OCTOBER 2022

Head-Line

The Newsletter of Mid-Michigan Mensa Number 582



HEAD-LINE NO. 582 OCTOBER 2022
MID-MICHIGAN MENSA

Region 3 Vice-Chairman: Lora Mitchell
Email: RVC3@us.mensa.org

STEERING COMMITTEE (ELECTED BOARD)

Loc Sec:	Robert Henderson	517-676-3369	rlhenderson@peoplepc.com
Vice Loc Sec:	Elizabeth Evangelista	517-351-3645	evangel6@comcast.net
Scribe:	Wendy Carnegie	517-775-0648	w.carnegie@comcast.net
	Sharon Plavnick	517-285-8740	sharonslp@ameritech.net
	Squire Jaros	517-775-4833	IIahcsramc@aol.com

APPOINTED OFFICERS

Dues Sub. Adm:	Elizabeth Evangelista	517-351-3645	evangel6@comcast.net
Gifted Youth Coord:	Your Name Here		
Membership:	Kathryn Teshich	517-281-7259	spartanovich@yahoo.com
Ombudsman:	John Rooney	517-980-2657	rooneyjack312@gmail.com
Proctor:	Your Name Here		
Program Director	Elizabeth Evangelista	517-351-3645	evangel6@comcast.net
Scholarship:	Wendy Carnegie	517-775-0648	w.carnegie@comcast.net
SIGHT Coord:	Dee Becker	517-349-3292	deebecker@sbcglobal.net
Treasurer:	Robert Henderson	517-676-3369	rlhenderson@peoplepc.com

HEAD-LINE EDITOR

Sharon Plavnick. 517-285-8740 sharonslp@ameritech.net
Circulation Manager Your Name Here

WEBMASTER

Robert Henderson 517-676-3369. rlhenderson@peoplepc.com

MMM WEB SITE: http:/www.midmichigan.us.mensa.org

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EDITOR'S COLUMN:

FROM MY BRAIN TO YOURS

by Sharon Plavnick

Periodically, I dedicate this space to drumming up a volunteer for this or that. And that always reminds me to sing the praises of our very unsung volunteers. Look on the masthead page and you'll see the names of our members who serve behind the scenes to keep us all glued together. I am certain that I speak for all of us in publicly saying thank you for all you do. The sad truth of volunteerism is that our thanks is all you get for doing these tasks, month in and month out. Thank you, all of you!

Early this year, Kathy Tesich stepped forward to help us get this newsletter delivered to each of you, after the death of our dear John Garrison. She got us through a difficult transition period, and we are grateful for her willingness to do so. Unfortunately, Kathy is stepping down from this position (but remaining on board as Membership Chair… Yay!!), so we once again have big boots to fill. If you are someone who can trot on over to pick up the printed copies from our printer, fold and staple (but not mutilate) and slap the already printed labels on them, and then hustle them over to the post office, this job is for you. And thank you in advance, whoever you turn out to be.

If you want to respond to anything you read in this issue, send it along to me at: sharonslp@ameritech.net

LOC SEC COLUMN

Bob's Two Bits for October 2022

by Robert Henderson, Loc Sec

My second article describing Mensa Local Group (LG) officer positions covers the Newsletter Editor. The paragraphs below were selected from the Newsletter Editor's Handbook as published on the AML website:

Newsletter Purpose

The function of the Local Group newsletter is to provide the LG membership with a monthly calendar of events, to report local and national Mensa news, and to facilitate communication between and among the members and the Board of Directors/Steering Committee. The newsletter is the lifeblood of the local group.

The primary objective of the newsletter is to enhance the value of Mensa membership. Membership dues entitle the member access to activities, and Mensa publications constitute the primary avenue of that access. Thus, the main function of the newsletter is to further the goals for which Mensa exists. This objective can be reached through the following:

• Timely announcements of planned local group events.
• Dissemination of local and national Mensa actions and activities.
• Publication of Local Group election and referenda ballots, and
• other official communications from the Board.

The Newsletter Editor's responsibilities include:

• setting the design of the newsletter,
• setting the tone of the newsletter,
• choosing a substantial portion of the material to be published, and
• appointing editorial staff members.

Mensa Requirements

American Mensa requires the newsletter editor to publish the following items:

• A Calendar listing local group (LG) activities
• LG Election information
• LG Referenda and bylaws proposals
• Regular LG Treasurer's Reports
• The LG Ombudsman's official comments and findings

The following optional items have high priority for inclusion in the newsletter:

• RVC column
• LocSec column
• Editorial policy
• LG Executive (Steering) Committee member names and contact information
• Editorial remarks
• Other officer reports
• Letters to the editor

For further details visit www.us.mensa.org/lead/handbooks/

Lora Mitchell- RVC3 Column October 2022

"I'm so glad I live in a world where there are Octobers." L.M. Montgomery

Ah! October! It's time for pumpkins, trick or treating, and Testing Month! I'll be honest, I don't know why Testing Month is held in October. What I do know is it's an amazing opportunity for Local Groups to grow and do outreach. There is extra marketing happening from the National Office and hence more prospects, and the discounted testing vouchers make a difference to the people taking the test. (If you don't have a Proctor and need a way to get a volunteer trained, please contact Timothy at the National Office). Plus, as a bonus, holding a test counts to each chapter's Jewel Awards.

Speaking of Jewel Awards, many congratulations are in order for several groups in our Region who achieved Jewels. Out of the 36 awards given this year, 8 of them were captured by region 3 groups:

- Dayton Mensa- Diamond Award
- East Central Ohio Mensa- Ruby Award
- Bluegrass Mensa- Sapphire Award
- Mid Michigan Mensa- Sapphire Award
- Cincinnati Mensa- Emerald Award
- South East Michigan Mensa- Emerald Award
- Western New York Mensa- Emerald Award
- Kentuckiana Mensa- Emerald Award

More information on the awards can be found here: https://www.us.mensa.org/recognize/group-awards/local-group-jewels/

Additionally, congratulations to groups that had winners in Culture Quest: Uncle Churd of ECOM in 8th place, John Cunningham Memorial CQ Team of Cincinnati in 9th, and The Original Standard Deviants from WPAM.

Many thank yous and Congratulations to those of you that may not have won, but contribute much to Mensa. I appreciate you.

~Lora Mitchell, Regional Vice Chair 3
RVC3@us.mensa,org

OCTOBER 2022 MEMBERSHIP MATTERS
Kathy Teshich, Membership Chair
110 members

OCTOBER BIRTHDAYS

Dale Arnold	Oct 6
Sharon Plavnick	Oct 17
Elizabeth Evangelista	Oct 20
Joy Rimpau	Oct 21
William Tuhy	Oct 23

OCTOBER MENSAVERSARIES

John Abbott	4 yrs
Daivd Murley	6 yrs
Saif Fatteh	12 yrs
Robert Huston	16 yrs
Wendy Kassal	35 yrs

Bob's Word Puzzle

How many 5-letter or longer words can you find that use only the letters A through M of the alphabet? There are at least 150 five-letter words, 80 six-letter words, 25 7-letter words, four 8-letter words, and one 9-letter word. If you need a hint, you might hear the 9-letter word while listening to a football game or '60's music.

BOB'S MATH PUZZLE:

HAILSTONE SEQUENCES are generated by repeating the following rule: when the number is even, divide it by 2, otherwise multiply it by 3 and add 1 to get the next number. For any given starting number, the resulting sequence bounces up and down a few (or many) times, but it eventually reaches 1. The seemingly random up-and-down changes in the sequence are like the motion of hailstones in a cloud's updrafts and downdrafts. Try it yourself for a few small starting numbers to see how unpredictable the sequences are, even for such a simple rule!

Ready for a challenge? See if you can find the Hailstone sequence following 27 = Step 0.

Bob's October Trivia:

1. What 196,000-square-mile European sea was a freshwater lake until the end of the last Ice Age?
2. What derisive term did astronomer Fred Hoyle coin for the explosive origin of the universe?
3. What S-word labeled folks who illegally claimed territory before noon in Oklahoma's Land Rush?
4. What two U.S. states are home to six of the "Seven Sisters" colleges?
5. What name is given to the Manhattan area in the "Triangle Below Canal Street?"
6. What kind of creatures are Rockhoppers, Gentoos, and Macaronis?
7. What U.S. island has a larger population than all but seven states?
8. What prize-winning Daimler race car was named after its driver's daughter?
9. What Dallas outfit demonstrated the first integrated circuit in 1958?
10. What musician became the first Briton knighted posthumously, on the Queen's golden jubilee?

See Answers on page 7.

THEODORE TALK

The title of the OctoberTheodore Talk is "**The Evolution of Voting in the United States**". This virtual event will take place on Zoom October 23 at 2:30 CT.

Voting is a foundational activity for democratic countries. However, at the birth of our nation, voting rights were quite exclusive. Stacey Webb, League of Women Voters, will review the numerous struggles for long sought voting rights as we have slowly progressed to include more citizens as voters and more people as citizens. The United States has a complex voting system; Webb will review the many new voting laws enacted this year.

Register for this presentation at https://tinyurl.com/yjsyf3v6. You must register for each lecture with an email address associated with your Zoom account. If you don't have one, you can sign up for a free Zoom account at https://zoom.us/signup. Theodore Talks take place on Zoom the fourth Sunday of each month at 2:30 p.m.

A list of future Theodore Talks can be found on the Mensa National Events Calendar at https://www.us.mensa.org/attend/calendar/.

For more information, contact Brad Lucht at TheodoreTalks@MAMensa.org.

MATH PUZZLE SOLUTION:

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  27,   82,   41,  124,   62,   31,   94,   47,
 142,   71,  214,  107,  322,  161,  484,  242,
 121,  364,  182,   91,  274,  137,  412,  206,
 103,  310,  155,  466,  233,  700,  350,  175,
 526,  263,  790,  395, 1186,  593, 1780,  890,
 445, 1336,  668,  334,  167,  502,  251,  754,
 377, 1132,  566,  283,  850,  425, 1276,  638,
 319,  958,  479, 1438,  719, 2158, 1079, 3238,
1619, 4858, 2429, 7288, 3644, 1822,  911, 2734,
1367, 4102, 2051, 6154, 3077, 9232, 4616, 2308,
1154,  577, 1732,  866,   33, 1300,  650,  325,
 976,  488,  244,  122,   61,  184,   92,   46,
  23,   70,   35,  106,   53,  160,   80,   40,
  20,   10,    5,   16,    8,    4,    2,    1.
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Bob's Word Puzzle Answers

Common 5-letter words: abide, ached, agile, ailed, aimed, aleck, alike, amble, badge, bagel, baked, baled, beach, belch, biked, bilge, black, blade, blame, bleak, cable, caged, caked, camel, chafe, chalk, chide, chief, child, chime, claim, climb, clime, decaf, decal, email, fable, faced, faked, famed, fecal, fiche, field, filch, filed, flack, flake, flame, fleck, flick, flied, gable, gamed, gibed, glade, gleam, glide, hadji, haled, hijab, hiked, ideal, image, jibed, jihad, klieg, laced, lamed, leach, liked, limed, magic, medal, media, medic, midge

Common 6-letter words: afield, ambled, backed, bailed, balked, bedlam, behalf, bilked, blamed, bleach, cabled, calmed, chafed, chimed, fabled, facile, failed, fickle, filmed, flaked, flamed, gabled, gamble, gimbal, hacked, hackle, hailed, hijack, imaged, jacked, jailed, lacked, licked, limbed, mailed, malice, medial, milage, milked.

Common 7-letter words: blacked, chalked, claimed, climbed, decimal, declaim, dieback, filched, flicked, gambled, medical.

8-letter words: gimbaled, hijacked, lifehack, magicked.

9-letter word: BACKFIELD

Trivia Answers:

1. The Black Sea
2. The Big Bang
3. Sooners
4. Massachusetts and New York
5. TriBeCa
6. Penguins
7. Long Island
8. Mercedes
9. Texas Instruments
10. George Harrison

FOOD FOR THOUGHT
By Barb Ford

Every family has its own traditions. Food, Sports, Holidays, Medicine. In this issue, I address the topic of Family Home Remedies. I share remedies from my family, past and present. This seems to be a time folks are exploring their family origins. Also getting away from Pharma prescription medicines to go back to natural solutions for maintaining good health. What did Grandma and Great Grandma do to stay healthy? Drug stores have not always been around. The role of doctors used to be very different as well. In a family medical book, I recently unearthed, I learned some things. Dated 1909, this book is truly a glimpse into American healthcare history. Prescriptions were rarely tablets or capsules as we have today. They were all made to order in the form of salves, creams, tinctures, tonics, tisanes, syrups, powders, poultices, etc. They were almost entirely herbal, and simple natural ingredients. Most all remedies could be made at home. Original pharmacies were more like labs, where these items could be formulated and packaged for home and farm use. Most pharmacies had their own recipes, and they also prepared doctor ordered concoctions. Prescriptions used to look more like recipes than they do now. Because of regional plants, herbs and other raw ingredients, remedies varied depending on where a family lived. Ailments were and still are, to an extent, regional as well.

My favorite family home remedy story is a meltable drawing salve. We called it Sticky Salve, or Filkin's Salve; after the Native American man who gave it and the recipe to our Grandmother. My Mom and I made it, and it was so sticky we had to throw the pan away! I have modified the recipe into more of an ointment, and it works great. Thank you, Mr. Filkin.

I have listed below all of my personal must-have healthy items. This is not a complete list, but it contains most of my absolute essentials.

Elderberry Syrup	Crystallized Ginger
Grapefruit Seed Extract (GSE)	Witch Hazel
Hydrogen Peroxide	Colloidal Silver
Neti Pot	Nebulizer
Vodka	Isopropyl (Rubbing) Alcohol
Turmeric Tea	Apple Cider Vinegar
Black Strap Molasses	Baking Soda
Homeopathic Remedies	Select Essential Oils
Sea Salt	Raw Local Honey
Electrolytes	Epsom Salts

It is my hope that my readers seek out their own family home remedies and the stories that go with them. Let's revive some of the old ways. We may come away knowing that for sure, Grandma knew best.

"No pain, no cure. Take your medicine."

Grandma Beatrice Smith

October 2022 MMM Activities Calendar

Fri. Oct. 7: TGIF - Asian Taste:
132 S Cedar St, Mason, kitty-corner from the Speedway Station. Wide choice of delicious Chinese specialties including Crab Rangoons and Orange Chicken.

Fri. Oct. 14: TGIF - Tony M's:
3420 S Creyts Road, Lansing. Family-owned Italian restaurant featuring pizza, pasta, burgers and salads.

Fri. Oct. 21: TGIF - Lucky's Steak House:
3554 Okemos Rd, Okemos, just north of Jolly Rd. Famous for steak, seafood, and prime rib with all the trimmings.

Steering Committee meeting: to follow dinner.

Fri. Oct. 28: TGIF - Grand Traverse Pie Company:
1403 E Grand River Ave, East Lansing, in the Brookfield Plaza. A Mensa favorite serving soups, salads, and, of course, pie (best enjoyed a la mode). Please bus your own table after eating.

Travel Talk: "Our Trip to Israel" by Al and Gail Wolfe, to follow dinner.

Generally, if you need information, call 517-676-3369 or visit midmichigan.us.mensa.org for updates.

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.html