



## Reg Rep Rap

by Dave Stubbs



The results of the election to fill the positions of President and Second Vice-President on the Mensa Canada National Board have been announced, with both Barry Schmidl and Brigit O'Connell retaining their respective positions of President and 2nd Vice-President of Mensa Canada for the next two years. As the other four Board positions that came vacant this year were filled by acclamation and by the incumbents, and because Dave Skene, who lost to Barry for the President's position, is half-way through a term as Atlantic Regional Rep, there will be no changes in the composition of the national board for at least another year. As mentioned in the May issue of MC2, Brigit has also recently taken on the role of MC2 editor, although, as she points out, hopefully not for too long. (As the editor of MC2 reports to the 2nd Vice-President, Brigit is now reporting to herself!).

Mensa Canada membership stood at 1,677 as of April 30. Of this number, 315 were in the B.C./Yukon Region, with 204 listed in the Vancouver/Lower Mainland group, 84 in the Victoria/Vancouver Island group, and 27 in Mountain Mensa. As you could probably guess, the largest Mensa group in Canada is Toronto, with 469 members as of April 30. The Vancouver area group is the second largest in the country, followed by Calgary,

Ottawa, and Montreal, each of which had over 100 members as of the end of April.

As you are no doubt aware, the 2008 Mensa Canada Annual General Meeting and Gathering is being held in Quebec City June 27 - 29. I understand that several Mensans from this region are planning to attend, and I look forward to meeting all of you there. In the next issue of Lumens, I will give you a report on the Quebec meeting. ☺



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### Leo's Speakers Group

Last Wednesday of every month

May 28th: Dr. Heather Fay 'Chi Gong Therapy.' Dr. Fay is a practising physician who uses Chi Gong Therapy as an adjunct to her clinical practice.

August 27th: Dr. Alina Wydra PhD 'Fantasy & Visualization.' Dr. Wydra is a psychologist and associate of Bianca Rucker & Associates.

## Editor's Letter

by Lisa Le Blanc



*www.ymaw.com*  
*Building strong healthy young men*  
*builds strong healthy communities*

Welcome to summer. Thanks for the overwhelming response to my ad for accommodations. (Yes, you Peter.) As I settle into my new home, I see a baby bird peaking his little beak out of the eaves, hoping Mom will show up with a morsel or two. Summer, new life, new home. Ahhhh. Since I am in the midst of moving this week, I will be brief and to the point.

Enjoy the pics in this issue. They are from the Young Men's Adventure Weekend. Check out the article on page 7 and consider contributing if you have a free weekend in July.

Our best wishes go out to our profiler, Muriel Hope she recovers soon and is back writing profiles.

Please note the opinions of this newsletter are the opinions of the writer and not necessarily that of the editor. So, any thoughts of lynching should be directed at the writers, not me. Enjoy this month's issue and please write in with any comments, outbursts or other emotional offerings.

Please forward submissions to [editor@lumens.ca](mailto:editor@lumens.ca) or write to *Lumens* with any brainstorm or ideas.



*Looking forward to hearing from you, Lisa*

## Here's another fine mess you've gotten me into...



### Estate Planning

Dan was a single guy living at home with his father and working in the family business. When he found out that he was going to inherit a fortune when his sickly father died, he decided that he needed a wife with whom to share his fortune.

One evening at an investment meeting he spotted the most beautiful woman that he had ever seen.

Her natural beauty took his breath away. "I may look like just an ordinary man," he said to her, "but in just a few months, my father will die, and I'll inherit 20 million dollars." Impressed, the woman obtained his business card and three days later, she became his stepmother.

Women are so much better at estate planning than men.



# Helpful Info You Hope Will Never Be Needed

A group of rapists in prison were interviewed on what they look for in a potential victim:

1) The first thing they look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.

2) The second thing men look for is clothing. They will look for women whose clothing is easy to remove quickly. Many of them carry scissors around specifically to cut clothing.

3) They look for women on their cell phone, searching through their purse, or doing other activities while walking because they are off-guard and can be easily overpowered.

4) Men are most likely to attack & rape in the early morning, between 5:00 a.m. and 8:30 a.m.

5) The number one place women are abducted from/attacked is grocery store parking lots. Number two: office parking lots/garages. Number three: public restrooms.

6) The thing about these men is that they are looking to grab a woman and quickly move her to another location where they don't have to worry about getting caught.

7) Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.

8) If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming.

9) They would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.

10) Several defense mechanisms he taught us are: If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like what time is it, or make general small talk: 'I can't believe it is so cold out here,' 'we're in for a bad winter.' Now you've seen their face and could identify them in a line-up; you lose appeal as a target.

11) If someone is coming toward you, hold out your hands in front of you and yell STOP or STAY BACK! Most of the rapists this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

12) If you carry pepper spray, yell I HAVE PEPPER SPRAY and holding it out will be a deterrent.

13) If someone grabs you, you can't beat them with strength but you

can by outsmarting them. If you are grabbed around the waist from behind, pinch the attacker either under the arm (between the elbow and armpit) OR in the upper inner thigh VERY VERY HARD. One woman in a class this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands - the guy needed stitches. Try pinching yourself in those places as hard as you can stand it - it hurts.

14) After the initial hit, always GO for the GROIN. I know from a particularly unfortunate experience that if you slap a guy's parts it is extremely painful. You might think that you'll anger the guy and make him want to hurt you more, but the thing these rapists told our instructor is that they want a woman who will not cause a lot of trouble. Start causing trouble and he's out of there.

15) When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible.

16) Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, go with your instincts!!! You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!

# Book Chat

by Sheila Gair

You've all seen Bookchat in the Lumens line up, month after month, and you may wonder what we get up to, and how the chosen books turn out. We have two set for each meeting, but it is rare for each of us to have actually read both, as libraries are fickle and our time is rarely spare long enough to fit a book hour in – but we persevere.

We have had a couple of books worth mentioning – and strangely enough we found corresponding themes within them on the good old 'good versus evil' formula. One was *East of Eden*. Remember reading it in school, or recall the movie – was it Marlon Brando, or James Dean – or am I wrong on both counts? Anyway I have read it before, but opening up its pages again, none of it had stayed with me, except the birth of the twin boys aka Cain and Abel, each fathered by a different brother. The book was riveting and the character of Cathy, the sweet young thing who becomes an alcoholic, drugtaking madam in a brothel and kills for what she wants, is wonderfully portrayed. Adam and Charles, and then next generation Aron and Caleb show the best and worst of sibling rivalry, jealousy,

hatred and one-upmanship.

The similar book was Keith Maillards *The Clarinet Polka*, where we have a young man returned from Vietnam, trying to find himself. Drinking heavily, unable to hold a job, he is hoodwinked by the glamorous and sexually provocative Connie, whom he cannot resist. Here we have another family, with skeletons in the cupboard, father son friction, and a young sweet girl who has the patience to wait for the man she loves. Jimmy has seen the worst in Vietnam, and loses his friends, and is unable to settle down.

Both stories for some of us had a biblical framework with suggestions of good Samaritans, prodigal sons and even the Eden in Steinbeck's novel. For others these tales were the building of America, from the Chinese in Steinbeck's tale and the opening of the west, to the tight-knit Polish community in Maillards story – where traditions are being handed down and history remembered.

*Teacher Man* by Frank McCourt was an earlier selection which everybody maligned. Poorly written, lots of extra padding and not up to much at all. Surely written to cash

in on the name after the wild success of *Angela's Ashes*, which also did not gain much respect from me. We read that book with *Burning Bright* by Tracy Chevalier. She is a writer who takes a character from real life and builds a fictional tale around him or her. In this case it was Blake, who lived in a house in London, next to the children featured in her tale – displaced children who live from hand to mouth and are poverty stricken. The innocence/experience formula was here, but it didn't work particularly well.

For much lighter reading I tried *Turning Tables* by sisters Heather and Rose Macdowell who tore apart the elite New York restaurant business and in the process would convince everyone and anyone to stay clear – spiteful, backbiting, abusive, selfish, egotistical and dictatorial chefs and owners made life in a workhouse look good, and I mean a nineteenth century workhouse.

We will be submitting two books each at the next meeting, and I am sure they will be as varied and as interesting as the last years' choices have been. You can't go wrong with reading – try it.

# A Whining Minority

by Brian Hollington



On the fifth of March this year, the Vancouver Sun published the results of an interesting survey of commuters. This is the way we get to work (unless, like me, you have sworn off that vulgar activity).

74.4% of us travel by car.

16.5% use our wonderful transit system.

6.3% (sturdy fellows) walk.

1.7% cycle.

“Build it” they say “and they will come.” Not on a bike they won’t.

British Columbian taxpayers have spent (albeit unwillingly) millions of dollars on bike racks for buses, for bike lanes, for dear little signs saying “Except Bicycles”. We are now considering the expenditure of another \$63,000,000 on “upgrading” the Burrard Street Bridge

to incorporate a bike lane. Actually, just to upgrade the existing bike lanes to a standard that the cycling extremists would consider adequate. Councillor Fred Bass described the short-lived plan to close two lanes to all but bike traffic as his finest achievement on council. Fortunately the voters agreed with this assessment of his contribution.

To be fair, there are cyclists who think that all this is nutty. Brad Zembic, in a letter to the Sun, pointed out that “I am frequently able to count commuting cyclists on one hand as I bike across the bridge each day.” And yet cycling demonstrators foul up Downtown traffic, demanding that a third of the Bridge be devoted to their exclusive use. If, one day, they manage a grand Tour de France type pile-up and someone breaks his skinny shank, I trust the

Ambulance Service will enter into the spirit of the thing and send out a paramedic on a tandem to get him.

I have no problem with the bicycle per se. My father was a racer; both of my sons are keen riders. When I was flying regularly at Pemberton I saw a lot of bikes on the Sea to Sky Highway—strapped on the back of SUVs—they were not a problem. But there is a small element among riders who consider their hobby an overwhelming virtue, one of the new lay religions. When it was decided to lay out pedestrians-only lanes on the Sea Wall, these were the people who squealed about their “rights”.

However, Mensans take heart. By definition we can claim to speak for a full 2% of the commuting population. We deserve at least two lanes of the Cambie Street Bridge. To the Barricades! ☘

## Leo's Lot

Please join me at Speaker's Group this Wednesday, May 28th from 730 - 830PM at 288 W 8th,

2 blocks east of Cambie & 8th. There are 16 parking slots behind the building and plenty on the street. Speaker's Group is free. Please feel free to bring a guest.

Our speaker is Dr. Heather Fay, M.D. who will talk on 'Holistic Healing,' which she uses in her clinical practice.

Dr. Heather Fay, M.D., graduated in medicine in Aberdeen, Scotland in 1973. While working as a family doctor, she trained in many complementary fields and used them in her practices in Scotland, the Middle East and western Canada, being certified in clinical hypnosis and in medical acupuncture. The medical acupuncture training, by Dr. Steven Aung, at U. Alberta, followed by further training in Traditional Chinese Medicine & medical acupuncture in Beijing.

Dr. Fay works with patients interested in looking at the mind - body - spirit connection in relation to acute and chronic illness, stress, cancer, injury or pain. By integrating eastern and western disciplines, the patient is helped to access the deep root issues that may have contributed to their current condition.

I hope to see you Wednesday at 730PM for an enjoyable hour or more if you can stay longer.

# GOD

by Don Graham

God, Lisa, was that a deliberate attempt to poke a stick into a hornet's nest? Or does anyone really believe that "God must exist, because order exists," or that "Without God, we live in an existential vacuum"? I have no objection to the mere mention of the word God, but reading comments like these made me wish that I had been at that discussion group.

Maybe I'm just dim-witted, but there seem to be a lot of steps missing from the logic of the first assertion, which I'm at a complete loss to fill in, especially since order can be explained perfectly well without any reference to God at all. In fact, the late Ilya Prigogine was awarded the 1976 Nobel Prize in chemistry for providing rigorous explanations of how order arises spontaneously. The whole emerging science of complexity theory is built around verifiable explanations for the spontaneous formation of order. Read Stuart Kauffman's *The Origins of Order* for a comprehensive discussion of the topic, or any of the countless popular works on the subject for more informal presentations.

I'm not sure what the second assertion even means, but the best response I

## *Was that a deliberate attempt to poke a stick into a hornet's nest?*

can come up with is that with God, we live in an existential prison.

As a child, I was raised with the concept of God, but it never made any sense to me. When I asked my mother, she pointed out that as I already knew from my own experience, we keep on learning new things that we were unable to understand when we were younger. She said that perhaps God was one of these things, and very wisely told me that when I got old enough to understand, I could make up my own mind. So I accepted what I was told, and went through all the conventional processes of practicing a religion, then when I did get old enough to understand, concluded that the huge holes I had detected as a child in the arguments I had heard for "proving" that there was a God were just that: holes, and realized that there was in fact no evidence whatsoever. Or to be strictly correct, I had never heard any, and I am now old enough to have been exposed to all the arguments many times over. So,

by the principle of parsimony, if the world can be explained without assuming that God exists, there is no point in invoking that assumption.

When I threw off my belief in God, I was astonished at the relief I experienced from the crushing burden I had been carrying around all my life without even realizing I had been carrying it, and a whole new world of glory, life, and beauty opened up, as if up to that point I had been semi-anaesthetized, living under a cloud, and wearing dark glasses and hearing protectors. I could now see, hear, smell, taste, feel, and think without having everything filtered through the tiny pinhole of belief in a God, or my senses dulled by having to believe in a God who cut off so many channels of communication with the internal and external worlds that I had been barely conscious. If you want to believe in God, feel free to do so, but don't expect me to follow you. Why would I go back to believing in God? Nietzsche was wrong. God isn't dead; God is death. Please understand that I am speaking metaphorically when I say that the God most of us have been taught to believe in is really Satan in disguise.

*Please remember that any opinion expressed in lumens is purely the opinion of the writer and does not necessarily reflect the general opinion of lumens, mensa or the editors.*

*Don's article is provocative and reflects his personal opinion. Let's hear from the rest of you – agree or disagree?* lumens editor

# Young Men's Adventure Weekend

by Lisa Le Blanc

*Building strong healthy young men  
builds strong healthy communities*



What does Ravi Shankar have in common with Lumens editors? They agree that YMAW is worth supporting.

Shri Shri Ravi Shankar of the Art of Living Foundation presented Brad Leslie with their 2006 Certificate of Honour award in honour of their dedication and commitment to making a difference in society. [www.ymaw.com/award](http://www.ymaw.com/award).

What is YMAW and how did it come about? The Young Men's Adventure Weekend is a concept that a couple of guys came up with one day while discussing societal problems. "There's a mess on the streets," someone said. Kids are growing up without direction or connections. Someone should do something about it. *They* should clean it up. But, realizing that there is no *them*, there is only *us*, they came up with a plan to provide mentoring and fun for a weekend. Three days in the forest and the young men come away with a new sense of the men that they are becoming.

Their motto: YMAW is a ritual weekend where "the elder men of the village welcome the young men into manhood, in the language of a village." Pretty much the same way it has always been done in traditional societies.

The location and plans for upcoming weekends is kept secret. The young men get on the bus and start a journey into the unknown. Just like life. In past years, the weekend involved sweat lodges and stations that represent challenges. One year, they built an Inukshuk, the open-armed symbol that represents safe harbour, because life is about building something. Building families, homes and communities. Building a life.

"We don't set out to teach them anything. They discover what's inside of themselves. While we fan the fire inside the young men, they invariably learn all kinds of stuff." Why do this? "Because it's what we should be doing, as responsible men in the community. Giving a helping hand to the next generation.

They are always looking for men of good heart to help, and teenagers 12 – 17 to participate. Watch the movie at [www.ymaw.com/06movie](http://www.ymaw.com/06movie).

Brad Leslie is also the recipient of the prestigious Mensa Canada – President's Award 2004 and The Real Estate Board of Greater Vancouver's Realtor of the Year 2000 award.

If you want to get dirty, get yelled at, get thrown in a lake, give us a shout, spend \$125 and come on down.

The next Young Men's Adventure Weekend is  
July 11, 12, 13 2008

For young men 12- 17 years old. If you would like to participate, contact Brad Leslie at 604-688-2363.

Cost \$125. The Young Men's Adventure Weekend Society of BC offering mentoring opportunities since 1991.

## Mensa Canada Western Regional Officers

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### Mensa and Editorial Policy

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