

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Fidgety no more

Kal Keitel, Personnel Services Manager for St. Anthony's Memorial Hospital in Effingham, IL sent us the following story:

"One of our employees, Diann Louderback, approached a coworker and told her that she truly appreciated the Bucket Lady and her book, *Have You Filled a Bucket Today?*

Diann said that she had attended the program and that evening she read the story to her 5-year-old granddaughter, Kaitlyn. She continues to read the story to her whenever she spends the night.

Diann describes Kaitlyn as a fidgety little girl; never sits still, especially in church.

One Sunday, her granddaughter accompanied Diann to church and, true to form, Kaitlyn began to fidget. When Diann leaned over and said, 'You could fill my bucket, if you sat still in church.' Kaitlyn looked up, sat up straight and didn't move until the church service was over.

What a difference this little book can truly make in a person."

BUCKET CHUCKLES

A second-grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."

The grandmother, more than a little surprised, tried to keep her composure. "That's interesting," she said, "how do you make babies?"

"It's simple," her granddaughter said, "You just change 'y' to 'i' and add 'es'."

BUCKET FILLERS, INC.

PO Box 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

WWW.BUCKETFILLERS101.COM

Designed & edited by Glenny Merillat

Bucket Nuggets from Carol McCloud, *The Bucket Lady*

Parents need their buckets filled

We all know how easy it is to fall behind when we are pressed for time and our commitments seem to outnumber our waking hours.

Not long ago, as I attempted to catch up on some correspondence, I discovered an e-mail from Shelley Klaas, counselor at Armstrong School in Bettendorf, Iowa. Shelley had written in response to our March 23 newsletter.

Perhaps you will recall that I wrote about my experience in the Sioux Falls, Dakota airport. I watched as two mothers waited for flights; one receiving compliments on her beautiful little girl as another mother, a few rows away, sat unnoticed with her little girl. Seeing this, I went over and told the second mother that her daughter was beautiful. She beamed and I knew I'd filled her bucket with truth and love.

Shelley's e-mail elaborated on what it means to parents when someone fills their bucket and I thought it was worth sharing with you:

"Many years ago my three-year-old was throwing a major fit in the restaurant where we were having lunch. I stayed calm and worked her through her anger and distress — although I remember being frustrated and embarrassed. (We always worry too much about what everyone else is thinking, don't we?) When her tantrum was over, I was exhausted. We sat down to quietly finish our meal when an older gentleman stopped by our table and complimented me on my parenting skills and patience.

Let me tell you that I have never forgotten that sincere compliment and I wish that he could know what it has meant to me — and how I have carried it with me through the many years of parenting since then. It is so rare for people to compliment one another on the most important job of their lives — parenting.

That gentleman has been an example to me ever since — because of what he said to me that day. I know how important it is to support parents and I try hard to notice and give compliments to moms and dads whenever and wherever I can."

This week's winners

Congratulations!



Jodi Regner, of Klein Intermediate School District in Spring, Texas is our Bucket Filler of the Week. Congratulations, Jodi! You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

"Develop interest in life as you see it; in people, things, literature, music — the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself." —Henry Miller 1891-1980

