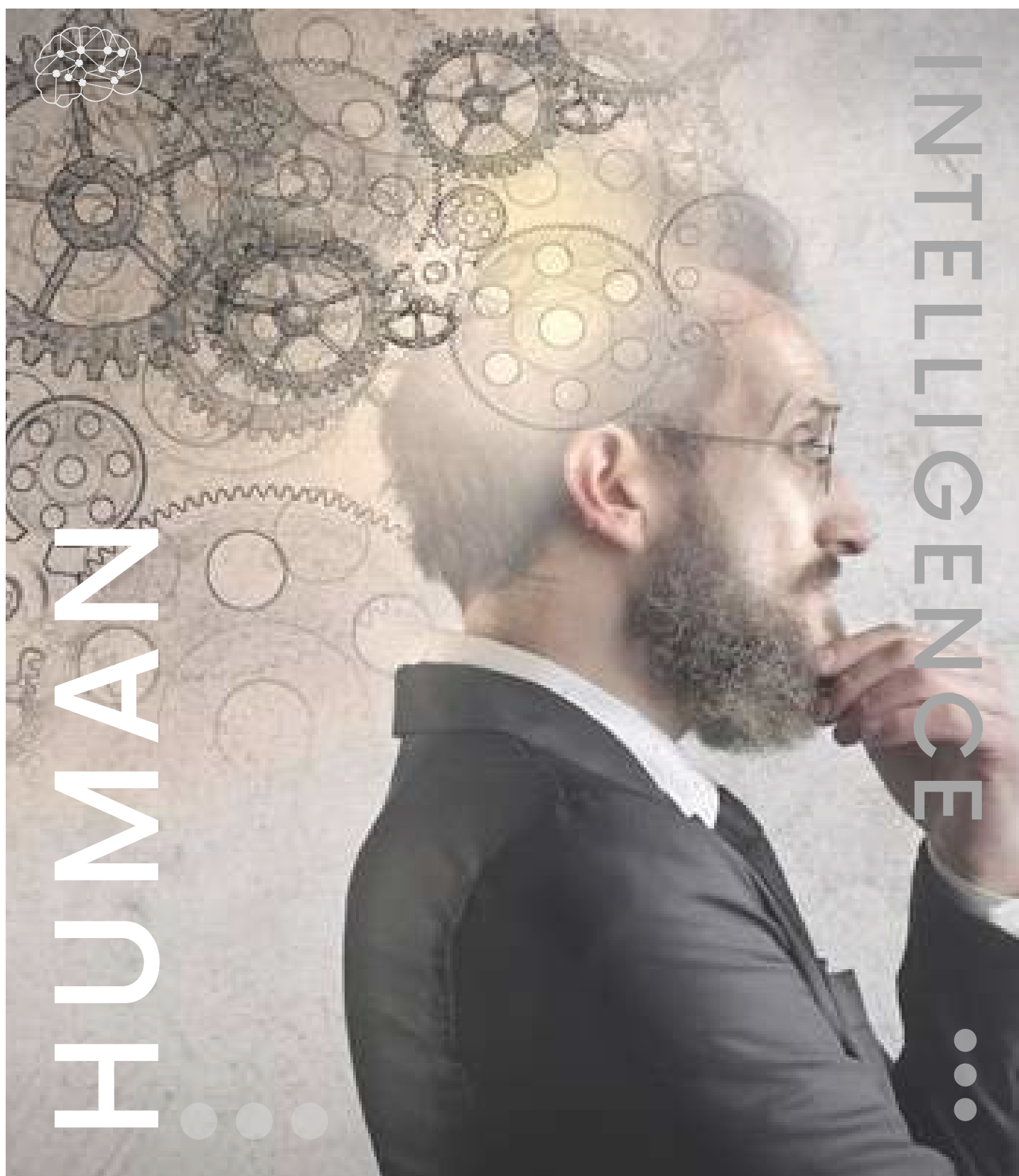


# MENSA CRNE GORE





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# TAJNE ZDRAVE KOMUNIKACIJE

**Piše: Dr Tanja Petrović**  
 psiholog i psihoterapeut, osnivač IntroSpectrum-a

Vjerovatno ste se bar nekada našli u nekoj od sledećih situacija... Čekate kod ljekara, i taman kad ste došli na red, neko drugi kreće da ulazi u ordinaciju... Imate prijatelja koji nikako da Vam vrati pozajmljeni novac... Na radnom mjestu redovno dobijate zaduženja koja ne spadaju u Vaš opis posla... Roditelji Vam često spominju da bi trebalo da se vjenčate, imate dijete, kupite stan... Partner ima naviku koja Vam već opasno „ide na živce“...

Manje-više, svako će u ovakvim situacijama osjetiti nelagodnost. Međutim, neće svačija reakcija biti ista. Razlikujemo tri najčešća tipa reagovanja kod ljudi.



## Pasivna reakcija

Ovu reakciju karakteriše ćutanje i povlačenje. Propustićete osobu preko reda... Sačekaćete da prijatelj sam započne priču o pozajmljenom novcu... Nadate se da će neko na poslu već jednom primijetiti da ste prenatrpani i svojim i tuđim zaduženjima... Vjerujete da će Vas roditelji u nekom trenutku „ostaviti na miru“... Očekujete da će doći dan kad će partner odustati od svoje navike... Dakle, osoba sa ovim tipom reagovanja očekuje da će se stvari same po sebi promijeniti. Da je tako još samo ovaj put... Da će druga strana sama uvidjeti svoja problematična ponašanja i nešto promijeniti... U realnosti, to se gotovo nikad ne desi samo po sebi. Drugi ne mogu da nam čitaju misli i najčešće je potrebno da im kažemo šta nam smeta kako bi oni uzeli u razmatranje da li će neko svoje ponašanje promijeniti ili ne.

## Posledice pasivne reakcije:

Kada se osoba dugoročno ponaša na opisan način, trpe njene potrebe, želje i ciljevi. Akumulira negativne, često i nezdrave, emocije (povrijeđenost, bijes, anksioznost...), gubi samopoštovanje, javljaju se konkretne fizičke i psihičke tegobe (poput glavobolja, osjećaja gušenja, paničnih napada, depresije...). Osoba obično ne gubi odnose u kojima se nalazi, ali je njihov kvalitet često nezadovoljavajući. Njeno pasivno ponašanje vodi do nesrazmjernog davanja i dobijanja u odnosu (ona je ta koja mnogo više daje) a naponi da je drugi prihvate obično imaju kontra-efekat pa drugi sve češće zanemaruju njene potrebe.

*Dakle, osoba sa ovim tipom reagovanja očekuje da će se stvari same po sebi promijeniti. Da je tako još samo ovaj put... Da će druga strana sama uvidjeti svoja problematična ponašanja i nešto promijeniti...*

## Uzroci pasivnog ponašanja:

Uzroci pasivnog ponašanja mogu biti razni, ali evo nekih najčešćih. Osobi može svako zauzimanje za sebe djelovati grubo i agresivno. Možda ne prepoznaje svoja prava ili ima teškoću da se pozove na njih. Nekada je problem što osoba nema razvijene socijalne vještine. Ili je naučena da potrebe drugih stavlja ispred svojih. Ipak, najčešći uzroci su da se osoba plaši narušavanja slike o sebi (u očima drugih želi da po svaku cijenu bude „dobar radnik“, „najbolja drugarica“, „pristojan građanin“, „sin/kćerka za primjer“, „idealni partner“...) i jako se plaši ishoda zauzimanja za sebe (kazne, odbijanja, neprihvatanja...).



## Agresivna reakcija

Druga moguća reakcija je agresivna. Osoba se svađa, viče, vrijeđa... nepoznatu osobu u redu, prijatelja, poslodavca, roditelje, partnera... Itekako se zauzima za svoja prava, ali pri tome istovremeno narušava tuđa, prevashodno nepoštovanjem i obezvrijeđivanjem druge strane. Cilj agresije je najčešće uspostavljanje kontrole nad situacijom i ljudima, demonstracija moći...

*Osoba se svađa, viče, vrijeđa...  
nepoznatu osobu u redu, prijatelja,  
poslodavca, roditelje, partnera...*

### Posljedice agresivne reakcije:

U nekim situacijama osoba praktikujući ovakvo ponašanje i dobije šta želi, ali gotovo uvijek trpe njeni odnosi. Drugi ljudi obično izbjegavaju kontakt sa osobom sklonom ovom tipu ponašanja, što za rezultat ima čest osjećaj usamljenosti kod ljudi sklonih agresiji. I ovdje su neizostavne fizičke tegobe (visok krvni pritisak, gastrointestinalne tegobe, tzv. „menadžerske bolesti“...). Kao posljedica agresije često se mogu javiti nezdrave emocije, poput krivice ili stida povodom svog agresivnog reagovanja, što vodi u povlačenje i samoizolaciju.

### Uzroci agresivnog ponašanja:

I kad je riječ o agresivnom reagovanju, uzroci mogu biti različiti. Osoba je možda prethodno dugo akumulirala nezadovoljstvo, povrijeđenost, bijes pa sebe „časti“ agresivnim ispadom. Ili ne zna za drugačiji način iskazivanja sebe sem agresivnog. Može imati skrivene motive (demonstracija moći, uspostavljanje kontrole i dominacije nad situacijom). Čest je slučaj da dođe do tzv. pomjeranja (osoba je ljuta na kolegu sa posla ali zbog toga trpi njen partner). Takođe, moguće je da je u prošlosti ova osoba dobijala više poktrepljenja za agresivno ponašanje (npr. roditelji su joj kao djetetu davali čokoladu ili igračku kako bi se smirila i sl.).

## Asertivna reakcija

Asertivna reakcija podrazumijeva zauzimanje za sebe, uz istovremeno poštovanje druge osobe. Konkretno, osobi u čekaonici ćemo reći: „Izvinite, ali ja sam na redu.“ Prijatelju ćemo reći da razumijemo ako nije u prilici odmah da nam vrati pozajmljeni novac, ali da bismo voljeli da preciziramo krajnji datum za povraćaj. Na poslu ćemo zakazati sastanak sa nadređenim, iskomunicirati svoja zaduženja i dati predlog za delegiranje ostalih zaduženja oja obavljamo. Roditeljima ćemo reći da u potpunosti razumijemo njihovu brigu, ali da, ipak, o tako važnim životnim stvarima želimo sami da odlučimo i procijenimo kad je pravi trenutak. Partneru ćemo ukazati na ponašanje koje nam smeta, pri tome ne isključujući sve druge pozitivne stvari koje svakodnevno radi.

*Asertivna reakcija podrazumijeva  
zauzimanje za sebe, uz istovremeno  
poštovanje druge osobe.*

### Posljedice asertivne reakcije:

Mnogobrojna istraživanja iz ove oblasti su pokazala da asertivni ljudi češće dobijaju ono što žele. Prvenstveno jer traže ono što žele (za razliku od osoba sa pasivnim stilom reagovanja), a zatim to rade na način koji je prijatan i ne ugrožava drugu stranu (za razliku od osoba sa agresivnim stilom reagovanja). Ovaj tip ljudi ne bježi od konflikta jer na konflikt ne gleda kao na nešto što neminovno mora prerasti u svađu već kao na prostor potencijalnog rasta i razvoja samog odnosa kroz komuniciranje ličnih potreba. Zato su njihovi odnosi često visoko kvalitetni. Generalno gledano, asertivne osobe imaju značajno veće samopoštovanje, kao i veće poštovanje prema drugima a sve to potiče iz stava sa kojim stupaju u komunikaciju a to je: „Ja sam o.k., ti si o.k.“



**Uslovi (i uzorci) asertivnog ponašanja:**

Da bismo bili asertivni, neophodno je da i sebi i drugima damo izvjesna prava. Neka od njih su naročito važna. Dajući sebi pravo na granice, dajemo sebi istovremeno pravo da drugima kažemo Ne! uviđajući pozitivne posledice takvog našeg odgovora i po nas i po druge. Zamislite situaciju gdje odbijate da napišete literarni sastav djetetu iz komšiluka. Vi ćete iskoristiti vrijeme za nešto drugo a komšija će vam jednog dana biti zahvalan kad možda postane poznati pisac. I ako kraj ne bude ovako srećan, sigurno će u većoj mjeri razviti svoj talenat za pisanje ako mu pružite prostor za to.

Takođe, važno je dati sebi pravo da se ne morate po svaku cijenu dopasti drugima. Koliko god se trudili, uvijek će biti onih kojima se ne dopadate. Lakše ćete doći do onih sa kojima se autentično preklapate ako budete ono što zaista jeste...jasni u svojim željama i potrebama i bez bojazni da ih iskomunicirate sa drugom stranom.

Važno je spomenuti i da imate pravo da budete sopstveni sudija u svom životu. Ovo pravo uvijek ide u paketu sa preuzimanjem lične odgovornosti. Drugačije rečeno, imate pravo da budete po svojoj, a ne tuđoj, mjeri što podrazumijeva da stojite iza svojih odluka kad ste u pravu...ali i kad ste u krivu. Jedno: „Tačno, pogriješio/la sam!“ je često važnije za naš rast i razvoj od gomile životnih uspjeha.

Međutim, ne zaboravite da spomenuta prava imaju i drugi ljudi. Zato je važno ostaviti drugima mogućnost da nama postavljaju granice, da ne žele po svaku cijenu da nam se dopadnu tako što će se uvijek slagati sa nama, našim pogledima na život i našim izborima. Na kraju krajeva, i ti drugi imaju pravo da budu sopstvene sudije u svojim životima...i da budu po svojoj, a ne našoj, mjeri.



I za kraj...

**Nijedna osoba na svijetu nije stalno pasivna, agresivna ili asertivna.**

**Svi mi u repertoaru svog ponašanja imamo sva tri tipa reagovanja.**

**I to je o.k.! Cilj ovog teksta nije da uvijek budete asertivni već da**

**osvijestite navedena tri tipa**

**ponašanja i da se lakše orijentišete**

**u kom smjeru bi trebalo da se**

**krećete u konkretnoj situaciji.**

**Ukoliko tokom čitanja ovog teksta**

**uvidite da ste skloni pasivnom ili**

**agresivnom ponašanju, eto prostora**

**za rad na sebi. Bez brige, iako put**

**nekad nije lak, promjena je moguća.**

**A pozitivne posledice koje budete**

**osjetili u toku samog procesa**

**promjene će Vas najbolje motivisati**

**da istrajate na tom putu.**

**Srećno!**

*"Komunikacija  
radi za one koji  
rade na njoj"  
John Powell*

# APRIL

## MJESEC PLANETE ZEMLJE

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Međunarodni dan planete Zemlje, **22. april**, obilježava se svake godine širom svijeta različitim manifestacijama i akcijama. One imaju za cilj da skrenu pažnju javnosti na značaj očuvanja životne sredine i da dovedu do promjene ekološke svijesti.



# ONLY THE STRONG SURVIVE

Piše: Aleksandar Musić

Za svaki autorski album do sad Springsteen je znao da napiše hrpu pjesama, od kojih izabere 10-12 koje stavi na album. Od preostalih, neke budu objavljene kao B strane singlova, neke budu objavljene kao outtake godinama (ili decenijama čak) kasnije, a neke budu prepuštene zaboravu. Samo rijetke budu ponekad dio koncertnog repertoara.

*Only The Strong Survive*, novi i ujedno 21. studijski album Brucea Springsteena, nije autorski album. I nije prvi takav, nego drugi. Slično je napravio kad je 2006. godine objavio album *We Shall Overcome* sa ad hoc formiranim Seeger Session bendom koji ga je i pratio na turneji. Tada se radilo o omažu Peteru Seegeru, velikanu kantri muzike. Ovog puta se ne radi o obradama pjesama jednog autora, nego o obradama soul pjesama većinom iz 60ih i 70ih godina (postoji i nekoliko njih iz kasnijih godina), pjesama za koje Springsteen kaže da je uz njih odrastao i da neke od njih u opšte nijesu bili hitovi u Americi, čak su bile i potpuno nepoznate Americi, ali su na neki način obilježile njegovo djetinjstvo i mladost. Springsteen sam kaže da na ovom albumu nije htio da svira ni na jednom instrumentu, već samo da se posveti pjevanju. A veliki Petar Peca Popović kaže da je Springsteen učinio da ga ponovo „prolaze trnci“ sušajući njegove obrade, isto kao i kad je po prvi put slušao ove pjesme. *Only The Strong Survive* je ljubavno pismo žanru američke soul pjesmarice koja je Springsteena oblikovala u godinama njegovog formiranja.

Donekle ipak iznenađuje izbor pjesama, koji seže od klasika poput Jimmyja i Davida Ruffina *Turn Back The Hands Of Time* do relativno moderne pjesme Dobie Graya iz 2000. *Soul Days* i dragulja poput *Nightshift* iz 1985. grupe Commodores i *When She Was My Girl* iz 1981. od Four Tops. Čak i za one koji su slučajno ili djelimično upoznati sa Springsteenovom muzikom, biće očito šta ga je privuklo ovom materijalu. Aranžmani u njegovom stilu postepenog rasta tenzije i prelaska iz mola u dur, blues u stihu, a gospel u refrenu. U stihovima ima automobila, bespuća, ljetnih noći i izgubljenih ljubavi. Čak i kad samo bacite pogled na naslove kao što su *What Becomes of the Brokenhearted* i *Someday We'll Be Together*, veze su toliko evidentne i očite da ih nije morao prilagođavati kako bi dao vlastiti pečat muzici. Pa i nije. Nema ovdje pokušaja ažuriranja, reinterpretacije ili prisvajanja bilo kojeg od ovih materijala kao što je, recimo, učinio pokojni Johnny Cash, čini mi se.

Kad su Springsteen i njegov dugogodišnji producent Ron Aniello, koji, u odsustvu većine E Street Banda svira na većini instrumenata prvi put pokrenuli ovaj projekat, dali su mu kodno ime *Noćna smjena*. I onda je prirodno uslijedila obrada Commodoresovog hita *Nightshift* iz 1985. koja slavi velikane soula Marvinu Gayea i Jackie Wilson, koji su umrli prethodne godine.





U naslovnoj pjesmi, *Only The Strong Survive*, koju je izvorno snimio bivši pjevač Impressionsa Jerry Butler 1968. Butleru je slomljeno srce i majka ga tješi tako što mu kao recept propisujuće istrajnost i hrabrost, jer ne možete se samo prepustiti svemu i raspasti. Takođe, i ovdje je teško ne čuti i borbu za građanska prava. Springsteenov snažan vokal - glas starijeg muškarca - u kontrastu je s mladalačkim romantičnim očajem glavnog junaka, što ovdje daje posebnu draž.

Ovaj album je soul set bez „Soul Mana“, hita Sama i Davea koji Springsteen redovno izvodi na koncertima, iako se Moore pojavljuje u dvije pjesme ovdje, *Soul Days* i *I Forgot to Be Your Lover*. *Soul Days* je obrada Dobie Graya koja kaže "But my first love was always the songs... talking about those sweet soul days".

Pjesmu *The Sun Ain't Gonna Shine Anymore* iz 1965. u originalu izvodi Frankie Valli, ali je postala poznatija kada su je obradili Walker Brothers godinu kasnije. Springsteenova verzija je bliža ovoj drugoj. Mnogi kad čuju ovu pjesmu, će se sjetiti i verzije koju je početkom osamdesetih objavio Massimo Savić pod nazivom *Sjaj u tami*.

*Do I Love You (Indeed I Do)*, pjesma Franka Wilsona iz 1965. godine, zaista moćno zvuči u Springsteenovoj verziji, i to ne samo zbog modernije tehnologije i produkcije. Nevjerovatna je punoća zvuka koju donose brojni prateći vokali uz Springsteenov glas prekriven patinom. I sa toliko ljubavi u glasu.

Još dvije pjesme se ističu, ne toliko zbog Springsteenove bogate i tople interpretacije, koliko zbog njihove pozadinske priče. U pjesmi *Someday We'll Be Together* koju je popularizovala Diana Ross & the Supremes, dvoje ljubavnika se raduju vremenu kada bi se mogli ponovno ujediniti. Iako je ova pjesma pripisana Diani Ross i Supremesima, bila je to Dianina prva solo ploča, pa je čežnja za jedinstvom u pjesmi prilično ironična.

I još nešto ironično. Tekstopisac Motowna Rodger Penzabene isplakao je rijeku suza zbog nevjerstva partnerke u riječima pjesme *I Wish It Would Rain*, pjesme Temptationsa iz 1967. Izvršio je samoubistvo nedugo nakon što je pjesma objavljena. Pa, na *Only The Strong Survive* jaki momci ne bi trebalo da plaču. Ali u ovoj pjesmi oni to rade i mole se za pljuskove da sakriju te suze.

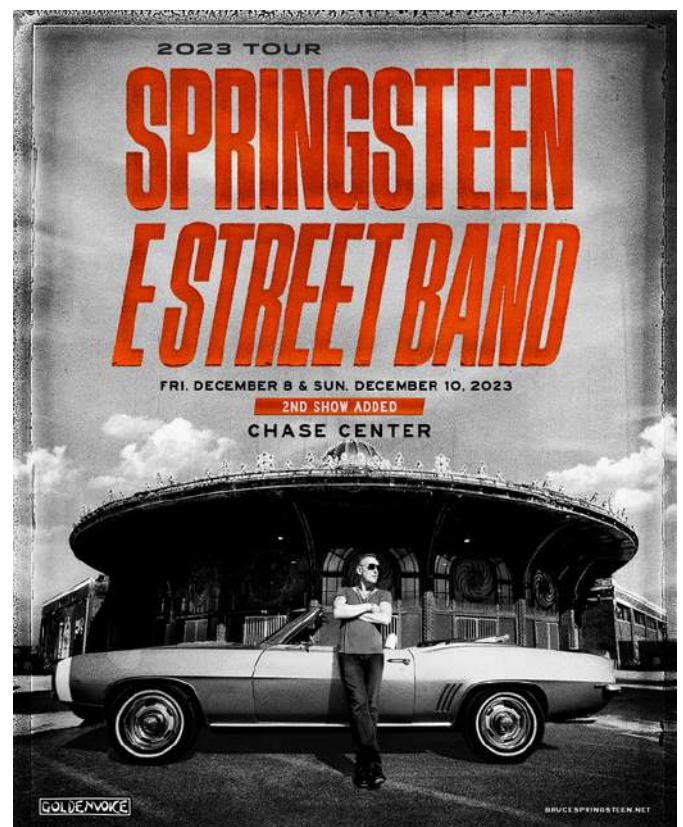
*Don't Play That Song* je obrada pjesme Bena E. Kinga, ali čini se da je Springsteen više obradio Arethinu verziju.

Pjevačica je prevarena i ostavljena, ali umjesto osvetničke gorčine, kao što bi bilo u većini današnjih popularnih pjesama, ovdje je odgovor "I don't care if you lied, let's dance".

Springsteen nikada nije zvučao tako bezbrižno, tako neopterećeno, kao na ovom albumu. Lako je zamisliti nekoliko načina na koje je mogao učiniti da ovaj album bude bitniji za njegov opus - recimo, da angažuje svoje kolege iz E Street Banda. Za neupućene, Bruce i E Street Band su praktično nerazdvojni preko 50 godina. Inače, E Street Band, uz Crazy Horse koji je pratio Neila Younga, slovi za najbolji prateći bend ikad. Ali to više ne bi bio željeni zvuk i u ovoj fazi svoje karijere čini se da ga više pokreće nešto drugo: zapaliti potpuno novu iskru i posmatrati kako raste, znati da bi neko, negdje, mogao pronaći malo nade u njenom svijetlu. Uostalom, podsjeća, upravo to su njemu te pjesme i pružile.

*Ovaj album je uspješan na više načina. Za one koji nisu bili izloženi ovoj sjajnoj muzici, služi kao dobra uvertira. Za ljubitelje Springsteena ili soul muzike to je vrijedan, dobro produciran alternativni pogled na pjesme koje volite.*

Ovo nije samo album obrada, to je iskrena posveta.



# PUTOPIS

Piše: Dragana Pantović Nikčević

Koliko god mislite da znate gdje idete i šta vas tamo čeka, ako ste se uputili u Indiju, budite sigurni da vas ništa ne može spremiti za to surovo, predivno iskustvo. Ništa vas neće fascinirati i isfrustrirati kao ta zemlja u kojoj ćete istovremeno doživjeti i katarzu i kataklizmu. Ako ste previše osjetljivi, pripremite se na buru osjećanja, emocija i neizbježni kulturni šok. Naravno, nadam se da vještinu cjenkanja već posjedujete, a ukoliko ste visoki i još dodatno svijetle kose i puti, spremite se na poglede, pažnju i publicitet. Ako odlučite ipak da odete, vodite računa o sezoni monsunskih kiša, a ja predlažem da podignete sidro u periodu između oktobra i početka aprila. Za prvi dan u Indiji je bitno par stvari da biste ga lakše preživjeli: prvo morate znati da će on proći, drugo prihvatite pravo značenje definicije haosa, razumite da je standard - šest sjedišta za deset ljudi, zaboravite na izgovor „gladan sam, ali mi se ne jede“, i konačno: naučite da razumijete „hinglish“ (indijski jezik ne postoji kao što nije postojao ni jugoslovenski).

Februara 2015. godine otputovah ja sama za Indiju, ostavivši iza sebe položene ispite, početak novog semestra i tmurnu i kišovitu Sloveniju. Otišla sam preko IAESTE međunarodne organizacije za razmjenu studenata, da obavim šestonedeljnu praksu na Univerzitetu u Manipalu (Karnataka, jugo-zapadna Indija), kao saradnik u nastavi i samostalni istraživač. Imala sam obezbijeđen smještaj u kampusu i primanja od 5000 rupija, što je otprilike oko 70 eura (što je za indijske standarde korektno, mada je meni uglavnom služilo za pokrivanje troškova hrane). Indija me



# INDIJA



je umnogome promijenila i bilo je to pravo *life changing* iskustvo. Za dva mjeseca mog boravka u toj zemlji, počevši od haosa na ulicama Mumbaja, Nju Delhija i Bangalora, preko padina Himalaja, pustinja, obala Arabijskog mora, pada imuniteta, prehlade na +40 stepeni, pa sve do katastrofalnih opekotina na suncu i najzabačenijih tradicionalnih naselja na jugu Indije, shvatila sam da je sreća posledica ličnog truda - za nju se borimo, težimo joj, insistiramo, a ponekad čak i putujemo svijetom tražeći je. Spoznaćete jedan sasvim drugačiji svijet čiji se sistem vrijednosti i vjerovanja paradoksalno razlikuje od vašeg.

Indija je zemlja na čijem je tlu vrijeme ostavilo najljepše tragove, a drevni neimari velelepne palate, zdanja, svetišta i hramove u kojima još uvijek živi duh stare, raskošne Indije. Nad mnogim gradovima bdiju kamena zdanja koja se po ljepoti mogu porediti sa najljepšim



evropskim dvorcima iz vremena renesanse. Ova zemlja skriva sjaj prošlosti, zlato i rubine, bisere i drago kamenje, slonove sa raskošnom opremom, dostojanstvene maharadže i naokolo stidljive princeze. Međutim, u bučnoj uličnoj vrevi opterećenoj prenatlaženim mirisima uboge sirotinje, vlage i raspadajuće truleži teško ćete prepoznati zemlju bogatih maharadža. Ovdje nećete naći onu staru Indiju o kojoj pripovijedaju romantične sage i legende.

Iza blještavila i ljepote Tadž Mahala, pored prekrasnih cvjetnih vrtova što su veliki moguli, svojevremeni gospodari Indije, podizali u slavu ljubavi i ljepote, na obroncima Himalaja, čak i na rubovima velikih pustinja u Radžastanu, svuda će vas dočekati nepregledna rijeka ljudi, koji od ranog jutra do kasno u noć žure ka nepoznatim odredištima. U tom beskrajnom uličnom metežu, koji karakteriše savremenu Indiju i svaki njen grad, mnogi se siromašni Indijci gotovo panično bore za svoj komad hljeba, ponekad i ne birajući načine i sredstva. Tu, na ulicama i gradskim trgovima, na željezničkim i autobuskim stanicama, u bučnoj šarenoj svjetini, prepoznate gramzive ulične trgovce, smirene jogine, uboge prosjake, drske prevarante i sitne lopove. Na gradskim ulicama miješaju se boje i mirisi egzotične Indije, esencijalnih ulja, sandalovine i krava. U živoj vrevi još se

moju vidjeti fakiri i njihovi trikovi, krotitelji zmija što muzikom nagone kobre da se uvijaju i plešu, oslijepljeni pustinjaci što sjede ispruženih ruku i umorni karavani što su nedjeljama pješačili kroz spržena i neizvjesna pustinjska prostranstva. Spoznaćete svijet meditacije, joge, bolivuda, mirišljavih stapića i začina. Naučićete da hodate bosu po ulicama i da vam ne bude važno ako su vam tabani prljavi, sve dok jedete samo desnom rukom, bez pribora za jelo, hranu serviranu uglavnom na bananinom listu. Takođe, iznenadićete se da na meniju imate čak do 70 vrsta jela koja su vegetarijanska i da je taj način ishrane usko povezan sa religijom, a ne zdravim načinom života.

Shvatićete da je šesto kilometara „tu, blizu“ i ako putujete devet sati „brzo stižete“, a tek je prava umjetnost ako uhvatite pravi autobus ili čak voz. A u istom ćete se iznenaditi kada vam neko ustane i ustupi mjesto (samo iz strahopoštovanja prema ljudima bijele puti, još uvijek). Upoznaćete ljude koji, iako mladi, skloni putovanjima i zabavi, imaju već ugovorene brakove, zbog i dalje jako prisutnog kastinskog načina života. Istovremeno, dominira mišljenje „ja vjerujem u karmu i vjerujem u to da ako danas učinim nešto dobro, sutra će mi se to dobro na drugi način vratiti“. Ovo je Indija koju nikada nećete moći izbrisati iz svojih sjećanja! Nisam ni ja... Namaste!



# PROTOKOLI O SARADNJI

**Piše: Danilo Vorotović**  
predsjednik Mense Crne Gore

U proteklom periodu Mensa Crne Gore je ostvarila saradnju sa mnogim opštinama i institucijama u Crnoj Gori. Potpisani su Protokoli o saradnji sa Zavodom za udžbenike i nastavna sredstva, Univerzitetom Crne Gore, Turističkom organizacijom Budve kao i opštinama Žabljak, Kolašin, Bar, Cetinje, Pljevlja, Plužine i Šavnik. U toku su pregovori i sa preostalim opštinama u Crnoj Gori.



Zavod za udžbenike i nastavna sredstva  
PODGORICA



U ponedjeljak, 3. aprila, potpisan je protokol o saradnji između Univerziteta Crne Gore (UCG) i Mense Crne Gore. Rektor UCG, **prof. dr Vladimir Božović** je najavio da će UCG omogućiti studentima i zaposlenima besplatno polaganje IQ testa i ulazak u redove prestižnih članova međunarodne organizacije Mensa. Ovim protokom o saradnji su se UCG i Mensa, kao društveno odgovorne institucije, obavezale na podršku promociji znanja i razvoja svih sfera u društvu.

**„Članstvo u organizaciji Mensa svakako je prestižna preporuka za studente koji nastavljaju školovanje ili apliciraju za posao, pogotovo u internacionalnim kompanijama koje već imaju praksu prepoznavanja ovog članstva kao preporuke koja daje značajnu prednost“,** kazao je rektor Božović.

Sastanku su prisustvovali i prorektorica za nauku **prof. dr Irena Orović**, kao i članovi Predsjedništva Mense **Aleksandar Musić** i **Aleksandra Lakić**.

Zavod za udžbenike i nastavna sredstva (ZUNS) i Mensa Crne Gore potpisali su 23. 3. 2023. godine Memorandum o saradnji. Ovim memorandumom, koji su potpisali direktorica Zavoda **Aleksandra Hajduković** i predsjednik Mense **Danilo Vorotović**, se izražava spremnost strana potpisnica da realizuju međusobno promovisanje.

ZUNS se obavezao da svi aktivni članovi Mense Crne Gore ubuduće imaju popust na trgovinu vanudžbeničkog programa i pribora. Aktivni članovi Mense su dužni da u maloprodajnim objektima ZUNS-a pokažu člansku kartu da bi ostvarili navedeni popust. ZUNS se obavezao i na promovisanje Mense Crne Gore u svojim akcijama kao i zajedničko učešće i saradnju u istim.

Mensa Crne Gore se obavezala promoviše akcije ZUNS-a i da za krajnje korisnike obezbjeđuje vaučere za testiranje, kao i da učestvuje sa ZUNS-om u drugim značajnim projektima od obostranog interesa.



**OPŠTINA BAR**  
zvanična prezentacija

Predsjednik Opštine Bar **Dušan Raičević** i predsjednik Mense Crne Gore **Danilo Vorotović** potpisali su ugovor o saradnji na realizaciji projekta „Testiranje bazične inteligencije“ sa ciljem da se prepozna inteligencija na teritoriji opštine Bar na dobrobit lokalne zajednice.

Ovom prilikom, predsjednik Raičević je istakao da će Opština Bar dati maksimalan doprinos svim projektima Mense koje će podstaći afirmaciju ljudskih intelektualnih potencijala, kao najvrednijeg resursa lokalne zajednice. On je izrazio uvjerenje da će partnerstvo između lokalne uprave i organizacije Mense doprinijeti unaprijeđenju prepoznate inteligencije, što je korak ka stvaranju zdravog društva koje raste i koristi svoje potencijale.

S obzirom da tokom prethodnih godina nije bila realizovana saradnja između Opštine Bar i Mense Crne Gore, Raičević i Vorotović su saglasni da potpisivanje ugovora predstavlja početak uspješnih zajedničkih aktivnosti koje će doprinijeti ukupnom razvoju lokalne zajednice.

Sastanku su prisustvovali i potpredsjednici Opštine Bar, **Tanja Spičanović** i **Damir Rašketić**, kao i članica Predsjedništva Mense **Slavica Tadić**.

Testiranje bazične inteligencije za građanke i građane Bara planirano je za maj ove godine.



# TESTIRANJE BAZIČNE INTELIGENCIJE



Pored do sada izvršenih testiranja u navedenim opštinama, u najavi su i testiranja na Univerzitetu Crne Gore, Žabljaku, Beranama, Plužinama, Šavniku, Baru i Kolašinu.

## **TESTIRANJE INTELIGENCIJE NA ŽABLJAKU 4.3.2023.**

U saradnji sa opštinom Žabljak, u prostorijama Srednje mješovite škole “17.septembar”.

## **TESTIRANJE INTELIGENCIJE U PODGORICI 11.3.2023.**

U amfiteatru Medicinskog fakulteta.

## **TESTIRANJE INTELIGENCIJE U BUDVI 18.3.2023.**

U saradnji sa Turističkom organizacijom Budve, u prostorijama II osnovne škole.

## **TESTIRANJE INTELIGENCIJE U BERANAMA 8. 4. 2023.**

U saradnji sa Opštinom Berane, u amfiteatru Doma učenika i studenata, ulica Miljana Tomičića.

## **TESTIRANJE INTELIGENCIJE U PLJEVLJIMA, 22.04.2023.**

U saradnji sa opštinom Pljevlja, u Gimnaziji.

Od ostalih aktivnosti u narednom periodu se očekuje okupljanje članova i prijatelja Mense u Danilovgradu, Nikšiću kao i rafting na Tari.

#mensamotivacija

"Inteligencija bez  
ambicije je poput  
ptice koja nema krila."

Salvador Dali

@mensa.me





Piše: Nikola Durović

Mensa Crne Gore je, nakon pauze od par sezona zbog pandemije izazvane corona virusom, ove godine organizovala tradicionalno druženje i ski-vikend na Žabljaku. Ski-vikend je organizovan u periodu od 3-5. marta za sve zainteresovane članove i njihove porodice kao i prijatelje Mense.

Za sve članove i one koje su željeli uzeti učešća organizovan je prevoz do Žabljaka, **smještaj u predivnom hotelu 'Pavlović'** (uključeni doručak i večera na bazi švedskog stola) kao i besplatan prevoz do skijališta Savin kuk. Sve ovo pod izuzetnom povoljnim uslovima za sve članove Mense, dok su cijene aranžmana bile 50% niže za mlade od 18 godina.

Nakon dolaska u popodnevni časovima i prijema u hotelu, te nakon sjajne večere koja je obilovala specijalitetima crnogorske i žabljačke kuhinje, organizovano je druženje u lobiju hotela koje su članovi iskoristili da se bliže upoznaju i planiraju aktivnosti za naredne dane. Subota je provedena na snijegu uz sve čari koje pružaju zimski dani na Žabljaku i naš poznati turistički centar. Do popodnevni časova se skijalo, sankalo i uživalo u sniježnim čarolijama, a za one koji manje preferiraju ove zimske aktivnosti bilo je kafe, kuanog vina, priganica uz obaveznu šetnju do najvećeg i najljepšeg 'gorskog oka' - Crnog jezera. Uveče je organizovano druženje uz ekipni kviz na kojem se u svakoj od igara provlačila tematika vezana za NP Durmitor, a sjajnu atmosferu sa te večeri dočaravaju i priložene fotografije. Nedjelju su svi prisutni iskoristili za još malo druženja na snijegu a onda je uslijedilo pakovanje i povratak sa ovog zaista čarobnog vikenda prepunog divnih momenata i događaja.

***Na kraju, pozivamo vas da se sa svojim porodicama i prijateljima pridružite svakom ovakvom budućem okupljanju a biće ih sigurno još mnogo u narednom periodu.***



# BLOODY MENSANS CHALLENGE

Piše: Slavica Tadić

Mensa Crne Gore je na poziv organizatora izazova prihvatila Bloody Mensans Challenge Mensa za davanje krvi od **1. januara 2023.** do **31. oktobra 2023.** godine.

## PRAVILA SU SLJEDEĆA:

### DONIRAJTE KRV

### POŠALJITE DOKAZ SA DATUMOM DONACIJE

Dokaz može biti slika vaše ruke koja drži papir na kojem piše „Bloody Mensans Challenge“

### NAPIŠITE POL, KRVNU GRUPU, RH-GRUPU I KOLIČINU DATE KRV

U mililitrima, zavisno od vaše težine, može biti 400ml, 500ml po donaciji itd.

### NA KRAJU IZAZOVA, VRŠIĆE SE RANGIRANJE ZA SLJEDEĆE KATEGORIJE:

TOP 10 zemalja sa najviše donatora krvi

TOP 10 zemalja sa najviše davanja krvi u litrima

TOP 10 zemalja sa najviše davanja krvi podijeljeno brojem članova u svakoj zemlji

TOP 10 zemalja sa najviše davanja krvi u litrima podijeljeno brojem članova u svakoj zemlji

Oni koji ne mogu da daju krv **MOGU POMOĆI PROMOCIJOM**. Potrebno je dostaviti linkove ili printscreenove promocije koju ste uradili. Vršiće se i rangiranje za TOP promotere.

Ukoliko neko želi biti dio ove humane akcije možete putem viber grupa zatražiti da dobijete link za grupu dobrovoljnih davaoca krvi. Slika koja obilježava ovaj izazov i koju je potrebno držati u rukama, kao dokaz izazova je u nastavku.



**#BloodyMensansChallenge #MensansGiveBlood #DonateBlood #SaveLives**



# PRVA REDOVNA GODIŠNJA SKUPŠTINA ZA 2023. GODINU

Piše: **Slavica Tadić**

Dana 11.3.2023. održana je prva redovna godišnja Skupština u 2023. godini.

## Dnevni red je sadržao 9 tačaka i to:

1. Usvajanje dnevnog reda
2. Predstavljanje novog Predsjedništva
3. Usvajanje promjena podataka o organizaciji, ovlašteno lice i adresa.
4. Finansijski izvještaj za 2022. godinu
5. Realizovane aktivnosti u 2022. godini
  - Testiranja
  - Rafting
  - IBD
  - Okupljanje članova
  - Potpisani memorandumi o saradnji
6. Planirane i realizovane aktivnosti za 2023. godinu
  - Testiranja
  - Okupljanja članova
  - Bilten
  - Ski vikend
  - Rafting
  - Aktivacija SIG-ova
  - Proširenje liste partnera
7. Prijedlog za izmjenu Statuta čl. 6.2.2 i 6.2.3
8. Dodjela članskih kartica
9. Razno

## Opis tačaka:

1. Dnevni red jednoglasno usvojen.

2. Predsjednik u mandatu 2021-2023. godine, **Marko Lakić** je iznio svoju zahvalnost na radu i saradnji i u sklopu oproštajne riječi naglasio uspjehe koje je ostvario sa svojim prethodnim predsjedništvom, kao i sve uspjehe koje je ostvario u prethodnih dvadestak godina aktivnog članstva.

Novi članovi Predsjedništva u mandatu 2023-2025 će biti:

- **Danilo Vorotović**, rođen 1974. u Nikšiću. Oženjen i otac četvoro djece. Aktivno vojno lice. U Mensi Crne Gore je bio lokalni koordinator za Nikšić u periodu 2017-2019. godine, a član Predsjedništva u periodu 2019-2021. U sazivu Predsjedništva 2023-2025. godine obavljaće funkciju Predsjednika Mense.

- **Slavica Tadić**, aktivni član Mense od 2020. godine, član Predsjedništva od 2021. godine. Obavljaće zadatke komunikacije na lokalnom nivou u sklopu Mense. Slavica je takođe IVN predstavnik Mense Crne Gore.
- **Aleksandra Lakić**, rođena 1989. Zaposlena u Direktoratu za zaštitu i spašavanje u Ministarstvu unutrašnjih poslova. U Mensi Crne Gore je proxy (veza sa Mensom International) i član Predsjedništva od 2017. Aleksandra, kao naš delegat, predstavlja Mensu Crne Gore na bordu direktora.
- **Aleksandar Musić**, diplomirani ekonomista, član Mense od 2007. godine, član Predsjedništva u nekoliko dosadašnjih saziva. Otac dva člana Mense. U predstojećem mandatu obavljaće poslove vezane za finansije.
- **Ilijana Tijanić**, ekonomista po struci. Desetak godina se bavi računovodstvom i finansijama. Član Mense od 2018. godine. U sazivu Predsjedništva obavljaće poslove računovođe.
- **Nataša Sokić**, diplomirani ekonomista. Član Mense od 2018. godine. U novom sazivu obavljaće poslove SIG koordinatora.
- **Tripo Matijević**, specijalista informacionih tehnologija. Član Mense Crne Gore od 2012. godine. Predsjednik izborne komisije u Mensi CG 2016. i 2018. godine. Član Predsjedništva Mense CG u dva mandata od 2019. godine, tokom kojih je bio zadužen za upravljanje IT resursima (web sajt, e-mail sistem, baze članova i testiranja, platforma za prijave za testiranja). Poslove IT će obavljati i u narednom periodu. Poslovi vezani za uredništvo biltena su Tripova obaveza, uz ostale članove Predsjedništva i ostale članove Mense.

Ombudsman Mense Crne Gore je **Milica Radulović**.

Ovlašćeni psiholog Mense Crne Gore je **Jasna Bulajić Stepanović**.

Uz članove Predsjedništva, članovi koji su prisustvovali Skupštini i koji su se takođe predstavili su: Marko Lakić, Zoran Miljanić, Milica Mijanović, Selma Bulić, Boško Nikčević, Itana Bulatović Marija Savić, Milica Stanišić, Dragana Pantović Nikčević, Vlado Nikčević, Nikola Đurović, Luka Četković, Tripo Vuković, Dušan Veličković, Savo Fatić, Ksenija Zečević, Dajana Vučković.

**3.** Skupština je odluku o promjeni ovlašćenog lica jednoglasno prihvatila.

**4.** Finansijski izvještaj za 2022. godinu je jednoglasno usvojen.

**5.** Realizovane aktivnosti u 2022. godini:

- Testiranje Podgorica 22.1.2022.
  - 7 kandidata
  - 4 kandidata zadovoljilo uslov za članstvo
- Testiranje Danilovgrad 23.2.2022.
  - 9 kandidata
  - 1 kandidat zadovoljio uslov za članstvo
- Testiranje Podgorica 5.3.2022.
  - 31 kandidat
  - 7 kandidata zadovoljilo uslov za članstvo
- Testiranje Bijelo Polje 27.5.2022.
  - 16 testiranih kandidata
  - 2 kandidata zadovoljila uslov za članstvo
- Testiranje Podgorica 11.6.2022.
  - Individualno testiranje
- SIG aktivnost - Kajak i roštilj u Danilovgradu 20.6.2022.
- SIG aktivnost - Rafting na Tari 8.7.-10.7.2022.

- Testiranje Podgorica 13.8.2022.
  - 19 testiranih kandidata
  - 6 kandidata zadovoljilo uslov za članstvo
- Testiranje Podgorica 27.8.2022.
  - 9 testiranih kandidata
  - 4 kandidata zadovoljilo uslov za članstvo
- IBD Budva 1.10.-15.10.2022.
- Testiranje Nikšić 12.11.2022.
  - 14 testiranih kandidata
  - 3 kandidata zadovoljila uslov za članstvo
- Okupljanje Mense u Nikšiću 12.11.2022.
- Potpisani Memorandumi o realizaciji projekta digitalne pismenosti i realizaciji testiranja bazične inteligencije u opštinama Kotor i Danilovgrad
- Potpisan Memorandum o saradnji sa Zavodom za transfuziju krvi
- Redovna skupština Mense Crne Gore 23.12.2022.

**6.** Planirane i realizovane aktivnosti za 2023. godinu

- Testiranje. Na sjednici održanoj 23.12.2022. planirani minimalni broj testiranja za 2023. godinu je 12. Kako su od 1.1.2023. oba Predsjedništva, staro i novo, radili zajednički ostvaren je veliki broj aktivnosti. Testiranja su održana u Podgorici 15.1.2023., Kotoru 4.2.2023., Danilovgradu 18.2.2023., Žablaku 4.3.2023., Podgorici 11.3.2023., dok je naredno testiranje zakazano u Budvi 18.3.2023. godine.
- Predstavljen je plan za aktivacija SIG-ova. Svakog ko ima želju, volju ili ideju da napravi svoj sopstveni događaj, odnosno SIG, edukaciju ili neki sličan predlog



- Mensa Crne Gore će apsolutno podržati u tome. U prethodnom periodu su bili timovi koji su pravili sopstvene manje događaje, pa smo tako imali tim za igranje igrica, tim za šah, itd. Tim koji i dalje aktivno radi i koji nije direktno pod okriljem Mense, ali koji vrlo rado okuplja članove Mense, je pod pokroviteljstvom našeg člana Zorana Miljanića i to je tim za društvene igre. Takođe u zadnjem periodu su primorje i sjever bili veoma zapostavljeni i uglavnom su aktivne bile samo Opštine Podgorica, Nikšić i Danilovgrad, pa bi nam bilo od izuzetnog zadovoljstva da se i ostale Opštine, odnosno naši članovi više aktiviraju. Prioritet aktivacije i članstva jeste prije svega okupljanje i druženje, i da se u svakom gradu održi bar jedan SIG godišnje. Na dan testiranja u katoru 4.2.2023. godine manji broj članova se okupio i uživao u druženju i novim poznanstvima.
- Bilten. Mensa Crne Gore je izdala prvi bilten za ovu godinu i u narednom periodu predstoji nam još 5 biltena. Vorotović je na ovu temu pozvao sve prisutne koji imaju neki tekst ili temu koju žele da obrade, da se aktivno uključe u pisanje biltena.
- Ski vikend. U periodu od 3. do 5. marta održan je Ski vikend. Kako Mensa Crne Gore uvijek nastoji da svojim članovima pruži više, tako je i ovom prilikom organizovala besplatan prevoz od Podgorice do Žabljaka. Članovi su takođe imali određeni popust na smeštaj.
- Rafting je tradicionalna aktivnost koju Mensa Crne Gore svake godine organizuje pa u vezi sa tim i ove godine nam predstoji druženje na kampu i raftingu.

- Aktivaciju SIGa je Matijević predstavio kroz tačku 6.2.
- Proširenje liste partnera.

#### 7. Prijedlog za izmjenu Statuta, čl 6.2.2 i 6.2.3.

Tripo Matijević je na ovu temu kazao sledeće: "Trenutni statut kaže: tačka 6.2.2 glasi: Redovnu sjednicu Skupštine saziva Predsjedništvo, slanjem poziva najkasnije 30 dana prije dana održavanja sjednice. Novim statutom će se taj rok smanjiti na 15 dana. U skladu sa izmjenom broja dana koliko se unaprijed zakazuje sjednica mijenjaće se i tačka 6.2.3, a koja se odnosi na broj dana za dopune i izmjene dnevnog reda." Razlog smanjenja broja dana je iz organizacionih razloga, zbog organizacije prostora, a i same prijave članova. Izmjena statuta je u proceduri.

8. Dodjela članskih kartica. Predsednik Mense Danilo Vorotović je zvanično dodijelio članske kartice svim prisutnim članovima. Takođe je dao prijedlog za podjelu svih preostalih članskih kartica, odnosno predložio je sastanak svih lokalnih koordinatora sa svojim SIG koordinatorom. Tom prilikom će lokalni koordinatori preuzeti članske kartice za svoje članove i podijeliti ih u unaprijed zakazanom terminu.

9. Razno. Svi prisutni članovi su se složili da su zadovoljni održanom Skupštinom i da nemaju dodatne teme koje bi eventualno otvorili.

Po završetku Skupštine organizovano je druženje u restoranu "Desetka" u Podgorici.

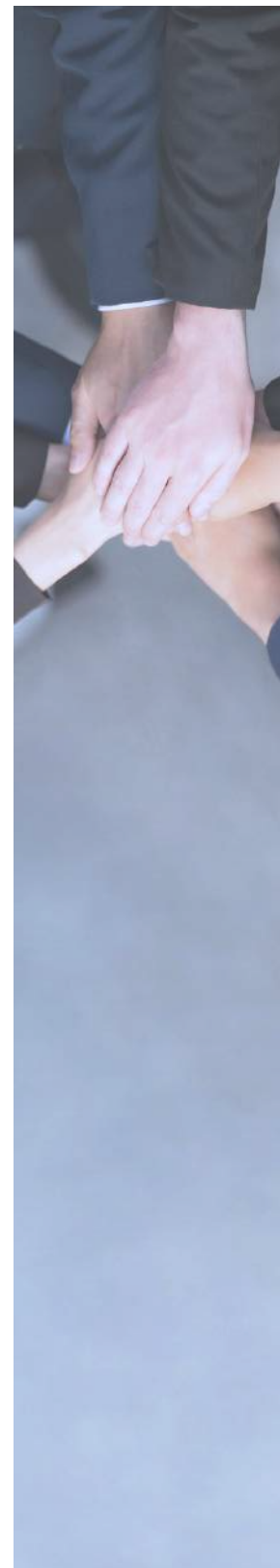


# SPISAK ČLANOVA ZA 2023.



Ažurirano 13.04.2023. godine

Luka Adžić	Pavle Grgurović	Ognjen Miletić	Miloš Radulović
Ema Bahtijarević	Nemanja Gudelj	Milosav Miličić	Dimitrije Radusinović
Damjan Bakić	Nermin Hasanović	Luka Miličić	Miloš Raspopović
Sunčica Bakić	Nebojša Ivanović	Aleksa Milišić	Anđela Roganović
Andrija Barović	Ana Jovanović	Dean Milošević	Marija Savić
Mia Barović	Stefan Jovetić	Katarina Milošević Kostadinović	Ozren Sekulović
Vladan Barović	Jovan Jovović	Marin Milošević	Petar Simonović
Mina Baturan	Andrea Kalezić	Igor Milutinović	Mirela Slovnikar
Boban Bogdanović	Jovan Kaščelan	Zoran Miljanić	Nataša Sokić
Danijela Bogdanović	Andrija Kljajević	Dara Mladenović-Krgović	Milica Stanišić
Radovan Bogojević	Gordana Knežević	Mirza Mulešković	Damjan Stijepović
Vasilije Bojović	Tamara Knežević	Aleksandar Musić	Saša Šehovac
Milica Boljević	Ivan Krgović	Rade Musić	Miomir Šekularac
Jovica Božović	Marko Krgović	Sofija Musić	Ksenija Šimun
Miloš Brajović	Cano Krpuljević	Boško Nikčević	Slavica Tadić
Itana Bulatović	Fuad Kršić	Jelena Nikčević	Ilijana Tijanić
Damir Bučan	Elza Kujović	Vladimir Nikčević	Boris Todorović
Biljana Bulatović	Aleksandra Lakić	Aleksei Nikitin	Savo Tomašević
Selma Bulić	Maja Lakić	Bojan Nikitović	Dragana Tomić
Dušan Ceković	Marko Lakić	Dragana Nogulović	Anita Tošić
Jovan Crnogorac	Luka Lakićević	Dragana Pantović Nikčević	Monika Trajčevska
Balša Cvetković	Miloš Lalatović	Darko Papić	Boris Tuponja
Luka Četković	Ana Lasica	Andrija Pavićević	Dejan Turza
Damjan Čulafić	Vera Lasica	Božidar Pavićević	Marija Ulućević
Ivan Čupić	Tijana Lazarević	Sara Pavićević	Đuro Velaš
Nađa Čelebić	Aleksandar Leković	Aleksandar Andrija Pejović	Dušan Veličković
Ivana Čolović	Predrag Lučić	Tamara Perović	Marija Vešović
Nikola Čolović	Milan Magdelinić	Dejan Petričević	Stefan Vešović
Božo Čović	Marijana Mandić	Željka Pješivac	Milivoje Vidaković
Boris Dobrić	Srdan Mandić	Božidar Popović	Jelisaveta Vlahović
Nemanja Dragišić	Lena Marković	Golub Pupović	Marko Vojičić
Anđela Dragnić	Bogdan Maruvčić	Luka Popović	Marina Vojinović
Panto Dubak	Stefan Maslovar	Marko Popović	Olivera Vojinović
Matija Durutović	Nataša Matić Radojčić	Darko Prelević	Danilo Vorotović
Darko Đikanović	Tripo Matijević	Amel Pućurica	Jelena Vučetić
Nikola Đorđević	Miloš Matković	Ivan Radević	Petar Vujadinović
Mitar Đukanović	Maja Medenica	Milica Radović	Marko Vujović
Mirko Đukić	Jovana Mihojević	Nikolina Radović	Dajana Vukčević
Filip Đuranović	Milica Mijanović	Milica Radulović	Nemanja Vuković
Nikola Đurović	Nikša Mijanović	Miloš Radulović	Tripo Vuković
Goran Eraković	Neda Mijović	Mladen Radulović	Krsto Vulović
Savo Fatić	Ana Miletić	Tamara Račić	Ksenija Zečević
Aleksa Gospić	Ksenija Miletić	Anđela Radović	Milica Zindović





**mensa**  
Crne Gore

## Poštovani članovi,

Godišnja članarina za 2023. godinu iznosi 20€.

Novim članovima članarina za tekuću godinu je besplatna, dok za stare članove važe sljedeći popusti:

- 25% za sve uplate do 31. januara,
- 25% za više članova iz jedne porodice,
- 25% za mlađe od 29 godina i starije od 60 godina.

Važno je napomenuti da se popusti mogu obračunati najviše po dva osnova, što znači da je 50% maksimalni popust koji član može ostvariti.

Članarinu možete platiti kod blagajnika Mense, ili uplatom na žiro-račun Mense Crne Gore 520-14442-11 (Hipotekarna banka).

Kada uplatite članarinu potrebno je da, ukoliko to niste ranije uradili, radi izrade nove baze članova, na e-mail **podaci@mensa.me** pošaljete sledeće podatke:

- ime i prezime,
- datum rođenja,
- datum testiranja (ukoliko ne znate, onda samo godinu),
- broj telefona i e-mail za kontakt,
- da li želite da Vam kreiramo e-mail adresu formata ime.prezime@mensa.me (ukoliko je već nemate),
- saglasan/na sam da moje ime i prezime dodate na spisak članova na sajtu Mense Crne Gore,
- \*Kako je Mensa Crne Gore članica Mense International, saglasan/na sam da se moji podaci dostave Mensi International, a po obavezi koju Mensa Crne Gore ima po Statutu Mense International.

**PREDSJEDNIŠTVO**



*Spomenik na Barutani, arhitektica Svetlana Kana Radević*

# mensa world journal

MARCH 2023 EDITION 122



*See p5 for  
details of  
Hellenic  
Mensa's  
AG in May*

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from the editor...



- having your breath tested for alcohol has taken on a new meaning according to the latest research on p2
- our Treasurer brings us up-to-date with finances on p3
- on p4, check out some of the events happening around the Mensa world along with advance news of the 2023 Photocup and Poetry competitions
- "Words..." is on p6, and on p7 is our Mensa Profile of the month
- p8 brings us the MIL Budget for 2023
- on p9, we learn that men are slowly losing their Y chromosome, but there's a new sex gene discovery, and John Blinke's "Supplementally..." is on p10
- our MIL Officer Directory is on p11, while two extra pages, 12 and 13, outline the financial year 2021
- "Therese's Teasers" are on the back cover, as usual.

Happy reading!

Kate

Log in to [www.mensa.org](http://www.mensa.org) to read or download the MWJ in full colour

## Deep Learning Algorithm Can Hear Alcohol in Voice

**La Trobe University researchers have developed an artificial intelligence (AI) algorithm that could work alongside expensive and potentially biased breath testing devices in pubs and clubs.**

The technology can instantly determine whether a person has exceeded the legal alcohol limit purely by using a 12-second recording of their voice.

In a paper published in the journal *Alcohol*, the study, led by PhD student Abraham Albert Bonela and supervised by Professors Emmanuel Kuntsche and Associate Professor Zhen He, from the Centre for Alcohol Policy Research and the Department of Computer Science and Information Technology at La Trobe University, respectively, describes the development of the Audio-based Deep Learning Algorithm to Identify Alcohol Inebriation (ADLAIA) that can determine an individual's intoxication status based on a 12-second recording of their speech.

According to Albert Bonela, acute alcohol intoxication impairs cognitive and psychomotor abilities, leading to various public health hazards such as road traffic accidents and alcohol-related violence.

"Intoxicated individuals are usually identified by measuring their blood alcohol concentration (BAC) using breathalysers that are expensive and labor-intensive," Albert Bonela said.

"A test that could simply rely on someone speaking into a microphone would be a game changer."

The algorithm was developed and tested using a database dataset of 12,360 audio clips of inebriated and sober speakers. According to the researchers, ADLAIA was able to identify inebriated speakers - with a BAC of 0.05% or higher - with an accuracy of almost 70%. The algorithm had a higher performance of almost 76% in identifying intoxicated speakers with a BAC of higher than 0.12%.

The researchers suggest that one potential future application of ADLAIA could be the integration into mobile applications and to be used in environments (such as bars and sports stadiums) to get instantaneous results about inebriation status of individuals.

"Being able to identify intoxicated individuals solely based on their speech would be a much cheaper alternative to current systems where breath-based alcohol testing in these places is expensive and often unreliable," Albert Bonela said.

"Upon further improvement in its overall performance, ADLAIA could be integrated into mobile applications and used as a preliminary tool for identifying alcohol-inebriated individuals."

*Neurosciencenews.com Jan. 6, 2023*

articles - poetry - member achievements...

Send your submissions to the Editor at

[mwjeditor@mensa.org](mailto:mwjeditor@mensa.org)



from your executive committee

## from the Treasurer, Jacek Cywinski

---

*Hello! It is time for the financial update. I want to focus on two pieces of information: the approved financial statements for the year ended 31 December 2021 and the approved budget for 2023. To provide you with some background for the 2023 budget, I would like to share with you a brief assessment of 2022 as well.*

### **2021 Financial statements (see pp12 and 13)**

Income statement for the year ended 31 December 2021 shows a surplus of 104,943 GBP, with revenue sitting at 382,160 GBP and costs at 277,217 GBP. The component income decreased by 7.5% in comparison to the previous year. The administrative expenses increased by 16.3% in comparison to the previous year, mostly due to the cancellation of the IBD meeting in Houston (cancellation costs) and name/logo protection costs. The highest cost is running the Mensa International Office (47.2%) followed by the name protection (18.6%). As of 31 December 2021, Mensa International had 967,844 GBP on bank accounts. Due to the level of the multi-year membership fees received in advance in the last couple of years, we decided to recognise it in our accounts as material and spread across 20 years.

### **2022 – year in progress**

Although you will read this in 2023, it takes some time to prepare fi-

nancial reporting for 2022. Therefore, I will refer you to the Revised Budget for 2022, which was updated in October 2022. Some costs related to big ticket items such as Adaptive Testing did not occur. Hence, we saved 65,000 GBP in 2022 because of that. Our revenue for the year is forecasted to be around 2% higher than in 2021.

### **2023 budget (see p08)**

The budget assumes that the component income will be similar to the previous years, which considers the impact of COVID19. In my opinion, the cautious approach is still the best under the circumstances. 2023 budget assumes a small loss due to the variety of factors. Firstly, we assumed safely the turnover (potentially and hopefully underestimated). National Mensas reported less revenue due to lower membership numbers or discounts on membership fees. Secondly, we assumed higher costs (especially travel to the IBD in Dallas). Thirdly, the UK (and probably your country as well) faces unprecedented inflation, so we needed to account for it, as Mensa International Limited is registered in the UK. In general, the costs are potentially overestimated due to the continuous uncertainty caused by COVID19 – the cost of international travel might be still potentially higher rather than lower,



especially that USD stays strong in comparison to other currencies. However, some plane fares have been getting a bit more affordable. Anyway, we can afford the small loss due to previous surpluses and there is no need to increase the rate of component above 7%. Therefore, we should go through 2023 without any difficulties.

Your help in growing our organisation is now more important than ever. Every bit of volunteering means quite a lot, and abovementioned data shows that you have been actively growing the organisation regardless of the extraordinary circumstances. If you haven't recently had much involvement with Mensans in face-to-face meetings, remind yourself of amazing times from the past. It's always good to look at old photos from previous events – let's get back to these times and make it happen again. Please accept my challenge! I am hoping that it will be possible to see you at one of the international events in 2023.

*Continued on p04*

Continued from p03

Thank you for reading my update. If you have any questions do not hesitate to contact me – I totally understand why some people are interested in financial data.

Your Treasurer,

**Jacek**

[treasurer-mil@mensa.org](mailto:treasurer-mil@mensa.org)



## Mensa International Competitions, 2023

Mensa holds two international competitions each year and all members in good standing from anywhere in the world are welcome to enter with no entry fee.

The first of these is the search for the Mensa International Photographer of the Year 2023, and the second is the Mensa International Poetry Competition, 2023.

Check the mensa.org website and the MWJ for rules and dates, or (if concerning the Poetry Competition), write to the poetry coordinator Kate Nacard at [katenacard1@gmail.com](mailto:katenacard1@gmail.com).

Good luck to all!

## what's on...



**MY-Easter**

**April 1-9, 2023 Denmark**

(see p5 for details)

**Hellenic Mensa Annual Gathering**

**May 4-7, 2023**

**Kalamata, Greece**

(see p5 for details)

**Mensa Foundation Colloquium**

**July 4, 2023, 8:30 am**

*Giftedness Across the Lifespan: The Talent and Potential of Neurodiversity*

Registration information can be found on the Mensa Foundation website. This event will be presented in person but will also be available via livestream.

**American Mensa Annual Gathering**

**July 5, 2023, 12:00 pm**

The 2023 Annual Gathering is dropping anchor on the East Coast, and we're going to make a real splash on the Harbour!

All details can be found on the AG 2023 website.

**EMAG 2023 - Rotterdam,**

**The Netherlands**

**August 2, 2023**

Mensa The Netherlands is proud to present EMAG 2023!

You are all more than welcome to join us in Rotterdam - we'd love to see you there!

For more details, go to <https://en.rotterdam.info/visitors-info/roaming-rotterdam/> You can also subscribe to get updates.

## MY-Easter

Celebrate Easter in style with 200 young Mensans in maximum hygge



After the success of the first MY-Easter in 2022, we are returning to the scene of the awesome: Denmark! The theme is Wild Wild East(er), so get ready for cowboy adventures, martial arts shenanigans, and cuddly bunnies!

Join our 24/7 fun where you can play board games, taste exotic food and drinks, learn from other Mensans, have life-changing conversations and epic nights with karaoke, beer pong, a pub quiz, open mic night, and a costume party to end it all.

All Mensans and +ones above 18 are welcome! The event is geared toward the young, but the comforts of this venue will satisfy even the most demanding young-at-hearts. Super cozy rooms (1-3 beds) with excellent soundproofing, plenty of activity rooms to use, warm dinners designed by our M chef, and a real cocktail bar manned by campers!

### Room prices:

3-beds: 280 euro  
Double/twin: 370 euro  
Single: 460 euro

Prices include 8 nights of accommodation, warm dinner every day + 24/7 access to the self-service Eternal Kitchen, and basic activities.

Sign-up started on 10 January 2023 at [www.my-easter.org](http://www.my-easter.org). If this is your first time, head over there now, create an account and top up with some money before the time comes!

Join the event's Facebook group: <https://www.facebook.com/groups/wildwildeaster> or join the Telegram channel to get all the important announcements: <https://tinyurl.com/MYEaster23>

*See you there!*

### MENSA INTERNATIONAL

TO READ OUR WELCOME LETTER OR ACCESS LINKS TO USEFUL INFORMATION & SERVICES FOR NEW MEMBERS, PLEASE GO TO

[https://bit.ly/MI\\_welcome](https://bit.ly/MI_welcome)

## HELLENIC MENSA ANNUAL GATHERING – HMAG 2023

After six highly successful meetings in previous years, HMAG 2023 will take place from Thursday May 4 to Sunday May 7, 2023, in Kalamata.

Hellenic (Greece) Mensa Annual Gathering 2023 is acquiring an international character with the participation of Mensans from other countries as well!

The program includes excursions to Pylos and Methoni, as well as visits to Ancient Messene and Mystras. In addition, as always, we will make new acquaintances and have fun with a demanding treasure hunt and board game tournaments.

### HMAG 2023 Program:

#### Thursday May 4

14:00 – 23:00 | Ostria Hotel Check in – Kalamata

17:30 | Departure by coach from Athens with stopovers

20:00 – 23:00 | Registration – Hotel Check in

22:30 – 02:00 | Board games

#### Friday May 5

08:00 – 09:30 | Breakfast

09:30 – 11:30 | Visit to the Mycenaean Palace of Nestor archaeological site

12:00 – 16:00 | Departure for Pylos – Visit to the Castle of Pylos – Lunch

For up-to-date information, please see Facebook page <https://www.facebook.com/HellenicMensaAnnualGathering>

## words...

### *Even more sinister...*

Being of sinistral bent myself, I identified with an article I reread recently on left-handedness. My delight was fanned when I discovered that we lefties form an elite 7-10% of the population and that so many of us are creative and artistic. Some would claim we're also more intelligent! In *Right-Hand, Left-Hand*, Chris McManus (of University College London) argues that the number of lefties is increasing and that historically we have a disproportionate number of high-achievers because our brains are structured in such a way that a greater range of abilities is open to us. Other researchers at John Hopkins University found in 2006 that tertiary-educated, leftie men are 15% richer than their dextrous colleagues and 26% richer if they graduated!

However, apart from these findings, along with the peoples of the Andes believing that left-handers have special spiritual abilities, and in Buddhist tantras, the left hand represents wisdom, it seems that the positives remain few. Now, I already knew (well, who could fail to know!) some of the derogatory connotations of being a molly-dooker (forgive my using an Aussie term here), but was quite surprised (no – very surprised) to find that historically, the evilness of left-handedness stretches way past the Latin-inspired language of Western Europe (and hence the Americas and Antipodes) to ancient Mesopotamia, ancient China and India. In

ancient Semitic and Mesopotamian languages, while “left” symbolised power, it also symbolised the power to shame society, and was used as a metaphor for misfortune, evil, or punishment from the gods.

Centuries later, this metaphor was integrated into Christianity by early Catholic theologians such as Ambrose of Milan, and modern Protestant theologians such as Karl Barth, to attribute natural evil to God in explaining God's omnipotence over the universe.

In many European languages today, “right” is not only a synonym for correctness, but also stands for authority and justice: German *Recht*, French *droit*, Spanish *derecho*, Portuguese *direito*. The right hand, has long been held as pertaining to skill (witness ‘dexterity’ coming from the Latin *dexter* meaning right-handed), and in Spanish, *dextro* means both right-handed and skilful as does the Italian *destro*.

Meanwhile, the English word *sinister* comes from the Latin word *sinistra*, which originally meant “left” but which took on meanings of “evil” or “unlucky” by the Classical Latin era. But all may not be lost as *sinister* could also come from the Latin word *sinus* meaning the pocket on the left side of the toga. (This sounds good to me - the left hand, the ‘favoured hand’ resting in



the pocket while the right one does all the gesticulating...)

Sadly, though, the left side is often associated with awkwardness and clumsiness, the English expression “having two left feet”, and the Polish, Dutch, German, Bulgarian, the Czech and French all having similar expressions for clumsiness. In ancient China, the left has always been the bad, improper side and in Mandarin the “left path” stands for illegal or immoral means.

In Welsh, the word *chwith* means left, but can also mean strange, awkward, or wrong; in Finnish, *oikea* means both right (correct) and right (the opposite of left); in Swedish, *vanster* means left and *vansterprassel* means adultery and cheating, and, in Polish, *lewy* means both left (opposite of right) and, colloquially, illegal.

It gets worse. Muslims use the left hand for cleaning oneself with water after defecating while the right hand is used for eating. Apart from death, there can perhaps be no greater punishment than having one's right hand cut off so that the ‘toilet’ hand is also the eating hand...

*Continued on p11*

# member profile

by Susan Jensen

*Danijel Lasic, 39, of Croatian Mensa is the kind of father any kid would want to have — organized yet relaxed, responsible yet artistic, and, most of all, really into playing and creating games.*

Born in Sisak, Croatia, Danijel grew up as an only child with a lot of friends. From his earliest memory, he was creating games in his head whenever he had a free moment, such as when he was eating breakfast or waiting in a doctor's office. He would then spend hours each day putting the ideas to paper.

As a toddler, Danijel enjoyed listening to English TV shows and before he was five years old, he was fluent in English just by watching TV. He had an excellent memory for poems, letters and words and was reading and writing long before he began school. He was also able to do mathematics in his head at a very young age.

School was so easy for him that he didn't need to study at home. This proved a problem when he got into more advanced work and lacked the study habits needed to be successful.

Danijel met his wife Silvija when he was nineteen in an online chatroom. They have been married for twelve years and have a 4 ½ year old son and a cat, Luna.

The desire to create games on paper led to a desire to create things on the computer. Danijel earned a Masters degree in computer science



and has been employed in the IT field for fifteen years.

He is passionate about his hobbies which include creating mobile apps and games (he was the first Croatian developer to create a Croatian app for Apple). He enjoys making detailed abstract pencil drawings and playing guitar.

Danijel joined Mensa eleven years ago and enjoys connecting online with Mensans around the globe on Facebook and LinkedIn.

Right now, he and his family live in Augsburg, Germany where he works remotely for an American company.

Danijel's son Jonas is good with numbers, speaks English, German

and Croatian (at a 4 year old level) and is quite creative. Every evening, Jonas chooses a random topic for his Dad to create a story.

The topics he comes up with are broad and creative:

"Dad, tell me a story about 1000 Tuesdays."

"Dad, tell me a story about a small red number 14 named Bob".

"Dad, tell me a story about nothing."

Danijel has yet to attend an in person Mensa event, but hopes to do so in the not too distant, pandemic-free future. He enjoys bouncing ideas off other gamers and welcomes gaming Mensans to email him at:

[lasic.danijel@gmail.com](mailto:lasic.danijel@gmail.com)

# Mensa International Limited

## Budget 2023

MIL budget 2023	2022		2023	2024	
	Details	Totals	Revised		
<b>IBD</b>		<b>100 000</b>	<b>100 000</b>	<b>130 000</b>	<b>140 000</b>
<b>Excomm</b>		<b>24 000</b>	<b>24 000</b>	<b>26 000</b>	<b>27 000</b>
<b>Development</b>		<b>10 000</b>	<b>10 000</b>	<b>10 000</b>	<b>10 000</b>
<b>OFFICE</b>		<b>140 000</b>	<b>140 000</b>	<b>152 000</b>	<b>158 000</b>
Office Salaries	120 000		120 000	130 000	135 000
Social security	15 000		15 000	16 500	17 000
Office other costs	5 000		5 000	5 500	6 000
<b>SERVICES</b>		<b>13 000</b>	<b>10 000</b>	<b>10 000</b>	<b>11 000</b>
Bookkeeping	4 000		3 000	3 000	3 500
Accountancy & Audit	9 000		7 000	7 000	7 500
<b>Website, IT, security &amp; hosting</b>		<b>10 000</b>	<b>25 000</b>	<b>15 000</b>	<b>15 000</b>
<b>Database costs (consultancy)</b>			<b>8 500</b>		-
<b>Legal expenses</b>		<b>100 000</b>	<b>100 000</b>	<b>85 000</b>	<b>90 000</b>
<b>Referendum expenses</b>		<b>8 000</b>	-	<b>7 000</b>	-
<b>OTHER EXPENSES</b>		<b>238 000</b>	<b>65 370</b>	<b>17 500</b>	<b>18 000</b>
Database implementation and processing	120 000		15 870	-	
International Volunteers			-	3 000	3 000
Mensa Foundation - International Scholarships (2022-2024)	16 000		16 000	-	-
Awards budget	1 000		1 000	1 000	1 000
DIMs	2 000		2 000	2 000	2 000
The First European Mensa Juniors Camp	4 000		4 000	-	-
Mensa International Charitable Foundation - initial funding	10 000		10 000	-	-
IVN	5 000		5 000	3 000	3 000
GLAM	5 000		-	-	-
Adaptive testing	65 000		-	-	-
Supervisor Psychologist Honorarium	2 000		2 000	2 000	2 000
Archives	3 000		3 000	-	-
Honorary President	-		1 500	1 500	1 500
Publications	500		500	500	500
Other fees (including bank and PAYPAL fees)	4 500		4 500	4 500	5 000
<b>Total cost</b>		<b>643 000</b>	<b>482 870</b>	<b>452 500</b>	<b>469 000</b>
<b>Revenue</b>		<b>2022</b>	<b>2022R</b>	<b>2023</b>	<b>2024</b>
Component		430 000	371 000	380 000	400 000
Other income		9 000	9 000	10 000	10 000
DIM		9 000	9 000	10 000	10 000
<b>Total revenue</b>		<b>448 000</b>	<b>389 000</b>	<b>400 000</b>	<b>420 000</b>
<b>Planned Profit (+) / loss (-)</b>		<b>- 195 000</b>	<b>- 93 870</b>	<b>- 52 500</b>	<b>- 49 000</b>
Component		7%	7%	7%	7%

## Men are slowly losing their Y chromosome, but there's a new sex gene discovery...

---

*The sex of human and other mammal babies is decided by a male-determining gene on the Y chromosome. But the human Y chromosome is degenerating and may disappear in a few million years, leading to our extinction unless we evolve a new sex gene.*

The good news is two branches of rodents have already lost their Y chromosome and have lived to tell the tale. A new paper in *Proceedings of the National Academy of Science* (PNAS) shows how the spiny rat has evolved a new male-determining gene.

### **How the Y chromosome determines human sex**

In humans, as in other mammals, females have two X chromosomes and males have a single X and a puny little chromosome called Y. The names have nothing to do with their shape; the X stood for “unknown”.

The X contains about 900 genes that do all sorts of jobs unrelated to sex. But the Y contains few genes (about 55) and a lot of non-coding DNA – simple repetitive DNA that doesn't seem to do anything.

But the Y chromosome packs a punch because it contains an all-important gene that kick-starts male development in the embryo. At about 12 weeks after conception, this master gene switches on other genes that regulate the development of a testis. The embryonic testis makes male hormones (testosterone and its derivatives), which ensures the baby develops as a boy.

This master sex gene was identified as SRY (sex region on the Y) in 1990. It works by triggering a genetic pathway starting with a gene called SOX9 which is key for male determination in all

vertebrates, although it does not lie on sex chromosomes.

### **The disappearing Y**

Most mammals have an X and Y chromosome similar to ours; an X with lots of genes, and a Y with SRY plus a few others. This system comes with problems because of the unequal dosage of X genes in males and females.

How did such a weird system evolve? The surprising finding is that Australia's platypus has completely different sex chromosomes, more like those of birds.

In the platypus, one XY pair is just an ordinary chromosome, with two equal members. This suggests the mammal X and Y were an ordinary pair of chromosomes not that long ago.

In turn, this must mean the Y chromosome has lost 900–55 active genes over the 166 million years that humans and platypus have been evolving separately. That's a loss of about five genes per million years. At this rate, the last 55 genes will be gone in 11 million years.

Our claim of the imminent demise of the human Y chromosome created a furore, and to this day there are claims and counterclaims about the expected lifetime of our Y chromosome – estimates between infinity and a few thousand years

### **Rodents with no Y chromosome**

We know of two rodent lineages that have already lost their Y chromosome – and are still surviving. The mole voles of eastern Europe and the spiny rats of Japan each boast some species in which the Y chromosome, and SRY, have completely disappeared. The X chromosome remains, in a single or double dose in both sexes.

Although it's not yet clear how the

mole voles determine sex without the SRY gene, a team led by Hokkaido University biologist Asato Kuroiwa has had more luck with the spiny rat – a group of three species on different Japanese islands, all endangered.

Kuroiwa's team discovered most of the genes on the Y of spiny rats had been relocated to other chromosomes. But she found no sign of SRY, nor the gene that substitutes for it.

Now at last they have published a successful identification in PNAS. The team found sequences that were in the genomes of males but not females, then refined these and tested for the sequence on every individual rat. What they discovered was a tiny difference near the key sex gene SOX9, on chromosome 3 of the spiny rat. A small duplication (only 17,000 base pairs out of more than 3 billion) was present in all males and no females.

They suggest this small bit of duplicated DNA contains the switch that normally turns on SOX9 in response to SRY. When they introduced this duplication into mice, they found that it boosts SOX9 activity, so the change could allow SOX9 to work without SRY.

### **What this means for the future of men**

The imminent – evolutionarily speaking – disappearance of the human Y chromosome has elicited speculation about our future.

Some lizards and snakes are female-only species and can make eggs out of their own genes via what's known as parthenogenesis. But this can't happen in humans or other mammals because we have at least 30 crucial “imprinted” genes that work only if they come from the father via sperm.

*Continued on page 11*

## supplementally...

by John Blinke

### **Bright Lights**

ScienceDaily, November 30, 2022.

“Mysteriously Bright Flash Is A Black Hole Jet Pointing Straight Toward Earth, Astronomers Say.” (Nature Astronomy)

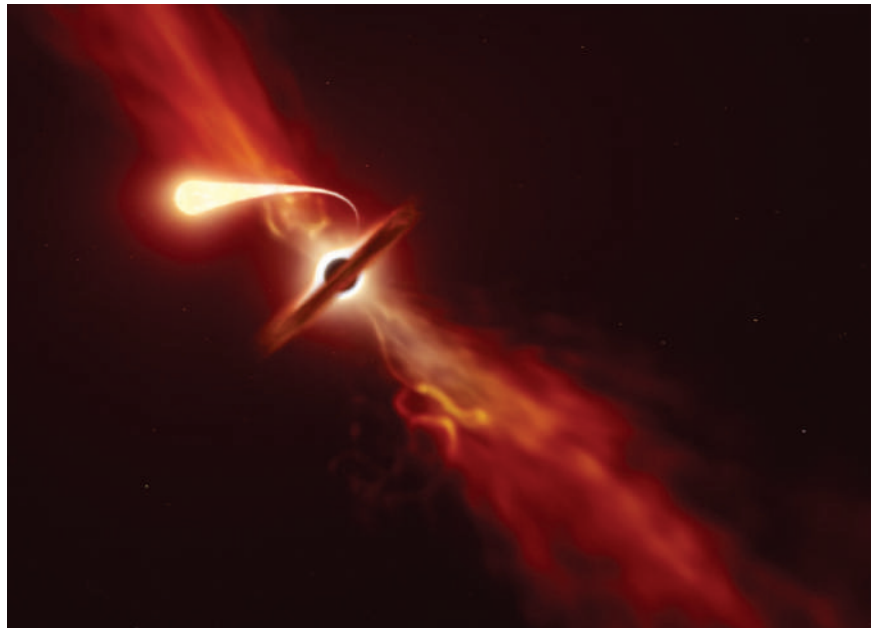
Decades ago, astronomers discovered bright X-ray sources in the sky. When technical advances allowed them to see more detail, they found that the objects were often galaxies with jets of energy streaming away, perpendicular to the disks. Lately, other astronomers have discovered four inexplicably bright X-Ray sources. They think these may be cases where one of those jets is pointing directly at us. You can imagine that a flashlight beam would seem brighter if it pointed at your eyes rather than in some other direction. But in cosmic jets there is a “Doppler boost” that enhances the effect even more. Astronomers expect to see more of these in the future as better instruments come online.

### **Star in a Bottle**

Science News, December 12, 2022.

“In A Breakthrough Experiment, Nuclear Fusion Finally Makes More Energy Than It Uses.” Contributed by Chip Taulbee.

Scientists at Livermore National Lab’s National Ignition Facility (NIF) have reached the holy grail of power generation: controlled nuclear fusion. After a hundred failures and many



modifications to the apparatus and fuel, a single shot of the NIF laser resulted in more power coming out than had been put in: two million joules in, three million joules out. This only counts the laser energy, not the overall power consumed by the facility. The important thing is that we know inertial fusion is possible under ideal conditions. It’s up to engineers to take us the rest of the way to commercial fusion power production.

### **Wimpy**

Dr Karl’s Great Moments In Science.

“Lazy Sun Is Less Energetic Than Compost.”

The sun generates enough energy to warm the Earth 150 million kilometers away. Yet, on a watt per volume basis, it only makes as much heat as a compost pile. The trick is that the sun has a lot more volume than a compost pile. And the sun’s energy is mostly produced in the middle fourth of its volume where pressure of the surrounding material compacts the hydrogen to about ten times the density of lead and around 16 million degrees C. This way, hydrogen atoms are close to each other and can

interact often enough to power a star.

### **In Your Head**

Eurekalert, December 6, 2022.

“Scientists Uncover Biological Explanation Behind Why Upper Respiratory Infections Are More Common In Colder Temperatures.” (Journal of Allergy and Clinical Immunology)

If it seems to you that you get more colds and flu in winter, you are correct. And it isn’t because we spend more time crammed together indoors. Scientists at Northeastern University have shown that a previously unknown immune mechanism in the nose is suppressed in cold weather. They found that when infectious particles enter the nose, billions of tiny extracellular vesicles (EV) surround invading organisms. They gang up on invaders, occupying all the binding sites that would let them attack host cells. Then the little warriors hustle bacteria-fighting proteins from the nose farther down the air way. This EV activity is reduced drastically in cold weather.

*Photo: University of Birmingham*



*Continued from p06*

Various theories vie for the reason for left-handedness, the foremost being the Geschwind theory. It suggests that exposure to higher levels of testosterone before birth suppress the development of the left cerebral hemisphere and the subsequent highly-developed right hemisphere, which looks after the left side of the body, results in the child being left-handed.

Whatever the reason, happily, society today is a little more accepting of the left-hander than as (relatively) recently as 50 years ago. My sister was forced to write with her right hand in preparatory school, but has ended up drawing with her left hand and playing sports (tennis and golf) with her left hand. I write with my

left hand but play sports with my right. (It's a pity I wasn't a writer of Persian, Arabic, Urdu, Hebrew or any other right-to-left script so that I wouldn't be running my hand left to right over my script and leaving smudges...).

But there are even leftie shops now with such great inventions as left-handed scissors, potato-peelers, corkscrews and can-openers! Heavens! If I really wanted one, I could even have a left-handed trumpet!

Being a leftie is all right, I say! (And just as well champagne bottles aren't fussy about the handedness of who opens them...)

**Kate Nacard**

*Continued from p09*

To reproduce, we need sperm and we need men, meaning that the end of the Y chromosome could herald the extinction of the human race.

The new finding supports an alternative possibility – that humans can evolve a new sex determining gene. Phew!

A “war” of the sex genes could lead to the separation of new species, which is exactly what has happened with mole voles and spiny rats.

So, if someone visited Earth in 11 million years, they might find no humans – or several different human species, kept apart by their different sex determination systems.

*Extracted from theconversation.com December 6, 2022*

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**Mensa International Limited**  
**Company Limited by Guarantee**  
**Statement of Income and Retained Earnings**  
**Year ended 31 December 2021**

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	Note	2021 £	2020 <i>(restated)</i> £
<b>Turnover</b>	<b>5</b>	382,160	430,042
<b>Gross profit</b>		<u>382,160</u>	<u>430,042</u>
Administrative expenses		277,217	238,386
Other operating income	<b>6</b>	<u>–</u>	<u>1,447</u>
<b>Operating profit</b>	<b>7</b>	<u>104,943</u>	<u>193,103</u>
<b>Profit before taxation</b>		104,943	193,103
Tax on profit		<u>–</u>	<u>–</u>
<b>Profit for the financial year and total comprehensive income</b>		<u>104,943</u>	<u>193,103</u>
<b>Retained earnings at the start of the year (as previously reported)</b>		833,512	577,891
Prior period adjustments		<u>(62,518)</u>	<u>–</u>
<b>Retained earnings at the start of the year (restated)</b>		<u>770,994</u>	<u>577,891</u>
<b>Retained earnings at the end of the year</b>		<u>875,937</u>	<u>770,994</u>

All the activities of the company are from continuing operations.

## Mensa International Limited

### Company Limited by Guarantee

#### Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

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#### 4. Company limited by guarantee

Mensa International Limited is a company limited by guarantee where every member undertakes to contribute as may be required (not exceeding £1) to the Company's assets if it should be wound up.

#### 5. Turnover

Turnover arises from:

	2021	2020 <i>(restated)</i>
	£	£
Rendering of services	<u>382,160</u>	<u>430,042</u>

In the year to 31 December 2021 84% (2020: 85%) of the company's turnover was derived from markets outside of the United Kingdom & Ireland.

Component income is analysed geographically as follows:

	2021	2020
	£	£
USA & Canada	169,552	200,018
UK & Ireland	59,424	62,491
Europe	134,372	136,482
Asia-Pacific	16,196	28,571
South Africa	1,498	1,088
South America	1,118	1,392
	<u>382,160</u>	<u>430,042</u>

The whole of the turnover is attributable to the principal activity of the company wholly undertaken in the United Kingdom.

















#### 6. Other operating income

	2021	2020 <i>(restated)</i>
	£	£
Other operating income	<u>—</u>	<u>1,447</u>

# Therese's BRAIN TEASERS

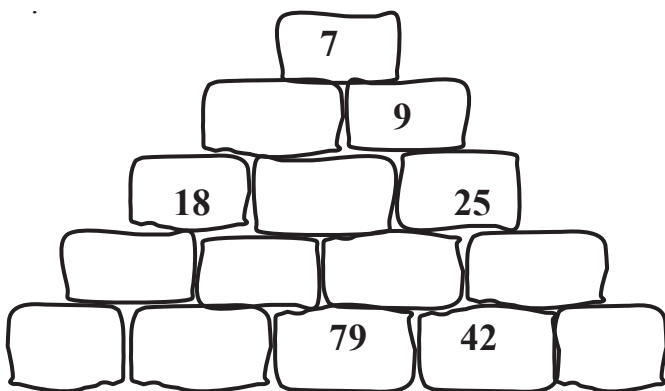
## Cryptosum

Each symbol represents a different digit from 1 to 9. The sum of the digits in each row and column is shown. Find the sum of the numbers along the diagonal line starting from the top left-hand corner.

				23
				20
				21
				21
13	25	17	30	?

## Cairn

The number on each stone represents the difference between the numbers in the two stones on which it sits. There is a two-digit number in each of the bottom stones, using the digits 0-9 once each.



## Rebus

Not pleasure!

EBUSSS

## Anagram riddle

Eight letters have I, you can change them around  
To spell words which vary by more than a sound:

- Of old Italian region (was really quite hip)
- Half men, half horses (they give me the pip)
- Non-churchgoer, rebel (he's not going to flip)

Now that you've solved me, which words have you found?

## wordsquare

Each of the clues below has a five-letter solution. Rearrange the order of your answers and place in a 5x5 grid so that 1 Across = 1 Down; 2A = 2D etc.

- Tears
- Nonsense
- Map
- Sports ground
- Leaser

## Crypto-culture

Old Swiss coin is preceding breakfast rashers for knighted philosopher/essayist. (7, 5)

## Answers

**Cryptosum:** 21 (4 + 8 + 2 + 7) **Cairn:** 61 58 79 42 30 **Rebus:** Bus-in-ess **Anagram Riddle:** Etruscan, Centaurs, Recusant **Wordsquare:** Chart Hirer Arena Rends Trash **Crypto-culture:** Francis Bacon

© Therese Moodie-Bloom

# **mensa world journal**

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**APRIL 2023 EDITION 123**



*Australian Mensans  
enjoying Australia  
Day, January 26,  
on Sydney Harbour*

from the editor...



- on p3, Director of Development, José L. Martínez, asks for volunteer help in promoting Mensa in many countries within Africa  
- the rules and conditions of the 2023 Mensa International Poetry Competition are on p4, so get your thinking-poetically caps on!  
- p5 brings us the latest research into why pop songs are so catchy  
- Words... is on p6 and I'm sure none of you will be surprised to read that the topic of my two short articles is Champagne...  
- the Member Profile is on p7, while on p8, we learn why we remember emotional events in our lives more than non-emotional events  
- there's news of recent research into the gut microbiome as a potential regulator of body temperature on p9  
- science guru, John Blinke, brings us the latest science news on p10, while the Officer Directory is on p11, and Therese's Teasers are on p12 as usual

Happy reading!

Kate

Log in to [www.mensa.org](http://www.mensa.org) to read or download the MWJ in full colour

Cover photo courtesy of Australian Mensa member Liam Filson

## Scientists develop novel mRNA delivery method

**A team of researchers led by The University of Texas MD Anderson Cancer Center has developed a novel delivery system for messenger RNA (mRNA) using extracellular vesicles (EVs). The new technique has the potential to overcome many of the delivery hurdles faced by other promising mRNA therapies.**

In the study, published recently in *Nature Biomedical Engineering*, the researchers use EV-encapsulated mRNA to initiate and sustain collagen production for several months in the cells of photoaged skin in laboratory models. It is the first therapy to demonstrate this ability, and represents a proof-of-concept for deploying the EV mRNA therapy.

"This is an entirely new modality for delivering mRNA," said corresponding author Betty Kim, M.D., Ph.D., Professor of Neurosurgery. "We used it in our study to initiate collagen production in cells, but it has the potential to be a delivery system for a number of mRNA therapies that currently have no good method for being delivered."

The genetic code for building specific proteins is contained in mRNA, but delivering mRNA within the body is one of the largest hurdles facing clinical applications of many mRNA-based therapies.

The current COVID-19 vaccines, which marked the first widespread use of mRNA therapy, use lipid nanoparticles for delivery, and the other primary delivery systems for genetic

materials so far have been viral based. However, each of these approaches comes with certain limitations and challenges.

Extracellular vesicles are small structures created by cells that transport biomolecules and nucleic acids in the body. These naturally-occurring particles can be modified to carry mRNAs, which gives them the benefit of innate biocompatibility without triggering a strong immune response, allowing them to be administered multiple times. Additionally, their size allows them to carry even the largest human genes and proteins.

In the current study, the research team used EV mRNA therapy to deliver COL1A1 mRNA, which encodes the collagen protein, into the skin cells of a laboratory model that mimics aging-damaged skin in humans. The EV mRNA was administered using a microneedle delivery system via a patch applied to the skin. This single injection improved collagen production and reduced wrinkle formation in the targeted area for two months.

While initiating collagen production in cells is a noteworthy achievement on its own, Kim said, this study opens the door for further evaluation of EV mRNA therapy as a viable platform for mRNA delivery.

articles - poetry - member achievements...

Send your submissions to the Editor at

[mwjeditor@mensa.org](mailto:mwjeditor@mensa.org)

from your executive committee

*from the Director of Development, José L. Martínez*

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### You can help Mensa grow in Africa!

Hey! It's me again, from one of the southernmost points of this beautiful planet. I wanted to talk to you about our need to grow in the continent with the least Mensan presence right now: Africa.

Due to language barriers, elevated travel costs and efforts focussed on other continents, we have delayed year after year our full arrival to this wonderful continent.

Right now we have a very important national chapter established in South Africa, that will work as our "headquarters" for the neighbouring countries (Namibia, Botswana, Lesotho, to name a few) and we have contacts to start working in Algeria, Kenya, Senegal and Nigeria. But, to be 100% honest with all of you, I want more. I want to use this year-and-a-bit left of my term as International Director of Development to take the first steps in other countries in regions such as Egypt, Ghana, Cameroon, Ethiopia, Angola, etc.

I crave to leave a very solid foundation for the next DoD so we can continue identifying and connecting a lot of highly gifted Africans.

For that, the first thing we need is a local contact. This contact should live in these countries or travel frequently to them, know the language and culture, have a strong inclination for voluntary ad-hon-

orem work and the wish to make Mensa greater and more inclusive.

This is a great way to help Mensa without being involved in an activity for a long term. If you believe you can be that contact (or know someone trustworthy that can be it), please email me to [development-mil@mensa.org](mailto:development-mil@mensa.org) or contact me via Workplace. You won't have to administer any test if you are not a proctor, but only help as the on-the-ground liaison

to contact testing places, give some tips about local culture, help us do the social media campaign to reach as far as we can and maybe give us a hand with press in the local language, if the opportunity arises.

As I always say, Mensa needs all the volunteers that we can get, as the work we need to do is getting more complex, more professional and yielding bigger gains for the association. Every bit of work contributes to a better organisation for all of us, not only at a national



level, but as an international point of reference for everything related to IQ. A bigger, more widespread Mensa means that a lot of new people will have the opportunity to know a little bit more about themselves, maybe helping them to form their own identity and knowing lots of new human beings that share a common trait with them.

**José L. Martínez**

[development-mil@mensa.org](mailto:development-mil@mensa.org)

**MWJ INTERNATIONAL POETRY  
COMPETITION 2023**

*Members are invited to submit their original poems to the editor, [mwjeditor@mensa.org](mailto:mwjeditor@mensa.org), by August 1, 2023.*

*Poems are to be previously unpublished and no longer than 30 lines in length. The theme for the competition is “LOUD!”. All entries must be in English and following the judges’ decision, no correspondence will be entered into.*

*By submitting an entry (maximum of one entry) into the competition, members understand that their poem may be published in the Mensa World Journal or in any other National Mensa journal at the editor’s discretion. The author will, of course, be acknowledged.*

*Please include your National Mensa and membership number with your entry.*

**MENSA INTERNATIONAL**

**TO READ OUR WELCOME LETTER OR ACCESS LINKS  
TO USEFUL INFORMATION & SERVICES FOR NEW  
MEMBERS, PLEASE GO TO**

[https://bit.ly/MI\\_welcome](https://bit.ly/MI_welcome)

*what’s on...*



**American Mensa Annual  
Gathering**

**July 5, 2023, 12:00 pm**

The 2023 Annual Gathering is dropping anchor on the East Coast, and we’re going to make a real splash on the Harbour! All details can be found on the AG 2023 website, <https://ag.us.mensa.org/>

**EMAG 2023 - Rotterdam,  
The Netherlands  
August 2, 2023**

Mensa The Netherlands is proud to present EMAG 2023! You are all more than welcome to join us in Rotterdam - we’d love to see you there! For more details, go to <https://www.emag23.nl/> You can also subscribe to get updates.

**Asia-Pacific Mensa Gathering:  
Bali, Indonesia  
November 2, 2023**

The second AMG of 2023 will be held from November 2nd to 5th on the magical Indonesian island of Bali, famous worldwide for its warm hospitality, ancient culture, and stunning landscapes.

<https://www.facebook.com/asian-MENSA/>



## Hooks and Earworms: What Makes Pop Songs So Catchy?

---

*“Hey, I just met you, and this is crazy... But here’s my number, so call me, maybe.”*

These wise and catchy words are those of Canadian singer-songwriter Carly Rae Jepsen from her 2012 hit “Call Me Maybe.” The song topped the music charts across the world, including in the United States, Canada and Australia.

But what was it about that song that made it so popular? Why, ten years later, is it still so memorable? What makes any song stand out and be easily remembered?

These questions are just some of many that are explored in “Hooks in Popular Music” (Palgrave MacMillan 2022) - a new book co-authored by University of Wollongong (UOW) researcher Dr. Timothy Byron and Dr. Jadey O’Regan (Sydney Conservatorium of Music).

It’s the first book-length study of hooks in popular music that attempts to explain why some songs get stuck in our heads and why these “hooks” are the guiding principle of modern popular music.

Dr. Byron from UOW’s School of Psychology said the book defines a hook as a musical moment or musical phrase that stands out and is easily remembered. These are the bits of songs that are more likely to end up as “earworms,” the elements of the songs that become stuck in our head.

“Hooks are deeply personal—what is a devastatingly effective hook for one person, might slide right past another person unno-

ticed,” Dr. Byron said.

“Hooks can be a rhythm, a timbre, or a melody and they’re not something that’s added on top, they really are the defining fabric of pop music.”

The book gives a range of examples of hooks in popular songs from the last 30 years, including the catchy chorus of the 2001 hit “Can’t Get You Out Of My Head” by Kylie Minogue, Third Eye Blind’s 1997 song “Semi Charmed Life” and the 2022’s memorable hit “As It Was” by Harry Styles.

Dr. Byron said hooks are important for modern pop music because artists want their songs to stand out. “It’s been said in radio that if people hear a song they don’t know, they’ll wait about seven seconds before changing the station and it’s probably the same for modern streaming services,” Dr. Byron said. “Pop songs have to make an impact quickly and to stand out to the listener, they need to have a hook.”

Dr. Byron adds that the concept of a hook is not new. “Through our research we found the term hook being used to refer to a subsection of a piece of popular music that is notable in some way has occurred since at least the 1960s.”

The authors are both musicians but had different motivations for writing the book. Dr. Byron’s expertise lies in music psychology, and in particular the way that music interacts with memory, while Dr. O’Regan focuses on teaching music at the Sydney Conservatorium of Music.

### Having Strong Social Connections Can Improve Your Health

“For me as a psychologist, it’s intriguing for something to be remembered because there are lots of things we don’t remember at all. We barely remembered what we did a week ago, so for people to remember anything at all, there must be something special about it.

“If a bit of a song is getting our attention, if there is a bit of a song that we’re remembering, then it’s doing something right and it’s almost exploiting the specifics of how our memory and attention works.”

For Dr. O’Regan the impetus for the book came from her teaching background and experience. “I teach contemporary music and a lot of my students are songwriters, producers and performers and in class we often talk about this idea of ear candy,” Dr. O’Regan said.

“Students would ask me where they could go to learn more about these concepts, and I realised there wasn’t really anywhere I could send them. And then I realised we really needed to write something.”

The end result was a 459-page online textbook that covers everything from the psychology of memorability to the role of the study of hooks in popular musicology.

*Hooks in Popular Music* is a comprehensive piece of work that fills a gap in the literature discussing the importance of what makes a song catchy, and as Alanis Morissette memorably said in 1995, it’s the kind of stuff “You Oughta Know.”

*neurosciencenews.com Jan 22, 2023*

words... by Kate Nacard

## Champagne

Ah those bubbles; almost a guarantee to restore one's spirits. Elegant and chic, the source of millions of celebratory events around the world, champagne was the wine drunk by the rich and privileged during Napoleon's reign and was the wine that sparkled in the glasses of the tsars and dukes of imperial Russia.

Almost two thousand years ago, Roman slaves excavated, for building materials, limestone quarries in the smoothly sloping ridges of the region of France now called Champagne; today, those hundreds of miles of chalk tunnels are used as the caves that house hundreds of millions of bottles of champagne. 'Champagne' itself is derived from *campanien*, the chalk which, mixed in the soil, gives champagne its unique flavour.

In pagan times, humans were sacrificed by the Vikings to please the gods and thus 'christen' their ships. Later, it was enough to pour wine on the ground, but in the 18th century, the French began to use champagne to launch ships. Interestingly, champagne bottles are almost indestructible. Designed to avoid explosions during fermentation, the bottle often refuses to break, leaving the important personage suffering the embarrassment of whacking the bottle against the bow of the ship fruitlessly.

According to the Guinness Book of Records, the largest champagne bottle ever was the one used to launch the huge passenger ship,

Monarch of the Seas. It stood three feet high, weighed seventy-seven pounds and held about thirty-six regular-sized bottles.

Fortunately for her, Lauren Bacall didn't have to lug it around the ship, as an elaborate system of ropes and pulleys was used to hoist the bottle, so that she could simply snip a cord.

Fortunately, also, the bottle smashed against the ship and broke easily...

Hmmm. My spirits need restoring. I wonder if I have a bottle of champers in the fridge... Those bubbles that I'm so fond of...

## Champagne (2)

Heavens! All these years I've thought that Dom Perignon invented champagne and I've just found out that although he was a frequent taster and talented vigneron, he wasn't the first to make the sparkling stuff! (And I'm only slightly mollified to know that that most famous of champagnes, Dom Perignon was, indeed named after him.)

But, it was Dom who bottled the wine before its second fermentation (zymosis), hence allowing for a slower brewing time which then resulted in a more bubbly wine. In the 17th century, the second fermentation that gives sparkling wine its sparkle was problematic



for winemakers because if the wine had been bottled in the autumn, fermentation would sometimes stop before all the fermentable sugars had been converted to alcohol. As the warmer weather approached, dormant yeast began stirring, generated carbon dioxide and, (at best), the cork would be forced out of the bottle and (at worst) the bottle would explode with a domino effect on all the nearby bottles.

It was Dom Perignon, the young Benedictine monk who was in charge of the vineyard of the monastery of Hautvillers, who solved the problem! And more than one source agree that unaccustomed as a young monk to tasting the fruits of his labours, he is said to have exclaimed (something along the lines of), "Come quickly, bros; I am drinking the stars!"

Wines from the Champagne region in France had been chosen for coronation festivities and offered as homage to other European monarchs since pre-mediaeval times, and by the 17th century were the 'in' beverage for celebration across Europe.

*Continued on p11*

# member profile

by Susan Jensen

## Competitive punner Gregg Siegel is actually a shy guy.

Born and raised in the Northeastern USA, Gregg showed a talent for comedy writing at an early age. In elementary school, he completed a straight assignment as a satire and the teacher had him explain to the class what satire was. In high school and college he wrote for his school humor publications.

Gregg earned a BA in English and started working as an advertising copywriter, which remains his field of employment. From his early twenties onward, he began writing jokes for comedians and late night shows including Jay Leno, Rodney Dangerfield, Yakov Smirnoff and many others.

He has also written jokes for publications including *Reader's Digest* and *Arizona Highways*. He currently writes short humour pieces for online magazines such as *SlackJaw*, *Greener Pastures* and *Frazzled*. His current portfolio can be found at <https://tinyurl.com/4vy4a435>.

Gregg joined Mensa in the late 1970s but didn't really start attending Mensa events until more recently. He enjoys the quality and variety of the speakers and events, which he finds feeds his desire to learn new things. He credits the pun parade at the Chicago WeeM RG - his first out-of-town Mensa event - with helping whet his appetite and lead him into the world of pun competitions.

After discovering that many American cities had pun competitions, often held in comedy clubs, Gregg got up the courage to perform his first pun monologue at the Washington DC Improv's PUN DMV competition in late 2019. Standing up to lifelong stage fright in this way was a seismic shift for Gregg who considers himself an extreme introvert.

In the monologue style of pun competitions, the punner usually gets about two minutes to speak on a chosen topic and fill that speech with as many puns as possible.

Gregg learned to emphasise the pun word very strongly so that the audience "gets the pun." There are also "slingers" type events which are more improv-based, with punners going back and forth thinking of puns on an assigned topic.

Covid lockdown hit shortly after Gregg began to enter pun competitions. Many of these reverted to online formats, giving Gregg the chance to meet many fellow punners from around the USA and the world on shows including New York's PUNDERDOME®, the O. Henry Pun-Off, the UK Pun-Off and Sacramento's Capitol PUNishment.

Gregg has begun to pay it for-



ward and spread the word to audiences, including his fellow Mensans, on the joys of punning and punning events. He created a presentation that is chock full of performance clips - good and not so good he says! - as well as info on pun books, games and more that he has presented at several RGs.

An example of one of Gregg's entries into a pun competition was on the topic of Dogs, beginning with: It is CRATE to be here. I hope you KENNEL hear me OK. I love dogs and look forward to unLEASHing a PILE of doggie puns for you. Really, I'm just gonna POUND them out...

An example of a full pun soliloquy - 54 painters punned on in under two minutes - can be found at <https://tinyurl.com/2p852h43>.

He also sporadically puts up puns on TikTok under the name @thatpunguy. And be sure to look for Gregg speaking about puns at a future Mensa gathering.

SJ

## Remembering Emotional Events Better Than Non-emotional Ones

*Most people remember emotional events - like their wedding day - very clearly, but researchers are not sure how the human brain prioritises emotional events in memory.*

In a study published on January 16, 2023 in *Nature Human Behaviour*, Joshua Jacobs, Associate Professor of Biomedical Engineering at Columbia Engineering, and his team identified a specific neural mechanism in the human brain that tags information with emotional associations for enhanced memory.

The team demonstrated that high-frequency brain waves in the amygdala, a hub for emotional processes, and the hippocampus, a hub for memory processes, are critical to enhancing memory for emotional stimuli. Disruptions to this neural mechanism, brought on either by electrical brain stimulation or depression, impair memory specifically for emotional stimuli.

### **Rising prevalence of memory disorders**

The rising prevalence of memory disorders such as dementia has highlighted the damaging effects that memory loss has on individuals and society. Disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD) can also feature imbalanced memory processes, and have become increasingly prevalent during the COVID-19 pandemic.

Understanding how the brain naturally regulates what information gets prioritised for storage and what fades away could provide critical insight for developing new therapeutic approaches to strengthening memory for those at risk of memory loss, or for normalising memory processes in those at risk of dysregulation. "It's easier to remember

emotional events - like the birth of your child - than other events from around the same time," says Salman E. Qasim, lead author of the study, who started this project during his Ph.D. in Jacobs' lab at Columbia Engineering. "The brain clearly has a natural mechanism for strengthening certain memories, and we wanted to identify it."

### **The difficulty of studying neural mechanisms in humans**

Most investigations into neural mechanisms take place in animals such as rats, because such studies require direct access to the brain to record brain activity and perform experiments that demonstrate causality, such as careful disruption of neural circuits. But it is difficult to observe or characterise a complex cognitive phenomenon like emotional memory enhancement in animal studies.

To study this process directly in humans, Qasim and Jacobs analysed data from memory experiments conducted with epilepsy patients undergoing direct, intracranial brain recording for seizure localisation and treatment. During these recordings, epilepsy patients memorised lists of words while the electrodes placed in their hippocampus and amygdala recorded the brain's electrical activity.

### **Studying brain-wave patterns of emotional words**

By systematically characterising the emotional associations of each word using crowd-sourced emotion ratings, Qasim found that participants remembered more emotional words, such as "dog" or "knife," better than more neutral words, such as "chair."

When looking at the associated brain activity, the researchers noted that whenever participants successfully

remembered emotional words, high-frequency neural activity (30-128 Hz) would become more prevalent in the amygdala-hippocampal circuit.

When participants remembered more neutral words, or failed to remember a word altogether, this pattern was absent.

The researchers analysed this pattern across a data set of 147 patients and found a clear link between participants' enhanced memory for emotional words and the prevalence in their brains of high-frequency brain waves across the amygdala-hippocampal circuit.

"Finding this pattern of brain activity linking emotions and memory was very exciting to us, because prior research has shown how important high-frequency activity in the hippocampus is to non-emotional memory," said Jacobs.

"It immediately cued us to think about the more general, causal implications - if we elicit high-frequency activity in this circuit, using therapeutic interventions, will we be able to strengthen memories at will?"

### **Electrical stimulation disrupts memory for emotional words**

In order to establish whether this high-frequency activity actually reflected a causal mechanism, Jacobs and his team formulated a unique approach to replicate the kind of experimental disruptions typically reserved for animal research.

First, they analyzed a subset of these patients who had performed the memory task while direct electrical stimulation was applied to the hippocampus for half of the words that participants had to memorise.

*Continued on p11*

## Gut Microbes Control the Body's Thermostat

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*What's considered normal body temperature varies from person to person, yet overall, the average basal temperature of the human body has decreased since the 1860s for unknown reasons. A study points to the gut microbiome as a potential regulator of body temperature, both in health and during life-threatening infections.*

The study, led by Robert Dickson, M.D., and his colleagues at U-M Medical School, used health record data from patients hospitalised with sepsis and mouse experiments to examine the interplay between the mix of bacteria residing in the gut, temperature fluctuation, and health outcomes.

Sepsis, the body's response to a life-threatening infection, can cause drastic changes in body temperature, the trajectory of which is linked to mortality. Work published in the *American Journal of Respiratory and Critical Care Medicine* in 2019 has demonstrated that hospitalised patients with sepsis vary widely in their temperature responses, and this variation predicts their survival.

"There's a reason that temperature is a vital sign," said Kale Bongers M.D. Ph.D., a clinical instructor in the Department of Internal Medicine and lead author of the study. "It's both easily measured and tells us important information about the body's inflammatory and metabolic state."

Yet the causes of this temperature variation, both in sepsis and in

health, have remained unknown.

"We know that temperature response is important in sepsis, because it strongly predicts who lives and who dies," said Dickson. "But we don't know what drives this variation and whether it can be modified to help patients."

To try to understand the cause of this variation, the team analysed rectal swabs from 116 patients admitted to the hospital. The patients' gut microbiota varied widely, confirming that it is a potential source of variation.

"Arguably, our patients have more variation in their microbiota than they do in their own genetics," said Bongers. "Any two patients are more than 99% identical in their own genomes, while they may have literally 0% overlap in their gut bacteria."

The authors found that this variation in gut bacteria was correlated with patient's temperature trajectories while in the hospital. In particular, common bacteria from the Firmicutes phylum were most strongly associated with increased fever response. These bacteria are common, variable across patients, and are known to produce important metabolites that enter the bloodstream and influence the body's immune response and metabolism.

To confirm these findings under controlled conditions, the team used mouse models, comparing normal mice with genetically identical mice that lack a microbiome. Experimental sepsis caused dra-

matic changes in the temperature of conventional mice but had a blunted effect on the temperature response of germ-free mice. Among mice with a microbiome, variation in temperature response was strongly correlated with the same bacterial family (Lachnospiraceae) that was found in humans.

"We found that the same kind of gut bacteria explained temperature variation both in our human subjects and in our laboratory mice," said Dickson. "This gave us confidence in the validity of our findings and gives us a target for understanding the biology behind this finding."

Even in health, mice without a microbiome had lower basal body temperatures than conventional mice.

The study highlights an underappreciated role of the gut microbiome in body temperature and could explain the reduction in basal body temperature over the past 150 years.

"While we certainly haven't proven that changes in the microbiome explain the drop in human body temperature, we think it is a reasonable hypothesis," said Bongers. "Human genetics haven't meaningfully changed in the last 150 years, but changes in diet, hygiene, and antibiotics have had profound effects on our gut bacteria."

Further research is needed to understand whether targeting the microbiome to modulate body temperature could help alter the outcome for patients with sepsis.

*neurosciencenews.com Jan 20, 2023*

## supplementally... by John Blinke

### **Laser Lightning.**

Smithsonian, January 18, 2023.

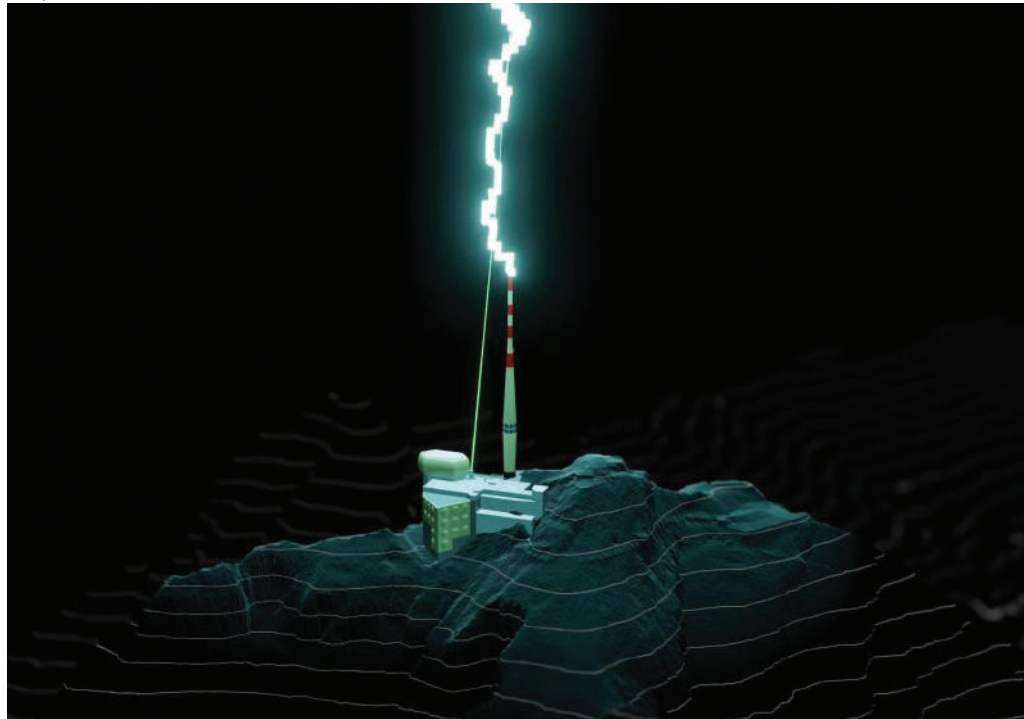
“Scientists Guide Lightning Bolts With Lasers for the First Time.”

(Nature Photonics) Contributed by Stephen Darnell.

Lightning rods have been saving lives and property since the days of Ben Franklin. But, bigger is better because they only protect a radius equal to their height. With this in mind, scientists have been trying to discharge storm clouds by using laser beams. After many failures, researchers at University of Geneva have succeeded by pulsing a laser a hundred times per second. The beam diverted some lightning bolts to a grounded lightning rod and away from the Santis Mountain communications tower in Switzerland, which is one of the most lightning-struck places on Planet Earth. The one-of-a-kind laser system cost \$2 billion, so it is not a reasonable solution for lightning hazard at this time.

### **Laser Brew**

C&EN, January 2, 2023. “Cold Pew Pew Pew.” Contributed by Tom Ott. Lasers are good for all kinds of things from igniting nuclear fusion to entertaining pets. But, we really want to know if they can make better coffee. Researchers at the University of Duisburg-Essen say they can. Their pulsed green lasers produce cold brew coffee in a few minutes instead of half a day. Laser brewing can deliver the same caffeine boost as the usual brew



while consuming fewer coffee beans . Some people prefer the taste of cold brew over the traditional hot stuff, but may not have the time to fuss with it. Don't look for laser-brew in your local coffee house. It is a lab curiosity for now — but maybe not for long!

### **Flushed with Success**

C&EN Jan 2, 2023, “What Toilets Spew, Ew Ew!” Contributed by Tom Ott.

Scientists at University of Colorado, Boulder, were not the first to look at the stuff coming out of a flushed toilet. But they used a green laser beam spread into a thin plane of bright light, much the way Physics Girl imaged smoke ring cross sections in her Youtube videos. The researchers at UC Boulder took pictures of toilet spew from many angles within a metre above flushing toilets. The result was not surprising — toilets do produce

clouds of potentially unhealthy water droplets. This is sure to be a contender for an Ig Nobel Prize.

### **Dark Earth**

Science News, January 5, 2023.

“Indigenous People May Have Created The Amazon's ‘Dark Earth’ On Purpose.”

People living in the Amazon basin know that it is best to plant crops in areas of “dark earth” which is more fertile than average rain forest soil. Dark soil also sequesters carbon that would otherwise be part of the atmosphere. Researchers have lately realised that local peoples manufacture dark earth from their own household food waste and with controlled burns of the jungle. People may have been doing this for millennia. This is a carbon sink that was not previously considered by climate modellers.

JB

*Continued from p06*

The first commercial sparkling wine, however, was produced in the Limoux area of Languedoc around 1535.

Towards the end of the 17th century, the Champagne region was producing sparkling method, stronger bottles that could hold the added pressure were invented (in England), and by 1700, sparkling Champagne was born!

(Dom Perignon was born in 1640, and died in 1715. He was buried at Hautvillers, where the church and tomb remain to this day. His name was originally registered by Eugène Mercier, who sold the brand name to Moët & Chandon - who had bought the Hautvillers vineyard in 1794.)

*References: <http://www.dom-perignon-champagne.sparklingdirect.co.uk/> and Wikipedia*

*Continued from p08*

They found that electrical stimulation, which has a mixed history of either benefiting or diminishing memory depending on its usage, clearly and consistently impaired memory specifically for emotional words.

Uma Mohan, another Ph.D. student in Jacobs' lab at the time and co-author on the paper, noted that this stimulation also diminished high-frequency activity in the hippocampus. This provided causal evidence that by knocking out the pattern of brain activity that correlated with emotional memory, stimulation was also selectively diminishing emotional memory.

**Depression acts similarly to brain stimulation**

Qasim further hypothesised that depression, which can involve dys-regulated emotional memory, might

act similarly to brain stimulation. He analysed patients' emotional memory in parallel with mood assessments the patients took to characterise their psychiatric state.

In fact, in the subset of patients with depression, the team observed a concurrent decrease in emotion-mediated memory and high-frequency activity in the hippocampus and amygdala.

**Brain fire during emotional memory processes.**

Qasim and Jacobs hope that their work might also inspire animal research exploring how this high-frequency activity is linked to norepinephrine, a neurotransmitter linked to attentional processes that they theorise might be behind the enhanced memory for emotional stimuli.

*Neurosciencenews.com January 19, 2023*

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# Therese's BRAIN TEASERS

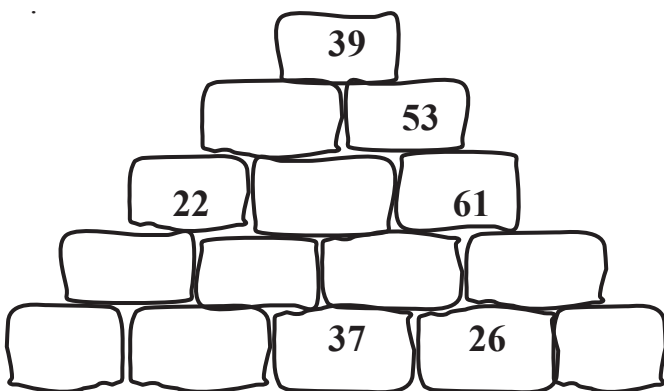
## Cryptosum

Each symbol represents a different digit from 1 to 9. The sum of the digits in each row and column is shown. Find the sum of the numbers along the diagonal line starting from the top left-hand corner.

☯	❖	⚡	■	19
□	ॐ	∞	☯	21
∞	□	■	er	21
er	☯	❖	⚡	21
19	14	27	22	?

## Cairn

The number on each stone represents the difference between the numbers in the two stones on which it sits. There is a two-digit number in each of the bottom stones, using the digits 0-9 once each.



## Rebus

Home free? (3, 3, 4)

KHOHTOE

## Anagram Riddle

Eight letters have I, you can change them around  
To make words which vary by more than a sound:

- Telling a story (I've many in store)
- More twisted am I than I was before;
- Sounding alarm to make you watch out
- Making a change, or turning about?
- An essential part, I'm here to stay
- A percussion instrument, for you to play!

Now that you've solved me, which words have you found?

## Crypto-fool

All answers are associated with April Fools Day. No other definition given.

- Prime Perpetrator has standing
- Put part back
- Tank top for Little Richard?
- Not really sure...
- Now owing, seizes first payment.
- Half hope to meet American chopper.
- Initials jam on kale everyday?

## Wordplay

Which word meaning EGGS can have its letters rearranged to produce a SUDDEN FLOW?

## Answers

**Cryptosum:** 14 (1 + 2 + 3 + 8) **Cairn:** 15 40 37 26 98  
**Rebus:** Off the hook **Anagram Riddle:** Relating  
Tangler Alerting Altering Integral Triangle **Crypto-fool:** Prank Trap Trick Ruse Dupe Hoax Joke **Wordplay:**  
Urges (Surge). © Therese Moodie-Bloom