



# CORE VALUE – INTEGRITY

Presented by:



Link Leslie Athill  
San Diego



Link Natalie Hooper  
Portland



Link Kayla Jackson  
San Antonio



Link Joy Williams  
San Fernando Valley



Link Barbara Ross  
Sacramento



Link Tracy Tillman  
San Bernardino Valley



Link Sonya Vaughn  
San Fernando Valley

# The Traits of Someone With True Integrity...



**Offering to Help Others in Need**



**Conveying True Kindness**



**Doing What's Right Even When No One is Watching**



**Showing Respect to Others**



**Choosing Honesty in All Things**



**Showing Regular Reliability**



Link Tracy Tillman

# Offering to Help Others in Need

## *San Bernardino Valley (CA) Chapter*

### **Help Others: International Diaper Program**

- ❖ San Bernardino Valley Chapter – International Trends and Services (ITS) Facet is meeting the needs of people of African descent by enhancing quality of life through its International Diaper Program.
- ❖ Traditionally mothers in undeveloped countries do not diaper their babies due to lack of resources, health acuity and cultural influences. Bacteria is transferred from one family member to another handling the undiapered child.
- ❖ Our chapter developed a simple tool to combat the harmful effects of fecal-oral transmission: converting recycled t-shirts into t-shirt diapers! To date more than 90,000 t-shirt diapers have been fabricated and transported to Africa, Haiti and Cuba.





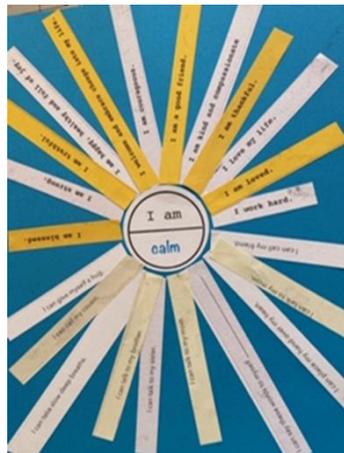
Link Barbara Ross

# Conveying True Kindness

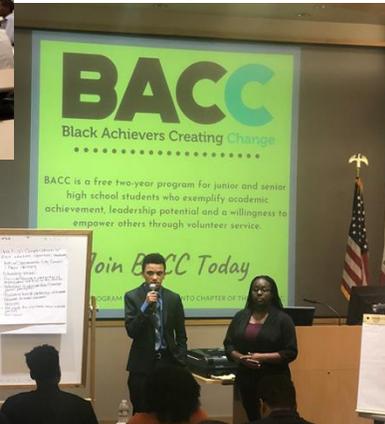
## Sacramento (CA) Chapter

### True Kindness: Youth Community Service (Homelessness)

- ❖ People with integrity are kind.
- ❖ A person with true integrity knows that there is strength in being unrelentingly kind.



- ❖ Sacramento Chapter – teaching youth that people of integrity value serving the community.
- ❖ 27 high school juniors / seniors are hard at work choosing a community project. They decided to focus their advocacy and service efforts on homelessness.





Link Natalie Hooper

# Doing What's Right Even When No One is Watching

## Portland (OR) Chapter

### ... *Even When No One is Watching*: Heart Links Step Challenge

- ❖ Members of the Portland (OR) Chapter of The Links, Incorporated, have been dutifully recording their steps, as part of the Heart Links 75,000,000 Step Challenge.
- ❖ Even during this time of uncertainty and physical distancing, we have been steadfast in keeping ourselves moving, self reporting monthly steps to our HHS chair with integrity, and staying healthy and safe.
- ❖ These photos were taken back in September 2019, when we walked 2 miles - Walking For Healthy Living!





Link Sonya Vaughn



Link Joy Williams

# Showing Respect To Others

## San Fernando Valley (CA) Chapter

### *Showing Respect: Chapter Meetings*

- \* San Fernando Valley Chapter always shows respect to each other, especially in chapter meetings.
- \* This may seem minor, but it gives whomever is speaking a chance to reflect on how they feel, and to really get their point across.
- \* When we show that we respect each other, we are essentially giving value to each other's well being and ideals.
- \* A person displaying integrity will show respect, even if it is not earned.
- \* By taking the higher ground, you are confirming that you not only respect yourself but that you can rise above.





Link Leslie Athill

# Choosing Honesty in All Things

## San Diego (CA) Chapter

### ***Be Honest: Links Achiever Program***

- \* Each year, through its Links Achiever Program, The San Diego Chapter brings together ~20 high school seniors to participate in a 6-month long enrichment program.
- \* These young men attend college prep workshops, go on field trips, attend sessions where they learn life-skills, explore career options, socialize with each other and interact with their mentors.
- \* Through this program these young men engage in healthy debate on current events and speak their mind in a safe and accepting environment.
- \* By attending this program, these young men develop a life-long brotherhood based on two critical aspects of integrity – honesty and trust.





Link Kayla Jackson

# Showing Regular Reliability

## San Antonio (TX) Chapter

### ***Be Reliable: East Side Boys & Girls Club***

- ❖ The San Antonio (TX) Chapter has partnered with the East Side Boys & Girls Club of America for the past 5 years to deliver weekly after school mentoring to middle school students.
- ❖ Our umbrella programs have allowed our facets to spend a valuable hour after school every Monday during the academic school year with our B&GC students.
- ❖ The students look forward to Links activities and can count on us to be there!
- ❖ Reliability is vital in mentor/mentee relationship.
- ❖ True integrity means always showing up to an obligation



## FINAL THOUGHT ON INTEGRITY

*“Real integrity is doing the right thing,  
knowing that nobody’s going to know  
whether you did it or not.”*

*-Oprah Winfrey*