

# Borealis

The Monthly Journal of Northern Michigan Mensa



 Borealis  
Northern Michigan Mensa

[www.nmm.us.mensa.org](http://www.nmm.us.mensa.org)

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April 2010

## Mensa:

Mensa's constitution lists three purposes: to identify and foster human intelligence for the benefit of humanity; to encourage research into the nature, characteristics, and uses of intelligence; and to provide a stimulating intellectual and social environment for its members.

Mensa accepts individuals who score at or above the 98th percentile on certain standardized IQ tests, such as the Stanford-Binet.

**Borealis** is published by Northern Michigan Mensa (3/496) once each month under the auspices of its Executive Committee.

After mandatory items, priority in the newsletter is given to matters appealing to members of the group which relate to their membership in Mensa. The content of the newsletter shall appeal to the general membership of Northern Michigan Mensa.

The newsletter shall not include matters which are indecent, scandalous, libelous, or invade someone's privacy, nor shall copyrighted material be used without the permission of the owner. Ethnic, racist, sexist, or religious slurs shall not be printed. Northern Michigan Mensa recognizes that the newsletter is addressed to both minors and adults; material printed will be appropriate for distribution to minors.

**All submissions** are welcome and encouraged. They may be sent via email or snail mail.

They may be sent as attachments or in the body of the email.

Submissions requiring major editing are also welcome. If requested, the author may approve the editing before the article is published.

**Photographs** are also welcome. Please include a brief description of the photo and the name of the photographer. You may also include an entire article to accompany the photo.

## Deadline:

The deadline for submissions is the 15<sup>th</sup> of the month before the month of publication.

Submissions received after that time may be considered if time and space permit.

## Advertising:

At this time, Borealis does not accept advertising from either members or non-members.

## Email submissions to:

[nmmnewsletter@hotmail.com](mailto:nmmnewsletter@hotmail.com)

## US mail:

Borealis  
Stan Cain  
3584 Village Circle Dr.  
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# Northern Michigan Mensa Executive Committee

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Petoskey Area Subgroup			
Coordinator	- vacant -		

As the ExComm is working to fill vacant positions, please let any voting member know if you are interested in a position or willing to help in any capacity!

## OTHER MEMBERS

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VISIT OUR WEBSITE AT [www.nmm.us.mensa.org](http://www.nmm.us.mensa.org)

ON THE COVER: Ice and Snow. Photo by Stan Cain.

# April Calendar

## BOOK CLUB - Saturday, 3 April 2010 at 11:00 a.m.

We will meet at the Cottage Café, located at 420 Munson Avenue, Traverse City, in the Papa's Den. The Bibliomensans book for April will be **Horse Soldiers** by Doug Stanton. The presenter will be Bernie Hanchett. Note: See the book description on page 12.

## BRUNCH - Saturday, 10 April 2010 at 11:00 a.m.

We will meet at the Cottage Café, located at 420 Munson Avenue, Traverse City, in the Papa's Den, which is on the right as you enter.

## CULTURE QUEST XXI- Sunday, 11 April 2010 at 4:00 to 5:30 p.m.

One team will be competing this year and afterwards (about 6 p.m.), the team and any other members and friends will adjourn to the **Hayloft Inn** at 5100 E. Traverse Hwy. (M-72) Traverse City, to hash over the questions and relax.

## T.G.I.F! - Friday, 23 April 2010 at 5:30 p.m.

This is our monthly, Friday get together to unwind and chat. We will meet in **Kilkenny's Pub** under North Peak Brewery at 400 W. Front Street, Traverse City.

## Next Month

### MUSIC HOUSE MUSEUM TOUR - 2 May 2010 at 1:00 p.m.

A few Mensans are getting together for a special detailed tour of the **Music House Museum** at 7377 U.S. 31, Acme, on Sunday, May 2nd, at 1:00p.m. You are welcome to join us. We will meet in the parking lot. Admission is \$10. You can find additional information on the museum at [www.musichouse.org](http://www.musichouse.org).

## Editor's Corner

For those of you who receive Borealis electronically, as do most of our members, please let me know if you change your email address. I do go through the changes I get from the national office each month, but this only works if you have sent the change to them. And, in some cases, if your email address is set to private, then I have no way of knowing about changes from the lists I receive.

# Member News

## Happy April Birthday

- |    |                 |    |             |
|----|-----------------|----|-------------|
| 10 | John G Swartout | 23 | P F Curtiss |
| 16 | Dorothy Vogel   |    |             |

## Mensa Membership Milestones

(Years of continuous membership)

- |                 |                          |                |                            |
|-----------------|--------------------------|----------------|----------------------------|
| <b>45 Years</b> | Norma Hastings Feeley    | <b>8 Years</b> | Marc Batway                |
| <b>26 Years</b> | Cheri Marie Gabriel      | <b>6 Years</b> | Carol J Crawford           |
| <b>20 Years</b> | Thomas MacNeill Barnhart | <b>4 Years</b> | Kymerli A<br>Wregglesworth |
| <b>11 Years</b> | John D Schultz           | <b>2 Years</b> | M V LaSusa                 |
| <b>9 Years</b>  | M Barton                 | <b>1 Year</b>  | Thomas C<br>Remsperger     |

## Welcome back to Northern Michigan Mensa

Richard D Shaul PhD      M D Stevenson

## Welcome Back to Northern Michigan Mensa

2010 Statistics	AML	NMM
Total membership	56504	101
New and reinstating membership	830	2
Offers of membership	330	0
New members since April 2009	3840	7
Reinstating members since April 2009	3800	11

Membership directory information is based on data from American Mensa records as of 2/28/2010. If you would like to change the privacy releases on file, go to [www.us.mensa.org](http://www.us.mensa.org) and click on "Member Login". Then click on "Profile Update" and "PDQ Update".

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## PROGRAMS: IT'S ALL ABOUT YOU!

By Pete Turkus, Ombudsman and Program Co-Chair

Roberta Walker, Publicity Chair and I have agreed to share the responsibility of the Programs position. I say "position" because different members refer to it as either "Chairman" or Co-coordinator. I prefer Co-coordinator because we are really just co-coordinating, facilitating and arranging YOUR programs. Other than the Brunch and T.G! I.F!© which I introduced when I was Area Co-coordinator when we were part of Western Michigan Mensa, all of the other programs and activities came from you the members. Jack Schultz has made our wildflower walks and canoe adventures an annual event, which many of us look forward to. Sherry McNamara started the Book Group and Movie Group. Mensa exists for its members. Your officers serve for you.

Your ideas are crucial to presenting activities, which you and your fellow members will participate in and enjoy. You need not plan an event and make it happen. You need only to make an effort to suggest and discuss your idea with us. It's our job to make it happen.

Pete Turkus  
petencheri@chartermi.net  
231-941-8321

Roberta Walker  
bobbiraw@att.net

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## NMM Scholarships

As you probably remember, we voted to offer two \$500 scholarships from Northern Michigan Mensa this year. Scholarship contenders sent their essays and applications in January. The essays were scored by members of our local chapter and the top applicants were submitted to the regional Scholarship Chairman for further evaluation. I am hopeful that perhaps one of them might qualify for a National scholarship, as one of our applicants did last year. A big "thank you" to our members who agreed to do the local scoring. The waiting period has begun. National will notify us in two or three months of the winners.

Margaret J. Scott, NMM Scholarship Chairman

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## The LocSec's Login

By Richard Hopfner, Local Secretary

Greetings Mensans,

Please stay tuned for a return to our regularly scheduled monthly column, with its usual LocSec's mix that combines whim, whimsy, and whatever the heck is on my mind as I sit down to address you all...

...but first, this month.

It occurs to me that perhaps as I was before I was LocSec, some of our NMM members may be. How was/is that? Lacking details about how NMM runs, and the role that we as members of NMM need to play in this.

All the world is but a stage, correct? And we are not but poor players on this? But what fun is being a poor player? Maybe in this column I can shine a bit of light on the stage and bring the audience into the play.

Let's introduce our ExComm. The executive committee. I would be the master of ceremonies, if you will. My responsibility is to communicate, essentially. From our local group to the national one, both directions. From our elected and appointed positions among each other, in all directions. Also to try to bring some direction and focus into our meetings. We have a member as Treasurer, who is given the financial duties, a deputy LocSec, and two non-specific members who fill in where and how their skills and the group's needs mesh.

These are our voting members. We vote on "big" issues: Budget, money available for events and such, who is appointed to equally important positions in the group, what the definitions of internal jobs are, community gifts like scholarships and so on.

Our appointed members are truly no less important, as their positions, editor, membership officer, program chairperson(s), proctor, and the rest of our volunteering team are the face and voice of NMM. Their experience, effort, and imagination are vital with or without a vote.

### **No one of us is Northern Michigan Mensa.**

It isn't my group in my image. It isn't the voting members' group. It isn't the appointed members'. It isn't all of us together who are volunteering ourselves to try to make this group as much as it can be for all of us. Whose is it then?

### **It is yours.**

Here is what will happen at our next ExComm meeting. We will gather with some items of business. Administrative. Who, what, where? Boundaries, details. Then we will move on to ideas and proposals. We will talk about how to make it happen, and discuss if we should, and if so, how? All these meetings are open. Come if you want to participate.

Here is the heart of this message from me to you. If I say what I want to do, events that I'd like to do... well, that's just one man's vision. As the ExComm, add a couple of handfuls of people more with their vision.

Has this not worked for NMM? It has brought us where we are. We have some longstanding events and people that enjoy them greatly. This is a good thing. We can also improve this. We have money in the budget for events. We can do more.

What we need is you.

You Mensans in NMM who have ideas and thoughts. What would make you get involved? What would bring a smile to you when considering it as an event? Book club not your style? How about a saloon? Coffee shop not good? How does beer and conversation in the evening at a brewpub sound? Movies? Games?

How many ideas are there that I'm not even considering? Surely, there are many. If I'm not thinking it, I can't discuss it. If we don't discuss it, it won't ever happen.

You are vital to us, too. Your ideas will be in our next meeting. Please share them. All of our volunteers want to make this a great experience for us all. Join us.

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## **Adopt-A-Stream Project – Need Volunteers**

**By Sherry McNamara**

I have been volunteering at the Watershed Center Grand Traverse Bay. My first experience with the Center was to be “quizzed” on my knowledge of their work so they could determine how much the general public knows about what they do and how they do it. Following that, I participated in their ad campaign as a member of a panel who was asked to evaluate how different visual advertisements would be interpreted by the average citizen. They wanted to know if the ads were compelling, understandable, a good representation of The Watershed Center, or something that might be viewed as repulsive or negative in some way. It was fascinating to hear the varied opinions of each volunteer and why they felt strongly for or against the ad.

The Grand Traverse Bay watershed encompasses almost 1000 square miles in Leelanau, Grand Traverse, Antrim, and Kalkaska counties. The more I learned about the watershed, the more I wanted to be involved in their work. In the summer months, they monitor beaches for E. Coli and they have the Baykeeper program, which monitors and advocates for Grand Traverse Bay. Additionally, the Baykeeper acts as a liaison with local citizens and governmental agencies as they relate to the watershed area. The Center also provides education, and of course, they monitor the streams that make-up the watershed. After my initial involvement, I decided that I would volunteer for the Adopt-A-Stream program and will be taking their leader training next month so that I can lead a team of volunteers for the spring and fall stream monitoring. It requires testing of a pre-assigned stream two times per year. We would be collecting, sorting, identifying, and counting aquatic insects and then compiling the data regarding the collection. This monitoring system aids in the determination of the health of the watershed. I have sought the monetary support of NMM and that is something that is still being discussed as I write this article. The Watershed asks for a three-year commitment and a yearly \$300 fee to be part of that program.

In any event, I believe Adopt-A-Stream would be a great program for NMM members on many levels. It will be fun, educational, and can be done by any age group; I have been told that children love it! If I can get a group from NMM involved, it may provide positive recognition of NMM on The Watershed webpage and in their newsletter. It is a way to give back to our community. If that is not enough to make you want to try this, you also get a T-shirt! It does not require any huge commitment, simply a few hours one day in June and another few hours one day in October. Depending on how many volunteers I can drum up, we could

even have one team for the spring and one team for the fall testing days, or we could have enough to adopt two streams. At this time, I have 3 to 4 people who are interested. The \$300 fee would be divided by the members who want to participate (unless NMM decides to fund it in full or part) – therefore, if we have 5 members on the team, it would be \$60 each, if we have a spring and a fall team (10 members), it would be \$30 per person. The money is used for supplies (waders, nets), for the staff to analyze data once it has been collected and for data logs, etc.

If you are inclined to do this, please give me a call at 231.313.2769 or email me at [kikiwon@hotmail.com](mailto:kikiwon@hotmail.com). Remember, you can also sign up your spouse or child too. If I have convinced you that this is going to be a fun and educational experience, please contact me by the deadline of 15 April.

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## ARE WE TOO NICE?

By Ruth Minshull

A man and woman entered the restaurant and approached a nearby table. She started to sit on a chair against the wall, but the man pointed to the aisle seat opposite his. “Sit there.”

She moved over, and they both sat down.

At one time, I would have taken no notice of this exchange, but this time I wondered: *Does he always order her around that way? Does she usually comply? Does he generally disregard her preferences? And the biggie: Does she mind?*

My questions stemmed from reading an unusual book, *Love, Medicine & Miracles*, by Dr. Bernie Siegel, a specialist in cancer therapy – a former surgeon and teacher at Yale University. He observed that people have a remarkable influence on how well and how long they survive. He found that a patient’s outlook was more powerful than all the treatments provided by the medical profession.

Dr. Siegel saw countless individuals who had been diagnosed as terminal, but who lived happy, productive lives for years beyond the predictions of the doctors. Others did not. The difference was in their attitudes. Their expectations.

His research revealed that emotional losses (divorce, breakups, betrayals, financial failures) often precede a serious illness – especially if the person tends to bottle up his sorrow and appears to be “taking it well.”

But it isn’t only the major upsets that cause a lasting and deadly influence on people.

Cancer patients, he learned, are compulsively proper and generous, and they habitually put the needs of others ahead of their own. Cancer,” Dr. Siegel concluded, “might be called the disease of nice people.” These men and women sacrifice their own preferences without a word; they take criticism (or verbal abuse), apparently, to obtain love and approval from others.

This was a shocking revelation to me. Since I had experienced four episodes of cancer, I had to wonder if I had been “too nice”. At first, it didn’t seem possible. I had never let others browbeat me. (After all, I grew up with three older brothers – and had always held my own against the tricks, teasing and tyrannizing so common between siblings.)

Still, I realized how many times over my adult years I had forfeited my own wishes just to be agreeable--how many small desires had been overridden by someone else: *Shall we go to a movie tonight? I like this color best. Why don’t we go out to dinner? Wouldn’t that other brand work better?*

On most occasions, it didn’t really matter to me. We all make hundreds of small concessions in our daily activities. It’s called “getting along.” But once in awhile, I had swallowed a retort or let my own choices be nullified by someone else.

And, sometimes I turned the sting of disappointment inward on myself.

*I made myself sick.*

No one else had done it to me.

I recalled a time when my friend, a crotchety old bachelor, was visiting me. We were riding into town, when he began criticizing the manner in which I was holding the steering wheel. “Oh well, I shift around a lot,” I said, dismissing the subject. Looking back on it, I realized I had wanted to say, “Herbie, we are driving through some of the most beautiful countryside you’ll ever see anywhere. Why don’t you just enjoy the ride instead of doing a critique on my driving position?”

At the time, I thought it didn’t matter. But, it happened about ten years ago, and I still remember it. So it *did* matter.

Perhaps the difference between the little things of no consequence and the “little” things that really *do* matter is whether or not we still remember them a long time later.

The unfortunate truth is: when something “is eating at you”, it may be happening literally as well as figuratively.

Nowadays I speak out rather than let someone bully me, dominate me or trample on my hankering.

A long-time friend, Walter, had been calling me for years, carping, complaining, shelling out unwanted advice, invalidating my opinions and trying to rule my life from long distance. I had always let him ramble on without resistance (or so I thought). After reading Dr. Siegel's book, however, I changed. The next time he called I said, "Walt, I'm not going to listen to any more of your negative comments or criticisms. From now on, if you can't say something positive, don't call me."

There was a long silence. Finally, he spoke, told an amusing anecdote and we ended the conversation with a laugh. In the two years since then, his phone calls have always been cheerful and pleasant. He got my message.

I have concluded that if you need to kowtow to anyone in order to be liked, there's not only something wrong with that person, there's something *very* wrong with your relationship.

So, nowadays, I'm not really pugnacious, and I don't always have to have my own way – but I *have* stopped being too nice.

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## Puzzle Page

### INTRODUCTION TO CRYPTOGRAMS

Submitted by Ruth Minshall

The cryptogram consists of a simple substitution code. Each letter has been replaced by another. No letter represents itself, and substitutions remain consistent throughout the puzzle. For example:

ORAB AB ZK WLZSXHW GU Z YGIW.

THIS IS AN EXAMPLE OF A CODE.

In this code, the T is represented by O, the A is a Z, etc. Here are a few tips: Most single letters will be I or A. It may help to know that E is the most frequently used letter, followed by T, A, O, I, N, S, H and R. THE is the most common word. THAT is also used frequently and is easier to spot since it begins and ends with the same letter. Other words to watch for include EVER, EVERY. NEVER, LITTLE, PEOPLE, DID and GOING. Have fun!

KQ RFVLBQ LC FLWGVXLBA PG, PS RFV PRVK

OLVGC'R KWYRPJYQ, GKVYY, MIRMF LC SPBV LB

DYLMA RFV BVSBPZVBIRLB OLLB, YVR PR DV. CL

LCV MIBVG. XFQ GFLWYO QLW?" -VBKI DLKDVMA

### CHESS CHALLENGE

Submitted by Chris Remsperger

Black to play and mate in 3 moves.



Answers will be in next month's issue

**By Betsy Yvonne Mark, RVC3**

I spent the last half of January and a little more than the first half of February traveling. I know, you are all surprised! I drove to Florida and was able to attend 2 RGs there. I had a great time at both. I'm a bit prejudiced; Region 3 RGs are the best! If you've never been to an RG or AG, give yourself a present and attend one.

The AG is coming! It's driving distance for each of you. Please join me there.

**Marianne Kane** of Dayton Area Mensa was Region 3's winner of this past year's Pep Rally contest. She then held a contest to name the one-day, mini Leadership Development Workshop (LDW) and **Lori Balster's** winning entry is "The Dayton Area Mensa Fly In." With her permission, I've copied her great entry:

- 1) Here in Dayton, we are all about the Wright Brothers and the miracle of flight. Also, flight implies hope, change, rising up, and excitement over new things.
- 2) The meeting is being held at the Hope Hotel, on the Air Force Base.
- 3) A "fly in" is when a bunch of owners of small planes "fly in" to a small airfield, meet, have a gathering, discuss issues important to their group, and enjoy the camaraderie...this sounds something like what we plan on doing!

The event is to be held May 15. I hope that all spaces are filled by Dayton Area Mensans; however, if there are spots available, I will post the information to Region 3's website, Facebook page and Yahoo group. If you are interested in attending, but not a Dayton Mensan, let me know. I'm not in charge, but will forward your info to those who are.

If you are in the Morgantown, West Virginia, area on Sunday, April 25, please join Vandalia Mensa and me at the Morgantown IHOP, 201 Venture Drive, at 6 pm. I do hope that the snow and awful weather we've been having will be but a vague memory by then and I'd love to see many Ms there.

LLAP and Peace,  
**Betsy**

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Facebook group -  
<http://www.facebook.com/group.php?gid=71515809887>

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## ***Horse Soldiers: The Extraordinary Story of a Band of U.S. Soldiers Who Rode to Victory in Afghanistan***

**By Doug Stanton, 396 pages**

**From the *New York Times*-bestselling author of *In Harm's Way* comes a true-life story of American soldiers overcoming great odds to achieve a stunning military victory.**

*Horse Soldiers* is the dramatic account of a small band of Special Forces soldiers who secretly entered Afghanistan following 9/11 and rode to war on horses against the Taliban. Outnumbered forty to one, they pursued the enemy across mountainous terrain and, after a series of intense battles, captured the city of Mazar-i-Sharif, which was strategically essential if they were to defeat the Taliban.

Deeply researched and beautifully written, Stanton's account of America's quest to liberate an oppressed people touches the mythic. The *Horse Soldiers* combined ancient strategies of cavalry warfare with twenty-first-century aerial bombardment technology to perform a seemingly impossible feat. Moreover, their careful effort to win the hearts of local townspeople and avoid civilian casualties proved a valuable lesson for America's ongoing efforts in Afghanistan.

*Horse Soldiers* is a big-hearted and thrilling read, with an epic story that reaches not just across the cold mountains of Afghanistan but into the homes of small-town America, and confirms Doug Stanton as one of our country's preeminent storytellers.

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