



Borealis

The Monthly Journal of Northern Michigan Mensa



Volume 14 Number 1

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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.

Advertising:

Borealis accepts only short, "classified"-type advertisements from individual members. Notices should be of a non-commercial nature and include contact information.

Deadline:

The deadline for submissions is the 15th of the month before the month of publication. Submissions received after that time may be considered if time and space permit.

Email submissions to:

Stan Cain

nmborealis@yahoo.com

Northern Michigan Mensa

Executive Committee



Northern Michigan Mensa

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VISIT OUR WEBSITE AT www.nmm.us.mensa.org

ON THE COVER: A wise old (Mensan?) owl checks our photographer
Chuck Fricke near Tarpon Springs Florida.

October Calendar

Book Club - Saturday, 3 October 2015 at 11:00 a.m.

The October Book Club selection will be **The Art Forger** by B.A. Shapiro, and presented by Stan Cain. We will meet at BC Pizza, 3186 LaFranier, in Traverse City.

Mensa National Testing Day - Saturday 17 October 2015 at 3:00 p.m.

The Mensa Admission Test will be given at the Unitarian Universalist Church at 6726 Center Road, Traverse City. We will be giving the Mensa Test for those who wish to see if they qualify for Mensa membership. If you have any friends whom you think might be interested, let them know about this opportunity in our area. The test will cost only \$20.00 (special half price rate.) Call Jack Schultz at 231-275-6735 for more information and to make a reservation.

Dining Out - Wednesday, 21 October 2015 at 5:30 p.m.

We will meet at **Schelde's, Grille and Spirits** 714 Munson Ave, Traverse City, MI, just east of Airport Access Road. Join us for good food and reasonable prices. We will gather in the lobby at the entrance for a few minutes until we are all there.

Member News

October Birthdays

Robert Alan Atallo	6-Oct
Thomas Mac Neill Barnhart	17-Oct
Benjamin Whiting	23-Oct
Breanna Blasius	27-Oct
Mark Alford Jr	29-Oct

Mensa Membership Milestones

(Years of continuous Membership)
Breanna Blasius 4

<u>August 2015 Statistics</u>	<u>AML</u>	<u>NMM</u>
Total membership	50507	89
New and reinstating membership	457	0
Offers of membership	240	0
New members since April 2015	1335	2
Reinstating members since April 2015	1181	2

Membership directory information is based on data from American Mensa records as of 8/31/2015. If you would like to change the privacy releases on file, use www.us.mensa.org and click on "Member Login". Then click on "Profile Update" and "PDQ Update"

Election Process Update

The election process is well under way. Two of the three members for the Nominating Committee (NomComm) have been appointed and are:

John D. Schultz	231 275-6735	jsvoyageur@gmail.com
Pete Turkus	231-941-8321	petencheri@chartermi.net

The NomComm could use another member to help out, so, volunteers, speak up!

Or, if you, or anyone you know, is interested in being nominated to run for a position on the Executive Committee, please let one of the members of the NomComm know. All terms begin on January 1, 2016. for the 2016-2017 two year term.



Coping With a Mind that Never Turns Off

By Dr. Carole Eberly

Do you have too much information inside your mind? Is it distracting? Do you see patterns from a big data stream in life around you? Do you want it all to STOP?

At the 2015 AG in Louisville in July, David C. Baker, who discovered how to cope after 50 years of information overload, spoke to a overflowing crowd of about 300 Mensans – many standing or sitting in the aisles. He asked: “How many of you have seen ““A Brilliant Mind””? Every hand shot up. Baker said he didn’t know anyone else suffered from the constant data stream running through his brain. Remember the scene where Russell Crowe has the math equations flowing over his face? “I just buried my head in my hands and cried. I thought I was alone with all this constant stuff inside my head, Baker said.”

We compensate for this by over-promising – to ourselves and others. We have a high level of perception, which is why we “see” things others do not. (Good for fiction writers, I guess.) We look for patterns in our everyday life – i.e. as a teacher, my bright students sat up front, the dummies in back.

Sooooo ... how do we make our minds turn off? There is a difference between discipline and intelligence ... and we must recognize that and use it. So toss out those financial papers from 1998. Clear the decks, so to speak (or write). If you haven’t looked at papers in more than two years, pack them in a box and move them to the garage. The next year, give them the heave-ho.

* Capture your thoughts through writing.

*Write for clarity. (He suggested medium.com or cowbird.com as good web-sites). And write to clear out your mind.

*Organize your life (see throw out papers and junk). It focuses the mind.

*Play music a lot. It’s soothing.

*Structure your life.

*Mine conversations. Instead of letting your mind drift (a real Mensan trait) because you are so far ahead of whomever you’re talking with, slow down and ask questions. It forces you to slow down.

I have been to about ten AGs and this was the best session ever. He hit Mensans where they live – in their minds.

September Hike

The hike in September explored the area north of the Cass Road bridge and west of the Boardman River south of Traverse City. The group hiked north to the area of the Nature Center and back by a slightly different trail. This region contains some dry grassland and a number of small swampy creeks flowing into the Boardman River. Boardwalks helped keep feet mostly dry.



Photos by Jalene Moore

and Stan Cain

