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mind

Mensa Newsletter
Of Central Indiana



Publishing Statement

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Loosing My MIND

Vonda Heverly, Editor

loose (/looos/): v. 1. set free, release. 2. Relax



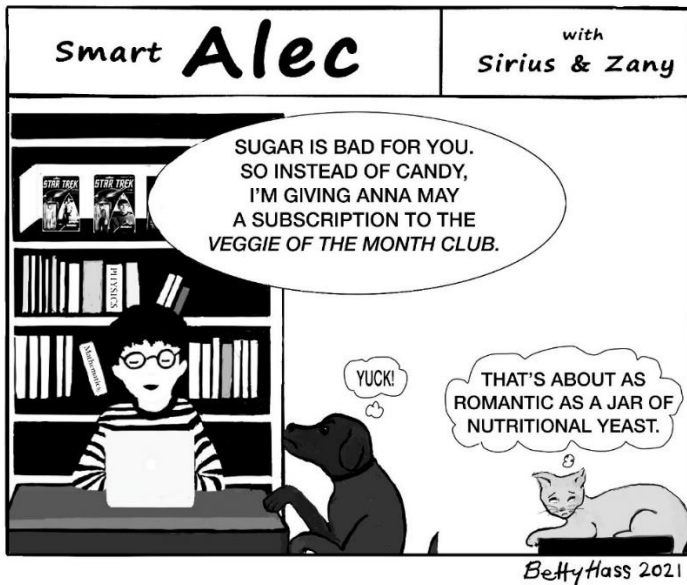
One year ago, Dr. Ann Marie Hake spoke at what would be our last monthly gathering. Her topic? The coronavirus! How timely that was.

Please note in this issue two things. First is the opportunity to participate in an exercise program via Zoom. Check that out on page six. Second is that I am re-running Margy Fletcher's review of *The World in a Grain* as it is the topic of the March Book Club discussion.

I'm happy to say I've had my first dose of the Moderna vaccine and look forward to the booster this month. I hope all of you that want the vaccine will receive yours soon.

How is your world different from this time last year? What do you miss the most? For me, it's probably travel, both for vacations and in-state events. The vaccine gives me hope that we may enjoy these things again before too long. Stay safe, everyone.

Cheers!



Old Dog/New Tricks

Teresa Gregory, LocSec

Looking back, in my 2020 February column, I talked about my adventures in buying a “new” car to replace my 1999 Mitsubishi which decided not to enter the Roaring 20s with me. (I think that old car was psychic and knew more than it should have.) I was anticipating a summer on the road, traveling and attending a lot of small-town festivals throughout the state. I bought my car on January 7 and to date I have put less than 2,000 miles on it. She’s ready to go whenever I am, and I’m not rushing it.



This week, I should be scurrying around with my multi lists and sticky notes preparing for the RG. We are looking forward to 2022.

One thing I have learned is patience. A year ago, Ann Hake presented a program at our Monthly Gathering on Valentine’s Day about the “novel coronavirus.” At that time, scientists knew that it thrived in cold weather so there was hope that it would be controlled by spring. I spent a long, long time looking forward to when we would be free to resume our lives. Now, I don’t do that. I look at how to make today the best I can with no expectations for tomorrow.

But things can change in the blink of an eye. For that reason, please check the weekly email CIM ReMINDER that you receive. We sometimes add events that weren’t on the MIND calendar. In January, Lunch Bunch was scheduled on January 20, so we turned that into a Lunch Bunch and Inauguration Watch Party. Several rooms were open so that those who wanted to chat could do so. We also added a special Hump Day at 5:00pm that day because several members had asked to gather after the Inauguration to chat about it. We are open to adding events if people want something not on the schedule. We can’t promise to always say yes, but we will do our best to accommodate. We will continue to Zoom for the foreseeable future.

Also, I try to add a *Bonus item each week in that ReMINDER. It’s something that might interest Mensans. We have such varied tastes, so I try to mix it up. If anyone would like to suggest a *Bonus item for this, please let me know. If you like it there is probably another Mensan who would like it, too.

Let’s have a nice no-contact Valentine’s Day this year. And, as Ann Hake told us last year, “Wash Your Hands!”

SIT – BUT FIT: Exercise with Us...

Alison Brown

During the pandemic, I have been meeting on Zoom with fellow Mensan, Margy, to do a series of chair exercises that promote strength and flexibility in seniors like ourselves. They have been assembled from Occupational and Physical Therapy sheets that my various clients have used over the course of the past 5 years with an admixture from the Recreational Therapist at the Forum and which I also used to do a morning exercise program at the Monumentally Mindbending AG.

Now we have agreed to open our exercise session to all of Central Indiana Mensa. Those who are interested in exercising with us will need to contact me directly at SIGHT@indymensa.org since no links will be distributed through CIM channels.

If you wish to join us, you will need a sturdy chair, preferably without armrests, a small ball (but not too small, a tennis ball is only 1/3 the size that makes the most sense), two hand weights that you find not too easy to lift (2-5 lbs, but in a pinch, soup cans can double as weights) and an exercise band (Theraband or the equivalent). Lacking the weights, one can make do with the exercise band for that set of arm exercises.

We spend about 40 minutes (the length of a free Zoom meeting) working on legs and arms while sitting, then an additional 20 minutes standing in place, so it is easy to do in your little home office, wherever it may be (mine is in the laundry room, Margy's is in the library which occupies what was formerly half a garage).

Once you contact me, I will send you the list of exercises. However, since they are only brief descriptions, I will do a private one-on-one session with you (on Zoom) so that you are not lost when we meet as a group. As the chair exercises take a whole free Zoom meeting, you will get one link for them and when that meeting is closed, we take a break, then launch the second link you have received for the standing exercises, final stretches and socializing. The whole process takes about an hour.

The group sessions will start in the second half of February (after I retire) and the timing will be flexible. Currently we meet either at 9:30 am or 11:30 am, but afternoon sessions will be available, depending on the needs of the group.

Come try it out. If you are shy, Zoom will allow you to turn off the camera ;-)

Puzzle Column

Written by Alan Stillson of Greater Los Angeles Mensa and reprinted with permission of the author (<http://stillsonworks.com>)

Groundhog Day puzzles

Find words that contain only the letters in **PUNXSUTAWNEY PHIL**, based on the clues and letter counts. All answers have up to two **Us**, two **Ps** and no more than one of the other letters.

Example: eye piece (5 letters)

Solution: PUPIL

1. Used up (5 letters)
2. A canine may be in it (5 letters)
3. Sixteen white and black starters (5 letters)
4. Togetherness (5 letters)
5. Penguin suits (5 letters)
6. A wanderer in song (5 letters)
7. A product of Diamond (6 letters)
8. Shows jubilation (6 letters)
9. Type of pimple (7 letters)
10. Protect, in a sense (8 letters)

See answers on page 16.



2020-2021 Book Group Reading List

Rich Gibson

Book Group is currently meeting virtually via Zoom. It meets on Sunday afternoons at 2 p.m. once a month. Check the calendar for exact dates and contact information for Rich Gibson.

Feb 21: *When Books Went to War: The Stories That Helped Us Win World War II* by Molly Guptill Manning

Mar 21: *The World in a Grain* by Vince Beiser

Apr 18: *1177 B.C. the Year Civilization Collapsed* by Eric H. Cline

May 16: *Mortal Republic: How Rome Fell into Tyranny* by Edward J. Watts

Jun 20 (possibly) *The Deficit Myth: Modern Monetary Theory and the Birth of the People's Economy* by Stephanie Kelton

Jul 18: *Deaths of Despair and the Future of Capitalism* by Angus Deaton and Anne Case

Treasurer's Report

Matthew Zwick, CIM Treasurer

The following is the financial statement through November 30, 2020.

Assets

	11/30/2020
Regular Checking	\$ 7,717.31
Scholarship Checking	\$ -
Events Checking	\$ 6,090.04
MG Cash	\$ 25.00
USPS Stamps	\$ 477.35
TOTAL	\$ 14,310.25

Revenue & Expenses

REVENUE

November 2020

National Support	\$ 411.40
Testing Support	\$ -
New Member/ Lapsed Member	\$ 2.00
RG Income	\$ -
Lapsed Member Contact Incentive	
Total Revenue	\$ 413.40

EXPENSES

RG Hospitality	\$ -
Supplies	\$ 9.57
MIND Hospitality	\$ -
Mensa Foundation (scholarship donation)	
Meetup	\$ 98.94
Refunds for RG Cancellation	\$ 325.00
Total Expenses	\$ 433.51
Net revenue for the period (loss)	\$ (20.11)

February 2021 Events

Please note that ALL regularly scheduled events are online. During this time of social isolation, Central Indiana Mensa wants to reach out to our members. We are hosting online virtual events and we'd love to see you. We chose to use Zoom videoconferencing software because it is very user friendly and it's free. You may connect via computer, tablet, or smart phone. Zoom meeting links will be sent weekly on Monday to all current members of CIM who have an email address on file with the national office. The subject line will contain "CIM Meeting ReMINDER." If you do not get the email, and you would like to join a meeting, contact the organizer who is listed prior to the meeting.

If you need help with Zoom, please contact Teresa at ag18tg@yahoo.com. We are still learning. We appreciate your patience and support.

VIRTUAL Ham'n Eggs (Hamilton County Eggheads) –1st Saturday from **9:45 a.m. - 12 noon.ET** Drop in any time for casual conversation and lively discussion. Contact: Alison Brown, 317-846-6798, SIGHT@indymensa.org

VIRTUAL Indy Lunch Bunch - 1st and 3rd Wednesday at **11:30a.m.**. ET Bring your own lunch! Contact: Karen Steilberger, steilkr@sbcglobal.net.

VIRTUAL Sunday Social – Every Sunday from **7:00p.m. –8:30p.m.** ET Drop in any time for casual chat. Contact: Teresa, ag18tg@yahoo.com.

VIRTUAL Monthly Gathering - 2nd Friday, **7:30 p.m. – 10 p.m.** ET Our usual format of announcements at 7:45p.m., a short program, then conversation. Bring your own snacks and beverages.

2/12 Our speaker will be Teresa Gregory who will talk about the blending of art and science to make global climate change data a visual learning experience through The Tempestry Project (temperature tapestries). She will also talk about her own temperature-recording projects.

Watch IndyMensa.org, MeetUp, and/or the Monday "CIM Meeting ReMINDER" for program information. - Contact: Teresa, ag18tg@yahoo.com

VIRTUAL ExCom– 3rd Tuesday of the month. **7:00 p.m.** ET All active members are welcome to see your board in action. Contact: Teresa, ag18tg@yahoo.com

VIRTUAL Book Group – 3rd Sunday at **2:00p.m.** ET. 2/21 *When Books Went to War: The Stories That Helped Us Win World War II* by Molly Guptill Manning 2014 299 pages. Our books tend to be non-fiction and do not exceed about 300 pages in length. Contact Rich: hoot.gibson.tds@gmail.com or 770-548-5217 for more details or to RSVP.

VIRTUAL Hump Day Happy Hour **5pm – 6:30+ pm ET**

Join us for casual conversation with your favorite beverage, alcoholic or not.

February 2021

Sunday	Monday	Tuesday	Wednesday
	1	2	3 Indy Lunch Bunch
7 Sunday Social	8	9	10
14 Sunday Social	15	16 ExCom	17 Indy Lunch Bunch
21 Book Group; Sunday Social	22	23	24 Hump Day
28 Sunday Social			

Please send Calendar Items to MIND.editor@yahoo.com

Thursday	Friday	Saturday
4	5	6 Ham'n Eggs
11	12 Monthly Gathering	13
18	19	20
25	26	27

If you lose your *MIND* (oh, my!) or want additional information, check www.indymensa.org or join our Meetup group, <http://www.meetup.com/central-indiana-mensa>. Meetup is free to join and you'll get reminders of upcoming events. It's a great way to stay in the loop.

Jon's Journal – News for Region 4

Board of Directors (AMC) Update

Jon Gruebele, RVC4

Moving into February, I hope those New Year's resolutions have been working well for you. Many years ago, I made a resolution to not make any more resolutions. So far, it's been working out splendidly!

Continuing our recent practices, the [December 12th AMC meeting](#) was held via videoconference and livestreamed. Some members attended "watch parties"; others shared updates via social media. When the AMC again meets in person, I'm hoping we'll continue streaming deliberations for those not in attendance – an important step towards better transparency.



A motion I made to cap overhead costs for our 2021-2022 fiscal year budget was unfortunately defeated. Over the last 10 years, membership has declined by 10%, yet overhead costs increased 19%. That caused a 32% jump in overhead costs per member.

While some expense growth comes from Foundation operations, that's not the whole picture. We've increasingly let overhead consume our dues dollars, meaning there's less money for enhancing member value, providing local group support, marketing, or reducing our net asset deficit.

While the motion was defeated, I'm hoping the discussion will nevertheless lead to increased scrutiny of our overhead expenses, along with a renewed focus on using volunteers rather than staff.

All other motions were approved, including:

- Guidelines for mini-minutes, including that these should also document any motions amended during the meeting
- Hearings Process updates, clarifying an RVC may also bring charges of acts inimical to Mensa on behalf of another member
- Updates to the duties of several committees
- Appointments of Richard J. Puhl as Advocate, Dr. Jami Valentine as Diversity Committee Chair, and Alyssa Bolt as Gifted Youth Committee Chair

Bylaws Amendment

In our upcoming election, members will vote about switching from two-year terms for AMC members to three. There are good points on both sides of the debate. After careful consideration, I submitted this statement to the election committee for potential inclusion with our ballot materials:

If this amendment passes, then – including International – we would have two elections every six years instead of four. This would be a significant cost reduction for American Mensa.

If it fails, American Mensa and International elections will get out of sync. AMC officers might need to wait out a year after finishing their term

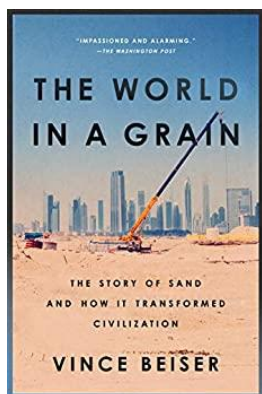
before seeking an International role. If terms were instead on the same schedule, we might see more American Mensa members campaigning for International's Board.

While the proposed referendum's text is silent about RVC elections, existing bylaws Article V(2) says: "The Regional Vice-Chairmen shall be elected in a manner and for periods of time similar to the national elective officers." This ensures that if the referendum passes, the entire AMC including RVCs would be elected on the same three-year schedule. I therefore recommend a vote FOR this amendment.

Feedback? Please contact me at rvc4@us.mensa.org or via phone/text at +1 309 693 1359. Region 4's Facebook group is: <https://www.facebook.com/groups/695847670490858>.

Books on the Runway

Margy Lancet Fletcher



Author: Vince Beiser

Title: *The World in a Grain: The Story of Sand and How It Transformed Civilization*

Publisher: Riverhead Books

Year: 2018

Book Description: If any of us were asked to name one vital and endangered natural resource on this planet, *water* would be our automatic response, and *sand* would not even enter our consciousness. But according to award-winning and prolific journalist Vince Beiser, this deceptively bland and ubiquitous substance should top everyone's list. Beiser commences *The World in a Grain*, his vibrant celebratory-cum-cautionary tale of

human environmental management, with a definition of *sand* (a portion is excerpted below) and a summary of the ways in which this granular entity has oozed its way into every pore of human existence, causing both comfort and conflict. Part I, "How Sand Built the Twentieth Century's Industrialized World," presents a detailed history of the industries in which sand has been utilized: concrete for pathway and building construction, asphalt for a variety of infrastructure components (e.g., interstate highways and airport runways), and glass for scientific and household equipment. Part II, "How Sand Is Building the Twentieth Century's Globalized, Digital World," propels the reader into the modern era, tracing the advent and progression of such sand-intensive endeavors as the manufacture of computer chips and other electronic parts, the extraction of oil through fracking, the rejuvenation of eroding beaches, and the creation and expansion of nations (!). The author ends on a somber and urgent note, devoting the final three chapters to the ways in which sand mining and the overuse of sand products (especially concrete) have wreaked havoc on our terrestrial environment, and possible solutions to this earth-shaking issue. Along the way, Beiser expands our vocabulary with such terms as "aggregate," "slurry," and "arenophile", and introduces us to such memorable

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historic characters as Ernest L. Ransome, who invented a system of reinforcing concrete with iron, and Carl Graham Fisher, an early-twentieth-century daredevil, car dealer, and public road builder. As an added bonus, three inter-chapter “Interludes” provide the reader with some surprising practices involving sand, an estimate of the number of grains of sand that exist on the world’s beaches, and a compelling character sketch of scientist-soldier Ralph Bagnold, an explorer and sand expert who helped defeat the Third Reich. Gritty reporting at its best (please pardon the pun).

Has this book changed the way you think, your attitude toward life, or even your life itself? If so, how? I profess to be as guilty as anyone of having undervalued sand, treasuring it merely for its aesthetic attributes as the chief element of the sparkly, sunny beaches of my most recent vacation destinations. As the title of Beiser’s book implies, we really are surrounded by sand derivatives, as sand is an ingredient in countless everyday products, among which are cell phones, computer chips and screens, porcelain sinks, wrinkle-free fabrics, eyeglasses, light bulbs, and concrete floors and driveways. Imagining life without Beiser’s “armies of sand” is the ultimate exercise in humility.

Who should definitely read this book? Why? The material contained in *The World in a Grain* encompasses just about every intellectual discipline, including the STEM quartet (science, technology, engineering, mathematics), the social sciences, and the liberal arts. Thus, this book has something to satisfy every inquiring mind.

How long might it take to read this book? *The World in a Grain* is truly a page-turner; its energetic and expressive prose belies its colorless, inanimate subject matter, and it is chock full of stunning revelations. Relatively modest in length as well (less than 300 pages including notes and index), its grains of knowledge can be sifted and absorbed in three days or less.

Provide a short characteristic section, an awesome sentence, or an inspiring quote:

What is sand, anyway? That simple syllable comprises a panoply of tiny objects of many shapes and sizes made of many different substances. As defined by the Udden-Wentworth scale, the most commonly used geological standard, the term *sand* encompasses loose grains of any hard material with a diameter between 2 and 0.0625 millimeters. That means the average grain of sand is a tad larger than the width of a human hair. Those grains can be made by glaciers grinding up stones, by oceans degrading seashells and corals (many Caribbean beaches are made of decomposed shells), even by volcanic lava chilling and shattering upon contact with air or water (That’s where Hawaii’s black sand beaches come from.)

Nearly 70 percent of all sand grains on Earth, however, are quartz. These are the ones that matter most to us. Quartz is a form of silicon dioxide, or SiO₂, also known as silica. Its components, silicon and oxygen, are the most abundant elements in the Earth’s crust, so it’s no surprise that quartz is one of the most common minerals on Earth. It is found abundantly in the granite and other rocks that form the world’s mountains and other geological features.

Central Indiana Mensa ExCom 12/15/2020

Ann Hake, CIM Secretary

The regular monthly meeting of the Central Indiana Mensa ExCom was held virtually via Zoom on Tuesday, December 15, 2020.

LocSec Teresa Gregory called the meeting to order at 7:03 pm.

Members present: Teresa Fisher, Teresa Gregory, Ann Hake, Nan Harvey, Kurt Williams, Bob Zdanky, and Matthew Zwick.

Guests: Jon Applegate (Regional Ombudsman), Pat Milligan, and Jan Pfeil Doyle.

The committee reviewed the minutes of the November 2020 ExCom meeting. Kurt Williams moved that the minutes be accepted. Matt Zwick seconded the motion, and the motion was carried.

The committee reviewed the Treasurer's report for November 2020. A number of adjustments needed to be made to the report; in light of this, Kurt Williams moved that the report be tabled. Ann Hake seconded the motion, and the motion was carried.

A membership report was compiled by Teresa Gregory based upon the information available as of 11/30/2020 from American Mensa: 484 members, 0 new, 1 movein, 2 rejoins, and 8 prospects. No candidates were tested due to the COVID-19 restrictions.

Old Business

Regional Gathering (RG) – due to the ongoing COVID-19 pandemic, an in-person RG has been cancelled. Those who registered early will receive refunds.

Outdoor Gathering (OG) – is still planned for the weekend of May 14-16, 2021. Reservations have been secured at Versailles State Park and a deposit has been made. This deposit is 50% refundable if we cancel more than 90 days before the event, and 25% refundable if we cancel 90 days or fewer before the event.

Teresa Gregory, Kurt Williams, and Ann Hake attended a virtual Leadership Development Workshop on electronic voting presented by National.

Teresa Gregory, Jan Pfeil Doyle, Pat Milligan, and Alison Brown attended a virtual Leadership Development Workshop on Zoom presentations presented by National.

New Business

There will be BONUS Holiday Zoom socials for Christmas evening and New Year's Eve.

Jon Gruebele and his wife noted that he and his wife have participated in an online murder mystery party (akin to an online Clue™ game) that they suggested to Teresa Gregory and Jan Pfeil Doyle as a possible fun activity for CIM. Teresa and Jan will look into arranging this locally.

Mensa Scholarship applications/essays are due online by 11:59 pm Central time on January 15, 2021. Essays for our local scholarship will be forwarded for judging shortly thereafter. Laurel Richardson is once again serving as the chair of CIM’s committee.

There being no other business, Ann Hake moved that the meeting be adjourned. Teresa Fisher seconded the motion. The motion was carried, and the meeting was adjourned at 7:41 pm.



New Members

Richard Buckner	Indianapolis	IN	Move In
Will Fresch	Indianapolis	IN	Joined
Jeffrey Madden	Noblesville	IN	Move In
Howard Nelson	Indianapolis	IN	Move In
Abigail Wood	Carmel	IN	Joined

Solutions to the February Puzzle on page 7:

1. Used up (5 letters) = SPENT
2. A canine may be in it (5 letters) = WHELP
3. Sixteen white and black starters (5 letters) = PAWNS
4. Togetherness (5 letters) = UNITY
5. Penguin suits (5 letters) = TUXES
6. A wanderer in song (5 letters) = HAPPY
7. A product of Diamond (6 letters) = WALNUT
8. Shows jubilation (6 letters) = EXULTS
9. Type of pimple (7 letters) = PUSTULE
10. Protect, in a sense (8 letters) = INSULATE

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