

# SUNFLOWER SEEDS



November 2019, Volume – 47, Issue # 11  
Kansas Sunflower Mensa Newsletter



Abandoned for decades, this bank building in downtown Howard is typical of the fate of many once prosperous Kansas towns. A booming regional rail hub up until the great depression, the town's fate was sealed with the loss of its railroads and the vicissitudes of economics.

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

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

## November Group Activities:

**Saturday 2nd, 12:45pm - MONTHLY PIG OUT  
A CHANCE TO DINE WITH MENSA FRIENDS.**

**METRO BISTRO**

**321 S ANDOVER RD**

[HTTP://METROBISTROANDOVER.COM](http://METROBISTROANDOVER.COM)

**Saturday 9th, 2:00pm - GUEST SPEAKER  
PRESENTATIONS OF INTEREST, STATED MEETING.**

**FAIRMOUNT COFFEE, MEETING ROOM**

**3815 E 17<sup>TH</sup> ST**

**Saturday 16th, meet up 11:00am – 12:00pm  
FIELD TRIP, JOIN US FOR A FUN EXCURSION.**

**WATERMARK BOOKS, BASEMENT AREA**

**MEETS AT: 4701 E DOUGLAS**

**Saturday 23rd, 7:00pm – BANTER AND BOOKS  
GOOD CAMARADERIE AND DISCUSSIONS.**

**BARNES & NOBLES, EATING AREA**

**1920 N ROCK RD**

**Saturday 30<sup>th</sup>, 12:45pm – BLUE MOON MEET  
LUNCH, FINE DISCOURSE AND ART.**

**1400 W MUSEUM BLVD**

**WICHITA ART MUSEUM, MUSE CAFÉ**

any from Havana, we've got a flavor for everyone. Relax and enjoy a glass of wine with your meal, choose your favorite beer or something special from our full-service bar.

We'd love to have you come stay a while and enjoy the great food and atmosphere, but we understand you're busy. So, you can pick up our great flavors for lunch or dinner today and come join us on your next opportunity.”

### This Month's Guest Speaker:



Ernestine Williams Krehbiel, will speak on public and gifted education.

She is a member of the Wichita Board of Education, a former history teacher at Butler County Community College, a former president of the League of Women Voters of Kansas, and a former history and government teacher at Metro BLVD Alternative High School, Wichita Public Schools. Thanks to Larry for the write-up.

### This Month's Pig Out:



“As soon as you walk in, you'll know Metro Bistro is a little different. We've cultivated a unique flavor and atmosphere over the years using elements and recipes from around the world to come up with a menu that will delight both the "Foodie" and the "Hungry".

We don't deep fry anything and take every opportunity to provide the freshest ingredients. From hand cut tenderloin steaks to our Cuban sandwich that rivals

### This Month's Field Trip:

Even though it is starting to get chilly, we will be travelling across time to a place with plenty of indoors alone with outdoors, on a prairie located next to a river. Did you figure out that our destination will be the famous Wichita Cowtown. No comments about Wichita already being a “cowtown”.



## Event Highlights:



*September cookout at Chisholm Park.*



*The Great Plains Train Museum was enjoyed by all.*



## Heartland Mensa Region 7



It's Thanksgiving month, so I'm leading off this column with a heartfelt "Thank you!" to the 118 people who serve our twelve Local Groups in a total of 173 posts -- LocSec, Treasurer, Editor, Scholarship Chair, Membership Chair, the list goes

on. Some positions are more visible than others, but they all contribute to the Mensa experience for all our members. These generous people give their time and effort to keep your Local Group going. The next time you encounter one of them, tell them "Thank you."

Better yet, ask, "How can I help?" I look forward to adding you to my Thanksgiving column next November.

As I write this we're in the midst of October, otherwise known in some circles as Mensa Testing Month. That's our primary hunting season for new members, with a big push for Proctored test sessions and getting people to submit Prior Evidence documentation for assessment against Mensa's standards. Because a Proctor is often the first Mensan a prospective member meets in real life, they're an important part of the effort to draw new and interesting people into the group. Yes, we're looking forward to adding on-line testing to our recruiting toolkit. However, no-one believes that a keyboard-and-screen combo will be as inviting as face-to-face contact with a friendly neighborhood Mensan. To each of our Proctors and Membership Chairs, an extra "Thank you" for what you do to introduce new Mensans to our circle.

There's still time to take advantage of American Mensa's 2019 MVP codes. Each Local Group has been assigned a special code for a free testing voucher or Prior Evidence evaluation. This code isn't supposed to be widely advertised as a freebie, it's supposed to be given to a friend of yours who you think would enjoy Mensa and whose presence would make Mensa better for you. Until 31 December, anyone can use that code as the "Discount code" when purchasing a voucher for a Mensa test session or Prior Evidence evaluation. The discounted price is ZERO, and the voucher is good for the next 24 months (though we hope they'll use it much sooner than that). A special present, maybe?

And may everyone enter this Thanksgiving season with a long list of things to be thankful for.

~ Rich





## Letters to the Editor:

If someone has misgivings about how the Gordon situation was handled;

I invite them to contact me personally, but preferentially to make their views known in a public statement in the SEEDS. This allows for fair discussion, as opposed to the way the impeachment "Death by Latest Innuendo" version of public airing of differences is taking place. What I see, & am disenchanted with, is institutional inertia: lack of a clear path to the objective sought by so many offended parties to removal of an offensive actor in our midst.

We were not at all hasty in this effort. It took years for many of us to know the thoughts the others, & for the accumulated weight of the offenses to convince us that (first) the behavior was deliberate, not accidental (second) it was not going to stop without concerted action as a class of the encroached upon, & (lastly) that we had deliberated for enough time that our thinking was clearheaded & not in any way in the emotional heat of passion. The vehicles available to proceed in this direction are meant to slow hasty, ill thought out rushes to judgement being used to enforce sanctions from a national level. The intent may be laudable, or it may be to avoid institutional embarrassment. Many will have an opinion on this.

The effect is this: Nothing has actually been 'done' except to make a verbal agreement with the offender, suggested by himself, to refrain from attendance at Mensa events. Some might consider this much like allowing a plea to a lesser charge if this were a legal case. The matter has been presented to Regional for consideration. Whether this is an official way to conduct the matter seems moot unless we & Regional agree some other procedure must be followed as per bylaws. This is how Institutional Inertia stifles any change. Some may feel it is boilerplate that proves the old maxim: "Old age & treachery beats youth & enthusiasm every time" Regardless of how you think or feel about the subject, know one thing: the SEEDS is OUR house organ. It belongs to ALL of us. If you have an opinion, express it, ask Klaus to publish it. I hereby submit this for publication and encourage all of you to state your views likewise. Survival of our group depends on rational communication & thoughtful behavior. Please help.

- Mike Dickson



*A runner in a grueling 100 mile endurance race through the Kansas Flint Hills. 98 miles of the race was on primitive winding dirt roads.*

## To Run the Ultra

2500 years ago, Pheidippides ran from Marathon Greece to Athens. To commemorate the event the marathon was added to the modern Olympics as an event. It started as 42 kilometers because that is the distance from Marathon to Athens. It was considered life threatening. Many people have proven it is rarely so. The length was changed to its current 26.2 miles to accommodate the king of England when the Olympics was held in England. He wanted the race to end in front of his seat. Women were not allowed to enter the event because it was believed their uterus would fall out. They have proven differently. Men thought that, not women. Women have no problem running the distance, but so far are slower than men. That may change someday.

26.2 is just a distance, there are races of many lengths. To prove a point someone set up an ultra-marathon to see if people can do it. An ultra is anything longer than 26.2 miles. They proved it is possible, running double and quadruple marathons.

Ultras are typically run on trails and cross country, not manicured courses like marathons. The course is never the same in the wild. Even the same course changes every year. The weather is always different. Weather changes during the course and it may start freezing and end up hot. Or go from dry to pouring rain to scorching sun. It is all part of the challenge, to face whatever obstacle nature imposes.

The ultra-challenges the very soul of the runner. After training for months and years he never knows what he will face or how his body will react. Run a mile and you will feel fine. Run 13 miles and the same. Maybe at 26 miles he might feel sick when he felt well at the start, and maybe not. Run 100 miles and you never know what the body will do. It will stress every part of the body and mind.

It is facing the wild that tests the mettle of the man or woman. The wild of nature and the wild within. There is nothing like it in the civilized world. It takes us back to primordial man, the struggle our ancestors faced. For them it was survival. For us it is bringing back the essence of being alive, something lost in the slavishness of civilization. It is survival for us, survival of being free and living life to its fullest. The life that is lost in the comforts of civilization.

Meditation seems to be a lost art, but some are bringing it back. The endurance runner knows meditation well. It is his companion on the course. It becomes his companion in life. The person wanting to learn to pray should learn meditation. He could find it two hours into the run. The tonic to heal the mind is on the course. When the body is starved, and the mind is cleansed of all the junk of daily life the runner will find himself. Burning off all the sugar in the body is better than a fast. The toxins are sweated off. The body is broken down and re-heals itself. And comes alive again.

Only a few know the temple not built by hands that is the tall mountain or thrill and agony of an endurance race. Or face the wild of nature and struggle for survival. It is one in a thousand. They really know life.

By: Bill Barnett

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## BYLAWS OF KANSAS SUNFLOWER MENSA

Effective October 2<sup>nd</sup> 2007

### ARTICLE I. NAME AND PURPOSE

1. The name of this organization shall be Kansas Sunflower Mensa.
2. Kansas Sunflower Mensa is a Local Group of American Mensa, Ltd., and is subject to the Constitution of Mensa, the Bylaws of American Mensa, Ltd., and the resolutions adopted by the American Mensa Committee. American Mensa, Ltd. is herein abbreviated as "AML" and the American Mensa Committee as "AMC".

### ARTICLE II. MEMBERSHIP

1. Membership of Kansas Sunflower Mensa shall be open to all members of AML in good standing in the geographic areas assigned to Kansas Sunflower Mensa by the AMC, or as otherwise assigned by AML.
2. Mensa members in good standing who are not also members of Kansas Sunflower Mensa are welcome to participate in the social activities of the local group at the discretion of the host or hostess. The National Ombudsman, his surrogate, and members of the American Mensa Committee shall be permitted to participate in the business affairs of the local group in the discharge of their official duties.
3. Kansas Sunflower Mensa shall observe the preferences of members for data suppression and publication, as filed with AML, when publishing a local group roster or membership directory/register.

### ARTICLE III. OFFICERS & DUTIES

1. The governing body of Kansas Sunflower Mensa shall be an Executive Committee (ExComm), which conducts the business of the local group. The ExComm consists of the following voting members: three elected officer positions (Local Secretary, Deputy Local Secretary, and Treasurer), plus one additional member elected at large for every 200 members of the local group or fraction

- thereof, plus three appointed officers (Program Chairman, Recruitment and Testing Chairman, and Publications Officer). All officers, whether elected or appointed, must be current members in good standing of AML; an officer is defined as any person who is given a title with specific responsibilities. All voting members of the ExComm must also be current members in good standing of Kansas Sunflower Mensa.
2. The Local Secretary (LocSec) shall be the chief executive officer of Kansas Sunflower Mensa and the liaison with other local groups. He or she shall be the chief point of contact between AML and the local group. The LocSec shall endeavor to pass information to and from the local group in a timely fashion and shall notify AML and the Regional Vice Chairman for the local group of the results of any changes in the officers of the group during the term within two weeks of the change.
  3. The Deputy Local Secretary (Deputy LocSec) shall assist the Local Secretary, preside over meetings in the absence of the Local Secretary, and immediately and automatically succeed to the office of Local Secretary if that office becomes vacant. The Deputy LocSec shall also be responsible for keeping minutes of the Executive Committee meetings.
  4. The Treasurer shall be responsible for financial matters of Kansas Sunflower Mensa, including the finances of the newsletter, and shall submit to the Executive Committee a semi-annual financial report that shall also be published in the newsletter. The financial report shall contain schedules of income, expenses, and balances for all funds under the control of the local group, including Regional Gathering, scholarship, and other special funds. The Treasurer shall also maintain a listing of all equipment owned by the local group. The Treasurer may assist the Editor in the preparation and submission of any postal forms that might be required. At least quarterly, the Treasurer shall submit to the LocSec or his or her designee statements from banks and any other institutions where the group's money is deposited, or shall cause a statement to be sent directly to the LocSec or his or her designee (who must also be a voting member of the Executive Committee). All accounts must be separate accounts in the name of the local group and shall have more than one signatory so that funds can be accessed in the temporary absence of the Treasurer.
  5. The Program Chairman shall be responsible for arranging for local group activities and shall coordinate with and advise the officers and the Editor of these activities.
  6. The Recruitment and Testing Chairman shall be responsible for publicity, public relations, testing, and recruitment programs.
  7. The Executive Committee shall publish a printed newsletter at least quarterly. If an electronic version of the newsletter is also created, the printed version shall nevertheless be the version to be sent to members unless they request otherwise. The Publications Officer shall be responsible for the newsletter, and shall, with the consent of the Executive Committee, appoint the Editor. The Publications Officer may also serve as the Editor.
  8. The Editor shall edit the newsletter. The Editor shall publish notices of meetings and programs, required ballots, results of business meetings and elections, amendments to the bylaws and related discussions and ballots, the semi-annual financial reports, and shall prepare and publish Post Office forms if required. The outgoing Editor must turn over all files in good order to the incoming Editor no later than 15 days after the outgoing Editor leaves office.
  9. The Executive Committee shall appoint an ombudsman, who shall serve as mediator for disputes within the local group and shall be an arbitrator available to serve as a representative to a Regional Hearings Committee. The ombudsman, and the National Ombudsman, may submit matter to the Editor marked "for publication" that relates to his or her official duties; anything so marked shall be given the highest practicable priority for publication in the newsletter.
  10. Appointed positions of the local group may include, but are not limited to, Area Coordinators for outlying groups of members and coordinators for other activities as deemed necessary.
  11. The terms of office shall be from January 1st of each odd numbered year to December 31st of the succeeding even numbered year., or until installation of a properly qualified successor, except in the case of resignation or removal from office as provided in Article III sections 12, 13, or 14.

12. The term of office for all appointed officers and positions expires at the end of the term of office of the current elected officers. Appointed officers, positions, and committees are appointed by the Local Secretary (or, in the case of the Editor, the Publications Officer) with the approval of the Executive Committee and may be removed from office by majority vote of the Executive Committee unless otherwise stated herein.

13. Elected members of the Executive Committee may be removed from office for cause by unanimous vote of all other voting members of the Executive Committee or by recall election. A recall election may be called by a petition citing the reason for such action and signed by at least 10% of the membership of the local group as listed on the most recent membership roster provided by AML. The balloting provisions of a regular election shall apply except that a recall election must be held within 60 days of presentation of a properly qualified petition at either a regular or special meeting of the ExComm, and the dates set forth in Article V shall be adjusted appropriately.

14. Any voting officer may be removed from office for three consecutive unexcused absences at Executive Committee meetings, by a majority vote of the remaining members. A majority of the remaining members may also excuse an absence.

15. The Executive Committee shall select a replacement for any Executive Committee member, other than the Local Secretary, who resigns or is removed or is recalled or moves up to the position of LocSec in accordance with III.3. A replacement for an elected officer is considered to be an elected officer whose term of office ends with the next regular election.

16. All elected and appointed officers shall turn over all files, office equipment, and materials pertaining to their offices to either their successor(s), to the current Local Secretary, or to another member of the Executive Committee no later than four weeks after leaving office unless otherwise stated herein.

17. An annual financial review shall be conducted each year at approximately twelve-month intervals. The Executive Committee shall appoint someone to conduct the review who was not involved in the issuing or collecting of money during the period being reviewed.

18. The review shall include viewing actual statements from banks and any other institutions where the group's money was held during the period being reviewed.

#### ARTICLE IV. MEETINGS

1. Regular meetings or activities may be held at such times as may be appropriate; however, a regularly scheduled meeting of the Executive Committee, and a membership activity, must be held at least once a quarter. Notice of meetings and activities shall be published in the newsletter or otherwise sent to each member. A simple majority of all voting members of the Executive Committee constitutes a quorum to transact business.

2. Special Executive Committee meetings may be called at any time by the Local Secretary or by the Executive Committee, and shall be called upon receipt of a petition signed by at least 10% of the membership of the local group as listed on the most recent membership roster provided by AML. The date, time, place, and purpose of the special meeting shall be announced or reported in the newsletter (or by direct mail). No business other than that indicated in the notice calling the meeting may be acted on.

3. All meetings of the Executive Committee shall be held within the geographical limits of the local group as assigned by the AMC.

#### ARTICLE V. ELECTIONS

1. No member of the Nominating Committee or Election Committee may be a voting member of the Executive Committee or a candidate in the upcoming election. The Nominating and Election Committees may comprise the same members.

2. No later than September 15th of each even numbered year, the Executive Committee shall appoint a Nominating Committee consisting of three members which shall, no later than the deadline for the November issue of the newsletter, nominate one or more candidates for each elected seat on the Executive Committee. The number of seats on the Executive Committee for the upcoming election shall be determined by applying the formula in



Article III, section 1 of these bylaws to the August membership roster provided by AML.

The membership of the local group shall be notified of these nominations in the November issue of the newsletter or by mail posted no later than November 1st.

3. No later than November 1st the Executive Committee shall name an Election Committee of three members who shall be responsible for conducting the election, receiving and counting the ballots, and certifying the results. The term of the Election Committee expires on January 31st. The Election Committee shall determine, and cause to be published, those election rules and regulations not covered by these bylaws. In so doing, the Election Committee shall strive to maintain the anonymity of voters.
4. No later than November 15th additional nominations may be made by petition signed by ten (10) members of the local group and delivered to the Chairman of the Nominating Committee. In the event there is a candidate for each elected office and only one candidate is identified for each office as of the closing of petitions, those candidates shall be declared elected without balloting.
5. Ballots shall be printed in the December issue of the newsletter or mailed to all members of the local group, but in either case posted no later than December 1st. Ballots must be returned to the Chairman of the Election Committee and received no later than December 20<sup>th</sup>. Ballots received after that date shall not be counted. Ballots may be returned by mail or in person. A plurality of valid votes cast for each office shall constitute election. Votes that are tied shall be determined by the Chairman of the Election Committee by a flip of a coin. The Chairman of the Election Committee shall certify the results of the election to the Local Secretary and shall have the election results published in the next possible issue of the newsletter.
6. Any challenges to the election must be made in writing to the Chairman of the Election Committee and received by January 15. Any such challenges must be ruled on by January 31. Any actions by the Executive Committee while a challenge is pending are not affected by the outcome of any such challenge.

7. The outgoing LocSec shall notify AML and the RVC for the local group of the results of the election within two weeks of the election.

#### ARTICLE VI. AMENDMENTS

Amendments to these bylaws may be proposed by the Executive Committee or by a petition signed by twenty (20) members of the local group. Such proposals shall be submitted first to the AMC for its approval to ballot. After approval to ballot has been received, the proposed amendment(s) shall be published in the next issue of the newsletter. A mail ballot shall appear in the issue of the newsletter that follows publication of the proposal and shall be sent to every member of the local group. The balloting deadline shall be no less than 90 days following the first publication of the proposed amendment(s) in the newsletter. To become effective, an amendment to these bylaws shall require an affirmative vote of a majority of those casting valid ballots, as well as final approval of the American Mensa Committee and filing of revised bylaws with the Bylaws Committee. The Bylaws Committee will tell the local group the effective date of the bylaws as amended.

#### ARTICLE VII. MENSA LOGO & NAME

American Mensa, Ltd. (AML) has granted a royalty free, non-exclusive license to Kansas Sunflower Mensa for the use of the mark "Mensa" and a logo, consisting of a globe over a stylized "M" within a border, in connection with the non-commercial uses of Kansas Sunflower Mensa. AML retains full ownership of the mark and logo and all statutory and common law rights in the mark and logo.

#### ARTICLE VIII. PARLIAMENTARY PROCEDURE & RULES OF ORDER

1. The rules contained in Robert's Rules of Order, Newly Revised, latest edition, shall govern the local group in all cases to which they are applicable and not inconsistent with these bylaws.
2. Rules of Order for the Executive Committee and for those matters concerning the local group that are not specified in these bylaws may be adopted by the Executive Committee.



**Some Humor from Mike:**

The senility Prayer: Oh God grant me the senility to forget those people that I have never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now that I am older, here is what I've learned:

1. I started out with nothing and I still have most of it.
2. My wild oats have changed to tame prunes and bran.
3. I finally got my head together, now my body is falling apart.
4. That's weird, I don't remember being absent minded.
5. All the reports are in; Life is now officially unfair.
6. If all is not lost, then where in the Hell is it?
7. It is a lot easier to get older than to get wiser.
8. Some days you're the show-dog, others you are the fire hydrant.

