

# Endurance

Character... It starts with me!

## Vs. Discouragement

MONTHLY EDUCATOR BULLETIN

JUNE 2010

### I WILL:

- not be a "quitter"
- accept both instruction and correction
- not waste my time, energy and talent on meaningless pursuits
- bend instead of break
- put my whole heart into everything I do

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## The inward strength to withstand stress and do my best.

Cinderella endured.

Whether you watch the Disney version, Rodgers and Hammerstein, or the many remakes such as Ella or Ever After, you will see a consistent theme of endurance. Life was not kind to the orphan but she kept hope in her heart and a dream in her head (and

a song on her lips for the musical versions). She found ways to endure, making friends where she could (the mice) and working hard even when there was no thanks or reward. Her ultimate



triumph was to marry the prince.

Endurance is having the resolve to outlast the hardships that come your way. It is enduring the small inconveniences that prepares us for handling larger set-backs with grace.

### Go to the Root

The primary Latin root of endure is *durare*, which means to harden; to hold out; to make last. To create the word Endurance, the Latin *durare* was coupled with the Latin preposition for *in*, thus indicating that this hardening is internal not external.

### Bitter or Better?

When problems occur we can act one of two ways: we can act bitter or we can get better. The difference is the "I". Have the students list some "I" statements that can help get around a problem. You can give specific problems or you can be general such as "I can ask for help." "I can practice more" "I can start studying for a test earlier."

### Fortitudine Vincimus - By Endurance We Conquer

This was the family motto of Sir Ernest Shackleton, who named his ship The Endurance. It was a 300 ton wooden barquentine designed to withstand the ice for its mission to Antarctica. In 1914, Captain Shackleton and a crew of 27 set sail for the first crossing on foot of the Antarctic continent. Within eighty-five miles of the continent their ship Endurance was trapped and slowly crushed by pack ice. With no communication to the outside world their ordeal would last twenty months. With Shackleton's inspiring leadership the crew struggled to stay alive in one of the most inhospitable regions of the world. Miraculously, not one man was lost, surviving extreme cold, breaking ice floes, leopard seal attacks and an open boat journey that would be called one of the greatest navigational feats in nautical history.

For the full story visit:

<http://www.antarcticconnection.com/antarctic/shackleton/voyage.shtml>



## Character Quotables

“Do or do not; there is no try.”

~ Yoda  
(The Empire Strikes Back)

“Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.”

~ Buddha

“Endurance is patience concentrated.”

~ Thomas Carlyle

“I learned from the example of my father that the manner in which one endures what must be endured is more important than the thing that must be endured”

~ Dean Acheson

“A fight is not won by one punch or kick. Either learn to endure or hire a bodyguard.”

~ Bruce Lee

“Come what may, all bad fortune is to be conquered by endurance.”

~ Virgil

“Heroism is endurance for one moment more.”

~ George F. Kennan

“What can't be cured, must be endured.”

~ Proverb

“The first virtue in a soldier is endurance of fatigue; courage is only the second virtue.”

~ Napoleon Bonaparte

“The length of a film should be directly related to the endurance of the human bladder.”

~ Alfred Hitchcock

“The limits of tyrants are prescribed by the endurance of those whom they oppose.”

~ Frederick Douglass

“The men who learn endurance, are they who call the whole world, brother.”

~ Charles Dickens

“A leader, once convinced that a particular course of action is the right one, must be undaunted when the going gets tough.”

~ Ronald Reagan

“Tough times never last, but tough people do.”

~ Dr. Robert Schuller

“Success seems to be connected with action. Successful people keep moving. They make mistakes but they don't quit.”

~ Conrad Hilton

“You may have a fresh start any moment you choose, for this thing that we call “failure” is not falling down, but staying down.”

~ Mary Pickford

“One man scorned and covered with scars still strove with his last ounce of courage to reach the unreachable stars; and the world was better for this.”

~ Don Quixote

“I know quite certainly that I myself have no special talent; curiosity, obsession and dogged endurance, combined with self-criticism have brought me to my ideas.”

~ Albert Einstein

“Those who can bear all can dare all.”

~ Marquis De Vauvenargues

### Curriculum Connection



### Math

Multiplication tables: the ultimate test of Math endurance. I dreaded starting every Math class writing out all of the multiplication tables in a timed setting but it has served me well. Enduring math repetition work has payoff. Starting small and working hard leads to accomplishing larger goals. The following link contains some research on interspersing easier math problems among the harder ones to increase math endurance, among other things.

<http://www.springerlink.com/content/f0002p0m6km82310/>

## Wilma Rudolph - Hero of Endurance

Wilma Rudolph is not the Hero of Endurance because she was a long distance runner (that would be Determination). She was chosen for all of the stresses she endured on her way to fame.

Rudolph was the 20th of 22 children, born prematurely. As a child, she was often ill, including a crippling bout with Polio. She recovered and by age 12 could walk normally.

While playing high school basketball she was

discovered by a college track coach and the rest is history. She holds a bronze medal from the 1956 Olympics and three golds from the 1960 Olympics making her the first American woman to win three gold.

Despite her success on the track and her fame from the Olympics, she still had to fight prejudice both for being a female athlete as well as black. She used her success to open the doors for other female athletes and she fought segregation on

many fronts in her hometown in Tennessee.

Wilma Rudolph died on November 12, 1994 at the age of 54 in her home in Nashville, Tennessee. She had been diagnosed with brain cancer. In 1997, Governor Don Sundquist proclaimed that June 23 be now known as Wilma Rudolph Day in Tennessee.



## Selected Quotes from Wilma

- Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion. The potential for greatness lives within each of us.
- My doctors told me I would never walk again. My mother told me I would. I believed my mother.
- The triumph can't be had without the struggle. And I know what struggle is. I have spent a lifetime trying to share what it has meant to be a woman first in the world of sports so that other young women have a chance to reach their dreams.
- I tell them that the most important aspect is to be yourself and have confidence in yourself. I remind them the triumph can't be had without the struggle.
- My mother taught me very early to believe I could achieve any accomplishment I wanted to. The first was to walk without braces.
- I ran and ran and ran every day, and I acquired this sense of determination, this sense of spirit that I would never, never give up, no matter what else happened.
- By the time I was 12 I was challenging every boy in our neighborhood at running, jumping, everything.
- The feeling of accomplishment welled up inside of me, three Olympic gold medals. I knew that was something nobody could ever take away from me, ever.
- When the sun is shining I can do anything; no mountain is too high, no trouble too difficult.
- I believe in me more than anything in this world.

## The Egg, The Carrot and the Coffee

For this exercise you will need an egg (hard-boiled is safer), a raw carrot and can of coffee. Show these items to the class and then ask each student to associate themselves to one of these items. Ask all of the “eggs” to sit/stand together; ask all of the “carrot” people to sit/stand together, and do the same with the “coffee” people. Explain that problems are like boiling water and that different people react to problems differently. Ask each group how their item reacts to boiling water. (The egg becomes hardened, the carrots become soft, and the coffee changes the water into coffee.) Relate these reactions to the responses that people have to problems. Explain that the groups they are in do not indicate how they react to problems. Ask each group to give examples of how each type of person would react to problems such as: forgot to bring home textbook for homework; or not making a sports team. The carrot went into the water strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak. Carrot answers are the give up/do nothing kind of responses. The egg had been fragile before it was boiled. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. Egg answers will take action but the wrong kind such as making fun of others. The coffee was unique, however. After it was in the boiling water it had changed the water. Coffee answers will solve the problem.

**"Only those who dare to fail greatly  
can achieve greatly."**

**~ Robert F. Kennedy**

Many of the famous people, both current and historical failed miserably before they achieved success. Did you know that Walt Disney was fired by a newspaper editor because "he lacked imagination and had no good ideas." He went bankrupt several times before he built Disneyland. In fact, the proposed park was rejected by the city of Anaheim on the grounds that it would only attract riffraff. How about Babe Ruth - he is famous for his home run record, but for decades he also held the record for strikeouts. He hit 714 home runs and struck out 1,330 times in his career. Can you picture Michael Jordan being cut from his high school basketball team? Check out the link below for some famous people failures. Select a few that would be known to your students and see if they can guess who they are.

<http://www.des.emory.edu/mfp/efficacynotgiveup.html>



# Robin's Reading List

## Grades K – 3:

**Noshi's Special Gift** by L. B. Manz is about Noshi, who wants to learn to play a musical instrument for his family during Yokohama's annual Port Festival, but it takes the help of a beautiful white crane and a lot of practice for him to realize his dream.

**The Boy Who Grew Flowers** by Jen Wojtowicz is about a strange boy named Rink Bowagon who lives with his odd family up on Lonesome Mountain. With every full moon, flowers bloom out of the top of his head! What will happen when he meets the other children at school? Find out in this beautiful story about courage, difference and friendship.

**Beany and the Meany** by Susan Wojcie-chowski is about Kevin, the meanest kid in the class, and Beany, who is a little bit afraid of him. They get stuck together for a large science project and have to get along. This is a good beginning chapter book for dealing with changing relationships.

## Grades 3 – 5:

**Anna and Natalie** by Barbara Cole tells about Anna, who is never picked to be on any team at school, but she's determined to be chosen when her teacher announces a letter-writing contest to decide which four students will be part of the wreath-laying team at the Tomb of the Unknown Soldier.

**We Need to Go to School** by Tanya Roberts-Davis is about Parwati, who at age 5, was left in charge of his household every day from 5 a.m. until 11:30 p.m. At 9 years old, he was taken to a Nepali carpet factory as an enslaved laborer – until he was discovered by Rugmark, a group working to

improve conditions in factories in Nepal, Pakistan and India.

**A Shelter in Our Car** by Monica Gunning tells the story of Zettie and her Mama, and how they came to live in their car. This is a poignant story of homelessness that is real to about 3 million people in the United States. The book includes lesson plan ideas that sensitively educate students about homelessness and gives them ways to be a part of a solution.

**Tea with Milk** by Allen Say tells the story of his Japanese American mother's youth. May is a happy American teen looking forward to college when her family decides to return to Japan. There May struggles with adapting to a "foreign" culture, but eventually finds her place, and peace, in her ancestral homeland.

**Soccer Crazy** by Colin McNaughton is about Bruno, a slightly overweight new bear in the neighborhood, who finally gets a chance to play on the local soccer team. He's only a substitute player, but on the day of the biggest game, he is suddenly called in to a tie game with only one minute to go! This book is a tale of overcoming adversity by having the courage to persevere.

## Grades 6 – 8:

**The Conspiracy of the Secret Nine** by Celia Bland is set in 1898, where an Irish American boy and an African American boy in Wilmington, N.C. were best buddies until politics and racial tensions tore their friendship, and their city, apart. This story blends history and fiction into a suspense-filled mystery that teaches about the complexities of race relations during Reconstruction.

**Alabama Moon** by Watt Key is an adventure story about a young boy names Moon who has been raised deep in the Alabama woods by his Vietnam veteran father. When his father dies, Moon is suddenly thrust into civilization where he must deal with friendships and bullies.

**A Song for Cambodia** by Michelle Lord is the true story of am Chorn-Pond, a sweet boy whose days were filled with love and laughter until his village was invaded by Khmer rouge soldiers in 1975.

## Grades 9 – 12:

**A Scholar's Vice** by Allen Jones tells about Tyler and Trevor, 17-year old identical twins, that can't agree on whether a person's success in life depends on environment or hard work and dedication. Trevor, the school rebel, and Tyler, his straight-A brother, decide to trade places for a week to settle the argument.

**A Thousand Never Evers** by Shana Burg tells the story of Addie Ann Picket and her family in Kuckachoo, Mississippi. This work of historical fiction tells the story of one young girl's experience with prejudice and the Civil Rights Movement.

**Ask Me No Questions** by Marina Budhos is about 14-year old Nadira and 18-year old Aisha. The family, who is from Bangladesh, lives in New York City. Without proper papers to be in the U.S., they find themselves in a real political drama when 9/11 occurs.

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# Croskey's Corner

In my first year of teaching, I taught social studies with Mrs. Donahue, a woman who was in her last year in the profession. She had been a friend of my Mom's for 25 years. My first impression of this veteran was that she was a traditional teacher who knew nothing of my revered "New Social Studies." (Note to rookies: This was in 1972!) Despite my rush to judgment of her, she encouraged my enthusiasm and idealism, rather than choosing a defensive or superior manner. I gradually came to view her as a life-long learner who was always open to an exchange of ideas. Since she communicated with me openly and warmly, I eventually felt comfortable in seeking information and advice from her. This veteran on the verge of retirement became a role model for me, the know-it-all youngster. It wasn't so much a matter of my adopting her teaching style as it was that I needed to learn as much from this person as I could before she was "gone." I began to hope that when I was near retirement, I would still be as open to new learning and growth as she was. Memory of her sustained me through my career.

By the time I retired as a school psychologist and teacher a year ago, I realized that people were looking to me for guidance at times. That was a nice feeling. Yet I realized I was getting some "hallway cred" (as opposed to "street cred") in school for simply Enduring for 37 years. That brings us to the June Character Quality of the Month - Endurance. It is defined as "The inward strength to withstand stress and do my best."

Endurance comes from two Latin words (as you will likely read in another part of this newsletter!) meaning, roughly, to harden within. Thus, the hardness is not on the outside; it is an inner quality of firm resolve. That seems important to me. If you are young, as I am not, you may feel that talk of Endurance and stress sounds old, or "burned out." You might justifiably ask, "Why don't these old guys get excited or get out?" I will grant that you who are young have at least one quality which I do not - stamina. I may be able to complete some of the same feats that you can, but you will undoubtedly be able to do them for a longer time and with more of a sustained strength. I have had to face the fact that I have limits. The *Character First!* literature chose the camel as a model of Endurance in the Animal Kingdom. This animal can endure thirst, hunger, and extreme temperature while bearing up to 1000 pounds of cargo, over hundreds of miles, for days at a time. The literature emphasizes, though, that the camel knows when it has reached its limits. A camel past its limits, loaded with just a few extra pounds to carry, may refuse to budge or even drop dead. The extra weight has become, literally, the straw which broke the camel's back. Many days at school, it felt like I was a camel and my work environment was the middle of the Sahara.

So, if your flesh is weak, like mine, or if your stamina gets used up more quickly (see "like mine," above), we may have to depend on hope to Endure. Think of the veteran educators you know who have Endured with a firm, inner resolve, rather than merely surviving. They know their limits. But they also have enough experience to know when to carry that half a ton - and when to DRAG it. Or when to ask a younger camel to carry it! They still exude hope in their attitudes and actions. Their hope is the fuel which powers their inner strength. Their Endurance may not show on the outside because it IS an inner quality.

One other key to Enduring involves the avoidance of loneliness. The *Character First!* bulletins inform us that Harriet Tubman, the famed Underground Railway conductor, was often forced to make the journeys to Freedom by herself. She found that her Faith, her vision of freedom, and singing (!) kept her from feeling so alone. This story got me thinking about the different sounds of Endurance. When we have trouble Enduring in school, our tendency may be to whine. Whining can bring others down and it can cause others to pigeonhole us as negative. For, when I hear a cry, I feel compassion, but when I hear a whine, I want to run! Maybe if our whining is "tuned" up a bit, it will end up sounding like a cry for help or hope. Then others may hear our cry rather than our whine, a much easier sound to listen to. They in turn will be more likely to reach out to us in our loneliness. This awareness may even remind us to listen to the whining of others as it really is, a lonely cry.

As your school year ends, you are glad you have Endured, and are probably not ready to consider Enduring another year quite yet. (Wait til June 20th.) But starting in the Fall, consider taking a look around and identifying some veteran whom you think you could learn from by watching. I suspect that your observations will reveal individuals who are not burned out or worn out. Maybe you can assume that your veteran has learned a lot in his or her journey. Figure out what they can teach you about Enduring. You may even learn to sing like they do!

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**Character...It Starts With Me!**

## Character in the Classroom *Continuously*

There are many ways that you can teach the Character Quality of Month. Here are just a few suggestions:

- Ask students to make posters to hang in the classroom or around the school.
- Challenge students to find quotes, news stories, current (or classic) songs or movies that portray the character quality of the month. Be sure to share these with the class and “archive” these to use in future years.
- Add the character trait of the month to the spelling word list. (Even if it is posted in the classroom to copy!)
- Offer for students to make a video or write a rap that demonstrates the Character Quality of the Month.
- If you teach younger students, see if you can “borrow” some older students to lead your students in an activity or switch the roles and have the younger students “teach” a rhyme to the older students.
- If you teach older students, you can be the initiator in the previous activities.
- Invite local business leaders or small business owners to talk about the importance of a character trait. If you teach older students, aim to get a representative from a business that typically hires teens so that they can relate the importance of good character when applying for and *keeping* a job.
- Men and women in uniform usually make impressive guest speakers. Police departments, fire departments and military recruiting offices are usually willing to come into a classroom. Do not be afraid to give them specific requests or guidelines for speaking so that it is pertinent to the lessons of the month.
- Always have a generic character activity planned and ready to go that you can use as filler when you have time to kill or that a substitute teacher can use in your absence.