



MENSA WORLDWIDE

Do you want to hear something cool
about **DINOSAURS?**

**Take a piece of paper
and start doing origami
with these amazing tips!**

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Deep in our mind lie all of our feelings. All of our memories, ambitions, hopes and dreams, all of our impulses and the keys to our personality. Deep in the tissue of your brain that is constantly in flux, mirroring the very fluidity of human experience itself, thousands of cells lie calmly, waiting for their turn in this constellation of everlasting thoughts.

For centuries, we viewed the adult brain as a finished masterpiece - a rigid machine where, once the gears were set in childhood, the blueprints were locked away. But we now know the brain is less like a sculpture and more like a river, carving new channels and abandoning old paths based on the water's flow. This is neuroplasticity, the biological bridge between the physical matter of the brain and the metaphysical essence of the self.

At a physiological level, neuroplasticity is the brain's ability to reorganise itself by forming new neural connections throughout life. This doesn't happen through the birth of millions of new neurons (though neurogenesis does occur in specific areas), but rather through the strengthening or weakening of the synapses - the microscopic gaps where neurons "talk" to one another.

When you learn a new skill or experience a profound emotion, neurons fire together in specific patterns. Through a process called Long-Term Potentiation (LTP), the connection between these neurons becomes more efficient. Conversely, through Long-Term Depression (LTD), unused pathways wither away.

This brings us to a compelling paradox: If the physical substrate of my "self" is changing every moment, who is the "I" that remains? Much like the Ship of Theseus, where every wooden plank is eventually replaced until no original part remains, neuroplasticity

suggests that our identity is not found in the "stuff" of the brain, but in the continuity of the pattern.

From a phenomenological perspective, every habit we cultivate and every thought we repeat is a vote for the person we are becoming.

The brain does not distinguish between a "good" or "bad" connection; it simply optimises for what is most frequent.

This places a profound moral and existential weight on our attention. What we focus on literally becomes the architecture of our mind.

The beauty of neuroplasticity lies in the breakdown of the barrier between the "mind" (the thoughts) and the "body" (the grey matter). It is a recursive loop: your thoughts change your brain's physical structure, and that new structure, in turn, makes certain thoughts easier to have.

In this sense, the brain is the only organ designed to be changed by the environment it perceives. It is an organ of adaptation. Whether we are recovering from a physical injury, where the brain "rewires" functions to healthy areas, or overcoming a

deep-seated belief, we are witnessing the triumph of the potential over the internal status quo.

Deep in that tissue, we find that we are not fixed entities. We are a work in progress - a living, breathing map that is being redrawn with every sunrise, every heartbeat, and every choice to think differently than we did the day before.

May the stories and pictures from these pages find their spot in your brain. Happy reading!

Nemanja M. Angelovski
Editor-in-chief

Editor's letter

"Neuroplasticity is the ability of the brain to adapt. This is your brain telling you that you are allowed to grow and change."

From the ExComm Mensa around the globe

I live in the United States. It's a large country. Not the largest, but it's pretty big. Driving from the north westernmost point of the continental United States to the south easternmost point is a journey of nearly 5,800 kilometers (3,600 miles). That doesn't include the distance needed to get to Alaska, Hawaii, or points beyond.

Many of us just don't travel abroad. The ability to see awesome things right at home, potentially limited foreign language capabilities, and finances may be contributing factors. A 2021 Pew Research study estimated that only 25% of U.S. citizens have visited five or more countries, and 27% have never traveled outside our own country. Personally, I've visited 40 countries and enjoy seeing the world. I've lived, studied, worked, and travelled overseas for many years. Yet with nearly 200 countries in the world, I still have a long way to go.

The international nature of Mensa is a terrific asset for our mem-

bers. The first ten years I was a member, I never did anything – other than read our national magazine and local group newsletter. Maybe I was a bit intimidated, fearing that Mensa gatherings consisted of members computing asteroid orbits or something. Perhaps that actually happens somewhere, but so far, I haven't seen it. Mostly it's just good folks enjoying each other's company, laughing, and learning.

Eventually I saw that Mensa in Germany was having their Annual Gathering (Jahrestreffen) a short distance from where I was living at the time. I got my courage up and decided to see what this Mensa thing was all about. I speak enough German to get by and

had a terrific time. I even contributed a few correct answers during the trivia contest.

That international experience got me started on my Mensa journey. I became LocSec (President) of my local group. I later was elected as a regional and then national board member. Along the way, I contin-

ued to enjoy participating internationally. I've attended our European Mensa Annual Gatherings (EMAGs). I've attended Mensa in Germany and Mensa Canada Annual Gatherings many times. Using Mensa's SIGHT (Service of Information, Guidance and Hospitality to Travelers), I've dined with members of Mensa Philippines and got pointers on cool things to see in Ireland.

Serving on the International Board of Directors (IBD) and its ExComm, I've been delighted to gain new friends and acquaintances from across the world. Only about 25% of Mensa members live in the U.S., meaning there's another 120,000 out there

for me still to meet. I clearly have some work to do.

There's a wealth of international experiences for members wanting to find them. The advent of this new-fangled thing called the internet is opening up ways for international participation – all from the comfort of your own home. I host a weekly virtual lunch discussion, and we've had people join us from as far away as Kuwait.

If you have the time and financial wherewithal, please consider venturing out into the wide world of Mensa. There are great experiences awaiting you.

I look forward to seeing you somewhere out there!

Written by Jon Gruebele



Jon Gruebele
American Mensa Chair

Photo by Jon Gruebele.



have been a fish eater, based on its dentition and huge hand claws, used for hanging on to wriggling slippery prey. It was not a great swimmer because it would have been top heavy and too buoyant to be speedy in the water.

Spinosaurus aegyptiacus and related species seem to have lived in massive wetlands, which were plentiful 90 million years ago. The creatures spread around the globe widely by moving with the wetlands and possibly making a short overland jaunt from one swamp to another.

They diversified into dozens of related lines, some with a version of the sail back that grabs our attention. The back legs were short, making an upright standing posture unlikely. They must have dog paddled in the water and walked clumsily on all fours on land, and the huge hand claws would have been folded to allow knuckle walking.

The smooth conical teeth would have been ideal for grabbing slippery fish, as with modern reptilians. But they would not have been great for slashing or chewing. The hobgoblin claws indicate that *spinosaurus* could have eaten large prey the size of sharks, as well as bite - sized fish.

River Dragon

ScienceDaily, September 11, 2014

“Scientists Report First Semiaquatic Dinosaur, *Spinosaurus*: Massive Predator Was More Than 9 Feet Longer Than Largest T. Rex” (Science)

It used to be dogma that there were no aquatic dinosaurs, al-

SuppleMentally

Science topics made simple.

Explore the limits of human imagination and dive into fascinating facts.

Written by John Blinke.



I am reading the book “*Spinosaur Tales*” by David Hone and Mark Witton. It says that every major idea we have had about the lifestyle of *spinosaurus*, including *spinosaurus aegyptiacus*, is wrong. The creature was a giant carnivore, but not a land-living rival of T-Rex as seen in *Jurassic Park 3*.

It was not a speedy deep water hunter as in *Jurassic World Rebirth* (Although the portrayal is much better). Its feet were probably not webbed. It does seem to

Header photo taken from pexels, author profile is Cup of Couple.

though there were aquatic reptiles. Then, Ernst Freiherr Stromer von Reichenbach discovered remains of a giant, sail backed dinosaur with an eel-like tail. It had conical teeth for catching fish and nostrils placed far back on the snout to let it breathe with its face in the water. It was named *Spinosaurus aegyptiacus* because the bones were first discovered in Egypt. The 95 million year old specimen was three meters longer than the largest known T-rex.

What is a Dinosaur?

We tend to call any large, scary, extinct animal a dinosaur. T-Rex is a dinosaur, of course. But the ancient sail-backed dimetrodon is not. Scientists employ anatomical characteristics to determine the difference. For example, real dinosaurs have holes in their skulls (supratemporal fenestrae) so that large tendons can pass through to operate powerful jaws. Dinosaurs have an upright posture, like dogs, compared with sprawling iguana or gators. They have unique ankle bones that allow them to walk on the balls of their feet — not flat-footed like humans. They have a backward pointing pelvis, compared with ours. (As mentioned in the original Jurassic Park movie.) They are not necessarily large, but can be the size of chickens. And, until spinosaurids were identified, no dinosaurs were known to have an aquatic life style.

The Book of Bones

ScienceDaily, January 3, 2026: “Fossilized Bones Are Revealing Secrets From A Lost World” (Nature).

When an animal dies, it leaves behind more than just a skeleton. Metabolic products from every meal remain in the bones because

blood once suffused the bone as the creature grew.

Scientists at NYU College of Dentistry say modern techniques can identify metabolic products to find out what a creature ate in life and also the environment it lived in — at least back to 3 million years ago.

Hateg Basin

ScienceDaily, December 23, 2025: “Dinosaur Bones Found Almost On Top Of Each Other In Transylvania” (PLOS ONE)

“The Mediterranean Sea is a volcano playground, as anyone from Pompeii could tell you. But scientists did not expect to find an extensive geothermal field in shallow water near Greece.”

Scientists from the Valiora Dinosaur Research Group say a small lake existed in present day Transylvania 72 million years ago. The lake was fed by rivers that flooded violently and frequently, dragging everything in their path to a muddy delta that emptied into the lake.

The area, now known as the Hateg Basin in Romania, is a productive fossil site containing remains that are heaped together in a confusing mess including dinosaurs, pterosaurs, crocodiles, turtles, and ancient mammals. Bones are so plentiful and so well preserved that paleontologists are happy to sort-through the mess. Remains are easy to spot: black bones sticking out from fine, light

gray mud. The Hateg Basin is famous for the assortment of exotic fossils found there and on Hateg Island.

Greek Fire

ScienceDaily, December 30, 2025: “Scientists Stunned By A Massive Hydrothermal Field Off Greece” (Scientific Reports).

The Mediterranean Sea is a volcano playground, as anyone from Pompeii could tell you. But scientists did not expect to find an extensive geothermal field in shallow water near Greece. Hydrothermal vents mark the fault structure near the island of Milos.

The faults act as conduits for hot, gas-filled water feeding thick microbial mats covering geothermal chimneys.

Slime Monster

When life gives you lemons, you should make lemonade. And when it dumps miles of stinky slime on your beaches, you make bricks! That is what scientists at Quintana Roo, Mexico, decided when confronted with stinky sargassum that piled up on beaches every season. Instead of burning the evil stuff, engineers are making structural bricks that are totally “green” and require no power to produce because they are dried in the sun. The new bricks are better for construction than cement blocks because they have superior thermal mass and load bearing ability. They provide natural temperature moderation for buildings because they are slow to heat up and cool off.

Member's profile

Xavier Alexandro Diaz has been a member of Mensa Mexico since 2010, joining at the age of 23. Over the past 15 years, he has contributed to the organisation in various roles at both national and international levels.

Born in Cancun, Mexico, he studied architecture and has developed his professional career in that field.

Alongside his work, he has maintained diverse interests.

He has trained in martial arts, including Aikido and Systema. Fifteen years ago, he also trained as an urban search and rescue specialist in collapsed structures in response to Mexico's frequent earthquakes, and he continues to deploy when required.

He has also participated in mentoring initiatives across Latin America and delivered a TEDx talk about what life is like as a profoundly gifted individual.

On a personal level, 2022 marked a period of profound change. Both of his parents passed away within a short period of time, followed shortly by the loss of his two cats.

Around the same time, the apartment building where he lived was sold and he had to vacate his home.

A relationship he was in also came to an end,



Xavier Alexandro Diaz

If he had one motto,
it would be:
“The true
victory is victory
over oneself.”

as his partner felt there was “too much drama” in his life at the time.

He chose to take a hiatus from work to honor his parents' unfulfilled dreams. His mother had wished to climb Iztaccihuatl, a 5,230 meter volcano in central Mexico, and his father had hoped to walk the Camino de Santiago in Spain.

Xavier completed both journeys and continued traveling through Europe and the Americas during a period of reflection and grief.

He returned to Mexico in 2024 with a renewed appreciation for his vibrant home country. Realising that personal growth often emerges from adversity, he embraced the opportunity to let go of expectations and focus on the life in front of him.

He decided to travel throughout Mexico, and at the final stop of that journey, he met his current partner, whom he describes as the best person he has ever met.

Within Mensa, he has served as State Representative in several regions of Mexico, National Public Relations Coordinator, and currently leads the Mensa International Community Events Team.

He spearheaded the organisation of the recent Mensa GLAM event in Cancun, which was widely well received.

If he had one motto, it would be: “The true victory is victory over oneself.”

*Written by Dr. Susan Jensen
All photos provided by Xavier
Alexandro Diaz*



The Cognitive Cost

When Intelligence Becomes a Liability

Written by Taryn Dryfhout

When we talk about intelligence, we often talk about its advantages. Those with a high IQ can be fast learners, have deeper critical insights, be highly creative, or possess more analytical precision than the rest of the population.

But, a growing body of research reveals that high intelligence can come with a cost. These aren't myths or stereotypes; they are measurable patterns that often affect gifted adults, including those within Mensa. Understanding these liabilities does not diminish the value of intelligence. Rather, it equips high-ability individuals with clearer self-knowledge and healthier strategies for navigating their world.

One of the strongest research-backed liabilities of high intelligence is an increased tendency toward “overthinking”. This is not simply thinking a lot, but thinking in loops that generate distress.

Those with higher intelligence often ruminate, analysing different outcomes which can lead to increased anxiety, depression, and decision fatigue. While this can be a sign of careful processing, and a strength, it has also been strongly linked with anxiety and depression (Tarieh, 2021, Qasim et. al., 2022). In addition, people with higher intelligence may be more susceptible to existential dread. Existentialism is characterised by feelings of hopelessness, meaninglessness, and philosophical contemplation.

The reason for this is clear: those who ponder every conceivable unknown, must also confront it. Gifted people overthink, and topics such as mortality, purpose, suffering, and uncertainty are not excluded. While these reflections enrich intellectual life, they can also produce chronic unease. Overthinking, and existentialism is a cognitive side effect of high intellectual ability.

Overthinking can also lead to perfectionism. A study in 2025 shows perfectionism to be more preva-

lent amongst high IQ adolescents, which can lead to increased burnout and cognitive overload. There is also research that shows those with higher IQ scores may be more easily “overexcitable”. This means the advanced capacities that may enrich the life of a person with higher intelligence, can also overwhelm it.

Research has also shown a social liability associated with high intelligence. While gifted people often excel academically, or intellectually, this can put them out of step with their peers, creating a ‘social mismatch’. Several studies have pointed to social difficulties as a result of high intelligence, including one in which 287 Mensa members were studied, and found to experience significantly higher rates of social exclusion and feelings of isolation.

These findings echo broader concerns about the wellbeing of the extremely gifted, as repeated social exclusion across different areas of life can take a toll over time (Persson, 2007).

The cause of this social mismatch is not simply introversion or eccentricity. Rather, it arises because high-ability individuals often process social information differently, relying more heavily on analytical reasoning during in-

teractions with others.

This can lead to a sense of detachment, misinterpretation of others’ intentions, or difficulty relating to group norms. For those with a higher IQ, feelings of social mismatch are not failures of personality. Rather, they are predictable by-products of a cognitive profile that differs from the population average.

Lastly, higher intelligence can distort self-perception. This most commonly manifests itself in ‘Impostor Syndrome’. This is more common amongst women, but it can affect any gifted individual and distorts how people evaluate themselves, and their abilities (Silver, 2022).

Higher intelligence can make people discount their



Taryn Dryfhout

Photo by Taryn Dryfhout.
PhD Candidate, registered teacher
Tertiary Tutor
Author

“High intelligence offers remarkable advantages, but it also brings measurable cognitive and emotional costs.”

achievements as luck or misunderstanding, while attributing any challenge to personal inadequacy. In this way, the very cognitive strengths that allow for high performance also enable more intense self-criticism and self-doubt.

In summary, high intelligence offers remarkable advantages, but it also brings measurable cognitive and emotional costs. Overthinking, existential reflection, perfectionism, heightened sensitivity, social mismatch, and impostor feelings are all patterns that appear more frequently among gifted individuals. These challenges are not signs of weakness.

They are predictable by-products of an advanced cognitive profile. Recognising these liabilities allows high-IQ individuals to approach their strengths with greater self-awareness, develop strategies to manage stress and social difficulties, and ultimately use their intelligence in ways that support both achievement and wellbeing. Intelligence, in other words, is a powerful tool, but like any tool, it is most effective when wielded with insight and care.

*Written by
Taryn Dryfhout*

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Have you
ever experienced
decision fatigue?
What was it like?
Let us know!



Tips to improve your origami

Take a sheet of paper and give it a try!

M

any years ago, I entered the world of origami, the ancient art of paper folding. Throughout this journey, I have created numerous models, ranging from the simplest ones to those classified as super complex. I have also taught classes on the subject, written articles, and even sold some of my origami pieces.

One of the things I appreciate

most about this art form is that there are beginner and intermediate models that are extremely beautiful. It is not necessary to have the skills of a grand master to create decorations for your home; mastering a few fundamental techniques is enough to elevate the quality of your origami.

Here are a few tips to help improve the quality of your folds, regardless of your current level.

If you are a beginner, the first tip is to buy paper specifically designed for origami. These papers are thinner than ordinary sheets, easier to fold, and available in a wide variety of colours and textures. This will certainly make your work more visually appealing.

For those at the intermediate level, I recommend purchasing a paper creaser and using tissue paper. A creaser allows you to define folds with greater precision, making it easier to assemble models that require many consecutive folds. I should mention that some complex origami models, such as the Phoenix and the Ancient Dragon, both designed by Satoshi Kamiya, are practically impossible to fold without the use of a creaser.

If you are already at the intermediate level and want to go further, try creating textures on tissue foil and painting your origami. Painting greatly enhances the final result, helping to highlight the details of each fold. You can apply lighter tones to certain areas and dark-

An ancient myth in Japan says that the person who folds one thousand paper cranes gets granted one special wish!



er tones to others, creating effects of light and shadow.

Personally, I enjoy painting the sheets before beginning the folding process, adding texture to the paper itself. In nature, the skin of animals and insects rarely has a completely uniform color; for this reason, papers with tonal variations tend to enhance the final piece even more.

I usually create these textures using a darker paint and a paint roller.

These tips can help you refine your origami. Take a sheet of paper and give it a try.

In the end, origami is a meeting point between logic and imagination. Transforming a flat sheet into a complex structure requires curiosity, attention to patterns, and a genuine enjoyment of challenge.

Written by Davi Bueno

All photos and folds done by Davi Bueno





Fulfilling Mensa's Mission

Why not reverse the traditional roles and allow young people to teach seniors something they already excel at?

Written by Aleksandra Borovic

Since its founding in the 1940s, Mensa has maintained the principle that intelligence should be directed toward the benefit of humanity. This principle is reflected in one of Mensa's core goals—something that anyone who becomes interested in our organisation quickly learns. The Mensa Constitution states that intelligence should be used for the benefit of humankind, but it does not prescribe exactly how this should be achieved. The general idea is that members and national organizations themselves should find meaningful ways to bring this goal to life.

One of the distinctive features of our organisation is the wide range of ages among its members. Some national Mensa organisations accept children, while others welcome members starting from their teenage years. However, whichever way we look at it, most national Mensas have gradually grown older over time. Naturally, when someone joins Mensa and finds their place

within the organisation, they often remain a member for life. If we attend gatherings of some of the largest Mensa organisations in the world, we will notice that the majority of participants are middle-aged or senior members. Because of this, younger people sometimes struggle to find their place within Mensa and may not remain active members for long. For this reason, one of the recurring topics discussed by the leadership of our organisation is how to better engage younger members.

While working on international projects funded by the European Union through the Erasmus program, I came up with the idea that Mensa's diversity of ages could actually become a great advantage.

Why not create activities that connect generations that are otherwise quite distant from one another—teenagers and seniors?

With this idea in mind, I designed a project and was fortunate enough to convince the evaluators of the European Commission that it was both valuable and worthy of funding. This is how the project *Upskill & Reconnect!* was born.

Its goal is to help young people become more active citizens and improve their employability by engaging

them as mentors who train seniors in developing digital skills.

It is undeniable that society in the 21st century has become deeply digitalised, while many people born and educated in the previous century still show varying degrees of resistance to digital technology. On the other hand, Generation Z is often described as having been “born with a smartphone in their hands,” and they hardly know a life without digital tools.

Even when they encounter a new application or technology for the first time, they tend to master it quickly and use it with ease.

So why not reverse the traditional roles and allow young people to teach seniors something they already excel at? And why not do it in a highly practical way—through mentoring and learning by doing?

Such an approach not only engages young people but also helps them develop valuable skills and become

more employable. Through these activities, they gain experience that can later be applied in many professional contexts—as teachers, educators, event organisers, or members of collaborative teams where planning and coordination are required. It is truly valuable experience.

At the same time, by addressing a real and pressing issue within their communities—the difficulty many seniors face when navigating an increasingly digital world—young people become active citizens who contribute to the wellbeing and progress of their society.

This is exactly what happened within the Erasmus+ project “Upskill & Reconnect!”, whose consortium included Mensa Serbia along with partner organisations from Slovenia, Slovakia, Montenegro, Bosnia and Herzegovina, and Morocco.

Our young participants demonstrated excellent cooperation within international teams. They successfully completed the mentor training prepared by the project team and then went on to design and deliver workshops for seniors themselves. Of course, project team members and youth workers supported them throughout the process, but the main responsibility rested with the teenagers—and they handled it remarkably well.

And how did the seniors respond?

With enthusiasm and appreciation.

They were deeply touched by the attention and respect shown by the young mentors, as well as by their patience—repeating explanations when needed, waiting for seniors to write down instructions, and offering encouragement and guidance whenever difficulties arose.

The practical nature of the training was also highly appreciated. Many seniors remarked that in previous courses they had attended, they learned very little because there was too much theory. In contrast, our mentoring approach and learning-by-doing method proved far more effective.

By the end of the training, seniors felt confident using tools such as Google Maps, online shopping platforms, e-government services, and even artificial intelligence tools.



Photo by Aleksandra Borović

We also created an ongoing support group so that participants know they can reach out for help or advice whenever they need it in the future.

One of the highlights of the program came at the end of the training, when seniors participated in an activity we called the “Senior Hackathon.” Working in teams, they solved a series of practical challenges. Their competitive spirit quickly emerged, and they eagerly tackled every task.

They successfully learned to recognise signs that a news story might be fake—an especially important skill, as seniors are often among the most vulnerable groups

when it comes to media manipulation. They were able to find the nearest supermarket online and even order ingredients for a recipe they had discovered on the internet. They also learned how to identify phishing emails and fake prize competitions, recognising when not to enter personal data into suspicious forms. Finally, they completed our online evaluation survey.

Of course, the experience was not only educational—it was also enjoyable.

We shared many pleasant moments together, and the seniors expressed a strong desire for similar activities to be organised in the future.

This experience also offers a suggestion for nation-

al Mensa organisations. As part of the Upskill & Reconnect! project, we developed a training program for young mentors, which is available in English and several other languages.

Any national Mensa organisation can use this training to prepare young mentors and organise similar activities for their older members — or even for the parents and friends of their members.

The program can also be used at youth camps, and we have prepared an additional handbook for those who wish to train young people to become mentors—a resource specifically designed for youth workers.

If you are interested in learn-

ing more, Mensa Serbia and I, as the author and manager of the project, would be happy to provide further information.

*Written by
Aleksandra Borovic
All photos provided by
author*



Aleksandra Borović

Photo by Aleksandra Borović

“Mensa has always maintained the principle that intelligence should be directed toward the benefit of humanity. This goal comes to life as young mentors empower seniors to navigate the digital world with confidence and ease.”

In memoriam

Christopher Leek

British Mensa has lost one of its most dedicated and influential figures with the passing of Christopher Leek on 20 March 2026.

Chris joined Mensa at the age of 21 and remained a committed member for the rest of his life. Over more than four decades, he gave extraordinary service to the organisation, including time spent as a Regional Organiser in London, 25 years on the Board of British Mensa and many years as its Chairman. He also served Mensa International with distinction, including as International Chairman from 2003 to 2007. In June 2024, having stepped down from the British Mensa Board, he was appointed Honorary President in recognition of his exceptional contribution and enduring leadership. He was also made Honorary President of Mensa International.

One of his final contributions was helping to bring to life British Mensa's online adaptive IQ test – a generational step forward that he had championed for many years, and which launched in early 2026 with the support of British Mensa Supervisory Psychologist Kristof Kovacs.

Alongside his work for the society, Chris built a long and respected career as a Solutions De-

signer at BT, where he was known for his diligence, precision, and deep sense of responsibility. He was, in every aspect of his life, an honest, good-natured and decent man, guided by a simple belief in fairness and kindness. He had endless time for others, whatever their walk of life, and immense reserves of patience.

In September 2023, Chris was diagnosed with glioblastoma multiforme (brain cancer). He met this challenge with characteristic determination, seeking novel immunotherapy treatment in Germany – where, having a German mother, he spent much of his youth – and survived well beyond his consultant's expectations. To his last, he remained engaged, positive, and

supportive of others. During this time, he also saw the best of Mensa – with members, including neurologists and neurosurgeons, reaching out to provide advice during his illness: bringing like minds together.

Outside his many commitments, Chris found happiness in simple, grounding pleasures: fishing on his

lake, caring for his horse Echo, attending regular whisky tastings in Manchester and elsewhere, and playing chess.

Above all, Chris was a devoted family man. He is survived by Kirsty, whom he met through Mensa and with whom he shared over 42 years of marriage; their children David, Kester and Amber; his sister, Maria; and a wide circle of friends whose lives he quietly but profoundly enriched.

Chris's legacy is one of steadfast service, intellectual rigour, and deep humanity. He will be greatly missed.

*Article and photos by:
Kester Leek*



Christopher Leek

1956 – 2026

**Honorary President of
Mensa International**

Following a private funeral, Chris's family intends to host a reception honouring him in the coming months, to give the opportunity for his many friends and colleagues to pay their respects.

Please contact administration@mensa.org.uk if you would like to attend.

Members are encouraged to make donations to one of the following UK-based charities, which provide invaluable support for research into glioblastoma:

[Headcase Cancer Trust](#)

[University of Liverpool's Glioblastoma \(Brain Cancer\) Fund](#)

We are compiling members' memories of Chris to share with his family. If you have a memory and/or photos you would like to share, please email them to administration@mensa.org.uk by Monday 18 May.

Thank you

for reading the May edition
of the Mensa World Journal

Please do not hesitate to contact us and send us your submissions for further issues of the MWJ. The instructions are written on the first page of the magazine.

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