Chinook
The newsletter of Columbia River Mensa

March 2024

Volume 3, Issue 7

Columbia River Mensa

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From Our Local Secretary (LocSec)

Bill Sheretz

I asked Tim to include the meme on page 5 because we all have so much to be grateful for. We have all been blessed with above average intelligence that equips us to deal with the challenges of day-to-day life!

Last weekend, ***I got to*** review and score 51 scholarship applications from our local group area. It did take some time and effort, but some of the essays were truly inspiring. It really gave me hope for the future of our country. It may sound corny, but it's true - the next generation does have a lot of hard workers focused on serving others and making the world a better place. If you would like to invest your time in helping build the future by serving on the Scholarship Committee next fall, please let me know.

I got to "attend" the AMC Meeting on March 9th - a couple of comments:

- Prospective members - Limited-time Offer: Free Prior Evidence Review For the month of March, Mensa is offering free PE Review and the chance to qualify and join the easy way for only $79! I will be sending an email out to our list prospective members asking them to please consider taking advantage of this before April 1st. (continued on page 4)

> *The bad news is that time flies. The good news is that you're the pilot.*
> —Michael Altshuler

Missing the hyperlinks?

Tim Dees

One of the challenges of producing a newsletter for distribution both electronically and by conventional "dead tree" media is that hyperlinks don't translate well into print media. Bill Sheretz's column in particular contains hyperlinks to email addresses, Zoom meeting venues, and other online resources. If you are getting a hard copy of the newsletter and want to access some of the resources included in the online version, log onto https://crm.us.mensa.org and click on the "Newsletter" heading at the top of the page. You'll be directed to the website for American Mensa and asked to log in with your member credentials. Once you've done that, you can see the current and past issues of this newsletter, with hyperlinks intact and ready for clicking.

If you run into difficulty, contact me at treasurer@crm.us.mensa.org.

News from the Regional Vice Chair (RVC)

Tracey Guice (February 2024)

I attended the December 9th AMC meeting. As I frequently do in preparation for the meeting, I reviewed the posted meeting reports. If you want to know how to find the Agenda, Minutes, Recording or Meeting Reports for a particular meeting, just ask. While reviewing the posted Secretary report, I noticed that Secretary Ian Strock violated the AMC's confidentiality policy, which is a part of ASIE Appendix 4: Principles of Conduct of AMC Officers. I reported the breach. After a period of time, the confidentiality breach was acknowledged. I was subsequently informed by the Chair that a conversation was had but "there is nothing in our governing documents giving me the authority to pursue this further." Yet, in March of 2023, the ExCom brought a motion to remove the previous National Ombudsman for violating that same ASIE based on the Acknowledgement of Responsibilities for AMC Members. I did also report the matter to the Risk Management Chair, who happens to be another member of the ExCom, also with no effect.

The AMC has had a lot to say about acting with intellectual integrity and avoiding conflicts of interest as recently as our December meeting. I think we need to take a more comprehensive look at what constitutes a conflict of interest and what should be in a robust Conflict of Interest policy.

If you are interested in judging essays at the regional level, contact me at rvc8@us.mensa.org. To read essays at the regional level, you may not be a reader for another local group in Region 8.

If you are a member of EWNI Mensa, your group is looking for volunteers to help with nominations. If you are interested in becoming a member of your Nominating Committee you can contact Eugenia McGarry eugeniamcgarry@yahoo.com or me rvc8@us.mensa.org.

Leadership Development

The Bylaws Education Series is about midway through completion. There are two remaining workshops in the series; Meet Your AMC Bylaws Committee and What the Heck is An ASIE anyway. The tentative date for Meet Your AMC Bylaws Committee will be the evening of March 11th. What the Heck is an ASIE anyway is still to be scheduled, but is also expected to happen in March. While the series is hosted by myself and Region 8, any current member may attend.

Have you been interested in volunteering at the local, regional or national level? Are you curious about position but don't know exactly what that officer does? Would you like to learn more about our national committees or our scholarship program? Have you wanted to volunteer 'somewhere' but just don't know how to get started?

I can help with some of those questions. If I haven't held that role in my nearly twenty years of volunteering, I probably know someone who has. Send me a message or give me a call.

Tracey Guice (they/them)
Vice Chair Region 8
rvc8@us.mensa.org

News from the Regional Vice Chair (RVC)

Tracey Guice (March 2024)

I attended the virtual special meeting on January 23rd. The mini-minutes are posted in the Meeting Reports section of our website. If you want to know how to find the Agenda, Minutes, Recording or Meeting Reports for a particular meeting, just ask. Our next regular AMC meeting is scheduled for March 9th in Dallas, Texas. I expect to attend. A link to the meeting will be posted when available. Feel free to ask me any questions you have about our national board meetings.

As discussed in the December meeting, the March meeting will include a second vote on a proposed dues increase. I voted against the dues increase in December, and I expect to vote against the dues increase in March for reasons that I mentioned during the December meeting. The March meeting is also our annual budget meeting. I have had a lot to say this year in various columns and AMC meetings about my thoughts on where we have allocated spending.

Another item of interest in March will be a proposed update to the Minimum Standard Bylaws and Model Bylaws. As a member of the Bylaws Committee, I have been very involved in the update process, and will be one of the movers of these motions.

We will be hosting two more Region 8 Mensa Connect help sessions. The first session will be on March 16th at 10am Pacific Time. This session will be geared more towards users of Mensa Connect. While targeted towards Region 8, it will be open to any current member. Event information will be posted in the Region 8 fora and on the national events calendar.

Regional scholarship reading season is about to begin. If you are interested in judging essays at the regional level for Region 8, contact me at rvc8@us.mensa.org. To read essays at the regional level, you may not be a reader for one of the local groups in Region 8.

CultureQuest registrations are due by March 31st. Get your team together if you are interested in participating. National Volunteer Week is April 21-27th. If you have any questions about Mensa Cares or are looking for suggestions on community service projects, feel free to contact me.

Leadership Development

There are two remaining workshops in the series; *Meet Your AMC Bylaws Committee* and *What the Heck is An ASIE anyway*. Meet Your AMC Bylaws Committee will be the evening of March 11th at 5pm Pacific Time. *What the Heck is an ASIE anyway* is still to be scheduled. While the series is hosted by myself and Region 8, any current member may attend.

Have you been interested in volunteering at the local, regional or national level? Are you curious about a position but don't know exactly what that officer does? Would you like to learn more about our national committees or our scholarship program? Have you wanted to volunteer 'somewhere' but just don't know how to get started?

I can help with some of those questions. If I haven't held that role in my nearly twenty years of volunteering, I probably know someone who has. Send me a message or give me a call.

Tracey Guice (they/them)
Vice Chair Region 8
rvc8@us.mensa.org

Letters, Stories, Travel Misadventures and More!
Isolated M SIG monthly newsletter serves as a communication forum for Mensa members around the world – currently 80 countries. Subscription information: ruthdanielle@hotmail.com.

LocSec column, continued...

- As advertised, after a spirited discussion, the AMC voted 8 to 5 to **increase the annual dues from $79 to $ 107** a year effective ***April 1st, 2024***. It's worth noting that no one on the AMC voted without serious consideration of the impact this increase might have on our organization. After listening to the discussion, I can safely say that everyone voted their conscience. ***It's worth noting*** that between now and April 1st, you can extend your membership at the $ 79 annual rate. for the single year, 3 year and 5 year membership rate.

On Thursday evening, March 21st at 7 PM, we will hold a Columbia River Mensa Meeting and LDW (Leadership Development Workshop)- "Being on the ExComm isn't scary." We'd really love to see you there! If the link doesn't work for you, please reach out to me and I will send you a meeting invitation. Currently, we have openings for the following positions on our Excomm Membership, Area Coordinator(s), Communications/Marketing/PR, Gifted Youth Coordinator, Scholarship Chair and Committee, and Programs. Note: Attending this meeting doesn't obligate you to serving....Also, I am sure Tim would greatly appreciate the opportunity to mentor someone as either Treasurer or Newsletter Editor (or both!). Hope to see you there!

The American Mensa election season will soon be upon us. I strongly urge you all to review the Upcoming elections. There are several contested elections that will have a direct impact on American Mensa, Region 8 and Columbia River Mensa. https://www.us.mensa.org/lead/amc/elections/2024-election-portal/ Also, please see Jon Gruebele's statement on page 9 as well.

Lastly, I would like to sincerely thank Tracey Guice for her help and support as Regional Volunteer Chair for the past several years. Tracey, on behalf of Columbia River Mensa, I wish you all the best in your future endeavors.

Events - March seems like Mensa Meeting Month
There are some interesting online learning opportunities coming up.

The Secrets of Using Mensa Connect Effectively
Mensa of Western Washington
March 16, 2024

Bring your patience and your questions to an overview of the Mensa Connect experience from a user (your) perspective. Learn the tips and tricks to receive messages you want to get and connect with other people and groups. With the permission of the attendees, this session will be recorded.

This event is hosted by Region 8 but open to all members.

This event is free to attend.

To register, Topic: Mensa Connect Overview

Time: Mar 16, 2024 10:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

https://petpartners-org.zoom.us/j/84054495439?pwd=whTt3roTouhmPTQRQv4gItYAyTP6Nb.1

Meeting ID: 840 5449 5439

Passcode: 918020 For more information, contact Tracey Guice; rvc8@us.mensa.org; 206-635-8295

Inquiring Minds: Becoming Attached: Our first relationships and how they shape our capacity to love

March 17, 2024

Dr. Robert Karen will discuss the different styles characterizing secure and types of insecure attachment between developing persons and their caregiver(s). There are different consequences of each attachment style for development of relationships with others, for our personalities, and even for the underlying connections in the brain. Attachment styles are still important in adolescence and adulthood.

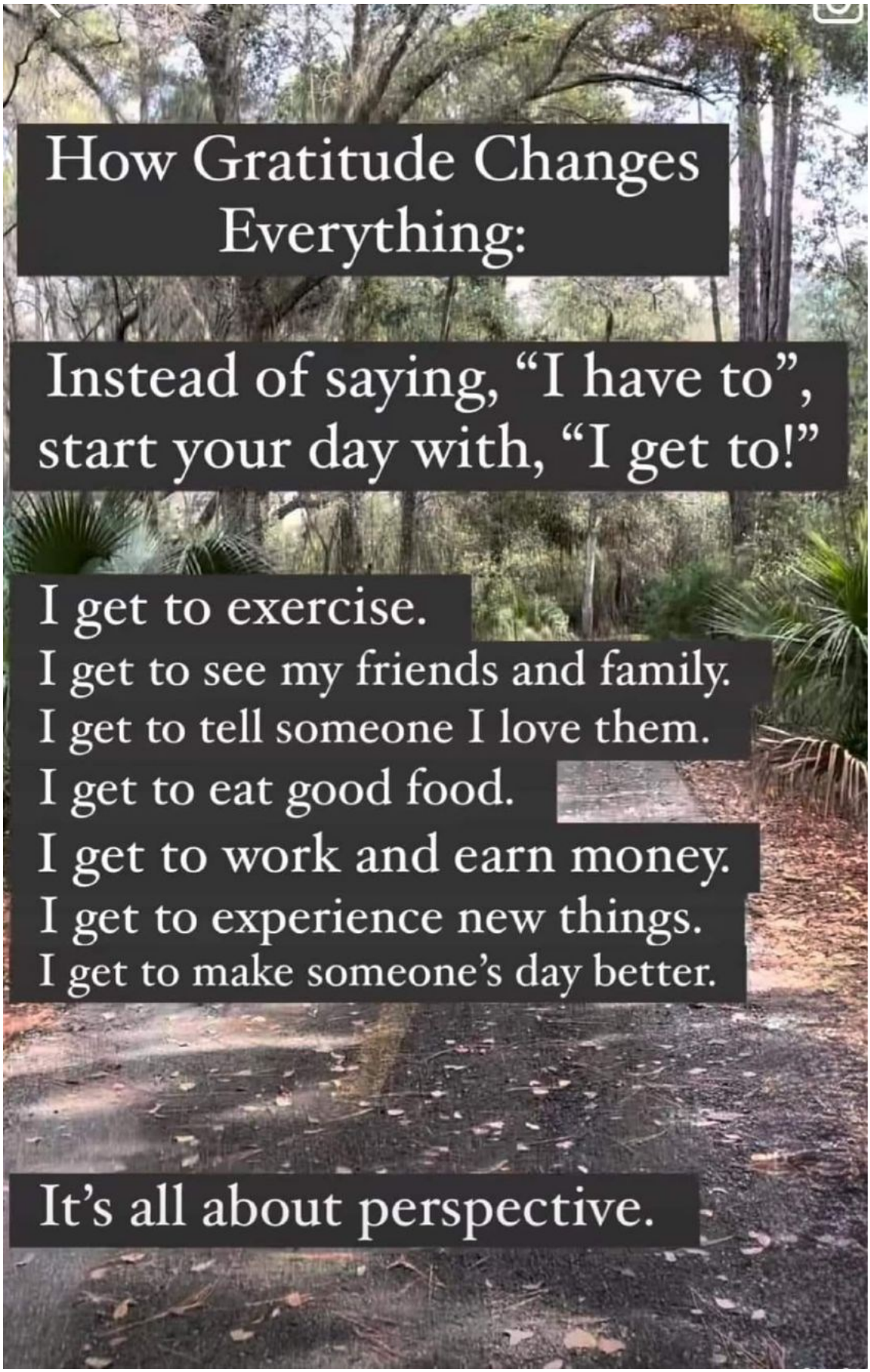
Dr. Karen is a clinical psychologist practicing in New York City and an award-winning author. He also holds the position of Associate Clinical Professor at the Derner Institute of Advanced Psychology Studies at Adelphi University.

NOTE: This talk begins at 2 p.m. EDT.

This virtual event is free to all Mensa members.;

To register, RSVP to to host Kathleen Smith: kathleen.walton.smith@gmail.com You MUST attach a receipt showing that your current Mensa membership dues are paid (or a photo of your current membership card showing the expiry date).

Please make it clear for which talk(s) you are RSVP'ing. For more information, contact Kathleen Smith; kathleen.walton.smith@gmail.com


How Gratitude Changes Everything:
Instead of saying, "I have to", start your day with, "I get to!"
I get to exercise.
I get to see my friends and family.
I get to tell someone I love them.
I get to eat good food.
I get to work and earn money.
I get to experience new things.
I get to make someone's day better.
It's all about perspective.

Columbia River Mensa ExComm Minutes
February 27, 2024

In attendance: Tim Dees, Bob Hunt, Bill Sheretz, Tracey Guice (RVC8)

Open positions: Program Chair, Publications Officer, Membership

Call To Order at 7:06

ExComm Officer reports

Review / Approve Minutes from November 2023 Meeting

RVC Comments –

- AMC March 9th, 8 AM – 3 PM – Dues Increase will be discussed
- Budget Webinar is not happening live
- Link is in Mensa Leader
- LDW March 11 Meet Your AMC Bylaws Committee / LDW March 16 Mensa Connect

LocSec:

- Columbia River Mensa Statistics Response
- CRM Snapshot
- Agenda for March

Asst Loc Sec:

Treasurer: Checking **$** 9606.00 / CD $ 2,673.33

Review / Approve Treasurer's report - Approved

Member-At-Large:

Sent out emails requesting response – nothing heard

Testing Chair:

Actions Still in Effect (Old Business)

Conditionally reimburse test / prior evidence fee – only if the candidate joins CRM–

- Approved at July 14, 2022 Excomm

Member Appreciation Dinner – BBQ - Picnic – Dinner – Potluck???

New Business

- Publish Newsletter (To Tim by March 8th / March 15)
    - Effective notice to members of LDW / Membership Meeting
    - Activities Calendar / Listing
        - Include LDW
    - ExComm Minutes
    - LocSec Column
    - Member submissions
    - Isolated M's, Mensa Connect
    - Officer listing
    - RVC Column
    - Treasurer's Report
- Leadership Development Workshop / Membership Meeting (March 21)
    - **Being on the ExComm isn't scary**
    - **Specific invitation** to Millennials / Gen X via email
    - **Reach out to Lana (GYC/Young Adult Mensans)**

Any other suggestions - Zoom events, in person events

For the good of the order

Adjourned: 7:38 PM

Submitted February 28, 2024

William C. Sheretz

Bill Sheretz, Local Secretary

Local Group Snapshot

As of 3/9/2024

R08-989 Columbia River Mensa

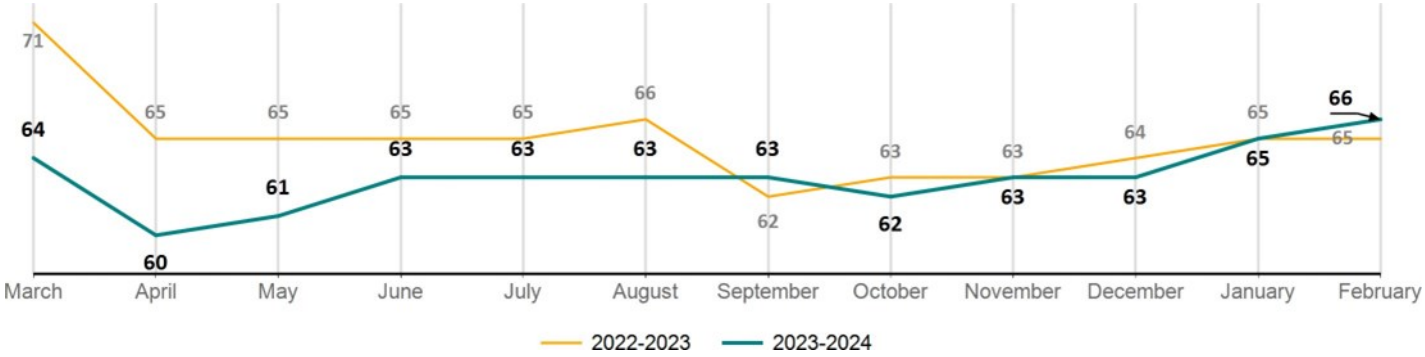
Current Membership: 66 **Current Year Lapsed**: 0 **Local Group Class**: V

Primary: 66 (100%)
Additional: 0 (0.00%)
Life: 17 (25.76%

Local Secretary Bill C. Sheretz (541) 999-8718 Sheretz@waypt.com

Website" http://crm.us.mensa.org

Membership Year over Year



Testing Information, Twelve Month (Local Group / Local Group class average)

Feb 2024	# Tested: **0** / 0.00 Sessions: **0** / 0.00	**Jan 2024**	# Tested: **0** / 0.00 Sessions: **0** / 0.00	**Dec 2023**	# Tested: **0** / 0.05 Sessions: **0** / 0.05	**Nov 2023**	# Tested: **0** / 0.00 Sessions: **0** / 0.00
Oct 2023	# Tested: **0** / 0.00 Sessions: **0** / 0.00	**Sep 2023**	# Tested: **0** / 0.00 Sessions: **0** / 0.00	**Aug 2023**	# Tested: **0** / 0.05 Sessions: **0** / 0.05	**Jul 2023**	# Tested: **0** / 0.00 Sessions: **0** / 0.00
Jun 2023	# Tested: **0** / 0.05 Sessions: **0** / 0.05	**May 2023**	# Tested: **0** / 0.00 Sessions: **0** / 0.00	**Apr 2023**	# Tested: **0** / 0.11 Sessions: **0** / 0.05	**Mar 2023**	# Tested: **0** / 0.00 Sessions: **0** / 0.00

Newsletter Chinook **Postal Type:** First Class

Last calendar insert: 12/1/2023 **Last Treasurer's Report:** 6/1/2022

Newsletter Distribution

Print: 29 (43.94%)

Electronic: 37 (56.06%)

Newsletter Information, Twelve Month (Received / Uploaded to National website)

May 2023	no / no	**Aug 2023**	no / no	**Jan 2024**	no / no	**Apr 2023**	no / no
Feb 2024	no / no	**Oct 2023**	no / no	**Jul 2023**	no / no	**Nov 2023**	no / no
Dec 2023	yes / yes	**Sep 2023**	yes / yes	**Jun 2023**	yes / yes	**Mar 2023**	yes / yes

Jon Gruebele for American Mensa Second Vice Chair



Starting mid-April, we'll elect a new Board of Directors (AMC) for American Mensa. Generally, 90% or more of members don't vote, and contests can be very close. Your vote can indeed make a difference in this election. When you get your election materials, please take a moment to review the candidates and vote for the ones who will serve us best.

I'm running for Second Vice Chair. I've been a LocSec and now Regional Vice Chair (RVC4) for many years. I've consistently voted for fiscal responsibility and good governance. Most recently, I've voted against a dues increase that went too far. I've served on multiple committees and task forces, and spent countless hours engaging with the Region's Local Groups.

A majority – somewhere between eight and twelve of fifteen elected positions – will be filled by members entirely new to the AMC. Some have no national experience; some don't even have Local Group leadership experience. My opponent has neither. While a fresh perspective can be important, we'll already have plenty of that on the next AMC. We'll also need leaders who have the experience and expertise to translate good ideas into action.

Candidates will point out various challenges Mensa faces. We absolutely have work to do. Fortunately, I have extensive professional experience as a certified process and product improvement expert. I've led and coached leaders through hundreds of projects. Finding root causes and implementing cost effective, quality solutions is one of the Second Vice Chair's prime responsibilities.

The Second Vice Chair may also be appointed as one of the American representatives on Mensa International's Board. I have served as International Strategy Chair. I've attended many international Mensa events. I've lived in Switzerland and Germany for a total of seven years as an adult. During a 35-year professional career, my responsibilities have spanned the globe.

The election materials will have much more detail about my accomplishments and insights. Once you review them, I'm hoping you'll agree I'm the best candidate for Second Vice Chair. Please vote for Jon Gruebele, and thanks for your support!

Treasurer's Report

Tim Dees

As of March 10, 2024

- Checking account: $9606.00
- Certificate of Deposit: $2675.99

Mensa's fiscal year runs from April 1-March 31. I am required to submit a detailed report of income and expenditures to American Mensa each April. In the next newsletter, I will publish this detailed report in the newsletter.

North Richland Wrecking Crew



Our weekly lunch gathering continues to be well-attended. The North Richland Wrecking Crew (NRWC, as christened by Assistant LocSec Mark Mitchell) meets at 1:00 PM every Friday at one of seven venues. If one of our venues isn't available when it comes up in the rotation, we look for a new place to try.

If you have been on the fence about attending a Mensa function, the NWRC is a good place to get your feet wet. Most everyone is or has been an active member of Mensa, but we stress that both Mensans and non-Mensans are always welcome. The group is congenial and the conversation is always eclectic. Among the regulars are a couple of retired military NCOs, a retired cop, a few engineers, a physicist or two, and other STEM-type folks.

The NRWC table can be identified by looking for Percy the Owl, pictured above.

Tim Dees maintains a mailing list sent each week, reminding everyone of that week's venue. If you would like to be added to the distribution list, send an email to treasurer@crm.us.mensa.org. The schedule for the next few weeks is below.

- March 22: Baby J's, 2243 Stevens Dr., Richland
- March 29: Family Garden, 1340 Jadwin Ave., Richland
- April 5: Fresh Leaf Co., 1080 George Washington Way, Richland
- April 12: Isla Bonita , 1524 Jadwin Ave., Richland
- April 19: Lil Moon Diner, 3790 W. Van Giesen St., West Richland
- April 26: Shogun, 760 Dalton St., Richland
- May 3: Ann's Best Creole and Soul Food, 1901 Terminal Dr., Richland



This is a shot off my front porch over Christmas, looking down the Methow Valley south of Twisp

— Bob Hunt

Trail Report

Scott Lang





Want a quiet nearby hike, run, or bike on a trail system with only a few users? Head out to the Rattlesnake Mountain Slope Preserve just north of Benton City. Dogs and horses are welcome. I haven't yet seen a rattlesnake, but that doesn't mean they aren't out there.

There's over 13 miles of trails, mostly rather narrow. There isn't much flat terrain. The trail surfaces range from rather sandy to a bit rocky.

If biking, you'll need to be attentive to obscured trailside rocks that are ready to send you suddenly flying in a random direction. There are only a few areas with exposure risk. Confident bike handlers will have no problems. I recommend tires 2" or greater.

Directions: Internet search for "Rattlesnake Trailhead." It's on Hwy 225, just south of some shooting ranges. I usually don't hear gunshots while on these trails.

Want a biking buddy (44-year-old male) who has knowledge of the trail system and will probably crash at least once (good for laughs)? Contact: Michael Scott Lang at mslong79@gmail.com

Columbia River Mensa Chapter Officers

Bill Sheretz, Local Secretary
locsec@crm.us.mensa.org
(541) 999-8718

Mark Mitchell,
Asst. Local Secretary
asstlocsec@crm.us.mensa.org
(509) 851-4668

Tim Dees,
Treasurer and Newsletter Editor
treasurer@crm.us.mensa.org
Phone 910-688-3337

Bob Hunt, Member-at-Large
member-at-large@crm.us.mensa.org

Columbia River Mensa is the chapter of American Mensa local to most of Eastern Washington. Mensa is an international society whose sole qualification for membership is a score in the top two percent of the general population on a standardized intelligence test. The word "Mensa" translates to "table" in Latin. The name "Mensa" is reminiscent of "mind, table, month," which suggests a monthly meeting of great minds around a table.

Mensa has three purposes, which are outlined in its constitution. They are:

1. To identify and foster human intelligence for the benefit of humanity.
2. To encourage research into the nature, characteristics and uses of intelligence.
3. To provide a stimulating intellectual and social environment for its members.

We're on the Web!

http://crm.us.mensa.org

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