NOVEMBER 2025 | GREATER HONEYGUIDE

TRUST

Putting your confidence in someone you can depend on



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NEWSLETTER

Trust
NOVEMBER 2025



SAY IT:

Trust: Putting your confidence in someone you can depend on

KNOW IT:

ASK A GROWN-UP:

- Who are some people in your life that you have been able to trust?
- Why is it important to you to have people who can trust you?

ASK A KID:

- Name some adults in your life that you feel like you can always trust.
- How can you become a person other people can trust?

SEE IT:

Read the following quotes about trust and have each family member pick their favorite. Tell each other why it is your favorite and what it means to you.

"To be trusted is a greater compliment than to be loved." — George MacDonald

"Trust is the glue of life. It's the most important ingredient in effective communication. It's the foundation of healthy relationships." — Stephen Covey

"Love all, trust a few, do wrong to none." — William Shakespeare

"A healthy relationship is built on unwavering trust." — Unknown

"Trust is the fruit of a relationship in which you know you are loved." — Joyce Brothers

"Whoever is careless with the truth in small matters cannot be trusted with important matters." — Albert Einstein

"Trust, but verify." — Ronald Reagan

"Trust has to be earned, and should come only after the passage of time." — Arthur Ashe

"Consistency is the true foundation of trust." — Roy T. Bennett

BE IT:

As a family, create a quote about trust. Decide why it is important, how it supports the family, how it improves your life and others' lives, and the positive impact it could have on the world. Once you have a quote that summarizes the importance of trust, write it on a poster and hang it where the whole family can read it every day. Look for ways your family can build trust with each other and become people others can trust.

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Kids will grow up to have a better future when three things happen:

- They make wise choices.
- They build strong relationships.
- They maximize their potential.

As parents, each age is a new opportunity to help develop these skills every month by having conversations about the Big Ideas learned at school. How does the Big Idea of kindness, for example, relate to getting along with siblings? Or prepare kids for college or a career?

So don't miss it. Conversations – both simple and meaningful – have a significant impact on the development of your kids' current and future self.

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TRUST // GREATER HONEYGUIDE // COBALT BLUE

An unusual partnership has existed for countless generations in many sub-Saharan African countries: birds and humans working together for sweet results! The greater honeyguide is a plain-looking brown and white bird that has cracked the code for communicating with humans.

Why would it want to? It has a sweet tooth – or would, if birds had teeth. Honeyguides love honey, or more specifically, beeswax and larvae they find in honeycombs. They know how to locate beehives. The problem is, these hives can be in places that are difficult to access. And… they come with a lot of stinging bees. Ouch.

Enter expert hive hunters. These are brave humans who know how to extricate beehives for the valuable golden honey inside – an important part of the diet for many groups of people. But they don't always know just where to find them.

In various communities, honeyguides and humans have come up with a way to communicate – a certain call made by humans which the honeyguides respond to. These calls are different depending on specific areas. In short, a human calls, and a honeyguide hears the summons and shows up to lead the hunter to a hive. Sometimes the bird initiates an encounter with its own special call that local hunters recognize.

The hive might be high up in a tree or otherwise hard to reach. But the honey hunter knows how to take it down, sometimes smoking out the bees, retrieving the honey. The bird gets a meal of leftover beeswax and larvae – yum!

Scientists call this a "mutualistic relationship," with two species each gaining something from working together. Humans do not teach individual birds how to participate. They are wild and willing partners.

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Greater honeyguides and humans cooperate for sweet rewards.

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TRUST // GREATER HONEYGUIDE // **COBALT BLUE**

Used by potters for several thousand years and by painters for the last two hundred, cobalt blue is a steadfast favorite. Blue colors suggest loyalty and trustworthiness, and cobalt shares these associations. It's considered a bold blue, originally created as a paint in the early 1800s to approach the beauty of ultramarine, which was made from lapis lazuli and very expensive. Cobalt blue pigment is the result of heat and pressure applied to cobalt oxide and aluminum oxide. This process is not environmentally friendly, and the pigment is considered toxic. Some paint manufacturers produce good imitations of the bright blue color.

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