



February 2014 RVC Column
by RVC Greg Kontz

Hi guys—

I usually get up around 4:00 AM—I love early mornings. Out in the garage (man cave) reading the papers, listening to the TV, checking a few websites, sipping my fourth or fifth cup of coffee. It's the time of the day when your thoughts are starting to come together. It's the time of the day when my perceptions are the most positive. It's when my mood is mostly one of gratitude for the good things in life. It's a good time to write a column—because I know that my attitude will change as the day wears on. There'll be the distractions of daily life/work, something challenging will present itself; I'll have something to eat and want to take a nap, etc. Point being: We're all products of our nature/nurture and cognitive process, and—Perception Is Reality.

This can help explain why two people can see the same thing or read the same thing and get really different perceptions of it. They can both honestly believe that they have the correct view of things. They can both honestly believe that the other person is wrong. Hence the lack of consensus—and the ensuing tribulations when people discuss things. Welcome to the world. It's a better world if people take this into consideration when having these discussions—and give the other person the benefit of the doubt, and a little leeway.

I think that it also applies to individuals. I know that my 'good' time for positive thinking is early in the morning after I've read the papers, listened to some programs, and had some caffeine/nicotine infusion. I know that my attitude (perception) is going to change later in the day—and it ain't gonna get better. When it's later in the day, and I'm being overly critical of myself, I need to remind myself that this guy doesn't have the same perception as the one I was talking with earlier in the day. He's a little tired, a little hungry, a little frustrated—whatever. I need to cut him some slack, maybe wait to talk to him 'til morning when he'll probably feel better.

I've had a bunch of 'life' things going on the last couple of years. Some of them have been good, some bad, most are combinations of both. During this time, I've had a lot of times that I felt distracted, overwhelmed, run down, inadequate, etc. Lately, I've been working on the upcoming North Dakota RG for June in Dickinson. The venue is set up, the tours and speakers are mostly lined up—we're getting there. But I've been finding myself getting 'stuck' at times—feeling like things just 'aren't happening'. In my last column, I talked about how I realized that I needed to reach out more to others for advice and help. I did that—and there were some good results the last couple of weeks. A few more really good speakers were lined up, and I made contact with some people that I needed permission from to tour their facilities. I think that it's going to be a great program for the RG in June.

But I still find myself with the negative feelings during the day sometimes. I finally realized that, besides reaching out to others for support, there are some people that I need to avoid. The guy who I find to be really critical late in the day is one of them—he's a jerk. He eats my food, wears my clothes—and he's hardly ever got anything good or constructive to say. I'm going to concentrate on building my relationship with the guy I talk to in the early morning—I like him. More important—he likes me. I always feel better when I talk to him.

I hope you'll take all this in the spirit in which it's intended. This is not about me, and I hope it's not too "out there". We've all got 'life stuff' going on, we've all got challenges. Many people who are active in Mensa have the same feelings mentioned. I also think that many of us have the same conversations that have been mentioned. Reaching out to others is one way to help yourself (external change). Being more selective about

which one of you that you listen to is another (internal). Change your perception = change your reality.

On another note: The North Dakota RG in Dickinson is June 13-14-15. It's at the Ramada in Dickinson—rooms are blocked off. I'll have the program info out in a couple weeks or so. Please put it on your dance card. Tours planned so far: Tour and meal at a 600 person mancamp near town. Tour of (and passes to) the new \$30M Community Center (pool, hot tub, sauna, rock wall climbing, exercise, walk/run track, indoor driving range, etc.). Tour of the new RR facility that is at the end of a 130 mile oil pipeline and loads out the 100 car trains that go all over the country. Drive-through tour of the refinery being built near Dickinson. Tour of the ND Cowboy Hall of Fame in Medora. There will be more lined up that you can do when you want to. Speakers so far: Deb Dragseth, who gave a GenX presentation at Denver in 2008. Kevin Holten, local author/columnist who's also Executive Director of the Cowboy Hall of Fame. RockPile Energy will give a presentation on hydraulic fracturing (fracking). There are a few other ones that should be firmed up soon. You'll be able to go to tours, attend presentations, converse to your heart's content, go relax at the Community Center—whatever.

Later,

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