



American Mensa Committee Highlights ...

Thomas G. Thomas - RVC 10

The International Board of Directors (IBD) met on October 11-13 in Kuala Lumpur, Indonesia. This is an annual meeting which is held in various locations around the world so each full national Mensa has an opportunity to host. The last time they met in the US was in 2006 at the World Gathering in Orlando, and American Mensa will next host the meeting at the World Gathering in Houston in 2021.

Although American Mensa is the largest of the national Mensas, we still only comprise about a third of the total worldwide membership, which is spread across 100 countries, including 35 full national Mensas. However, our size does give us greater representation at the IBD meetings, giving us four National Representatives on the Board. Those members are our Chair (LaRae Bakerink), First Vice Chair (Lori Norris), Treasurer (Taz Criss), and Second Vice Chair (Billie Lee). A fifth National Rep (Secretary (Jason Seiler)) serves if our membership exceeds 50,000. This year due to surgery Lori was unable to attend, and Jason attended in her place.

Generally the members of American Mensa do not pay much attention to Mensa International, as evidenced by the low voter turnout during the International Election. However, since we are part of the International community, and must follow the Mensa International Constitution, some members may be more interested in the activities of the IBD than they think.

The agendas and minutes of the annual meetings, as well as other documents and reports, are available at the Mensa International website at: www.mensa.org/members/international-governance You will need to register to log in if you don't already have a profile, since the American Mensa login does not work on the international site, but getting a logon is simple to do by providing your membership number and identifying information.

I would like to thank Albia Dugger for once again volunteering to serve as Region 10 Scholarship Chair

for the 2020 Mensa Foundation Scholarship program. The Local Group Scholarship Chairs will be looking for volunteers to serve as judges, with the submission process already underway. Essays will be available after Dec. 1, and judging will begin shortly after that.

On October 10th, Wynn Rostek of Space Coast Area Mensa (SCAM) passed away after a long illness. Wynn had been a member continuously since 1978, and served as a leader in SCAM for many of those years, including terms as their newsletter editor and Local Secretary (LocSec), as well as the Region 10 Scholarship Chair. Most recently he was serving as the Assistant LocSec for the group. As a dedicated leader, he agreed to step in even within the past couple of months when volunteers were needed to run for the SCAM Executive Committee. He was one of the first Mensa leaders that I met outside of my own local group during the SCAM Regional Gathering, and always had support, encouragement and advice to offer me as I took on my own leadership roles in Tampa Bay Mensa.

I will miss him greatly ...

Until next month (or until I see you online). 🍌

Wynn Rostek

Celebration of Life (& Pizza Lunch)

Saturday, Nov. 9 at 11:30 a.m.

Sandrift Community Center

585 N. Singleton Ave., Titusville



Space Coast Area Mensa Group

Executive Committee

Local Secretary: Karen Freiberg
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Treasurer: Val Valek
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Testing Coordinator: Hank Rhodes
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Proctor Coordinators: Julie Costopoulos
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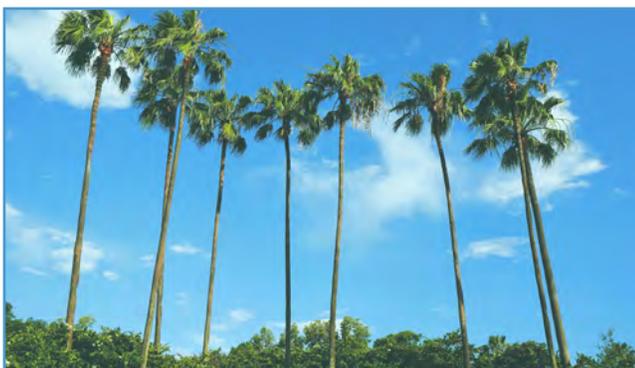
Calendar: Doug Starke
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American Mensa

(RVC10) Thomas G. Thomas
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Cape Canaveral Schedule

Falcon 9 Block 5 | SXM-7
SpaceX
Thu, Oct 31st, 2019, TBD

Falcon 9 Block 5 | ANASIS-II
SpaceX
Thu, Oct 31st, 2019, TBD

Falcon 9 Block 5 | Starlink 3
SpaceX
Sun, Nov 3rd, 2019, TBD

Falcon 9 Block 5 | SpX CRS-19
SpaceX
Tue, Dec 3rd, 2019, TBD

Forget Mensa! All Hail the Low IQ ...

Wired excerpt > 10-10

“What is it like to have a low IQ? What problems do people with low IQs face every day, apart from social stigma (if any) or pressure from family (if any)? What are some success stories and stories of family support and love?”

The most upvoted reply, a mini masterpiece, came from a user with a melodious writing style. He goes by Alex C. Lee on Quora, and he told me that he took the test twice and scored 96 and 98. (One hundred is dead average on many tests.) Though Lee likes to say street smarts serve a person better than IQ, he doesn't doubt that the IQ number means something—and that, whatever it is, it has affected his life.

Teachers and parents get impatient, Lee explains, and even use epithets; moreover, a tendentious intelligence hierarchy from the American eugenics movement still casts a long shadow. But there can be an upside for low- or average-IQ kids determined to prove themselves: They learn to work. Lee, who wrote his honors thesis on George Eliot's novel *The Mill on the Floss*, has very much not had his motivation torpedoed. He actively enjoys, as he says, “challenging and repetitive work, but only if the challenge can be overcome by practice ...”

Then comes Lee's forthrightness when he describes balking at “learning new stuff.” This should offer readers of any IQ score (or none) a feeling of profound liberation.

“My peers learn wine-tasting while I get drunk from my favorite Long Island iced tea,” Lee writes. “My

MENSA Colege Scholarships

This announcement exists to encourage students to apply for a scholarship through the local chapter and national Mensa organization (Mensa membership is NOT required). Please forward to other Mensans who can inform students of this opportunity.

Details regarding eligibility:

An applicant must be intending to enroll in a degree granting accredited college/university the academic year following their application. Students just need to become enrolled and provide documentation of enrollment if they receive the award.

Details to apply:

The applications are now open (the deadline for applications is January 15), including an essay of not more than 550 words explaining their career, academic and/or vocational goals and how they plan to achieve those goals. For more information, read the scholarship FAQ at the website below:

www.mensafoundation.org/what-we-do/scholarships/us-scholarships/

Thank you,

Julie S. Costopoulos, Ph.D.

**Space Coast Area Mensa (S.C.A.M.)
Scholarship Chair**

Scholarships:

10/7 the college scholarship applications become available online. All local colleges have been notified to encourage applications. We want to encourage admissions testing with SCAM's free voucher* ...

Testing:

The November testing date has been moved to 11/23 due to a conflict in room scheduling at FIT ...

*Our chapter's voucher code is "RocketShip19" ...

Anyone that you know can use this  code for FREE testing > 10/19 (Cocoa Library) or 11/23 (FIT). 

Sleep Deprivation Shuts Down Production ...

Scientific American excerpt > 10-15

The results suggest the brain is "getting prepared for an event, but it doesn't mean you actually follow through on doing it," says Robert Greene, a neuroscientist at the University of Texas

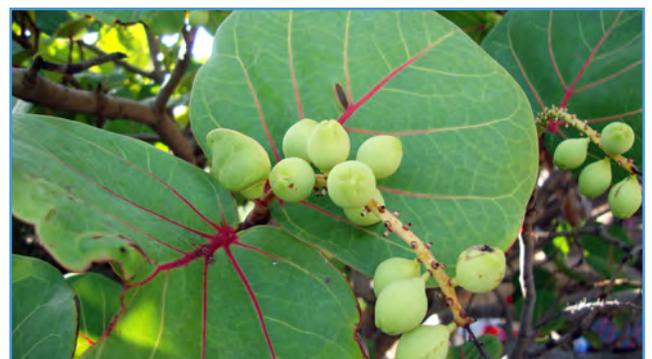
Southwestern Medical Center, who was not involved in the study. Greene calls the studies "fascinating," saying they confirm a "long suspected" connection between internal timekeeping and sleep behaviors.

When we become sleepy, two factors are in play: "sleep pressure," or the growing allure of a beckoning pillow as waking time lengthens, and our internal clock sounding the signal that the usual point for shut-eye has arrived. In one of the two studies, Sara B. Noya of the Institute of Pharmacology and Toxicology at the University of Zurich and her colleagues showed that in mice, the internal clock regulates the rhythmic generation of instructions, or transcripts, for making proteins. Giving in to sleep pressure and hitting the hay, they found, triggers the final steps of protein production.

At two peak times in the 24-hour day, just before waking and sleeping, neurons in cognition-related brain areas packed a timekeeping cell's signaling stations with these transcripts, Noya's team discovered. The "sleep time" transcripts tended to be for proteins that regulate building other proteins, while the "wake time" instructions were for proteins linked to synapse function. These stashed molecules set the stage for the rapid refreshing of synapses during sleep. Mice lacking important clock genes did not show these peaks.

With a regular sleep-wake cycle, the proteins built using these instructions also showed peak production at dawn and dusk. In sleep-deprived mice, however, Noya and her colleagues demonstrated that the cell still produced many of the transcripts but did not build the related proteins. That result implies sleeping regulates the final, protein-building step in ensuring robust synapses.

That does not mean, however, that interventions to boost memory and cognition loom in the near future, based on these findings. 

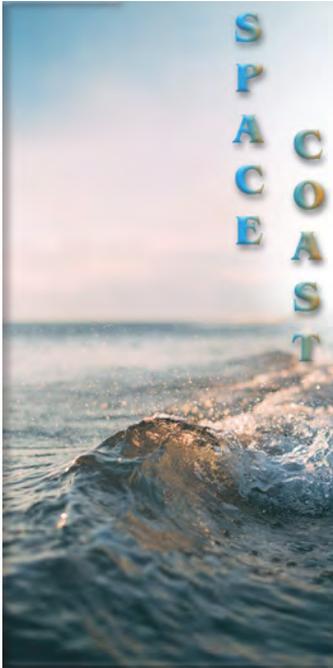


Space Coast Area Mensa Group

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Rockledge, FL 32955

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Cont. from pg. 2

peers learn yoga while I lie in bed playing with my phone.”

Sing it, brother ...

“To be honest, playing videogames all the time at home sounds pretty good to me, if I don’t have to go to school or work.” He also doesn’t finish many of the novels he starts, doesn’t like to draw, and seldom goes to museums or art galleries. Because—oh yes—“I don’t appreciate aesthetic stuff.”

Is Alex C. Lee the first honest witness to the modern human condition or what? 🍌



Election Ballot Submission

To make sure your ballot is counted, double-check your member number on the furnished envelope & place your folded ballot inside! Please remember to stamp the envelope.

Do not provide a return address!

The furnished envelope should be pre-addressed to:

SCAM NomElCom

Gregg Wiggins

2186 Highway A1A, Apt. A-3

Indian Harbour Beach, FL 32937-4927

Do not vote for more than 4 candidates. Ballots must be “here” no later than November 30, 2019!

VOTING IS AN IMPORTANT INTERACTION!

Upcoming Events

MENSA Testing – Saturday, Nov. 23rd

Games Night – Tuesday, Nov. 12th at 6:30pm

SNORT – Saturday, Nov. 23rd at 5:15pm