

# Character Community



## E-News



*A Town of Richmond Hill initiative.*

A Town of Richmond Hill Character Community monthly e-letter

### March is Perseverance

*I will not give up when things get tough. I will stick to my goals and work hard to achieve them, despite obstacles and challenges.*

March 2008

## The Little Engine That Could

by Watty Piper (originally published in 1930)

**Even some 68 years later the tale of *The Little Engine That Could* continues to inspire children and adults of all ages:**

A little steam engine had a long train of cars to pull. She went along very well till she came to a steep hill. But then, no matter how hard she tried, she could not move the long train of cars. She pulled and she pulled. She puffed and she puffed. She backed and started off again. Choo! Choo! But no! The cars would not go up the hill. At last she left the train and started up the track alone. Do you think she had stopped working? No, indeed! She was going for help. "Surely I can find someone to help me," she thought.

Over the hill and up the track went the little steam engine. Choo, choo, choo! Pretty soon she saw a big steam engine standing on a side track. He looked very big and strong. Running alongside, she looked up and said: "Will you help me over the hill with my train of cars? It is so long and heavy I can't get it over."

The big steam engine looked down at the little steam engine. Then he said: "Don't you see that I am through my day's work? I have been rubbed and scoured ready for my next run. No, I cannot help you."

The little steam engine was sorry, but she went on. Choo, choo, choo! Soon she came to a second big steam engine standing on a side track. He was puffing and puffing, as if he were tired.

"That big steam engine may help me," thought the little steam engine. She ran alongside and asked: "Will you help me bring my train of cars over the hill? It is so long and so heavy that I can't get it over."

The second big steam engine answered: "I have just come in from a long, long run. Don't you see how tired I am? Can't you get some other engine to help you this time?"

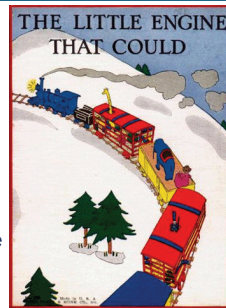
"I'll try," said the little steam engine, and off she went. Choo, choo, choo!

After a while she came to a little steam engine just like herself. She ran alongside and said: "Will you help me over the hill with my train of cars? It is so long and so heavy that I can't get it over."

"Yes, indeed!" said this little steam engine. "I'll be glad to help you, if I can."

So the little steam engines started back to where the train of cars had been standing. Both little steam engines went to the head of the train, one behind the other. Puff, puff! Chug, choo! Off they started! Slowly the cars began to move. Slowly they climbed the steep hill. As they climbed, each little steam engine began to sing: "I-think-I-can! I-think-I-can! I-think-I-can! I-think-I-can!..."

And they did! Very soon they were over the hill and going down the other side. Now they were on the plain again; and the little steam engine could pull her train herself. So she thanked the little engine who had come to help her, and said goodbye. And she went merrily on her way, singing: "I-thought-I-could! I-thought-I-could! I-thought-I-could!"



- The Amici Centre
- Arts Richmond Hill Inc.
- Between Friends
- Community Living York South
- The Curtain Club
- Girl Guides of Canada York South Division
- Helpmate Community Information
- Hill House Hospice
- Ja'fari Islamic Housing
- Learning Disabilities Association of York Region
- Lions Club of Richmond Hill
- Music For Young Children
- Music to Care for Your Life
- My Canada! Integration - Settlement Services
- Optimist Club of Richmond Hill
- Richmond Hill Aquatic Club
- Richmond Hill Canoe Club
- Richmond Hill Chamber of Commerce
- Richmond Hill Community Food Bank
- Richmond Hill Community Sports Council
- Richmond Hill Lawn Tennis Club
- Richmond Hill Rams Hockey Club
- Richmond Hill Community Soccer Association
- Richmond Hill Social & Bocce Club
- Richmond Hill Training Centre
- Richmond Hill Winter Carnival
- Royal Canadian Legion Branch #375
- Spiritual Assembly of the Bahai's of Richmond Hill
- St. Matthew's United Church Health Cabinet
- Stroke Recovery Network
- Volunteer Association of York Central Hospital
- Wilderness Lifeskills of Youth Inc.

## Reserve Your Free Canada Day Booth Now!



Although it might be hard to think of summer right now, it's time to reserve your booth for the Canada Day Home Show at Richmond Green. Remember, the booths are **free for Character Community Organizations only!** Contact Risa Healey at (905) 771-5489 or rhealey@richmondhill.ca.

## Tips for Persevering

- 1. Clarify your goal.** Base it on your mission/passion, needs and abilities. Know why you want your goal and how you and others will benefit. State your goal in the present. Write desired outcomes, what you want to accomplish. Be detailed, specific, and positive.
- 2. Intend to achieve you goal.** Outline goal, strategies and timeline. Know resources that can help you attain your goal, such as people, associations and the Internet. Break the goal into small steps, working backward from your desired outcome and achievement date.
- 3. Develop support systems.** Meet regularly with positive, encouraging people who support your goals and celebrate your achievements. Select other sources of positive reinforcement such as books or tapes with uplifting themes.
- 4. Choose productive attitudes and behaviors.** Don't dwell in the past, worry about what might happen or view yourself as a victim. Maintain optimism. Reinforce the positive in yourself and others. Expect good things. Focus on what you can do. Acknowledge your accomplishments. Don't change for others or compare yourself with others.
- 5. Develop the will to risk.** Don't fear mistakes. Ask: 'What's the worst that can happen?' Decide whether you could live

with the worst or take steps to reduce the chance of it happening. Don't worry about what might happen. View mistakes as opportunities to grow.

- 6. Maintain a healthy lifestyle.** Care for you mind, body, emotions and spirit. Schedule quiet times to think and reassess. Practice stress relievers such as deep breathing, exercise, meditation. Get sufficient sleep, eat healthy. Take time for fun and friends.
- 7. Practice imagery.** Imagine yourself living your goal today. Hold your desired outcome firmly in your mind. See, smell, touch and hear aspects of your goal. Each morning upon rising, review your goal. Repeat the process at night.
- 8. Persist.** Focus on goals daily. With every "no" of defeat you're closer to a "yes" of success. If you learn from setbacks and stay on course, success will follow. Every day, at regular intervals, ask yourself whether your activities are helping you attain your goal.

Believe you'll attain your goal. Persevere. When your mind, emotions and activities focus on your goal, you can achieve the extraordinary.

**Source:** Kanchier, C. *Perseverance is the Key to Success.*



### Don't Quit

by: E. Guest

When things go wrong, as they sometimes will,

When the road you're trudging seems all up hill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest, if you must--but don't you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about  
When he might have won had he stuck it out;  
Don't give up, though the pace seems slow -  
You might succeed with another blow.

Often the goal is nearer than  
It seems to a faint and faltering man  
Often the struggler has given up  
When he might have captured the victor's cup,  
And he learned too late, when the night slipped down,  
How close he was to the golden crown.

Success is failure turned inside out—  
The silver tints of the clouds of doubt—  
And you never can tell how close you are,  
It may be near when it seems afar;  
So stick to the fight when you're hardest hit—  
It's when things seem worst that you mustn't quit.

**Source:** [www.personal-development.com](http://www.personal-development.com)

**Next Month's Attribute:**  
April is Respect

### Perseverance Quotes

- ★ "It's not that I'm so smart, it's just that I stay with problems longer." ~**Albert Einstein**
- ★ "Fall seven times. Stand up eight." ~**Japanese proverb**
- ★ "Sometimes your greatest asset is simply your ability to stay with it longer than anyone else." ~**Brian Tracy**
- ★ "The mighty oak was once a little nut that stood its ground." ~**Unknown**



On February 19, Mayor Dave Barrow and Members of Council were joined by Richmond Hill residents and business owners to celebrate the Year of the Rat at the 2nd Annual Mayor's Celebration of the Chinese New Year. May all persevere and prosper in 2009!

Character Community E-News is a monthly e-mail newsletter to share information about upcoming events within our organization and beyond. If you would like to contribute upcoming Character Community event information, story ideas or photos, please forward it to the Editor, Michelle Lipkus, at [mlipkus@richmondhill.ca](mailto:mlipkus@richmondhill.ca).