



INTEGRITY

Choosing to be truthful in whatever
you say and do

HOW YOU CAN SHOW INTEGRITY:

- Talk to your parent(s) or another adult you trust about why we need rules.
- Practice honesty this month. Be aware of being truthful to adults and friends.
 - When you hear friends talking negatively about someone else, be bold enough to ask them to stop.

Integrity

OCTOBER 2023



SAY IT:

Repeat the definition 5 times before you go to bed.

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KNOW IT:

ASK A GROWN-UP:

- How does it make you feel when someone isn't truthful with you?
- How does it make you feel when someone is truthful, even when it is hard?

ASK A KID:

- Have you had someone tell you a lie recently? How did it make you feel?
- Can you think of a time you told a lie? How did that make you feel?

SEE IT:

Read the following quotes and have each family member pick their favorite. Tell each other why it is your favorite and what it means to you.

"Always do right. This will gratify some people and astonish others." — Mark Twain

"The time is always right to do what is right." — Martin Luther King

"When I do good, I feel good. When I do bad, I feel bad." — Abraham Lincoln

"Honesty is the best policy. If I lose my honor, I lose myself." — William Shakespeare

"Anyone who doesn't take truth seriously in small matters cannot be trusted in large ones either." — Albert Einstein

BE IT:

As a family, create a quote about honesty, truthfulness, and integrity. Decide why it is important, how it supports the family, how it improves your life and others' lives, and the positive impact it has on the world. Once you have a quote that summarizes the importance of integrity, write it on a poster and hang it where the whole family can read it every day. When you are in a situation that calls for honesty and integrity, remember your family quote and proceed with integrity.

PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will...

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.

october 2023

INTEGRITY // ELK // GREIGE

Historically known by many names, including the Shawnee and Cree waapiti, North American elk, which roam the country's western mountains, are impressive.

Once abundant across the land, these members of the deer family are larger than white-tailed or mule deer and smaller than moose. They now mostly live in the West, though small populations have been reintroduced in some eastern states.

As ruminants, herds spend summers browsing vegetation at higher elevations. Males join females in late summer through fall to move to lower areas for colder months. Scientists describe this travel pattern as "altitudinal migration."

Female elk are called cows and males are bulls. In the active autumn, a bull elk makes his presence known by "bugling." This piercing sound starts out as a bellow, then merges into a higher-pitched whistle, and ends with grunts. Females bark and grunt, and young elk squeal, but the bull really turns up the volume with calls heard a mile away. What's he saying? He's trying to impress females and telling other males to stay away.

If another male does challenge him, the two roar at each other. Then they walk in parallel lines, and finally they lock antlers in what can be a dangerous conflict. They will battle and push and shove until one of them backs down and leaves. Only male elk have antlers, which grow in spring – up to an inch a day! – and are covered in a velvety skin while forming. They are shed in winter.

Imposing as they are, elk must remain wary. After humans, mountain lions are their greatest predatory threat, along with wolves and bears. Staying together in herds is their best defense.

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True to his nature, a bull elk bugles to make his voice heard.

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Greige, a combination of gray and beige, has long been a popular color in interior design. While color trends come and go, greige holds steady. Dutch Boy chose 'Rustic Greige' as its color of the year for 2023. Designers consider it a timeless and classic option, comfortable to live with year after year. While the word itself is a blend of the words gray and beige, it is actually a term describing fabric, likely related to the French grège and Italian greggio, meaning unbleached or raw. In the textile world, greige refers to fibers which are undyed.

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