OCTOBER 2019

Head-Line

The Newsletter of Mid-Michigan Mensa Number 546



HEAD-LINE NO. 546 OCTOBER 2019
MID-MICHIGAN MENSA

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Mid-Michigan Mensa Facebook Group

Head-Line and Calendar items are due by the 15th of the month prior to publication. Camera ready contributions are appreciated, but not necessary. Calendar entries may be emailed, telephoned, or snail-mailed to the Calendar/TGIF Coord. Permission is granted to reprint material from the Head-Line in any Mensa publication, with appropriate credit, unless the material is copyrighted.

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EDITOR'S COLUMN:

FROM MY BRAIN TO YOURS

by Sharon Plavnick

It's time to get this edition off to the printer, so I think I'll resort to a bit of stream-of-consciousness this month. Readers, you get a picture into a myriad of thoughts flitting around inside my brain this morning.

Thought 1:
Felicity Huffman gets 14 days. Does this serve any purpose? I tend to think that whatever lessons on integrity that Felicity needs to learn have already been achieved; two weeks in prison won't add or subtract to it. Either the publicity and public shaming have made her into someone who will behave more thoughtfully, or she's a lost cause. So this must be a message of deterrence: Dear rest of the world; this is bad behavior; don't do it. Especially because you could get jail time. Yeah, I see everyone quaking with fear in their designer shoes over the thought that the ends don't actually justify the means. White collar crime has been dealt a huge blow with this sentence. Uh huh.

Thought 2:
I'm an alumna of MSU, with two degrees bearing that university's seal. It's hard to be proud of a university that continually mishandled both Larry Nassar and William Strampel. Now I'm reading about the student section at MSU football games where chants of "F*#@*# you" toward the opposing team boom out continuously. (I'm also an alumna of Cooley Law School, which bears the burden of claiming Michael Cohen as one of ours. Oh the shame!) It's never too late to go back to school. What school do I need to matriculate at in order to feel unadulterated pride?

Thought 3:
Oh the crispy days of autumn! I love this season with all my heart, but I know from bitter experience that it's over too soon, only to be followed by the biting cold and icy streets of winter. I'm toying with thoughts about screening in my patio to make it a more effective 3-season room. I'm wondering if one of those quiet, sleek portable heaters could make it palatable to sip my coffee out there on a December or mid-March morning. January and February are probably lost causes.

Your thoughts? Your responses? As always, shoot me an email at sharonslp@ameritech.net to share what's on your mind.

RVC 3 OCTOBER, 2019 Column

John Voymas

American Mensa supports 126 Local Groups. Some of these groups have very full calendars of events and activities. Other groups haven't tried anything new in some time. The question that is often asked is "How do we attract new members"? That's a great question! The ages of our members range from pre-school to around 100 years of age. One size certainly does not fit all. Should a Local Group expect that certain events will attract members of all ages? Maybe. Do events have to be expensive? Not necessarily.

Let's start with a few basics … it's okay for some activities to primarily appeal to a subset of members. For example, escape rooms are popular with the under-forty crowd. I've never done one. Might be fun. It's also okay for there to be family events that appeal to people of a wide range of ages. These do not have to be exclusive to young "members". The odds are that if Mom or Dad is a member, then their children might be smart even if they are not card-carrying members. Have a family-friendly event once a month, if possible. Invite families – not just youth members.

Do monthly meetings with (or without) guest speakers have to be scheduled for a Saturday evening? Since Saturdays are party/social times for the younger members, then you'll likely look around the room and see the average age approaching time to register for Medicare. Try another evening or another day. Try a variety of presenters. Science, history, and cultural speakers seem to attract a wider range of members.

Board games seem to appeal to people of all ages. It can be held in someone's home, at a library or bookstore, or a local craft brewery. It turns out that craft beer and board games go together and many local breweries have several games available for play. Make it a monthly event. Promote it at the location in advance. Trivia events are also common at breweries and other meeting places. Besides Buzztime, there is Sporcle, and other live trivia options.

Do events have to be run by members? There is no requirement to do so, not even for Gifted Youth activities (although the Gifted Youth Coordinator does need to be recommended by the Loc Sec and be background-checked by the National Office). Sometimes a spouse of a member has an exciting idea, so let them run with it.

Events do not need to be large or difficult to coordinate. If a member wants to go to the zoo or to a public event at a park, make it an official event. Worst case, only that member is there – better yet, some other members decide to join you. Even Gifted Youth activities can tie in to an event that some other organization is hosting.
Some inexpensive events could be miniature golf, an ice cream outing, a local movie or live theater event, a walk in the park, a museum visit. Okay, your turn to add some more to the free or almost-free list. A bit more expensive would be live concerts or special community events. Some local groups subsidize to lower the cost or even make it free.

Have recognition events for new members and to thank volunteers. Provide the food, snacks, and beverages. Invite lapsed members to attend.

Finally, don't forget to post events in your calendar. Create a Facebook Event and invite everyone. Also, Mensa Connect can provide on-the-spot announcements to all members of your Local Group, and the "Email Your Members" feature can inform everyone with an email address.

IMPORTANT VOLUNTEER NEEDED

Beginning in January, Wendy Carnegie will no longer be participating in the production and delivery of this newsletter. Sharon Plavnick will continue to write the content, and format the document. She will take on the tasks of sending a print-ready copy to the printer, and uploading a digital copy to the national website. But we need someone who will pick up the print copies each month from the printer, put on the mailing labels, and take them to the post office. If this sounds like the perfect volunteer job for you, please contact Wendy asap. (517-775-0648)

Mid-Michigan Mensa Steering Committee Minutes

September 13, 2019 Wendy Carnegie, Scribe

PRESENT: Loc Sec Bob Henderson, Scribe Wendy Carnegie, Squire Jaros, and Sharon Plavnick.

The meeting was called to order at 7:05 PM.

Wendy started the meeting announcing her resignation as Co-Editor. After twenty some years Wendy states she's had enough.Sharon said she would continue to format and write the Head-Line, but refused to take over filling out the Postal Form or take it to the Post Office. She will send the Head-Line to the printer and up-load it to the National Office. Sharon will print an announcement in the October, November, and December issues asking for volunteers to the post office duties. Wendy agreed to finish 2019 as CoEditor, making the December Head-Line her last issue.

Bob brought up that according to National Office rules and regulations, we need to appoint an auditor to do an annual financial review. This can't be the treasurer. After some discussion, it was decided to ask Roy Saper if he would do this. Bob will contact Roy.

A review of the by-laws was to be done at this meeting, but Wendy forgot to bring the update with her. Bylaw discussion was tabled until October's meeting.

Wendy reminded the Board that the Annual Consolidated Postal Form was due to be printed in the October Head-Line.

The Board discussed this year's Holiday Party. Bob said that the National Office expects that all Mensa events should make every effort to break even. The Board came to the conclusion that since the Holiday Party was never intended to be a money-making event this expectation doesn't apply to the Holiday Party. Following further discussion Sharon moved that the Holiday Party be held as last year: meaning it will held in a place to be determined with Mid-Michigan Mensa paying for it. The motion was seconded by Wendy and was passed unanimously. Sharon suggested that Karen Petersmarck might be willing to host the party and will discuss it with Karen.

With no further business to discuss, the meeting adjourned at 8:00 PM.

Mid-Michigan Mensa Membership

John Garrison, Chairman
October 2019

122 Members

MENSA Birthdays

Happy Birthday to you

5 Alan Sherwin
6 Dale Arnold
21 Joy Rimpau
5 Marvin Fouty
20 Elizabeth Evangelista
23 William Tupy

MENSAversaries

Congratulations on Your Years With Mensa

32 Years Wendy Kassal
10 Years Robert Henderson
3 Years David Murley
1 Year John Abbot
13 Years Robert Huston
9 Years Saif Fatteh
3 Years Audrey Yoo

Member Leaving

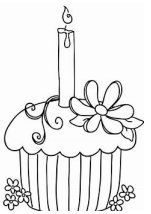
We're sorry to see you go. Best wishes with your new Mensa Group

Malachi King — Moving to Virginia

New Member

Welcome to Mid-Michigan Mensa. We're glad you joined us.

Laura Markee — Haslett



MEET A FELLOW MENSAN
MEET BOB HENDERSON, your LOC SEC and TREASURER
Continued from last month

Part of Bob's responses inadvertently got cut off last month, so here are the rest of them:

Earliest childhood memory: Getting spanked for soiling my parents' bed with my brother's poop (it's a long story). That episode taught me that authorities can't be counted on to dispense justice, so instead it must be fought for, win or lose.

Something important you learned in grade school: My aptitude test results were so good that I promised myself that I would nurture my brain from then on with only the most trustworthy knowledge, since my conclusions would only ever be as good as the premises they were based on ("garbage in, garbage out").

Something important you learned in high school: A good teacher can make almost any subject interesting, but a bad teacher can make a fascinating subject seem deadly dull (biology without evolution is about as exciting as stamp collecting).

Educational background: My excellent memory meant that I never had to study in high school. I pursued an accelerated academic program at Rensselaer Polytechnic Institute and graduated with both Bachelor's and Master's degrees in Aeronautical Engineering in just 5 years. There I finally "learned how to learn"-- for instance, I neatly copied over each day's lecture notes to etch them into my brain. I found that the more I learned, the easier it was to learn even more.

Hobbies/interests: I enjoy reading nonfiction, trivia, board and card games, math and word puzzles, singing in choirs, and flying electric-powered radio-control model planes (when Michigan's weather permits). I am interested in the mind and its workings, humanism, social justice, and the history of each of the above.

Favorite food(s): Chili and mint chocolate chip ice cream, but not together!

At the top of your bucket list: A visit to Australia and/or New Zealand, but Ginny and I will probably see the Grand Canyon first.

BOOK TALKS

by Sharon Plavnick

Vox by Christina Dalcher

Many years ago, I read *The Handmaid's Tale*, by Margaret Atwood. I remember that I "enjoyed" it, in that it was gripping to read, and about a timely subject. I also remember that it was depressing and grim. Fast forward to a few years ago when Hulu TV aired the novel as an original TV series. I haven't been in the mood for depressing and grim, so I abstained from watching it. But over the summer, at my daughter's urging, I finally buckled down to try it. Yes, depressing. Yes, grim. But also yes, riveting and compelling. I actually enjoyed it more as a show than as a book. The first season stays true to Atwood's novel; after that it takes off on additional political agendas; nonetheless it remained compelling through all three seasons. I eagerly await Season 4.

The book I just finished, Vox, by Christina Dalcher, has been hailed as a *Handmaid's Tale* for today. In fact, the premise of Dalcher's story immediately put me in mind of Atwood's world, and drew me in from page one. In *Vox*, a new government has put rules in place that effectively silence women. Imagine, female readers, that you are limited to 100 words a day. Imagine that your daughters are limited to 100 words a day. Imagine that your husbands, fathers, brothers, have the computers and the books and the writing utensils…and they also have the keys to lock them away from you.

Predictably, it's a horrible world to contemplate. If you are a male reader of this column, and you are thinking that maybe it's not such a bad idea, please don't communicate that thought to me. I don't want to know you.

The strong points of this story are that it quickly draws the reader in with one fresh horror after another. Dalcher effectively shows how the unthinkable can become incrementally routine before people have time to wake up and smell the roses. By the time the wake-up call is resoundingly stinky enough, it's too late to proactively prevent it.

But the book has its weaknesses as well. After ratcheting up the tension to almost unbearable levels, the resolution is just too easy, too quick, too pat, too contrived. The ending satisfies emotionally, but not realistically. Dalcher takes the easy way out.

Still, it fully engaged me, and gave me lots to think about. Since watching *Handmaid's Tale*, I've been thinking that I should reread the novel. I still think that more than ever after reading *Vox*. Readers, I recommend both books to you, along with the television series.

FOOD FOR THOUGHT

By Barb Ford

An ancient Ayurvedic recipe from India is getting a lot of attention lately. Turmeric Milk, or Golden Milk is a hot beverage that is both enjoyable and healthy. The components of Golden Milk have been known to improve circulation, blood pressure, blood cholesterol, blood sugar, memory, mood, stress and the immune system. While these health benefits are certainly something to consider, I like it because it is so enjoyable. I often make it before bed time, and it helps me sleep, eases my tummy issues, and helps reduce the aches and pains that sometimes bother me in the night. The warm spiciness of a cup of Golden Milk are a wonderful and relaxing experience.

Traditionally made with whole cow's milk, this recipe can be made with any milk you choose. My personal favorite is Silk Unsweetened Coconut Milk. Turmeric is the star ingredient, and can be powdered, or sliced right off the fresh root. Turmeric is long known for its antioxidant, anti-inflammatory, and antiseptic properties. It and its cousin Ginger are exceptional for boosting digestive health. Black Pepper is a natural booster of the benefits of Turmeric.

Try my version of this recipe. I hope you enjoy it as much as I do.

Golden Milk

Ingredients:

2 C Organic Milk of Your Choice
1 t Organic Turmeric Powder, or 1-inch Shaved Turmeric Root
1 t Organic Ginger Powder, or 1-inch Shaved Ginger Root
¼ t Organic Ground Black Pepper
½ t Organic Ground Cardamom
1 T Organic Local Honey

Directions:

In a small saucepan, combine all ingredients except honey. Heat until bubbles form around the edges of the pan, but do not boil. Continue to gently cook and stir mixture for another five minutes. Cool slightly, then strain into a mug. If desired, stir in some honey to taste. If there is some left over, cool and refrigerate overnight. Serve over ice.

Namaste

OCTOBER 2019 CALENDAR

Fri. Oct. 4 **TGIF - Sultan's:** 4790 Hagadorn Rd in Hannah Plaza, East Lansing. Delicious Middle Eastern food with great service.

Fri. Oct. 11 **TGIF - Grand Traverse Pie Company:** 1403 E Grand River Ave, East Lansing. It's in the Brookfield Plaza at the corner of Grand River Ave and Hagadorn Rd. Service is cafeteria style, so bus your own dishes before you leave. Quiches, pot pies, pasties, sandwiches, wraps, soups, salads, and, of course, pie (best a-la-mode).
Steering Committee Meeting: to follow dinner.

Fri. Oct 18 **TGIF - State Room Restaurant:** 219 S Harrison Rd, East Lansing. High-end hotel eatery with a warm vibe offering seasonal American cuisine and an extensive wine list.

Fri. Oct 25 **TGIF - Los Tres Amigos:** 447 S. Jefferson St., Mason. Good Mexican food, including delicious taco chips, salsa, and Bob's favorite, Ruffy's salad

Fri. Nov. 1 **TGIF - Olga's Kitchen:** 354 Frandor Ave. in the Frandor Mall, East Lansing. Soups, salads, and Olga's signature gyro sandwich.

Fri. Nov. 8 **TGIF - Boston Market:** 6435 S Cedar St, Holt, between ` Willoughby Rd and Aurelius Rd. Tasty ready-to-serve dishes.
Steering Committee Meeting: we may have to postpone or skip the November meeting since several members will be out of town. Steering committee members will be updated by email.

TGIFs are on Fridays. We meet at about 5:30 PM and order about 5:30 PM but you're welcome at any time. Come and get acquainted. All members and friends are welcome at the events above. Any member may schedule an event. Please remember: **Who**, **What**, **Where**, **When**, and **Why**. The deadline to schedule an event is the **15th of the month before the event**. Contact Ginny Brunke Henderson, Calendar Coord. at: gbrunkh@peoplepc.com or 517-676-3369
Calendar event information can also be found on the Mid-Michigan Mensa website at http://midmichigan.us.mensa.org/calendar