

# 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](mailto:Jmizera@hotmail.com). The dinner is held the third Saturday of the month (on summer break - with dinners resuming in September).



## 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.

**SCM CHAPTER EVENTS - AUGUST**

Friday, August 9, 7:00 pm

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

at John's Best Pizza, Shop Rite Plaza, Federal Road, Danbury. 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 info on location and/or reservations.

Friday, August 16, 7:00-9:00 pm

**Post Road Dinner**

Café (1st Floor), Fairfield University Bookstore, 1499 Post Road, Fairfield, CT (downtown Fairfield). Join us to hear local melodic pop and jazz artists while you sip on a cup of coffee or enjoy some dinner. Contact Jim Mizera at [jmizera@hotmail.com](mailto:jmizera@hotmail.com) or e-mail or text (203) 522-1959 for reservations or info.

Saturday, August 17, 8:00 pm

**Theater Event: Julius Caesar**

The Elm Shakespeare Company performs Shakespeare's "Julius Caesar" at Edgerton Park, 75 Cliff Street, New Haven, CT (near Hamden town line). Free with a suggested donation of \$20 for adults, \$10 students and \$5 children 12 and under. This is an outdoor theater so please arrive early and bring a chair. Contact Jim Mizera at [jmizera@hotline.com](mailto:jmizera@hotline.com); (203) 522-1959.

**CONNECTICUT AND WESTERN MASSACHUSETTS CHAPTER EVENTS**

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

**AUGUST**

1, 8, 15, 22, 29 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

Admitted in CT, NY &amp; OR

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2 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 Quinipiac 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 Quinipiac Street, At 0.3 miles turn left to stay on Quinipiac 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 Quinipiac Street (Wallingford center, just before the gazebo). The Old Dublin will be on your right within about two blocks.

4 Sunday 12:00 pm

**Indian Lunch**

(ME, 1st Sunday) The food is enticing, the staff is friendly, and the company is the best to be had anywhere! Join us at Haveli India Restaurant for an all-you-can-eat \$9.95 buffet. The food is fabulous and the restaurant is conveniently located at 1300 South Main St., Rte 17 in South Middletown. To read about the restaurant, or get directions, check <http://www.haveliindia.com/> RSVP required. Call Barb Holstein for a reservation, 860-632-7873 or [BarbCPA@att.net](mailto:BarbCPA@att.net).

4 Sunday 1:30 pm

**Tanglewood Concert**

Boston Symphony Orchestra concert at Tanglewood, located on Route 183 (West St.) 1.5 miles west of the center of Lenox, MA. We'll

meet at the Box Office at 1:30 for a 2:30 performance of music by Stravinsky and Dvorak, featuring Yo-Yo Ma, cello. Lawn tickets are \$20. and do not have to be purchased ahead of time. Bring blanket, chair, food, beverages (alcohol OK), etc. Contact Lyndon Moors to confirm attendance: Lyndon213@verizon.net or cell-phone (413) 244-0329 . Leave contact info in case of rain; decision to be made on the 3rd. August 11 - RAIN DATE for above event. Same plan, but all-Beethoven concert.

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7 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](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. 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

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10 Saturday 1:00 pm

**Book Discussion**

We will discuss Martin Dressler The Tale of an American Dreamer by Steven Millhauser. Mike Sawyer will be hosting and we will meet at the home of Mike's brother, 19 Woody Lane, Westport, CT Note: #19 and #21 Woody Lane share a driveway until it splits--#19 is to the left. There are lots of copies of this book in public libraries, and an unabridged audiorecording is also available. (The book has for this meeting has been changed from what was

previously announced.) Potluck lunch will start at 1PM and will be followed by the discussion. Please bring a dish to share. Wine is also welcome. RSVP to Mike: [bobbisawyer@hotmail.com](mailto:bobbisawyer@hotmail.com) or 516-625-3276 if you will be coming so space for eating and talking can be set up in advance. Directions to 19 Woody Lane Westport driving south on the Merritt Pkwy

- (1) Get off on exit 42, Westport / Weston
- (2) Turn right onto CT 57--Go straight for .5 miles through a large intersection until the end of the road
- (3) Turn left onto Cross Hwy and in 1.5 miles Woody Lane will be on the right
- (4) 19 Woody Lane on left--Note that it shares a driveway with #21, and then the driveway splits with #19 on the left.

Feel free to invite a friend, either Mensan or non-Mensan. If you invite someone, let Mike know and also let me know so I can add them to the list.

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15 Thursday 6:30 pm

**Pioneer Valley Dinner, West Springfield, MA**

(ME, 3rd Thursday) at the Brewmaster's Tavern on Route 9 in Williamsburg, MA, just west of Northampton. With a long history of hospitality, including a couple of excellent times had by this group within the last few years, the Tavern has been entertaining weary travelers and those in search of sustenance for over 200 years. Active since 1812, their walls may not be as straight as they used to, and the floors not quite as level, but they have had a lot of practice in the business and they get it right! Email Ian Fraser ([ianfraser@usa.net](mailto:ianfraser@usa.net)) for more information, directions, or to RSVP. As always, new members and guests are encouraged to attend this always friendly and interesting event. We hope to see you there!

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23 Friday 5:00 pm

**Fourth Friday Happy Hour**

Happy Hour (ME, 4th Friday) at The Playwright in Hamden, <http://www.playwrightirishpub.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)

## THE MAY DINNER

### THE BUSINESS OF BLOCKS

At our May dinner, we heard from Alex Larsen, co-founder of the new Westport toy company Larsen Toy Lab. Alex and his sister Courtney started the company last year to make blocks for young kids to play with and learn from. With help from family and friends, Alex raised funds, set up a home workshop and a website, designed packaging, started marketing, and brought his dream to fruition. He described all this in his informative presentation for us and answered dozens of questions from the audience.

On the face of it, Larsen Toy Lab seems to face a tough market. As Alex stated at the beginning of his talk, about 94% of toys sold in the U.S. are manufactured in foreign countries and about 80% of the toys sold at Toys R' Us are plastic. Alex, on the other hand, builds all his company's block from wood that he buys from Vermont and he builds all the blocks for his games right here in Westport, using his laser cutter, sander, and wood engraver. Maybe this is not so surprising, however, for Alex brings an impressive resume to his venture. He took engineering courses and graduated with a degree in Technology Management from Miami of Ohio University, developed new products at an ergonomic office equipment design and manufacturing company in New York for several years, and then obtained an MBA degree at Pepperdine University. At Pepperdine, he met some budding entrepreneurs, including some eco-entrepreneurs interested in sustainability. While looking for a job after graduation, Alex started thinking about sustainable businesses and he recalled how he and his sister as kids had always loved playing with block sets their dad had created. This inspired him to combine his technological and business skills with his sister's design and video skills to launch a new company to build blocks that would be educational, enjoyable, durable, environmentally friendly, and safe for children.

Alex's business is a family business. His sister Courtney, who also graduated from Miami of Ohio, earning a degree in interior design, is the co-founder of the company. His mother illustrates the books that come with some of the

block sets. His father helps in the production and his brother-in-law offers advice. Every week, the family meets for dinner and discusses the company's production and sales.

#### THE BENEFITS OF BLOCKS

Since Alex and his sister Courtney both loved playing with blocks as kids, blocks were a fun idea for a business. But would this business be worthwhile? Wondering if blocks had led he and his sister into technological and design careers, Alex decided to investigate if there was more to blocks than just fun. He began talking with elementary school teachers, parents, and psychologists and observing kids playing with blocks. What he found out from talking with teachers was that blocks helped kids in several ways - they developed youngsters' problem solving skills, they helped them build patience, and they taught them cooperation. One veteran teacher told him that "there is no replacement for blocks" in strengthening kids in these areas. She added that too many kids now come to school without knowing how to play with blocks, so they lack the ability to proceed by trial and error, deal with frustration, and work with other kids. Here was a need and an opportunity.

Watching kids play with blocks in schools, Alex could see what teachers were saying about the value of blocks. One Mensan asked him, "What surprised you most about the way kids played with his blocks? He said it was the way they played in groups and agreed what to build. For those who think of playing with blocks as a solitary activity, this is indeed a surprise. Alex said kids seemed to naturally play in groups of four and he was impressed with how they listened thoughtfully to each other's suggestions while experimenting with their building.

Alex also researched psychological studies on block play. He found out that the more kids played with blocks in pre-school, the better they performed in their later school years - particularly in math. Kids who played with blocks ended up taking more advanced math courses and honors courses in high school and earning better grades. Summarizing all the evidence for blocks benefits, Alex said, "No toy is as effective as blocks for cognitive development, problem solving, and social skills." Not bad for a "simple,

old-fashioned" toy.

## GETTING A START WITH CROWDFUNDING

Alex had his business idea but where could he get some money for it? Talking with entrepreneurs and looking on the Internet, he discovered the Kickstarter website ([www.kickstarter.com](http://www.kickstarter.com)), which helps people with new companies or projects raise money from the general public. The concept is called crowdfunding and Kickstarter is the leader in the field right now. As Alex explained to us, the companies seeking funding create a campaign for a specific business goal, set a fundraising target, and then ask the individuals in the Kickstarter community to make donations toward that target. The financial contributors are donors, not investors or creditors - they do not own the company or hold any debt. If the company meets its goal, they simply get the pleasure of knowing they helped fund an idea, along with a small reward such as a product sample.

There is no assurance of success on Kickstarter - as Alex noted, 50% of the projects fail to get the funding they seek. "You typically only have 30 days to raise money on Kickstarter," he told us. If you don't meet the fundraising goal in the scheduled time, you don't get any money. Fund seekers must pay Kickstarter a 5% fee to put their campaign on the site regardless of how successful their ventures turn out.

In order to have a chance with crowdfunding, Alex said, "You have to be clear what you are using the money for." Alex wanted to use it for packaging, so he, his sister, and a friend produced a video about Larsen Toy Lab for Kickstarter, and launched his campaign on the site last November. We watched the video, in which Alex and Courtney gave an excellent, concise explanation of Larsen's products and goals. The response on Kickstarter was encouraging. "Most of the donations were for about \$35, but we received a wide range of contributions," Alex said. By mid-December, the campaign had met its goal, raising nearly \$16,000.

Alex praised Kickstarter as an excellent way for new companies to overcome some of their classic problems. "Small companies don't have money and don't have customers. But you don't

need a huge budget to start a project on Kickstarter," he said. Kickstarter helps companies raise funds while at the same time exposing their products to the public, creating a customer base. "I see more and more of my friends using it," Alex said.

Alex and the Larsen family made good use of the funds from Kickstarter. Operating as a home business, Larsen Toy Lab is producing, marketing, packaging, and selling to parents, schools, and institutions across the nation and even overseas. The company got not just money from its Kickstarter funders, but also some useful criticism, something that Alex was looking for. "It's hard to get real earnest feedback from friends," he commented. But his company got plenty of impartial and helpful critiques from the people visiting the Kickstarter website. "We took advice from our contributors and changed one product," Alex said. The comments from donors and critics convinced the Larsens of the soundness of their idea while helping them to refine it and make more attractive to customers.

## BUILDING THE BLOCKS

One of the selling points Alex used on Kickstarter was that his company would use American suppliers and manufacture locally. Buying wood in the region has provided some special benefits, Alex told us. "Our wood supplier owns a toy store and serves on the Vermont forest service, so he has given a lot of advice," he said. Dealing with his Vermont supplier, he has learned a lot about the best woods to use and the best ways to handle the wood. Consequently, Alex decided to make the blocks out of wood from Vermont maple and cherry trees in order to meet the high standards he had for his blocks.

Although blocks might seem like low-tech toys, quite a bit of work is required to make them durable, and high-quality. Alex said that he hand sands the blocks. For the cherry wood blocks, he also coats them with beeswax and mineral oil. He does not use any harmful paints, finishes or chemicals, which small children might ingest. "You can't wash the toys but you can rinse them in the sink," Alex said. He also made a special point of the fact that he bevels all the edges of every block - that is, he cuts them to a slope that

is not a right angle. He then sands the corners and faces smooth so that the blocks do not have sharp or rough edges. The games also do not have small parts that kids might swallow. "The blocks are beautiful and safe," Alex said, and it was obvious that his special care he puts into the blocks produces toys that contrast with many cheap plastic gimmicks on sale.

## BLOCK GAMES

The audience was eager to hear about Larsen Toy Lab's range of products, so Alex gave a synopsis of each of them, along with some slides from with his website illustrating them. The first game the company came out with was Sticks and Stone, a 20-piece block set that comes with a storybook. They also produce a 40-piece version of this game.

As if being an engineer, craftsman, web designer, and marketer wasn't enough, Alex also wrote the two books that accompany the Sticks and Stones building packages. His mother beautifully illustrated the books. The hero of the books is Leif, a young Viking boy who, with the aid of his friends and his imagination, solves problems. In the first book, Leif builds his family a new home and his village a new cathedral. In the second book, Alex bring his character into the modern world, as he has Leif sails to a big city, and, with his classmates, build marvelous bridges and skyscrapers like the ones they see on the skyline.

Alex's company also sells three block sets that they call "the Classics." The first is a 24-block set of unvarnished blocks, the second, a 24-block set of mixed blocks, and the third, a larger 48-block set of the mixed blocks. Another Larsen game is Building Bridges, a block set that kids love to work on. Another creative building game is the company's Ten Towers Game. On a different note, the company makes the Shape Match Puzzle, a game that exercises kids' analytical and comparison skills.

Alex mentioned that the company also has several interesting new games in development, among them ones using dice, new blocks, memory cards, and more. Also, they recently created a block version of the card game Concentration, which was a classic television game show.

## QUESTIONS ABOUT BLOCKS

One Mensan asked Alex if kids build real objects with his blocks. Alex replied that the children often use his Viking books as a guide and build walls, towers, buildings, and bridges. But he said that they also get creative and construct things out of their imagination.

A member of our audience asked Alex, "How long do the blocks sustain kids' attention?" Alex said, "They don't get frustrated with them. There are enough permutations to keep all the kids interested." But another questioner brought up a possible shortcoming with the blocks when he said that they seemed to cater to non-dynamic play because the kids built bridges with them and not cars. Yes, Alex said, kids build stationary objects such as bridges, walls, fences, and towers, but they will often build things to use with dynamic toys that they own, such as model cars. The kids combine toys to get more out of each of them.

Another question asked was "What age group are the blocks best for?" Alex replied, "I played with blocks till I was seven. So the blocks can definitely still be fun at that age. But the toys with a story can keep kids interested in the games and inspire them to go on to more sophisticated projects."

## REACHING THE MARKET

Alex and his team have had to put the same ingenuity they put into designing and manufacturing into their marketing. "Our marketing strategy has been very grass-roots," Alex said. "We identify key groups and we go on Facebook every day because it's important to remind people what you're doing. The best way to market is on the Internet. We are on a few large online retailers such as Amazon and Abe's. We're doing well on Amazon - we would like to experiment with advertising with Amazon but it would have to be preferred."

Since part of Larsen strategy is to seek out special groups that blocks will appeal to, he said that he likes using Facebook because there his company can target its message. One Mensan brought up homeschooling groups and asked

how well Larsen Toy Labs was attracting them. "We've done well with them," Alex told us. "They talk to each other a lot, so word about our blocks has spread among homeschoolers." Another special group Alex mentioned was the parents of Montessori school students. They have found the blocks particularly appealing because they fit right into the Montessori approach, which emphasizes children learning through manipulating objects in their daily play. One group whose keen interest in the blocks has surprised him, Alex said, was the parents of autistic children. "Autistic moms buy and modify the toys to fit the special needs of their kids," he told us.

So far, Alex said that Larsen's sales have been skewed to the northeast, but they've got many happy customers from other parts of the country and internationally. Several Mensans wanted to know about local stores that carry Larsen's block games. "It's hard to get into toy stores," Alex reported, "but we've got into a few local ones in town." He said that his company's toys were also being sold in three stores in Darien and at the Stepping Stones Museum near downtown Norwalk, a museum dedicated to children. Indeed, because of their strong belief in the power of blocks to help all children strengthen their minds, the Larsens have donated some block sets to the Stepping Stones Museum and to schools and children's hospitals.

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Alex feels the future is bright for his company because the feedback they've gotten from strangers has been so good. If things continue to go well, Larsen will move the business to a factory space where it will have more room for production and inventory. He is thinking ahead, looking to the next level financially, which might mean seeking investment from micro-venture capital funds.

Like most other toy companies, his company is looking forward to the Christmas season, which typically accounts for about 70% of toy sales. Many buyers such as grandparents find the Larsen's blocks especially appealing to give as gifts because Larsen can engrave them with children's names.

You can find out more about Larsen Toy Lab and look at their selection of toys by visiting <http://larsentoylab.com>. You can also view their Kickstarter video there and learn about the educational benefits of playing with blocks. Check out Larsen Toy Lab's Facebook page to get daily updates and comments on how parents can use the games to help their kids.

## PUZZLES & QUESTIONS

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

1. What are the biggest mistakes that prosecutors make? Defense attorneys?
2. When did King George III, the British king during the American Revolution, ascend to the throne?
3. Summarize these types of retirement accounts: Roth IRAs, 401k's, SEPs, 403K's, annuities.
4. How many U.S. states have names that came from Native American languages?
5. Name some products that took a decade or more to catch on.
6. What are the two animals in the world that have a black tongue?
7. Which contemporary novelist writes most like Tolstoy?
8. About what percentage of their sleeping time do people spend dreaming?
9. How will agriculture change in the next generation and in the next 50 years?
10. What was the average length of a major league baseball game from 2000 - 2010 (in hours and minutes)? What was the average length in the 1970s? How many pitches are thrown per game? What is the average time between pitches?

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

2. How many coastal states (states bordering the ocean) are there in the United States?

A: The U.S. has 23 states bordering an ocean or the Gulf of Mexico, which is connected to the Atlantic Ocean. Not counting the Gulf of Mexico states, there are 14 states that border the Atlantic Ocean.

There are five that border the Gulf of Mexico (Florida - also borders the Atlantic, Alabama, Mississippi, Louisiana, and Texas), and there are five that border the Pacific Ocean (California, Oregon, Washington, Hawaii, and Alaska). Alaska also borders the Arctic Ocean. In addition, there are eight states that border the Great Lakes (New York - also borders Atlantic, Pennsylvania, Ohio, Indiana, Illinois, Michigan, Wisconsin, and Minnesota).

4. In how many of its years of existence from 1965 - 2012 has Warren Buffett's company Berkshire Hathaway underperformed the Standard & Poor 500 index (include dividends in the S&P500's return).

A: In the 48 years from 1965 to 2012, Berkshire Hathaway underperformed the S&P 500 only nine times, the latest three times being by

modest margins in 2009, 2010, and 2012. It has lost value in only two years - 2001 and 2008. From 1965 - 2012, Buffett's company has had a compounded annual gain of 19.7% a year, while the S&P 500 has gained 9.4% a year.

6. About what percentage of their work time do New York City taxicab drivers spend driving around looking for fares?

A: 40%.

8. How many major league baseball players have achieved an on-base-percentage (OBP) of .400 (40%) or more in their career? How many of them are in the National Baseball Hall of Fame?

A: There are 60 players in major league baseball history with an on-base percentage of .400 or more. Only 40 of them are eligible for the Hall of Fame and 26 of them have been elected. 14 of these .400 OBP achievers have not been retired for five years and so are not yet eligible. Five players with .400 OBP's did not play the required 10 years to qualify for the Hall. One .400 OBP player, Shoeless Joe Jackson, almost certainly would have made the Hall of

**PUZZLES & QUESTIONS** *ANSWERS continued*

Fame but he was banned from baseball and from the Hall because of he was one of the players alleged to have been involved in the Black Sox scandal.

10. What were the first seven states (bringing the number to 20) admitted to the United States after the Constitution was ratified?

A: The first seven states admitted to the U.S. after the Constitution was ratified were: 14) Vermont (admitted 3/4/1791), 15) Kentucky (6/1/1792) - split off from Virginia by consent, 16) Tennessee (6/1/1796 - land donated to U.S. by North Carolina), 17) Ohio (3/1/1803) - Northwest Territory land donated to U.S. by eastern states, 18) Louisiana (4/30/1812) - Territory of Orleans, 19) Indiana (12/11/1816) - Indiana Territory that came out of the Northwest Territory, 20) Mississippi (12/10/1817) - Mississippi Territory land donated by Georgia.

**WORD CHECK**

See if you can define these words used in herbal medicine.

1. anodyne -
2. antihydrotic -
3. choleric -
4. compost -
5. decoct -
6. demulcent -
7. diaphoretic -
8. ferbrifuge -
9. herb -
10. homeopathy -
11. macerate -
12. tincture -

**SYNONYM SENSE**

See if you can come up with at least three synonyms or near synonyms for each word. Then see if you can give some antonyms.

1. calm -
2. coward -
3. healthy -
4. mature -
5. problem -
6. rude -
7. tangible -
8. well-known -

*ANSWERS ON PAGE 11*

**NEWSLETTER DISTRIBUTION VOLUNTEER NEEDED**

Do you have 2 hours per month to help with the distribution of this Newsletter? Less than about 25% of our members are not able to receive digitized versions. We are looking for someone to have copies printed, and then stamp and mail copies of the Chronicle. There is some flexibility in the timing, it can be done at your home at your convenience, and some receiving members would be very grateful for your time. Please contact our Local Secretary on [locsec@rocketmail.com](mailto:locsec@rocketmail.com).

**WORD CHECK ANSWERS:**

1. anodyne - 1. a medicine that relieves or removes pain. 2. anything relieving distress. 3. Soothing to the feelings.
2. antihydrotic - slowing the production of sweat.
3. choleric - an herb that helps bile flow more smoothly.
4. compost - a complete fertilizer made up of decaying organic material such as grass, leaves, and manure.
5. decoct - to boil a medicinal substance in water to extract the essence
6. demulcent - 1. soothing or medicinal. 2. a thick and slimy herb which soothes irritated or inflamed tissues or mucous membranes.
7. diaphoretic - 1. producing perspiration. 2. an herb that promotes perspiration and promotes the elimination of toxins through the skin.
8. ferbrifuge - 1. an herb or medicine that reduces fever. 2. serving to dispel or reduce fever. 3. a cooling drink.
9. herb - 1. a flowering plant whose stem above ground does not become woody or persistent. 2. such a plant used for medicine, flavoring, or scent.
10. homeopathy - a system of medicine whose practitioners believe that highly diluted solutions of herbs and minerals can stimulate healing in the body.
11. macerate - 1. to soften or separate the parts of a substance by soaking in a liquid such as alcohol, oil, or water, with or without heating. 2. to soften or break up food with a solvent. 3. to become thin; waste away.
12. tincture - 1. a slight infusion of an element or quality; a trace or smattering. 2. a concentrated solution of a medical substance made by soaking the substance in solvents and then pressing the liquid out.

**SYNONYM SENSE ANSWERS:**

1. calm – peaceful, placid, serene, tranquil, cool, composed, collected, easy-going, undisturbed, unperturbed, phlegmatic, pacific, still, sedate. Antonyms: anxious, nervous, unnerved, jittery, jumpy, uneasy, tense, fearful, apprehensive, agitated, on-edge, restless.
2. coward – poltroon, craven, baby, sissy, fraidy-cat, milksop, wimp. Antonyms: hero, champion, paladin, daredevil, conqueror.
3. healthy – sound, well, hale, hearty, hearty, salubrious, fit, chipper, vigorous, robust, sound. Antonyms: ill, sick, sickly, ailing, unwell, invalid, infirm, diseased, dying, debilitated, fragile, wan, pale.
4. mature – seasoned, veteran, ripe, developed, full-grown. Antonyms: youthful, callow, unseasoned, adolescent, childish, jejune.
5. problem – difficulty, trouble, hurdle, obstacle, bug, flaw, fault, hitch, dilemma, puzzle, exercise, quandary, predicament, woe. Antonyms: solution, answer, fix, remedy, resolution, response.
6. rude – impolite, discourteous, ill-mannered, inconsiderate, uncivil, abrupt, brusque, curt, churlish, insolent, insulting. Antonyms: polite, nice, courteous, gracious, civil, respectful, well-mannered.
7. tangible – concrete, material, real, palpable, perceptible. Antonyms: intangible, immaterial, imaginary, abstract, amorphous, impalpable, vague, unreal.
8. well-known – famous, famed, recognized, renowned, familiar, acclaimed, celebrated, eminent, notable, noted. Antonyms: unknown, unrecognized, unfamiliar, obscure, neglected, overlooked.

## NOTED &amp; QUOTED

Not to know is bad. Not to want to know is worse. Not to hope is unthinkable. Not to care is unfor-giveable. - Nigerian saying

Evil cannot be conquered by wishing.  
- Lloyd Alexander, (1924 - 2007), U.S. fantasy novelist, *The High King* (1968), Chapter 21

Time is the image of eternity.  
- Plato, (428 or 427 - 348 or 347 B.C.E.)

Envy is the ulcer of the soul.  
- Socrates, (470 - 399 B.C.E.),

Fortune is unstable, while our will is free.  
- Epicurus, (341 ? - 270 B.C.E.), Greek philosopher

I believe in one thing only, the power of human will. - Joseph Stalin, (1878 - 1953)

He [Caesar Augustus] found a city built of brick; he left it built of marble.  
- Suetonius, (c. 69 - c. 122 to 140 ), *CÆsar Augustus*, 28

If you're old, don't try to change yourself, change your environment.  
- B.F. Skinner, (1904 - 1990), U.S. behaviorist psychologist

A frightening thing, which is perhaps true: "old men want to survive."  
- Joseph Joubert, (1754 - 1824), French moralist and essayist

Meditation is not a means to an end. It is both the means and the end. - J. Krishnamurti, (1895 - 1986), Indian philosopher, public speaker, and writer

Without leaving the house I know the whole uni-verse. - Lao-Tzu, (c. 600 B.C.E.), Chinese philosopher, founder of Taoism

Polish comes from the cities; wisdom from the desert. - Frank Herbert, (1920 - 1986), U.S. science fiction novelist, *Dune* (1965)

If thou hast eyes to see, then see.  
- Crito the Sage, (c. 469 - 4th century B.C.E.), Greek agricul-turist, friend of Socrates

In time we walk without thinking and think with-out falling, but it is not so much that we have learned how to walk as we have learned how not to fall.  
- Henry Petroski, (1942 - ), professor of civil engineering, his-tory, author, essayist

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others. - Sam Levenson, (1911 - 1980), U.S. humorist, TV host, writer, teacher, journalist

Men exist for each other. Then either improve them, or put up with them.  
- Marcus Aurelius, (121 - 180), Roman emperor, Stoic philoso-pher, *Meditations*, Book 8

A poem need not have a meaning and like most things in nature often does not have.  
- Wallace Stevens, (1879 - 1955), U.S. poet

Unless comedy touches me as well as amuses me, it leaves me with a sense of having wasted my evening. I go to the theatre to be moved to laughter, not to be tickled or hustled into it.  
- George Bernard Shaw, (1856 - 1950)

There have been great societies that did not use the wheel, but there have been no societies that did not tell stories.  
Ursula K. LeGuin, (1929 - ), U.S. science fiction author

Can I be blunt on this subject? If you don't have time to read, you don't have the time (or the tools) to write. Simple as that.  
- Stephen King, (1947 - ), U.S. horror writer

I have now a library of nearly nine hundred vol-umes, over seven hundred of which I wrote myself. - Henry David Thoreau, (1817 - 1862)

Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I may not for-get you.  
- Arthur Wing Pinero, (1855 - 1934), English dramatist

Lift thyself up, look around, and see something higher and brighter than earth, earthworms, and earthly darkness. - Johann Paul Friedrich Richter, (1763 - 1825), German novelist, short-story writer

We must welcome the future, remembering that soon it will be the past; and we must respect the past, remembering that it was once all that was humanly possible.  
- George Santayana, (1863 - 1952)

The Chronicle is THE OFFICIAL PUBLICATION OF SOUTHERN CONNECTICUT MENSA #066.

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**MIND GAMES 2013 WINNERS:**

**Kulami.** A tactical marble placement game for 2, where players take turns placing marbles on a configurable board of tiles. The placement of one player’s marble dictates the row or column into which the next marble may be placed. Winning requires domination of the most tiles. It is another simple but clever and well-made game from Fox Mind.

**Suburbia.** Suburbia is a Euro-style tile laying game for up to 4 players who try to build up a suburb that is both sustainable and supportive of growth. Building parks encourages population growth, but factories generate income. By how best to acquire and place tiles, players may develop the most successful infrastructure.

**Kerflip.** There are already so many word games that you might think it could be difficult to come up with a new one. But Damon Tabb did it with Kerflip, and it proved to be a winner. A handful of tiles are tossed onto the board, and the sooner a player uses as many letters as possible, the more they win. More fun than you might think!

**Ghoost.** This is basically a crazy 8 type game but with a more sophisticated mechanic and well-designed cards.

**Forbidden Desert.** This game is related to a prior-year winner, Forbidden Island. It is a cooperative game, meaning 2 to 5 players work together and try and beat the game.

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To change your address on the web, login at <https://www.us.mensa.org/> and click on the Edit Profile link.

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 Arlington, TX 76006-6103

**SOUTHERN CT MENSA TREASURY**

**Fiscal Year:**  
**April 1, 2012 - March 31, 2013**

<b>Opening balance</b> at 4/1/12	\$10,949.27
<b>INCOME</b>	
American Mensa	
Local Group Support Funds:	<u>\$1,328.86</u>
<b>Total Income</b>	<b>\$1,328.86</b>

<b>EXPENSES</b>	
Chronicle Printing Expenses:	\$456.24
Chronicle Postage & Supplies:	288.05
Chronicle Postage & Supplies:	<u>365.06</u>
<b>TOTAL EXPENSES:</b>	<b>\$1,109.35</b>

2nd Quarter Balance 9-30-12      **\$11,168.78**

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### 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

### Ben Behind His Voices

One Family's Journey from the Chaos of Schizophrenia to Hope by Randye Kaye The gripping story of one family's experience when its firstborn, a brilliant young man named Ben, is gradually struck down by schizophrenia – and the lessons that help the family participate lovingly in Ben's eventual steps to recovery. Rowman & Littlefield, Publishers. <http://books.randyekaye.com/writing.php> or [www.amazon.com](http://www.amazon.com).

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