

SOUTHERN CONNECTICUT MENSA CHRONICLE



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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.



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 - MAY

Saturday, May 5, 5:00 pm

Mini Mind Games

Are any of you curious what games were at Mind Games this year? Hilary attended and brought back or bought a number of her favorites (she played 43), plus a few from Mind Games past. You are invited to Hilary's house at 5:00 pm on May 5th to play games until Midnight or whenever things naturally wrap up. Please RSVP to let her know how many will be coming. The house is not set up for small children, but if you have game playing teenagers, spouses, or friends, feel free to bring them (but tell her how many). Bring whatever you like to drink (the house usually has filtered water, milk, and juice, typically) and some food to share (there will be some to start, but contributions are welcome! Things that can be nibbled work best for game nights, as utensils get in the way and slow things down). Cats are inside, smokers are out. Shoes off in the house. Please RSVP to UPSCWRU@gmail.com (preferred) or call 203-524-7410 (cell, often muted). When you tell her you are coming, she'll provide you the address.

Thursday, May 10, 8:00 pm

Theater Event: On Golden Pond

Curtain Call Theatre, Stamford, CT. Southern CT Mensan John Pyron will play the role of Norman Thayer, Jr. in this play. Tickets on Thursdays are \$18. If you would like to reserve your own ticket(s), please reserve early as tickets are selling well. The box office number is (203) 461-6358 or you can select your seat (or table - cabaret style) at www.curtaincallinc.com. Or you can contact Jim Mizera at jmizera@hotmail.com or (203) 522-1959 and he will reserve the tickets. Don't wait until the last day - please reserve your tick-

ets early as this show may sell out well before the performance date.

Friday, May 11, 7:00 pm

Danbury Dinner - Southern Connecticut and Connecticut/Western Massachusetts Joint Dinner

at 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@com-cast.net for more info on location and/or reservations.

Saturday, May 19, 6:15 pm

Monthly Dinner

Come anytime after 6:15.

TOPIC: Mensan Don Bobowick will speak on "How I Patented My Invention and How it Works." Don received a U.S. patent for a vertical axis wind turbine design last year, a design that has some advantages over both the more common horizontal axis turbines and previous vertical axis turbines. Don will discuss how he obtained his patent, how it works, and how it differs from other turbines.

WHERE: The PUTNAM HOUSE Restaurant, 12 Depot Place, Bethel, CT 06801 (downtown - across from old railroad station), (www.theputnamhouse.com). The dinner will be held on the 2nd Floor. Dinner Menu 1 - a vegetarian option is included 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.

You can bring a donation of money or food to benefit the Connecticut Food Bank. Contact Jim Mizera at jmizera@hotmail.com or (203) 522-1959 for reservations or info. Reservations strongly encouraged but not required.

UPCOMING

Saturday, July 21 8:00 pm

Theater Event: Romeo & Juliet

at the Hudson Valley Shakespeare Festival. Boscobel, 1601 Route 9D, Garrison, NY (Hudson Valley). Boscobel occupies 68 acres on the east bank of the Hudson River, opposite the U.S. Military Academy at West Point. Contact Southern CT Mensan Paul Levine at levassoc@aol.com or (203) 240-0201 for infor-

mation. You can buy your tickets by phone starting on May 7 by calling the box office at (845) 265-9575. Or you can reserve your tickets online at <http://hvshakespeare.org/content/2012-calendar>. Don't wait until the last day. Reserve your tickets by June 21 to improve your chances of getting a seat.

The grounds open at 6 PM for those who want to picnic there before the show. You can bring your own food or select a freshly prepared gourmet picnic when you order your tickets. Details of the menu are available online at <http://hvshakespeare.org/picnic>. Collect your picnic dinners from the Cafe on the evening of the show.

If you eat there before the show, bring a light folding chair to bring from the parking area to the picnic site, which is just west (right) of the theater overlooking the river. Paul Levine, his wife, and the others in his party are usually in the furthest area up to the river.

Please confirm whether you are coming and your seat numbers and whether you will be arriving by picnic time or show time. Contact Southern CT Mensan Paul Levine at levassoc@aol.com or (203) 240-0201 for info.

CONNECTICUT AND WESTERN MASSACHUSETTS CHAPTER UPCOMING EVENTS

This is not a complete listing WE - Weekly Event, ME - Monthly Event, YE - Yearly Event

MAY

3, 10, 17, 24, 31 Thursdays 6:30 pm

Scrabble

The word-loving Mensans (are there any other kind?) and non-Mensans gather to play Scrabble at Panera Bread Restaurant at Bishop's Corner, 2542 Albany Ave., West Hartford. 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) at The Old Dublin, 171 Quinnipiac Street, Wallingford, CT 06492, 203-949-8022, 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.

6 Sunday 12:30 pm

Indian Lunch

(ME, 1st Sunday) Meet us at Haveli India Restaurant for an all you can eat Indian buffet. The food is fabulous and the restaurant is conveniently located at 1300 South Main St., Rte 17 in South Middletown. Call Barb Holstein for a reservation, 860-632-7873 or BarbCPA@att.net. To read about the restaurant, or get directions, check <http://www.haveliindia.com>

6 Sunday 1:35 pm

Mensa Goes to the Ball Game

Meet Tom Thomas in New Britain Stadium, section 213, about four rows from the top, to watch the New Britain Rock Cats, Double-A Twins, host the Portland Sea Dogs, a minor league team for the Boston Red Sox. For more information, contact either tom.thomas@the-spa.com, or www.rockcats.com

9 Wednesday 5:30 pm

Shoreline Happy Hour

(ME, 2nd Wednesday) at Donovan's Reef 1212 Main Street, Branford Conn. 06405. The Donovan's Reef 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. 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 where you will enter the 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. The lounge is on the left inside. I usually have a table reservation and will likely have an "M" sign visible. We start around 5:30. There are free daily bar goodies along with any items that

you may want to order from the comprehensive menu. Donovan's phone number is 203-488-5573. We have a great time talking about anything and everything. Hope to see you there! Questions? Contact Mike Wilson at 203-481-2858 or 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 Subject: Diner Dinner contact Lois Cappellano 413-567-4702

12 Saturday 10:00 am

Mensa Admissions Testing - Newington

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 for more

Local boy makes good. Southern Connecticut Mensa member Donald Bobowick has been issued a United States Patent. The patent is for a vertical axis wind turbine design. Vertical axis wind turbines have some advantages over the horizontal axis style we see most often. A few of those advantages are:

- Vertical axis wind turbines are bird friendly
- Respond to lower wind speeds
- Have the torsional benefits of a long drive shaft
- The generator or pump they are powering can be placed at ground level for easy servicing. The one major disadvantage to vertical axis wind turbines is that they move in the wrong direction (into the wind) for half their rotation. This newly patented design handles that disadvantage. While scalable to large installations, this wind turbine will be ideal for homes, farms and small businesses.

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.

13 Sunday 12:00 & 2:00 pm

Lunch and Theatre

Join us for a matinee performance at 2:00 pm. Lunch at Noon, location TBA. The Repertory Theatre of New Britain presents PVT.Wars, a comedy by James Mclure. "Dealing with three veterans who are recuperating in an Army hospital, PVT.WARS combines humor and compassion with uncompromising honesty as it follows the irreverent doings of its exceptionally engaging characters." For tickets, you can call the theatre directly at 860-223-3147, or purchase online at http://nbrep.org/buy_tickets.html# I do have one ticket to sell for \$15. RSVP to Barb Holstein at 860-632-7873 or BarbCPA@att.net We'll decide on a restaurant when we know how many are going, but if you have a favorite in or near New Britain, do let me know. There is a fabulous new restaurant in downtown New Britain called Tools Bar & Grill that I'd like to visit again.

13 Sunday 1:00 & 6:00 pm

Games & Gadgets

Come out, come out, whoever you are and let's get together for a little Sunday afternoon play time. Join fellow M's to play a game (bring yours or play with ours) or show off your latest-greatest favorite gadget at the Wethersfield Public Library, Wethersfield, CT, Community Room (Lower Level) - 515 Silas Deane Highway, (Building access and easy parking off Church Street) ~ As always, if you bring a little snack, please bring extra to share ~ For additional information please contact Hartford Area Coordinator Pamela Guinan at Pamela.cwm@hotmail.com 860-563-5761

17 Thursday 6:30 pm

Pioneer Valley Dinner

(ME, 3rd Thursday) True to form, this month's Pioneer Valley Third Thursday Social Dinner will

be at 6:30 pm on May 17th. Not true to form, however, the dinner this month will be a potluck instead of going to a restaurant. We will be hosted by Leslie Schaefer, who is generously sharing her lovely home in Westhampton, Mass. Barely 20 minutes west of Northampton, it boasts a huge deck and a 65-mile view to Mt. Monadnock. Email her at leslie@chmetal.com for directions, and to coordinate what you'll be bringing. You should also bring your own adult beverages, should you be so inclined. As always, new members and guests are encouraged to attend this always friendly and interesting event. We hope to see you there!

18 Friday 5:30 pm

Ethnic Dine-Around

(ME, floats) This month your Ethnic dine-around group does authentic German at Drescher's Restaurant, 25 Leavenworth St, Waterbury, CT. Dine on such favorites as Geschnitzltes, Sauerbraten, Weiner Schnitzel, Goulash, Mixed German Grill, or opt for a choice from the gourmet American menu.

"Located in the heart of downtown Waterbury, CT, Drescher's has a history as rich as the city it calls home. Listed in the National Registry of Historic Places, the restaurant carries on a tradition of fine dining in an unpretentious atmosphere. The original section of the building boasts a beautiful wood-paneled main dining room and tap room." Banquet rooms and private dining rooms have been added. You can view the restaurant, and get directions here: <http://www.dreschers.com/index.html>. After 5 pm, there is ample free parking 300 yards away on Kendrick Ave. RSVP REQUIRED no later than Tues. 5/15. Barb Holstein at 860-632-7873 or BarbCPA@att.net

Directions: From Hartford and I-84 West, take exit 21 (Meadow Street). At the bottom of the ramp, take a right onto Field Street. Follow Field up the hill to the light. Go straight across the intersection (jog right on Grand, then immediate left) onto Leavenworth Street. Drescher's Restaurant is about 200 yards down on the right. Take a left onto Kendrick Ave. Parking lots on either side. Per the restaurant, ignore the No Parking signs after 5 pm.

From Danbury and I-84 East, take exit 21 (Meadow Street). Take a right at the end of the ramp and follow to the 2nd traffic light. Take a right and follow to the stop sign. Take a left onto Field Street. Follow Field up the hill to the

light. Go straight across the intersection onto Leavenworth Street. Drescher's Restaurant is about 200 yards down on the right. Turn left onto Kendrick Place and see above.

From New Haven: Get on Rte 8 North to I-84 East and follow above.

From Hamden/ Wallingford, take 691 West to I-84 West and follow above. Or call the Restaurant at 203-573-1743.

25 Friday 5:00 pm

Happy Hour

(BE, 4th Friday of odd months) at the Playwright Pub and Restaurant, 1232 Whitney Ave., Hamden www.playwrightirishpub.com. [Even months at the Old Gate Tavern & Steakhouse, in Milford.] 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

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
Subject: Diner Dinner

LOOKING AHEAD

June 2 Saturday 12-2:00 pm

Book Discussion Group

For those who want to plan ahead, we will discuss "At Home: A Short History of Private Life" by Bill Bryson at Barb Holstein's in Cromwell. The lunch will start at noon and will be followed by the discussion. There are lots of copies of the book and of unabridged audio-recordings in public libraries.

June 23 Saturday 5-8:00 pm

Scholarship Celebration & Solstice Party

(YE) in the newly refurbished River Room at Essex Corinthian Yacht Club (11 Novelty Lane, Essex, CT 06426) Questions? RSVP to Ann Fitzgerald at 860-388-1893 or annelly@com-cast.net

FROM THE REGIONAL VICE CHAIRMAN**ANDREW HEFFERNAN****RVC CHAT**

One of the missions of Mensa is to support intelligence in the community. One way to do this is through the scholarship program that is organized by the Mensa Foundation. The Foundation is a non-profit side of Mensa that awards \$50,000 in scholarships across the country each year. Some local groups even support their own scholarship programs above and beyond the national program. Last year, we had some great entries, and I want to thank everyone who applied. More importantly, I want to thank the dozens of volunteers that make this program possible. All the entries are read the local level and then again at the regional level. People who read much faster than I do have donated their time and skills to this great cause and I am very grateful.

From the Mensa Foundation Website:
 "The Foundation's college scholarship program bases its awards totally on essays written by the applicants. Consideration is not given to grades, academic program or financial need. The Foundation's U.S. scholarship program is operated by approximately 400 volunteers around the country with support from the Foundation's office staff. U.S. applicants need not be Mensa members. However, Mensa members may apply for both these scholarship programs and the additional Mensa Member Award Program."

This year, we are looking for a Regional

REGIONAL GATHERINGS

Fri., May 11 - Sun., May 13, 2012

CAPE CODE MINI REGIONAL GATHERING

Plan Ahead:

The 2012 Cape Cod Mini-RG will be held in Dennisport, MA

Hotel rooms are \$74.95 for 1-4 people until 3/31, then \$79.95. It is never too early to reserve a room. Our block sold out last year and RG goes

Scholarship Chair. Experience with the program is appreciated but not required. Learning on the fly is a special skill of Mensans, isn't it? :-)
 Responsibilities include communicating with the local Scholarship chairs in Region 1 and the National Program Coordinator. Much of the communication occurs through e-mail or telephone. In addition, the Chair arranges the regional scholarship judging of the entries that reach the regional level. For more information and encouragement, please contact me directly, and I will share with you more details on the appointment. I look forward to hearing from you.

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www.twitter.com/andrewheff

had to stay elsewhere. Mail your check, made out to "Corsair", directly to the motel at 41 Chase Avenue, Dennisport, MA 02639. Registration for this event is already available online at: <http://caperg.org>
 Wendy Birchmire and Lori Norris will be co-chairing the event. For information contact Wendy Birchmire (mensatesting@gis.net).

THE APRIL DINNER

Randy Kaye discusses her new book: Ben Behind the Voices: One Family's Journey from the Chaos of Schizophrenia to Hope

Schizophrenia is a serious mental disease with symptoms such as auditory hallucinations, paranoid or bizarre delusions, and disorganized speech and thinking. Nearly 1% of Americans suffer from it but scientists do not know its cause. What's it like for a mother when this disease afflicts one of her children? This is the story in Randy Kaye's poignant memoir *Ben Behind the Voices: One Family's Journey from the Chaos of Schizophrenia to Hope* (Rowman & Littlefield, 2011). Randy spoke at our April monthly dinner and gave us a personal account of her son's descent into paranoid schizophrenia and her painful struggle to help him back from the abyss.

This is Randy's first book, but you may recognize her voice from radio, commercials, the theatre, and audio books. She co-hosted a morning show on local station STAR 99.9 FM for many years and is currently working as a classical music host on the local National Public Radio (NPR) affiliate station WSHU. She also continues to provide the voice for commercials, training films, and books on tape. She has been a member of Southern CT Mensa for two decades.

A FAMILY'S STORY

Randy told us her book is "a mother's story ... our family's story - like a memoir." She tells it from her point of view, drawing on her memory and journals, recorded conversations and her discussions with her son Ben (not his real name) and her daughter, Ali, three years Ben's junior. Randy decided to write the book after realizing that, although she had read many books on mental illness, including ones on schizophrenia, she hadn't seen any memoirs that told how a family coped with schizophrenia. Her book fills this void, capturing vividly how her family faced the many problems of her son's battle with the disease and how they supported him through the ordeal of treatment.

Randy said that in writing her book she hoped to create understanding, respect, and empathy for people suffering from schizophrenia. She

added that she also wrote for the families of the mentally ill and for the health workers caring for them. She feels that it's important that the families of those afflicted get involved, learn as much as they can, and provide support. Without this help, schizophrenics may not make it, falling victim to the streets, drugs, or neglect. To help others learn how to cope, Randy does work for the Connecticut chapter of the National Alliance of Mental Illness as a trainer in their Family to Family program, which educates the families of the mentally ill about the problems they can face and how they can deal with them, including what to do in a crisis.

WHAT IS WRONG?

Ben was not born with any signs of mental illness. Indeed, he was an intellectually advanced child with an IQ of 148 and was called the finest mind ever to go through the John Hopkins program for gifted youth. Randy told us, "Everyone thought he would go to Harvard or Yale." Besides being very intelligent, he was also gentle and generous. He loved talking and joking with his little sister. Sensitive to the pains of others, he befriended kids who were left out and helped schoolmates having problems with their studies.

There were problems however. Ben's father, an alcoholic, left the family when Ben was just six. Ben missed his father badly; it seemed to create a hole in him. In school, he had problems focusing. His elementary school tested him for attention deficit disorder (ADD) but they judged his condition as borderline and said that he did not need Ritalin or any medication. Ben's teachers adjusted to his problems and he graduated from eighth grade with awards.

But in high school things began to go downhill. Ben didn't do homework assignments and his grades dropped. At first Randy thought she was just dealing with a teenage angst. But as she told us, "There were hints something more serious was wrong." His problems concentrating and organizing increased, he became unkempt in his appearance, and his moods swung wildly. He smoked pot, withdrew from friends, became colder, angrier, and more argumentative, and adopted an attitude of superiority. Randy looked for answers. "I thought we could normal-

ize things, fix his problems with therapy." However, as she told us later, "Talk therapy doesn't work - we tried that but you can't reason with mental illness," a point she would make several times during the evening. Behavior modification didn't do much better. Nothing seemed to work for long.

Ben continued to unravel. His attitude deteriorated and he dropped out of high school as soon as he turned 16, just a few months short of completing his junior year. He told his mother and school officials that he planned to wander around the country and work at menial wages. Randye told him his plans were "not reasonable." But little Ben was doing what was reasonable now.

Randye sensed a deeper problem but remained puzzled. Whatever was affecting Ben, she told us, "I knew I couldn't tell him to just get over it." What no one knew then was that Ben was going through gradual onset schizophrenia, a form that usually strikes in the mid- to late-teen years. The disease creeps up on its victims, and it takes about five years before it triggers psychosis. There is no medical test that can detect it early, however, so it usually goes unrecognized until it becomes more serious. Randye said that when some schizophrenics start hearing voices in their brain try to self-medicate: "They get scared of their brain and they take pot or some other drug." But this does not silence the voices and it certainly did nothing to help Ben.

Ben still had his intelligence, so he was able to get his GED with honors. He appeared normal sometimes and Randye recalled her relief at these periods of calm. Unfortunately, they didn't last. He grew more distant, quit jobs quickly, lied, broke promises, argued with simple rules, ran away, and made wild accusations when his mother tried to reason with him. He always apologized but it would happen again and again. His sister just wanted Ben to return to his old self, the good friend he had always been to her, but it wasn't happening. Randye said she thought his problem might be drugs. But when she sent him out west to programs for troubled kids, the same pattern followed even though drug testing showed him to be clean. There would be days when he was calm and cooperative followed by arguments, angry outbursts,

withdrawal, and running away. When he came out of withdrawal, he would talk incessantly and weirdly. A staff member at the summer camp raised the possibility of a bipolar disorder. It was the beginning of what Randye called "two years of diagnostic roulette."

DELUSIONS AND DESPAIR

Randye got Ben to come back home and see a psychiatrist and therapist. But she said that despite treatment, Ben's problems increased. Over the next two years, he would get hired and fired from ten jobs. Over the same period, he would visit with six psychiatrists and therapists. He was diagnosed with ADD, anxiety, obsessive-compulsive disorder (OCD), and bipolar disorder, and given a parade of prescriptions and pills. Randye said she could not even be sure that Ben was taking his pills. As she recounted to us, he would seem improved for a while only to relapse again with symptoms that became stranger and stranger. He talked of "psychic vampires" and people projecting "evil energy". Ben's words made his paranoia almost palpable. But paranoia was not his only problem. He forgot more and more things. Sometimes he froze numb and other times he babbled. He spoke to objects but avoided human touch. Ben's grip on reality was growing more tenuous, and both Randye and her daughter were frazzled by Ben's unpredictability.

In her desperate efforts to find out what was ailing Ben, Randye did some research, reading and reading about mental illness. She found out about an organization that no psychiatrist had mentioned - the National Alliance of Mental Illness (NAMI). She went to local NAMI meetings for support and learned from professionals, relatives and friends of the mentally ill, and some people recovering from illness. "Education is so important," she told us. Through her talk with others in NAMI support programs, including a few parents of schizophrenics, Randye said, "I really began to understand what was wrong."

CRISIS

Randye became convinced that Ben needed hospitalization to identify his problem. Both she and her daughter were afraid of his delusions and

his growing paranoia. She told us that she reassured herself with the thought that "Ben was always a kind, gentle soul." She was grateful that "he was mentally ill but not violent. Physical fighting wasn't in his nature. Thank God that he preferred to fight with words." But his problems were coming to a head.

Randye read for us an excerpt from her book that described a critical night in 2003. In an angry argument, Ben hurled paranoid accusations at his mom. Randye called the police and told them, "I think my son is having a psychotic episode." Ben yelled at his mom, "I'm going to kill you." Then horrified at what he said, he shouted, "No. I'm lying. I didn't mean it!...I'm different. I'm not crazy! I'm not going to kill her!" Fortunately, Randye used the tape recorder she had for music rehearsals to capture the entire conversation.

When the police arrived and heard about what Ben had said, they thought had to arrest him and put in jail. But Randye's tape of the exchange convinced them to take Ben to the hospital instead. Ben was admitted in the middle of the night. A young intern who checked Ben said he thought it looked like Ben had schizophrenia because he was acting the same way a schizophrenic relative of his acted. This insight would be the beginning of Ben's recovery.

EMERGING FROM CHAOS

Ben was released from the hospital the next morning because he said he felt better and the hospital could not hold him against his will. Randye knew he needed to stay there if there was to be any hope of treating him. The problem was that Ben, as psychiatric personnel told her several times, "wasn't sick enough to keep in the hospital." There was also a serious legal hurdle to keeping him there. Parents of children over the age of 18 are not allowed to force their kids into a hospital nor force them to take medication unless they have a court order. Randye would need the court to give her some form of guardianship over Ben.

With the help of a new psychiatrist, Randye was granted conservatorship, enabling her to make some decisions for her son. She was able to get

Ben committed to a hospital and get drugs for schizophrenia prescribed for him. But she could not keep him hospitalized indefinitely and, while the court could require medication for him, it would not give Randye the power to choose which medication Ben would take. Moreover, how could anyone constantly watch over him and make sure he took it? So 2003 was a difficult year. Ben was hospitalized five times.

There would be more hospitalizations. Finally, Ben agreed to take Clozaril, the best medication for him. But he would decide he could skip some days and this would trigger a psychotic episode. The medication was gradually restoring some of his abilities, though, and, even though Ben would not admit it, he probably sensed this. He became more consistent in taking the Clozaril. Now, he has stayed out of the hospital for five years. For the first time, his good days outnumber his bad.

Randye believes that although Ben is still far from total recovery, he has shown a steady increase in ability. She said, "I believe in neuroplasticity, the ability of the brain to rewire itself. I think Clozaril is rebuilding the connections in his brain. He's getting better. He can carry on amazing conversations about philosophy and Shakespeare. He's rebuilding his cognitive defects."

POETIC VOICES

Ben always liked to write, including poetry. Randye read some excerpts of Ben's letters and poetry from her book. She said, "There's some deep philosophy in his poetry." There were deep delusions in his writing as well - delusions of power, grandeur, and paranoia. However as Randye pointed out, there was a clear difference between the poetry he wrote when under medication and when off of it. His talents showed even when he was in a mental fog, but when he was recovering, his words became rich in metaphor and strikingly perceptive.

Randye read a Mother's Day poem Ben wrote in 2004, one year into his recovery. Speaking of Randye, Ben wrote "as I shine I think of her/ Being the railing in the stairwell/ To help me help myself up a mountain" It rang so true.

RECOVERING

An important point that Randye brought out is that people afflicted with bipolar and depression can function normally between episodes but schizophrenics' problems don't take a break. They hear voices and buzzing in their brain all the time. They have illusory visions - 'it's like having ten TV channels on in your mind at the same time,' Randye analogized, "You can't tune out all the conversations." Before getting the right treatment, Ben, like other schizophrenics, "was trapped in his inner world." In the early phases of his recovery, she could feel his struggle to break free of this inner chaos and respond to the external world: "I knew it was hard to break out but Ben could pull out a little," she said. She appreciated the strength it took for him to do this and his courage lifted her.

Ben is now almost 30 years old and nine years into his recovery. He has been gainfully employed now for almost a year. As Randye explained it, "He's not cured, just better balanced." What's important, she said, is that he has a purpose - work and recovery. It's a slow and difficult struggle back, but the family has found out, as she put it, "how different a treated mental illness is from an untreated mental illness."

QUESTIONS: NEURONS, AWARENESS, AND JUDGMENT

"What is the prognosis for most schizophrenics - can others share Ben's hope?" one Mensan wanted to know. Yes, Randye told us, most schizophrenics do improve - 50% get better in their 40s, 25% of schizophrenics get better in their 50s, while a minority, 25%, show little or no improvement. "The later you get schizophrenia, the better the prognosis," she said. But more research is needed to improve results. "It's just a baby science now with the medications," Randye said. "They are just learning to take adult stem cells from schizophrenic's own skin to help them repair the damage. But science still lacks the ability to detect the disease early like we can do with cancer."

What of Ben's concentration? "I think he still has murmurs in his brain," Randye reported, "it's hard for him to focus in restaurants, though he's very good in one-to-one situations."

"How's his sense of time?" another questioner asked. "He seems OK," Randye said, "although I don't know for sure how he experiences it. He seems to walk slowly, but his current structured life helps him keep on schedule." Regardless of how effective their medication is, however, schizophrenics can never recover the time they lost in their development. "Ben was kind of frozen in time," Randye reflected. "He missed the years other teenagers use to gain independence and learned to deal with work and money. He's now about 17 emotionally. He budgets his own money, does his homework for the courses he's taking - things he didn't do when he was 17."

Schizophrenia takes a toll on the body as well as the mind. "A psychotic episode is harder on the body than a heart attack," Randye said. "After psychosis, schizophrenics need 20 hours of sleep a day. Among its other effects, Ben's medication slows down his metabolism. To counter this, he rides his bike a lot."

One person who read the book mentioned the numbing side effects that Ben had to suffer through, saying that it's not surprising that Ben often skipped his pills given the agony they caused him. "Yes", Randye pointed out, "you have to take additional medications just to fight the side effects of the medications you take to combat schizophrenia."

It was evident that Randye has learned much about the brain. "My hobby is mental illness," she said. "I'm fascinated with neuroscience." Using her insight, she senses when Ben's mind is off. "I know when things are interfering with his life. I find him fascinating. I find his mind fascinating. But I know his brain is just not there sometimes. He spends a lot of time with us. I can see when he's symptomatic. When he's off his medication, I can tell the difference. His circuitry is off - the connections are missing, and there seems to be a chemical soup between his dendrites."

One Mensan wanted to know more about this and asked, "How does his medication alter his neurochemistry?" "It's not a silver bullet," Randye said, "it's somewhat of a double-edged sword. It increases some connections but disturbs others." This is difficult for schizophrenics in at least one way she explained. "While Clozaril qui-

ets the many voices in the mind, it cuts out some of the encouraging voices - the ones that were telling them that they can do anything they imagine." This is one of the things that makes schizophrenics reluctant to take Clozaril.

Ben has stayed on his Clozaril medication, but the danger of abandoning his routine is serious. Two days without his medications and he's back in a psychotic state. "Does he take his medications voluntarily now?" one listener wanted to know. "No," Randye said, "He's found a million ways to avoid his medications. He has to be supervised. It's a fight." She confessed, "It takes careful manipulation." As his conservator, she has the right to authorize that Ben be medicated but not the right to stipulate the medicine. Since Ben doesn't like Clozaril, Randye said, "It took negotiation to get him to agree to the program."

Randye mentioned a few times that her son doesn't agree he has a problem. A few listeners in our audience found Ben's denial "an amazing disconnect". Randye explained however, that this reluctance is not as peculiar as it seems: "It's hard for schizophrenics to talk about their condition. It maybe denial or stubbornness, but they also lack insight because their condition impairs their awareness." Her approach to the problem? "I respect his privacy," Randye said. "I stopped trying to convince him. I don't try to be right anymore. I know how much I have to let go." Someone asked, "Aren't you a benevolent dictator then?" Randye hesitated a moment before answering half-jokingly, "Yes, aren't all parents? I'm clear about limits - the rules of my home. I used to try to explain everything. I don't do that anymore." She echoed her hard-won earlier insight, "You can't reason with mental illness."

DON'T QUIT BEFORE THE MIRACLE

(Anonymous quote, p. vi)

Today, Ben is not in Harvard or Yale, but he is attending college, taking six credits each semester. He makes the Dean's List. He's worked at a part-time job steadily for a year now. "He's not thrilled," Randye said, "but he works hard and his job gives him the structure and purpose he needs to recover. As for herself, she said, "I must understand the difference between hope and expectation."

Several Mensans were curious about Randye's ability to make it through her ordeal without crumbling." Weren't you emotionally exhausted?" one asked. Randye acknowledged her suffering but said that just going to work helped her to get through it. Her early morning radio program she co-hosted forced her to shift into comic routines, and this she said, "helped me to make light of it." She recalled joking about teenage foibles that were actually much more serious than her listeners suspected. As for her difficulties reasoning with her son during his worst phases, she said, "We don't fight about it anymore. I don't try to convince him of anything."

"How does this leave you? What emotions are you are left with - anger, sadness?" Randye was asked. She was philosophical: "You feel it all. I feel appreciation, gratitude. It's a tragedy. You can't go straight to acceptance. But 'it's not fair' doesn't get you anywhere. I feel pity sometimes but I don't dwell there. I choose not to dwell on it. Where my son is a miracle. Just being able to do the ordinary things. I'm not going to be a bitter person and dwell on what we've lost." Randye paused, as did the audience. She had been through it all with her son: confusion, fear, turmoil, despair, agony, numbness, uncertainty, struggle, relapse, and now a slow, continuing recovery. Remarkably, she has come through it with humor, appreciation, and gratitude. And hope.

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You can get a hardcover copy, Kindle e-book, or CD version of Randye Kaye's book *Ben Behind His Voices: One Family's Journey from the Chaos of Schizophrenia to Hope* (Rowman & Littlefield, 2011) at www.amazon.com or visit www.randyekaye.com.

THE MAY 19 MENSA DINNER: Southern Connecticut Mensa member Donald Bobowick will discuss "How I Patented My Invention and How it Works." Don obtained a United States Patent last year for a vertical axis wind turbine design, a design that is excellent for homes, farms, and small businesses but can also be adapted for larger operations. He will talk about how he patented it, how it works, and why it's different.

PUZZLES & QUESTIONS

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

1. Can entrepreneurship be taught?
2. When was the first flight of a zeppelin aircraft?
3. Name ten lessons we can learn from history.
4. How many Americans are in the Army National Guard and in the Air National Guard?
5. How many people live up to their potential?
6. Which hotel building has the most rooms and suites?
7. Who came closest to conquering the world?
8. When was the medical reference book Gray's Anatomy first published?
9. About how many stop signs and red lights do you stop for in a day?
10. When was the first photograph taken?
11. Compare Bill Gates to the late Steve Jobs.
12. What is the biggest reservoir in the world?
13. What are the best coffee flavors?
14. Estimate these averages for the 2011 major league baseball: average batting average, on-base percentage, runs per game per team, home runs per game per team, team earned runs per game, team walks per game, team strikeouts per game, and team errors per game.

PUZZLES & QUESTIONS ANSWERS TO LAST MONTH'S PUZZLES:

2. Which country has the highest divorce rate?
 A: Different compilations give different answers because of difficulties collecting or interpreting data or the use of different measures. The refined divorce rate measures the number of divorces per 1,000 women married to men. According to some estimates using this measure, Gibraltar has the highest divorce rate at 5.57 divorces per 1,000 women,, followed by Aruba (4.99), Russia (4.42), the Isle of Man (4.36), Moldova (4.14), Puerto Rico (3.67), the Ukraine (3.66), the United States (3.4), the Czech Republic (3.24), Lithuania (3.20), Cuba (3.17), Belgium (3.02), Belarus (2.97), Bermuda (2.97), and Estonia (2.94).

 Another source which computes a percentage of marriages ending in divorce, gives the following ranking: 1. Belarus 68%, 2. Russian Federation 65%, 3. Sweden 64%, 4. Latvia 63%, 5. Ukraine 63%, 6. Czech Republic 61%, 7. Belgium 56%, 8. Finland 56%, 9. Lithuania 55%, 10. United Kingdom 53%, 11. Moldova 52%, 12. United States 49%, 13. Hungary 46%, 14. Canada 45%, and 15. Norway 43%
4. How many nuclear weapons are there in the world?
 A: There are more than 20,500 nuclear warheads in the world as of 2011. About 4,800 of them are ready for potential use. Eight nations have conducted known nuclear tests: the United States, Russia (successor state to the Soviet Union), the United Kingdom, France, China, India, Pakistan, and North Korea.

 The estimated number of active and total nuclear warheads for each of these nations is: United States 1,950 / 8,500; Russia 2,430 / 10,000; United Kingdom 160 / 240; France 290 / 300; China 180 / 240; India 80 - 100; Pakistan 90 - 110; and North Korea, less than 10.
6. When were the three Punic Wars fought?
 A: The First Punic War between the Roman and Carthaginian empires was from 264 - 241 B.C.E. It was mostly a naval war for control of Sicily, with some land battles in Sicily and

north Africa. Carthage signed a treaty surrendering Sicily and paying Rome silver.

The Second Punic War began in 218 B.C.E. and ended in 201 B.C.E. Rome declared war on Carthage after the famous Carthaginian military commander Hannibal attacked Saguntum in Hispania, a city allied to Rome. Hannibal's army crossed the Alps into Italy, won most of the battles there, but could not take key Italian cities because of a lack of reinforcements. Rome ultimately closed his supply lines, attacked the Carthaginians in Africa, and won the war, leaving the Carthaginian Empire with only the city of Carthage itself.

The Third Punic War ran from 149 to 146 B.C.E. Rome declared war on Carthage when Carthage refused to accede to escalating Roman demands. After a three-year siege of Carthage, the Roman armies finally broke through the walls and destroyed the city, ending the Carthaginian empire.

8. What is the distance from the southeastern tip of Florida to the northwestern tip of Oregon?

A: 3100 miles, or about 4989 km.

10. Who was the longest reigning monarch in the last 2012 years?

A: If we consider only the rulers with verified dates, the longest reigning monarch was Sobhuza II of Swaziland, who ruled for 82 years and 254 days from 1899 - 1982. Bernhard VII, who ruled the kingdom of Lippe from 1429 - 1511, was next, with a reign of 81 years and 234 days.

The longest reigning active monarch is Bhumibol Adulyadej (Rama IX) of Thailand, who has reigned for 65 years and 324 days.

12. How many major league baseball teams have domed stadiums? How many National Football League teams (NFL) have domed stadiums?

A: In major league baseball, 7 of the 30 teams play in domed stadiums or stadiums with retractable roofs. The Tampa Bay Rays play in an indoor ballpark - a domed stadium, Tropicana Field. The Arizona Diamondbacks (Chase Field in Phoenix), Florida Marlins (Marlins Park in Miami), the Milwaukee Brewers (Miller Field), the Houston Astros (Minute Maid Park), the Toronto Blue Jays (Rogers Centre), and the Seattle Mariners (Safeco Field) all play in stadiums with retractable roofs.

In the NFL, 9 out of the 32 teams have domed stadiums or stadiums with retractable roofs: the Indianapolis Colts play in Lucas Oil Stadium, the Atlanta Falcons play in the Georgia Dome, the Dallas Cowboys play in Cowboy Stadium (retractable roof), the Detroit Lions play in Ford Field, the Minnesota Vikings play in the Metrodome, the New Orleans Saints play in the Louisiana Superdome, the St. Louis Rams play in Edward Jones Dome, the Houston Texans play in Reliant Stadium (retractable roof), and the Arizona Cardinals play in the University of Phoenix Stadium.

14. How long is the U.S. - Mexican border?

A: The U.S.-Mexican border is 1,969 miles (3,169 km.) long, and crosses deserts, rugged hills, and two major rivers - the Colorado and the Rio Grande (Río Bravo del Norte). It is the most frequently crossed international border in the world, with approximately 350 million crossings a year.

Four U.S. states border Mexico: California, Arizona, New Mexico, and Texas. Texas has the longest border with Mexico while California has the shortest. Six Mexican states border the U.S.: Baja California, Sonora, Chihuahua, Coahuila, Nuevo León, and Tamaulipas. Chihuahua has the longest border with the U.S., while Nuevo León has the shortest.

There are 45 U.S.- Mexico legal border crossing sites with 330 ports of entry. About 12 million people live in the towns and cities along the border on both sides.

WORD CHECK

See if you can define these windy words.

- 1. anemometer -
- 2. chinook -
- 3. elephanta -
- 4. eolian -
- 5. leeward -
- 6. mistral -
- 7. monsoon -
- 8. sirocco -
- 9. squall -
- 10. troposphere -
- 11. windhover -
- 12. windjammer -

- 1. an instrument that measures wind speed and direction, a wind gauge.
- 2. a warm, dry wind that blows down the slopes of the Rocky Mountain across western Canada and the northwestern United States.
- 3. 1. The Elephanta is a strong southerly or southeasterly wind which blows on the Malabar coast of India during the months of September and October and marks the end of the southwest monsoon. 2. violent windstorms that blow at the beginning and end of a monsoon.
- 4. pertaining to sand or rock material deposited by the wind.
- 5. away from the wind.
- 6. a strong, gusty, cold, and dry winter wind that blows down from the western Alps across southern France.
- 7. 1. a seasonal wind of the Indian Ocean and southern Asia that blows onto the continent in summer and away from it in winter. 2. any wind that changes directions with the seasons.
- 8. 1. a hot, dry, dusty wind blowing from northern Africa over parts of southern Europe, usually in the spring. 2. any hot, oppressive wind, especially one in the warm sector of a cyclone.
- 9. 1. a sudden violent gust of wind, often with precipitation. 2. a sudden disturbance or commotion.
- 10. the air just above the earth extending 6 - 12 miles up. Almost all cloud formations and weather occur here.
- 11. a small falcon. Also known as a westrel.
- 12. 1. a merchant ship propelled by sails. 2. any large sailing ship.

ANSWERS:

NOTED & QUOTED

Soon you will have forgotten the world, and soon the world will have forgotten you.

- Marcus Aurelius, (121 - 180), Roman Stoic philosopher, author, and Emperor, *Meditations*

Creativity, it has been said, consists largely of re-arranging what we know in order to find out what we do not know. - George Keller

Hatred comes from the heart; contempt from the head; and neither feeling is quite within our control.

- Arthur Schopenhauer, (1788 - 1860), German philosopher

Live in a world of your own, but always welcome visitors. - Anonymous

The bigger the crowd, the more negligible the individual.

- Carl Jung, (1875 - 1961), Swiss psychiatrist, *The Undiscovered Self* (1958)

Men trust their ears less than their eyes.

- Herodotus, (484 - 424 B.C.E.)

Ignorance killed the cat. Curiosity was framed.

- Anonymous

The great American novel has not only already been written, it has already been rejected.

- Somerset Maugham, (1874 - 1965), English novelist and dramatist

Nothing so aggravates an earnest person as a passive resistance.

- Hermann Melville, (1819 - 1891), *Bartleby, the Scrivener* (1853)

Man cannot live by bread alone. But woman can.

- Victoria Estern

There is poetry in a pork chop to a hungry man.

- Philip Gibbs, *New York Times*, 1951

Half of the modern drugs could well be thrown out of the window, except that the birds might eat them." - Martin H. Fischer, (1879 - 1962), German-American physician and author

Only the poet can look beyond the detail and see the whole picture.

- Helen Hayes, (1900 - 1993), U.S. movie and stage actress

There are good jobs; there aren't any delightful ones. - Auguste Deteouf, (1883 - 1947), French economist, essayist and industrial

Eating is for the stomach; drinking is for the soul.

- Claude Tillier (1801 - 1844), French political pamphleteer and novelist, *My Uncle Benjamin, I*

A man without memories is a lost man.

- Armand Salacrou, (1899-1989), French dramatist, *L'Inconnue d'Arras, acte III*

Life is spent using up one passion and recapturing another. -Charles-Jean-François Henault, (1685 - 1770), French historian, *Reflections*

Remember to mistrust yourself.

- Prosper Merimee, (1803 - 1870), French dramatist, historian, archaeologist, and short story writer

The tree saves itself by letting its leaves fall.

- Pierre Jean Jouve, (1887 - 1976), French novelist and poet, *Les Noces, Humilis*

What good would it be to possess the whole universe if one were its only survivor?

- Jean-Jacques Rousseau, (1712 - 1778), Franco-Swiss philosopher

By sealing our work with our blood, we may see at least the bright dawn of universal happiness.

- Maximilien Robespierre, (1758 - 1794),

Happiness is an illusion; only suffering is real.

- Voltaire, (1694 - 1778)

You must not fight too often with one enemy, or you will teach him all your art of war.

- Napoleon Bonaparte, (1769 - 1821)

It's really hard to design products by focus groups. A lot of times, people don't know what they want until you show it to them.

- Steve Jobs, (1955 - 2011)

The whole world and every human being in it is everybody's business.

- William Saroyan, (1908 - 1981), *My Heart's in the Highlands* (1939)

Most executives, many scientists, and almost all business school graduates believe that if you analyze data, this will give you new ideas.

Unfortunately, this belief is totally wrong. The mind can only see what it is prepared to see.

- Edward de Bono, (1933 -), British physician, author, and inventor

MENSA MIND GAMES 2011 RESULTS

This year's winners are:

InStructures

(4 or more players, ages 8 and up; designed by Jane's Games, published by Jane's Games)

Pastiche

(2 to 4 players, ages 10 and up; designed by Sean D. MacDonald, published by Gryphon Games)

Pirate Versus Pirate

(2 to 3 players, ages 8 and up; designed by Max Winter Osterhaus, published by Out of the Box Publishing)

Stomple

(for 2 to 6 players, ages 8 and up; designed by Greg Zima, published by Spin Master)

Uncle Chestnut's Table Gype

(for 2 to 4 players, ages 10 and up; designed by Paul E. Nowak and Christopher Nowak, published by Eternal Revolution)

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American Mensa

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EXPENSES

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