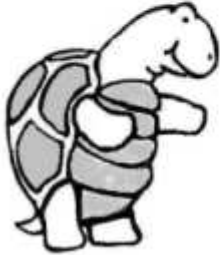




# Palm-Mensa®

Palm Beach  
County Mensa #10-334



**May 23**  
**World Turtle Day**  
**- to bring attention**  
**to conservation**  
**issues**

## Coming Attractions!!

The **Annual Gathering 2005** will take over New Orleans July 6-10. Adult registration is \$80. Young Mensan registration is free for ages 4 and under, \$30 for ages 4-12 and \$50 for ages 13-20.

And what do you get for your money? Fun for both sides of your brain! Access to all the food, music and culture New Orleans is known for, plus the inimitable experience of spending a long weekend with more than a thousand of your favorite Mensans. Check out our web site for more information.

Surf our Web site for current newsletter & calendar:

<http://palmbeach.us.mensa.org/>  
Next Newsletter

Information due: June 15

Send your newsletter items, e-mail address changes, updates and announcements to mensa@ritchason.net

Palm Beach County Mensa  
Andy Ritchason, Editor  
23053 Old Inlet Bridge Dr.  
Boca Raton, FL 33433

MENSA is an international society of people who score higher than 98% of the general population on a standardized IQ test. It's a not-for-profit society, has no political or religious affiliations, and functions only to bring intelligent people together. Qualification for membership is determined by a Mensa-administered test or by submission of properly certified prior evidence. Please send address changes to Mensans and prospects. Subscription to PALM-MENSA is free to both Palm Beach County Mensa at the address below and to American Mensa at the address above.

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Palm-Mensa welcomes contributions. Correspondence to the editor will be considered for publication unless otherwise requested. Submissions may be edited for space and clarity. Permission is granted to reprint from Palm-Mensa as long as proper credit is given.

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**FAVOR.** Our Editor/Webmaster is "running blind" about many of our functions. If our committee chairpersons could give him a few sentences about what their committees do and also notify him of all upcoming target dates/deadlines (both internal and external), he would greatly appreciate it. He would then publish the information. Don't forget: that the printed newsletter is sent to qualified prospects as well as our members, and our web site (except for the Members Only area) can be viewed by everybody. (A person from Macedonia contacted me a few years ago in order to correct my spelling on our first web page.)

**WEIGHTY MATTERS.** A recent study published in the New England Journal of Medicine demonstrated a good news/bad news scenario about holiday weight gain.

- The bad: The weight you gain during the holiday season may endure for the rest of your life.
- The good: Most folks \*think\* that they gain five to 10 pounds during the season; they \*actually\* gain only about one pound. (However, you may never lose that one pound.)
- The very good: If you attend any of our parties you will not gain any weight because the food and drink are deemed to be non-caloric and non-fat by the Supreme Court.

**PARTICIPATION.** A recent issue of \*Interloc\* had an article about members who didn't participate (or very rarely participated) in events. The problem may not be one of apathy but one of interest: the scheduled events may not interest many members. For example, some members may \*choose\* to not participate in dinners and/or happy hours that the members perceive as social, party-type events; these members may enjoy participating in more intellectual events. In light of the article, I propose if you have an idea for an event that you may want to sponsor, you could contact me, and I might be able to help you out with information about hosting (it doesn't have to be "fancy") and/or promotion (including providing "feelers"). Examples include travel (maybe with a slide show?), international trade, and taxation. Please contact me with your ideas.

**HUMILITY?** Yesterday, it was announced that humans have only about 30,000 genes instead of 100,000 as previously thought. This is only twice as many genes as the common fruit fly or worm has. (To save us from being totally humiliated, it was revealed that the protein in our genes is much more complex than the protein in the genes of fruit flies or worms.)

*Notes from the Underground by Barry Karas*

May—	
Thu 5	<b>1<sup>st</sup> THURSDAY PUB NIGHT</b> 7:00 pm. <b>The Field Irish Pub</b> , 3281 Griffin Road, Dania Beach. For further information call <b>Jason Knight</b> , 954-969-0683. Live music! <b>*** Location Change *** Broward Mensa</b>
Fri 6	<b>FIRST FRIDAY</b> 7:00 pm at Payathai, NW corner of Congress Ave and Lantana Road, Lantana. RSVP Barry Karas 561-964-4360 or <a href="mailto:bkaras@adelphia.com">bkaras@adelphia.com</a> <b>Palm Beach County Mensa</b>
Fri 6	<b>BULLsig</b> 1:15 pm. North: <b>Galanga Thai Kitchen &amp; Sushi Bar</b> , 2389 Wilton Dr. (NE. 4th Ave between Sunrise and Oakland Park Blvd.), Wilton Manors. Call Jackie Proudfoot, 954-920-3602 <b>Broward Mensa</b>
Sat 7	<b>Kayak/Canoe at West Lake Park</b> in Hollywood. We will meet at 9:00-9:15 At West Lake Park Marina. Figure a maximum of 3 hours on the water. Outing cost for single kayak, \$17.00 Members, \$21.00 Non-Members. Tandem kayak or canoe, per person, \$10.00 Members, \$13.00 Non-members. Costs exclude lunch. AFTER- Lunch at <b>Capone's Flicker Light Café</b> on A1A on the beach - not included in the cost of the Outing. Leader <b>Jordan London</b> , 954-961-8286. <b>Broward Mensa</b>
Sat 7	<b>HOLLYWOOD PARTY</b> 7:00 pm (Please note that we've changed the time for May - instead of the second Saturday). Ruby is drilling next weekend Saturday and then Sunday we're packing and leaving early for a week-long group camping vacation, finally - so... Party tonight. Food, games, talk, the patio, the stars outside. Bring-A-Dish, \$3.00 Contribution. RSVP To <b>Ruby Allman</b> , 954-961-7334. <b>Broward Mensa</b>
Sun 8	EXCOMM MEETING at 5:30 pm at the home of <b>Sandy and JoAnn Kopolowitz</b> . Call them at 954-975-6361 for directions. All Mensans are welcome. If you would like to have something added to the agenda, please contact LocSec <b>Dan Rhea</b> at 954-575-1639 or <a href="mailto:danrhea@bellsouth.net">danrhea@bellsouth.net</a> . <b>Broward Mensa</b>
Tue 10	<b>ELECTRONIC TRIVIA NORTH</b> meets, as always, at <b>Rickey's</b> , 4645 Hollywood Blvd. Exit I-95 at Hollywood Blvd. and go west to 48th Ave. Park in back. We meet at 5:30 p.m. since there are some good games early, but if you can't make it early, come when you can. Enjoy pretty good food and very good trivia. Smoking where permitted. <b>Miami Mensa.</b>
Wed 11	<b>DISCUSSION SIG</b> at 8:00 pm. Discuss politics, science, art, etc., in depth. Topics to be decided at each meeting. Dates and location are flexible. Snacks and drinks provided. RSVP to <b>Roy Fischler</b> at 954-578-8273 for location. <b>Pets, no smoking. Broward Mensa</b>
Fri 13	<b>BULLsig</b> 1:15 pm. South: <b>Royal India Buffet</b> , 3801 Griffin Rd., Dania Beach. Call <b>Jackie Proudfoot</b> , 954-920-3602. <b>Broward Mensa</b>
Sun 15	<b>SUNDAY BRUNCH</b> at the <b>Olive Garden</b> -Coral Springs, 11:00 am. Come one, come all. Let's meet for this well known chain's endless salad bowl, fresh from the oven bread sticks and endless pasta. Comfort food time. Good Italian food, ordered from the menu so that you can get as much or as little as you wish. Moderately priced selections from the menu, good friendly service and great company. The Coral Springs <b>Olive Garden</b> is located at 1555 University Drive on the east side between Atlantic Blvd. and Royal Palm. RSVP to <b>Micki Hawn</b> at 954-345-1688. <b>Broward Mensa</b>
Sun ... 15 - 21	<b>Camp, cave-explore, bicycle, hike, canoe, kayak</b> - a week of tent or RV or Pop-Up camping in Northern Florida at <b>Torreya State Park</b> . We will arrive late Sunday the 15th, set up camp, and then drive each day to a different activity. Then we'll leave Saturday the 21st so that we'll have Sunday in which to get ready to get back to our regular schedule. We'll have dinner supplied by OAK as a group activity two evenings. The rest of dinners we'll have in local eateries and breakfasts and lunches are BYO. We're still working on costs, but it will be very inexpensive. Any questions, or to reserve, please call <b>Jordan London</b> , 954-961-8286. <b>Broward Mensa</b>
Thu 19	<b>3<sup>rd</sup> THURSDAY PUB NIGHT</b> 7:00 pm. <b>The Field Irish Pub</b> , 3281 Griffin Road, Dania Beach. For further information call <b>Jason Knight</b> , 954-969-0683. Live music! <b>Broward Mensa</b>
Fri 20	<b>BULLsig</b> 1:15 pm. East: <b>Sage Cafe</b> , 2378 N Federal Highway, Fort Lauderdale. Call <b>Jackie Proudfoot</b> , 954-920-3602. <b>Broward Mensa</b>
Sat 21	<b>RG minus 1 week and counting</b> - Covered Dish Dinner at the home of <b>Joe and Carol Lee Vitale</b> . Polish your schmoozing skills with the usual suspects at 8:00 PM, 3840 N.W. Third Terrace, Pompano Beach. RSVP to 954-781-7659. <b>Broward Mensa</b>
Wed 25	<b>DISCUSSION SIG</b> at 8:00 pm. Discuss politics, science, art, etc., in depth. Topics to be decided at each meeting. Dates and location are flexible. Snacks and drinks provided. RSVP to <b>Roy Fischler</b> at 954-578-8273 for location. <b>Pets, no smoking. Broward Mensa</b>
Fri 27	<b>BULLsig</b> 1:15 pm. West: <b>Quarterdeck Restaurant</b> , 315 University Drive, Davie. Call <b>Jackie Proudfoot</b> , 954-920-3602. <b>Broward Mensa</b>
June	
Thu 2	<b>1<sup>st</sup> THURSDAY PUB NIGHT</b> 7:00 pm. <b>The Field Irish Pub</b> , 3281 Griffin Road, Dania Beach. For further information call <b>Jason Knight</b> , 954-969-0683. Live music! <b>*** Location Change *** Broward Mensa</b>
Fri 3	<b>BULLsig</b> 1:15 pm. North: <b>La Molinda Restaurant</b> , 119 W Oakland Park Blvd., Fort. Lauderdale. Call <b>Jackie Proudfoot</b> , 954-920-3602. <b>Broward Mensa</b>
Sat 4	<b>Kayak around the Island City of Wilton Manors</b> just south of Fort Lauderdale. We paddle on the Middle River and a couple of canals, all very peaceful, with virtually no boat traffic. During the middle of the trip, we stop off and have a delightful picnic lunch, supplied by the Klub, plus a pit stop for those who need it. People in their back yards wave to us as we go by, and there are a few very photo-op locations. Cost is \$34.00 per member, \$39.00 per non-member, includes kayak, accessories such as paddle, lunch, and a damned good time. Leader <b>Jordan London</b> , 954-961-8286. <b>Broward Mensa</b>
Wed 8	<b>DISCUSSION SIG</b> at 8:00 pm. Discuss politics, science, art, etc., in depth. Topics to be decided at each meeting. Dates and location are flexible. Snacks and drinks provided. RSVP to <b>Roy Fischler</b> at 954-578-8273 for location. <b>Pets, no smoking. Broward Mensa</b>
Fri 10	<b>BULLsig</b> 1:15 pm. South: <b>Mi Casa Su Casa</b> , 2730 Griffin Rd., Dania Beach. Call <b>Jackie Proudfoot</b> , 954-920-3602. <b>Broward Mensa</b>
Sat 11	<b>Party at Jordan and Ruby's</b> in Hollywood. South Browardians, y'all come. Bring-A-Dish, and a \$3.00 contribution. The food, the crowd, the conversation, and games iffen you want 'em. Call <b>Ruby Allman</b> , 954-961-7334. <b>Broward Mensa</b>
Sun 12	<b>Horseback riding in Davie</b> . We ride about an hour and a half or so, on the horse trails paralleling the east-west axis. The horses are gentle, extremely well-trained, and our guides patient and understanding. Afterward, we'll go for lunch at a local restaurant. The last of the Great West in the East!! Leader <b>Jordan London</b> , 954-961-8286. <b>Broward Mensa</b>

## Member News—

Palm Beach County Mensa ended February with 378 members. We gained 2 brand new, renewing or moving into our area. Welcome or welcome back to: **Brian Wright** and **Cassandra Hodgdon**. Come on out to an event or organize one yourself. We'd like to meet you!

## Mind Games—

The newest games were rated and played by 164 Ms at Mind Games. The winners:  
**DaVinci's Challenge** - Briarpatch [www.briarpatch.com](http://www.briarpatch.com)  
**Ingenius** - Fantasy Flight Games [www.fantasyflightgames.com](http://www.fantasyflightgames.com)  
**Loot** - Gamewright [www.gamewright.com](http://www.gamewright.com)  
**Niagara** - Rio Grande Games [www.riograndegames.com](http://www.riograndegames.com)  
**Zendo** - Looney Labs [www.looneylabs.com](http://www.looneylabs.com)

## Other news—

**RVC Column** by **Elissa Rudolph**  
*RVC10* [elissa12@bellsouth.net](mailto:elissa12@bellsouth.net)

I'm baaacckk! Humongous thanks to **Maggie Truelove**, Assistant RVC, soon to be the authentic RVC for Region 10. She went to the March AMC meeting to report on our region's doings and saw just how those meetings are conducted. And she still wants more. Way to go, Maggie!

The last few months I have been concentrating on finishing up my graduate degree, a master of arts in liberal studies with an emphasis on—what else?—Florida studies. In fact, my thesis will be turned into a program for the World Gathering in 2006. I've done research on the Highwaymen landscape artists and their children, some of whom are painting in the style of their parents. If you would like more information about this unique Floridian phenomenon, try my website, [www.elissa.com](http://www.elissa.com), where I am posting my research.

Did you attend MindGames in Tampa? If you did, you probably had a fabulous time—what a great outlet for Mensa problem-solvers.

If you are a proctor, you have a certification to renew. Do it now so that testing can continue in your area.

See you soon in Ft. Lauderdale or New Orleans!

**Coming Events:**

FloRanGe '05-Suite Mayhem, Broward Mensa's RG over Memorial Day weekend, May 27-30, Tampa Bay Mensa's traditional spot on the calendar. Since that group did MindGames, Broward Mensa is hosting the 3-day RG in Fort Lauderdale. Can't miss a chance to party! Contact **Robin Rhea**, 954.575.1639, [robinrhea@bellsouth.net](mailto:robinrhea@bellsouth.net) for information.

MensAGumbo, July 6 – 10, in wonderful New Orleans. Laissez les bons ton roulet!

## Trivia—

Believe it or not, there is a competition that tests knowledge of trivia (National Trivia Network). Many restaurants/bars across the country participate including several here in Palm Beach County. There are all kinds of questions...many dealing with the obscure. The questions may be obscure, the answers may be obscure, or both may be obscure. Then again the questions/answers may be easy...at least for Mensans. The NTN trivia is on seven days per week all day. The "hard core" play on Tuesdays at 8:30 PM but any evening is fine.  
Contact **Barry Karas**: telephone: (561) 964-4360; e-mail: [bkaras@adelphia.net](mailto:bkaras@adelphia.net); postal: 1811 Meadows Cir W Boynton Beach, FL 33432-9227.

## Nutritious eating—

Most of the 1,462 recorded species of insects are edible by humans. Many insects are poisonous and should not be eaten. While non-poisonous insects are quite nutritious, it is doubtful insects will ever appear on the FDA's Nutrition Pyramid. For instance, 100 grams of cricket contains only 121 calories, less than half the number of calories for the same amount of beef. The cricket 'meat' contains only 5.5 grams of fat, compared to 21.2g for the beef. The beef contains 23.5g of protein, but the cricket has only 12.9g. The 100g of cricket 'meat' also contain 5.1g of carbohydrates, 75.8 mg calcium, 185.3 mg phosphorous, 9.5 mg iron, thiamin, riboflavin, and niacin.

The WD in WD-40 stands for Water Displacer, **40th** attempt.