

Sunflower Seeds



This month's featured articles:

News Brief by Rich Alcott.

Yet more jokes from Mike Dickson.

A Trip to Hawaii.

Should the Seeds be a quarterly publication?

FEBRUARY 2018

THE MONTHLY PUBLICATION OF THE SUNFLOWER CHAPTER OF AMERICAN MENSA,
WICHITA, KANSAS

VOLUME 45, NO. 2

Last Month's Speaker:

SHEALA WEST IS SOCIAL WORKER WHO COUNSELS
AUTISTIC CHILD CLIENTS. CHALLENGES TO AUTISTIC [SW]

1. FACIAL EXPRESSIONS [THEY CAN BE TAUGHT TO RECOGNIZE ASSOCIATIONS BETWEEN FEELINGS AND FACE BUT STILL NOT FUNCTION OR PERFORM]
2. SARCASM IS ALSO VERY CHALLENGING
3. STIMMING [CREATING ALTERNATE REALITY; ODD VIEWING ANGLES;]
4. PARENTAL ADAPTATIONS; LEARNING HOW TO MANAGE AUSTISTIC CHILD WHO NEEDS VERY STRUCTURED ENVIRONMENT.
5. AUTISTIC ARE OFTEN OVERWHELMED BY STIMULI- HAVE REDUCED ABILITY TO FILTER OUT WHAT IS NOT NEEDED AT THE MOMENT [MELTDOWN]
6. AUTISTICS DEMONSTRATE "FIGHT OR FLIGHT" [ANXIETY BASED- RESPONSES- VARY FROM ELOPMENT, FLIGHT, FLOPPING[FREEZING]; FRIENDING [SOCIAL BONDING BUT NOT AUTHENTIC NATURAL/STOCKHOLM SYNDROM] PLAY DEAD/LETHARGY.
7. SELF-INJURY[CUTTING]; HEAD-BANGING; ADDICTIVE QUALITY; FUNCTIONS AS COPING MECHANISM THERAPIST ATTEMPTS TO PROVIDE ALTERNATE BEHAVIORS
8. CHILDREN WHO HAVE REACTIVE ATTACHMENT DISORDERS OFTEN ARE LATER DIAGNOSED WITH BI-POLAR DISORDER.
9. OBJECT PERMANENCE-- USUALLY ACCOMPLISHED IN CHILD BY 1-2 YRS OF AGE-SHEALA'S CLIENT AT 4 WAS STILL CHALLENGED..
10. ALL CHILD DNA FOR DISORDERS DONE IN KC.
11. GENE SITE.COM
12. AUTISM /VACCINE LINK? WAKEFIELD CLAIM? MMRUBELLA--THIS 3-PUNCH WAS WHAT DID THE DAMAGE-- NEW STUDIES BEING DONE. BIASED EITHER WAY??
13. MAJOR AUSTIC CASES [FETAL ALC; EARLY NEGLECT...]
14. WHAT IS FRAGILE X?
15. TEMPLE GRANDIN BOOK
16. DNA? ASBERGERS AUTISM?
17. SCHIZOPHRENIA DIAGNOSES CONFUSED WITH AUTISM
18. DIAGNOSIS IN 3RD WORLD LEADS TO ACCOMODATION WITHIN HOME/ COMMUNITY WHEREAS WESTERN RESPONSE IS LABEL/DRUG/INSTITUTIONALLY DRIVEN
19. PSYCHOTIC CASE; COMMAND HALLUCINATIONS/CLIENT HEARD VOICES TELLING HIM TO "KILL"
20. IF YOU WONDER IF YOUR CHILD IS ADHD- GIVE THEM CAFFEINE AT BEDTIME [LIKE MED ADDERAL] IF HE SLEEPS HE'S ADHD IF NOT HE'S NORMAL
21. CLIENTS OFTEN HAVE TRIED NATURAL HEALTH OPTIONS [HOMEOPATHY; ESSENTIAL OILS]
22. RECESS/ADHD RESEARCH; BIKING AS THERAPY; KINESTHETIC STIMULI ROLE



This Month's Speaker:

[Kiana Knolland of ACLU](#)

February 10th 2pm
Watermark Books

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February

2018

Sunflower Mensa Monthly Events:



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------|-----------------------|-----------|-------------------------------|-----------------------|--|
| | | | | 1 | 2 Geoffrey Todd | 3 Monthly Pig-Out - 12:45pm Los Compadres 3827 W 13 th ST |
| 4 | 5 Blake Escritt | 6 | 7 | 8 | 9 | 10 Stated Meeting & Guest Speaker 2:00pm Watermark Books -Basement |
| 11 | 12 Linda Shriver | 13 Thomas Chase | 14 | 15 | 16 | 17 Food for Thought 11:00am Watermark Books - Basement |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 Banter and Books 7:00pm Barnes & Noble's Snack Bar |
| 25 | 26 | 27 Linda Hanes | 28 | Larry Paarmann Feb. 3rd | | B D A Y S |

February Trivia

The Roman month [*Februarius*](#) was named after the Latin term *februum*, which means *purification*, via the purification ritual [*Februa*](#) held on February 15 (full moon) in the old lunar [Roman calendar](#). January and February were the last two months to be added to the Roman calendar, since the Romans originally considered winter a monthless period. They were added by [Numa Pompilius](#) about 713 BC. February remained the last month of the calendar year until the time of the [decemvirs](#) (c. 450 BC), when it became the second month. At certain intervals February was truncated to 23 or 24 days, and a 27-day intercalary month, [Intercalaris](#), was inserted immediately after February to realign the year with the [seasons](#).

February observances in [Ancient Rome](#) include [Amburbium](#) (precise date unknown), [Sementivae](#) (February 2), [Februa](#) (February 13–15), [Lupercalia](#) (February 13–15), [Parentalia](#) (February 13–22), [Quirinalia](#) (February 17), [Feralia](#) (February 21), [Caristia](#) (February 22), [Terminalia](#) (February 23), [Regifugium](#) (February 24), and [Agonium Martiale](#) (February 27). These days do not correspond to the modern Gregorian calendar.

Under the reforms that instituted the [Julian calendar](#), Intercalaris was abolished, leap years occurred regularly every fourth year, and in leap years February gained a 29th day. Thereafter, it remained the second month of the calendar year, meaning the order that months are displayed (January, February, March, ..., December) within a year-at-a-glance calendar. Even during the Middle Ages, when the numbered [Anno Domini](#) year began on March 25 or December 25, the second month was February whenever all twelve months were displayed in order. The [Gregorian calendar](#) reforms made slight changes to the system for determining which years were leap years and thus contained a 29-day February.

Wikipedia-

Dear Spirit of Aloha:

I am writing to you after my recent visit to the Hawaiian Islands. I am writing not to the people of Hawaii, but rather to you, the invisible being which is said to permeate the whole group of islands. I will not complain here about the high cost of everything, or about the wild capitalistic atmosphere reigning supreme on Waikiki, as their presence is well known and there is nothing you (or I) can do about it.

However, during my two week stay on Waikiki Beach, the Spirit of Aloha was not very visible, in spite of the constant repeating of the customary greeting by the locals. Australian tourists, however, reassured me of your presence elsewhere in the archipelago.

I have to apologize for having contemplated showing to you (only mentally!) a middle finger on several occasions. Now, however, with my petty complaints almost forgotten (including the \$50.00 early check in fee at the hotel), I have mellowed some and retain only good memories.

(Besides, having seen a Japanese tourist in a posh restaurant pointing out menu items to the waiter with this phallic symbol, I have doubts about the cultural universality of this gesture.)

Even the inconvenient closure of the streets during the Martin Luther King, Jr. parade on the day of our departure fades into non-significance. (We had to roll our luggage for a couple of blocks to the cab, which was not too hard.)

I have to admit that I did feel an air of calmness all the time I was there. I attribute that to you, Spirit. It is different from its Mexican relative *mañana*, but is no less pleasant. With that in mind, I will try to meet you on Maui or Kauai next time.

Incognito



Heartland Mensa Region 7



Rich's current hot-button issues:

Don't get me wrong, February's OK, I guess, but it's not my favorite month. Sure, it's got my granddaughter's birthday and Valentine's Day and maybe if you're lucky crocuses, but really.

Most of what February does is serve as a spacer until March arrives. What a blessing it's such a short month. You know what would improve February? Lights. All those bright, colorful exterior lights we put up in December would be so much more enjoyable (and useful) in February when we walk home in the evening dark because Daylight Saving Time doesn't start until March.

Nothing against decorating for the holiday season, but we take down those jolly outside lights way too early. Except for that neighbor who leaves them up but doesn't turn them on past early January. Where's the fun in that?

Full disclosure – I live in an apartment building. I tried leaving lights up one year, and the sight of just that one lit-up window, halfway up the building, was kind of pitiful. And it didn't do much good for passers-by trying to avoid icy spots on the sidewalk.

It's better to light a candle than to curse the darkness, but it's even better to have lots of (non-flammable) candles. I'm for Fab Feb as a new national tradition. Away with gloom, Light Up February!

Meanwhile, our new Mensa Connect online platform is on a roll(out). It's a little like Yahoo! groups, it's a little like Facebook, it's a little like our old list-servers, it's a little like a BBS, but it's different. You can access online or via email or not at all if that's your choice.

The national leadership team served as early guinea pigs, followed by Local Group officers. Some like it, some don't, and you're about to get a taste. By the time you read this, the system should be opened to the general membership.

If you've got high-speed Internet you'll probably prefer the online version that lets you browse and even search message stacks (can't do that on Facebook!). But if you're at the end of a slow connection, you can still participate via email. Go online to set your preferences and you're on your way. Enjoy!

~~ Rich

Editorial Question:

Should the Seeds Newsletter be converted into a Quarterly Publication, or should it be strictly electronic with the print version being discontinued. Or perhaps we should just leave well enough alone, and continue on our present course? Your comments and input are as usual, very much needed! Does anyone read this???

~ Klaus

Humor:

As told by our very own Mike Dickson.

- 1) The more you weigh, the harder you are to kidnap. Stay safe: eat cake and ice cream.
- 2) I hate it when people visit and ask; do you have a restroom? Me-no, we go in the yard.
- 3) My alone time is for the safety of the public!
- 4) The next time that a stranger talks to me when I am alone, I'll just look at him and whisper quietly "you can see me?"
- 5) I love sarcasm. It's like punching them in the face using words.
- 6) Some politicians are like slinkies- not good for much, but it brings a smile to your face when pushed down the stairs.
- 7) Mean People just need a high five. In the head with a chair.
- 8) Saw a guy at Starbucks today. No phone, no tablet, no laptop. Just sat there drinking coffee. Like some kind of psychopath.
- 9) As we grow older we learn that we cannot please everyone. But ticking them off is a piece of cake.
- 10) Artificial intelligence is no match for natural stupidity.
- 11) Experience is a wonderful thing. It lets you recognize a mistake when you make it again.
- 12) Going to church does not make you a good person any more than going to a garage makes you a mechanic.
- 13) Middle age, when a broad mind and a narrow waist change places.



Figure 1: An abandoned bridge, North of Camden, KS. Now a shady retreat for cattle.