



*Building Our Future Through
Education, History and Culture!*

AUGUST 2015 VIRTUES



Bringing Virtues to Life

Compliments of:
Virgin Islands Department of Education
Division of Virgin Islands Cultural Education

Learning More About the Virtues Project

What is The Virtues Project? The Virtues Project was founded in 1991 by Linda Kaveline Popov, Dr. Dan Popov, and the late John Kaveline. It is a global grass roots initiative to inspire the practice of virtues in all aspects of life; it has inspired and mobilized many thousands of families, educators, leaders, and employees to commit acts of service and generosity, to heal violence with virtues, and to create safe and caring communities.

What's the difference between virtues and values? Values are what we value and care about. They could be anything. We may value getting rich and famous, we may value power over others, but that doesn't mean we will have good character. Values are culture-specific because what some families or cultures value, others don't. Virtues are much more elemental than values. While values are culture-specific, virtues are universally valued to all cultures. Virtues are the essence of who we are; it's what's good about us. It's our inner quality of character, which sometimes is there waiting to be awakened. They are the content of our character and the basis of genuine happiness.

Why teach virtues? Many teachers and administrators are finding that applying the strategies of The Virtues Project is transforming the culture in their schools by helping them to create a total environment of caring and respect. They have replaced discouragement with empowerment, having discovered that words such as "lazy" "retarded" "stupid" "unacceptable" were literally demoralizing and discouraging their students. When they filled their classrooms with encouraging words, such as "helpful", "excellent", "compassionate", self-disciplined", "integrity", and "kind", they found that these behaviors flourished.

In review ... From September 2014 through June 2015 the five strategies have been discussed in details. In July 2015 Strategies #1 through #3 were reviewed and in August 2015 will conclude with Strategies #4 and #5.

Strategy # 4: What is Honor the Spirit? Honoring the spirit is sustaining our vision and purpose by integrating virtues into our activities, surroundings, celebrations, and the arts. We have a daily routine of reverence to pray, reflect, and serve. It is something that gives you the energy and strength to stay focus and to push forward. Honoring the spirit is doing something that is stress free and it gives you the added energy and drive to refocus and staying focus to your commitments at home, work, church, community, etc. It can be done through the day; for example, it can be done before your day starts in the quietness of the day before dawn, during your lunch time, or at bedtime.

The A.R.T. of Boundaries

Assertiveness

Do what is right for you!

Respect

Be deeply present without

Advising

Interrupting

Criticizing

Teasing

Trust

Be worthy of trust

What we say here, stays here!

Ways to Honor the Spirit

- Virtues Sharing Circles
- Celebrations
- Traditions
- Reflective Time
- Moments in Nature
- Service Learning
- The Arts
- Virtues Picks
- Listening to your favorite music
- Attending your child's sporting activities



Strategy #5: What is Offer Companioning? Offer Companioning is being deeply present and listening with compassionate curiosity that guides others to find clarity and to create their own solutions. It supports healing and growth. How well do you listen to others, to yourself about what really needs to be heard?

Offer Companioning involves using the virtues of compassion and detachment. While compassion is understanding and caring when someone is hurt or troubled, even if you don't know them, detachment is experiencing your feelings without allowing your feelings to control you.

It is wanting to help, even if all you can do is listen and say kind words. You forgive mistakes. You are a friend when someone needs a friend. Instead of just reacting, with detachment you are free to choose how you will act. You use thinking and feeling together, so you can make smart choices.

This is a communication skill that:



- Requires deep listening
- Is most effective when we don't have an "agenda"
- Is meant to support and empower, not fix or rescue
- Primarily consists of silence and open-ended questions
- Requires trust in the other's process



Open the Door ... with open-ended questions:
What's happening?
What is it?
What are those tears?



Offer Receptive Silence:

Give them the space to speak fully, to tell the whole story. Be fully present with deep concentration and compassionate curiosity. Shield yourself with detachment, so you can walk intimately with them without taking on their feelings.



Ask Cup-Emptying Questions:

Follow their lead and ask questions that allow them to empty their cup and get to the heart of the matter. Use what and how questions, NOT why or which. How was that for you? Take your cues from their words:
For example,

Speaker: I'm really worried.

Listener: What worries you?

Speaker: I'm just not sure.

Listener: Either remain silent or ask, What are you unsure of?



Focus on Sensory Clues:

Concentrate on and even repeat words they use that involve seeing, hearing, feeling, sensing.

Speaker: It was the most beautiful sunset I ever saw.

Listener: Beautiful ...

Listener: (Speaker's eyes well up with tears) What are the tears for?

Speaker is yelling, This place is so stupid!

Listener: (Match their volume.) What's stupid about this place?

Listener (Speaker is crying): What are those tears?



Ask Virtues Reflection Questions:

When they seem to have gotten to the heart of the matter or the core issue, ask a question that helps to reflect on a virtue that will help them. About something that is frightening,
What would give you the courage to ... ? Or What would give you peace about this?



Ask Closure and Integration Questions:

What was helpful about talking?

What's clearer to you now?

What did you appreciate about this meeting?



Give a Virtues Acknowledgement:

This is an essential step in restoring the speaker even if your companioning was brief and did not include all these steps. I appreciate your openness to explore this.

Who can be contacted for additional information? Feel free to contact Virtues Project Facilitator, Arlene L. Pinney-Benjamin at alpbenjamin@doe.vi or 340-774-0100 x: 2804 at the Virgin Islands Department of Education Division of Virgin Islands Cultural Education.

AUGUST 2015

VIRTUES OF THE MONTH:

Assertiveness

I am thankful for the gift of Assertiveness. It is the guardian of my dignity.

(August 2 - August 8, 2015)

Modesty

I am thankful for the gift of Modesty. It reminds me that I am enough.

(August 9 - August 15, 2015)

Cleanliness

I am thankful for the gift of Cleanliness. It frees my spirit.

(August 16– August 22, 2015)

Detachment

I am thankful for the gift of Detachment. It lifts me up.

(August 23 - August 29, 2015)

Upcoming

SEPTEMBER 2015

VIRTUES OF THE MONTH:

Caring

I am thankful for the gift of Caring. It helps me to express my love.
(August 30 - September 5, 2015)

Love

I am thankful for the gift of Love. It is my treasury.
September 6 - September 12, 2015)

Kindness

I am thankful for the gift of Kindness. It awakens my heart.
September 13 - September 19, 2015)

Compassion

I am thankful for the gift of Compassion. It stirs my heart.
(September 20 - September 26, 2015)

Gentleness

I am thankful for the gift of Gentleness. It makes my soul serene.
(September 27– October 3, 2015)

ASSERTIVENESS

Assertiveness means being positive and confident. You are aware that you are a worthy person with your own special gifts. You think for yourself and express your own ideas. You know what you stand for and what you won't stand for. You expect respect.

“Dost thou reckon thyself a puny form, when within thee the universe is unfolded?”

Imam Ali

The Practice of Assertiveness

... I practice assertiveness when I ...

Share my own ideas and feelings
Tactfully tell others what I really think
Don't allow others to lead me into trouble
Avoid being aggressive or passive
Ask for what I want and need
Expect respect at all times

Affirmation:

I am assertive. I freely express my own ideas.
I think for myself and do what I feel is right. I am my own leader.

CULTURAL PROVERBS

“Ah de quiet bull de butcher kill”

Meanings:

Speak up for your rights.

FOLKTALE

“Compere Zayeh and the Bakes”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Compere Zayeh was a proud but very poor man.
Learn how his assertiveness to not eating certain foods affected him!

Activities with Assertiveness



Mind Map

Make a mind map showing the personal boundaries you need in order to stay safe, to stay healthy, to get what you need, e.g. I walk away from trouble, I get help if I am threatened. I speak up about what I need.

Role Play

Describe a situation of someone being disrespectful, such as breaking in front of someone in line at a movie theater. First discuss what it would be like to be too passive, then discuss what it would be like to be too aggressive, then role play the situation using assertiveness, an approach which is firm but tactful and courteous.



Virtues Reflection Questions

- ❶ What happens to people that are too passive?
- ❷ What happens to people that are too aggressive?
- ❸ What is the difference between aggression and assertiveness?
- ❹ Name three things to do when someone is bullying you.
- ❺ What would you say and do if a stranger asked you to go with him or her?
- ❻ When do you find it difficult to say no?
- ❼ What are three ways to avoid a fight?
- ❽ What can a bossy person do to become more respectful?
- ❾ What can a bully do to become a friend?



Drawing Assertiveness

Draw a picture about "Stranger Danger".



Poster Points

- ❶ Expect respect.
- ❷ Express Yourself.
- ❸ Stand Up Speak Out.
- ❹ Set Clear Boundaries.
- ❺ Lead Your Life.



Quotable Quotes

"Since you are like no other being ever created since the beginning of time, you are incomparable." Brenda Ueland

"Yes, I can!" Sammy Davis Jr.

"This above all – to thine own self be true, and it must follow as the night the day, thou canst not then be false to any man."

William Shakespeare, Hamlet

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away."

Henry David Thoreau

"No one can make you feel inferior without your consent."

Eleanor Roosevelt

COMPERE ZAYEH AND THE BAKES

Now Compere Zayeh was a very poor but proud man. His pride, in fact, was more false than real. For instance, he loved bakes (johnny cakes) but he pretended that he did not because he felt that bakes were poor people's food. One time Compere was courting a girl and he decided to put on airs. When they would discuss food, he would say, "You see me, Makmere Sylvie, I don't like certain foods. For instance, I am a man who does not eat bakes. I like good food. Bakes are too coarse."

"Oh, really, Compere Zayeh?" Makmere Sylvie would flutter. "Oh, really?"

"Yes," Zayeh would say, puffing out his thin chest importantly, "I only eat things like chicken and rice!" And Makmere Sylvie would beam and twitter.

It so happened that Zayeh had no money and had nothing in his house to cook. He decided to visit Makmere Sylvie whose parents always had something good on the table when they knew he was coming. Of course, they were poor too, but since Compere Zayeh seemed to be such an important man, they went out of their way to please him.

Well, this day he dressed up in his serge suit, put his top hat on his head, and sallied forth. Makmere Sylvie and her parents were not expecting him and had cooked up a pot of bakes and salt fish cakes. They were enjoying their humble meal when Zayeh's knock sounded on the door. There was nothing to do but to let him in. As hospitality dictated, they offered him some of the bakes and fish cakes. He turned up his nose saying, "As I have told you before, Makmere Sylvie, I am a funny man. I only eat certain foods."

Makmere Sylvie was ashamed. She said, "I know, Compere, but this is all we have."

Compere Zayeh said kindly, "Well, never mind. You all eat. I will wait until you have finished."

Meantime, Zayeh's stomach was rumbling and grumbling. He tried to cover it up by clearing his throat. "Ahem, ahem!" His mouth was watering, but of course he could not accept the food. Makmere Sylvie's mother took out a new batch of johnny cakes and salt fish cakes. They were piping hot. They had had enough and left the room to the young people. Makmere Sylvie went inside to change her clothes. Zayeh eyed the hot, sweet-smelling bakes and fish cakes. Finally, he could stand it no longer. He grabbed a handful of each and prepared to enjoy them. Just at this time, he heard Makmere Sylvie returning. He panicked. He could not let her meet him with the food in his hand. There was only one thing to do. He stuffed the food under his hat. When Makmere Sylvie entered the room, she found Zayeh jiggling and wiggling. The hot food was burning his head.

She cried in alarm, "Compere Azyeh, what is it? Are you sick?"

Zayeh was desperate. He thought quickly and said, "I am a shango dancer, as you know, and I am being possessed by the spirit."

"Oh," said Makmere, not really understanding.

The pain in Zayeh's head was so great that he snatched the hat from his head and the bakes and salt fish cakes came tumbling down. Well, what a rucktion, as they say. All Zayeh's hair had been burned off his head. Added to that was his



humiliation of being caught stealing food that he had said he despised! He was so ashamed that he rushed from the house into the kitchen and climbed up to the rafter, where he is still. And added to that, he is now bald. For all time, Compere Zayeh bears the mark of his ravenousness.

An Anansi Story from Grenada

MODESTY

Modesty is having self-respect. When you value yourself with quiet pride, you accept praise with humility and gratitude. Modesty is being comfortable with yourself and setting healthy boundaries about your body and your privacy.

“You have a good many little gifts and virtues, but here is no need to parading them, for conceit spoils the finest genius. There is not much danger that real talent or goodness will be overlooked long, and the great charm of all power is modesty.”

Louisa May Alcott

The Practice of Modesty

... I practice modesty when I ...

Am comfortable being who I am

Respect myself

Do not permit anyone to abuse my body

Set boundaries about my right to privacy

Accept praise with humility and gratitude

Share my victories without boasting

Affirmation:

I am modest. I have no need to brag.

I dress in a way that shows respect for myself and others.

I protect myself from disrespectful attention

CULTURAL PROVERBS

“Braggin’ ah hall, nuttin’ ah chamber”

Meanings:

Do your bragging outside, where you are not so well known.

FOLKTALE

“Compere Zayeh Praises Compere Tig”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Explore how Tig’s modesty cost him the love of his life!

Activities with Modesty



Dress Code

Talk about how a dress code can help people to dress in a way that shows respect for their bodies and for others. If your school has a dress code, make an illustrated poster of the rules.



Virtues Reflection Questions

- How would it feel to be on a team and have someone else take all the credit for a win?
- How can you show modesty if you have made a great play in a game?
- How could you enjoy your victory and still be modest?
- Name three ways to protect yourself from unwanted touching by others?
- What would you do if someone in your family touched you inappropriately?
- What is your favorite outfit, one that feels like it's really "you"?



Drawing Modesty

Draw people on a team sharing the glory with each other.



Poster Points

- Expect respect.
- Share the victories.
- Thankful, not boastful.
- Share the glory.
- Dress for success.



Quotable Quotes

"We come nearest to the great when we are great in humility." Rabindranath Tagore

"We do not possess our homes, our children, or even our own body. They are given to us for a short while to treat with care and respect."

Jack Kornfield

"I discovered I always have choices and sometimes it's only a choice of attitude."

Judith M. Knowlton

"I cannot and will not cut my conscience to fit this year's fashions." Lillian Hellman

"Never esteem anything as of advantage to you that will make you break your word or lose your self-respect."

Marcus Aurelius Antoninus

COMPERE ZAYEH PRAISES COMPERE TIG

One time Zayeh and Tig were courting the same girl. Tig was better looking and he was rich. Zayeh had nothing to offer. He thought and thought and finally came with a scheme. Whenever Tig went to see the girl, Zayeh would go too, and praise Tig to the skies. The girl's parents thought him a prince of a fellow, the way he built up his friend's image. This went on for some time. It then happened that Tig caught a slight cold. It was Sunday and he dressed up, in spite of the fact that he had a little cough, and went to see his girl friend. Zayeh dressed up and went, too. It was a most important visit because this was the day the girl's father would give his consent for Tig to marry his daughter. As they sat down, Zayeh thought of his plan and decided to put it into execution.

The father began to question Tig. "You are asking for my daughter's hand in marriage," he said. "How will I know if you are able to keep her properly? Do you have any land?"

"Well," began Tig, "I have a small property . . ."

"Small property?" Zayeh broke in. "Small property? Why, the man has one huge estate which bears cocoa, nutmeg, bananas, all kinds of mangoes, etc. What? You are asking if he had land?"

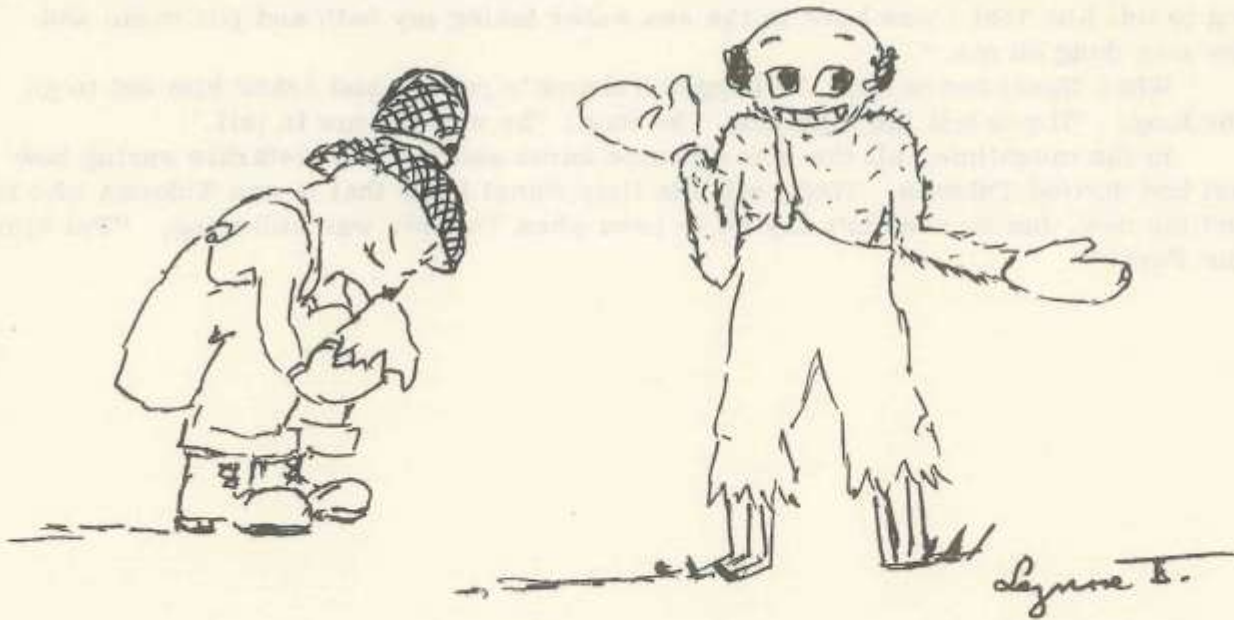
"I am glad to hear that," returned the father beaming and rubbing his hands. "But tell me, do you have a house?"

"I have a small, two-bedroom . . ."

"House," interrupted Zayeh. "You are asking if he has a house? This man has a mansion."

"Good, good," smiled the father. "Now tell me, do you have any money?"

"I have a modest savings account in . . ."



"Savings account, money?" interjected Zayeh. "This man is so full of money that he owns several banks, not to mention several chests filled with money!"

"Indeed," said the father, and if he smiled anymore he would have lost the top half of his head. Just then, Tig gave a small cough.

"I see you have a little cold," said the father.

"Yes, I . . ." began Tig when Zayeh broke in.

"A small cold? This man has nothing less than Tuberculosis!"

"What!" the father exclaimed, and before Tig knew what was happening, he was thrown out of the house on his ear. The next thing he heard was that his erstwhile bride had married Zayeh. Tig had the money, but Zayeh had the brains!

An Anansi Story from Grenada

CLEANLINESS

Cleanliness means washing often, keeping your body clean, and wearing clean clothes. It is putting into your body and your mind only the things that keep you healthy. It is staying free from harmful drugs. It is cleaning up mistakes and making a fresh start.

“In every aspect of life, purity and holiness, cleanliness and refinement, exalt the human condition ... Even in the physical realm, cleanliness will conduce to spirituality.”

Abd'ul Baha, Selected Writings P. 146 - 7

The Practice of Cleanliness

... I practice cleanliness when I ...

Keep my body fresh and clean
Put things away after I use them
Help keep my house neat and clean
Put only healthful things in my body
Use clean language
Clean up my mistakes

Affirmation:

I keep my mind and body healthy and clean. I put my things and my life in order.
I am willing to clean up my mistakes.

CULTURAL PROVERBS

“Cleanliness is next to Godliness”

Meanings:

Being a clean person is just as important as being Godly.

FOLKTALE

“Tukuma and the Mosquitos”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

As you read, you will learn the cleverness of Tukuma and how he utilized it to clean the land as it was ordered by the king!

Activities with Cleanliness



Activities with Cleanliness

- "Clean Up Your Act"
 - Name a mistake you have made that you regret. How did you feel afterwards? How did it affect others?
 - Describe how you could have cleaned up the mistake? What could you have said or done to make amends?
- Choose a school or neighborhood area and clean it up.
- Study pollution in your local community or elsewhere in the world. Define ways this can be changed or cleaned up.
- Talk about physical health and hygiene.



Virtues Reflection Questions

- What does it feel like to be in a messy room?
- How does it affect your mind? Your sense of well-being?
- How does it feel to be in a clean, orderly room? What effect does this have on your ability to think clearly?
- Brainstorm what to do and say when another student or an adult is selling drugs.



Drawing Cleanliness

Draw a picture of a child or animal that has become dirty. Draw a second picture showing the figure clean and neat again.
Draw three ways you keep your body clean.



Poster Points

- Clean body. Clean thoughts. Clean slate.
- I clean up my mistakes.
- Drug Free Zone.
- Garbage in, garbage out.
- The earth is our home. Let's keep it clean!



Quotable Quotes

"Our eyes may see some uncleanness, but let not our mind see things that are not clean. Our ears may hear some uncleanness, but let not our mind hear things that are not clean."
Shinto saying

"Clean and sober." 12-Step Program

"Bid them wash their faces and keep their teeth clean." Shakespeare (Antony & Cleopatra)

"Let me remember that there is nothing more soothing than the sound of running water, even if it is only in my bathtub."
Anne Wilson Schaef

"Live pure, speak true, right wrong..."
Tennyson

TUKUMA AND THE MOSQUITOES

One time there was a king who had a piece of land to be cleared. Plenty of people came to try to clear the land, but there was one condition they could not meet. The land was infested with mosquitoes. They would bite the cutters, and the king had told them that they could not scratch when bitten or they would forfeit the payment.

When Tukuma heard this, he decided to try his luck. He went and told the king, "Sir, I will clear this land for you."

The king asked, "How will you clear it? It is full of mosquitoes and if they bite you, you are not permitted to scratch."

Tukuma replied, "Nevertheless, I will do it."

The king agreed and promised to pay Tukuma twelve patacong. Tukuma said to himself that he could buy a cow with twelve patacong and still have ten left over.

The king told him that he would send a bumba to watch and see that he did not scratch. While Tukuma was cutting and clearing the ground, the mosquitoes came at him in swarms and bit him. Instead of scratching, he would stamp his foot, or fling his arm or shake his head.

When he had finished, the king sent for him and consulted the bumba who confirmed that Tukuma had not scratched once and had done a good job of clearing the land. The king was so pleased that he gave him the twelve patacong, a cow, and plenty of cassava. Tukuma called Nansi to help him butcher the cow. Nansi brought three men to help and each man demanded a quarter of the cow. Then Nansi took half of the remaining quarter and half of the cow's head. Then Nansi helped Tukuma to eat the rest of the meat until it was all finished. Tukuma now only had the broth, and Nansi took half of that, too.

The next time Nansi came to visit Tukuma, he saw that Tukuma had some cassava and wanted to take away some of that, too. In order to save something from his labor, Tukuma dragged some of the cassava under the house. Nansi left him almost desolate — all because Tukuma needed a little help.

DETACHMENT

Detachment is experiencing your feelings without allowing your feelings to control you. Instead of just reacting, with detachment you are free to choose how you will act.

You use thinking and feeling together, so you can make smart choices.

“You always have the choice to take all things evenly, to hold on to nothing, to receive each irritation as if you had only fifteen minutes to live.”

Tolbert McCarroll

The Practice of Detachment

... I practice detachment when I ...

Don't get swept away by strong feelings
Take time out before doing something I will regret
Step back and look at my feelings
Act instead of react
Let go of things I cannot control
Choose to do what is right

Affirmation:

I am detached. I am aware of my feelings and choose my actions with detachment.
I do what is right for me. I choose to be my best self no matter what happens.

CULTURAL PROVERBS

“Don' measure me coal wid somebody else pan”

Meanings:

Don't judge me by others' standards.

FOLKTALE

“Broo Nansi and Broo Tiger”

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore E. Emanuel

Discover if the king's daughters orchestrated plot of detachment worked on Broo Nansi!

Activities with Detachment



Activities with Detachment

- Make a list of the things that annoy you. Set a goal to detach from each of these and think about what will help you to detach. Don't name names. This list is just for you.
- Name three life situations that need detachment in order to live happily. (e.g., Someone who has a chronic illness, or is in a wheel chair).



Virtues Reflection Questions

- What are some of the hardest times for people to be detached?
- Name a time you needed lots of detachment.
- What are the best things about detachment?
- What happens if we don't practice detachment?
- What would you change in your life and your behavior if you only had one week to live?



Drawing Detachment

Draw a scene of yourself showing detachment.



Poster Points

- Look. Choose. Act.
- Smart choices.
- I don't react. I act.
- Detach and go within.
- Stop and think.
- Use thinking and feeling together.



Quotable Quotes

"Never undertake reflection and action independently." Pablo Friere

"Let go and let God" Alcoholics Anonymous

*"He who binds to himself a joy doth the winged life destroy,
but he who kisses the joy as it flies
lives in eternity's sunrise."* William Blake

"You always have the choice to take all things evenly, to hold onto nothing, to receive each irritation as if you had only fifteen minutes to live." Tolbert McCarroll

"When there is something wrong with everyone, there is something wrong with you."
Anonymous

"Life is like an orchestra – if a man wants to lead, he has to turn his back to the crowd."
Lawrence Welk

*"Do not look back in anger, or forward in fear,
but around in awareness."* James Thurber

BROO NANSI AND BROO TIGER

Broo Nansi was up to his old tricks. He was in love with the king's two beautiful daughters. However, at first, neither one knew that the other was being courted by Broo Nansi. Then Nansi got so confident that he forgot to be discreet and arranged to meet both daughters at the same time. Needless to say, a grand "rougadoo" followed. Both girls accused Nansi of unfaithfulness and asked him to explain himself. For once in his life Nansi found himself at a loss. He was saved from answering by the girls being called into dinner.

That night they talked between themselves: "That Nansi deserves being taught a good lesson for trifling with our affection. If we tell our father, the king, he will kill him." "Let us not tell our father," the other sister said, "let us plan something very nasty for him." So the two of them retired to their beds and thought all night long. The next morning, the first sister said to the other: "Sister, I have thought of a good plan. Let us send a message to Broo Nansi telling him that we forgive him and to meet us in the clearing in the woods. When he gets there we will tie him up, collect some fire wood and heat a large copper pot of water." "Are we going to cook him?" asked the second sister. "No," replied the first, "we are going to douse him with the hot water. That will teach him to play around with the king's daughters!"

Nansi was overjoyed to receive the message. He decked himself out in his finest suit, took up his walking cane and strutted out. When he arrived at the clearing there were the two girls with their dark skins gleaming in the sun and their elaborate cane-row coiffures decorated with beads and flowers. They looked very beautiful indeed. Nansi walked up: "Good morning ladies. You look extremely charming this morning."

"Oh, do you think so, Broo Nansi?" asked the first sister smoothly. "Let us play a game. Let us tie you up to that tree by your waist and you try to catch us as we run by. If you catch one of us you can kiss us." And she giggled prettily.

Nansi allowed himself to be tied up. At once the two girls took off. One lugged out the huge pot and began filling it with water from the stream that ran through the clearing while the other began to gather fuel for the fire. Soon they had a nice pile of sticks, nut-meg shell and coconut shells. Then they lifted the pot of water to the fire. While the water was heating, they went off to lunch.

Nansi realized now the jam he was in and began to strain his brains for a way out. As he stood tied there, who should happen by but Broo Tiger. As soon as Nansi saw Broo Tiger he began to moan and groan: "But look at my cross, this day. The king's daughters want me to have lunch with them and eat with a knife and fork and poor me, I have never touched a knife and fork in my life."

Tiger asked, "You mean that the princesses want you to dine with them? Then why are you tied up?"

"Ah, Broo Tiger, you don't know! When I told the princesses that I could not have lunch with them, they tied me up to make sure that I remained until lunch was served. They have just gone to fetch it."

Broo Tiger was thinking, thinking all the time. He said: "Broo Nansi, you and I are good friends. I am willing to help you out of this bind. Let me release you and you tie me in your place. I know how to use a knife and fork."



Nansi said slowly, "Well, I don't want to put you in cattle belly crossway, Broo Tiger. But it would be a real help to me if you would dine with the princesses." So the two exchanged places and Nansi ran to the bushes and hid. Presently, the two girls came back. They stopped short when they saw Broo Tiger.

"Look, sister," said the second one, "the little cousin we left has turned into a big cousin."

"Big cousin," responded her sister "I will big cousin him!"

With that they lifted the pot of hot water and doused Tiger with it. With one mighty leap Tiger broke the rope and roaring with pain, bounded off through the bushes right to the place where Nansi was hiding.

He pounced on Nansi roaring: "Nansi, your life belongs to me."

But Nansi was too nimble. He fled up a tall coconut tree and hollered down: "Broo Tiger, you forget that it was just yesterday that the hunterman was looking for you? I see him coming now." Then cupping his mouth with one hand he shouted: "Hunterman, look at Tiger here."

Tiger, frightened, rushed off in the direction of the river.

Nansi called out: "Now he is gone to the riverside."

Tiger whirled about and raced off to the distant hills.

Nansi, stifling laughter, shouted out once more: "Catch him at the mountains, hunterman!"

Tiger disappeared in the distance and for all I know is running still, because they tell me he has not been seen in these parts since.



Bringing Virtues to Life

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and

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*Building Our Future Through
Education, History and Culture!*

VIRGIN ISLANDS DEPARTMENT OF EDUCATION DIVISION OF VIRGIN ISLANDS CULTURAL EDUCATION

ST. THOMAS / ST. JOHN

Mailing Address: 1834 Kongens Gade, STT, VI 00802

Physical Address: J. Antonio Jarvis Annex, STT, VI 00802

Telephone Number: 340-774-0100 x: 2804, 8043, 2806, 2808, 2809

Fax Number: 340-777-4342

Email Addresses: alpbenjamin@doe.vi or mmartin@doe.vi

Websites: http://www.vide.vi/ and http://vicultural.ed.vide.vi/