



Sunflower
SEEDS



**The monthly publication of
the Sunflower chapter of
American Mensa, Wichita, Kansas**

October 2016

Volume 43 No. 10



October Meetings

Pig Out Saturday, October 1, 12:45 p.m.. At the *Teppanyaki & Sushi Grill Buffet*, 6710 W. Kellogg. We have been here before, and most of us liked it. They offer a Chinese and sushi buffet for \$6.99. Hard to beat that. It is between DollarTree and Best Buy in the mall on the north side of Kellogg, between Kellogg and Taft, and east-west between Dugan and Ridge. 942-7777.

Program Meeting Saturday, October 8, 2:00 p.m. downstairs, at *Watermark Books*, 4701 E. Douglas Ave, at Oliver St.

Victor Lamar is a very thoughtful person, the kind of speaker we look for in our group. He is a retired engineer and will speak on being Black in America.

Food for Thought Saturday, October 15, 11:00 a.m. Downstairs at *Watermark Books*, 4701 E. Douglas Ave, at Oliver Street. This is the same location as our program meeting. There is a cafeteria here, so food and drinks are available.

Banter and Books Saturday, October 22, 7:00 p.m. *Barnes and Noble* bookstore cafeteria, 1920 N. Rock, Wichita. Food and drink are available. Members and guests are welcome. Good conversation.

Fifth Saturday Saturday, October 29, 12:45 p.m. *Wichita Art Museum Café*, in Sims Park, a little north of Seneca and Central.

Most people like the food, and we usually get our own private room. After lunch we can visit the museum at no charge. There are always new exhibits.

September Meeting. Jody Dendurent gave us a few good tips on communicating information to others. It was not so much how to talk on the phone as it was how to convey factual information to others in a way that they will understand.



GROUP ELECTION TIME

It is election time, not only for Federal and State politicians, but also for our local Mensa group.



Elected officers in our group are:

1] Local Secretary (President), 2] Vice Local Secretary (Vice President), 3] Treasurer, and 4] Member at large. Other officers, including Program Chair, Publications Chair, Ombudsman, and Testing Chair are appointed by them.

A nominating committee consisting of Igor Ponomarev, Chairman (683-1118), John Prechtel (686-7401), and Mike Dickson (651-4707) has been appointed by the board. They tentatively plan to nominate the existing board for another two-year term. They welcome your suggestions. Call them. Their final nominations will be listed in the November SEEDS. After that, members can still make additional nominations with 10 signatures. If any positions have more than one nominee, a ballot will be printed in the December SEEDS for members to send in. The election committee will count the ballots and announce the winners. The election committee has also been appointed, and is the same as the nominating committee.

OUR SCHOLARSHIP

In honor of our respected past member, Cole Carland, our group is offering a \$1000 Scholarship this year. The recipient must live in the Sunflower Mensa District, which is most of the state except within 100 miles of Kansas City.

If you know someone headed to college, they can apply at: <https://www.eventbrite.com/e/cole-carland-memorial-scholarship-1000-hand-written-essay-contest-tickets-26887598531>. They can also call Bill Barnet at 316-214-3330.

Applicants must apply by October 6. On October 15, at 9:20 a.m. at the Woodlawn UMC, 4321 S. Woodlawn In Derby they will write an essay on one of a variety of subjects. The winning essay will win the scholarship.

**Hi
Guys**

**Greg Kontz
Vice Chair
Heartland Region 7**

**The Fall AMC meeting was held 09/15 – 16
in Arlington, TX. Below is a summary:**



- Motions dealing with Local Group Web Sites were tabled.
- We established a Hearings and Dispute Review Committee to simplify that process and make things more consistent.
- The selection of the sites for Mind Games was placed under Committee.
- A National Awards Review Task Force was created to recommend changes to clarify intent and eliminate overlap.
- A motion to amend ASIE Appendix 4 regarding the Acknowledgement of Responsibilities failed.
- A motion to amend the Minimum Standard Bylaws regarding local group electronic communication was referred to Committee.

In other news:

- We have a new Regional Scholarship Chair – Chris Breville (Group 800 – Denver), who is replacing Jennifer Soderlund (Group 500 – Iowa). Thanks to both of you.
- Congrats to Group 800 Denver for hosting an LDW (Leadership Development Workshop) July 30th – well done.
- Our Regional Ombudsman, Darwin C Niekerk, has resigned from his position. You made things better – that's as good as anybody does.

Later, Greg Kontz grik@fisherind.com 701-290-0743

TIPS ON DRINKING

Sipping wine on the patio counts as an outdoor activity.

Sign in UK tavern:

Today's special – Buy one beer for the price of two and get the second one absolutely free.



Sign in Scottish tavern:

We specialize in free beer, topless waitresses and false advertising.

It is better to drink than to keep things bottled up.

Women know that men are like grapes. If you stomp the hell out of them, they become acceptable to have dinner with.

Give your mom liquor on her birthday. After all, you are the reason she drinks.

Alcohol may not solve your problems, but neither will milk or water.



There is no use crying over spilled milk, but crying over spilled wine is something else.

A hangover is the Wrath of Grapes.

DRINKING QUIZ

Answers on page 6.

1. What is BAC?
2. What is DUI?
3. What is the allowable BAC for drivers in Kansas?
4. What is the penalty for the first offence of driving with a too high a BAC?
5. What if a driver refuses to be tested for BAC?

QUIZ ANSWERS. From page 5

1. BAC is blood alcohol content, the percent of alcohol in the blood.
2. Driving Under the Influence (of alcohol). An excessive BAC.
3. It is .08% for adults in all states. It is less for those under 21 and commercial drivers.
4. The minimum is 48 hours in jail, \$750 fine, license suspension for 30 days, and a required ignition interlock device on any car driven.
5. The penalty is a one-year driving license suspension.

How to keep your BAC low



1. Drink less. For most women, less than one drink per 55 pounds of body weight will keep you under the .08% level. Men can drink a little bit more, about one drink for each 45 pounds of body weight. (That is 4 drinks for a 180-pound man, 3 drinks for a 165-pound woman.) A drink is: 5 oz. of wine, 12 oz. of beer, or 1.5 oz. of hard liquor.
2. Drink slower. A person's BAC drops about .015% each hour. (BAC will drop from .08% to near zero in about 5 hours.) An average person will never get to .08% by drinking one drink per hour.
3. Check your medicines. Some increase the rate at which BAC rises.
4. Eat food. Food slows the increase of BAC (but doesn't prevent it).

Sources: <http://dui.drivinglaws.org/calc.php> and <http://dui.drivinglaws.org/kansas.php>



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Google “Wichita Mensa,” to find our web page, or go to:

<http://www.kansassunflower.us.mensa.org>

We also have a Facebook page at:

<https://www.facebook.com/groups/773587949355460>

MEMBER NEWS

We have one new member in our group this month. Igor Ponomarev is married, moved here from Russia in about 1990, and now works in the oil business.

Member Gordon Bakken is running for the US House as a Libertarian. On September 19 he debated Mike Pompeo and the other candidates at WSU.



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