



Rocky Mountain High-IQ AG

July 2-6, 2008 – Denver, Colorado

Traditionally, annual gatherings and regional gatherings would send out letters to registrants with need-to-know information and things to remember. It didn't take long before someone said, "Oh, you mean helpful things like Mom might tell you?" Hence, the Mommy Letter was born.

This is your official "Mommy Letter" for *Rocky Mountain High-IQ AG*, the 2008 Annual Gathering in Denver. You're receiving this as primary registrant. Please share this information with others who will be attending the gathering with you.

We want you!

Volunteers are the lifeblood of American Mensa. To make this an unforgettable experience for everyone, the AG08 Committee needs you — your talent and your desire to help! A few hours of your time will make a big difference, and it's a great opportunity to meet other Mensans and share in the success of this event.

We need volunteers to escort speakers to their rooms, introduce them, and make sure they have everything they need; Hospitality hosts and hostesses; registration support; games support; audio/visual assistants; and security folks. If you, your Local Group, or Special Interest Group can donate a little time, email Volunteer Coordinator Barbara Kryvko at volunteers@ag08.us.mensa.org. Thank you.

Meal plans

AG08's special \$99 meal plan includes the following meals, which can also be purchased individually for the price in parentheses.

Friday Awards Luncheon (\$27): The meal includes your choice of traditional beef lasagna or creamy vegetarian cheese lasagna, as well as the chef's selection of seasonal vegetables, coffee and tea. Dessert will be fluffy chocolate mousse.

Saturday Dinner (\$48): The meal will begin with a salad of field greens, red cabbage and cherry tomatoes served with a balsamic vinaigrette dressing. You will have your choice of four entrées: Tuscan roasted chicken, braised beef medallions, the chef's selection of the market fish of the day or vegetarian manicotti. All entrées will be accompanied by the chef's selection of potato, rice or pasta, as well as vegetables of the season, rolls and butter, coffee and tea. Dessert will be succulent chocolate mousse cake.

Sunday Buffet Breakfast (\$30): This buffet includes fresh Colorado melons and berries, egg-dipped French toast with warm maple syrup, farm-fresh scrambled eggs with chives, hash-browned potatoes, link sausage, apple-smoked bacon, Danish pastries, fruit muffins, coffee, tea, apple juice and freshly squeezed orange and grapefruit juice.

To buy your meal plan, visit www.ag.us.mensa.org/register and click on the "Add Meals" link. For special dietary accommodations, email registration@ag.us.mensa.org or call 817/607-0060 ext. 5517.

Talent Show

Do you have a song in your heart or dancing feet? There is still time to sign up for the AG Talent Show on Friday night. To register, visit www.ag.us.mensa.org and click on the Program tab and then on Talent Show in the left-hand column.

Tours

Colorado Event Organizers offers a wide variety of tours to AG08 attendees throughout the event. All tours will feature professional tour guides, transportation arrangements and refreshment. The tour schedule is as follows:

Monday, June 30	Denver — A Mile High City
Tuesday, July 1	Phoenix Mine Tour
Tuesday, July 1	Microbrewery Tour
Wednesday, July 2	Golden Area Tour
Thursday, July 3	Boulder Scientific Tour
Friday, July 4	Rocky Mountain High Tour
Saturday, July 5	Colorado Springs/Pikes Peak
Sunday, July 6	River Rafting

Please note that a minimum number of participants must be reached by June 10 to guarantee that each tour will take place, so sign up for your favorites now! For more information on any of these tours, visit the Tours section at www.ag.us.mensa.org.

Onsite Registration

Onsite Registration is where you will pick up your registration packet (name badge, meal tickets, program, etc.), and where walk-in registrants may purchase or make changes to their registrations. (Payment may be made by credit card, check or cash.) This should be your first stop after checking into the hotel, as your badge is required for entrance into Hospitality and program rooms.

From the Sheraton Denver lobby, take the escalator down to the lower level and the AG registration area is on your left.

Onsite registration hours will be as follows:

- Wednesday, July 2: noon to 10 p.m.
- Thursday, July 3: 8 a.m. to 9 p.m.
- Friday, July 4: 9 a.m. to 6 p.m.
- Saturday, July 5: 9 a.m. to 1 p.m.

Registrars will be available on an on-call basis until midnight each evening. If you arrive after hours, further information will be posted in the Registration area.

The adult daily rate is \$40 per calendar day. The young Mensan daily rate is \$20 per calendar day for ages 5-20.

There is a 5-percent processing fee for cancellation and refund requests through June 27. After that date, refund requests will be reviewed on a case-by-case basis. Please contact registration@ag.us.mensa.org for more information.

What about those green, red, or yellow dots on attendees' name badges? Many Mensans like to hug in greeting at gatherings, but they also respect personal space. So, avid huggers will sport green dots, folks who like you to ask first will sport yellow dots, and those who prefer to keep their personal space intact will wear red dots.

Hospitality

AG Hospitality is the place to hang out between programs, rest your feet, visit with friends and, oh yeah, grab a bite to eat! We plan to give you ample opportunity to do all of the above in Denver.

Here's what you can expect:

- 24/7 availability of basic munchies, soft drinks, water, coffee, and tea.
- Wine and beer will be served to those of legal drinking age during hours to be specified in the program.
- A special evening treat will be served Thursday through Saturday.
- Breakfast daily, Thursday through Sunday:
 - Thursday: Continental breakfast.
 - Friday: All-American hot breakfast, as well as cereal & yogurt.
 - Saturday: Continental breakfast.
 - Sunday: Travel-friendly breakfast.
- Lunch on Thursday and Saturday:
 - Thursday: Pick a salad, any salad (tuna, egg, chicken, fruit, etc.).
 - Saturday: Make your own sandwiches, plus side dishes.
- Dinner on Wednesday and Friday:
 - Wednesday: Welcome to Denver, chuck wagon style! Chili and cobblers will be featured items.
 - Friday: All-American picnic fare, including hot dogs, hamburgers (with vegetarian alternatives), all-American apple pie and ice cream and a birthday cake for the ol' US of A.

Hospitality meals, beverages, beer, and wine will be served in the Majestic Ballroom. Just outside of the ballroom will be a Mensa Café area with additional seating in small groups, and about 15 feet further away will be an overflow seating room.

For on-the-go refreshments, a satellite Hospitality room with quick (non-alcoholic) drinks and snacks will be conveniently located near Registration.

Transportation

From Denver International Airport and around the Denver area, guests have an array of transportation options. Get up-to-date airport information at 303/DIA-TIPS (8477) or www.flydenver.com.

Big Sky Shuttle offers convenient and inexpensive shared van service. Shuttles operate daily from 3:30 a.m. until midnight, serving all downtown hotels to and from the airport for \$18 per person each way or \$28 round-trip. Reservations may be booked at www.bigskyshuttle.com/ or via telephone at 303/300-2626 or 877/336-8267.

Super Shuttle provides door-to-door service for \$19 per person each way or \$34 round-trip; call them at 303/370-1300 or 800/525-3177, or visit them at www.supershuttle.com/. Shuttles operate from 4:30 a.m. to midnight, and the trip downtown takes 45 minutes to an hour, depending on what hotels are visited. If you are arriving with a group and would like a discount, email Robert Tschupp at rtschupp@supershuttle.net or call him at 720/374-4160.

The Denver International Airport/**RTD SkyRide "AF" bus line** runs from the airport to the hotel; it takes about an hour. The fare is \$8 each way or \$14 for a roundtrip ticket. Exact fare is required when boarding the bus, and round-trip tickets must be purchased in advance at the RTD sales office on Level 5 inside the airport. Seniors and the disabled ride for \$4, and kids 15 and under riding with a paid adult ride for free. The airport bus stop is outside each baggage claim area; look for RTD signs on the farthest island.

Taxis and rental cars are also available at the airport. Taxi rates are consistent among companies; the flat fee going into downtown is \$43 plus a \$3.50 gate fee as well as a \$1 charge per additional passenger. National Car Rental® and Alamo Rent A Car® are offering discounts to AG-goers. Visit the Travel section at www.ag.us.mensa.org for more information.

RTD, Denver's bus system, is fairly cheap compared to some metro areas — just \$1.50 each way, and you can get a 10-ride pass book so the fee is only \$1.35 per ride. Further, the RTD trip planner at www.rtd-denver.com/ lets you put in your starting address (the hotel's is 1550 Court Pl., Denver, CO 80202) and your destination address, and it will give you specific instructions on which bus to get, what time it stops, any transfers to make, and what time you will arrive at your destination. You can also call 303/299-6000 and talk to a real person to get the same information.

The free **16th Street MallRide shuttles** run along the 16th Street Mall from lower downtown (Market Street) to Civic Center Station & the State Capitol every half-hour or less during peak times. Shuttle service is offered from 5 a.m. to midnight along the entire mile-long length. Get more information at www.rtd-denver.com/SpecialRides/MallShuttles/index.html.

The **Cultural Connection Trolley** is the easiest way to see the cultural sights of Denver, serving the Museum of Natural History, the Art Museum, the Denver Zoo, the Molly Brown House and much more. It costs just \$3 for an all-day pass, and the shuttle runs every half-hour from 9:30 a.m. to 6 p.m., May through October.

Denver's **light-rail system** (www.rtd-denver.com/LightRail/index.html) is five blocks from the hotel, intersecting the 16th Street Mall.

Hotel

The largest hotel in Colorado, the Sheraton Denver Hotel (formerly Adam's Mark) offers a premier downtown location four blocks from the Colorado Convention Center and is within walking distance

of the Denver Center for the Performing Arts, the State Capitol, the U.S. Mint and the Denver Art Museum. The mile-long 16th Street Pedestrian Mall, directly outside the hotel's front door, provides free shuttle service to more than 150 shops, restaurants and entertainment establishments. The hotel is also adjacent to the Denver Pavilions at 1550 Court Place, Denver, CO 80202; 303/893-3333.

Due to the popularity of this AG, most room nights and bed configurations at the Sheraton Denver are sold out. If you are unable to get accommodations at the Sheraton Denver, please take advantage of overflow arrangements at the Crowne Plaza Denver for the same low cost as Sheraton, just one block away at 1450 Glenarm Place, Denver CO 80202; 877/692-6161.

Weather/altitude/what to pack

Denver summer temperatures are usually in the low 80s with 30-something percent humidity. It can cool off considerably when the sun goes down, so it might be advisable to have a light sweater on hand. The hotel is air-conditioned, set at a comfortable 72 degrees. The location of the hotel is adjacent to the downtown shopping and tourist area, so bring comfortable shoes. Informal attire is accepted almost everywhere. Bring dancing shoes and walking shoes, workout clothes for the fitness classes, a bathing suit, and sunscreen. Bring your theme clothes for the Street Fair. Pack your Mensa T-shirts, of course. The Saturday night banquet and dance is formal. Anything else is up to you!

Summer days in the mountains are quite pleasant; however, summer storms can arise suddenly. Those who venture into the back country are strongly advised to take long pants, a long-sleeved shirt, and a warm jacket as temperatures may dip at higher altitudes.

Denver really is one mile high. In Denver's rarified air, golf balls go 10-percent farther — and so do cocktails (alcoholic drinks pack more of a wallop there than at sea level). The sun feels warmer because you're closer to it, but your coffee is cooler

because water boils at 202 degrees. Denver is also extremely dry and, with less water vapor in the air at that altitude, the sky really is bluer in Colorado. But there's also 25-percent less protection from the sun, so sunscreen, lip balm, and sunglasses are important. The effects of exercise are more intense as well; if you normally run 10 miles a day at home, you might try six miles in Denver.

Drinking plenty of water is the number one way to help your body adjust easily to the altitude. Due to the low humidity, you need about twice as much water there as you would drink at home. But don't let anything you hear about the mile-high altitude scare you; in fact, many people with respiratory problems, including Denver's mayor, move there for the benefits of the dry air. Just keep this information in mind and you will very likely not even notice the difference.

Special events

Here is just a small sample of the programs, presentations, and seminars during the AG.

Wednesday, July 2

3 to 10:15 p.m.:	Speaker programs
6:30 to 8 p.m.:	Mensa Admission Test
Evening time TBA:	Magic Show
10 p.m. to midnight:	Mile-High Improv Extravaganza

Thursday, July 3

8 a.m. to 1 p.m.:	Blood drive
9 a.m. to 11:45 p.m.:	Speaker programs
7:30 to 8:45 p.m.:	Steinhice Capades
8 to 10:30 p.m.:	Street Fair
10:30 to midnight:	Comedy Show (R-rated)

Friday, July 4

9 a.m. to 11:45 p.m.:	Speaker programs
Noon to 1:30 p.m.:	Awards Luncheon
1:30 to 3 p.m.:	Pungo Players
1:30 to 4 p.m.:	Simultaneous Chess Exhibition
4:30 to 6:30 p.m.:	Mr. Mensa 2008
7 to 9 p.m.:	Talent Show
9 to 11 p.m.:	Joke-Off
9 p.m. to midnight:	GenX themed dance

Saturday, July 5

Midnight to 2 a.m.:	Movie
9 a.m. to 11:45 p.m.:	Speaker programs
9:30 to 11 a.m.:	Mensa Admission Test
11:30 a.m. to 12:30 p.m.:	Guinness World Records™ attempt – Most hugs in one hour
7:15 to 8:15 p.m.:	Banquet (ticket holders only)
8:30 to 8:45 p.m.:	Mensa Foundation auction
8:45 to 9:45 p.m.:	Hypnotist program
10 p.m. to 1 a.m.:	Dance

Sunday, July 6

9 to 11:45 a.m.:	Speaker programs
10:30 a.m. to noon:	Brunch

Mensa Marketplace

The Marketplace is a forum for Mensans to display and sell hand-crafted items — anything from hand-painted wooden eggs and hand-crafted jewelry to photographs and Asian calligraphy. The Mensa Marketplace will be open from 10 a.m. to 4 p.m. on Friday and Saturday, July 4 and 5.

The deadline to apply for participation is Monday, June 16. Download the application from the Marketplace page inside the Program section at www.ag.us.mensa.org.

Attention, crafty Ms!

The AG committee is providing a “Crafters’ Lounge” at the hotel, so bring your latest work-in-progress and see who else shows up!

Also, some crafters have begun working on a group blanket project to be donated to a homeless shelter or similar organization. All knitters or crocheters are invited to participate – just pick any worsted-weight, washable synthetic (such as Bernat Satin) and make one or more single-color 7”x 9” block(s). Suggested patterns are at www.warmupamerica.com or in the book *Knitting for Peace*, but any pattern will do. Bring your blocks to the AG. Instructions for when and where we’ll meet to assemble the blocks will be posted in the Crafters’ Lounge and on the bulletin board in the

Registration area. Contact Amy Kozy at akozy@chicago.us.mensa.org with any questions.

Business

American Mensa’s Annual Business Meeting and the American Mensa Committee (AMC) meeting are open to anyone interested in the inner workings of our organization.

Mensa business meetings are scheduled as follows:

- Thursday, July 3: 4:30 to 6:30 p.m., Annual Business Meeting
- Saturday, July 5: 9 a.m. to 5 p.m., AMC meeting

In addition, Leadership Development Workshops will have a program track on Thursday, July 3, and Friday, July 4.

Smoking

Effective July 1, 2006, Colorado passed a ban on smoking in most indoor public places, including restaurants, bars, bowling alleys, food service establishments, theaters, lobbies, elevators, restrooms, reception areas, hallways and any other common-use areas in public and private buildings, indoor sports arenas, gymnasiums, and auditoriums. (This is only a partial listing of impacted facilities.) Smoking is also prohibited within 15 feet of any main entryway.

With the hotel sale to Sheraton, the entire hotel is now smoke-free, including sleeping rooms. Smoking areas will be provided outside the two main entrances.

Internet access

Especially for Mensa, the Sheraton Denver offers complimentary high-speed Internet access in its sleeping rooms. The Crowne Plaza Denver offers complimentary wireless and wired high-speed Internet in its sleeping rooms. Wireless Internet access is also available on the 16th Street Mall for those who want to connect outdoors.

Young Mensans and children

Kids Trek has been coordinated at American Mensa Annual Gatherings since 1997 by Martha Williams, an incredible teacher and Mensan. This year, your 4- to 12-year-olds can go “Trekking to the Colorado Mountains” July 3, 4, and 5. Children and their adult parents/guardians must be registered for the 2008 AG. Registration specifically for this program will take place in the Kids Trek room beginning at 8 a.m. on Thursday, July 3. For more information, visit the Kids Trek page in the Programs section at www.ag.us.mensa.org or email Martha Williams at KidsTrek@us.mensa.org.

If you are bringing children with you who are not your legal wards, please bring a notarized release form that gives you permission to act on their behalf.

AG08 programming will also offer a “tweens room,” and TeenSIG will hold teen-coordinated events. For more information on TeenSIG, visit their page in the Program section at www.ag.us.mensa.org.

Pets

The Sheraton will accommodate pets up to 80 lbs., but they must be registered with the hotel at check-in and are restricted from all public areas including the hospitality and meeting rooms. The Crowne Plaza does not allow pets. Service animals are allowed in both hotels.

Safety/security

Please wear your Mensa badge at all times in the hotel for security purposes. By all means, direct interested non-members to our displays, which will be set up in higher traffic areas.

Twenty-one is the legal age to drink alcohol in Colorado. We will check IDs.

When going out in Denver, as in other cities, use common sense. Limit the amount of cash and credit cards you take with you, especially if you are out for the evening. Leave all of your valuables, such as credit cards, jewelry, or airline tickets, in the room

safe. Write down the numbers of your traveler’s checks and credit cards and put them in your room safe.

Consider not wearing your AG badge outside the hotel if you’re planning to be out alone.

Check with your banking institution for the nearest ATM that doesn’t charge high fees. Walk in pairs or groups whenever possible.

Keep track of your hotel key. Close the door securely, even if you are just going for ice. Get a new key at hotel registration desk if your key is lost.

Make sure your family or friends have contact numbers for you while you are in Denver. Keep in touch with them and tell them where you are going.

If you are vacationing with young children, the same rules apply. Instruct them to never talk to strangers or open doors without first knowing who is on the other side. Make sure they know the name of the hotel, the phone number and room number. Make sure your children are familiar with the 9-1-1 system in case they become lost or separated.

Tipping

Tipping is customary: 15 to 20 percent of restaurant tab, 15 percent of taxi bills, \$1 to \$3 per bag to the bellman/porter, \$1 per round for drinks and \$2 to \$3 to housekeeping per night. If you are using a coupon or other discount, the tip should be based on the full bill, not the discounted amount. If the service was outstanding, 20 percent is a great way to show it.

Got coupons?

Remember when AG registration packets were stuffed with brochures about area events? Most of these wound up in the wastebasket. Denver is green! And so is the AG. So we have limited printed material in the registration packets. Please visit www.visitdenver.org for coupons and area information if you plan on venturing into Denver or the surrounding areas.