

Letters

Dear *Smoke Signals*:

I really enjoyed the article on the Grand Ronde baseball team in your April 1 edition of *Smoke Signals*, especially in view of the fact that I played on the team in the summers of 1947 and 1948 when I was 14 and 15 years old.

I felt honored to play with Chip Tom. (Your article indicated that Chip played on the team before World War II. The war started on Dec. 7, 1941, which means that he had to have played in the summer of 1941 when he was 13 because he was born in 1928. If he played when he was 15 or 16, as he stated, then it would have been the summers of 1943 and 1944.)

Bud and Orr Leno, Mike Voitrin (I was at Willamina High with his daughter, Barbara, at the time), Irving Dowd, Buford Poley, Fred Church, Blaine Jennings, Moose Riggs and played for Ed Larsen Sr., who was the manager. Another extraordinary player I admired was Ivan Langley, who was good enough to play for Sheridan, a very strong semi-pro team which was a step up from our caliber of ball. I was fortunate enough to play for Sheridan in the summer of 1949 when I was 16.

One of the things that I remember, most vividly, was the cacophony of sounds that emanated from the grandstand, as well as the cars parked along the third base and left field lines. When someone played unusually well, car horns honking, hands clapping, voices cheering. Good memories! Thanks for bringing them back.

Ronnie Pedersen
Vancouver, Wash.

Dear *Smoke Signals*:

I just wanted to take a few minutes to applaud the Tribe's Social Services Department in the organization and presentation of the Gang Summit that was held at the casino on April 16-17.

The representation of so many Tribes coming together and sharing their experiences throughout the two days was very informative.

Dave Fullerton and his team did an outstanding job.

Joann Mercier
Roll #546

Mind-reading isn't always what you think it is

By Tom Bender

Tribal Mental Health counselor

Most of us are expert mind readers. We "know" what other people are thinking and, more importantly, what their true motives are behind their actions.

The all-too-frequent conclusion we reach is simple: They did what they did to make our lives a little more miserable or difficult.

The reality is that many arguments occur because assumptions are made. We become certain that our thoughts are reality and, therefore, when so-and-so doesn't call, it must mean something dire about us ... or them ... or both.

Our guard goes up, and we talk ourselves into becoming angry or hurt at the perceived slight, sometimes lashing out in defense. Perhaps we pull back emotionally or physically from that person. At that point, both parties have their guards up and nobody is talking.

To make matters more complicated, our mind-reading is occasionally accurate, which can be an incentive to continue doing it. When our partner rolled their eyes at something we said, they actually were judging us. Now what? "I knew it" can quickly become "I always know it." At this point, very little communication is actually taking place.

The good news is that, despite what our egos would have us believe, our assumptions are not always correct. (Shocking, I know.) Why is this good news? All one has to do is track one's thoughts for even a day to get the answer. Our minds are like the weather — we can be thinking one thing one moment and then the complete

*In an effort to inform and assist the community at large, *Smoke Signals* is publishing a monthly article addressing various mental health issues written by a member of the Behavioral Health Department at Health & Wellness. We welcome e-mails, letters and questions from people with mental health-related questions.*

opposite the next.

By giving ourselves permission not to know, we can check out our assumptions with others and give ourselves a chance to see if the current conflict involves any misunderstandings.

Steps to practice:

1. Even if you think you know why somebody did/said something — ask: Direct communication is always better than mind-reading.

2. Use non-judging questions: Mind-reading can often lead to accusations and leaves little room for discussion. Asking someone what happened or what they meant with their words offers them and yourself the possibility of clarifying misunderstandings.

3. Practice "I" statements — Statements starting with "I feel" are much less likely to cause someone's guard to go up than "You made me feel."

4. Be open — Looking for the misunderstanding in a conflict means that you trust yourself and the other person enough to be honest. Own your part in the misunderstanding and move on. ■

Election Ordinance amendment prompts drive for new voter signatures

By Dean Rhodes

Smoke Signals editor

Grand Ronde voters soon will be receiving new signature verification forms in the mail as the Election Board starts the process of following a new Election Ordinance amendment.

The new Election Ordinance amendment adopted by Tribal Council requires mailing of a new signature verification form to each voter "who has a signature verification form on file with the Board which is five years old or more in order to obtain an updated signature."

The form must be signed and requires voters have it notarized or that they provide a legible copy of a valid Tribal identification card, driver's license, state-issued identification card or passport that bears the voter's signature.

The signature verification form also gives voters the option of opting out of having their name, city and state listed on the voters list provided to Tribal Council candidates, as well as having their complete address provided to a mailing service that Tribal Council candidates can use to send out campaign material.

The Election Board will distribute a copy of the voters list and official campaign mailing instructions to all Tribal Council candidates at the June meeting at which nominations are accepted.

It then will be individual Tribal Council candidate's responsibility for making arrangements with the mailing service, which will have the voters' complete addresses, for the mailing out of campaign material and payment for that service.

In the 2008 Tribal Council election, there were 3,601 Tribal members eligible to vote and 1,349 cast ballots. Voters must have a signature verification form on file with the Election Board to receive an absentee ballot. ■

Mariachi band to play Spirit Mountain Casino

Mariachi Sol de Mexico de Jose Hernandez, a 14-member orchestrated mariachi group, will perform at 5 p.m. Sunday, May 3, at Spirit Mountain Casino.

Hernandez formed the mariachi group in 1981 with the vision of creating an ensemble that would reflect the passion of the rich cultural heritage to which he belongs. Since its inception, the group has performed at many prestigious events, including a performance for President Bill Clinton at the Congressional Hispanic Caucus Institute in Washington, D.C.

Tickets are \$10 to \$20 and available online at starticketsplus.com or by calling 800-585-3737. Seats also can be purchased at www.spiritmountain.com or at the casino's Coyote Club desk. ■

College and Career Fair

Wednesday May 6, 2009 9:30 A.M. - 1 P.M.

Location: The Confederated Tribes of Grand Ronde Gym/Auditorium

Over **40** different employers, two-year and four-year college representatives, trade/apprenticeship programs, vocational programs, and volunteer and community organizations.

You can also attend breakout sessions on Admissions, Financial Aid, What Employers Are Looking For in Employees, Internship Opportunities, and more!

For more information: Contact 800-422-0232, Ext. 1478

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