

Visions of Character

August 2015

Monthly Character E- Bulletin

WHAT IS

FLEXIBILITY?

...willingness to change plans or ideas without getting upset.

There is nothing permanent in life except change” —philosopher Heraclitus.

Let’s face it, life is about change. August is here and some of us have sent children off to begin a new school year. September is just around the corner and with it brings the expectation of cooler weather, evenings spent outside and the re-emergence of a new football season.

Some of us are looking forward to the changes that will occur over the next few months with great anticipation--leaves changing colors, brisk mornings and football rivalries. However, other changes will come that we aren’t able to anticipate. Busy schedules, organizing multiple calendars, demands at home, work and school, and more can bring a stress that constant change can bring. If we are not careful and flexible, these changes can steal our enjoyment from life.



Flexibility can be defined as “the willingness to change plans or ideas without getting upset”. We need to exhibit this character trait in our daily lives so that we can bend and adjust with these unexpected changes, and we do not break. Flexibility does not mean changing our beliefs, moral compass, or how we respect and treat others. Quite the contrary, it gives us the ability to change course, readjust our plans, or adopt new ideas that can help us solve problems and achieve our goals.

When we were younger, we looked forward to change, expected it, prepared for it and were excited about it. Each passing year brought us closer to the time that we would be able to drive, register to vote, and live out on our own. We couldn’t wait for change. As adults, we also know that the only constant in life is change. In order to solve problems quickly and efficiently, deal with challenges, and be the person we want to be, it is important to be flexible and responsive—eager to learn and do what we can to reach our ultimate goals. When we resist change, we miss the opportunity to grow up just a little bit.

This month, identify something that you have been resisting and give flexibility a try.

Character in the Community.....

DON’T MISS OUR CHAMPIONS OF CHARACTER :

AN EVENING WITH
COACH CLINT MYERS
AUBURN HEAD SOFTBALL COACH

Did you know?



The Latin word *flexibilis* comes from the verb “flecto” which means “to bend”. Have you seen a palm tree trunk bend instead of breaking in strong wind?

Rather than developing new growth rings, that provide strength and rigidity to a tree, palm trees grow upward. Every year a new growth *disk* is added which allows the palm tree to bend in strong winds and not break.

We should learn to respond to the “winds of change” like the palm tree. Bending so we don’t break, but standing firm on our on our beliefs and morals so we don’t become uprooted.

“ PRACTICE FLEXIBILITY ”

I Will...

- ⇒ not get upset when plans change
- ⇒ respect the decisions of my authorities
- ⇒ not be stubborn
- ⇒ look for the good in changes
- ⇒ not compromise what is right.

Our 5th Annual Fundraiser, Sept. 3rd from 6-8 pm at the RTJ Club House promises to be bigger and better than ever before, don't miss out! This is an evening when our community comes together to celebrate because we are 1 of only 3 communities of character in our state. We'll have:

- Supervised activities for children
- Visits from Mascots
- Dinner & Silent Auctions (items include tickets to games, golf-bag, etc.)
- Friendly spirited football rivalry (wear your favorite teams colors)
- Inspiring words from our guest of honor about the importance of character

During the event we are honoring Coach Myers and presenting him with the **first** Champions of Character Award. Join us in welcoming Coach to our community of character, and more importantly help us honor the *first* Champion of Character!



PRATTVILLE-AUTAUGA
**CHARACTER
COALITION**
Setting a Good Course, One Character Trait at a Time

Champions of Character

**Honoring Coach
CLINT MYERS**
Head Softball Coach
AUBURN UNIVERSITY
SEPT. 3RD 6:00 PM
RTJ Clubhouse



Want to help ensure your community continues to be a Community of Character?

Sponsorship Opportunities are still available, and some levels ensure reserved seating. visit our website for more information, www.pacharacter.org or call: 334-365-7392

Tickets: Adults \$30, one child under the age of 13 free with each paying adult.
Students age 13-18, \$5.

Tickets MUST be purchased prior to the event. Tickets are available from any board members or at the Prattville Area Chamber of Commerce.

Character First Information used by permission



Semper Gumby is an unofficial motto for the U.S. Marine Corps and is referring to the animated clay character Gumby. Semper Gumby, means, "*Always Flexible*".

The first use of Semper Gumby is assigned to Capt. Jay Farmer of HMM-264 in 1984 who actually flew with a Gumby character toy mounted on the standby compass of the instrumental panel of his plane, "Airwolf". '*Semper Gumby, Always Flexible*'

"QUOTEABLES"

"Strong character should be combined with the flexibility of the mind."

— Johann Wolfgang von Goethe

"Flexibility makes buildings to be stronger, imagine what it can do to your soul."

—Carlos Barrios

"The measure of intelligence is the ability to change."

—Albert Einstein