



DelaMensa

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March 2008

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EXCOMMunication - March, 2008

By: Maria Sawczuk, Local Secretary

Culture Quest is coming! Are you signed up to be on a team yet? The deadline is coming up on March 31. This year's competition will be held on Sunday, April 27. Teams of up to five members gather on a single day across the U.S. and Canada and, for 90 minutes, compete for cash prizes and cultural literacy bragging rights. If you are interested on being on a team, or want more information, give me a call or shoot me an email before the deadline of March 31. The competition is open to all members regardless of age. Each team member must be a dues-paid Mensa member for the 2008-2009 membership year by April 1, 2008.

Which brings me to my next topic – have you renewed your membership yet? If not, please take a moment and either send in your form, or go online at www.us.mensa.org. It's very simple. Our membership numbers are closing in on 200. I would love to hit that mark by this time next year. The more members, the more active we become. You've probably noticed how we keep adding more events each year.

I want to congratulate Nicole Perefegé on completing the requirements to become a certified Proctor for Mensa. She's now able to administer our admission test, and is chomping at the bit to hold some testing sessions. If you know anyone who is interested in testing, let me know and we can get them set up. Our group will get a few extra bucks for each person we test in March, so now's the time!

Finally, have you met other Mensans at a Gathering yet? You haven't made the most of your membership otherwise. These events, held just about every weekend somewhere in the country, are non-stop fun. Of course, the

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mother-of-all-Gatherings, the Annual Gathering, is being held in Denver this year. Nothing should stop you from coming out! It's on track to break attendance records, and the hotel is nearing a sell-out already! Plan your vacation around Mensa this July. You won't be sorry.

If you can't make the trip, I hope we get to see you at our Second Annual Regional Gathering – The Tower of Babel. It's being held in Newark on September 12-14. Contact Keith Johnson if you want to volunteer.

DM

Why don't they pass a constitutional amendment prohibiting anybody from learning anything? If it works as well as prohibition did, in five years Americans would be the smartest race of people on Earth.

Will Rogers

Coming Events

THURSDAY, MARCH 27, 2008 - Homeland Security

Delaware Mensa is honored to welcome the Secretary of Delaware Department of Safety and Homeland Security, David B. Mitchell. Mr. Mitchell will update us on the goings-on in this important State department. The mission of the DSHS is to promote and protect the safety of people and property in Delaware. Find out what agencies fit under this umbrella, what steps are being taken to prepare for all hazards and to protect

all citizens, and what innovative technological advances have been put into place to keep Delaware safe.

DATE: Thursday, March 27, 2008

TIME: Dinner at 6:30 p.m.; with the talk to begin at 7:00 p.m.

PLACE: Sheridan's Pub, 42 W. Commerce St., Smyrna
To RSVP, e-mail Maria at legalady@magpage.com or call 302-893-5118.

Genius Junk Food

By Jeff Volek, Ph.D., R.D., excerpted from Men's Health.com

Did you know there are more than 15 types of saturated fat? And despite the fact that they've been damned as a whole by nutrition experts for decades, some of them are actually heart healthy. That's good news, since high-fat foods are often the tastiest.

But a bad reputation is hard to shake. And though saturated fat is the most obvious example of a bad food gone good, it's not the only one. I've run the numbers and scoured the research to determine which vilified foods have been unjustly convicted. The result: six snacks and drinks that deserve an immediate pardon.

PORK RINDS

Why you think they're bad: These puffy snacks are literally cut from pigskin. Then they're deep-fried.

Why they're not: A 1-ounce serving contains zero carbohydrates, 17 grams (g) of protein, and 9 g fat. That's nine times the protein and less fat than you'll find in a serving of carb-packed potato chips. Even better, 43 percent of a pork rind's fat is unsaturated, and most of that is oleic acid -- the same healthy fat found in **olive oil**. Another 13 percent of its fat content is stearic acid, a type of saturated fat that's considered harmless, because it doesn't raise cholesterol levels.

ALCOHOL

Why you think it's bad: It has little nutritional value and is the reason we need the term "beer belly."

Why it's not: In a study of more than 18,000 men, Harvard scientists discovered that those who had an average of two drinks every day, 5 to 7 days a week, had the lowest risk of heart attack. And researchers at the University of Buffalo found that men who consume that same daily amount have lower levels of abdominal fat than those who drink only once or twice every 2 weeks but down more than four drinks each time. Pinot noir contains more disease-fighting antioxidants than any other type of alcoholic beverage.

Member Blog

Delaware Mensa member Rogers George now has a personal Blog. On the chance that anyone is interested, the url is

rogersgeorge.blogspot.com

and though it contains mostly rather mundane adventures, reflections, and poetry lessons, he'll announce his annual pig roast when it comes up. You are invited to visit and to bookmark the blog if you're into such things.

BEEF JERKY

Why you think it's bad: It's unhealthy meat that's loaded with preservatives.

Why it's not: Beef jerky is high in protein and doesn't raise your level of insulin -- a hormone that signals your body to store fat. That makes it an ideal between-meals snack, especially when you're trying to lose weight. And while some beef-jerky brands are packed with high-sodium ingredients, such as MSG and sodium nitrate, chemical-free products are available. If you have high blood pressure, check the label for brands that are made from all-natural ingredients, which reduce the total sodium content. Gourmet Natural Beef Jerky (available at americangrassfedbeef.com) has no preservatives and is made from lean, grass-fed beef. Research shows that, unlike grain-fed products, grass-fed beef contains the same healthy omega-3 fats found in fish.

SOUR CREAM

Why you think it's bad: You know 90 percent of its calories are derived from fat, at least half of which is saturated.

Why it's not: The percentage of fat is high, but the total amount isn't. Consider that a serving of sour cream is 2 tablespoons. That provides just 52 calories -- half the amount that's in a single tablespoon of mayonnaise -- and less saturated fat than you'd get from drinking a 12-ounce glass of 2 percent reduced-fat milk.

COCONUT

Why you think it's bad: Ounce for ounce, coconut contains more saturated fat than butter does. As a result, health experts have warned that it will clog your arteries.

Why it's not: Even though coconut is packed with saturated fat, it appears to have a beneficial effect on heart-disease risk factors. One reason: More than 50 percent of its saturated-fat content is lauric acid. A recent analysis of 60 studies published in the *American Journal of Clinical Nutrition* reports that even though lauric acid raises LDL (bad) cholesterol, it boosts HDL (good) cholesterol even more. Overall, this means it decreases your risk of cardiovascular disease. The rest of the saturated fat is almost entirely composed of "medium-chain" fatty acids, which have little or no effect on cholesterol levels.

CHOCOLATE BARS

Why you think they're bad: They're high in both sugar and fat.

Why they're not: Cocoa is rich in flavonoids -- the same heart-healthy compounds found in red wine and green tea. Its most potent form is dark chocolate. In a recent study, Greek researchers found that consuming dark chocolate containing 100 milligrams (mg) of flavonoids relaxes your blood vessels, improving bloodflow to your heart. What about the fat? It's mostly stearic and oleic acids.

Good Wine Cheap (and good food to go with it)

By John Grover

One of the great things about retirement is all the time you can devote to planning your next trip. After several forays in a row to Europe, perhaps it's about time to consider a vacation in the U.S.A.. One of our favorite American cities was pre-Katrina New Orleans. That city has been on the ropes for several years now. And, maybe we should be doing more to support its recovery. This month's recipe is dedicated to New Orleans and our plans to visit in 2008.

This month's wine is a crisp white that pairs well with the recipe below. It is the 2006 Seyval from the Hosmer Winery on Cayuga Lake in New York's Finger Lakes region. This wine is made from the French-American hybrid grape, Seyval Blanc. While these hybrids have rarely been viewed as the source of truly fine wines, I beg to differ. A number of New York and other Northeastern U.S. producers make very good wine with this grape. Hosmer has made a light, clean and fruity wine, with a distinct citrus nose and tart apple taste. The wine maker has achieved a near perfect balance of acidity that races across the palate. The price is around \$10 a bottle. If you cannot find Hosmer locally, I would suggest a couple good second choices for Seyval Blanc with broader distribution: Glenora (Seneca Lake) at about \$12 a bottle and Clinton Vineyards (Hudson Valley) for about \$17.

Shrimp & White Bean Stew (adapted from the fine "whatscookingamerica" website)

Ingredients: 2 tbsp extra-virgin olive oil; 1 medium onion, finely chopped; 3 cloves garlic minced; 2 (15-oz) cans cannellini beans, drained and rinsed; 1 (14-oz) can Italian plum tomatoes, crushed; 1 tsp salt; 1/2 tsp dried rosemary; 1/2 tsp freshly ground pepper; 1 cup hot water; 1 fish-

flavored bouillon cube; 2 (8-oz) bottles clam juice; 1/2 cup dry white wine; hot pepper sauce to taste; 1 lb medium shrimp peeled and de-veined; and, 1/4 cup finely chopped Italian parsley.

In a large heavy soup pot over medium heat, heat olive oil. Add onion and garlic; sauté until soft but not browned. Stir in cannellini beans, tomatoes, rosemary, pepper and salt. (Note: Only put in about half or less of the salt to start with; and, taste the mixture toward the end of cooking before adding any more.)

In a small bowl, combine the hot water and the bouillon cube; stir until well combined and then pour into soup mixture. Add clam juice, white wine, and hot pepper sauce to taste (be careful - remember you can always add more hot pepper sauce, but you can't take it out). Bring soup just to a boil, reduce heat to low and simmer approximately 30 minutes or until slightly thickened. (Note: We could not find fish flavored bouillon, so we substituted a cup of vegetable broth for the bouillon and water mixture.)

Just before serving time, add the shrimp; simmer approximately 2 to 3 minutes or until shrimp are opaque in center (cut to test). Stir in parsley. Remove from heat and serve in soup bowls. Makes 4 servings. This dish goes well with rice or crusty peasant bread.

I hope that you will contact me with your comments and favorite wines at jgrover@berk.com. I will be happy to share them with the broader Mensa group.

John Grover is a member of Mensa of Northeastern New York. He lives with his wife Sharon in the Hudson Valley of New York.

Celebrations

As of January 31, we had 174 members

A Happy Birthday to these Mensans with a birthday this month:

Name	Birthday
Fran Joseph	3/4
Christopher Shelley	3/4
Alan Bleier	3/12
Paul Craven	3/12
Harry Albert	3/14
Ann Warner	3/19

And also to those who don't wish to have their birthdays published

Congratulations, and a Happy Mensaversary to these members who celebrate their Mensa anniversary this month:

Name	Member since:	Member	
Christian Hillson	1994	Miriam Weidner	2005
Ronald Baldwin	1995	Rogers George	2006
Patrick McMahon	2002	Paul Stitik	2006
Edward Stahl, Jr.	2002	Kathryn Canavan	2007
David Brenner	2005	Deane Coffin	2007
Carrie Upreti	2005	Dietmar Luchmann	2007
		John Paschetto	2007

And a warm Delaware Mensa welcome to
Lucien Jacquet, who moved to Dover from Crumpton, MD
and Reinstating Members:
Peter Von Glahn of Wilmington, and Barbara Lavelle of Hockessin

EVERY MONTH EVENTS!

Join Delaware Mensa this fall at one of our many fun events. Time to pull out those calendars!

FIRST WEDNESDAY Happy Hour/NTN Trivia Night
THIRD WEDNESDAY Happy Hour/NTN Trivia Night

Join Delaware Mensa from 6 to 8 pm, on the First (Dover) and Third (Bear) Wednesdays of each month for some after-work cocktails and a little friendly competition as we play another round of NTN Trivia. You've probably seen NTN Trivia at a favorite bar or restaurant. It's a nationwide trivia network, with rounds of games played 24 hours a day. If you've never played before, it's highly addictive! Come out and see what it's all about, and challenge your fellow Mensans.

PLACE: Buffalo Wild Wings, 680 South Bay Road (Route 113), **Dover** (across from former Blue Hen Mall) To RSVP, e-mail Leah at bluepointjive@gmail.com.

PLACE: Buffalo Wild Wings, Sunset Station Shopping Center, Route 40, **Bear**. To RSVP, e-mail Maria at legalady@magpage.com or call 302-893-5118.

SECOND MONDAY Downtown Lunch Bunch

The Delaware Mensa LunchBunch will meet from about 11:45 to 1:15 at ED OLIVER HOUSE. Formerly the Terrace at Greenhill, the restaurant is located at ED "Porky" OLIVER Golf Club, 800 N. DuPont Road, Wilmington. 302-571-9041. Meet us there for lunch and stimulating conversation.

There is plenty of parking, and it's not too far from downtown. (**Second Monday of each month**)

For further information, contact Dee Richardson, 302-892-2299, busydeee@comcast.net

TUESDAY, February 19, 2008: DOWNSTATE DOWN - Dining Out With Nerds

Come out and support our newest monthly event – Downstate DOWN – Dining Out With Nerds. Leah Kinder will pick a different ethnic restaurant each month. Broaden your culinary horizons, share some stories, and have fun with your fellow Mensans.

DATE: Tuesday, March 18, 2008
 TIME: 6:00 pm

PLACE: **Thai Style Restaurant, 1855 S. DuPont Hwy., Dover (across from Rodney Village)** To RSVP: e-mail Leah at bluepointjive@gmail.com , or call 302-222-2357. (WE MUST HAVE AN RSVP IF YOU PLAN TO ATTEND THIS EVENT!)

LAST SATURDAY Philosophy and Discussion Group

Here's a new recurring event for Delaware Mensa. John Slomski and Dr. Deb Gleason host a monthly Philosophy & Discussion Group at their home in Boothwyn, PA, which is a stone's throw from the Delaware State line. Join us, and Delaware Valley Mensa (DVM) on the last Saturday of each month, at 8 pm, for good conversation. Bring your most nagging philosophical questions, and maybe munchies.

PLACE: John and Deb's home in Boothwyn. To RSVP and get directions, contact John or Deb at doctordeb@copper.net, or call 610-485-2745.

Delaware Mensa Calendar

Grab your personal calendar and write down some events!

- | | |
|--------------|---|
| Wed, Mar 5 | 6 to 8 pm, Downstate Happy Hour/ NTN Trivia, at Buffalo Wild Wings, 680 South Bay Rd, Dover. It worked so well we're holding it twice a month. First Wednesday of each month we'll be in Dover. To RSVP, e-mail Leah at bluepointjive@gmail.com . |
| Mon, Mar 10 | 11:30—? Downtown Lunch Bunch meet in the basement Cafeteria of the Hotel DuPont for lunch and stimulating conversation. (Second Monday) Info: Dee Richardson at 302-892-2299 |
| Wed, Tue 18 | 6:30 to pm, Downstate DOWN (Dining Out With Nerds). Italian this month: La Fontana, 56 W Birdie Ln, Magnolia. RSVP with Leah at bluepointjive@gmail.com , or call 302-222-2357 |
| Wed, Mar 19 | 6 to 8 pm, Happy Hour/ NTN Trivia Night at Buffalo Wild Wings, Sunset Station Shopping Center, Route 40, Bear. Third Wednesday of each month . For info or to RSVP, e-mail Maria at legalady@magpage.com or call 302-893-5118. |
| Thur, Mar 27 | 7 to 9 pm, Dinner meeting—Deaf Culture, A Piece of Ireland, Rt 4 and Marrows Rd, Newark. For info or to RSVP, e-mail Maria at legalady@magpage.com or call 302-893-5118. |
| Sat, Mar 29 | 8 pm, Philosophy and Discussion Group at John and Deb's house. Last Saturday of each month . For info and directions, John or Deb at doctordeb@copper.net , or 610-485-2745. |

Your event here!!

DM

If you missed the very first Delaware Mensa RG last year, you missed a great event. It was successful beyond all expectations and people had a great time. It went so well that we're doing it again this year. It will be at the same hotel in Newark. We are putting the program together now, and need a few good volunteers to pull it off.



TOWER OF BABEL

The Second Annual Delaware Mensa Regional Gathering
September 12-14, 2008

We need Committee members and assistants for:

Hospitality Committee (plan, buy and serve all the food and drinks. Keep the tables full and the lines moving.)

Programs Committee (plan ideas for the speaker program, recruit speakers, and get them to the room on time.)

Entertainment Committee (plan and schedule all the entertainment, games or outside tours. Ideas needed for what to do, and who should do it.)

Registration Committee (manage the advance registrations, keep financial records, prepare registration packets, sign in attendees at the RG, and welcome all our guests)

GenX Liaison: We want a GenX liaison for each of the above committees!

This is your RG. Come out and help make it a success. To volunteer, contact Keith at jkjohnson@snip.net or 302-242-8201, Maria at legality@magpage.com or 302-893-5118 or any of the group officers.

There are four basic food groups: milk chocolate, dark chocolate, white chocolate, and chocolate truffles.
Anonymous

I have this theory that chocolate slows down the aging process... It may not be true, but do I dare take the chance?
Unknown



Join us in **EARLY CINCO DE MAYO**,
a wickedly festive **Regional Gathering** jointly presented by
Metropolitan Washington Mensa and **Maryland Mensa**
on **Friday, May 2nd** through **Sunday, May 4th**
at the **Holiday Inn Gaithersburg**,
2 Montgomery Village Avenue, Gaithersburg, MD 20879.

Saturday night banquet (included with registration), **around-the-clock hospitality**, **three full tracks of programs** from Friday through Sunday, **endless games and tournaments**, **two indoor pool parties** plus a hot tub, **chocolate orgy**, **scholarship auction**, and **much, much more**.

RG Registration: Make your check payable to **MMWM RG** and mail it along with your full name; the name to be printed on your RG badge; your postal mailing address; your telephone number; and your e-mail address to **RG Registrar Bill Todd, 642 Wilson Place, Frederick, MD 21702-4168**.

Hotel Registration: Call 301-948-8900 or see www.higaithersburg.com; cite *Group Booking Code "IQQ"* to get the special room rate of **\$99** (plus tax) per night. Rate is guaranteed through 04/28/08.

RG Registration Rates	
Full Registration	One Day at a Time
\$89 (Feb 1—Mar 20)	Friday \$40
\$99 (Mar 21—May 1)	Saturday \$80
\$105 (Walk-in at the RG)	Sunday \$20

Mensa is an international society whose sole membership requirement is a score in the top two percent of the general population on an approved intelligence test. It is non-profit, has no religious or political affiliations, and promotes no official positions. Send address changes and requests for information to: **American Mensa Ltd., National Office, 1229 Corporate Drive West, Arlington TX 76006-6013, 817-607-0060, e-mail:** AmericanMensa@mensa.org. DelaMensa is the official publication of Delaware Mensa, local group number 197 of American Mensa Ltd. *Opinions expressed herein are those of the authors, and should not be construed as official opinions of either American Mensa Ltd. Or Delaware Mensa.* Manuscripts and letters are welcome, but must be original and unpublished. Reprints will be considered if accompanied by written permission from the copyright holder. All submissions must be signed, although the name of the author will be withheld upon request. Deadlines are shown on the calendar included in the newsletter. All submissions should be sent to the Editor at the address listed in the directory on page 1.



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FIRST CLASS MAIL

March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Happy Hour/ NTN Trivia Night	6	7 New Moon	8
9	10 Lunch Bunch	11	12	13	14	15
16	17 St Patrick's Day	18 Dining Out With Nerds	19 Happy Hour/ NTN Trivia Night	20	21 Full Moon	22
23	24 DelaMensa Deadline	25	26	27 Homeland Defense Meeting	28	29 Philosophy Discussion
30	31					