

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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## Making a Difference

### Elder love in Livonia



Jennifer Fontenot sent us this wonderful story of a bucketfilling experience that involved her students and senior citizens in her Livonia, Michigan, community:

"Our entire 3rd grade class from Henry Ruff Elementary School took a bucketfilling field trip.

We walked to our Senior Citizen Towers and read them *Have You Filled a Bucket Today?* chorally.

Then students shared their own personal narrative stories with senior citizen partners on the topic of filling buckets. Each child then gave each senior citizen a flower to keep and a flower to fill somebody's bucket. It was a wonderful experience!"

### BUCKET CHUCKLES

#### What is LOVE?

- ♥ "Love is when you go out to eat and give somebody most of your french fries without making them give you any of theirs." — *Chrissy - age 6*
- ♥ "Love is what makes you smile when you're tired." — *Terri - age 4*
- ♥ "Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK." *Danny - age 7*
- ♥ "Love is what's in the room with you at Christmas if you stop opening presents and listen." *Bobby - age 7*
- ♥ "If you want to learn to love better, you should start with a friend who you hate." *Nikka - age 6*

### BUCKET FILLERS, INC.

PO Box 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

[WWW.BUCKETFILLERS101.COM](http://WWW.BUCKETFILLERS101.COM)

Designed & edited by Glenny Merillat

Bucket Nuggets from Carol McCloud,  
The Bucket Lady

## Balcony people, shake hands with bucket fillers

Several years ago, I read a great book by Joyce Landorf Heatherley, entitled, *Balcony People*.

Joyce wrote about "balcony people" and "basement people"—terms that bring to mind the same images we have when we read the words, "bucket fillers" and "bucket dippers".

She also speaks of "affirmers", which is definitely a bucketfilling quality.

This world needs more bucket fillers, balcony people, and affirmers.

We all do better when someone makes a positive comment based on their respect for us.

We all need people who believe in and encourage us.

Balcony people, like bucket fillers, are the cheerleaders in our lives.

When the going gets rough, or there are hard decisions to be made, balcony people can be counted on to hang over the balcony and cheer us on — "Go for it!" "You can do it!" "You rock!"



Balcony people inspire us to be more; to reach and stretch and test our abilities. They lift our opinion of ourselves and boost our self-confidence.

But sadly there are basement people out there, too. These are the bucket dippers who pull us down into the cellar of ourselves. They tell us that we will not achieve our goals or describe the many ways in which we are deficient both physically and mentally.

Basement people have been known to tell us that we're stupid or ugly, or both. Basement people, like bucket dippers, are toxic. They drop subtle, and not-so-subtle, hints about our inferiority and leave us with a lethal dose of poisonous rejection and discouragement that can last a lifetime.

We all have to deal with one or two basement dwellers, but isn't it better to focus on the affirmers, balcony people, and bucket fillers who bless our lives?

Why not take some time to make a list of these positive people and then send each one a note of appreciation that lets them know how much they add to your life?

Then, when your notes are safely on their way, take a moment to enjoy the fullness of your own bucket.

### This week's winners

## Congratulations!



**Andrea Wilson**, of Wyandanch, New York, is our Bucket Filler of the Week.

Congratulations, Andrea! 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](http://www.bucketfillers101.com).

### Quote of the Week

**"Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all."** — *Sam Ewing*