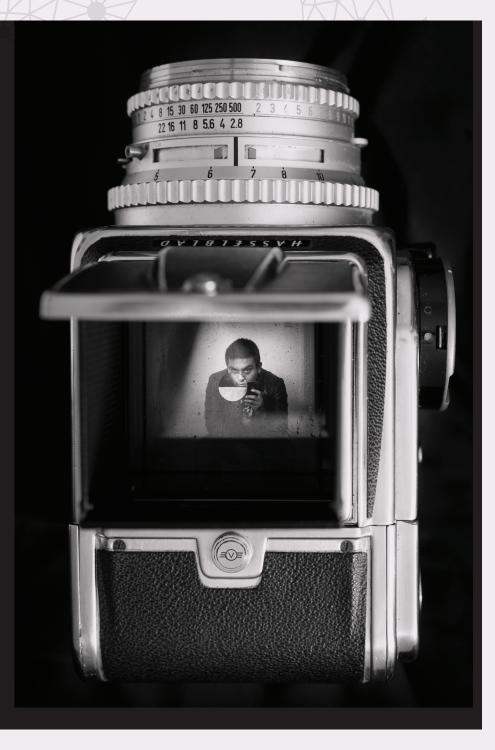
mensa world journal



APRIL 2019 | ISSUE 075



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from the editor...



Hello, All,

Two important notices this month: roles/committee positions vacant on p03, and the rules for our Direct International Mensans (DIMs)
Photographer of the Year competition on p12. And speaking of the Photocup competition, meet the 2018 Mensa International Photographer of the Year, Rodrigo Marta, on p05!

There's news from both Mensa Malaysia - who held a huge testing session at a national fair (p06) -and Mensa Korea, who has a new Board of Directors (p08).

There's an interesting look at perspective on p09 by Canadian Mensan Chris Macdonald, and did you know that your brain works backwards to retrieve memories (p07)?

Happy reading! Kate

Cover photo:

Self-portrait: 2018 Mensa International Photographer of the Year, Rodrigo Marta

FOOD AND MEMORY

High levels of a satiety hormone could decrease a person's likelihood of developing Alzheimer's disease. For individuals who have higher levels of the hormone, their chance of having mild cognitive impairment or Alzheimer's disease decreased by 65 percent.

You may be familiar with the saying, "You are what you eat," but did you know the food you eat could impact your memory? Auriel Willette, assistant professor, and his team of researchers in Iowa State University's Department of Food Science and Human Nutrition discovered a satiety hormone that, at higher levels, could decrease a person's likelihood of developing Alzheimer's disease. A paper outlining the results of their study recently was accepted for publication in Neurobiology of Aging. Using data from the Alzheimer's Disease

Neuroimaging Initiative (ADNI), the researchers looked at the satiety hormone, Cholecystokinin (CCK), in 287 people. CCK is found in both the small intestines and the brain. In the small intestines, CCK allows for the absorption of fats and proteins. In the brain, CCK is located in the hippocampus, which is the memoryforming region of the brain, Willette said.

The researchers found for individuals who have higher CCK levels, their chance of having mild cognitive impairment, a precursor state to Alzheimer's disease, or Alzheimer's disease decreased by 65 percent.

"It will hopefully help to shed further light on how satiety hormones in the blood and brain affect brain function," Willette said.

Extracted from www.sciencedaily.com

MENSA GREECE ANNUAL GATHERING

May 9 - 12. In Ioannina we will take a tour of the Castle and visit the Isle of Lake Pamvotis. The program includes an excursion to Zagori where we will cross the famous Vikos Gorge, as well as a visit to the ancient theatre and the oracle of Dodoni. In addition, as always, we will have fun with the demanding treasure hunt and board game tournaments.

A detailed program, as well as cost and registration details will be announced shortly.



International Positions/ Committees Open for Appointment

If you are interested in serving Mensa International in an appointed position, now is your opportunity to apply. These positions are open to all members worldwide. All are for terms of two years unless otherwise stated, with the term commencing after the IBD meeting in October 2019 unless otherwise stated.

The following International positions/committees are due to be appointed in 2019:

- Constitution Review Officer
- International Awards Committee (committee members)
- International ICT Advisory Committee (committee chair and members)
- International Strategic Management Advisory Committee (committee chair and members)
- International Website Production Manager

Members currently serving in a position or on a committee are requested to reapply if they wish to continue to serve in that role.

The application form is available on the Officers/Appointees page of the members-only section of the Mensa International website at https://www.mensa.org. You must be logged on.

Job descriptions for each position are linked to each role. Both the application form and the job descriptions are also available from the Mensa International Office by emailing mensainternational@mensa.org or by post to the address given in the Officers Directory of this issue.

Applications for the above posts must be received by **June 20, 2019** and must be sent to the International Office at mensainternational@mensa.org, copied to the Director of Administration at admin-mil@mensa.org.

Dan Burg
Director of Administration

mensa world journal april 2019

MENSA INTERNATIONAL PHOTOGRAPHER OF THE YEAR 2019

The art of photography is an area where Mensans from over fifty countries with different languages, customs and traditions can converge with a single, visual language! Use your creativity, skills, and technical expertise to produce your entry in this year's Photocup competition.

The theme for 2019 is Optical Illusions.

If your Mensa chapter is holding a national competition to select entries for the International phase, a set of the rules and closing dates will be available from your national office or board.

Direct International Members and members from countries not holding national contests are eligible to enter the International competition by sending two entries only to photocup2019@gmail.com by July 31, 2019. (See p12 of this issue for DIMs' information.)

The Mensa International Photographer of the Year 2019 could be you!

ASIA PACIFIC MENSA GATHERING

01 MAY - O5 MAY 2019



Join us in New Zealand for the 2019 Asia Mensa Gathering! The 5-day gathering begins on Wednesday 1st May from Auckland the City of Sails to Rotorua our adventure capital! Learn a little from our local speakers; indulge in a trip to Hobbiton; relax at the iconic Polynesian Spas and immerse yourself in a Maori Village experience.

There is also plenty of free time to explore what our cities have to offer with optional excursions (how about the Waitomo Caves, a luge race or a bushwalk on swing bridges and ziplines!).

Wind down your evenings with games, conversation and karaoke. Don't forget the glorious Gala dinner on Saturday night!

So if all of that sounds like you, register now and see you in Aotearoa (that's New Zealand in Maori) in May!

https://www.cvent.com/c/express/5e1bc462-0185-458a-acf5-43d5158a082f

whats on...



MENSA GERMANY: AGM IN HAMBURG | 27 APRIL 2019

ASIA PACIFIC MENSA GATHERING (NEW ZEA-LAND) | 01 MAY - 05 MAY 2019

MENSA CANADA AG (MONTREAL) | 31 MAY - O2 JUNE

MENSA MALAYSIA AGM | 31 MAY

MENSA SWEDEN AGM (UPPSALA) | 01 JUNE

Send your
submissions
to
mwjeditor@mensa.org
articles - poetry member achievements

2018 photocup

winner

Congratulations to Rodrigo Marta, Mensa International Photographer of the Year 2018!

Rodrigo (also known as Rodrigo Eduardo Marta Moctezuma) grew up in a little town in Durango called "Las nieves", a rural town in Mexico. Both his parents are teachers and all new teachers are required to go to rural communities.

The winning photo: Ascension da Sol



His interest in photography started in 2010 as a mechanism to keep his mind busy to get over a broken heart. He bought his first DSLR camera, learned from the internet and practised every

day in his lunch break at work. Rodrigo joined Mexico Mensa in September 2016, after first hearing about it when he was a child. "It was an inside joke with my father," he says. "Whenever someone did a smart thing he would say 'this one is ready for Mensa.' Fast forwarding to 2016, I met the local Mensa coordinator in a photography club and he invited me to do the test. When I passed I really enjoyed telling my dad that, indeed, I was ready for Mensa!"

Rodrigo's an engineer in computer systems. He worked for almost eleven years developing videogames in

Gameloft, and for the last two

years has been working for Brook Health Companion, a startup company, developing an app to control chronic diseases such as diabetes and hypertension.

"Thank you to the judges for choosing my photo as first place in the competition!" Rodrigo writes.

"Regarding the photo, I travelled to the



sand dunes near the city where I live now (Mexicali, Baja California, México) and chose a nice place to take the sunset. Then a group of people arrived at the dune that I was shooting. I tried to use the people as part of the photo, and fortunately was able to capture one of them when he was climbing the dune and the rest of them were hidden on the other side. I was very lucky!"

As we can tell, Rodrigo loves photography, and is also a musician and an independent Game developer. He also loves music, cinema and travel.

Congratulations again, Rodrigo! Kate Nacard

Malaysian Mensa

In partnership with myStarjob.com, Mensa Malaysia organized one thousand free IQ tests to visitors at the annual myStarjob.com Fair 2018.

Member Ernest Wong (pictured), a highschooler, indie gamer, MUNner and a huge Apple fan, who loves public transport and industrial design - and occasionally cats was a volunteer at the fair.

Malaysian Mensa was among one of the approximately 50 organizations and companies which were participating in the exhibition. The event was largely attended by job seekers, high-school leavers and college students seeking a career.

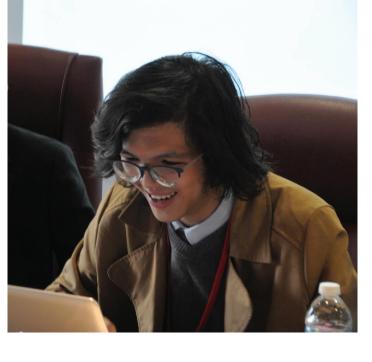
Many visitors were curious about the exhibition which Malaysian Mensa had set up: a short three-minute quiz which asked participants to identify the odd one out among the options. The booth was also a great opportunity for visitors to further understand the goals and mission of Mensa. The advertised free IQ testing attracted many to the booth to sign up for it. Various Mensans were also speakers at the fair. They included Yeoh Chen Chow, co-founder of Fave, Ir. Catherine Chua and Dr. Andrew Chiew. They spoke about tips on job recruitment and the types of brain processing one possesses.

On-site, the volunteers worked around the clock. The event was hectic to the point where no one could take a break! Some volunteers facilitated many passers-by to sign up for the IQ test. The application form was made easy to distribute via QR scanning. During the tests, it was all as usual - sit down for the test, jot down all answers on a sheet of paper and a 40-minute race to complete the ques-

tions. Many volunteers enjoyed what they were doing on that day, and they hoped to do more for Mensa.

As a Mensan who had never stepped out for any major Mensan events such as these, I felt that the world of Mensa was wide and enlightening. I met with many of those I have never seen before and had a chat while I was volunteering for the event. Being someone who rarely socializes, I started to build up my social skills and smile more as I began to know more and more people within Mensa.

The event also taught me the one thing which is very crucial but never



learnt in schools: a different level of humour I can gain from outside from my peers. But more importantly, it was the social belonging and how it can hugely enhance one's teamwork skills and increase experience from there.

Experience is something one simply cannot buy from a stock market but rather something which takes time to learn. It is a small step, but the step is not insignificant. With that, I learnt many meaningful things which otherwise I would not have.

Ernest Wong (MY08706)

The human brain works backwards to retrieve memories.

When we remember a past event, the human brain reconstructs that experience in reverse order, according to a new study at the University of Birmingham.

Understanding more precisely how the brain retrieves information could help us better assess the reliability of eye witness accounts, for example of crime scenes, where people often are able to recall the overall 'gist' of an event, but recall specific visual details less reliably.

The study, published in *Nature Communications*, was carried out by researchers in the Centre for Human Brain Health, who reconstructed the memory retrieval process, using brain decoding techniques. These techniques make it possible to track when in time a unique memory is being reactivated in the brain.

They found that, when retrieving information about a visual object, the brain focuses first on the core meaning - recovering the 'gist' - and only afterwards recalls more specific details.

This is in sharp contrast to how the brain processes images when it first encounters them. When we initially see a complex object, it's the visual details - patterns and colours - that we perceive first. Abstract, meaningful information that tells us the nature of the object we're looking at, whether it's a dog, a guitar, or a cup, for example, comes later.

"We know that our memories are not exact replicas of the things we originally experienced" says Juan Linde Domingo, lead author of the study. "Memory is a reconstructive process, biased by personal knowledge and world views, and sometimes we even remember events that never actually happened. But exactly how memories are reconstructed in the brain, step by step, is currently not well understood."

During the study, participants saw images of specific objects, and then learned to associate each image with a unique reminder word, for example the word 'spin' or 'pull'. The participants were later presented with the reminder word and asked to reconstruct the associated image in as much detail as possible.

Brain activity was recorded throughout the task via 128 electrodes attached to the scalp, allowing the researchers to observe changes in brain patterns with millisecond precision. Finally the researchers trained a computer algorithm to decode what kind of image the participant was retrieving at different points in the task. "We were able to show that the participants were retrieving higher-level, abstract information, such as whether they were thinking of an animal or an inanimate object, shortly after they heard the reminder word," explains Maria Wimber, senior author of the study.

"It was only later that they retrieved the specific details, for example whether they had been looking at a colour object, or a black and white outline."

"If our memories prioritise conceptual information, this also has consequences for how our memories change when we repeatedly retrieve them," adds Linde Domingo.

"It suggests they will become more abstract and gist-like with each retrieval. Although our memories seem to appear in our 'internal eye' as vivid images, they are not simple snapshots from the past, but reconstructed and biased representations."

Follow-up studies will need to test whether this reversed reconstruction cascade is 'hard-wired' in the brain. If it is, the sequence of reconstruction should remain stable under different conditions, even when a person for example consciously focuses their attention on specific details during learning.

ScienceDaily, 14 January 2019. <www.sciencedaily.com/releases/2019/01/190114082844.htm>.

introducing mensa korea's new board

The 12th Mensa Korea Board of Directors started their term on January 1, 2019. Blessed with the energy of the Golden Pig, they are working hard for the development of Mensa Korea. Below, Director of Development Layla H. Kim talks about **the effective executive.**











(From left) Chairman Heung-Kyu Park, Director of Administration Sung-Gyun Im, Treasurer Sean S. Lee, Director of External Cooperation Jaeheon Jung, Director of Development Layla H. Kim

The Effective Executive

Layla Kim explains: "There is a saying that goes, 'The competitiveness of executives is also the competitiveness of the organization.' This means that it is important for executives to carry out their tasks effectively for the success of the organization. According to Peter Drucker, author of several books on human and organizational researches, an effective executive is someone who is capable of getting the right things done."

This policy recognizes the **Importance of Executives.** An important trait for Executives is **Commitment to the Organization**.

"One of the traits an executive needs to have is to focus on contributing to the organization. The worst case is when someone becomes an executive only for his personal honour, and not to fulfill his responsibilities."

Effective Decision-Making Skills: "The second trait an executive should possess is his ability to make effective decisions. Executives must make decisions that set forth rules and principles. However, in addition to fairness, rational decision-making is necessary. Rules and principles are tools for getting the right solution."

Layla also stresses the necessity of Flexible Communication Skills. "One of the conditions of a good organization is their competency in communication. ... Feedback is needed to verify validity and effectiveness. However, this is useless if executives do not have the ability to understand such feedback. Disrupted communication within an organization due to faulty communication will not just bring about a performance deterioration in the short-term... In order to increase an organization's communicative abilities, it is important to establish an appropriate communication channel. "The words and actions of executives always attract attention. An executive's

verbal and non-verbal messages and communicative methods are decisive influencers on the organization's atmosphere. Even the most competent executive can fail to fully demonstrate his abilities if he fails to communicate with his members"

For any enquiries about Mensa Korea, please contact Mensa Korea's executive office at admin@mensakorea.org

Therese Moodie-Bloom

"Mensa Korea Board of Directors have just recognized that the article 'My First IBD Meeting' of Flora Lee, who is currently a member of Mensa Korea, has been chosen as a mandatory article on MWJ (March 2019 issue 073). The article has included false informations towards Mensa Korea board of directors, and we personally feel so sorry about it."

EDITOR: Please note that Miss Lee's article was written about the IBD meeting in October, 2018. The current Board didn't take office until January 2019.

visitor's viewpoint... the power of perspective

"There is no energy crisis, food crisis or environmental crisis. There is only a crisis of ignorance."

- Richard Buckminster Fuller

The late great Richard Buckminster
Fuller is a huge inspiration of mine.
For those who aren't aware, he was a
prolific writer, designer, and former
President of Mensa. One of the reasons
I feel his work is so important is that
he valued the power of perspective,
evident in his idea of spaceship earth.

If we view earth as a vessel, it is more apparent that there is a limited number of resources. It also reminds us that we are all in this together, rather than thinking with regards to races, ages, sexes that are part of nations, cities, towns, we can think of one place, the spaceship, and its passengers, humans. The concept is simple yet efficient, and it tactfully enables us to look beyond decisive narratives.

Inspired by Buckminster's great work, I'd like to share my concept of the visitor's viewpoint:Imagine yourself as a first-time visitor to Earth. Imagine you knew nothing of our history, culture, or structures. You start by surveying your surroundings. In an attempt to decipher possible political systems, you gather some basic facts to assess practical limitations. You come to the following conclusions:

- · there are enough natural sustainable resources on this planet for everyone to live in comfort.
- · there is sufficient land and agricultural knowledge for everyone to enjoy healthy, sustainable meals.
- · And there are enough hours in the day for people to spend quality time with friends and family.

From your surface-level assessment, you might determine that there aren't any practical limitations to a sustainable and fair society. Therefore, what would a visitor think when they begin to delve deeper and examine our economic and political systems? What would they think when they shift their perspective from what's possible, to what is happening?

To explore this, let's look at some facts regarding sustainability and equality:

Sustainability

- The current daily demand for oil is 93 million barrels.
- · Every day we lose 80,000 acres of rainforest.
- · And we are currently depleting natural resources 60% faster than the planet can renew

Earth is a finite space and yet many of our current systems treat it as though we can continuously take and expand without limits. Some form of symbiotic relationship with our natural resources is not a 'naïve utopia' nor a 'hippie dream'; it is a critical component of survival.



Chris Macdonald

Equality

- · CEOs earn 774 times as much as minimum wage earners.
- \cdot 6 private corporations control 90% of the media in the U.S.
- · And the poorest half of the earth's population owns just 1% of the earth's wealth.

Credit Suisse's economic research on wealth distribution in 2016 shows that eight individuals - with a combined capital of \$426 billion - have as much wealth as 3.6 billion people. In other words, 8 people have as much money as around half of all the people on this planet combined. That's the number of people it takes to fill a single SUV owning 426 billion dollars.

Our vision can become compromised as it can be difficult to see the wood for the trees. And while we might blame our situation, an outsider might blame our actions. By reviewing the basic inputs and outputs of our systems we can deduce that there is a vast amount of room for improvement. Yes, we are part of the problem, but we are also the change that we seek. We can achieve great things and perhaps a key catalyst is a shift in perspective.

Chris Macdonald, Scientist and Author (Mensa Canada)



ementally...

by john blinke

The Lego Diet

New York Post, November 27, 2018. "Scientists Ate Lego Heads To See How Long It'd Take To Poop Them Out."

(Journal of Paediatrics and Child Health) https://tinyurl.com/y83y8qrz This item might show up in a future Ig Nobel prize. Six pediatricians decided to find out how long it would take to excrete a plastic toy that had been swallowed. So they each ate a plastic Lego head and then monitored their stools. On average, it took 1.7 days to deliver the goods, so to speak. During the experiment, they minted some useful acronyms: SHAT, for Stool Hardness and Transit; and FART, for Found and Retrieved time. Although the experiment was mostly holiday fun, it had a serious side in that many objects are eaten by kids, especially around the holidays.

Travel Companion

New Scientist, November 17, 2018, p. 16. "Humble Lichen Could Make Fuel on Mars." (Astrobiology) https://bit. ly/2RuS35F

Packing is always a chore. What should you take and what should you

leave behind? When explorers eventually go to Mars, those choices will be critical. But one unlikely seeming item could turn out to be a great idea: lichens. Scientists at University of Crete in Greece played around with lichens to see if they would be useful travelling companions. They found that the little green plants (OK, they aren't really plants) can survive Mars-like conditions pretty well. They produce hydrogen that space travellers might find useful. They can be frozen for storage and then revived when they are needed. Because of their hardy nature, lichens might be candidates for lithopanspermia: the spread of life between worlds via space rocks.

Planets Like Grains of Sand

New Scientist, November 17, 2018, p.
19. "Wandering Earths Pepper
the Galaxy." https://bit.ly/2FWUPiw
Planets can become loners in several
ways. They might be pitched out of their
solar systems by their giant neighbors.
They might be left over when their stars
explode. In any case, they are hard to
detect when they aren't orbiting a star.
Astronomers can only find them by

looking for gravitational microlensing that happens when lone planets pass in front of distant stars. Scientists at University of Warsaw in Poland have found two rogue planets this way: one as big as 20 times the mass of Jupiter and the other up to 23 time the mass of Earth. Given that such loners are extremely difficult to find, the astronomers say there could be more rogue planets than stars.

Electric Flight

CNN, November 22, 2018. "This plane has no moving parts and doesn't need an engine to fly." https:// cnn.it/2BGUDQl Wright Brothers, eat your hearts out. There's a new flier in town. It is an electric plane with no moving parts. It looks a bit like the original Wright flier, but the biplane part resembles an electronic air cleaner. There is a reason for that: it works like an air cleaner. High voltage on the plates produces an electric wind that drives the plane forward. The experimental flier is five meters wide and weighs 2.45 kilograms. It wafts along silently at five meters per second. The engineers at MIT are calling it a zero emission air craft.

But that isn't quite true. The powerful electric field produces ozone, which is bad stuff to have in the air you breathe. Bigger versions of the plane might come eventually, but battery weight and capacity are the limiting factors.

Iron Persons

New Scientist, November 24, 2018, p. 12.

"Exoskeletons for Making

Mustangs."

Remember the second Aliens movie where Sigourney Weaver fought the alien queen in an exoskeleton loader suit? Well, exoskeletons are starting to find a place on automotive assembly lines. The modern industrial

exoskeleton looks like the top half of Iron Man's prosthetic armour. It is not powered. It just uses a clever assortment of springs to distribute stress from the arms and shoulders to the wearer's large back muscles, saving the person much anguish when doing overhead work. Users love the thing. But it is too new to have a track record. More time is needed to see if it prevents injuries overall. The EksoVest costs \$6,000 and

Ford Motor Company is using them in 17 assembly plants in eight countries. (Graphic: https://www.nanalyze.com/2017/02/9-robotic-exoskeleton-stocks/)

John Blinke can be contacted at Johnb44221@cs.com.

A big thank you to John who has provided *Supplementally* every month for at least sixteen years! KN

Happy Chinese New Year!



In Korea, 2019 is also called "Gi Hae Nyeon". "Gi" corresponds to yellow from the Five Elements, and "Hae" means pig. That is why "Gi Hae Nyeon" refers to the Year of the Golden Pig. The pig symbolizes abundance and fertility, so in Korea, people who are born in the Year of the Golden Pig will be provided with many blessings.

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MENSA PHOTOGRAPHY COMPETITION

Intercontinental Project Convergence "IPC" The Search for

The Mensa International Photographer of the Year 2019

Rules of the competition for Direct International Members (DIMs)

- 1. This competition is organized by Mensa International as part of the International Project Convergence.
- 2. The theme for 2019 is "OPTICAL ILLUSIONS"
- 3. There is no fee for entry into the Competition. The entrant must be a member in good standing of Mensa International, or of a national Mensa group that is not running a national competition, for the duration of the competition. **Important**: *Members of national groups should ask their national office or board for details of their national competition. Only submit using these guidelines if your national group confirms they are NOT taking part in Project Convergence.*
- 4. Photos should be in .jpg format not exceeding 1 MB. Entries in the DIM category must be received by **July 31, 2019**.
- 5. Name, membership number and title of photograph should be included in the photo information/label or in the text of the email.
- 6. The photos should be e-mailed to the following address: photocup2019@gmail.com.

Please Note: Any entries sent to Mensa International by members of a national group that is running a national competition will be declared invalid and will not be passed to the national Mensa for inclusion in their competition.

- 7. Each entrant may submit no more than two images.
- 8. All entries must be the sole work of the entrant.
- 9. Any promotion of pictures is not allowed.
- 10. The three best entries in the Direct International category (including members of non-participating national groups) will be selected by a judging panel organized by Mensa International separately from the International judging panel. Entries will be judged on the effectiveness of how they convey the theme as well as composition, technical and other considerations. The decision of the Judging Panel is final.
- 11. The three best entries in each national Mensa competition and in the DIM category will be included in the Mensa World Photo Cup competition run under the supervision of Mensa International.
- 12. The International winner (*MI Photographer of the Year*) will be selected by a professional judging panel that will include the Mensa International Chairman ex-officio.
- 13. Winning photographs will become part of the 'Mensa IPC Collection' and will be exhibited at the Annual Gatherings and otherwise publicised, inside and outside Mensa.
- 14. Entrants will retain copyright of their photos but will grant Mensa non-exclusive rights for publication in Mensa journals, on Mensa websites, on Photo SIG posters, for display in exhibitions, or other appropriate places as part of the Mensa IPC Collection without any financial reward to the contestant.
- 15. Contestants agree that their name and country may be published nationally and internationally.
- 16. By submitting entries for the competition, the entrant accepts all the conditions listed above. Closing date for DIMs' entries: **July 31, 2019**.