

# **DOMINICA CADET CORPS**

## **CIVIC LEADERSHIP HANDBOOK**



**Honor, Duty, Country**

*A Publication of the*  
Dominica Cadet Corps Central Committee



### ***The Flag of the Commonwealth of Dominica***

The flag is an amendment of a design submitted by local artist Alwin Bully. It consists of a circular emblem of red bearing a Sisserou Parrot (*Psittacus Imperialis* or *Amazona Imperialis*) standing on a twig encircled by ten lime green stars. This is superimposed on three vertical and three horizontal stripes of yellow, white and black forming a triple coloured cross against a general background of forest green.

The central emblem presents the National Bird of Dominica, the Sisserou Parrot, also a symbol of flight towards greater heights and fulfillment of aspirations. The Parrot also comes from the Dominica Coat of Arms thus symbolizing the official seal of the country.

The ten lime green stars - the traditional symbol of hope - represent the ten parishes of the country, each with equal status, thus the equality of our people. The red central emblem carries the connotation of social justice.

The yellow, white and black stripes form a triple coloured cross representing the Trinity of God. The cross itself demonstrates belief in God since the Commonwealth of Dominica is founded upon principles that acknowledge the supremacy of God.

The yellow stripe represents the sunshine of our land, our main agricultural products: citrus and bananas and also a symbol of the Carib people, the first inhabitants of the Island.

The white stripe represents the clarity of our rivers and waterfalls and the purity of aspiration of our people. The black stripe represents the rich black soil of our island on which our agriculture is based and also our African heritage.

The general background of dark green symbolizes our rich verdant forests and the general lushness of the island.

## **Dominica's Pledge of Allegiance**

Before God and all mankind, I pledge allegiance to the flag of the Commonwealth of Dominica and to the Sovereign Republic for which it stands; my love, my loyalty and skills, in the service of Dominica and my fellow Citizens. I promise to work diligently and help build a prosperous and peaceful Nation

## **Our Coat of Arms**



Quarterly Or and Azure a cross filled counter-changed in the first quarter on a Rocky Mount Sable a Coconut Tree fruited proper in the second a Dominica Crapaud also proper in the third on Water Barry wavy a base a Carib canoe with sail set all likewise proper in the fourth quarter on a Rocky Mount also sable a Banana Tree fruited also proper and for the crest. On a Wreath Argent and Azure a Rocky Mount Sable thereon a Lion Passant guardant Or and for the Supporters. On either side of Sisserou Parrot (*Amazona imperialis*) proper beaked and membered or together with the motto *Apres Bondie C'est La Ter*.

## Introduction

The Dominica Cadet Corps have their origin in the Dominica Grammar School (DGS) Cadet Corp which was established in 1910. A military patterned youth leadership program which imparted leadership skills to many of Dominica's Presidents, Prime Ministers and civic leaders, the organization slipped into dormancy in 1978. It was revived in 2000 by Prime Minister Roosevelt Douglas (a former cadet Sergeant at the DGS), after much effort by former cadets such as Francis Richards, David Andrew, Gabriel Christian and others. To that end they were ably assisted by Commissioner of Police Mathias Lestrade and Superintendent Nicholas George. Their leadership facilitated a close link between the Cadet Corps and the Dominica Police Force, as a result of which several Cadet officers today are from the police service.

The Cadets first public showing in twenty-two (22) years was at the State ceremonies surrounding the farewell for the late Prime Minister Rosie Douglas whose executive order of February 2000 appointed former lieutenant Richards "to do all things reasonable and necessary to revive the Cadet program." Dominica's parliament under the leadership of former Cadet Corporal, Prime Minister Pierre Charles unanimously passed the new Dominica Cadet Act in law in January 2001. It is for that reason Cadet Week is celebrated every January; in tribute to the passage of the Cadet Act. In furtherance of the Corps' youth leadership mission, this Civic Leadership Handbook was crafted to provide guidance to Cadets. Without such guidance the value of membership in the cadet program may not be realized. By immersion in such leadership and patriotic principles, we can ensure that our island state will rise based on our focus on integrity, discipline and drive. The handbook also seeks to promote service to others and values which enhance the potential for success in life. Indeed, all citizens would do well to follow the success principles outlined herein.

It must be stressed that a good cadet must be a good citizen. However, as with all successful efforts, one must be prepared for good citizenship by absorbing success principles. Once learned and practiced, these principles will transform the readers into good citizens and leaders in their families, schools,

communities, and so make for a better country. As we celebrate Cadet Week each year, and appreciate the importance of our national independence, the need to practice good citizenship habits takes on added importance. While promoted by the Dominica Cadet Corps, this Civics Handbook applies to all Dominicans. Indeed, it applies to our fellow cadets in other Caribbean states and all humanity, as the values herein are universal. Study and exercise the principles outlined below, and you will become a worthy member of the Dominica Cadet Corp and a true citizen-protector and nation builder of our beloved homeland, The Commonwealth of Dominica: *The Nature Isle*.

## Honor, Duty, Country

**Honor:** A good citizen believes in honor. Acting with honor means that a good citizen does not lie, cheat or steal.

**Duty:** Duty means being faithful to the best aspirations for our country and people. Duty means that one must take an active role in building the country and doing ones best in every task. Duty also means being compliant with reason, proper religious upbringing and the guidance of our parents, and teachers.



**Country:** Country means “Dominica,” the Nature Island of the Caribbean, the land that we love. Good citizens are patriotic and committed to the environmental protection, territorial integrity and national independence of Dominica. A good citizen will give his/her service at

all times to the development and prosperity of Dominica, with liberty and justice for all. In so doing a good citizen ensures that our country is, at all times, a free, orderly, respected and worthy member of the world community of nations.

### **To Inspire!**

A good citizen acts to inspire the best response in his fellow

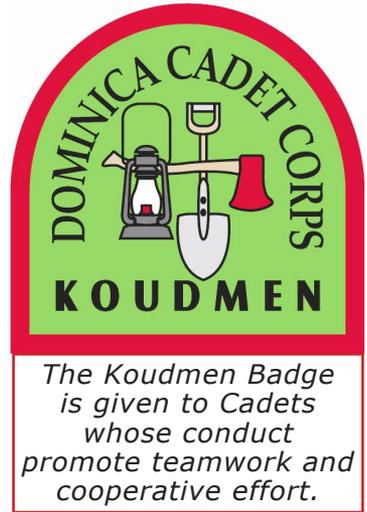
citizens at all times. A good citizen motivates others in the community to do their civic duty, by being the best that he or she can be in assigned tasks.

**To Achieve!**

A good citizen seeks to ensure his family and community is cared for. That is achieved by working in a collaborative and cooperative way with others, as one team.

**Teamwork-In the Spirit of Koudmen**

All great civilizations were built by teamwork. The principle of Koudmen was developed by Dominicans as a way to cooperate with each other to build homes, roads and cultivate gardens when they were without the money to hire others to do so. Koudmen endures as a noble character trait of our people. Koudmen stands for the principle of sharing and cooperative effort. It is the Koudmen spirit of community self-help, which led to many successful cooperative credit unions being built around our country. As we grow, we must maintain an active commitment to the cooperative spirit of Koudmen. Koudmen, or team effort, rises above selfish behavior and narrow individualism. It is also in conformity with our Christian tradition of love and togetherness among all humankind. In embracing its spirit we will avoid the selfishness and disunity that has doomed many civilizations.



**Obey our Laws**

A Cadet must uphold the constitution and laws of the Commonwealth of Dominica. These laws were passed to govern our lives by our elected representatives sitting in parliament. Where we do not agree with a law, then the matter is debated in parliament and changes are made. Where we do not like a government, there is a process to make orderly change. That process is called a general election. After the government is elected it must serve the best needs of the nation. If it does not, it will be replaced at the next election. In the meantime, everyone must exhibit maximum patriotic duty and work to build the country. A Cadet must learn about our constitution

and laws, so as to be able to uphold those laws.

### Settling Disputes

Often people lash out at those who have offended them. On occasion, some undisciplined people take the law into their own hands instead of going through the law enforcement system. A Cadet promotes the peaceful resolution of conflict at all times, and must assist law enforcement by encouraging others to obey the law. Your good conduct is useful in setting such an example.

Disputes between citizens are handled in the courts. For that reason, a good citizen must never take the law into their own hands by seeking to hit out at someone where they have offended you. If someone has broken the law, report them to the police. If they have broken the rules in the school report them to the teacher or principal. The police will then file the relevant charges and the courts will apply the law, and render a decision after giving due regard to the facts. A principal may suspend or expel a student who is a rule breaker. In countries where people do not respect the law there is no peace and the society collapses into what is called a failed state. A Cadet must strive to ensure our homeland is ruled by good laws and disputes settled in our law courts and not on the streets.

**Faith** is the determination to overcome. That comes from our religious training that belief in the grace of God can strengthen us in the face of difficulties. Prayer, therefore, is a healthy way to start the day by meditating on the need to be optimistic while focusing on God as an ally in your forward march and victory. However, prayer without deeds is empty. Such a belief system and practice will persuade one to act in accordance with the noble principles of love and respect for our fellow citizens.

**Family** is the building block of our island community. Always take care to obey your parents where they seek to have you do well. Honor your parents and give them their due respect. Be helpful to them around the house, the garden, family chores or business enterprise. Be a model to your brothers and sisters, where you have them. Help them in their schoolwork where you can. When you become an adult, take care to have only so many children as you can afford

to support within a family setting. Marriage is a committed team effort between a man and a woman and offers mutual support in child rearing. Marriage should be a prerequisite to having children. Having children outside a marital relationship weakens the bonds of family and community and makes it difficult to properly raise a child. Guide your children by the principles of sharing, discipline, love and kindness.



## Volunteerism

Always be the first to volunteer for a worthy task. Never forget to be dutiful to others in need. Volunteerism means that you work to serve your community because it is the right thing to do. A volunteer does not work for monetary or material reward.

Join worthy organizations such as Student Councils, Boy Scouts, Girl Guides, Pathfinders, Volunteer Fire Service, Red Cross, Sports Clubs, Police Youth Organization, Dominica Academy of Arts & Sciences, Church Groups, or Youth Groups. Where there is need for a student council, or science club at your school, form one. Do not wait for someone to do so for you.

Take the lead! You may get the assistance of your teachers and parents to do so. Encourage your parents to attend Parent Teacher Association (PTA) meetings. Encourage them to support school activities. Volunteer to help around your classroom or the school to keep it tidy. Volunteer to plant flowers or clean your classroom or school compound. A beautiful, healthy and clean school environment improves your ability to learn. The organizations noted will allow you to learn the principles of teamwork, provide you with leadership training, first aid skills and teach the values of volunteerism.

## The future is in your hands!

You will have to follow certain rules—

- Obey your parents.
- Obey your teachers.
- Be a law abiding citizen.
- Remember, the future is in your hands.

And no one will check on you every day to ensure you follow all rules. You must learn to be self motivated and self-disciplined to check on yourself at all times.

When you make good decisions, you can—

- Enjoy life more.
- Feel better about yourself.
- Stay on target to achieve your goals!

You may not have all the answers when making decisions. However, act wisely and think about the repercussions of your decisions, from all angles, before you act. Remember, you may seek the guidance of your parents, teachers, or more experienced persons in your community for guidance. Never despair! You can do it!

### **Make decisions that are good for you.**

1. Make a list of your goals.  
*What do you want to do or have?*
  - Today?
  - In 6 months?
  - In 1 year?
2. Think about how to reach your goal  
*What choices do you have?*
3. Look over your choices.  
*Which ones can help you reach your goal?*  
*Which ones can hurt you?*
4. Pick the choices that can help you reach your goal.  
*Then, take action!*

Follow these steps for each goal on your list. Remember a Good citizen is always mission compliant and Goal Oriented. That means that you start each day with a positive attitude aimed at achieving the best results in all that you seek. Your

studies should always come first, as you must lay a sound educational foundation to enjoy a prosperous future. If you follow the above principles you will have victory.

***Tips:***

- Set goals you can reach.
- Do not expect to get everything you want right away.
- Make a plan.
- Do things one-step at a time. If you fail to plan, you plan to fail.
- Use your time wisely.
- Break big tasks into small ones.
- Make decisions when you are calm.
- Avoid making choices when you are angry or sad.
- Learn to be your own best friend

When you feel good about yourself—

- You can make good things happen in your life.
- You can get along better with other people.

When you feel bad about yourself—

- It can be hard to take charge of your life.
- You may not get along well with others.

You can deal with change better if you respect yourself and others.

***Tips:***

- Be patient.  
*Take things one day at a time.*
- Learn to say no.  
*If people pressure you, think before you act.*
- Enjoy your free time.  
*Do things you like. For example, read, draw, exercise or play music. However, do not attend parties or listen to music to the disregard of your studies. Your studies come first.*

**How to find and keep a job.**

1. List your skills, past jobs and references

(People who can recommend you). Bring this list with you when you apply for a job.

2. Look for jobs you can do.

*Check:*

- Local companies
- Newspaper want ads
- The Chamber of Commerce
- Ask your someone who owns a business
- Ask a family member or friend

3. Do not give up!

*Finding a job takes hard work and time.*

4. Look your best.

*Shower, and dress neatly. Your hair must be well groomed, your teeth properly brushed and your shoes shined. Be on time for interviews.*

5. Fill out job forms carefully.

*Ask a friend to come with you if you need help.*

6. Be positive about yourself.

*If people ask about errors you have made in the past, you can say—*

- "I made a mistake. I've learned from it."
- "That was in the past. I've have changed."

## **Be a "can-do" person.**

When your parents, teachers, or employers ask you to do something, always do your best. Never say, "I can't" Always say, "I'll try." Be always optimistic and confident in the pursuit of your duties. Always take the initiative in doing things and be able to make wise decisions independently. Be willing to be innovative and creative in getting your mission accomplished.

## **Be on time.**

- Avoid being late or missing meetings, school events, assignments or work.
- Ask questions. If you are not sure about something, or need guidance in your studies, ask for help.

Accomplishing a mission, or a job is more than about material gain or getting a promotion. There is pride and satisfaction in getting a job done well and helping others. When you do a job or you are directed to engage a mission, do so honestly and with integrity. Do not cut corners or be too hasty in acting, as haste makes for waste. Excellence is its own reward. Therefore, always take pride in what you do!

**A good citizen is thrifty and learns to economize.**

Good citizens are encouraged to be enterprising and to be self-reliant and not overly dependent on others. That means being responsible in how you handle money. Always seek to get a part-time job while at school. That will stand you in good stead when you graduate. Good citizens must also learn the art of business development as early as possible. Even where you do not have a job, a good citizen can learn to save whatever money he or she is given or earns doing jobs around the home.

By being thrifty you learn the discipline required to save money.

A budget can help you make ends meet. When a good citizen leaves home, a budget, such as the sample shown below, should be drawn-up. Even while at school, you may draw up a budget stating your expected income and expected expenses.

1. Write down how much you think your costs will be for the month:

Rent.....	\$ _____
Electricity.....	\$ _____
Books/newspapers .....	\$ _____
Food.....	\$ _____
Transportation .....	\$ _____
Insurance .....	\$ _____
Phone.....	\$ _____
Clothes.....	\$ _____
Savings .....	\$ _____
Other .....	\$ _____
<b>TOTAL .....</b>	<b>\$ _____</b>

2. Write down how much your income will be for the month:

Job .....\$ \_\_\_\_\_  
Allowance from parents .....\$ \_\_\_\_\_  
Other .....\$ \_\_\_\_\_

**TOTAL** .....\$ \_\_\_\_\_

3. Subtract your costs from your income:

Income .....\$ \_\_\_\_\_  
Costs .....\$ \_\_\_\_\_

**TOTAL** .....\$ \_\_\_\_\_

If your income is more than your costs, you are in good shape! If you are spending more than you earn, then you will not succeed. This applies more so to you when you graduate from school, but you are well served by learning these principles now. Where you run into such difficulty, talk with family, counselors or friends about ways to cut down on your costs.

### **Needs vs. Wants**

Be able to differentiate between needs and wants. A need is what you must have to survive. Examples of needs are food, shelter, clothing, education etc. A want is a luxury that you can do without. Examples of wants are stereo sets, expensive jeans or sneakers, extra shoes, flashy clothes, jewelry etc. Spend money on your needs first. After you have satisfied your needs, and if you have extra cash, you may consider getting something you want. Those who fail to make that wise distinction find themselves in financial difficulties. Make satisfaction of your basic needs a priority at all times.

Being able to make that distinction between needs and wants will set you on a stable course for balanced and prosperous adult living.

#### **Tips:**

Open a bank or credit union account as soon as you can. This will help you save and keep track of your money. Strive to save at least 10% of all that you earn. If you do not plan

to save, you plan to fail. Your savings will help you when things are hard, such as when you may lose a job or fall ill.

### **Money—Avoid buying on credit.**

Save some money each week for things that you want. If someone offers you “easy money”—STOP! Think about what could happen to you. Remember, it takes time and work to save money. Any offer of “easy-money” or a “get rich quick” scheme is usually associated with illegal and/or dishonest behavior and activity such as drug dealing or thievery. A good citizen must be honest at all times and stay clear of dishonest persons or those who would cheat you or others.

## **Good Citizenship and Leadership Skills**

### **Health—Stay healthy to look good and feel good!**

- Get enough exercise and sleep.
- If you feel ill get medical help as soon as possible.
- Eat healthy foods.
- Choose low-fat foods, such as fruits and vegetables. Avoid “junk food.”
- Control stress.
- Talk with your parents, family, counselor, or a trusted friend about your feelings. If someone bothers you, stay calm and walk away.

### **Victims—Helping crime victims can help you feel better about yourself.**

Always assist anyone who has been a victim of a crime. Be a good Samaritan at all times and render assistance to those in need, wherever and however you can. The good citizen owes a duty to assist the Police in ensuring we have a community and country where crime is at a minimum. The cadet, as a good citizen, must work with the Police department to secure peace and order in our homeland.

### **Alcohol & Drugs—Avoid the abuse of alcohol or the use**



## **of illegal drugs and risky behavior.**

- Make friends with people who do not abuse alcohol or do street drugs.
- Avoid places where people put pressure on you to use drugs or abuse alcohol. The use and abuse of drugs or alcohol will destroy your health and frustrate your ability to learn. Encourage your friends to engage in clean living by avoiding the use of drugs or the abuse of alcohol. Smoking of any kind is to be avoided as it is harmful to your health.
- Get help if you or a friend has a problem. Inform your parents, teacher, or counselor if a friend has a drug or alcohol problem. A modest use of wine or beer among adults is accepted in our society. However, such usage is for adults. Students should not use alcohol. Drunkenness is a disgrace and dangerous to ones health.

## **AIDS—A real risk if you use drugs.**

People who use drugs or abuse alcohol do not care about their health and welfare and are more likely to carry the AIDS virus.

Avoid risky behavior such as having sexual relations while a minor, or with a minor. Sexual relations are for consenting adults who love each other and do not seek to exploit the other. A good citizen does not use his/her strength or position to force sexual relations on another person. Having random sexual relations may lead to unplanned pregnancies, diseases such as AIDS and an untimely death. Good citizens must always seek to preserve their health and personal dignity. Someone who is known as sexually promiscuous loses respect in society and does not make for a good mate or loyal partner. Ask your parents, doctors, or a learned friend on ways to protect your reproductive health.

Also avoid reckless driving, bullying or picking fights. A good citizen must be a model of good behavior in his or her family, school, and community.

## **Sexual Contact—Avoid any form of sexual contact with members of your Unit at all times.**

The Cadet movement is made up of both sexes. While it is human to form attraction between the sexes, such fraternization or romantic entanglement among officers and ranks is not acceptable and will damage the organization where it occurs. If one cannot abide by this rule, they should do the honorable thing and resign from the organization.

Don't engage in sexual relations among members of a group of which you form part, as such is bad for good order and discipline in the organization. If an adult, you may in time elect to enter a committed relationship with one to whom you are attracted. However, one must avoid mixing such relations with the business of the organization as it will breed indiscipline, disrespect and lead to a breakdown of morale.

### **Taxes—A Good Citizen pays taxes.**

Taxes are paid to government so health, education, public works (roads, bridges etc.) and security can be provided to our citizens. Where our country's government cannot pay for its necessities, as described, it has to borrow money or ask other nations for assistance. It is not dignified to ask others to do for us, that which we can do for ourselves. Paying ones fair share of taxes ensures that the nation remains strong and self reliant.

A good citizen pays taxes, once he or she is earning sufficient income. One who earns sufficient income but does not pay taxes is living at the expense of others and imposes an unfair burden on the society.

### **Protecting & Respecting Property—Protect government property and respect the property of others.**

It is the duty of all good citizens to protect government



property, as it is there for the benefit of the entire community. Without protecting bridges, schools, hospitals, roads and other items of community property we would be without a country.

A good citizen also respects the property of his neighbors, as he would respect his own.

### **Kindness—Be a good neighbor.**

A good citizen is a good neighbor. A good neighbor does not quarrel with those in his/her community. Nor does a good neighbor keep an untidy home or yard. Properly discard plastic or other containers so that they do not collect stagnant water. Stagnant water allows for mosquitoes to breed. These mosquitoes in turn spread disease. If you see an empty plastic bottle on the beach or anywhere, place it in the nearest trash bin. If your community does not have trash bins, work with others to get them in place. Cadets who behave in a civic manner project a good example to others. Remember, Dominica is ours to protect.

An untidy home or yard is a blight to be avoided by all means. Do not be a bad neighbor by excessively playing loud music at night to disturb others. Trash should be disposed of properly, and nothing burnt or made to cause offensive odors that would prevent neighbors from the quiet use and enjoyment of their property. Pets or domestic animals must be properly restrained and not allowed to roam the streets or become a public nuisance. Stray dogs can be carriers of diseases. A good citizen cooperates with others to keep his street, village or town clean at all times.

### **Courtesy—Be courteous at all times.**

- Always report on time.
- If you are going to be late for an appointment, call ahead.
- Be polite and honest.
- Do unto others, as you would like done unto you. Treat others the way you want to be treated: With dignity and honesty.

### **Citizenship—Take an Active Part to Build Our Country.**

Be an active citizen by doing a good job, helping your neighbors, and being loyal to the needs of our country. Do not be passive and allow anyone to destroy your community or take over our homeland. Instead you must develop, protect and defend the homeland by all means.

### **Discipline—Do all you can to stay out of trouble.**

Avoid falling into bad habits with the wrong crowd. A good citizen considers himself/herself part of a nation building team. Let the discipline you have learned in this booklet shine through in your mannerisms and actions.

### **In Need—Asking for help when you need it.**

No one is perfect or has all the answers. Asking for help is a sign of strength, not weakness!

### **Pride—Always take pride in yourself.**

Let it show in your neat dress and proper manner of speaking.

## **RESPECT—**

### ***Your People***

Dominicans are people of African, Carib, and European origin mainly. We also have some Dominicans of Asian and Middle Eastern origin. A good citizen respects all Dominicans, regardless of ethnic origin. We are all equal before the law. A good citizen respects the culture of all Dominicans where that culture is uplifting and worthy of respect. A good citizen seeks to understand the history and the journey of our people through time. Such knowledge will allow us to make better choices and build a better society, where we respect the value of each other. A good citizen works for a fair society where justice and equality of opportunity prevails for all.

### ***Your Culture***

A people without a culture, is like a tree without roots. So you must understand and respect the noble cultural habits of our people in the cooperative spirit such as Koudmen, our Creole language, literature, music, dress and cuisine we have developed over the course of our history. By upholding

the Dominican culture we become more self-reliant and dignified. Dominica's culture is constantly being enriched by each generation. Good citizens must strive to leave a positive impression on our culture at all times. A good citizen must study the history of our island and be able to teach non-Dominicans about Dominica.

### ***Yourself***

A good citizen must respect himself or herself. Do not be seen drunk, littering, fighting or using profanities. Always show pride in your manner of speech, the noble principles you espouse, and the efficiency with which you accomplish your assigned tasks. Your dress and general deportment must reflect well on you.

Avoid the use of profane language or "curse-words" at all times. A good citizen must be a model of good behavior. That means a good citizen must not use curse words at any time as it demeans the character of the user and inflames the person at whom it is directed. Avoid speaking in anger as you may come to regret what you have said. Remember, the spoken word cannot be withdrawn.

### ***Your Environment***

We must respect our environment at all times. In many countries people live difficult lives because they, or outsiders, disrespected their environment. God has blessed Dominica with a wonderful environment. Therefore, we must protect our forests, rivers, animals, air, and territorial sea and ocean for future generations and the benefit of all mankind. We must learn proper waste management, learn to recycle, and use sustainable energy such as wind, wave, solar, hydro, and geothermal to ensure our survival. Fresh water, for instance, is a critical strategic resource and we must strive to preserve our water catchments from depletion or pollution. In so doing, we will have a better quality of life.

## **PATRIOTISM & VALUES—Be an ambassador for your country when abroad.**

People form perceptions of other nations by what they read and/or the people they meet. Therefore, we must build an orderly, prosperous and just society at home and promote the virtues of our country when abroad. That way we can

proudly invite others to visit our beautiful island, by working to keep it beautiful.

Every good citizen is an ambassador for Dominica when abroad and must be a law abiding and productive part of the community to which he/she has traveled. In so doing you embellish the name of our country. Obey the laws of the country where you reside. Join organizations which promote civic duty and volunteerism in your country of residence. By helping those in your new homeland, you will set a good example and in turn persuade them to invest in and/or assist Dominica. If you believe the laws in your new homeland are unjust you may join a civic organization to change it. Do not bring shame on your family or country by engaging in misconduct abroad. Avoid criminal activity at home, and abroad at all times.



***When abroad, remember to work for your homeland***

Those who have left Dominica must remember their land of birth and remain loyal to its development needs. Remember the needs not only of the family members you have left behind, but the schools, hospitals and libraries which serve your island community. Always strive to build a home, open a bank account, or a business in your country of birth. Pass along the virtues of what you have learned and expose your compatriots to whatever good you can impart from your travels. It is always noble to remember the land of your birth and seek to contribute something to its uplift.

Also, join Dominican organizations in your new communities and so keep the spirit and culture of your homeland alive. Teach your children about Dominica with pride. That way we perpetuate the links to Dominica for generations to come.

***Address your superiors and others formally: Sir & Ma'am***

Address others formally by using: "Sir" or "Ma'am." In addressing adults, use the formal term of Mr. or Mrs. or

Miss, where the female is unmarried. Do so at all times. The person may choose to have you address them informally by using their first name, once you have grown to know each other better. Use this format when talking to employers, visitors to your home, or adults. Also, address your teachers or adults by using their last name. In our culture calling someone by his or her first name is discourteous, unless the person is a personal friend. Such courteous behavior will enhance the respect that others have for you in society.

### ***Be willing to apologize***

Be willing to apologize when you have wronged someone. By apologizing, you dampen ill feelings and renew strained relations. Even where you may remain fixed in your view that you were right, be willing to make amends where your conduct may have been too uncouth or brutish in asserting that right.

### ***Be forward looking***

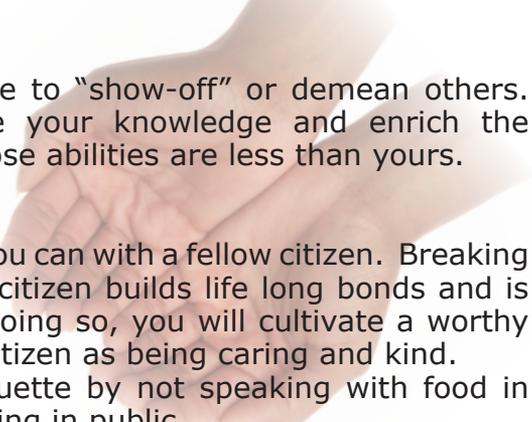
History must aid us in understanding our past so we do not make the mistakes of those who went before us. Colonial rule and slavery ill served our people. Today we are independent and each cadet and/or citizen is responsible for our country's success or failure. One cannot live in the past or nurse old grievances while forgetting about the work at hand. Always use history to do a better job today. Yesterday, while it may be remembered, is gone. A good citizen focuses on what he or she can do, going forward. Let us work wisely for a better Dominica today, and build for a prosperous tomorrow.

### ***Do not block the road even where you believe you have the right of way***

Our island roads are narrow. Some people often cause unnecessary hardship where vehicles come upon a narrow path and no one is willing to reverse. A good citizen exhibits superior intelligence by reversing his/her vehicle where it is possible to do so. Arguing or quarreling only blocks traffic and inflames passions. A good citizen is not a speed merchant; but practices road courtesy.

### ***Proper use of language***

English is our official language. Achieve mastery in its use by reading widely and ensuring that you are well grounded in works of local and international literature. Never use your



mastery of the language to “show-off” or demean others. Instead, seek to share your knowledge and enrich the vocabulary of those whose abilities are less than yours.

### ***Sharing & Etiquette***

- Always share what you can with a fellow citizen. Breaking bread with a fellow citizen builds life long bonds and is fondly recalled. In doing so, you will cultivate a worthy image of the good citizen as being caring and kind.
- Practice proper etiquette by not speaking with food in your mouth, or spitting in public.
- Do not shove your way to the front of a line.
- Do not be loud and disorderly in public.
- Always offer to contribute to paying for at least part of a meal if you go out to eat with companions. That is, you should not sponge off or exploit the kindness of others.
- Do not quarrel with others. A quarrelsome person is a vexation unto civilization.
- While at a party or as a guest, do not heap your plate with food or use up all the drink. Leave some for others.
- Don’t argue over religion. Such arguments lead nowhere and usually leave a lot of misunderstanding behind.
- Don’t quarrel over politics or make enemies thereby. Instead, try to have a mature understanding of all the issues that affect our country by engaging in panel discussions, debate clubs and reading widely.
- Don’t monopolize the conversation when engaged in a discussion. Give the other person a chance to air their views.
- Don’t be intolerant of other views, simply because you disagree. If you believe you are right, you will have a better chance of persuading others by the power of your reasoning and superior conduct, as opposed to swearing at them or flinging insults. A good citizen is intolerant of indiscipline not other people.
- Don’t gossip or spread rumors. A good citizen is too mature and serious a person to promote character assassination.
- Don’t abuse your rank or authority to extract favors from others.

### **Creativity—Think outside the box.**

Being creative, innovative, or inventive is the hallmark of

successful people everywhere. Never let anyone discourage you from a positive idea or concept you may have. Associate with those who encourage you in positive action. Creativity often means thinking of new things or thinking “outside the box” of what is taken as common wisdom. For instance, most people before 1903 thought that heavier than air objects could not fly. The Wright brothers did not accept what most people thought to be a fixed rule of science. They thought “outside the box” and invented a machine which could fly in 1903. Take time to read about the lives of great inventors, leaders, or artists who thought outside the box and advanced civilization. Attending your local library regularly and reading widely can help you become more creative.

### **Jealousy—Banish Jealousy from your life.**

There will always be persons who differ from you in looks, circumstance or conduct. Do not be jealous or envious of them. Believe in yourself and your abilities. You are as good as anyone else and should strive to do your best in whatever you do. Therefore never be jealous of anyone; it is a negative emotion.

### **Sharing Knowledge—It’s Power.**

Enjoy this book. The knowledge you will acquire by reading and re-reading this civics book is priceless. Share this knowledge with friends. Tell them what you have learned. By such repetition, you will reinforce these positive principles. Studying this book and putting it into practice will make for a productive and disciplined Dominican community. Where you follow these principles you will excel and become a leader in your community. By marking your conduct with these principles you will earn positive friendships and become trustworthy to others. In short, the leadership techniques learned, where you put them into action, will serve you well for a lifetime.

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Cadets in Disaster Management Training  
*Erecting an Improvised Tent*

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