

Character Community



E-News



A Town of Richmond Hill initiative.

A Town of Richmond Hill Character Community monthly e-letter

May is Responsibility

I will be accountable for my actions, be reliable and keep my commitments.

May 2006

Growing Up

By: Rubel Shelly, Source Unknown

As an editorial in the Caledonian-Record of St. Johnsbury, Vermont, put it: "Friday night five teen-age girls at Danville High School became five young adults, and they did so with class." I thought you'd like to know the story.

The Friday night in question was January 11, 2002. The setting was a packed gymnasium just prior to the start of the varsity game. The five girls were members of the Danville High School basketball team -- four of them starters. They weren't in uniform to play that night and won't be for the remainder of this season. They were there to explain why they had been kicked off the team.

They were there to own a serious infraction of team rules. They were there to support their coach's decision to take them off the team. They were there to let the town know there was a problem in their little community that needs to be addressed and they did it with appropriate contrition rather than defensiveness.

While school had been out for the Christmas and New Year's holidays, the girls had gone to a party with several of their friends. It was New Year's Eve. There was alcohol there. And the five girls all drank some.

Coach Tammy Rainville has a zero-tolerance rule on drugs and alcohol for the members of her team. Every kid who plays for her knows that rule. So when classes resumed after the break and accounts of holiday parties were shared, rumors about the five girls began closing in on them. Coach Rainville didn't have



to confront them, for they got together and decided to go to her with the full story.

The coach said she couldn't back down on her policy. And the players -- two juniors and three seniors -- agreed. That Friday night in the gym was part of their public support of the coach's decision.

One of the seniors spoke last. "We hope you will understand that we are not bad kids. We made a mistake... What we did was definitely not worth it. We hope this event will make everyone open their eyes and realize that there is a big drug and alcohol problem in our community," she said. "And if you work with us to try to solve this problem, you will help us feel that we have not been thrown off our basketball team for nothing." The five left the floor to deafening applause.

The Danville High School girls basketball team may not win another game this year. But they've learned something about personal responsibility, the effect of one's actions on others, and integrity that will serve them well throughout life.

Source:

<http://www.inspirationalstories.com/9/976.htm>

Town of Richmond Hill Character Community Organizations

Arts Richmond Hill Inc.

The Curtain Club

Girl Guides of Canada York South Division

Helpmate Community Information

Hills House Hospice

Learning Disabilities Association of York Region

Lions Club of Richmond Hill

Music For Young Children

My Canada! Integration Settlement Services

Optimist Club of Richmond Hill

Richmond Hill Aquatic Club

Richmond Hill Canoe Club

Richmond Hill Chamber of Commerce

Richmond Hill Community Food Bank

Richmond Hill Social & Bocce Club

Richmond Hill Training Centre

Richmond Hill Winter Carnival

Royal Canadian Legion Branch #375

Spiritual Assembly of the Bahai's of Richmond Hill

Stroke Recovery Network The Amici Centre

Wilderness Lifeskills of Youth Inc.

What Is Accepting Personal Responsibility?

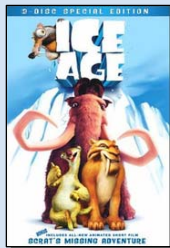
Accepting personal responsibility includes:

- Acknowledging that you are solely responsible for the choices in your life.
 - Accepting that you are responsible for what you choose to feel or think.
 - Accepting that you choose the direction for your life.
 - Accepting that you cannot blame others for the choices you have made.
 - Tearing down the mask of defense or rationale for why others are responsible for who you are, what has happened to you, and what you are bound to become.
 - The rational belief that you are responsible for determining who you are, and how your choices affect your life.
 - Pointing the finger of responsibility back to yourself and away from others when you are discussing the consequences of your actions.
 - Realizing that you determine your feelings about any events or actions addressed to you, no matter how negative they seem.
 - Recognizing that you are your best cheerleader; it is not reasonable or healthy for you to depend on others to make you feel good about yourself.
 - Recognizing that as you enter adulthood and maturity, you determine how your self-esteem will develop.
 - Not feeling sorry for the "bum deal" you have been handed but taking hold of your life and giving it direction and reason.
 - Letting go of your sense of over responsibility for others.
 - Protecting and nurturing your health and emotional well being.
 - Taking preventive health oriented steps of structuring your life with time management, stress management, confronting fears, and burnout prevention.
 - Taking an honest inventory of your strengths, abilities, talents, virtues, and positive points.
 - Developing positive, self-affirming, self-talk scripts to enhance your personal development and growth.
- Letting go of blame and anger toward those in your past who did the best they could, given the limitations of their knowledge, background, and awareness.
 - Working out anger, hostility, pessimism, and depression over past hurts, pains, abuse, mistreatment, and misdirection.

Source:

<http://www.coping.org/growth/accept.htm>

Movies That Deal With Responsibility



Ice Age

A group of prehistoric animals take RESPONSIBILITY for the safety of a lost baby, returning him to his father.



Lilo & Stitch

Plenty of room for discussion about being RESPONSIBLE as you watch this unusual story about friendship.



The Town of Richmond Hill Character Community bowling team joined others at the annual Big Brothers, Big Sisters Bowl for Kids Sake event on March 11, raising money for the mentoring program.

Next Month's Attribute:
June is Honesty

Character Community E-News is a monthly e-mail newsletter to share information about upcoming events within our organization and beyond. If you would like to contribute upcoming Character Community event information, story ideas or photos, please forward it to the Editor, Michelle Lipkus, at mlipkus@richmondhill.ca.