

A Sense of Values



Newsletter of the Values Institute of America

No. 8 Summer 2007

Achievement, goal-setting lessons “open eyes” at Boys & Girls Clubs in Richmond, Hopewell

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“The lessons on achievement and goal setting seemed to have opened some eyes,” said Comeshia Workman, Program Director at the Hopewell Boys & Girls Club.

“Showing the children the difference between dreams and goals and then having them learn about ways to achieve their goals is new to a lot of them.”

Ms. Workman, as she is known to the children, led one of two groups of youngsters at two units of the Boys & Girls Clubs of Metro Richmond in the inaugural *Values in Alignment™* classes conducted during the extended-day sessions at the Capital One and Hopewell Clubs.

Ms. Workman explained that many of the young people have

dreams of being professional athletes or doctors or lawyers but until taking this class haven’t seen how what they do today will have a big impact on what happens to them later in life.

LaToya Thomas who conducted the Values in Alignment classes at the Cap One Club saw the same thing.

“These kids have been told to

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Comeshia Workman (back row, third from right) is helping to open the eyes of youngsters at the Boys & Girls Clubs of Hopewell.

Survey of youth shows need for values training

Before launching classes in Richmond and Hopewell, the Boys & Girls Clubs leaders administered a confidential survey to gauge the values-orientation of the youth participating in their summer program.

The results were hopeful with a large percentage of children indicating that some of the time or most of the time “I am kind to others,” “I can be trusted to do what is right,” and “I am dependable—I will do what I say I will do.” Un-

fortunately, many confessed to being untruthful and dishonest much of the time. When asked about accepting consequences for what they do, many responded “not very often” or “not at all.”

“...having them learn about ways to achieve their goals is new to a lot of them.”

Jim Doherty's dedication to values strengthens VIA Board, community



Jim Doherty

Jim Doherty is the kind of person who makes the world around him better. He doesn't just talk and write about values, he lives them.

In his most recent book, *In Praise of Givers*, Jim profiled 71 men and women from the Richmond community who donate their time and money to help others. He said he wanted to understand why these middle-aged and older people gave so generously hoping that by emulating them he could add meaning to his own life.

In a Christmas message to friends last year he explained why integrity was his number one value. "Trust," he writes, "is the coin of the realm. Trust hinges on personal honesty. When your and my word is good, right relationships follow."

Among the right relationships that Jim enjoys is with Mary Lou, his wife of 47 years. Together they have raised a family and still view the highlight of each year the gathering of their 20-member clan for Thanksgiving. That annual event was marked last year with Jim's participation in the 3.1 mile Turkey Trot running alongside a daughter-in-law.

"I enjoy running," he explains. "It gives me time to focus on the important things in life, to meditate and pray."

Jim looks forward to next year's Ukrop's Monument

Avenue 10K when he will move up to the 75+ age class. "I should be able to finish the top 3," he said with a grin.

His interest in running and his community spirit led to his being asked to carry the Olympic Torch when it passed through Richmond.

Jim's community spirit has been manifested in many ways including mentoring a youngster from Viet Nam who went on to earn a full scholarship to UVA.

"There is something very satisfying about being able to serve and help others," he said



"particularly young people."

That's one of the reasons I jumped at the prospect of joining the board of the Values Institute. "You might say I'm a sucker for values," said Jim. "When I learned about the goal of the Institute to help youth organizations pass along positive values to children, I

wanted to help out."

And help he did. Shortly after joining the board he took on the responsibility for development, initiated this newsletter and helped guide the development of the Values in Alignment™ process.

That work reflects the other values that guide Jim's daily living including tenacity, compassion and humor.

His "stick-to-itiveness" as he remembers his father calling it, has resulted in not only finishing many races and completing four books, but in seeing numerous community, church and family projects through to their finish.

He continues to help make the world around him a better place for us all. ■

Jim's Values

Integrity

Tenacity

(Stick-to-itiveness)

Compassion

Humor

Summer fun includes learning about values

Continued from front page

‘do good’ in school,” she said, “but have never made the connection between a good work ethic and the likelihood of making their dreams come true.

“The lessons on goal setting have helped me show the children that connection.”



Based on what the young people are saying, some messages are taking root.

Three 12-year old boys in Ms. Workman’s class talked about how they are applying what they learned.

Davon, who dreams of playing professional basketball, explained that he sees now that he is going to have to set realistic goals and then set out to achieve them if he is ever going to realize his dream.

Darius learned that goals have to be specific and under his control, so he decided to start



In Hopewell, Dillon, Davon and Darius learn about the value of

saving a certain amount each week for college expenses.

Dillon wants to become a writer of children’s books and a chef. “My goal this year is to make all ‘A’s’, because my mother and Miss Workman helped me realize that if I get good grades in school I have a better chance of achieving my dreams.”

Dillion, already a top student, added, “the class is showing us how to be more responsible.”



Following a lesson on Integrity at the Capital One Club led by Program Director Danielle Baskerville, one child talked about how he now sees that it is important “that when I tell someone I’ll do something, I do it.”

Said Miss Danielle, Values in Alignment is the first program

we’ve had that tells children very specifically what the values look like in everyday life.

“Of course, it’s up to the leaders to help the children understand how to incorporate these values into their lives,” she said.

Miss Danielle added, “One of our biggest challenges is getting children to accept

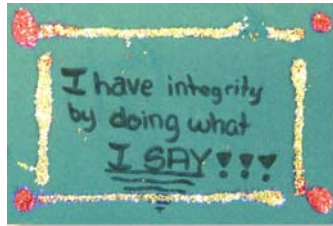
responsibility for their actions, and to tell the truth. This cur-



After learning about Integrity, youngsters at the Capital One Boys & Girls Clubs in Richmond gather round Values Institute Chairman, Harry Pollard and his administrative assistant, Sue Mitchell.

riculum provides the guidance to helping teach the children

not only what’s the right thing to do, but also why.”



Jamesha and NaTeja at Cap One are learning how to create and use a goal ladder.

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Letter to the Institute:

An antidote for “shocking” behavior

The following letter was addressed to Brian Regrut, Director, Values in Alignment, from Kate Westbrook, Director of Special Events, International Hospital for Children.

Dear Brian,

I wanted to let you know that I am really interested in Values in Alignment and the work you are doing with local youth organizations.

When I worked at the Virginia Holocaust Museum I was constantly shocked by the behavior I saw the young people display in a place that should command respect and reverence—behavior that was only appropriate for a playground or maybe even the zoo!

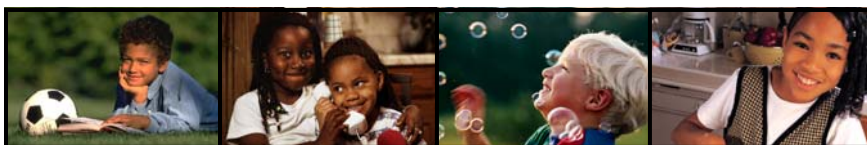
The worst part was that often the chaperones were as poorly behaved as the children and didn't see anything wrong with their disrespectful and often lewd acts.

I admire your efforts and know that it must be something you truly believe in, otherwise the frustration of it all would be too much. I wish you much success in your endeavors and look forward to hearing about the program's progress.

-Kate

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