

The President's Page ~ John Mochan

I hope every one of you got all you wished for during the Holidays. I wanted a sunny day with the temperature above 65 and I got it!!

We have another Holiday Party scheduled in Pensacola on January 17th at 2PM at the home of Mabel and Hal Loesch. 2140 E Scott St. There will be an ExComm meeting during the party that will include a discussion of our plans for the February Regional Gathering. This is a well-attended event every year and I guarantee you will love the food and the company. Please bring a friend and join us!

Plans for the ValenTime Regional Gathering February 13-15 in Destin are going well. Even if you can't stay the entire weekend, you can visit for one day at a reduced rate. See our web site or the registration form elsewhere in this newsletter. You can call the Registrar at 850-585-3194 for more info. I hear that he's a pretty reasonable guy...

~John

Membership News ~ Bob Ulrich

For those of you who were paying attention in class, you may remember that last month's column was written in Barcelona. The trip was nice and a good time was had by all. This month I am typing in Denver, CO., at my younger daughter's house. We have got to stop traveling so much.

The membership activity in November was neutral as far as Mensa National was concerned, but we had a net gain of one. The reason for this fact is that the Relocation Gods smiled down on us, or maybe just grinned as the gain was only one. Yes we had one member move out of our local area and two members move in.

Member Forrest Stevens Jr. moved from Gulf Breeze to Fort Smith, AR. Coming to the beautiful Gulf Coast Area of Florida are Paul Barcus who relocated from Suwanee, GA to Miramar Beach, and Frank Durand who moved from Pittsburg, CA to Gulf Breeze. Good luck to all of you in your new abodes.

The net gain of one member brings our total to 192. This is two less than at this time last year. The average number of members that we have had at the end of November over the last ten years is 167. It would appear that we look great

against that average, but the average is slightly misleading.

Our membership numbers took a definite upswing in 2002 -2003 and since then the average at the end of November is in the 190's. So against that average we look..... average.



The Tenth Story ~ Maggie Truelove, RVC 10

I recently read a letter to the editor in a Region 10 newsletter which bemoaned the lack of appropriate activities for him to attend. He mentioned several problems: diet restrictions which made the restaurants gatherings impractical, long distances to drive at night to attend events, and a general lack of interesting events to attend. He did raise some valid points, which I thought were worth discussing here.

Diet restrictions and restaurants: He felt that there were many members with diet restrictions for whom the restaurants didn't work and suggested that house parties past meal hours would be better. The problem here, as always, is finding someone willing to undertake the cleaning and fixing of refreshments as well as the liability of strangers in the house. (He didn't mention one problem I observed throughout the years - the unwillingness of Mensans to RSVP about attending said party, which makes it even harder to plan refreshments.) He made a good point about this; if 50 people in a good sized group each offered to host a party once a year, there could be a house party nearly every weekend of the year somewhere within the confines of the group's area. An excellent concept!

Long distances to drive at night: Now our 50 house parties would also run into this problem. How many of the 50 parties would be within a reasonable driving distance for each member? Certainly not all of them! One way to ensure that an occasional party is close enough would be to VOLUNTEER TO HOST ONE! Yeah, that would work! Of course, another help for this is to set up some sub-groups, each with an area coordinator, with regular events within that smaller area each month. Some of our Region 10 groups already have some sub-groups. Perhaps more of us should consider moving in that direction. Perhaps with more events closer to home, more members would participate. We don't know until we try!

Lack of interesting events: Back in the 1980s, here in Central Florida Mensa (my home group), we had a monthly speaker/program meeting. We usually had interesting speakers. These were generally well attended. We could often find free venues, such as the clubhouse at an apartment complex or the meeting room at a business. But then the free venues dried up, so the speaker chair position dried up as well - and it is hard to bring in a speaker to speak in someone's living room! But if a local group could find access to an appropriate free venue, returning to holding program nights could be something of interest. I am sure there are other interesting types of activities out there. Perhaps some of you would like to share ideas with Region 10? If you would like, you could send them to me, and I would certainly include them in an upcoming column in the several months I have left as your Regional Vice Chair.

Hope to see you at SmartiGras at the end of January or at ValenTime in the middle of February

DON'T FORGET!

01/15: Scholarship Essay Deadline

01/17: Holiday Party at the Loesch Home

ExComm Minutes ~ John Mochan

The meeting was called to order at 3:03. Attending were: John and Mary Ann Mochan, Jerry Gilbert, Terri Culbertson, Bob Horne, Tom Stuart, Fraser Sherman, Jim Harris, Liz and Nick.

President: We wish to thank Cheryl Cullison for taking on the job of Newsletter Editor, but she now has other obligations that won't leave her enough time to continue her great work. We need a motivated person to step up and take over. Please contact any group officer if you are interested in a job that I can promise to be fun and rewarding.

Vice President: No Report.

Treasurer: Cheryl is saving the group a lot of money on newsletter production costs. Expect them to be higher in the future.

Editor: No Report.

Old Business: Discussion from last meeting was continued over the amount of the local group scholarship. It was settled that next year we will give out one \$500 scholarship to the winner of the MERF competition. Contact Mabel Loesch for details on how to enter. You can also ask Mabel about being a judge. It's very interesting to read all the local entries and take part in rewarding a deserving student.

New Business: There is enough money in our account to cover cost incurred by RG Committee members in preparation for the event. But we would like potential attendees to pre-register as soon as possible. Bob Horne has completed negotiations with the Holiday Inn for the room rates. Make sure you are talking to a person in Destin and not the Holiday Inn National Reservations Line to get the correct rate. 877-837-6181.

The January Holiday Party will be in Pensacola on January 17th at 2PM at the home of Mabel and Hal Loesch. 2140 E Scott St. 850-433-2358 for directions.

The program for the Regional Gathering is filling up. Details will be published soon.

Next meeting January 17th during the party at Mabel's.

Adjourned at 3:16.

Mensa Milestones for January

Mensa Birthdays

Bob Horne	1/4
Robert Mundorff	1/13
Christine Pincince	1/17
J. Roger Landers	1/28
John Friedberg	1/30

Mensa Anniversaries

Suzanne Zoss	42
Phillip Guthrie	27
Glenda Michailidis	24
C.V. Ford Jr.	22
Gene Anderson	12

Harold Casey	11
Bob Teasdale	9
Arthur Krzeminski	8
James Lambert	8
Nicki Dalton	7
Pamela Fleischer	7
Daniel Murray	7
Ralph Ruyle Jr.	7
Donald VanNorman	7
Lauren Smith	6
Philippe Petit	5
Robert Ignasiak Sr.	3
Kresley Kjellander	2
Larissa Timper	2
Hillary Miller	1

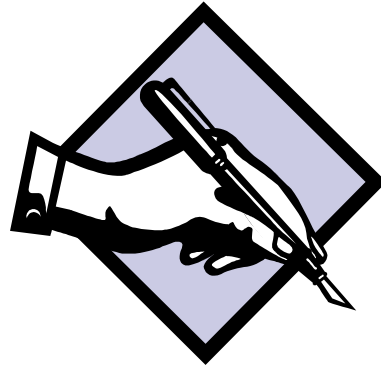


Scholarship Essay ~Mabel Loesch

It is time again for the Mensa scholarship competition. Information and application forms have been sent to the scholarship guidance directors in all the area high schools. This material can also be downloaded from the Mensa Education and Research Foundation web site. Please pass this information on to anyone who may be eligible.

Briefly, the award is based solely on a 500-word essay. Anyone who will be attending a degree-granting school in the fall of 2009 is eligible. High school students are the majority of applicants, but college or university students may also apply. Mensa membership is not required, but there are special awards for Mensans. Essays must be mailed by Jan 15, 2009. Locally, there will be two awards, one funded locally and the other funded by Mensa E & R Foundation.. The best applications in various categories of projected studies will be forwarded for consideration for national awards. The amount of each scholarship ranges from \$200 to \$1500.

Here is an appeal for volunteer judges. A judge will be given a list of criteria on which to base the rating of each essay. The scores of three judges will be combined to determine the local winners. Judging takes three to four hours, done in your own home on your own schedule. If you would like to take part in this judging, contact Mabel Loesch at mloesch@bellsouth.net.



WANTED!

NEW EDITOR FOR PENSAMENSA


The current editor of PensaMensa is resigning her position because postgraduate studies are consuming most of her off-work hours. It only takes a few hours a month to actually produce the newsletter, but an effective editor also takes time to attend meetings and social events to make connections, assist in decision-making, and gather news and news sources. Most articles are submitted by regular contributors, and there are also articles available for downloading from National and other chapters, which means you don't have to actually write much at all! Of course, if you do like to write, you've got a great forum at your fingertips!

Please reply to this e-mail if you think you may be interested. Or, contact John Mochan at jmochan@cox.net.



***THIS WOULD BE A GREAT
BULLET FOR YOUR
RÉSUMÉ!***

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 11:00 a. m. Looong Lunch at Scenic 90 Café. 701 Scenic Hwy., Pensacola	3
4	5	6	7	8	9	10 11:30 a.m. Lunch at Chef Imondi's Downtown, 448 Harri- son Ave., Panama City
11	12	13 6:00 p.m. Supper Club in Pensacola, Hall's Seafood, 920 East Gregory	14	15	16 5:00 p.m. Happy Hour at Boat- house Landing, Valparaiso	17 2:00 p.m. Party at the home of Mabel & Hal Loesch. 2140 E. Scott St., Pensacola
18	19	20	21	22	23	24
25	26	27	28	29	30	31 2:00 p.m. Fun and Games at the Mochan's

Précis ~ Fraser Sherman**Food—**

In *IN DEFENSE OF FOOD: An Eater's Manifesto*, Michael Pollan argues that our quest for a healthy diet has been fatally flawed by our emphasis on specific nutrients (fat, antioxidants, sugar, etc.) rather than foods, which benefits the food industry (“By focusing on the benefits of specific nutrients, you can claim health benefits for almost anything.”) and researchers (in that it's easier to study single chemicals than the complexity of whole foods) but leaves eaters without guidance, so that people wind up (for example) telling themselves they can eat more calories if it's low fat. Pollan's conclusion is that given the "Western diet" of lots of meat and processed food is one thing we do know is unhealthy, a more plant-based, less-processed diet is the way to go (“Don't eat anything your grandmother wouldn't recognize as a food.”).

And what comes afterwards—

THE BIG NECESSITY: The Unmentionable World of Human Waste and Why It Matters by Rose George argues that sanitation is vitally important (“A 2007 survey of doctors rated public sewers the most important health development of the past two hundred years.”) and dreadfully under-funded and under-discussed (“Rock stars and movie stars will campaign about the need for pure water, but they don't want to explain what's making it dirty”)—indeed, George points out there's no acceptable conversational words for excrement equivalent to “having sex.” The book's engaging tour goes from Japan's high-tech toilets to China's biogas digesters to efforts in India and Africa to make sanitation (or at least toilets) more available (and what happens when they aren't). While pessimistic about the scope of the problem, George also sees signs that the need for sanitation is penetrating people's consciousness (though America remains resistant). Interesting.

Cryptograms ~ Jill Russ*Easy Level*

XJXWE HKNX K TXH R AGWKOH KH'A R NRHHXW FQ HWEKIT

HF PIFU UYRH K GFSML

LF UKHY KH. K AXX GFMFWA, KNRTXWE. KH YRA HF YRJX R

ANXMM. KH'A MKPX

QRMMKIT KI MFJX. EFS GRI'H TKJX R WXRAFI UYE.

~ORSM IXUNRI

Challenge Level

TZBTABWHZBSPKZPKQBNHEBQKXMMNBRQNBZABSPKZPKQBZPK

XEUTKWRKBZPTWJABNHEBXQKBRQNTWY

~TWYQTUBDKQYCX

Seven Trivia Questions ~ Dr. Dan Finley

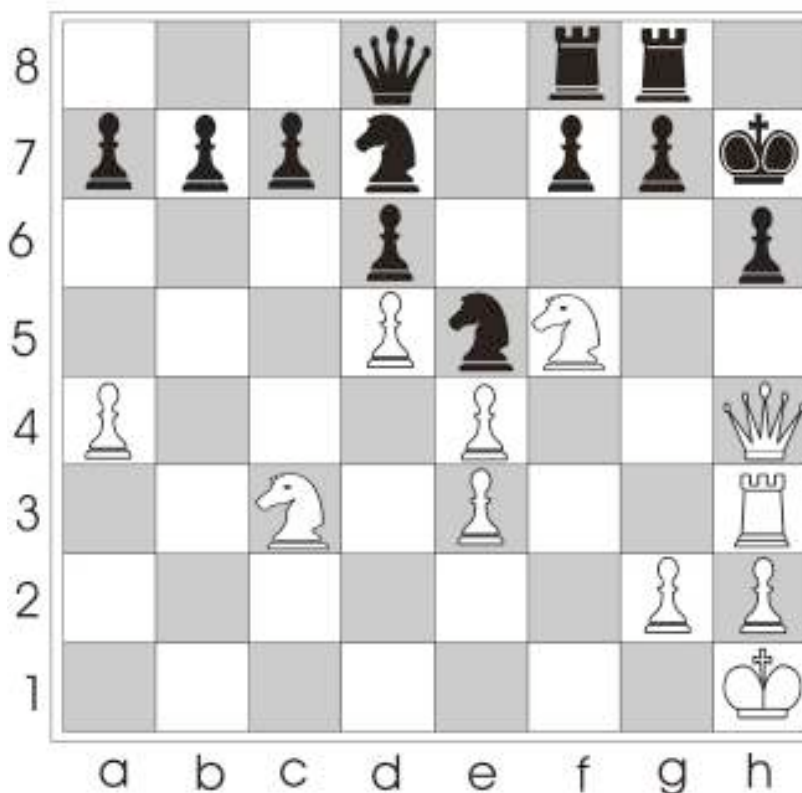
QUESTIONS:

1. What is the Latin translation of id est, or i.e.?
2. What is the Latin translation of exempli gratis, or e.g.?
3. What is the Latin translation of nota bene, or n.b.?
4. What is commotio cordis?
5. What is a toroid?
6. In mythology, who is the Greek god of marriage?
7. On June 27, 1976, an Air France flight from Athens to Paris was hijacked with 238 passengers and a crew of 12. The hijackers represented the Popular Front for the Liberation of Palestine. The hostages ended up in a central African country, from which they were rescued by an Israeli commando group. What is the name of the location from which these hostages were rescued?

Dr. Dan Finley is the Brain Bowl Coach & Health Sciences Professor, Gulf Coast Community College, Panama City. Dr. Dan invites you to submit a guest trivia question to dfinley@gulfcoast.edu for possible inclusion in future columns

Chess Problem ~ Lars Runar

MATE IN TWO – WHITE TO MOVE



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Northwest Florida Mensa Officers

President	John Mochan	616 Overbrook Drive Ft. Walton Beach, FL 32547	850-585-3194/585-5067 jmochan@cox.net
Vice President	Micah Butler	8196 Lode Star Drive, Pensacola, FL 32514	850-723-8305 mjb28@cox.net
Treasurer	Jerry Gilbert	700 Trowbridge Ave. Ft. Walton Beach, FL 32547	850-862-4800
Membership Officer	Robert Ulrich	7025 Pro Am Court Navarre, FL 32566	850-240-4471 top2@cox.net
Editor	Cheryl Cullison	7230 Keating Terrace Pensacola, FL 32504	850- 484-9784 pensamensaeditor@cox.net
Gifted Child Coordinators	Jill Russ	12 Corbin Court Niceville, FL 32578	jillsruss@yahoo.com
	Debi Dunkerley	3941 McClellan Road Pensacola 32503	850-469-4602 davendebi@cox.net
Panama City Coordinator	George Chancellor	7523 Coleridge Road Panama City, FL 32404	850-874-0154 georgec584@aol.com
Arbitrator/ Mediator and Test Proctor	Steve Brumm	Panama City, FL	850-747-3233 AD4WT@aol.com
S.I.G.H.T Coordinator & Test Proctor	Mabel Loesch	2140 E. Scott Street Pensacola, FL 32503	850-433-2358 mloesch@bellsouth.net
Test Proctor	Joanne Horne	641 Merioneth Court Ft. Walton Beach, FL 32547	850-315-0255 johorne@cox.net
Webmaster	Jill Russ	12 Corbin Court Niceville, FL 32578	jillsruss@yahoo.com

Northwest Florida Mensa Home Page: <http://www.nwflorida.us.mensa.org>

Special Interest Groups

Motorcycles SIG. Dan Mazzeo of Gulf Breeze is vetting the idea of a SIG for anyone having an interest in motorcycles (owning one is not a requirement). Contact Dan at onegoodengineer@aol.com or 850- 206-4213.

Photography SIG. Dan Murray in Pensacola (455-6339) found out there was no camera club anywhere near him, so he started one.

Pinochle SIG. Contact Bob Mundorff in Navarre at 850) 939-5882 or pinochledd@aol.com. He will coordinate dates/times/schedules and is willing to host the games. For beginners too.

Shooting SIG. Contact Bob Mundorff in Navarre at pinochledd@aol.com or 939-5882 to go shooting during the week at the Escambia River Muzzleloader's range - modern small arms allowed.

SOLUTIONS**CRYPTOGRAMS**

Easy Level

Every time I get a script it's a matter of trying to know what I could do with it. I see colors, imagery. It has to have a smell. It's like falling in love. You can't give a reason why. ~Paul Newman

Challenge Level

It is not whether you really cry. It's whether the audience thinks you are crying.
~Ingrid Bergman

SEVEN TRIVIA QUESTIONS

1. That is
2. For example
3. Note well, or so noted
4. Sudden cardiac arrest from a blunt, non-penetrating blow to the chest. The basis of the cardiac arrest is ventricular fibrillation (a chaotically abnormal heart rhythm) triggered by chest wall impact immediately over the anatomic position of the heart. This can happen, for example, in sports such with baseballs, softballs, lacrosse balls, hockey pucks and a blow in boxing. The only effective treatment is cardiopulmonary resuscitation with defibrillation to reverse ventricular fibrillation. Commotio cordis is also known as a "concussion of the heart."
5. In mathematics, a toroid is a surface generated by a closed curve rotating about, but not intersecting or containing, an axis in its own plane. Also, any solid having such a surface, or a body having the shape of a toroid.
6. Hymen (or Hymenaios) is the Greek god of marriage. He was usually thought to be a son of Apollo by one of the Muses, perhaps Calliope. Other accounts called him the son of Dionysus and Aphrodite. In legend, he was a beautiful youth who rescued a group of young women, including his beloved, from a gang of pirates. He obtained the girl in marriage, and their happy life was invoked in many wedding songs. The term "hymn" is derived from the wedding songs to Hymen.
7. Entebbe, Uganda

CHESS PROBLEMQh6

A HAPPY
NEW YEAR

ValenTime

Northwest Florida Mensa’s Regional Gathering will be held February 13-15 2009 (3 PM Friday thru Noon Sunday) at the Holiday Inn, 1020 Hwy 98 East, Destin, FL.

Registration: \$50 per person if paid by Feb 12, \$55 per person at the door, or \$20 per person for Friday night, \$35 for Saturday, and \$10 for Sunday. Please make checks payable to Northwest Florida Mensa.

Name(s) _____

Address _____

Phone: _____

Email: _____

Please mail this form to:
Registrar — ValenTime
616 Overbrook Dr.
Fort Walton Beach, FL 32547-3528

Contact: John Mochan
(850)-585-3194, jmochan@cox.net



Room rates APPROXIMATELY \$80—\$120 depending on Gulf View. Double occupancy. Add \$10 per extra person. Call the hotel at (877)-837-6181 or (850)-837-6181 and tell them you are with the Mensa group.

Visit us at:
nwflorida.us.mensa.org