, the trouble with life is that it's so daily! - Anonymous

Sometimes even to live is an act of courage.

-Lucius Annaeus Seneca, (3 B.C.E - 65), Roman writer and philosopher

The fault lies not with our technologies but with our systems. - Roger Levian, Rand Corporation analyst

The two most important tools an architect has are the eraser in the drawing room and the sledgehammer on the construction site.

- Frank Lloyd Wright, (1869 - 1959), U.S. architect

To be seen is the ambition of ghosts, and to be remembered is the ambition of the dead.

- Norman O. Brown, (1913 - 2002), U.S. author, Humanities professor

I don't know enough words to have a style; I know, at the most, fifteen adjectives.

- Robert Benchley, (1889 - 1945), U.S. humorist, actor, and drama critic

It is as easy to dream a book as it is hard to write one.

- Honore de Balzac, (1799 - 1850), French novelist

Storytelling reveals meaning without committing the error of defining it. -Hannah Arendt, (1906 - 1975), German-American political theorist

New York has more hermits than will be found in all the forests, mountains and deserts of the United States.

- Simeon Strunsky, (1879 - 1948), U.S. essayist, editor

Long range planning does not deal with future decisions, but with the future of present decisions. - Peter F. Drucker, (1909 - 2005), U.S. economist and management sociologist

Don't rush me! I'll face today tomorrow.

- Anonymous

Would you like me to give you a formula for success? It's quite simple. Double your rate of failure. - Thomas J. Watson, (1914 - 1993), president of IBM, 1952 - 1971

Sometime when I consider what tremendous consequences come from little things - I am tempted to think - there are no little things.

- Bruce Barton

Four things belong to a judge: to hear courteously, to answer wisely, to consider soberly, and to decide impartially. - Socrates, (470 - 399 B.C.E)

Every one's quick to blame the alien.

- Aeschylus, (525 - 456 B.C.E.), Greek dramatist

When you discover that you are riding a dead horse, the best strategy is to dismount.

- Tribal Wisdom Dakota Indians

Where speech fails, then music begins. It is the natural medium for the expression too strong and deep to be expressed in words.

- Charles W. Landon, (), [p. 157 "Spirit Into Sound" by Mickey Hart and Frederic Lieberman 1999]

You cannot paint "Mona Lisa" by assigning one dab each to a thousand painters.

-William F. Buckley, Jr., (1925 - 2008), U.S. author, editor, columnist

The only problems money can solve are money problems. - Laurence Peter, (1919 - 1990), Canadian-American educator, author

Tell me what you pay attention to and I will tell you who you are. - Jose Ortega y Gasset, (1883 - 1955), Spanish philosopher and politician

The truth dazzles gradually, or else the world would be blind. - Emily Dickinson, (1830 - 1886)

NOTED & QUOTED CONT.

There is a budding morrow in midnight.

- John Keats, (1795 - 1821), English Romantic poet

Men cease to interest us when we find their limitations.

- Ralph Waldo Emerson, (1803 - 1882)

Why was I born with such contemporaries?

- Oscar Wilde, (1856 - 1900)

The only sure thing about luck is that it will change.

- Bret Harte, (1836 - 1902), U.S. author, poet

We owe most of what we know to about one hundred men. We owe most of what we have suffered to another hundred or so.

- R.W. Dickson

And that is my advice to young writers, too. Forget it. Take up plumbing or electrical wiring. The money is vastly better, and the work-hours are more reasonable, and when your toilet overflows, you don't want Dostoevski coming to your house. - Harlan Ellison, (1934 -), U.S. science fiction author and screenwriter

MENSA MIND GAMES 2009 RESULTS

Mensa members came together April 24 - 26 in Kentucky for the annual Mensa Mind Games(R). For 48 hours straight, they played and rated new board and card games. At the end, they voted for the five games that will bear the Mensa Select(R) seal. To learn about past winners, visit www.mindgames.us.mensa.org.

The 2009 winners are as follows:**Cornerstone**

This is a 3-D strategy game requiring a steady hand and clever mind in order to build, climb and race to the top before it all comes tumbling down. www.goodcompanygames.com

Dominion

Players compete to create the best deck of cards by buying action (10 of 25 possible each game), treasure, and victory cards. The deck with the most victory points wins! Order phone: (505) 771- 8813

Marrakech

Each player takes the role of a salesperson who tries to outwit the others. Roll the dice, move Assam, and determine whether you must make a payment to lay a rug. www.fundexgames.com

Stratum

Following the layering laws each player tries to cover up their opponent's pieces. The player with most exposed pieces wins! www.familygamesamerica.com

Tic-Tac-Ku

An exciting twist on the age old favorite, Tic-Tac-Toe. The game has nine playing areas. Each player determines in which playing area his opponent may play. Object: win the most playing areas. www.colorku.com

Congratulations to the winners, and a big thank you to all of our Mensan judges!

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