

The Voice of Mensa in New Hampshire and Maine

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September 2008



Cars line up to begin the 2008 Road Rally.

Don't worry, the car was fine.

Photo submitted by David Melville

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The Fine Print

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Momentum logo by Matthew DeSmith



Etched in Stone

LocSec Deb Stone

As I sit here, it is (can you believe it!?) raining outside. I think I mentioned that my whole family - fourteen people all together - was going to Hawaii in mid-July for a week. Which we did, and it was GREAT! I'll talk more about it in a minute. But as far as the weather goes, while we were there it was terrific, with mostly sun but very occasional tropical downpours. It would rain like crazy for a few minutes, and then the sun would come back out.

Before we left, NH was experiencing a little of that same kind of weather, with thunderstorms that burst on the scene, dropped sheets of rain and then left as fast as they came. I guess we can expect some of that in northern New England. But since I've been back (July 20th) it seems like that's the only weather we have at all! Every day, rain and thunder and lightening ...and not just a little rain, but torrential rain. And winds. We even had a tornado that ran a swath up the middle of the state and did lots of damage to property, brought down many, many trees and caused injury and even one death. After an unusual winter (more than 10' of snow) we seem to be having an equally unusual spring/summer – it kind of makes one wonder whether Mother Nature is a little peeved with us! But I would really, really like it to stop raining long enough for me to get the railings of my new (reconfigured, expanded and resurfaced) deck painted ...

The Hawaii trip started off with the frustration of dealing with the back office of the airline. We had six people flying Boston-San Francisco and fourteen flying from San Francisco-Honolulu (with returns of course.) After we made the reservations (and reserved seats sitting near each other) the airline changed the arrival/departure times of all the flights by as little as five minutes or as much as ten minutes – not equipment, just times. They made those changes in March and May. Of course, they then changed our seat assignments in early July – but not until after sending me confirmations on July 2nd. So when we went to print our boarding passes for Bos-SFO for example, instead of being six across in one row, we were all assigned to middle seats scattered all over the plane. Once we arrived at the airport we were able to improve this, but it was the same story on all of the legs – they had moved us all over the place. Frustrating!!!

Aside from that though, everything went great. We spent a day in San Francisco together; some people went in sight-seeing and some just hung around relaxing. We arrived in Hawaii on time, picked up three rental vehicles, drove out to Kailua where we were staying and then had a nice lunch while we waited for 3pm when we could check into the house we rented. It was a seven bedroom, four-and-a-half bathroom house and a two bedroom, one bath guesthouse.

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Right on the beach, with a pool between the house and guesthouse. Kailua is about a twenty-five minute drive from Honolulu, with a nice little village and a great beach. The beach we were on had a fair number of people on it on Saturday/Sunday, but during the rest of the week we had it almost all to ourselves.

We did a little sight-seeing (Polynesian Culture Center, Pearl Harbor, Waikiki Beach) and my brother Ken's family in particular did a lot of snorkeling, scuba (my nephew Michael) and even hiked up Diamond Head. Most of the rest of us weren't quite that ambitious, spending a lot of time on the beach or in the pool, playing games and generally just chillin'! While we did go out a couple of times, we mostly ate at the house – we gave the barbecue a really good workout while we were there. We ate lots and lots and lots of pineapple (and used a fair amount in pina colodas.) We all got along together for more than a week, and we didn't want to leave. Pretty successful vacation, huh? Now we're talking about where we can go next year!

Mensa news: We had a few members at the AG in Denver, and the feedback I've heard is great. Next year – Pittsburgh. The members in Maine are still moving forward, with a goal to be an independent group again by the end of the year. Our 2009 RG is now posted on www.us.mensa.org/gatherings and I'm looking forward to seeing an influx of registrations coming in – that means you!

Maine Mensa Update

Hello Maine Mensans !

Hopefully November 8, 2008 will be our 'Birthdate'.

Things are going as expected with the timetable for our New Existence. The Nominating Committee headed by Scott Cayouette (sacayouette@yahoo.com) is getting the final slate ready for voting. Maybe it's been accomplished at this point.

I just want to give you an idea as to what I see in the future of Maine Mensa at this point. This is only my opinion (everyone has one) and should be taken as such. Maine has always been a state of individuals and probably some oddballs. I do not see Maine Mensa as being any different. All we need to do is keep some events going so that members, who WANT to get together with others, can do so at least once a year. We will try to get events scheduled well for optimum attendance, located for a minimum of travel, and assorted enough to appeal to all the different kinds of people we are in Mensa.

I would like to see monthly events in the Bangor Area, Augusta Area, Brunswick Area, and Portland Area. I would like to see a Mini-RG every Fall – after the tourists have left but before everything closes down for the long hard winter. I

would like to see us do the minimum possible to generate the maximum effect. Whattya say? Wanna have some fun?

Anne W. Allen
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RVChat

Region 1 Vice Chair Lori Norris

Hello from Wyoming . Traveling from the state to the western part of the country is awesome. The scale out here is so big. You can see mountains in the distance and then spend the better part of the day driving towards them. We have watched storms from 60-80 miles away. It has been quite the experience. We are now heading east and by the time you read this we will be back in Rhode Island .

We have seen many amazing natural wonders, but just as impressive, if not more so, have been some of the engineering marvels we have seen – the Golden Gate Bridge, the mile long tunnel through a mountain in Zion National Park completed in the 1920's (I believe) and the roads. We've crossed deserts and traveled through mountain passes and along winding coastal highways. It boogles the mind to imagine the first person to propose some of these roads; who would have ever believed that it could be done. Without those forward-thinking fools many of our travels would not be possible. Of course, I'd have preferred that the repairs and road construction could have waited until the fall but in many places we've traveled snow starts falling in September. And when a rock slide swallows a section of highway, it does need to be repaired or a detour designed rather quickly.

We've also taken the opportunity to try some new foods. For the first time I've had freshly picked apricots and pluots (plum/apricot); both were slightly tart but wonderful. After trying two Mexican dishes with cactus, I've decided that since I have cactus growing in my front yard I need to learn how to cook them. It seems like a great way to keep the plants under control. Also tried a couple of new kinds of meat including buffalo salami and elk roast.

With September begins the fall Regional Gathering (RG) season. Unfortunately, Mid-Hudson Mensa is taking a hiatus from hosting their ever-popular camping RG this month. Hopefully, it will return next year. Connecticut and Western Massachusetts Mensa will be holding MensAutumn in October and Boston Mensa will be hosting Pilgrimage in November. Now is the time to make plans to attend either, or both, of these gatherings. Check out the local group websites for more information and to register. I am looking forward to both weekends and hope to see you there or at some other upcoming event.

Lori

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Perfectionism

by Fran Tishkevich

If I only try hard enough...

Linda K. Silverman, a well-known researcher in the field of giftedness, has compiled the following points about perfectionism and giftedness, presented at the 11th World Conference on Gifted and Talented Children. Many Mensans will identify with one or more of her points.

The draw to perfectionism is a natural attraction.

Gifted children tend to set standards for themselves with regard to their mental age, rather than their chronological age.

Because G.C.'s often have friends older than themselves, they tend to set standards appropriate for those older than their age mates.

Many G.C.'s experience academic success with little effort. Thus, they come to expect success and fear failure due to their lack of experience with it.

When school work is not challenging to the G.C., often the only challenge they can create for themselves is to produce all of their work perfectly.

G. C.'s have insight beyond their years. They can grasp the concept of what "ought to be" in relation to "what is." This may increase their perfectionistic tendencies.

As former gifted kids, many of us remember always striving for excellence. Did we use that trait wisely, or not? For those of use with children, watching them struggle with the same trait can cause us some concern. Fortunately, striving for excellence is a normal part of development. However, there is a difference between excellence and perfection.

Those who enjoy reaching for excellence, while still recognizing and accepting their individual limitations are experiencing healthy emotional development. Those who have unrealistic expectations, are never satisfied with their performance and who measure their worth in terms of productivity and accomplishment, may need assistance to focus on intellectual and personal growth rather than perfect performance.

Parents and teachers can help these kids choose, plan, reach and evaluate realistic goals. A supportive and nurturing environment can create a kid centered atmosphere where there is an expectation that mistakes are an essential part of the learning process. Perfectionistic students can be encouraged to pursue high achievement, but in a more realistic and productive manner. Their focus can be redirected to growth and improvement rather than focusing on the end product.

While gifted children seem imbued with a plentitude of talents, they are not immune to academic and emotional problems. Sometimes all it takes is a little recognition and guidance to turn around feelings of inadequacy and perfectionistic tendencies.

References:

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THE ANTIQUARIAN BOOKSTORE



WANTED: All publications of Mensa, Intertel, I.S.P.E., new or old. Especially need all pre-1980 *Mensa Bulletin*, NH/ME/VT/MA local publications, registers, other paper material and pins. Wanted for preservation and access for research to members of these organizations. I will pay \$ for your items, but donations greatly appreciated. Help preserve our past.

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Information on testing and prior evidence can be found at nh.us.mensa.org. Anyone 14 or older who wishes to take the Mensa Admissions Test should pre-register with the respective proctor listed below, who can provide testing site information. The test costs \$40; a photo-ID is required.

Date	Proctor	Location
18, September 7:00 p.m.	John Bauman 603-883-7494	Nashua, NH
20, September 10:30 a.m.	Bill Alleman 603-529-4446	Weare, NH

Due to the advanced nature of deadlines there may be other testing dates that did not make it to press in time for this issue. Please refer to the NH Mensa website (<http://nh.us.mensa.org>) or contact the Testing Coordinator (see back cover for contact information) for more up-to-date information.



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Good Wine Cheap (and good food to go with it)

By John Grover

This column will return to the joys of our recent Italian experience. While no modern nation state can claim to have invented cooking, Italy is certainly among the leaders in the competition for those who have perfected it. One of the stops in our sojourn to Florence was the Cordon Bleu Cooking School (Scuola di Arte Culinaria Cordon Bleu). The school is run by several charming young ladies who helped our fellow tour participants prepare dinner for the evening. As continuing proof that the simplest foods can be the best, we will focus on the basic bread appetizer, the crostini (called fettunta in Tuscany) and its many forms.

This month's wine is the 2007 Palazzone Orvieto from Azienda Agricola Palazzone located in the province of Umbria. This fruity white wine offers several layers of flavor including pear, apple and peach with a bit of lingering nut. It is refreshing and crisp across the palate, perfect as an aperitif or with seafood and lighter dishes. It blends the juice of five different grapes traditional to Orvieto wine including Procanico, Grechetto, Verdello, Drupeggio and Malvasia. A high quality and complex wine like this is a real bargain for around \$10 a bottle.

Bell Pepper Crostini (adapted from "Mediterranean Cooking" by Gabriella Mari, Christina Blasi, Carla Bardi, Rosalba Gioffre, Marta Busquets Net and McRae Books Srl, published by Readers Digest Association, 2005)

First, let's start with a basic Crostini or Fettunta. Take eight pieces of Tuscan or peasant bread and toast it on your grill or in your oven until golden brown. Rub each slice of toast all over using a large peeled garlic clove (two cloves should be sufficient). Arrange the toasted bread on a serving plate. Season with salt and pepper, and drizzle with extra virgin olive oil. And, already you have produced a most pleasing appetizer. But let's take this a step further with the wonderful bell pepper recipe.

Ingredients: 1 red bell pepper, 1 yellow bell pepper, 1 garlic clove finely chopped, 4 basil leaves torn, 2 tbsp. pitted black olives coarsely chopped, 1/4 cup extra virgin olive oil, salt and freshly ground pepper. The writer's recommend firm textured bread, such as a French baguette or Italian ciabatta, sliced and toasted.

Grill or roast the bell peppers whole in the oven, until the skins are blackened, turning as needed. After roasting, wrap them in a paper bag and let them cool for 5 minutes; then remove the skins and seeds. Slice the bell peppers into small thin strips and place into a bowl. Add the garlic, basil, olives, olive oil, salt and pepper and marinate in the refrigerator for 4 hours. Spread the bell pepper mixture on the freshly toasted bread and serve. (For my truly lazy {or efficient} bachelor friends, you can buy roasted peppers in a jar.)

I hope that you will contact me with your comments and favorite wines at

jgrover@berk.com. I will be happy to share them with the broader Mensa group.

John Grover is a member of Mensa of Northeastern New York. He lives with his wife Sharon in the Hudson Valley of New York.

Some more Pictures from the Road Rally



Nancy and Joe Zanca cross the finish line (at their own home).



The Bar-B-Q gets truly underway now that everyone is off the road.

Photos submitted by David Melville

Fall Mountain Climb

North Conway, N.H.
September 12-14, 2008

New England has wonderful mountains, enjoyable seashores, and lively cities. New England also has Mensa! This spring, join us as we combine the mountain part with the Mensa part for a wonderful weekend!

This year we are celebrating the 30th anniversary of the Mountain Climb! In the spring of 1978 David Heimann completed his first season as a member of Cannonball Ski Club in Franconia, NH (a wonderful ski season for snow; think Blizzard of 1978!). Wishing to continue his outdoor fun and activity into the spring, he put a calendar notice in the Beacon for Mensan friends to come up and share the lodge for a hiking weekend in May. Ten people responded, had a great time, did it again in the fall with another great time, and you know the rest!

The venue has gone through several ski club lodges, a tennis camp, and an AMC lodge. We have returned to a ski-club venue, Skiwheelers Ski Club, David's current ski club lodge in North Conway, NH (see "www.skiwheelers.org" for further information). The lodge is a lovely 19th century building, originally built as an inn. In the 1970s it was used as the location for the movie "Return of the Secaucus Seven". It is close enough to the center of North Conway to be easily accessible to all the shops and activities there, yet far enough away to enjoy the peace and quiet of the woods, trees, and country roads.

The weekend is low-key and basically unstructured. The one major piece of structure is; you guessed it, hiking! We generally have two hikes. One goes to a mountain peak or other destination worthy of a good day hike. The other takes a few hours over easier terrain to reach a viewpoint, waterfall or other point of interest. Of course, there's also the 'null hike'; a short walk or drive amidst the new leaves and flowers, some shopping (North Conway has a few places!), or relaxing around the lodge.

The weekend includes two nights' accommodations, two full breakfasts, Saturday dinner, and snacks and soft drinks (BYOB for anything stronger), for just \$60 per person. Registrations without accommodations are \$30 (North Conway has various hotels and lodgings, as well as some good nightspots).

We generally pick out the hikes on Friday night. The mountain hike leaves right after Saturday breakfast while the shorter hike leaves an hour or so later. For Saturday lunch, the hike groups stop at a store for people to buy sandwiches and the like before heading out on the trail. As for the cooking and housekeeping, we do them cooperatively using a chore sign-up sheet, which definitely increases the feeling of closeness and camaraderie.

To sign up and reserve a place, send a check for \$60 per person to David Heimann, 65 Cornwall St. #206, Jamaica Plain, MA 02130. You'll receive confirmation and directions to the lodge by return mail, e-mail, or phone call. If you have questions or need more information, call David at (617)524-4531, send him e-mail at heimann@world.std.com, or call Bob & Brendy Horn at (781)843-5581.

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So here it is; wonderful weather, wonderful mountains, invigorating countryside, great people, and 30 years of Mensa history, all in one wonderful weekend. Be sure to sign up early to guarantee a place!



ExComm Minutes of July 26, 2008

Recorded by Deb Stone

Called to order 3:28

In attendance: ExComm member: Deb Stone, Anne Majeske, Tom Shiel, Yvonne Crocker, Wayne Eddy, Mark Becker (arrived late)

Also in attendance: Adam Smargon, Elizabeth Becker (arrived late)

Deb gave membership numbers (NH 329, ME 173, Tot 502)

Deb asked about mailing to lapsed members, reply that the mailing happened in July but reimbursement form not yet submitted, Deb to submit

Young M – Tyler is contacting all YMs, trying to arrange a get-together and soliciting new YMs. He is forwarding some information to John Bauman about possible testing candidate(s).

Scholarship – ExComm voted to give 3 local awards to top vote-getters. \$400 Joe Zanca to 1st place, \$150 to two tied for 2nd.

Testing – looking for new proctors for seacoast area as existing ones not currently testing. Adam volunteered to test in October in Portsmouth for MTD. Region 9 won the contest for May testing with 88% increase over 2007.

ME Mensa update – bylaws approved by National, moving forward with target to become independent by 4Q2008.

RG Report – Deb confirmed RG info posted on AML website, and will be in upcoming Bulletin (not sure of date.) Holly provided some info about possible speakers she has talked to at this point.

Adam provided some positive feedback on AG in Denver.

Deb reminded everyone about Colloquium 2008 in Salt Lake City 9/12-14

Deb mentioned that National Award info (presented at AG) is available on AML website.

Meeting adjourned 4:15pm

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Calendar of Events

September 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Deadline for Oct. events	02	03	04	05 Temperance League First Friday	06
07	08	09	10	11	12 Brady Bunch Fall Mountain Climb - the 14th	13 Boston Brunch Bunch Mel's Fun Day SSSecond SSSaturday
14 Second Sunday Brunch Mid-Maine Dinnah	15	16	17 North of Boston Dinner	18	19 Winnipesupper Japanese Dinner	20 Nashua Temp League Games Night
21	22	23 FSM ExComm	24	25	26 M & I	27
28	29	30 Portland Dinner & Pub Quiz				