

# SOUTHERN CONNECTICUT MENSA CHRONICLE

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



## *ARCHIVED COPIES OF THE CHRONICLE*

going back to 2000 are available on the Internet at <http://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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## **SCHEDULE OF CHAPTER EVENTS - FEBRUARY**

Friday, February 4, 8:00

### **Theater Event: Irena's Vow**

performed by the Square One Theatre Company, 2422 Main St., (downtown) Stratford, CT, 06615. Exit 32, I-95. Dan Gordon's recent Broadway success is the riveting, true story of Irena Opdyke, a Polish woman who worked for a Nazi officer and hid Jewish workers in his basement. For over two years, Irena uses her wit, humor and courage to hide her friends until the end of the German occupation. Tickets \$20. Contact Jim Mizera at [jmizera@hotmail.com](mailto:jmizera@hotmail.com) or (203) 522-1959 for reservations or info.

Friday, February 11, 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](mailto:wjm@danburylaw.com) or Rev. Bill Loring at 203-794-1389, [fr.bill@comcast.net](mailto:fr.bill@comcast.net) for more info on location and/or reservations.

Tuesday, February 15, 7:00 pm

### **Post Road Dinner**

Chuck's Steak House, 1340 Boston Post Rd. Darien, CT 06820. Restaurant closes at 9:30 on Tue. Contact Jim Mizera: [jmizera@hotmail.com](mailto:jmizera@hotmail.com) or (203) 522-1959 for reservations or info.

Saturday, February 19, 6:15 pm

### **Monthly Dinner - New Members Dinner**

TOPIC: Independent Learning. What can be learned outside the classroom? Bring your ideas and observations. Members old and new are

invited to attend. The Putnam House Restaurant, The Seelye Room, 12 Depot Place, Bethel (downtown - across from old railroad station), CT 06801 ([www.theputnamhouse.com](http://www.theputnamhouse.com) - Dinner Menu 1 - a vegetarian option is on the menu.). Dress is casual. Before the presentation, we will enjoy dinner. There is parking in the rear of the restaurant and in the nearby Old Railroad Station lot. Contact Jim Mizera at [jmizera@hotmail.com](mailto:jmizera@hotmail.com) or (203) 522-1959 for reservations or info. Reservations are encouraged but not required. In case of severe weather, please call to confirm that the event is going on as scheduled.

## **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](mailto:lilith@beadylittleskies.com).

## **FEBRUARY**

3, 10, 17, 24 Thursdays 6:30 pm

### **Scrabble**

(WE) at the Fellowship Housing clubhouse, 24 Starkel Road, West Hartford (it's the small building right where the road bends). For more info contact Lois Cappellano 413-567-4702

4 Friday 5:30 pm

### **Happy Hour in Wallingford**

(ME, 1st Fridays) Ann Polanski (contact her at 203-269-4565 or cell 860-817-9910 or [ann.polanski@comcast.net](mailto:ann.polanski@comcast.net)) at The Old Dublin, 171 Quinnipiac Street, Wallingford, CT 06492, 203-949-8022, [www.theolddublin.com](http://www.theolddublin.com) From Route 15: Take exit 64 toward Wallingford/ Downtown, Sharp right at Quinnipiac Street, At 0.3 miles turn left to stay on Quinnipiac Street. The Old Dublin will be on the left about 0.3 miles from where you turned left  
From I-91: Take I-91 to exit 13 Turn right at end of exit onto South Colony Road. At about 0.2 miles, turn left onto Quinnipiac Street (Wallingford center, just before the gazebo). The Old Dublin will be on your right within about two blocks.

February 5 Saturday 2:30 pm

**Book Discussion**

Join us at Pamela Guinan's home, 323 Griswold Road, Wethersfield, CT, for a discussion of *Drive: The Surprising Truth About What Motivates Us* by Daniel H. Pink. RSVP to Pam Guinan 860-563-5761 or

Pamela.cwm@hotmail.com

From Publishers Weekly:

According to Pink (*A Whole New Mind*), everything we think we know about what motivates us is wrong. He pits the latest scientific discoveries about the mind against the outmoded wisdom that claims people can only be motivated by the hope of gain and the fear of loss. Pink cites a dizzying number of studies revealing that carrot and stick can actually significantly reduce the ability of workers to produce creative solutions to problems. What motivates us once our basic survival needs are met is the ability to grow and develop, to realize our fullest potential. Case studies of Google's 20 percent time (in which employees work on projects of their choosing one full day each week) and Best Buy's Results Only Work Environment (in which employees can work whenever and however they choose—as long as they meet specific goals) demonstrate growing endorsement for this approach. A series of appendixes include further reading and tips on applying this method to businesses, fitness and child-rearing. Drawing on research in psychology, economics and sociology, Pink's analysis—and new model—of motivation offers tremendous insight into our deepest nature.

Here is a summary from Wikipedia on this New York Times and Wall Street Journal best seller: The book examines the scientific literature on motivation, outlines the perils of extrinsic motivators (in particular, money), and proposes what Pink terms "Motivation 3.0" that leverages the three key elements of truly effective motivation: autonomy, mastery, and purpose. *Drive* concludes with a toolkit of ways individuals, managers, parents, and companies can intensify their use of effective motivators and decrease their dependence on extrinsic motivators

9 Wednesday 5:30 pm

**Shoreline Happy Hour**

(ME, 2nd Wednesday) in Branford at The Donovan's Reef [www.donovans-reef.com](http://www.donovans-reef.com) web

site has a small map, and here are some directions with distances - from I-95 take exit 54/Cedar Street. Proceed south on Cedar Street, crossing Route 1 (North Main Street) for about 0.5 mi. to Rose Street. Take a left on Rose, pass the Post Office on your right and go 0.25 mi. to a driveway on the right where you will enter the parking lot for a number of businesses in a complex known as Lockworks Square. Donovan's Reef is partway through on the left. Locals can also enter Lockworks Square from the Ivy Street side just off of Main Street. Shoreline Foods faces Ivy. The lounge is on the left inside. We usually reserve the round table in the corner (with potential to annex adjacent ones) and will likely have an "M" sign visible. We start around 5:30. There are free daily bar munchies and numerous tasty items in the comprehensive and modestly priced menu. Hope to see you there! Questions? Contact Mike Wilson at 203-481-2858 or [MahoutMike@aol.com](mailto:MahoutMike@aol.com)

11 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](mailto:howiebren@aol.com) Subject: Diner Dinner

12 Saturday time TBA

**Mensa Admissions Testing**

C&WM Mensa now holds regular testing in Newington, CT on the second Saturday of every month. Please preregister to attend by contacting the testing Proctor Coordinator, David B. Collier at [Testing@CWM.US.Mensa.org](mailto:Testing@CWM.US.Mensa.org) for more details, including directions. In addition to the regular testing, additional tests will be made available around the region as candidate interest requires. To register for testing updates, go to <http://www.us.mensa.org/directtesting> and provide an email address. You can also save time at the site by paying for your testing session online at [www.us.mensa.org/testingvoucher](http://www.us.mensa.org/testingvoucher).

12 Saturday All day

***Eagle Festival, Essex. • Family Friendly!!***

Essex CT is hosting The Annual Eagle Festival every weekend in February. Go to [www.ctrivermuseum.com](http://www.ctrivermuseum.com) and check out the calendar page. They have a GREAT model train exhibit, (I've seen it) and Steve Cryan's art is super, too. The museum sponsors a boat ride to see eagles at 9,11 and 1 PM for \$40, which includes museum admission. Bring binoculars, etc. There's a class on how to photograph birds at 11 AM.

I suggest February 12, the Saturday a week BEFORE school vacation starts, as a good day to come down and enjoy all the stuff put out by the Connecticut River Museum (\$7) and local businesses. There's a chain saw carver, the museum is really interesting, a raptor show, etc. I recommend the Essex Steam Train (\$20/15 child) at 1PM; 3PM is good, too, but keeps Ms who may bring children on the road later.

I can host Dutch Treat lunch and eagle spotting from the deck at ECYC (NOT open to the public) at 11:45am if people get back to me at least 2 days in advance. RSVP to Ann Fitzgerald at 860-388-1893 or [annelly@comcast.net](mailto:annelly@comcast.net) for directions.

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17 Thursday 6:30 pm

***Pioneer Valley Dinner***

(ME, 3rd Thursday) at the delightful Tavern on the Hill perched on the shoulder of Mount Tom, conveniently located on Route 141 between Easthampton and Holyoke. In order to fully appreciate the view and the sunset, we will be meeting there a half-hour earlier than usual, at 6:00 pm. Of course, if you want to come earlier and enjoy the view of the valley, or the view of the well-stocked bar, you'll probably find company! All are welcome, please email Ian Fraser [ianfraser@usa.net](mailto:ianfraser@usa.net) for more info or directions.

19 Saturday 6:00-9:00 pm

***A Chili February Evening***

Chili Pot Luck! Chiliheads unite! Helene and I are hosting a pot luck chili party at our home in Woodstock CT from 6 - 9 P.M. on 19 February.

Bring your best (though not necessarily hottest) examples of chili for an evening with one of the ultimate winter comfort foods for tasting and fun! Whether your preference is for all meat (mine), meat and beans, ground meat or cubed, made from a chili kit, or made from scratch, we'll all share our best and maybe even some gentle critique. Not a contest, just some sharing of food, recipes, stories, and the usual M style good times! We have limited space, so let me know ahead of time if you'd like to attend. Contact Joe Wonoski at [n1khh@aol.com](mailto:n1khh@aol.com) if you plan to attend.

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25 Friday 5:00 pm

***Happy Hour***

(ME, 4th Friday) at Harry's Sports Grill in The Holiday Inn in North Haven, web site [www.harryssportsgrill.com](http://www.harryssportsgrill.com). Come on down and join us this month, we'd love to see ya. Contact Gail Trowbridge 203-877-4472 or [gail\\_trowbridge@yahoo.com](mailto:gail_trowbridge@yahoo.com)

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25 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](mailto:howiebren@aol.com) Subject: Diner Dinner

**REGIONAL GATHERINGS**

February 18 – 20, 2011

**MENSA COLLOQUIUM: "Electronic Gaming and Its Impact on Society"**

Omni Austin Hotel at Southpark in Austin, Texas. Visit <http://www.colloquium.us.mensa.org> for all the details and to register. Instead of focusing on the "whats" of individual games, this Colloquium will consider our societal obsession with electronic gaming, how we got to this point, and what the future could bring -- the "hows" and "whys," if you will. And the rock-bottom registration rate is only \$169 through next Saturday, July 31! Sponsored by the Mensa Foundation as an educational outreach program, the weekend-long Colloquium event historically provides Mensans and the public alike the opportunity to gather with industry experts and researchers to dig deeper into socially relevant (and often controversial) topics.

February 18 – 20, 2011

**New Hampshire RG 2011****"Mediterranean on the Atlantic"**

Location: Best Western Wynwood Hotel & Suites  
580 US Route 1, Portsmouth, NH

PLEASE CALL THE HOTEL DIRECTLY  
FOR DISCOUNT ROOM RATE (603) 436-7600

Ask for "NH Mensa Regional Gathering"  
Single/Double (adults) \$79.95 + tax (\$5.00 each  
add'l adult per room)

Make your hotel reservations early (you can  
always cancel if necessary). Without a reservation  
you may be locked out of our special rate,  
or may not be able to get a room at all!

For more info: contact Deb Stone @ (603) 856-  
7055 or [nhrhg@stonesrealm.com](mailto:nhrhg@stonesrealm.com) or Holly Green  
@ (603) 724-8630 or [RGChair@nh.us.mensa.org](mailto:RGChair@nh.us.mensa.org)

Registrar: Deb Stone, 6 Fox Meadow Drive, Bow,  
NH 03304, (603) 856-7055,

[nhrhg@stonesrealm.com](mailto:nhrhg@stonesrealm.com)

Registration: \$65 until 01/15/2011, \$75 thereafter  
and at the door (All meals included)

8-17 years old, \$15 less than standard adult rate,

18-20 years old \$10 less than standard adult

rate. Children under 8, free. Day rates available  
(please contact registrar.)

April 1 - 3, 2011

**GREATER NEW YORK MENSA  
REGIONAL GATHERING**

A NEW YORK STATE OF MIND - LET'S GATHER  
IN THE VALLEY!

CROWNE PLAZA HOTEL - WHITE PLAINS, NY

RG WEBSITE: [www.anewyorkstateofmind.org](http://www.anewyorkstateofmind.org) A

WEEKEND OF GREAT SPEAKERS, ROUND-THE

CLOCK HOSPITALITY, AN AMAZING GAMES

ROOM, CONTESTS, TRIVIA, SATURDAY NIGHT

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RESERVATIONS

\$40 through 12/31/2010, \$50 through 3/31/2011

\$55 onsite for weekend, \$40 Saturday only

HOTEL RESERVATIONS: \$109/night S/D/T/Q

Call 1-800-227-6963 or 1-914-682-0050 or

[www.crowneplaza.com/whiteplainsny](http://www.crowneplaza.com/whiteplainsny)

Use hotel registration code M12

Questions? Call RG Chair Vicki Goldberger (516)

935-1613 or [vgoldberger@gmail.com](mailto:vgoldberger@gmail.com)

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

Happy Groundhog Day, Boy Scout Day, Valentine's Day, Chinese New Year, etc. Lots of reasons to celebrate in February, including Ron and my anniversary (10 years and counting). We were married at the local Rhode Island courthouse and then showed up at the New Hampshire Regional Gathering with a wedding cake. We had a truly unusual courtship (at least according to non-Mensa standards) as we met at a Boston Mensa RG, bumped into each other at a NH RG, and then started dating at a NJ RG with a second date at the GNYM RG. Not only did much of our pre-marriage time involve Mensa events, but our married life includes a lot of Mensa socializing. We know many Mensan couples.

Mensa is not a match-making organization; however, when singles gather with others of similar intelligence and interests, sparks may fly (and I'm not talking about the microwave experiments held at the Mensa Canada Annual Gathering in 2009). The AMC (American Mensa Committee, your national board of directors) is deliberating which of the Governance Task Force suggestions should be considered. It is now the job of the AMC to move forward and decide which suggestions should be sent to the next

task force (Governance Blueprint Task Force) for further development. While the AMC is not formally seeking membership comment at this point, I would like to solicit additional input from "my" members. So take a look at the Governance Task Force report (found on the Inside AML; 2010-11 Meeting Reports) and e-mail me your comments (rvc1@us.mensa.org). Upcoming events of note in our Region:

- February 18-20; New Hampshire Regional Gathering in Portsmouth, NH
- March 3-5; Central New Jersey Regional Gathering in Iselin, NJ (not our region, but so close)
- April 1-3; Greater New York Mensa's Regional Gathering in White Plains, NY
- April 15-17; Mind Games, a national event hosted by Mensa of Northeastern NY in Albany, NY

Lori J. Norris  
RVC - 1

**PUZZLES & QUESTIONS**

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

1. What is the best breakfast?
2. What percentage of freight in the United States is shipped by rail?
3. What are the best uses for robots?
4. Estimate the average annual snowfall in these cities: Minneapolis, MN; Bridgeport, CT; Hartford, CT; Montreal, Canada; Calgary, Canada; Flagstaff, AZ; Syracuse, NY; Anchorage, AK; Salt Lake City, UT; Moscow, Russia; Boston, MA; Stockholm, Sweden; Paris, France; London, UK; Beijing, China.
5. Name some tortoise and hare competitions where the tortoise won.
6. How many patents are issued annually in the U.S? About how many patents are in effect in the world?
7. What are the most exotic countries on earth?
8. What was the average score of the Super Bowl games from Jan. 1967, the first one, to 2010?

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

2. Estimate when these companies began: IBM, 3M, General Mills, Radio Shack, Bank of America, Colgate-Palmolive., Raytheon, PerkinElmer.

A: Radio Shack was founded in 1921. In 1962, it was acquired by Tandy, and in 2000, Tandy adopted the name RadioShack (one word) as the corporate name.

IBM was founded in 1896 as the Tabulating Machine Company, by Herman Hollerith. The company name became International Business Machines in 1924 when Thomas J. Watson, Sr. took charge.

General Mills was founded in 1856 as the Minneapolis Milling Company by Illinois Congressman Robert Smith. It took the name General Mills in 1928 when it merged with more than two dozen other mills.

Bank of America began as Bank of Italy in 1904 in San Francisco. In 1922, it became Bank of America and Italy when it bought the Bank of Italy. In 1928, it merged with Bank of America, Los Angeles and assumed the name Bank of America in 1930.

Colgate-Palmolive began in 1806 as William Colgate & Company, a starch, soap, and candle factory in New York City. When the founder William Colgate died in 1857, his son Samuel Colgate took over and changed the name to Colgate & Company. In 1873, Colgate introduced the first toothpaste in a

tube. In 1928, another soap maker, Palmolive-Peet bought Colgate. In 1953, the company adopted the name Colgate-Palmolive Company.

In 1922, Tufts engineering students Laurence Marshall and Vannevar Bush and scientist Charles Smith Raytheon started the American Appliance Company in Cambridge, Massachusetts, a producer of refrigerators. The company shifted to electronics and changed its name to Raytheon Manufacturing Company in 1925. In 1959, it simplified the name to Raytheon Company.

PerkinElmer came into being in 1999 with the merger of EG&G Inc. of Wellesley, MA and Perkin-Elmer of Norwalk, CT. EG&G was started in 1931 by two MIT professors. It eventually grew into a diverse manufacturing company making automotive, medical, aerospace, and photographic equipment. Perkin-Elmer began in 1937 as an optical design and consulting company.

4. On average, how long does it take for a U.S. patent to be approved?

A: 34.6 months.

6. What percentage of U.S. men are 6 feet tall or taller?

A: 14.5%.

## THE JANUARY DINNER

### BHUTAN, NEPAL, AND TIBET

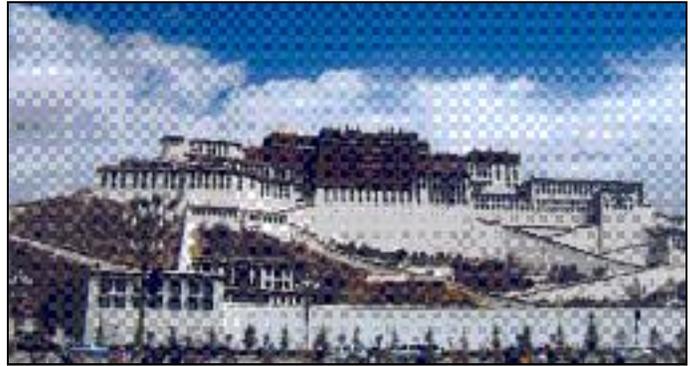
WHEN you think of Shangri-La, you probably picture a mystical valley in the Himalayas much like the one in James Hilton's novel *Lost Horizon* (1933). Explorers have found no such utopian Shangri-La, but many travelers have found some of the exotic enchantment of Hilton's world in the Himalayan countries of Bhutan, Nepal, and Tibet. At our January New Members dinner, world traveler and author Jerry Brooker brought some of this magic back to Connecticut as he gave us a first-hand report on these lands, capturing their serene charm and timeless vistas. A small group of Mensans and friends, including a few newcomers, enjoyed the presentation, welcoming the chance to see lands and cultures that few outsiders glimpse.

JERRY has given several previous talks about his travels at our dinners, covering every place from Cuba to Okinawa. Although he's been to about 100 countries, Bhutan held out a special appeal to him because he's read so much about it and soaked up its idyllic image. He had many questions about its culture, and so that's where he decided to start his trip.



### BHUTAN: A GENTLE LAND

BHUTAN is a small country, about the size of West Virginia. It has fewer than 700,000 people, and is dwarfed by its two neighboring countries, China and India, the most populous countries on earth. Not many people visit the nation. Jerry was one of only about 18,000 tourists to travel there last year. He speculated that, as some people told him, the government is trying to keep tourists out by charging a high fixed daily fee



(\$300) for room and board and official guides, in an attempt to preserve the tranquility of this remote land. Nonetheless, Jerry said he found the surroundings and his official guide Tenzing friendly, gracious, and helpful.

JERRY stayed in the city of Paro, site of the international airport. He showed us a picture of his room, which was filled with the colorful, symbolic décor of the land. "Everything in the land is decorated," Jerry told us, and this was evident in most of the interior and exterior pictures of buildings that he showed us and in the crafts sold in the marketplace.

THE décor is a part of Bhutan's effort to brighten life. Indeed, one thing that intrigued Jerry and drove him to visit the country was what he had heard of Bhutan's Gross National Happiness Index. Bhutan is the only country in the world to keep such an official statistic. It is more than a number or slogan, though; Jerry saw it as a way of life. As he reported, whenever a piece of legislation is being considered, the King goes around the country asking the residents how they think the law will affect their happiness.

IT is not only the King who is concerned with happiness. The people there seem devoted to fostering a gentle, placid, peaceful, and benevolent spirit. Jerry encountered this goodwill almost everywhere. He saw it especially in the young - in the schoolchildren singing songs on their walk to school, in the clean, neat, and respectful kids in both primary and secondary schools, and in the curious and confident questions the high school students, quite proficient in English, asked him. One photo showed us an incident that seemed to symbolize the culture of kindness. It was a picture of an elementary school principal comforting a little boy. It seems that Jerry was talking with the man when several very concerned young boys came running to

the principal. Jerry thought something awful had happened. No, nothing much really - the boys were only reporting that their playmate had bumped his hand. The principal calmly rubbed away the boys hurt, and the young lads thanked him for healing their pal.

THE people's benevolence extends to our feathered friends. Jerry told us about the night he spent in a tiny village. Although the town has cable T.V., he said, it only keeps the electricity on for about four hours a day, in the morning and in the evening. One of Jerry's photos showed the reason: migrating black-necked cranes stop in the village marshlands, and the townspeople turn the electricity off because they are concerned it might harm the cranes.



### ROYALTY AND RITUAL

THE king of Bhutan is Jigme Khesar Namgyel Wangchuckage. He assumed the throne in 2006 when his father stepped down. When the father relinquished the throne, the gov-

ernment changed from an absolute monarchy to a constitutional monarchy, and it held its first parliamentary elections in 2007 and 2008. King Wangchuckage is only 30 years old and soon to be married. Jerry showed us a picture of the King's house, which looked like a modest home for a ruler. He added that the royal residence is actually larger than it appears, though not palatial.

BHUTAN is a Buddhist country and Jerry saw sculptures and statues of the Buddha in many places. In a modest house where he stayed, a room was devoted to the Buddha, and a monk came once a year to bless the place. Jerry also visited a Buddhist temple and took a photo of a colorful statue of Buddha's mother Maya, blossoms on her head.



BHUTAN has many monasteries, called dzongs, where the Buddhist monks live. These buildings are often shared with the government, which uses them for administration. At one old monastery, Jerry told us, he was permitted to witness a ritual honoring a venerable monk who had passed away recently. There he saw 400 brightly garbed monks kneeling, chanting, and playing drums, horns, and cymbals while incense floated through the room. One of the monks gave him a symbolic red cord to wear in memory of the revered monk.

MONKS play an official role in many events, even in sports. Jerry showed us slides of an archery contest, where the monks, clad in red, offered their blessings. Archery is the national sport of Bhutan. Jerry found one of their customs very much in tune with the spirit of the land. When one of the teams hit its target, they dance and then bow to the opposition. No trash talk, here, just courtly sportsmanship

### FARM, FIELD, ROAD, and MOUNTAIN

THIS exotic land is home to some exotic animals, one of them being the takin, the national animal. Jerry showed us a slide of this strange (see below) creature, which he likened it to a mythological creature with the head of a goat and the body of a cow. The mountains of Bhutan, as well those of Nepal and Tibet, are also home to the yak, a bovine known in the west but relatively rare. Restaurants in the three countries serve yak burgers, a good source of protein.

AGRICULTURE is a mainstay of the Bhutan economy because the country is blessed with fertile hills and moist soil, irrigated by rain and the runoff from the mountains. Jerry had a chance to sample the cuisine. He said that the Bhutan diet includes lots of vegetables, potatoes, and hot peppers - a little too hot for Jerry to risk. He was a little more at home with the sweet watermelons, which are a staple food in Bhutan, Nepal, and Tibet because they grow well in the region's valleys.

TRAVELING by car in Bhutan is an adventure. Jerry found

the roads in the high Himalayas a little frightening. As one photo he showed us demonstrated, not only are they narrow, winding, one-lane roads, but they are traveled by herds of cattle, who roam lazily around on them. Jerry asked someone how the farmers rounded up their cattle and was told that the natives don't worry too much about it because the cattle instinctively wander back to be fed. Somehow, it seemed fitting.

MANY villages in Bhutan are at an altitude of 5,000 - 6,000 feet. But Jerry found some higher up. He went out camping in the mountains. Here he gazed at the clear sky at night, taking in the stars and the mountains, which looked huge. Reflecting on the scenery and the country itself, he felt "it truly was Shangri-La."

## NEPAL

FROM Bhutan, Jerry took a plane to Nepal, home of Mount Everest, the highest point on earth. He showed us some slides of the towering mountains, which border Nepal and Tibet, China.

NEPAL is a much bigger country than Bhutan. Its area, at about 56,000 square miles, is about four times larger, and its population is approaching 30 million. It is also a more urbanized country than Bhutan. The capital city, Khatmandu, is home to 800,000 people, and its metropolitan area has nearly 1.5 million people. Still, most of the citizens live in villages. Jerry mentioned that a typical village home is constructed of bamboo, mud, and cow dung, a practice also common in Bhutan.

JERRY visited Khatmandu, and he showed us slides of the busy city. He dropped in on a 'street" school for poor kids. One of his photos showed children sitting on the floor earnestly



watching the teacher write on a small blackboard. The room did not seem as brightly decorated as those in Bhutan nor the children as neatly dressed, but the eager innocence of the schoolchildren shone through.

NEPAL is where the Buddha was born, but Hinduism is the religion of 80% of the people. There is a blending of the two religions among the people, as they share many beliefs.

ALTHOUGH Nepal is a poor country, Jerry found hope in a surprising place. His tour passed a leper colony. The very phrase stirs up morbid images of pariahs, plagues, and suffering. But there Jerry encountered not a fatalistic group waiting for death but lepers diligently preparing to climb Mt. Everest in 2012. Odd though it might seem to an outsider, Jerry enjoyed what he called a "pleasant afternoon" there. That those struggling for life could strive to tackle the world's highest mountain inspired a serene calm about the human spirit.

NEPAL has not weathered political change as calmly as its neighbor Bhutan. It was ruled by a royal dynasty for over 230 years until 2006, when after a decade of violent Maoist revolution, mass protests led to democracy. Since elections in 2008, contending parties have bargained and quarreled over power, and Jerry was in Nepal in the midst of a political drama as a Maoist faction sought to retake the country. He wanted to go to the airport to fly to Tibet but couldn't because his taxi driver did not want to take the risk. He decided to take a bus but armed Maoist soldiers surrounded the bus. After a long wait, the Maoists unexpectedly let the bus go through, and took Jerry safely to Tibet.

**TIBET**

TIBET has also experienced political conflict, but its troubles have attracted international attention because it was the home of the Dalai Lama, the leader of Tibetan Buddhism and the winner of the 1989 Nobel Peace Prize. Mainland China claimed sovereignty over Tibet after the Communist Revolution. When Tibet rebelled in 1959, the Dalai Lama fled to India and denounced Chinese claims over the land. China destroyed many of Tibet's religious temples and has rejected all foreign and exile appeals to grant Tibet independence. The Chinese have allowed the restoration of religion and the rebuilding of temples, but insist on state control, including the power to name the Dalai Lama. Some analysts estimate that the People's Republic annually places about 360,000,000 Han Chinese migrants (the main ethnic group in China) into Tibet to establish political dominance.

TIBETANS remain the majority ethnic group in China, though Jerry, like others, found it hard to estimate the proportion of the population that is Tibetan and that which is Chinese. The Republic of China's influence is evident in the country. For instance, Jerry showed us a shot of the Potala Palace, a former home of the Dalai Lama, in Lhasa, the capital of Tibet. But he showed us another picture taken just across the street, showing the Chinese museum celebrating the Communist Revolution.

JERRY found Lhasa, the capital city, a very busy city, with many shops. He stopped to greet some Tibetans, who, following the local custom, gave him some gum. An old man was particularly eager to talk to him though neither Jerry nor the man understood each other's language. All in all, Jerry found the people very polite.

OUTSIDE the cities, most Tibetans continue as they have before, raising livestock, and growing grains, fruits and vegetables. Many are nomads, living in the mountains.

TIBET has the highest average elevation (16,000 feet) of any country on earth, and Jerry took full advantage of his camera to capture the awe-inspiring scenery up there. He showed us a picture of a melting glacier at 15,000 feet, followed by another showing the snow at the highest point (29,000 feet) of Mt. Everest, and then

another brilliant view of the sun shining over Everest. In the mountain are valleys and lakes and communities, some as high as 12,000 feet, and Jerry captured this beauty also, showing us a picture of nomads along a crystal blue lake.

JERRY went up to about 17,200 feet. He was well dressed for his ascent, as he followed the guide's advice to wear nine layers of clothing to climb Everest. Over 200 people have died climbing the mountain, and Jerry showed us a slide of a spot where many are buried. Some have asked for the remains to be removed, but the Tibetans have declined, out of reverence for the dead and perhaps for the mountain itself.

ASKED to compare his experiences in the three countries, Jerry said that he found Bhutan the most secluded and beautiful of the three countries, an almost magical oasis in the mountains. He considered Nepal the least inviting place, describing its capital Khatmandu as a "sprawling, dirty city." Still, its countryside offered much natural beauty. He said that the people of Tibet were polite but guarded in their conversation because of their wariness of the Chinese regime. He enjoyed the scenery, as did everyone in the audience. How could one not admire the majesty of the Himalayas, home to man and beast, to picturesque lakes, rivers, forests, and villages? It's not surprising that many call it the crown of the world.

WE were fortunate to share Jerry's memories of his trip and his wonderful photography and we're looking forward to more reports from him about his travels. Jerry doesn't know where his next trip will be; he's considering Indonesia and Mongolia. Wherever he goes, he's certain to bring back some more great insights, stories, and pictures, as he continues to explore this wide world.

*Gerard (Jerry) Brooker is the author of seven books - poetry and fiction. You can check his works out at [www.amazon.com](http://www.amazon.com), [www.borders.com](http://www.borders.com), [www.barnesandnoble.com](http://www.barnesandnoble.com), or [www.target.com](http://www.target.com).*

*NEXT DINNER: Topic: Independent Learning. What have you learned outside of school? Bring your observations to the February 19 dinner.*

**GOOD WINE CHEAP (AND GOOD FOOD TO GO WITH IT)***By John Grover*

Well, I am now suffering the consequences of numerous culinary depredations during the holiday season. How can the pounds appear on the bathroom scales so quickly? Another Christmas miracle? I rather doubt it. In order to recover from this situation, I may have to actually consume fewer calories. BUMMER! A dish prepared on a recent edition of the Today Show was the inspiration for this month's column. This recipe, based upon a Mexican classic, is so good that it doesn't feel like dieting.

The wine this month is the 2009 Wildflower Valdiguie from J. Lohr Wines of Monterey, California. The Valdiguie grape comes from the Languedoc-Roussillon region of Southwest France. This wine starts with an aromatic bouquet of boysenberry and cherry. Then you taste cherry and raspberry tastes with a bit of acidity and pucker in the mouth. Wildflower Valdiguie should be served cool (55 to 60 degrees). The wine has a lot of characteristics of Beaujolais and can be served with a wide range of ethnic dishes. It's available for between \$9 and \$10 a bottle.

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

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

**TURKEY POZOLE (HOMINY) SOUP WITH GREEN CHILIES**

by Michael Lomonaco, executive chef at Porter House New York, and broadcast recently on the Today Show)

**Ingredients**

2 pounds turkey meat cut into 1 inch cubes  
 1/4 cup olive oil  
 2 large onions, peeled and chopped  
 2 red peppers, seeded and chopped  
 1 small jalapeno pepper, seeded and chopped  
 2 tablespoons ground cumin  
 2 tablespoons Ancho chili powder  
 2 tablespoons peeled, chopped garlic  
 1 15 ounce can chopped green chilies  
 1 cup crushed tomatoes  
 2 quarts chicken broth  
 1 28 ounce can golden or white hominy (pozole)  
 1/4 cup roughly chopped cilantro leaves  
 1/2 cup chopped scallions  
 Sour cream  
 Sea salt and freshly ground black pepper

Pour the oil into a large, heavy-bottomed pot and heat over medium heat. Season the turkey with salt and pepper. Add to the pot and sauté in until well-browned. Using a slotted spoon, transfer the turkey to a bowl and set aside.

Add the onions, red pepper and jalapeño to the pot and brown until golden, which takes approximately seven minutes. When the onion begins to caramelize, return the turkey to the pot, sprinkle with the cumin and Ancho chili powder, stir in the garlic, green chilies and tomatoes. Add the chicken broth plus 2 cups of water, stir and bring it to a boil over high heat. Lower then heat and let the chili simmer, partially covered, for one hour. Add the hominy. Continue to cook until the turkey is tender, which takes approximately 15 minutes.

Taste and adjust the seasoning and serve with cilantro, scallions and sour cream as a topping. Yields 3 to 4 quarts. This recipe can be easily cut in half.

## NOTED &amp; QUOTED

I resolve to know the difference between foresight and hindsight. I will compel myself to remember that my hindsight about 2010 does not endow me with foresight about 2011.

- Meir Statman, U.S. professor of Finance

In the land of the dark, the Ship of the Sun is driven by the Grateful Dead.

- Egyptian Book of the Dead

The people who live in a Golden Age usually go around complaining how yellow everything looks.

- Randall Jarrell, (1914 - 1965), U.S. poet, novelist, essayist, critic, 'The Taste of the Age'

If the doors of perception were cleansed everything would appear to man as it is, infinite.

- William Blake, (1757 - 1827), English poet and painter

Gardens lead to cheerfulness, cheerfulness to stupidity.

- Cyril Connolly, (1903 - 1974), English critic and author

Everything has its limit - iron ore cannot be educated into gold.

- Mark Twain, (1835 - 1910), "What is Man?"

This, as everyone knows, is the age of the specialist, when you consult one doctor about the left elbow and another about the right.

- Louis Kronenberger, (1904 - 1980), U.S. author and drama critic, "On Critics, Pedants, and Philistines", New York Times Book Review

Music is feeling, then, not sound.

- Wallace Stevens, (1879 - 1955), U.S. poet

Art's splendor, as well as its utility, lies in its infinite variety. Our writers can be simultaneously the servants of reality and romance.

- Ivor Brown, (1891 - 1974), British journalist

Welcome Obscurity.

- Jason Fried and David Heinemeier Hansson, Danish computer programmer and web developer, Rework (2010)

History is not all strangeness nor all familiarity. It is as novel and commonplace as life, which it recaptures.

- Mark van Doren, (1894 - 1972), U.S. poet, literary critic

Time isn't money. Time is everything.

- Dr. Bernie Siegel, U.S. physician, surgeon, and author

If the patient is early for his appointment, he is anxious; if he is on time, he is obsessive-compulsive; if he is late, he is hostile.

- Psychiatric adage

Other people's interruptions of your work are relatively insignificant compared with the countless times you interrupt yourself.

- Brendan Francis, (1923 - 1964), Irish writer and IRA militant

Believe that time is going to help you do what you want.

- William Morris Hunt, (1824 - 1879), U.S. painter

An age ends when its metaphor dies.

- Archibald MacLeish, (1892 - 1982), U.S. essayist, playwright, and poet

Talk does not cook rice.

-Chinese proverb

Life consists of propositions about life.

- Wallace Stevens, (1879 - 1955), U.S. poet

Most of life is a meditation, most of it unintentional.

- Joseph Campbell, (1904 - 1987), U.S. mythologist, writer

Life is a compromise of what your ego wants to do, what experience tells you to do, and what nerves let you do.

- Bruce Crampton, (1935 - ), Australian professional golfer

Telling ain't teaching and listening ain't learning.

- Bob Barkley

Every child is an artist. The problem is how to remain an artist once they grow up.

-Pablo Picasso, (1881 - 1973)

Act the part and you will become the part.

- William James, (1842 - 1910), U.S. psychologist and philosopher

In order to exist, man must rebel.

- Albert Camus, (1913 - 1969), French Existentialist philosopher, essayist, and novelist

Courage is the price life exacts for peace.

- *Amelia Earhart, (1897 - 1937), 20th-century American aviator*

The world has no room for cowards.

- *Robert Louis Stevenson, (1850 - 1894), novelist and adventurer*

It isn't the absence of conscience or values that prevents us from being all we should be, it is simply the lack of moral courage.

- *Michael Josephson, (1942 - ), U.S. lawyer, professor, and ethicist*

False hope is worse than despair.

- *Jonathan Kozol, (1936 - ), U.S. educator, journalist, and author*

Luck is a word devoid of sense. Nothing can exist without a cause.

- *Voltaire, (1694 - 1778)*

Chance is the one thing you can't buy. You have to pay for it and you have to pay for it with your life, spending a lot of time, you pay for it with time, not the wasting of time but the spending of time.

- *Robert Doisneau, (1912 - 1994), French photographer*

No man will swim ashore and take his baggage with him.

- *Marcus Annaeus Seneca, (5-5 B.C.E. ? - 65 A.D.)*

A man should remove not only unnecessary acts, but also unnecessary thoughts, for then superfluous activity will not follow.

- *Marcus Aurelius, (121 - 180), Roman emperor, Stoic*

*philosopher*

To sensible men, every day is a day of reckoning. - *John W. Gardner, (1912 - 2002), U.S. writer, Secretary of HEW*

Hell is ourselves.

- *Claude Levi-Strauss, (1908 - 2009), 20th-century French anthropologist*

It is in the shelter of each other that people live.

- *Irish proverb*

The role of the house is present 24 hours a day, 365 days a year.

- *Mario Botta, (1943 - ), Swiss architect*

The outside is the result of the inside.

- *Le Corbusier, (1887 - 1965), Swiss-Franco architect*

The more he looked inside the more Piglet wasn't there. - *A.A. Milne, (1882 - 1956), The House at Pooh Corner (1928)*

Friends are born, not made.

- *Henry Adams, (1838 - 1918), U.S. historian and novelist*

I tell you there is such a thing as creative hate!

- *Willa Cather, (1876 - 1947), U.S. novelist*

The grass is not, in fact, always greener on the other side of the fence. Fences have nothing to do with it. The grass is greenest where it is watered. When crossing over fences, carry water with you and tend the grass wherever you may be. - *Robert Fulghum, (1937 - ), U.S. author, essayist*

**WORD CHECK**

Define these words. Check your answers at right.

1. bagatelle -

2. boniface -

3. brigand -

4. burnoose -

5. educe -

6. evince -

7. fissiparous (fi- SIP- er- uhs) -

8. flagitious (fluh- JISH- us) -

9. flange -

10. friable -

10. friable - easily crumbled.

9. flange - a projecting rim.

8. flagitious - grossly wicked.

7. fissiparous - reproducing by fission.

6. evince - to show clearly.

infer or deduce.

5. educe - 1. to draw out; elicit; develop. 2. to

4. burnoose - a hooded cloak worn by Arabs.

3. brigand - a robber.

2. boniface - the keeper of an inn.

cue into holes on one end of the board.

game in which the object is to hit balls with a

11. bagatelle - 1. anything trifling. 2. a board

ANSWERS:

## MENSA MIND GAMES 2010 RESULTS

More than 200 Mensans gathered in San Diego this weekend for Mind Games 2010. During the three-day event, members played and rated 49 board and card games. The top five games have earned Mensa Select distinction and may use the Mensa Select seal on their games. This year's winners are:

**Anomia** (Anomia Press, [www.anomiapress.com](http://www.anomiapress.com))

**Dizios** (MindWare, [www.mindware.com](http://www.mindware.com))

**Forbidden Island** (Gamewright, [www.gamewright.com](http://www.gamewright.com))

**Word on the Street** (Out of the Box Publishing, [www.otb-games.com](http://www.otb-games.com))

**Yikerz!** (Wiggles 3D Incorporated, [www.yikerzgame.com](http://www.yikerzgame.com))

Mind Games 2011 will be held April 15-17 in Albany, NY. Register for just \$55 through April 30, 2010 at [www.mindgames.us.mensa.org](http://www.mindgames.us.mensa.org)

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American Mensa	
Local Group Support Funds:	\$1,907.37
Chronicle Advertising Income	\$126.00
<b>Total Income</b>	<b>\$2,033.37</b>

#### EXPENSES

Chronicle Printing Expenses:	\$607.90
Chronicle Postage/Supplies:	\$421.08
Speakers Dinners:	\$262.55
<b>TOTAL EXPENSES:</b>	<b>\$10,272.55</b>

**3RD Q BALANCE on 12/31/10: \$10,272.55**

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### The Illustrator

by Southern CT Mensan Gerard Brooker. A historical fiction set in the Polish town of Oswiecim, next to Auschwitz. It is a tale of a gifted artist, his love, and the inhumanity they face. Based on Jerry's personal visits and research, this novel is wrought with evil and hope, slavery and freedom, loss and love. Paperback. Available at Amazon, Barnes & Noble, Borders, and Target

"Bridgeport - Tales from the Park City" by Eric Lehman, is available at [www.historypress.net](http://www.historypress.net) or [www.amazon.com](http://www.amazon.com). Paperback.

### Holistic Kidney

Check out the Holistic Kidney website online. <http://www.holistic-kidney.com/articles.html> My first article is an interview with the author of How I Avoided Dialysis and You Can Too! Dr. Jenna Henderson Holistic Kidney A Safe, Natural Approach for all stages of Kidney Disease

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