

Lindon

# CHARACTER

Connection



---

DEPENDABILITY

JANUARY 2013

---

*Being dependable is defined as being trustworthy. "Diamonds are only chunks of coal that stuck to their jobs."—Minnie Richard Smith*

Richard L. Evans, long time voice of the "Spoken Word" said, "One of the great discoveries in life is finding a dependable person."

Dependability is one of the most sought after qualities in our society today. Employers look for it in those they wish to hire to work for them. Families function best when it is present in family members. Even in something as simple as finding someone to look after your home or pets when you go on vacation, it is vital.

In every aspect of life we humans need other people whom we can trust and count on. No man is an island. We are all interconnected. I do not know anyone who is capable of doing everything for themselves. We all depend on other people to make our lives complete. From the time we are born this is true. The brand new baby depends on its parents for virtually everything, food, shelter, clothing, warmth, love, mental stimulation.

We all know tragic stories about parents who were not dependable in providing those basic needs for their children. The world would be a much better place if every person could be counted on to do the things they say they are going to do. That's what dependability is really, doing what you say you will do, keeping your promises.

Dr. Richard Carlson Ph. D., author of "Don't Sweat the Small Stuff," said, "You can do a lot of things wrong, but if you keep your promises, you'll be richly rewarded in terms of the quality of your relationships and the integrity that others will perceive that you

have. On the other hand, if you fail to keep your promises, those around you—even your own family—will take your words less seriously, or even worse, learn to distrust you altogether. By keeping our promises we teach them that some people can be trusted and are trustworthy."

I have a really wonderful family and many outstanding friends; all of whom I can count on to help me when I am in need. They have been a wonderful example to me of dependability. I hope that I am someone they can count on in return. That is the way it always works. If we are willing to help people around us when they need something, it will always come back to us usually many times over.

That is what I meant when I said that we all depend on each other. I believe that is the way life is supposed to be. If it were not so, we would all be very lonely and unhappy people. That in itself is probably one of the most important reason to develop the value of dependability, because the happiness of someone else might depend on whether we do or not.

Albert Einstein said, "A hundred times every day I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving."

If we would all live by the same philosophy, there would be many more dependable people.

*Julia Sharp* Lindon Resident (Taken from November 2005 Lindon Character Connection Article)

## Book List

**“Grandfather’s Gold Watch”**

by Louise Garff Hubbard

**“Brave Irene”**

by William Steig

**“Hans Brinker and the Silver Skates”**

by Mary Mapes Dodge

**“Sign of the Beaver”**

by Elizabeth George Speare

**“The courage of Sarah Noble”**

by Alice Dalgliesh



## Family Activities

–Have each family member see how long he can balance on one leg with eyes closed. *We depend on our eyes for balance. What else do we depend on to live and play? Who depends on us?*

–Make a paper chain showing how family responsibilities are linked. (The baby depends on the mother for food. The mother depends on the brother to answer the phone while she is feeding the baby...)

–Divide the family into two teams and play balloon volleyball. *What does having each team member be dependable have to do with winning the game?*

–John Hancock was born on January 23, 1737. As president of the Continental Congress, he was the first signer of the Declaration of Independence. However, he did not just sign his name, he used his wealth and influence for the American cause of independence. Today, a person’s John Hancock is his signature. It is a binding, visual commitment. *How dependable are we? Can people depend on our word as much as on our signature?*

## Quote on Dependability

“Depend on no man, on no friend, but him who can depend on himself. He only who acts conscientiously toward himself, will act so toward others.”

–Johann Kaspar Lavater

## Kid’s Corner

I can be dependable for my parents and brothers and sisters. When I am asked to do something, I do it right away before I forget. I do my chores each day. I learn and do homework every day. I do what I am asked. You can depend on me.

Emma, age 6

---

### Lindon Character Connection Board:

President . . . . . Kathy Allred  
Curriculum Resource . . . . . Laura Clement  
Website . . . . . Julia and Chris Schwerdt

---

*Lindon Character Connection is a not-for-profit organization encouraging the enhancement of character development in our community. We are accepting volunteer or financial support.*

*If you can help please send contributions to:  
Lindon Character Connection c/o Lindon City  
100 North State St., Lindon, Utah 84042-1808 (You may also give your donation to any executive board member.)*

