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MEMBERSHIP RENEWAL: If your membership expires in 2014, that expiration is effective as of the end of April. You should have received a renewal notice in the mail or e-mail in January. You can return that form or visit <http://ww.us.mensa.org> to renew.



ARCHIVED COPIES OF THE CHRONICLE going back to 2000 are available on the web at <http://scm66.org>. 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. In addition, you can find copies of our group’s newsletters and other groups’ newsletters at <http://www.us.mensa.org/read/group-newsletters>.

SCM Chapter Events – September 2014

Thursday, September 11, 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 or **Rev. Bill Loring** at 203-794-1389, fr.bill@comcast.net for more info on location and/or reservations.



Saturday, September 20, 6:30 pm Southern CT Mensa Monthly Dinner

Southern CT Mensan **Jerry Brooker**, a novelist, poet, and world-traveler, will speak about his recent trip to Kosovo. Jerry spoke at the University of Pristina and at the Kosovo Military Academy, toured many of the massacre sites of the Serb war, and met with leader Agim Ceku, the Minister of Defense and Prime Minister who led the new country into independence in 2008. Jerry will tell us about this and show photos of his tour.

Location: The PUTNAM HOUSE Restaurant 12 Depot Place, Bethel, CT 06801 (downtown - across from the old railroad station). There is parking in the rear of the restaurant and in the nearby Old Railroad Station lot.

Note: The September 2014 Monthly Dinner is free to members attending for first time.

Dress is casual. Before the presentation, we will enjoy dinner.

Contact **Jim Mizera** at jmizera@hotmail.com, or text or call (203) 522-1959 for reservations or info. Reservations strongly encouraged but not required.

You can bring a donation of money or food to benefit the Connecticut Food Bank.



Saturday, September 27 Games Night

FalCon – ConnCon's fall gaming convention, Sept. 26-28. Sheraton Stamford Hotel, 700 East Main St. Stamford, CT. Email **Deb Jennings** at locsec@rocketmail.com for time, details and directions. ConConn web site: <http://www.conncon.com>. FalCon 2014 page: http://www.conncon.com/Events/Event_List.htm.

CT & Western MA Mensa Chapter - Upcoming Events

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

Sunday, September 14, 12:30 pm

Ethnic Dine-Around keeps up the fun summer tradition. Now it's time for some serious gourmet Italian. Join us at Fiore's II, 332 Main St., Middletown, CT. Perhaps you'll start with the clams casino, or the fried calamari, or even the pasta fagioli. Maybe you'll follow this with the wild mushroom ravioli, shrimp fra diavolo, veal genovese, chicken piccata, or any of the dozens of equally tempting gourmet treats. View the restaurant and menus for yourself at www.fioremiddletown.com.

Street parking should not be a problem on Sunday, but there are also two municipal lots across the street. You can search them on Google Maps, or call the restaurant directly at 860-344-5557. If you need more info, or better directions, just contact **Barb Holstein** at BarbCPA@att.net or 860-632-7873. I will need your RSVP no later than Thursday Sept. 11th. Very much hoping you can join us!

Thursday, September 18, 6:30 pm

Pioneer Valley Dinner (ME, 3rd Thursday) This month, the Pioneer Valley Third Thursday Social Dinner will return to an old favorite, the delightful Tavern on the Hill, perched on the shoulder of Mount Tom on Route 141 in Easthampton, Massachusetts, and easily accessible from Route 91. With great views to the west from the deck, we're hoping that the sunset, scheduled for 6:57 that evening, will be fantastic. Feel free to come a little early and enjoy the offerings from their well-stocked bar

Email **Ian Fraser** (mensanian@ianfraser.net) for more information, directions, or to RSVP (very much appreciated, but not required). This is a perfect opportunity to see what a Mensa get-together is like if you've never been to one. New members and guests are encouraged to attend this always friendly and interesting event. We hope to see you there!

Thursday, September 18, 6:00 pm

(Note change of time and location for this month)

Saybrook Third Thursday (ME, 3rd Thursday) Join us for dinner at Johnny Ad's, our popular local seafood shack, 910 Boston Post Road (Route 1) in Old Saybrook, more or less across the highway from the Parthenon Diner. It's the perfect spot for summer...good eats, oldies music, family-friendly (with a kid's menu), and beer and wine available. M-spouses and families are always welcome. Start time is earlier because their closing time is a little flexible, but shouldn't be before 8:00pm in any case...get there any time between 6:00 and 6:30 and you'll be fine. You can see the menu at <http://johnnyads.com>. Bring cash; they do not take credit cards. Contact **Mike Milius**, miliuslondon@netzero.com or 860-392-9917 for info or to RSVP, or just get yourself

there and look for us at one of the picnic tables outside (as always, just head for the table with the little yellow scuba tank).

Sunday, September 21, 2:15 pm

Indian Lunch & Movie (ME, 3rd Sunday) Join us for a lunch buffet at Naatiya Indian Restaurant, followed by an authentic Bollywood movie at the theater next door! The restaurant is located at 8 Mountain Ave in Bloomfield, CT. Directions at their website <http://www.naatiyarestaurant.com>. The event is being arranged by our resident Indian experts, **Jeet & Melissa Chattaraj**, jeet78@hotmail.com, so let us know you can join us. The movie details would be sent later to those who RSVP.

Thursday, September 25, 5:00 pm

Return of a Chapter Tradition—the fabulous Thirsty Thursday is baaaack! For now, we'll meet at our winter home, Chicago Sam's, the liveliest Sports Bar in all of Connecticut. 51-14 Shunpike Rd (Rte 3), Cromwell, at the Kmart Plaza. 10,000 sq ft of sheer fun, 120-ft bar, NTN computer games, pool tables, more TVs than you can count, probably the happiest place on the East Coast during Happy Hour. Here's a partial list of the beers on tap: Guinness, Sam Adams, Stella Artois, Newcastle, Redd's Apple Ale, Ten Penny, Shock Top, Blue Moon, Sierra Nevada IPA, Harpoon IPA, Dogfish, Blue Point Seasonal, Long Trail, along with an equally impressive selection of bottled beers. Happy Hour runs until 7 pm, all beers \$1 off, \$3 Margaritas, \$4 wines, all 16 oz cocktails \$2.25 off. Plus you can order 5 pub appetizers for \$5! Or choose from a 70-item "best found pub menu."

Please RSVP to Barb Holstein at BarbCPA@att.net or 860-632-7873 to reserve a seat.

Friday, September 26, 5:00 pm

Happy Hour (BE, 4th Friday) at The Playwright, 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.

C&WM Regional Gathering: MensAutumn 2014

We are pleased to announce that **Mensautumn 2014**: "***Welcome to the Renaissance***" will be held **October 3rd – 5th** at the **Quality Inn** in Mystic, CT. The registration form is available as a PDF, on the C&WM web site:

http://www.cwm.us.mensa.org/rq-2014/RG_2014.pdf

RVC Chat

***Andrew Heffernan
Region 1 Vice Chairman***

This year I spent Labor Day weekend with friends and family at the 4th Regional Gathering, called **RechaRGe**. It was an opportunity to celebrate our volunteers. During the opening ceremonies for the gathering I had the great pleasure to fulfill one of my rarely used privileges as the Regional Vice Chair: the privilege of formally awarding members for their outstanding service to the organization and its values.

While every volunteer that supports Mensa is valued, these members are being honored specifically for their demonstration of leadership and excellence in supporting the regional growth of Mensa in the Northeastern United States.

The following members are presented with the American Mensa Regional Service Award:

- **Leo Kellogg** - Mensa of Northeastern New York
- **Judy Keating** - Mensa of Northeastern New York
- **Harry Ringermacher** - Mensa of Northeastern New York
- **Dean Howard** - Mensa of Northeastern New York
- **Phil Baun** - Boston Mensa
- **Mark and Elizabeth Becker** - New Hampshire Mensa
- **Emily Gordon** - Greater New York Mensa
- **Blakeney Bartlett** - Vermont Mensa
- **Barb Holstein** - Connecticut and Western Massachusetts Mensa
- **Bill Zigo** - Mid Hudson Mensa
- **Lori and Ron Norris** - Rhode Island Mensa

Thank you,

***Andrew Heffernan
Regional Vice Chair***

News From The Chapter President

Hope everyone enjoyed their summers. My personal big transition was having my only child enter college as a freshman the beginning of the month – quite a bit different to be an empty nester.

Fall will be starting in a couple weeks – that means it will be time to resume our chapter events. We have our monthly dinner on September 20th in Bethel, and we'll have our games night at the Falcon game convention that will be the weekend of the 26th in Stamford. Our neighboring chapter, Connecticut and Western Massachusetts, will be having their RG (regional gathering) in Mystic the weekend of October 3rd. Our chapter has volunteered to help with the games room again at the RG – we have a good collection of games including Set, Ticket to Ride, Suburbia, Forbidden Island, and many more.

For those who want to connect with other Mensans virtually, there are national and region Facebook groups. A national group is American Mensa Hospitality. Our chapter is part of Region 1, and there are two groups for our region: Mensa Region 1 – Social and Mensa Region 1 – Business. These are all closed groups – meaning only Mensa members can join them. Very interesting posts and discussions on a wide variety of topics – check it out!

Speaking of things beyond our chapter, I'm proud to report, if you haven't already seen the notification, that our past Locsec/President, Deb Jennings, was appointed the Assistant RVC for Region 1, and is the sole candidate named by the nominating committee for the Region 1 RVC in the next election. Andrew Heffernan, our current RVC, is running for Secretary of American Mensa. Best wishes to them both in the elections.

Finally, with the changing of officers over the summer, we've changed around the newsletter a bit. To save money on printing & postage, we really (REALLY) encourage every member who can to sign up for e-delivery of the newsletter. You can do this easily by going to the American Mensa website and editing your profile to change your preferences. The newsletter is produced in its entirety by chapter volunteers, so it is also a fair amount of work to coordinate the assembly of the paper copies – distributing the email version is a two-minute upload (I did it myself last month, so I know of what I speak). To ensure the same core content goes to all members, even those who don't have access to email, we will keep the Chronicle at four pages and distribute via email and print. The additional pages of content that had been in the Chronicle in the past – puzzles, word games, etc. – will be published as the eChron, and will be distributed exclusively electronically. Just one more reason to make the switch from print.

Have a great month!

Joan Coprio
President, Southern Connecticut Mensa

The May Dinner: KIDNEY DISEASE & TRANSPLANTS

At our May dinner, Mensan **Dr. Jenna Henderson**, a naturopathic physician in Danbury, returned to speak about a topic with which she has first-hand experience – kidney disease. Dr. Henderson gave an interesting talk about naturopathic medicine at our April 2010 dinner, so we were eager to hear her follow-up, a look at how naturopathy tackles this difficult disease.

As Dr. Henderson made clear, it's hard to exaggerate the importance of the kidneys, two small but vital organs in the back of your abdomen. They remove excess wastes (more than 100 of them) and fluids through your urine, regulate the amount of salt, acid, and potassium in your body, and produce hormones that regulate how other important organs work.

Jenna told us that it was kidney problems that made her decide to become a naturopath. Back in 1993, a rare kidney disease struck her. She went to doctors for treatment, but they told her that her kidneys were failing and that she would eventually have to go on dialysis, a treatment where a machine performs functions the kidneys normally perform. Facing the possible loss of a kidney, Jenna began researching alternative medicine and seeing practitioners in that field. By changing her diet and taking supplements, she was able to keep her kidneys working well enough for a few years, but eventually she had to begin dialysis. She continued investigating natural medicine to find ways to maintain her health on this difficult regimen. But seeing the way dialysis patients around her were suffering and dying, she became determined to go to naturopathic medical school to learn more about how she could help people prevent and ameliorate kidney disease. She enrolled in the University of Bridgeport naturopathic medicine school.

While pursuing her degree and undergoing dialysis treatment, Jenna decided to go on a waiting list for a kidney transplant. Her diet and supplements had served her well. As she said, "I was able to stave off a kidney transplant for four years." But her investigation convinced her that kidney transplant recipients lived a healthier and better life than dialysis patients. Eventually, her turn came up and she took time off from her medical schooling to get a donated kidney.

KIDNEY TRANSPLANTS: MISCONCEPTIONS AND REALITIES

The kidneys are the most frequently transplanted organs – about 70% of all transplants are kidney transplants. Despite this, Dr. Henderson finds that there are many things that the general public misunderstands about kidney transplant surgery. For example, she noted, many people assume that the old kidney is removed, but it isn't - that would require more surgery and just produce worse outcomes. Another thing people don't know is that most patients who get a kidney transplant have multiple transplants, because the new kidney typically only lasts about 10 years. Although some

kidney recipients have survived decades with their original transplant, most who live long eventually need another transplant.

Dr. Henderson also brought up some misconceptions about kidney donors. Donors, she said, don't have to be relatives. Nor does their blood type have to be identical with the recipient's - just compatible. You might think that the donors would be apprehensive about giving up a kidney because they will have only one kidney left to perform the work of two and, like the kidney recipients, will have to guard their kidney's health closely. But Jenna told us that most donors don't change their minds about donating.

Medical personnel screen potential kidney donors for high cholesterol and other health problems, but Dr. Henderson said, "The health of the donor is not the most important factor in the success of kidney transplants." To support this point, she added, "When someone dies in a car accident, they donate both kidneys to different recipients. There is no difference in the kidneys donated, but one patient often does better."

Despite screening and anti-rejection drugs, the bodies of kidney patients sometimes reject kidney transplants. This is not a disaster, however. "A lot of people think rejection is an all-or-nothing situation," Jenna said, "but it's not. Transplant recipients won't die from rejection. I had my transplant in 2002 and I had rejection." She was in New Haven Hospital for 17 days, but she survived, and she surprised her doctors with her strong recovery.

KIDNEY DISEASE: SIGNS AND SYMPTOMS

Someone asked Dr. Henderson what the warning signs of kidney failure are. What are the first symptoms? "Unfortunately," Jenna answered, "while kidney failure usually is decades in coming, when it happens, it seems to happen all at once." This is, she explained, because of the way the kidneys work. They do their filtering with nephrons, collections of blood vessels connected to a tubule where filtered fluids are excreted as urine. We are born with about one million nephrons in each kidney. They work in concert so that when some nephrons die, other nephrons can compensate for them. You can live with only 10% of your kidney functioning, but once you lose a critical number of nephrons, problems erupt.

Sleep problems may be an early sign of kidney problems. Many people with kidney problems suffer from insomnia. Often, they lack energy, suffer from fatigue, and fall asleep during the days. Jenna experienced this personally, telling us, "There has always been a connection between sleep and the kidneys. I had insomnia since childhood." Nightshift workers have to be careful because they have kidney problems more often. One remedy is sunlight, particularly in the morning, which can right the body's internal clock.

Dr. Henderson said that diabetes is the leading cause of kidney failure, and hypertension is second. So people with these problems need to be on the alert, seek the care of a specialist, and undergo screening regularly.

Jenna added that there are certain groups that are more susceptible to kidney disease and should take similar precautions. African-Americans, she said, have only 800,000 nephrons in their kidneys, so they are more prone to all types of kidney disease. They are four times more likely to lose a kidney. Premature birth children have smaller kidneys and also fall victim to kidney problems more often. Fatter people face higher risks too. Their kidneys are the same size as those of other people, but they have to support a higher body-mass index (BMI). Additionally, people in colder climates also suffer more kidney problems because they get less sunlight and thus have lower vitamin D levels. Vitamin D is very important for the immune system.

DETECTING KIDNEY PROBLEMS

“People generally find out about their kidney problems from blood tests,” Dr. Henderson said. The best lab test, she said, is the serum creatinine test. Creatinine is a waste product generated by muscles. The kidneys normally filter most of it out, so its level is usually stable. Creatinine levels below about 1.3 indicate the kidneys are working adequately but elevated levels are a danger sign. Even if creatinine levels are normal, however, there may be a latent problem because, as Dr. Henderson explained earlier, active nephrons can compensate for ones that have died out. If many nephrons are dying out, the nephrons left in the kidneys can make up for it, but they have to work harder to clean the blood out. They may become severely overworked, a condition known as hyperfiltration. Creatinine levels usually remain near normal, though, until the late stages of kidney disease, and then suddenly rise. It is, as Jenna said, “a big, non-linear jump in creatinine – a logarithmic scale jump.” She recalled one such case: “I had a patient who had a creatinine reading of 1.8 and he thought he was fine. He was playing basketball, completely unaware that his kidneys were failing.”

Dr. Henderson elaborated on other tests that measure how well the kidney is filtering out various chemicals. Since the kidneys filter out excess acids, potassium, magnesium, and phosphorus, tests that measure the blood’s alkalinity, acidity, phosphorus, or mineral levels are needed. High levels of potassium and magnesium can prevent the heart from working. . High phosphate levels can leave deposits in the heart, lungs, and joints that hinder them. The EGFR (estimated glomerular filtration rate) is a test that measures how the kidneys are filtering phosphorus. Dr. Henderson cautioned that this test result must be adjusted for age because senior citizens all have low EGFR readings.

Checking blood pressure is also important. Failing kidneys can trigger high blood pressure. Dr. Henderson remarked, “It’s not the heart but the kidneys that cause the blood pressure to rise. The kidneys will force the blood pressure up to try to cleanse the blood.”

Protein in the urine is another sign that the kidneys are faltering. High protein levels over several weeks mean your kidney isn’t filtering it well.

WHEN KIDNEYS FAIL

People with acute or chronically worsening kidney disease must begin dialysis treatment or seek a kidney transplant. Dialysis does the job the kidneys are supposed to do - remove wastes and excess water from the blood. Dialysis patients with chronic kidney disease may ultimately have to get a kidney transplant. “But,” Dr. Henderson said, “the population on dialysis is usually sicker and some can’t withstand surgery.”

TRANSPLANTS AND THE IMMUNE SYSTEM

Until the 1970s, kidney transplants would always fail because the recipient’s immune system would reject them as foreign and trigger allergic reactions. It wasn’t until the transplant drug cyclosporine, an adaptogenic herb, was isolated from soil samples by Norwegian scientists in 1970 that surgeons had a way to turn down the immune system so that a transplant kidney wouldn’t be rejected. Researchers have continually improved the drug, and Jenna told us, “I was part of group of guinea pigs in 1993 - 1994 that tested use of cyclosporine in functioning kidneys.”

Of course, turning down the immune system leaves the body vulnerable against many infections. Jenna stated, “The major pathways of the immune system can be shut down fairly well, but not the minor pathways, so transplant recipients often get infections or the recurrence of the original systemic disease that caused their kidney failure – perhaps fibrosis, diabetes, or lupus - or a cancer, skin cancer being a major side effect.”

Dr. Henderson warned about several other dangers transplant recipients face. The anti-rejection drugs and the many other drugs or medications that doctors often put patients on can threaten the gastrointestinal system, the pancreas, or the kidneys themselves. Aspirin and statins, for instance, are toxic to the kidneys. There are other troubling side effects. Transplant medications often increase a patient’s appetite and blood sugar and cause irritable bowel syndrome. The problems brought on usually require more drugs - or a different approach.

NATUROPATHIC MEDICINE AND KIDNEY DISEASE

Dr. Henderson has seen kidney disease as both a patient and as a naturopathic physician. She thinks naturopathic medicine can both help prevent kidney problems and improve the health of those with advanced kidney disease. She, like all naturopathic doctors, emphasizes balancing the body’s chemistry and using natural remedies instead of drugs as much as possible to alleviate the symptoms of kidney disease.

“Some of the ways I have found to extend the life of kidneys, I found in odd places in medical journals,” Dr. Henderson said. She obviously dug deeply, because she suggested dozens of supplements and herbs that could help improve the kidneys and recommended many foods to avoid.

"I take a lot of supplements, including Coenzyme Q10," Jenna said. She recommends coenzyme Q10 and L-carnitine for her patients, especially those whose kidney problems have become more severe. These two supplements energize the cells of the nephrons, lessening the strain on them.

One common supplement that Dr. Henderson suggested was melatonin. "Since sleep disturbances and kidney problems go hand-in-hand," she said, "melatonin can certainly help. Good sleep improves the immune system." So do probiotics, another over-the-counter remedy. Two-thirds of our immune system is in the gastrointestinal system – the gut – and probiotics boost the good bacteria there, improving our immune defenses. Probiotics help bring creatinine levels down. Even better is sauerkraut, which Jenna praised as "worth many probiotics."

Protecting against infection is important but so is eliminating toxins. "I like to do skin detoxification with kidney patients," Jenna said. "When I do this," she reported, "their skin usually goes back to its natural state in about two weeks." She recommended infrared treatment as a very good way to detoxify. If you can't get infrared treatment, she suggested epsom salt in a bath as an alternative.

There are supplements that help with more specific problems caused by kidney disease. Dr. Henderson mentioned coconuts, which can prevent the scarring of tissue in kidneys, as a prime example. Another good remedy is green tea. "It has quercetin," she said, "and this will prevent secondary heart enlargement." She also recommended organic blue corn as a source of quercetin.

Berries and cherries are also great for the kidney. Berries are very alkalizing. So is watermelon. And cherries cut down uric acid. On the other hand, beer hurts by raising uric acid levels. Red wine is healthy for the kidneys, though.

There are many foods and ingredients that Dr. Henderson panned because they damage the kidneys: omega-6 fatty acids, artificial sweeteners, high fructose corn syrup, hydrogenated oils, pollinated fats, genetically-modified (GMO) corn (most of the corn in this country), and fast foods, fried foods, and processed foods in general. "Fast foods cause your phosphorus levels to go through roof," she warned. For the same reason, whole wheat, which is loaded with phosphorus, is bad for kidney patients. She also cautioned people not to believe studies that claim GMO corn is okay for animals and humans. "They tend to stop these studies after three months," she stated, "but longer studies show clear harm."

What about meats and vegetables? "I'm not crazy about vegetarian diets for kidney patients – a mild meat diet is better," Dr. Henderson said. Here again, balance is the guide. Modest eating of meat supplies adequate protein. Too little protein causes muscle to waste, but the kidney can't handle too much protein. "Grass-fed beef is best," Jenna added, "because most cows are raised on corn, which has high Omega-6." As for vegetables, she had many to recommend – beets, cauliflower (it has the most calcium of any vegetable), green peas, and kefir are all good for the kidney.

HERBS THAT HELP WITH TRANSPLANTS

Some herbs are good as alternatives to transplant drugs or as remedies for their harmful side effects. Jenna certainly found them useful while recuperating from her kidney surgery. “Transplant drugs are so toxic,” she stressed. “Patients are given a cocktail of medicines - I was given 15, but was able to get it down to 6.”

Unfortunately,” she observed, “most practitioners of alternative medicine don’t have knowledge of transplants.” This can be dangerous, she said, because many herbs that are fine for other uses are unsafe for transplant patients. “Most herbal remedies are harmful to transplant recipients,” she stated. “I looked at 50 herbs and 44 were bad.”

Jenna, however, did enumerate several herbal remedies that can definitely help transplant recipients. Green tea, garlic, curcumin, and ginkgo biloba all boost the immune system, undoing the damage of the anti-rejection drugs, and they also help in other ways. Surprisingly, there are, Jenna noted, even herbs not associated with the immune system that will boost the immune system in kidney receivers. These include most adaptogens, a category of herbs that contain antioxidants and that increase the physiological stress our bodies can tolerate. Ginseng is one prominent adaptogen. Testosterone boosting herbs, such as Epimedium sagittatum, are another herb type that unexpectedly boost the immune system for patients.

We learned many lessons from Dr. Henderson on how to treat our kidneys kindly, lessons she learned the hard way. Despite her suffering, she considers herself fortunate. “Nothing beats a native kidney,” she declared. “They say that after ten years, many kidney transplant recipients die. I’ve had nine years.” As for the future, she speculated that technology might improve kidney transplants, saying, “I think 3D printing will bring progress with artificial kidneys.” Together with persevering professionals like Dr. Jenna Henderson, this will give victims of kidney disease a better chance.

You can find out more about Dr. Henderson’s naturopathic practice and about kidney disease at <http://www.holistic-kidney.com> .



THE SEPTEMBER DINNER: After our summer break, we will resume the Southern CT Mensa monthly dinners on Saturday, September 20. Long-time member **Jerry Brooker**, a novelist, poet, and world-traveler, will be the speaker. He will talk about his July trip to Kosovo. We will meet at the PUTNAM HOUSE Restaurant, 12 Depot Place, in downtown Bethel. Members usually begin arriving about 6:30. For reservations or info, e-mail **Jim Mizera** at jmizera@hotmail.com or text or call him at (203) 522-1959. See you at the dinner.

Puzzles & Questions

1. When do sounds become music?
2. About how many times a second can a woodpecker peck?
3. How long does it take a nation to recover from a civil war or to defeat in a war with a foreign power?
4. About what percentage of the world's population lives in the northern hemisphere?
5. Which city has the best skyline?
6. When were these prizes or awards first awarded:
 - Pulitzer Prize
 - Nobel Prize
 - Tony Awards
 - Booker Prize (best original novel written in English)
 - Hugo Award (science fiction)
 - O. Henry Awards (U.S. and Canadian short stories)
7. Name some classic novels which took several years to write.
8. What was the largest magnitude earthquake recorded?
9. Which new technologies have the most uncertain future?
10. Who was the only major league baseball pitcher to lead his league in earned run average and strikeouts and yet finish with a losing record?
11. Which is a better event, the Kentucky Derby or the Indianapolis 500 race?
12. What is the longest interstate highway in the United States? Which interstate highway passes through the most U.S. states?

Answers to the May 2014 Chronicle Questions:

2. What is the global murder rate (homicides per 100,000 people)?

Answer: For the year 2010, the United Nations Office on Drugs and Crime (UNODC) estimated that there were over 466,000 murders, which works out to a global murder rate of 6.9 per 100,000 people.

Honduras had the highest murder rate of all nations, at 91.6/ 100,000 people. The United States had a rate of about 4.2; Canada, about 1.6; Mexico, about 16.9; India, about 3.4; Russia, about 10.2; China, about 1.0; Brazil, about 21.0; and the United Kingdom, about 1.2.

4. What percentage of U.S. land is agricultural land?

Answer: According to the United States Department of Agriculture (USDA), the percentage of land used by agriculture is about 51%. That compares to a 1949 USDA estimate of 63%. The World Bank estimates the 2011 percentage as 45%.

The USDA U.S. estimates that about 18% of U.S. land is used for cropland, 27% is used for pasture and range, 5.5% is used as grazed forestland, and .5% is farmsteads and farm roads. The USDA reports that about 30% of U.S. land is forestland, about 14% is parks, wildlife area, and other special uses, about 9% is miscellaneous areas such as tundra and swamps, and 3% is urban land.

6. What are the official currencies of the following countries? - Australia, Bermuda, Bolivia, Brazil, China, Costa Rica, Denmark, Egypt, Haiti, Hong Kong, India, Indonesia, Kenya, South Korea, Kuwait, Malaysia, Mongolia, Nigeria, Pakistan, Singapore, Sweden, Thailand, and Vietnam.

Answer: Australia – the Australian dollar, Bermuda – the Bermudian dollar, Bolivia – the boliviano, Brazil – the real, China – the Renminbi, Costa Rica – the colon, Denmark – the Danish krone, Egypt – the Egyptian pound, Haiti – the gourde, Hong Kong – the Hong Kong dollar, India – the rupee, Indonesia – the rupiah, Kenya – the Kenyan shilling, South Korea – the South Korean won, Kuwait – the Kuwaiti dinar, Malaysia – the ringgit, Mongolia – the tugrug, Nigeria – the naira, Pakistan – the Pakistani rupee, Singapore – the Singapore dollar, Sweden – the krona, Thailand – the baht, and Vietnam – the dong.

**8. How many of the world's 243 nations have fewer than a million people?
How many have less than 10 million people?**

Answer: According to estimates, more than one-third, 84, of the world's nations have fewer than one million people. (44 of those have fewer than 100,000 people.) Almost two-thirds of nations, 158, have fewer than 10 million people.

10. What percentage of major league baseball games in 2013 went into extra innings?

Answer: About 9.9%.

Word Check

See if you can define these words about words and speech.

- 1. anonym -**
- 2. dittography -**
- 3. duoliteral -**
- 4. mora -**
- 5. pangram -**
- 6. portmanteau -**
- 7. reduplicative (noun) -**
- 8. semasiology**
- 9. semordnilap -**
- 10. univocalic (noun) -**

(Answers are on the following page.)

ANSWERS:

1. **anonym** - a pseudonym.
2. **dittography** - the erroneous and inadvertent repetition of letters, syllables, words, or phrases in writing.
3. **duoliteral** - a word having only two letters.
4. **mora** - the unit of time equivalent to the normal or ordinary short sound of a syllable.
5. **pangram** - a sentence of verse that contains all the letters of the alphabet.
6. **portmanteau** - a word formed by blending both the sounds and meanings of two words.
7. **reduplicative** - a compound word formed by repeating a word exactly or with a slight variation in the vowel.
8. **semasiology** - the study of meanings in a language, especially the study of semantic change.
9. **semordnilap** - a legitimate word that is the reverse of another word. (Ex: 'Diva' is the reverse of 'avid'.)
10. **univocalic** (noun) - a piece of writing that has only one of the vowels.

Synonym Sense

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

1. accidental –

2. afraid –

3. bolster –

4. conceal –

5. excellent –

6. independent –

7. introduction –

8. realistic –

(Some answers are provided on the following page)

Synonym Sense – Some Answers:

1. accidental

Synonyms: unintended, unintentional, inadvertent, unwitting, chance, coincidental, fluke, fortuitous, random, unplanned, unforeseen, unexpected, adventitious.

Antonyms: planned, intended, intentional, deliberate, premeditated, expected, foreseen, foreseeable, predictable, anticipated.

2. afraid

Synonyms: fearful, frightened, scared, fainthearted, petrified, nervous, anxious, jittery, timorous, trembling, tremulous, spineless, skittish, chicken, apprehensive, yellow, weak-kneed, phobic.

Antonyms: fearless, unafraid, brave, courageous, intrepid, confident, bold, cool, calm, doughty, daring, dauntless, undaunted, valiant.

3. bolster

Synonyms: boost, strengthen, buttress, aid, help, reinforce, support, buoy, sustain, uphold, prop.

Antonyms: hinder, undermine, weaken, damage, sabotage, cripple, attack, erode, block, hurt, injure, block, neglect.

4. conceal

Synonyms: hide, cover, cover up, mask, cloak, obscure, enshroud, camouflage, veil, couch.

Antonyms: reveal, disclose, uncover, expose, show, divulge, tell, open.

5. excellent

Synonyms: superb, superlative, brilliant, masterful, great, top-flight, first-rate, first-class, world-class, exceptional, virtuoso, outstanding, magnificent, peerless.

Antonyms: awful, bad, inferior, second-rate, second-class, poor, crude, mediocre, lackluster, undistinguished, unworthy, failed, failing.

6. Independent

Synonyms: autonomous, sovereign, individualistic, free, self-sufficient, self-reliant, self-supporting, self-governing, separate, unconnected.

Antonyms: dependent, subordinate, subservient, reliant, clinging.

7. Introduction

Synonyms: beginning, opening, prologue, preamble, prelude, foreword, overture, lead-in.

Antonyms: ending, end, conclusion, epilogue, epitaph, finish, finale, climax.

8. Realistic

Synonyms: likely, real, reasonable, sober, prudent, levelheaded, hard-headed, sound, practical, unsentimental.

Antonyms: unrealistic, unlikely, improbable, fanciful, long-shot, unsound, impractical, unreasonable.

MENSA Mind Games 2015

Mind Games® 2015 will be held at the **Town and Country Resort & Conference Center**, 500 Hotel Circle North, San Diego, Calif. 92108

Located on the edge of Mission Valley, the Town and Country Resort is conveniently situated near both the light rail and Old Town trollies and just a short drive from San Diego International. Family-owned and renowned for their friendly service and hospitality, the resort boasts four on-site restaurants, lively lounges and a full-service fitness center.

Easily reserve your room online, or call 888/231-4352 and ask for the Mensa Mind Games room rate of \$115 S/D, \$125 T, or \$135 Q. You'll want to request the Regency Tower, which is closest to the Regency Ballroom where MindGames will be held. This room rate will be available for your stay April 28-May 6, 2015. Mind Games room blocks fill fast, so make your reservations today! (For hotel assistance, please contact the event's hotel liaison.)

More information:

<http://www.mindgames.us.mensa.org>

Town & Country Resort & Conference Center:

<http://www.towncountry.com>

Noted & Quoted

I have always had a bad memory, as far back as I can remember.

- Lewis Thomas (1913-1993), U.S. physician, essayist, *The Youngest Science: Notes of a Medicine Watcher* (1983)

The true test of intelligence is not how much we know how to do, but how to behave when we don't know what to do.

- John Holt, (1924-1985), U.S. educational critic

Life is a stranger's sojourn, a night at an inn.

- Marcus Aurelius Antonius (121-180 A.D.), Roman philosopher, author, and emperor

There is a demand in these days for men who can make wrong appear right.

- Terence (185-159 B.C.E.) , Roman comic dramatist

Our goal is to make the enemy passive.

- Mao Tse-Tung (1893-1976)

Suspicion always haunts the guilty mind.

- William Shakespeare (1564-1616)

Everyone suffers wrongs for which there is no remedy.

- Edgar Watson Howe (1853-1937), U.S. journalist

Men are slower to recognize blessings than misfortunes.

- Livy (c. 59 B.C.E.-17 A.D.), Roman historian

A poet is someone who is astonished by everything.

- Anonymous

Art is uncompromising and life is full of compromises.

- Günther Grass (1927-), German novelist

Literature is a luxury; fiction is a necessity.

- G K Chesterton (1874-1936), English essayist, poet

If the world were clear, art would not exist.

- Albert Camus (1913-1960), French novelist, philosopher, *The Myth of Sisyphus* (1942)

Postmodernism does not facilitate better art. It rationalizes inferior art by wrapping it in words - a suit of armor with nobody inside.

- Walter Darby Bannard (1934-), U.S. abstract painter

When the pain is great enough, we will let anyone be doctor.

- Mignon McLaughlin (1915-1983), U.S. Author, editor, humorist, *The Neurotic's Notebook* (1960)

The real fault is to have faults and not amend them.

- Confucius (c. 551-479 B.C.E.)

Don't apologize if you're still going to do the same things you were sorry for.

- Anonymous

Price is what you pay; value is what you get.

- Benjamin Graham (1894-1976), U.S. investor

Clarity is not everything, but there is little without it.

- Edward Tufte (1942-), U.S. statistician, professor emeritus of political science, statistics, and computer science, Yale, *Envisioning Information* (2001)

We must reject that most dismal and fatuous notion that education is a preparation for life.

- Northrop Frye (1912-1991), Canadian literary critic

The theater is the only institution in the world which has been dying for four thousand years and has never succumbed. It requires tough and devoted people to keep it alive.

- John Steinbeck (1902-1968), U.S. novelist, *Once There Was a War*

The history of things that didn't happen has never been written.

- Henry Kissinger (1923-), German-born U.S. diplomat

Bound as our lives are to the tyranny of time, it is through what we know of history that we are delivered from our bonds and escape - into time.

- A.L. [Albert Leslie] Rowse (1903-1997), British historian, *The Use of History* (1946)

Southern Connecticut Mensa – Treasury Report

Fiscal Year: April 1, 2013 - March 31, 2014

Cash balance at April 1, 2013	<u>\$11,753.08</u>
Revenue – April 1, 2013 through March 31, 2014:	3,180.47
Dues & Testing Income from Mensa	50.00
Total Revenue	<u>\$3,230.47</u>
Expenses April 1, 2013 – March 31, 2014:	
Newsletter (incl. postage, printing, etc.)	1,192.13
Testing	563.07
Events (games, dues, fees)	801.48
Supplies	100.00
Other: Domain name	180.30
Total Expenses	<u>\$2,836.98</u>
<u>Total Cash, March 2014</u>	<u>\$12,146.57</u>
<u>Balance per Bank Statement</u>	<u>\$12,789.81</u>
Less Outstanding Checks	643.24
Adjusted Cash, March 2014	<u>\$12,146.57</u>

Announcements & Notices

Larsen Toy Labs

(Westport, CT) at <http://larsentoylab.com> - Educational and creative gifts.

You can get a 25% discount when you make a donation of blocks to a nursery or elementary school or children's charity. For ideas, go to www.Adoptaclassroom.org or: <http://www.schooldigger.com/go/CT/schoolrank.aspx>.

Then use code **DONATE25** at the Larsen Toy Labs checkout to get your 25% discount.



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 this disadvantage.

While scalable to large installations, this wind turbine will be ideal for homes, farms and small businesses.



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 Randy 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.randykaye.com/writing.php> or <http://www.amazon.com>.

***The Baby Bomber Chronicles*****by Bob Liftig**

Here are the secrets about the 1960's no one ever told you. This is what happened when the "perfect" Baby Boom generation and the "best country in the world" lost all self control and began to hate each other. Sex! Drugs! Rock and Roll! Hippies and American heroes! What was it like to be an "average" guy or girl caught in the middle of this free for all? You'll laugh the bells off your vintage bell bottoms! Then ask Mom or Dad (or grandpa) what they were doing.

Available now from Author House – <http://authorhouse.com> – (888) 280 7715.

Order this title through your local book-seller or preferred on-line retailer.
978-1-4389-0897-7 (SCISBN)

***Bridgeport – Tales from the Park City*****by Eric Lehman**

Paperback available at <http://www.historypress.net> or <http://www.amazon.com>.

Supplement to Connecticut Rocks!**By Paul Bezanker****HIGHLIGHTS:**

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Books will be sent Media Mail in U.S., & via First Class elsewhere.

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Short Classified Ads: free to Mensa members and subscribers, \$2.00 per month / \$20.00 per year for others. Send copy to the editor.

Display Ads: Full Page, \$50; half page, \$30; quarter PAGE or business card, \$15.

Discounts for Display Ads: 10% for three issues, 20% for six issues, 30% for 12 issues.

All ads must be paid in advance, checks payable to Southern Connecticut Mensa.



The Chronicle is the official publication of SOUTHERN CONNECTICUT MENSA

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You may also email, or write to:

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Mensa Chapter #066 - OFFICERS 2014

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