

# *Sunflower Seeds*



**Wichita on the River at Night**

**Zoom meetings on Saturdays at 4:00 PM**

**May2022, Volume – 50, Issue # 5  
Kansas Sunflower Mensa Newsletter**

## Officers for 2022

LocSec: Bill Barnett 316-214-3330 [grandledge@hotmail.com](mailto:grandledge@hotmail.com)

Acting Editor: Bill Barnett

Asst. LocSec: Igor Ponomaryov

Treasurer: Igor Ponomaryov acting

Program Chair: Bill Barnett

Publication Chair: Gracie Ulrich

Membership Chair: Dan Gollub

Mem. at Large: James Zongker

Ombudsman: Mike Dickson

Region – 7 VC: Beth Anne Demeter [bethane.demeter@gmail.com](mailto:bethane.demeter@gmail.com)

Web Contact: Igor Ponomaryov

For questions concerning Seeds contact the Acting Editor through the American Mensa website or through the Facebook page. Contact other officers through the American Mensa website.

## Chapter's Official Web Sites

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

[www.facebook.com/groups/773587949355460SunflowerSeeds](http://www.facebook.com/groups/773587949355460SunflowerSeeds)

## Submissions Guidelines

The Sunflower Seeds is published monthly. Quarterly there will be a larger newsletter with more articles. Submission deadline is the first of the month. Members in good standing may submit articles, puzzles, photography, etc. to the editor for publication. To submit an article for the newsletter send it to [grandledge@hotmail.com](mailto:grandledge@hotmail.com)

Articles should be submitted as a WORD document or Mac Pages document. The font should be Times New Roman 12 pt.

## Why You Should Write For Seeds

This is your newsletter. You are talented and can make it better. More participation strengthens the group. People have told the editor that they like the Seeds. If you feel that way it is time to write.

## The Pig-Out Column

Pig-outs are an excellent to invite friends.



Recommendations from the Head Pig, Mike Dickson:

Check with Mike (316-871-3379) if you have suggestions or questions concerning the Pig-Outs.

**June 4, 2022, 12:45 pm**

BD's Mongolian Grill, 111 S Rock Rd, Wichita, KS 67207 (316) 202-7326

**July 2, 2022, 12:45 pm**

Vora Restaurant European, 3252 E Douglas Ave, Wichita, KS 67214 (316) 977-9277

**August 6, 2021, 12:45pm**

George's French Bistro. 4618 E. Central, Wichita. 316-831-1325

## Meeting Schedule

### **1st Saturday, June 4, 2022, 12:45 pm- Pigout**

BD's Mongolian Grill, 111 S Rock Rd, Wichita, KS 67207, (316) 202-7326

### **2nd Saturday, June 11, 2022, 2:00 pm - Program Meeting**

Fairmont Coffee Company, 3815 E 17th St N, Wichita, KS

Speaker to be announced.

### **3rd Saturday, June 18, 2022, 11:00 am**

Panera Bread, 1500 N Rock Rd, Derby, KS 67037

Per request we are moving this meeting. We don't have a direction yet so this is a temporary place. Some want to be inside. Some want to be at Watermark Books. We don't have a reservation there and probably will have to pay for the room. I am waiting their response. Some want to pay for the room and some don't. This Saturday we will meet at Panera in Derby and discuss future plans. There is plenty of room there and we don't need a reservation. I will miss the Goat Ranch and Bill Cather. Contact Bill with your input.

### **4th Saturday, June 25, 2022, 7:00 pm**

Barnes and Noble Bookstore Cafe, 1920 N Rock Road, Wichita, KS

### **Zoom Meetings Saturdays at 4:00 PM**

<https://us02web.zoom.us/j/72081034487?pwd=aWdKUStzbEVhNktjRzF0VEYxQTISQT09>

Igor Ponomaryov is the Zoom coordinator. Contact him or the editor for Zoom information.

## LocSec Corner

Bill Barnett

The group is looking for an editor. I enjoy it, but I am wearing too many hats. Contact me if you are interested.

The group has one proctor and is looking for another. It would be better to have three. Contact me or Dan Gollub if you are interested.

Send your pictures to the editor along with their stories and they will be published here.

You are talented and can be a writer for Seeds. Send your articles, letters, comments, and pictures for Seeds.

## Heartland Mensa Region Seven

Beth Anne Demeter

Ah events! Summer is full of them, and summer is upon us. Regardless of whether you want to attend events in person or virtually, there's something for you!

The big Mensa event of each summer is the Annual Gathering. It's an amazing time to take in speakers, presentations, meals, games, tournaments and more, along with time to spend with friends and connections you might see only once a year. This year the AG is in Sparks, NV, just outside of Reno. It's an easy destination to reach and, as of this writing, you should still have more than enough time to register for the event and make travel arrangements.

Personally, in my role as RVC, I'll be dividing my time between fun and business at the AG. While I absolutely love seeing friends and attending speakers, there are a lot of official things to attend, too. For instance, the AMC has its summer meeting for a full day, and Mensa's Annual Business Meeting takes place. Both of these include public components, so put them on your calendar if you're interested in attending, or reach out to me for more details or if you have questions!

If you're uninterested in attending events in person, that's fine! An incredible number of virtual events started during Covid have continued. For instance, the Firehouse, GenX, GenY and other groups organize on Facebook and have weekly – if not more frequent – events like movie nights, wine tastings and more. Several local groups across the country also host events like speakers, wine tastings, gaming (e.g., trivia, Scattergories) and more that you're welcome to join in on. The point here is that, if your local group hasn't yet pivoted to incorporating more virtual events, then join in on your own! There's no reason to eliminate Mensa from your life simply because you can't or don't want to attend something in person.

As always, feel welcome to reach out if I can answer questions, provide resources on planning events or help in any way! Thanks, and see you at the AG possibly!

## Alan Watts Part I of III

### *The Book: On the Taboo Against Knowing Who You Are*

#### Summary and Comments by Gracie Ulrich

To give a condensed version of the thesis of *The Book*, Alan Watts explains, through restating the ancient Hindu philosophy of Vedanta, and that each person is indeed the center of the Universe, because self is the root and ground of the universe. *The Book* is really a manual of initiation into the central mystery of existence, and it is formulated as a how-to game book on life, the universe, and everything.

I think that Douglas Adams (in the Hitch Hiker books' *Life, the Universe, and Everything*), for example, borrowed heavily from Watts in his depiction of life as a game, to be lived in each current, unexpected and surprising moment. The notion he had was that each person needs a "how-to" book on living, and that lengthy, mistranslated sacred texts no longer do the job. For one thing, they are too self-contradictory. For another, they are too authoritative/authoritarian. He points out the total impossibility of following society's double-bind injunctions, such as being commanded to "be yourself" or to being compelled to "think for yourself". Logically, if you are compelled to do something, then it is not done of your free will, and you have therefore failed to follow the command. In other words, the command is impossible, and tends towards a sense of hopelessness because it cannot be fulfilled. An inability to fulfill society's injunctions leads to despair, misery, and all manner of escapist behaviors.

Watts says that the root of the problem in our Western civilization is that no matter what people try to do, they feel cut off, alone, and rejected in a world which does not feel like "home". This sense of being has been conditioned by centuries of religious thought, including paintings of images depicting God as a disapproving father figure, and people as "Sinners in the Hands of an Angry God" (to quote Jonathan Edwards in his famous sermon from the 1700's, in Massachusetts, close enough to the site of the infamous New England witch burnings). The point was that after being expelled from Paradise, man was condemned to wander endlessly in a world to which he did not belong, *in* the world but not *of* the world (see I John 2:16 and Eph. 2:12). And man's traditional response has been to either conquer the world (via war, accumulation of wealth, or "conquering" nature and wiping out biospecies) or to renounce the world (by dropping out and becoming a recluse, mystic, drug addict, TV addict, or the ultimate drop-out, a suicide).

The great hoax that has been perpetuated upon Western civilization is that people are reared by other people, and are therefore taught to believe the messages that those important adults give. By the time a child is old enough to choose differently, there is already a lack of choice, because the internalized messages are so strongly entrenched. The great hoax is that we are less-than. That we are separate. That we should not waste time on unscheduled, unstructured, and outcome-less activities. But this way of being is not natural, because, as a child, a full sense of wonder and of connectedness with everything-that-is was often present. It can be observed in the absorption a child exhibits when digging in sand at the beach. It can be seen in the

fascination with a drop of dew, with the touch of a pet, with experimentation to see how wheels will roll in a toy car.

Athletes and public speakers, actors, fishermen, and others show this same absorption, and we call it “flow.” It is something that has to be re-learned from coaches or re-membered from ourselves. Watts said that we were taught out of it by parents who were themselves taught out of it, and so on up the ancestral line, as each generation in turn “fell victim” to the ego hoax played upon them by their parents and by society. The bottom line is to “be yourself” but to “amount to something” (that society deems worthwhile). This essentially gives the child a double bind message such as, “You *must* be a free agent in everything you do.” It is impossible to “have to” be a free agent, as you are no longer then free. The conformity of the school system, coupled with the admonition to be creative, could be another good example.

The apparent solution of “doing something” about it is not a solution at all, because it is still caught in the web of contradiction. It attempts to find a way out of the system whilst still using the imprisonment of that system’s thought patterns. In contrast, the solution to separateness is not something that one must add or solve, but that one only need remember, because it is the natural state of our being.

#### **Sources:**

Watts, Alan. *The book: On the taboo against knowing who you are*. Vintage Books, New York, 1972 (first pub. 1966).

*The holy Bible (revised by His Majesty’s special command: commonly known as the King James’ Version)*, Oxford University Press, London.

Csikszentmihalyi, Mihaly. *Flow: The psychology of optimal experience*. Harper-Collins, New York, 1990.

*The Book of legends (Sefer Ha-Aggadah): Legends from the Talmud and Midrash*. Ed. Hayim Nahman Bialik & Yehoshua Hana Ravnitzky. Trans. By William G. Graude. Schocken Books, New York, 1992.

*The book of concealed mystery (from the Zohar: The Book of Splendor)*. Continnum Publishing House, London, 2000. (First pub. 1926 in this edition.)

Adams, Douglas. *Life, the universe and everything*. Pan Books, 1982.

## Program Speakers

This is your group. You are talented and can make it better. Its time for you to speak to the group. Contact Bill Barnett with your topic.

# Maarieda The Book

Bill Barnett

The short stories here are finished. The book is published. Copies are being printed. See Bill if you are interested in a copy.

Send the editor your photos for the next issue.

You are talented. Send a photo and a story.

## Never Say This To A Woman

“Are you pregnant or do we both have fat babies?”

“You’re very ..... for a woman.”

“You need to ask my mom ...”

“You wouldn’t understand.”

“Have you gained weight?”

“I bought you a vacuum cleaner for our anniversary.

“My ex ....”

“Look Sexy,” while taking a photo.

“Point your boobs this way,” while taking a photo.

“Move your ass this way,” while taking a picture.

Assume you can use the same girl talk as they do.

“Is it that time of the month?”

“Are you sure you want to wear THAT?”

“You have too much makeup.”

“Are you going to eat THAT?”

“You should feel lucky ...”

“Its not a big deal.”

“Calm down. You’re being too emotional.”

“Let me explain it so you can understand.”

“Can I kiss you?”

“No.”

If you want to try any of these I have a dog house for rent.

You can always say: “You are beautiful.” Remember, beauty is in the eye of the beholder. You can always drink another beer.



## Recipes Submitted by Members

Send your favorite recipe to the editor, or a new one you want to try. Let's see who has the most interesting recipe. Is there something such as a Mensa recipe? If you know one let's share it with the group, if you dare to.

### Savory Miso Oatmeal With Jammy Egg

From Mike Dickson

Here is the ingredients list & instructions briefed down. I've added my particulars in the mix.

- \*1&1/2 cups old fashioned oats I prefer rolled oats or instant, do not overcook)
- \*3 cups water \*3tsp kosher salt
- \*1/4 tsp ground ginger \*1&1/2 tsp white miso
- \*1&1/2 tsp sesame oil
- \*1 bunch lacinato kale leaves removed from stems & thinly sliced, (I'm not a fan of kale, too much prep work. I use wilted spinach, more acceptable to most tastes.)
- \*1 TBSP olive oil \*1TBSP tamari or soy sauce
- \*Toppings: chili oil, sliced green onions, (I prefer caramelized red onions) toasted sesame seeds, fresh chiles, flaky salt
- \*2 to three large eggs \*water

-----  
Bring pot of water to a heavy simmer. Boil for 6 to 7 minutes, remove to ice or cold water bath. When cooked, peel under cold water. Refrigerate up to 3 days.

Bring oats, water, salt & ginger to a simmer on medium heat, stirring often, cooking for 8 minutes, (less for rolled or instant oats), until oats are softened & thickened (I like my rolled oats slightly al dente) Remove from heat, whisk in miso & sesame oil, cover & let sit for 5 minutes.

In a skillet, heat one tsp olive oil over med heat. Add kale & tamari, cooking till kale is wilted (I skip this in preference to wilted spinach) setting aside wilted result.

Serve with soft boiled egg, chili oil, green onions (or caramelized red onions) & toasted sesame seeds.

## Pollo Habanero

Bill Barnett

1 medium chicken cooked, deboned, and shredded  
3 orange habaneros  
1 poblano  
1 ounce cilantro, chopped  
1/2 teaspoon salt  
3 limes, squeezed  
1/4 teaspoon cumin  
2 ounces sunflower oil  
4 ounces Jose Cuervo Especial Gold Tequila

The plan is to become a drinking partner with the chicken. Give the chicken and the cook each a shot of tequila and marinate both overnight. The next morning chop the habaneros and the poblano, simmer in sunflower oil, and let sit in the refrigerator until evening. When evening comes give the chicken and the cook each a shot of tequila and put all the ingredients in a frying pan and gently heat. Just use the lime juice, not the peel. Serve with Mexican rice, guacamole, and a side of tequila.

## Gourmet Salad

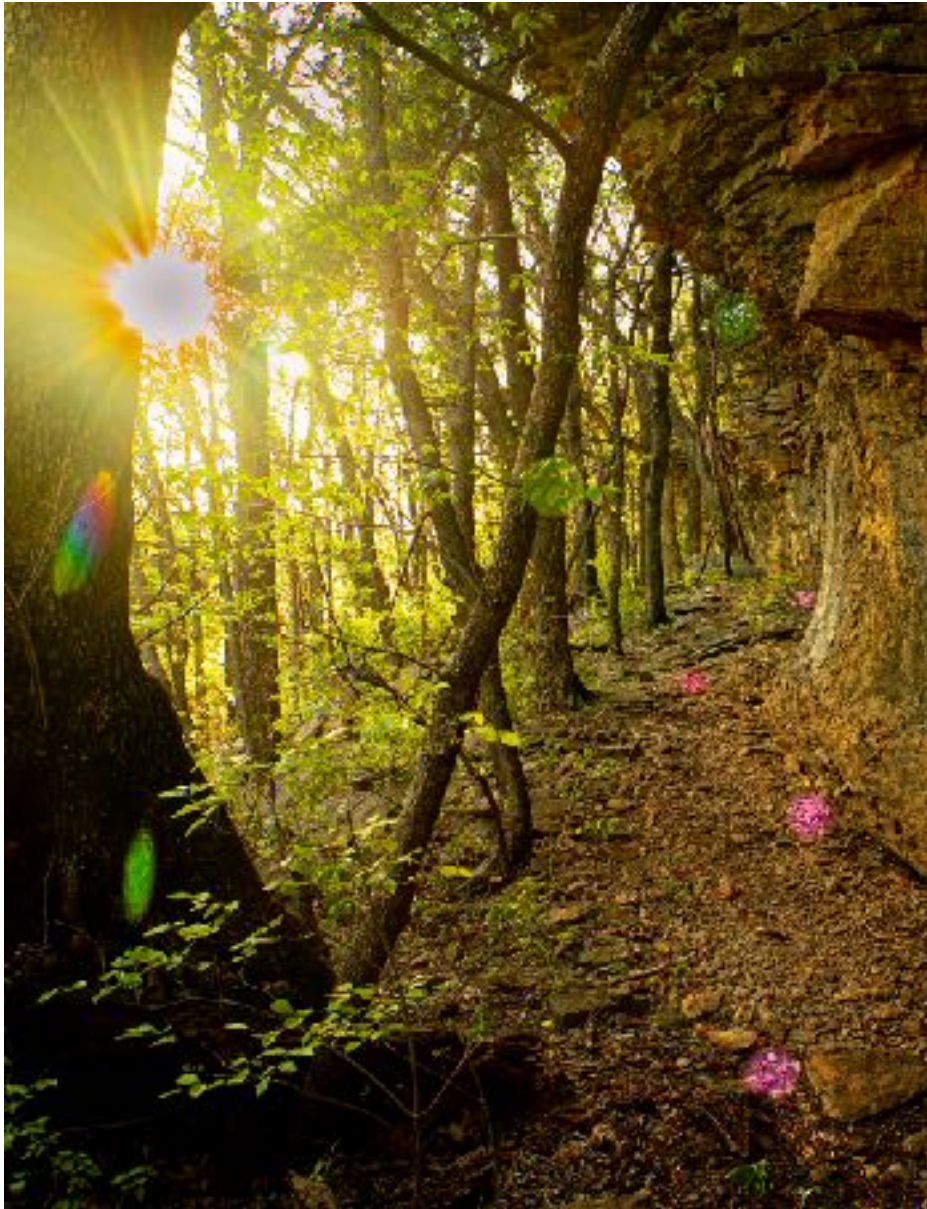
Bill Barnett

1 head red romaine lettuce  
32 kalamata olives  
2 ripe medium tomatoes  
1 large carrot  
1 large ripe avocado  
1 bunch green onions  
balsamic vinegar  
olive oil  
4 large personal salad bowls

Fill the bowls half full with torn romaine lettuce. Slice the carrot into thin strips with a potato peeler and put on top of the lettuce. Cut the tomatoes into about 16 pieces each and put on top of the lettuce and carrots. Chop the green onions into small pieces and put on top of the tomatoes. Cut the avocado into small pieces and put on top. Add the olives. Lightly dress with the balsamic vinegar and olive oil. A simple good change from the typical obnoxious overbearing salad and dressing.

# Enchanted Forest

Bill Barnett



I always wanted to meet a fairy, but I doubt I ever will. I'm not sure they are real. Fairies inhabit our imagination and mythology and live in every culture. Science fiction aliens are inspired by fairies. If fairies are so constant throughout folk stories how could they not be real?

A friend sent me pictures of fairies and orbs. She believed, I'm the sceptic and was not convinced. They looked like artifacts of light refraction through the lens, camera and environment. She was frustrated that I didn't believe. An orb is some kind of magical force or being that floats through the night air.

In our mythology fairies can be good or evil or just tricksters. Mostly they avoid humans because they are offended by our crude behavior and live just outside our sight, preferring to be active at night. They are often pictured without clothes because they are modest in thought and do not carry our impure thoughts, or so the mythology goes.

This is all wonderful for dreams and fantasy stories but, where in human psychology do these magical beings come from? They must be hidden in some primordial memory we inherit.

In a photograph magic can come alive. Its too easy to put orbs in photographs. Light refraction will do it. Catch a sunburst from behind a tree and they are there. Photography lens manufacturers design lens to avoid lens flares for technically perfect pictures. Cinema lens manufacturers design lenses to include lens flares to make movies more cinematic, or emotional. Putting a believable fairy in a photo is another trick. Photoshop would just look fake. A well fitted cosplay costume on a very petite model along with some props might do the trick, if the light and composition was just right.

Hiking through the woods it seems impossible to compose an enchanted forest scene in a photo. Going through old photos its the same. Getting the picture is so dependent on light, environment, and weather. The picture above caught the light through the trees just right to make some natural light refractions in the lens. Fog and golden light would set the scene right. Now I need a petite model who can hike for miles. The scene above is 4 miles from a trailhead.

Any kind of photography is a study. There needs to be an enchanted forest photography study. Fairies have mostly disappeared from the internet. Maybe they were offended by the human crudity there. Hopefully a few will come inhabit my photos.



# The Forest At Night

Bill Barnett



Night is a different world. We miss that world while living in cities. Even people living on farms miss it too. When someone goes into nature and stays there for a time there is a whole part of the human spirit that awakens as if from nowhere. Some people miss it all their lives. That's sad. Spend three days and two nights in nature and you'll begin to get in touch with that missing part of the human spirit. The Hebrew prophets went into the wilderness to get in touch with God. He is the God of creation before He is anything else. We read them and miss the part of going into the wilderness and the part about fasting. Often we miss the whole point of what they were saying.

It takes different lenses, cameras, and lighting to photograph at night. The light spectrum coming off this scene is different from the day. Color is different. We see better at night than most cameras, but not all of them, and see mostly in black and white at night. The picture is edited to look blue, or rather the color temperature is changed to be much cooler. It makes us think night,

but we can see color and detail, a cinematic technique. Color doesn't exist in nature, only in our minds. In nature there are only different frequencies of electromagnetic waves, most of which we can't see. Think about that, we can't see most of what's out there.

In the picture there's a band of redhead fairies just around the corner dancing along followed by their orbs. Maybe I can make peace with them and they will be in the next photograph. One can only hope.

What's a good picture? Some people talk about technical perfection as if it's everything. Technical perfection is a good tool, but for its own sake it's nothing. Show a picture to a hundred people. If some of them hate it, some of them love it, and everyone had a different opinion about it, then maybe, maybe, it's a good picture. If no one agrees with the artist even better.

My thoughts on this picture is that it needs a foreground. That would make it good. A fairy would be perfect. Do I have any volunteers?

## Salsa de Mango

Margarita Barnett from her brother

2 habanero chile peppers  
6 serrano chilies  
10 chile pequinés  
2 ripe mangos  
1/2 onion  
2 garlic cloves  
1/3 bunch of cilantro  
1 pinch of salt  
1 cup water  
1 bag tortilla chips

Roast the peppers without burning them and then peel the chiles. In a blender mix the peeled chiles, add peeled mango without the seed, onion, garlic, salt, cilantro. Pour in a bowl. Chop the other mango in tiny squares and add to the salsa. Now it is ready to enjoy.

Comment from Margarita: get a box of Kleenex, antacid pills, and Tums.

Comment from Bill: Roast the chiles in your enemies house and feed the recipe to him them.

## Cathryn Hay

Cathryn Hay is a member and gave a talk at a program meeting. Just thought this might be helpful to some members.



Irlen Spectral Filters are precision-finted for each individual so they filter out the exact wave lengths of light creating perceptual difficulties.

**Request a screening today to find out if Irlen filters are right for you.**



**Cathryn A. Hay, Ph.D.**  
Clinic Director

**Appointments:**  
**Call: (316) 689-4233**

151 Whittier, Suite 1000-A  
Wichita, KS 67207

[www.irlen-wichita.com](http://www.irlen-wichita.com)



## The Third Horseman



Four Horsemen of Apocalypse, by Viktor Vasnetsov. Painted in 1887.

The third horseman of the Apocalypse is Famine. The first was Pestilence, Covid. The second was War, Russia and Ukraine. The fourth is Death along with Hades. This is predicted in the Christian Bible in the last book, Revelation. People have been waiting for and fearing this for 20 centuries, but it is a recurring pattern throughout human history. The pattern is happening again and may be on a grander scale than ever. It has been speculated about what made God so mad that He would do this, but that misses the point that man is perfectly capable of doing it to himself and the book is just a warning to people who listen and watch what is happening in the world.

Russia and Ukraine are major wheat producing countries. They have 3% of the world's population and produce 30% of the world's wheat. Ukraine produces 40% of the world's sunflower oil. They are major producers of corn, soybeans, and other grain and oil crops. Most of this is for export. Ukraine is behind in planting and may only have enough food for itself. Both countries will have difficulty exporting from the war torn area. The major costs of producing food have increased. Diesel has more than doubled in cost. Fertilizer has tripled in cost. Russia is a major producer of fertilizer and can't export it. Agricultural chemical have skyrocketed in cost. The cost of food in Europe and the Americas is predicted to increase 55% in the next year. It has already increased 20 - 30% in some parts of Europe. Iran eliminated food import subsidies, their food prices have gone up more than the predicted amount, and they have food riots.

The US is a food exporting area and probably will not do without, but world markets will drive up food prices in record increases. Some countries may see real famine and starvation.

*Sunflower Seeds* ©2021, Wichita, Kansas Sunflower Mensa, is received through the subscription portion of annual dues. Mensa is an international society of those who scored higher than 98% of the population on a standardized IQ test and is a 501(C)(4) not-for-profit organization with no religious or political affiliations. <http://www.us.mensa.org> Copying is prohibited without prior written permission of the editor. Material must be submitted to the editor by the first of the month to be published in the next month's newsletter.