



NOVEMBER 2015

VIRTUES



Bringing Virtues to Life

Building Our Future Through
Education, History and Culture!

Compliments of:
Virgin Islands Department of Education
Division of Virgin Islands Cultural Education

Frequently Asked Questions

Learning More About the Virtues Project

What is The Virtues Project?

The Virtues Project was founded by Linda Kavelin Popov, Dr. Dan Popov, and John Kaveline in 1991. It is considered a global grass roots initiative to inspire the practice of virtues in all aspects of life. Honored by the United Nations during the International Year of the Family as a “model global program for families of cultures”, it serves as a catalyst for the renewal of kindness, justice, and integrity in more than 90 countries.

The Virtues Project continues to inspire and mobilize thousands of families, educators, leaders, and employees to commit acts of service and generosity, to heal violence with virtues, and to create safe and caring communities.

What are Virtues?

Borrowing six year old Sharon’s description, “Virtues are what’s good about us.”

Virtues are the essence of who we are. They are the content of our character and the basis of genuine happiness.

Why Virtues? Why Not Virtues?

Values are what we value and care about. They could be anything. We may value getting rich and famous, we may value power over others, but that doesn’t mean we will have good character. Values are culture-specific because what some families or cultures value, others don’t. Virtues are much more elemental than values. While values are culture-specific, virtues are universally valued by all cultures.

Why teach virtues?

Many teachers and administrators are finding that applying the strategies of The Virtues Project is transforming the culture in their schools by helping them to create a total environment of caring and respect.

They have replaced discouragement with empowerment, having discovered that words such as “lazy”, “retarded”, “stupid”, “unacceptable” were literally demoralizing and dis-courage-ing their students.

When they filled their classrooms with encouraging words, such as “helpful”, “excellent”, “compassionate”, self-disciplined”, “integrity”, and “kind”, they find these behaviors flourish.

Why has the Virtues Project been so successful?

Its success is credited to teaching and the application of their Five Strategies. These strategies are the signature contribution of The Virtues Project. They are based on the virtues that are universally valued by all cultures and faiths.

Why Speak the Language of Virtues? As any language has the power to inspire or to discourage, in order to effectively teach the virtues, you are encouraged to speak the language. The Language of Virtues helps us remember what kind of people we want to be. Self-esteem is built when shaming or blaming is replaced by naming the Virtues, our inner qualities of character. Using virtues to acknowledge, guide, correct and thank awakens the best within us.

How to Speak the Language of Virtues? Using positive words - appreciate, applaud, thank, acknowledge, and honor - are key examples to speak the language. There are three elements of a virtues statement, namely:

- 1) An opening phrase 2) A virtue 3) How the virtue is being shown or needs to be shown

There are three different kinds of statements, namely an acknowledge, guide, and correct statements. Below are the different examples of model statements used to acknowledge, guide, or correct a virtue.

Acknowledge Statement:

is used to express appreciation or encouragement of someone's action.

I appreciate your cooperation	in meeting the goals of the Division.
We are thankful	for you meeting with us to discuss our concerns.

Guide Statement:

is used to let someone know what you want them to do.

Showing respect	for each other is important.
The virtues of unity	is appreciated as we move forward.

Correct Statement:

is used to correct and teach in positive ways without using words, such as but, etc.

There must be unity	for us to achieve the VIDE's goals and mandates.
Please be thankful	for the gift of life, regardless of the difficulties.

During the months of December and January, Strategy #2 - Recognize Teachable Moments - will be explained.

For more information and / or to request a presentation for your church group, PTA, staff meeting, youth group, etc., who should be contacted?

Feel free to contact Virtues Project Facilitator, Arlene L. Pinney-Benjamin at 340-774-0100 x:2804 or alpbenjamin@doe.vi at the Department of Education Division of Virgin Islands Cultural Education, which is located at J. Antonio Jarvis Annex.

NOVEMBER 2015

VIRTUES OF THE MONTH:

Cooperation

I am thankful for the gift of Cooperation. It brings me into community.

(November 1 - November 7, 2015)

Unity

I am thankful for the gift of Unity. It makes me an instrument of peace.

(November 8 - November 14, 2015)

Thankfulness

I am thankful for the gift of Thankfulness. It makes my life bountiful.

(November 15 - November 21, 2015)

Respect

I am thankful for the gift of Respect. It helps me to handle life with care.

(November 22 - November 28, 2015)

Upcoming

DECEMBER 2015

VIRTUES OF THE MONTH:

Understanding

I am thankful for the gift of Understanding. It enlightens my viewpoint.

(November 29 - December 5, 2015)

Tolerance

I am thankful for the gift of Tolerance. It broadens my horizons..

(December 6 - December 12, 2015)

Patience

I am thankful for the gift of Patience. It helps me to keep my peace.

(December 13 - December 19, 2015)

Joyfulness

I am thankful for the gift of Joyfulness. It makes my spirit sing.

(December 20 - December 26, 2015)

Honor

I am thankful for the gift of Honor. It makes my life worthwhile.

((December 27, 2015 - January 2, 2016)

COOPERATION

Cooperation is working together and sharing the load. When we cooperate, we join with others to do things that cannot be done alone. We are willing to follow the rules which keep everyone safe and happy. Together we can accomplish great things.

“Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace.”

Dwight David Eisenhower, 34th President of the U.S.A.

The Practice of Cooperation

... I practice Cooperation when I ...

Work well with others
Offer my help and ideas freely
Disagree peacefully and respectfully
Follow the rules
Ask for help when I need it
Help keep a safe, happy environment

Affirmation

I am cooperative. I respect the rules. I work and play well with others.
I keep myself and others safe.

CULTURAL PROVERBS

Many hands make wuk light.

Meaning

With people being cooperative and working together, much can be accomplished.

ANANSI STORY

Compere Zayeh and the La Jablesse
Broo Nansi - - A Selection of Anansi Stories
Collected by Dr. Lezmore Emanuel

In Compere Zayeh and the La Jablesse,
the villagers cooperatively worked together to teach Zayeh a lesson.

Activities with Cooperation



Trust Walk

Form pairs and blindfold one person. The other is to lead them gently and carefully around the room, making sure they do not bump into anything or anyone. Then they change roles.

Yarn Toss

Make a design out of yarn or string by forming a circle and tossing a ball of yarn across to others. Hold onto one part of the string while tossing the ball and keep holding the parts of the string that come to you. Option: As each individual tosses the yarn, they say aloud a virtue they like to practice. "I like Cooperation." "I like Kindness."

Cooperative Hide and Seek

(From *The Joyful Child* by Peggy Jenkins)

Two children, hand in hand, begin as the seekers, and each time they find someone he or she joins hands with them. The game ends with all children holding hands.



Virtues Reflection Questions

- When have you needed someone else's help to do something difficult?
- When have you helped someone else to do something they could not do without you?
- Describe what it is like when there is no cooperation in a group.
- Describe what it is like when there is cooperation in a group.
- What can you do with others you cannot do yourself?
- Name three things that can be done cooperatively to stop all bullying.



Drawing Cooperation

In a group, using a large sheet of paper, make a mural or drawing of people doing things together. Decide who will draw what before you start. Come up with one general idea and then give each other the freedom to be creative in your own ways.



Poster Points

- Go along to get along.
- Together we can do great things.
- Be a safe-keeper.



Quotable Quotes

"We must help one another; it is the law of nature." French Proverb

"By uniting we stand, by dividing we fall."
John Dickenson (The Liberty Song)

"We must try to trust one another... and cooperate." Jomo Kenyatta

"Cooperation is doing with a smile what you have to do anyway." Anonymous

"Asking for help does not mean that we are weak or incompetent. It usually indicates an advanced level of honesty and intelligence."
Anne Wilson Schaefer

"Oh, I get by with a little help from my friends." Paul McCartney

COMPERE ZAYEH AND THE LA JABLESSE

Everybody knew that Compere Zayeh besides being lazy and greedy was a big coward. However, whenever the villagers met and told stories of the jumbis they had encountered, he always laughed.

"Jumbis? Jumbis? Who believes in Jumbis? Not me, Zayeh."

So it was that whenever they spoke of Jablesse and Mama Maladie, Zayeh would always sneer, "Let me meet one Jablesse or one Mama Maladie. I will show them who is afraid."

The neighbors finally grew tired of Zayeh's boasting and decided "to do" it for him. One moonlight night, with the moon shining down on the graves in the cemetery, they dressed up the tallest person in the village in a long white sheet and gave him a bundle of rags to carry in his arms. Then one of the neighbors went to Zayeh's house.

"Eh, Compere, I want to ask you a big favor. I have to go visit my sister who is sick, and I am afraid to pass the burying ground all by myself. Since you are not afraid of Jumbis, I thought I would ask you to accompany me. I know you are not afraid of Jumbis and such things."

Now Nansi knew that his boasting had got him into trouble, but he could not very well back down, so he said: "I will be glad to accompany you, but right now I am turning some coo-coo* and you know how cornmeal is. If you leave it for long it will lump up."

"I know Broo, but I am in no hurry. I will wait."

Nansi thought up one excuse after the other, but to no avail. In the end he had to accompany the man. As they neared the burying ground, Nansi began to sing and talk loudly.

"Why are you making so much noise, Compere? This is the burying ground you know. We don't want to disturb the spirits."

"Spirits?" replied Nansi with as much lack of concern as he could muster. "You know that I am not afraid of Jumbis."

"That is true, Compere, that is why I asked you to accompany . . . eh, eh! But what is that I am seeing? Look over there, Compere."

Nansi looked nervously in the direction of the other's outstretched finger.

"Where Broo? I don't see anything."

"Well, it's gone now. It couldn't have been anything."

"Just where does this sick person live? And can't we walk any faster? I have other things to do, you know?"

Just then, the man wrapped up in the sheet emerged from behind a grave, moaning and groaning in the most terrible manner. Nansi took one look and took to his heels. It seemed to him that Mama Maladie was right behind him with her bundle of sickness. He was so frightened that he ran past his house and kept on running until he was clear out of the village. He found an abandoned old hut and ran in and climbed to the roof and stayed there shivering until morning.

He was so ashamed that he remained there rather than face the jeering and laughter of the people, and he is there still. If you don't believe me, just check the rafters of any house and you will see him there.

An Anansi Story from Grenada

*The Grenadian name for fungi cornmeal balls.

UNITY

Unity helps us work and live together peacefully. We feel connected with others and all living things. We value the specialness of each person as a gift, not as a reason to fight or be scared. With unity we accomplish more together than any of us could alone.

“We know that we are the ones who are divided and we are the ones who must come back together to walk in the Sacred Way
Ojibway Prayer, Oneworld Book of Prayer, p. 152

The Practice of Unity

... I practice Unity when I ...

Treat all people as members of one human family
See the gifts in differences
Refuse to join in when others express prejudice
Solve conflict through listening and finding solutions
Care for the earth and all living things
Act like a peacemaker wherever I go

Affirmation

I practice unity with others. The joy of one is the joy of all.
The hurt of one is the hurt of all. The honor of one is the honor of all.

CULTURAL PROVERBS

Hurricane does blow all skin one color.

Meaning

In times of adversity we forget our differences and come together in unity.

ANANSI STORY

Fowl-Cock and the Drummer Cockroach
Broo Nansi - - A Selection of Anansi Stories
Collected by Dr. Lezmore Emanuel

Discover how Fowl-Cock and the man unified together in the forktale
Fowl-Cock and the Drummer Cockroach.

Activities with Unity



(Older) Unity Hammock

In groups of 10 or so, have students form two lines, facing one another. They then grasp each other's wrists firmly. Have one end of the line bend their knees, allowing someone to gently "fall" back across the bridge or "hammock" of arms. The individual then closes his or her eyes and listens as others name virtues they see in the person. e.g., "I see Juan's kindness." "I see Juan's reliability."

- How do differences make things go better in a family?
- Name three ways you are different from your favorite friend.
- Name three things you share.
- What can you accomplish in unity with others you cannot do alone?

Tug of Peace

Two teams try to pull rope to their side through the power of their unity.



Drawing Caring

Make a poster representing the unity of humanity.

Unity Ice Breaker

Hand out pictures or words naming different animals, then ask students to find their group by making the sounds their animal makes.



Poster Points

- United we stand. Divided we fall.
- One Human Family.
- Unity in Diversity.

Unity Orchestra

Find your own unique sound and make a rhythm "song". Listen to the sound of all of you together, unified in your diversity.



Quotable Quotes

"Of a truth, men are mystically united; a mysterious bond of brotherhood makes all men one." Thomas Carlyle

"United we stand, divided we fall."

Slogan of the American Revolution

"When we learn to come together, we are whole." Anne Cameron

"The only reality is that we all love each other; everything else is illusion." Arnold Patent

"One touch of nature makes the whole world kin." William Shakespeare, Hamlet



Virtues Reflection Questions

- How can people who are different get along?
- What would it be like if every instrument in an orchestra made the same sound?
- What would it be like if every person looked, sounded and thought alike?
- How do differences cause problems in a family?

FOWL-COCK AND THE DRUMMER COCKROACH

One time there was a man who built a new house. When the house was completed, he furnished it with the best furniture money could buy. But to his great surprise, when he decided to go and live in his house he heard something or someone beating a big drum in his house. He couldn't find out what it was, so he made a bargain with Lizard who said to him, "Yes, I will chase away whatever is beating that drum inside the house, but you must give me a big bag of flies." The man agreed, but Lizard didn't keep his bargain. Instead he ate the flies without removing whatever it was that drummed in the house.

The man then went to Fowl-Cock. He said, "Fowl-Cock, I have just built a house and furnished it, but I cannot live in it because there is something in there beating a gomme drum. I need someone to chase away whatever it is in there. Can you do it?"

"You have come to the right person, Mister," Fowl-Cock answered. "I can do it, but you will have to give me a sack of meal." Since the man was desperate, he agreed.

Fowl-Cock approached the house and heard the drumming, "bidi-boom, bidi-boom, bidi, boom, boom, boom." He entered and followed the sound and found a large drummer cockroach in the corner. Fowl-Cock stretched his neck and picked it up and took it outside. The drumming stopped. The man gave Fowl-Cock his cornmeal, and, in addition, Fowl-Cock swallowed the cockroach. Ever since that day, fowls eat cockroaches and sometimes even lizards, since this was Lizard's punishment for not keeping his bargain.

THANKFULNESS

Thankfulness is being grateful for what we have. It is an attitude of gratitude for learning, loving and being. Appreciate the little things that happen around you and within you every day. Think positively. Thankfulness brings contentment.

“What is to come is better for you than what has gone before. For your Lord will certainly give you and you will be content ... Keep recounting the favours of your Lord.”

Al-Qu'ran 93

The Practice of Thankfulness

... I practice Thankfulness when I ...

Am thankful for the gifts of life
Appreciate my own abilities instead of envying others
See the difficulties of life as opportunities to learn
Enjoy my sense of wonder about the beauty in the world
Am willing to receive what others want to give
Count my blessings every day

Affirmation

I am thankful for the many gifts within me and around me today. I appreciate my life.
I look for the lessons. I expect the best.

CULTURAL PROVERBS

Bad bread good in scarce time.

Meaning

In time of need we are thankful for anything.

ANANSI STORY

How Broo Goat Escaped From Broo Nansi
Broo Nansi - - A Selection of Anansi Stories
Collected by Dr. Lezmore Emanuel

In How Broo Goat Escaped From Broo Nansi,
you will find out who Broo Goat was thankful to!

Activities with Thankfulness



Gratitude Circle

Form a standing circle, and ask each person to clasp their hands together in front of them, arms straight, forming a "Gratitude Basket". Each person can speak or pass. To pass they just wave their basket toward the next person in the circle or say "Pass". Each person says, "In my Gratitude Basket, I have...(my best friend), (my puppy) or they can say "Something I am thankful for is...." This is an excellent way to end a school year or a camp session. It does not take long, since the boundary is that people only say one word or phrase.

Thankfulness Ice Breaker

Walk around the room and when you come to someone, ask "Marie, what are you grateful for?" Marie then asks you the same question. Move on to the next person, until everyone has shared with several others. Each time someone is asked the question, s/he needs to give a new answer.

Gratitude Journal

Each day write three things for which you are grateful.



Virtues Reflection Questions

- What relationships or people are you thankful for and what is it about them that you appreciate?
- Who would you like to thank? How would you like to thank them?
- What things in your life are you most thankful for?
- What is someone like who rarely, if ever, experiences gratitude?

- When is it hardest for you to be thankful?
- What would help you to be thankful at times like that?
- What are you most thankful for about yourself?
- Describe a difficult time in your life and name the lesson or virtue you learned from it.



Drawing Thankfulness

Make a poster or collage of things or people in your life for which you feel thankful.



Poster Points

- An attitude of gratitude.
- An optimist to the end.
- Look on the bright side.



Quotable Quotes

"Have an attitude of gratitude."
Alcoholics Anonymous Slogan

"For what has been – thanks! For what shall be – yes!" Dag Hammarskold

"Every morning, when we wake up, we have 24 brand new hours to live. What a precious gift!" Thich Nhat Han

"Normal day, let me be aware of the treasure you are." Mary Jean Iron

"We receive more than we can ever give."
Sir Thomas More

"The more we give, the more will come to us."
Peggy Jenkins

HOW BROO GOAT ESCAPED FROM BROO NANSI

Broo Goat and Broo Nansi were friends. However, one day they quarreled, and Nansi said to Goat: "Broo Goat, I am going to catch you!"

Broo Goat replied, "You will never live, my friend, to catch me!"

Now, Broo Goat was afraid of rain. One day as he was coming from his field, it began to rain. He was passing Nansi's house, so he ran up to ask for shelter.

Nansi called out, "Come in my friend!" Nansi told Goat to go into the living room. Then he went to the shelf and took down his fiddle. He began to sing:

I thank Broo Rain

For sending me meat from the bush
into my house.

Goat didn't like this, so he kept near the doorway. Nansi pretended not to notice him and went on singing the same song. Goat grew nervous and jumped out the back door and headed for the river. Nansi headed after him. Goat came to the river but was afraid to cross over to the other side, so he turned himself into a little white stone. Dog, who was Goat's friend, saw when Goat turned himself into the stone.

Presently, Nansi ran up and came to the river. He called out to Broo Dog: "Broo Dog, did Broo Goat pass here?"

"Yes, Broo! You see that little white stone there? Take it up and throw it, and I will show you where Broo Goat is.

Nansi took up the stone and threw it to the other side. To his great surprise Broo Goat came down and landed on all fours. Nansi began to wail and moan and wring his hands: "I had luck in my hand, and I let it get away!"

RESPECT

Respect is shown by speaking and acting with courtesy. We treat others with dignity and honor the rules of our family, school, and nation. Respect yourself, and others will respect you.

“There is a longing among all people and creatures to have a sense of purpose and worth. To satisfy that common longing in all of us we must respect each other.”

Chief Dan George

The Practice of Respect

... I practice Respect when I ...

Speak courteously to everyone
Take special care of the belongings of others
Am receptive to the wisdom of elders
Honor the rules of my family, school, and nation
Expect respect for my body and my rights
Treat others with dignity

Affirmation

I am respectful. I honor the wisdom of elders.
I treat others and myself as we deserve to be treated.

CULTURAL PROVERBS

Cakaroach ain' ga' no business in fowl house

Meaning

We must respect one another and never invade the privacy of each other.

ANANSI STORY

Broo Nansi and Broo Lion and The Cow

Broo Nansi - - A Selection of Anansi Stories

Collected by Dr. Lezmore Emanuel

In Broo Nansi and Broo Lion and The Cow, you will learn the lesson from neighboring farmers lack of respect for each other.

Activities with Respect



Road Respect

Describe what it would be like to be in a car if no one respected the rules of the road.

Respect for Your Body

Discuss the difference between "safe touch" and "inappropriate touch". What should children do if they feel someone is not respecting their body? It happens in many families. 1. Tell someone you trust. 2. Say no. 3. Get help from an adult. 4. Keep telling until someone helps you.

R. E. S. P. E. C. T.

Put on a song like Aretha Franklin's "R.E.S.P.E.C.T." or "Respect" from the Virtues CD and dance to it.



Virtues Reflection Questions

- Name three ways you already practice respect.
- Name three ways you could show more respect.
- What are ways we need to respect our bodies?
- How important is privacy to you?
- How can you set boundaries to protect your privacy?
- How would you show respect if you disagree with the teacher?
- How do you feel when people treat you disrespectfully?
- How do you feel when people treat you respectfully?
- Name the school rules. How do they help keep things peaceful and orderly?



Drawing Respect

Make a shield showing four ways you want to be treated with respect.

Make a chart of ways to show respect for your body – things that keep your body healthy.



Poster Points

- Expect Respect.
- R. E. S. P. E. C. T.
- Respect Yourself. Respect Others.
- Respect Our Planet.



Quotable Quotes

"Take care of your reputation. It's your most valuable asset." Anonymous

"There is a longing among all people to have a sense of purpose and worth. To satisfy that common longing in all of us we must respect each other." Chief Dan George

"Respect is treating your body with the same care you would give any other valuable and irreplaceable object." Cherie Carter Scott

"Your body is your vehicle for life. As long as you are here, live in it. Love, honor, respect, and cherish it, treat it well, and it will serve you in kind." Suzy Prudden

"No one can make you feel inferior without your consent." Eleanor Roosevelt

"When I respect others, others respect me, and I like that." 6th grader in California

BROO NANSI AND BROO LION AND THE COW

One time, Broo Nansi and Broo Lion had farms next to each other. Now Broo Nansi was poor and had only one cow which used to supply his family with milk, cheese, and butter. Broo Lion was rich and had several cows. But like many rich people, the more Broo Lion had, the more he wanted, and it was his aim in life to rob Broo Nansi of his cow.

One night, Broo Lion crept over to Broo Nansi's farm, over to the cow, killed her, salted the meat, and put it in his meathouse. The skin he tacked up on a large silk-cotton tree to dry. Next morning, Broo Nansi awoke and went to milk his cow. There was no cow to be seen. Broo Nansi looked high and low and called his cow, but to no avail. Finally, he wandered past Broo Lion's farm and saw his cow skin on the silk-cotton tree. He knew now what had happened to the cow, but he dared not say anything. After all, Broo Lion was bigger and stronger than he. But he thought and thought what he might do to get even.

In the meantime, Broo Lion came clumping over to Broo Nansi's farm. "Morning Broo. I hear that you have lost your cow."

"It's true, Broo. I have no idea where the animal has gone. Only thing I can think of is that she might have gone into the ground."

"Gone into the ground! Ha-Ha!" Broo Lion roared with laughter. He went over the whole neighborhood and told everybody how stupid Nansi was because he said his cow might have gone into the ground.

That night, Broo Nansi stole over to Broo Lion's farm, picked out the fattest cow and drove her over to his own farm. There he and his sons butchered the cow, salted the meat, and hid it. He then tacked the cow skin to a mango tree in his yard. Broo Lion's cow tail he took and buried some distance from the two farms.

In the morning, Lion raised such a hullabaloo about his missing cow that the "ruction" was heard for miles around. He came stamping into Nansi's yard.

"Broo Nansi, I have lost my best cow and can't find her anywhere. You had better pray that I don't find her over here!"

"Find her over here? Why Broo Lion, do you think that I am crazy? Why should I want to take your cow? As you see, I have no cow. My only cow went into the ground as I have told you. Maybe yours did the same!"

"Went into the ground! Nonsense! That cow was stolen and I intend to find her."

"I will help you look, Broo Lion!" So they looked and looked. Then Broo Nansi went over to the place where he had hidden the cow tail. He shouted: "Here Broo Lion, I have found your cow. But hurry! She is disappearing into the ground."

Broo Lion came rushing up to find Broo Nansi holding on to the cow tail for dear life.

"Grab hold, Broo Lion, before she disappears completely." Broo Lion put his mighty strength to work and held onto the cow's tail.

"Pull, Broo Lion, pull!" Broo Nansi shouted. Lion pulled with all his might. The tail came flying out of the ground.

"Now look at what you have done, Broo!" Nansi lamented. "You pulled so hard that you tore off the cow tail and now the cow has gone forever into the ground, just like mine did."



Broo Lion was furious. But there was no help for it. He had torn the tail himself and so the fault was his. That night Broo Nansi and his sons feasted on the meat which tasted sweeter than ever because Nansi had had his revenge.



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*An initiative of The Virtues Project,
Governor's Children and Families Council
coordinated by the Community Foundation
of the Virgin Islands,
and
Virgin Islands Department of Education
Division of Virgin Islands Cultural Education*

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