



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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The Gift That Keeps on Giving

By Carol McCloud



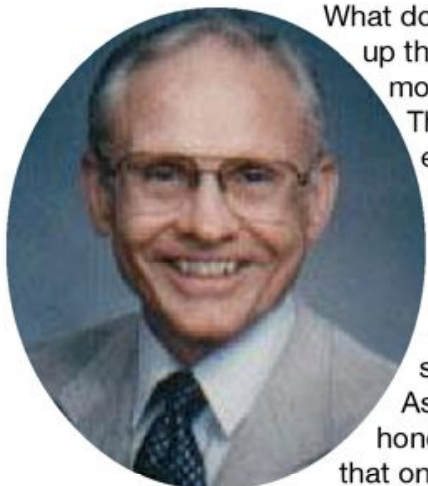
What do I love best about my work? Meeting extraordinary people is right up there on my list. People's inspirational stories keep my bucket full and motivate me to be a better person and a better bucket filler.

The story of Johnny Sheppard, a man I am honored to call my friend, is a perfect example.

A founding trustee of the philanthropic Southwest Florida Community Foundation and retired from his law practice, John Woolslair Sheppard spends most of his waking moments working to improve education and devote his time to other quality-of-life causes in the Ft. Myers, Florida area.

Johnny has been a bucket filler his entire life. Sixty years ago he began doing something that I consider "big-time bucket filling".

As Johnny puts it, "While I was lollygagging in college in 1950-51, I donated blood in honor of a high school friend who was wounded in Korea." What is unique about Johnny is that once he began donating, he never stopped; he has given blood *every 56 days for sixty years* and continues to this day. He recently gave his 317th pint of blood at the Lee Blood Center; this total *does not* include donations made while in college or during his two years of service in the Army. His current goal is 320 pints or 40 gallons.



Donating blood is part of this 79-year-old man's life as a bucket filler. Johnny tells his blood donation story to others and I tell it here in order to inspire you to help others by making a bucketfilling decision to make a donation.

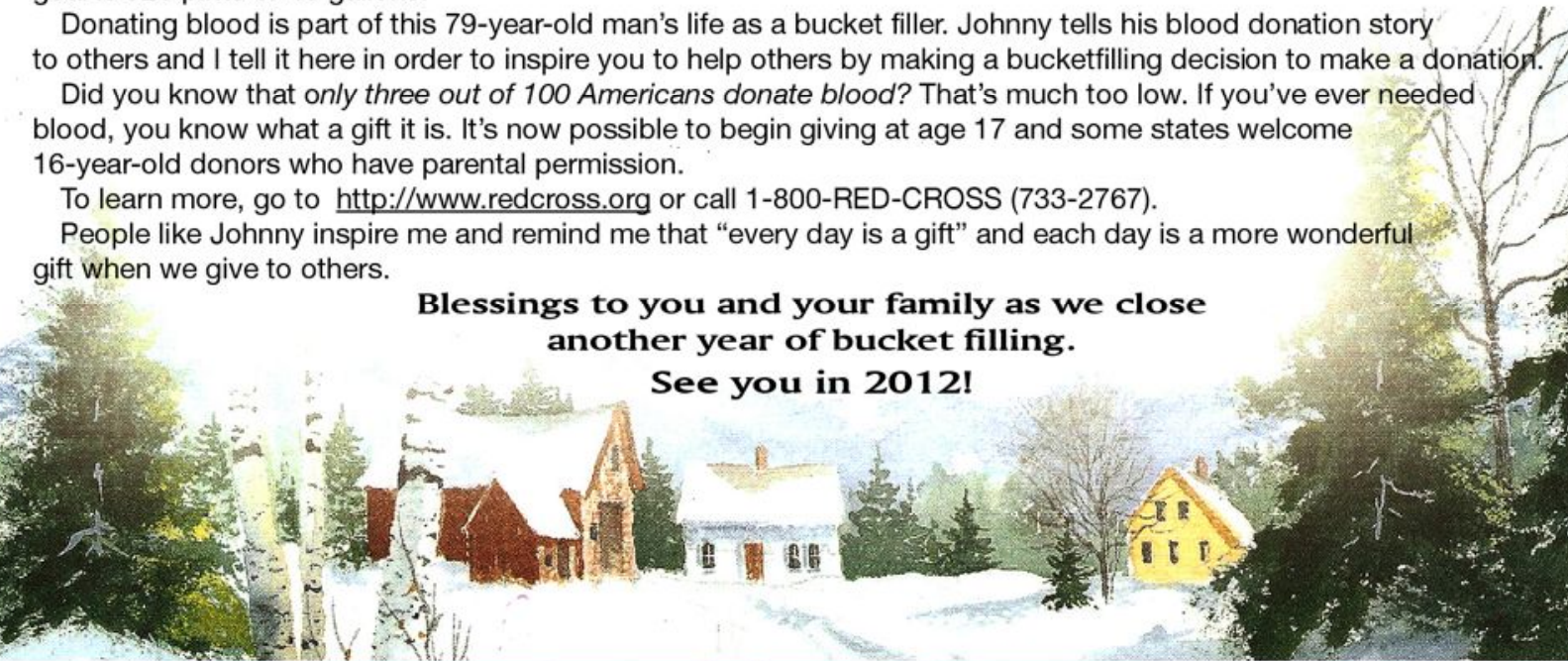
Did you know that *only three out of 100 Americans donate blood*? That's much too low. If you've ever needed blood, you know what a gift it is. It's now possible to begin giving at age 17 and some states welcome 16-year-old donors who have parental permission.

To learn more, go to <http://www.redcross.org> or call 1-800-RED-CROSS (733-2767).

People like Johnny inspire me and remind me that "every day is a gift" and each day is a more wonderful gift when we give to others.

Blessings to you and your family as we close another year of bucket filling.

See you in 2012!



Making a Difference

Congratulations Terri

Total appearances by the **Bucket Fillers Team**

September 2006 to December 2011

Sessions: **2,170**

Attendance: **325,700**

* Visit our website for a complete list of bucketfilling schools and organizations.

Designed and edited by Glenn Merillat

Terri Moore, of Tampa, Florida, is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at www.bucketfillers101.com

Words of Wisdom

"One of the most beautiful compensations in life is that no man can help another without helping himself." — Ralph Waldo Emerson