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Heartland Mensa Region 7



There is a delay between when I write this article and when it gets published. My focus this week has been on making sure I'm packed and prepared for the Annual Gathering, which is well in the past by the time you read this. I have my notebook and my copy of Roberts Rules ready. I only hope we don't create a bunch of new drama this time. We seem to like doing that. If you made it to the AG, or heard the rumors after, let me know what you think. I always enjoy hearing from the great members of Region 7.

Since my vision is focused on the future and not as dedicated to writing this article as it should be, I'm going to shift direction a little. What's really been on my mind is ice cream. I mean, it's really hot. The traditional American style of ice cream is mostly just milk, cream, and sugar with a little flavoring like vanilla added. French style ice cream adds an egg for a custard base that gives you a smoother, more rich experience. We could talk about gelato too, but who needs that?

I love a good American style ice cream as much as anyone. Throw some fruit in there, maybe some strawberries, and you can even cover it in chocolate. It's fine. But that's just not the decadent lifestyle I'm after. I need an ice cream that can stand on its own. You can add a little to liven it up; vanilla obviously, but a nice aromatic like a touch of cinnamon can raise the bar for an already incredible treat. A few crushed peanuts can give you a crunch to contrast the delicate silkiness.

What are your thoughts? Have you ever made your own ice cream? If so, what's your favorite? If you haven't tried it before, maybe that could be part of your next Mensa event. This summer is a great time to experiment and maybe pick up a new hobby. Let me know the best ice cream treats to try or post them to Facebook or Connect for everyone to see.

~ Curt