



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Bucket Filling A Win-Win Day

By Carol McCloud

As U.S. football fans count down the days to February 5, 2012 and Super Bowl XLVI, I wanted to share an exciting, bucketfilling story about something that happened last fall in Canadian professional football.

The Grey Cup is Canada's counterpart to the Super Bowl and their country's largest annual televised sports event.

This bucketfilling story involves students of Beach Grove Elementary School in Delta, British Columbia (BC), who filled buckets and may have altered football history.

Last fall, the Beach Grove teachers read our book,

Have You Filled a Bucket Today? and created activities that demonstrated how sharing good thoughts, deeds, and wishes can uplift others. After experiencing such positive results, the students wanted to reach outside their school and fill even more buckets with love and support. Whose buckets did they choose to fill? Their beloved pro-football team, the BC Lions. Each student selected a member of the team and created a one-of-a-kind masterpiece card. Using one side for artwork and the other for a specific, positive (bucketfilling) message, the students poured love and enthusiasm, along with a great deal effort and detail into their cards. Then they delivered their cards on the final day of practice before the West Division Title.

Angus Reid, an offensive lineman for the BC Lions, was quoted in *The Province* newspaper, "The cards and smiles they brought seemed endless, each player had their own little treasure personally made for them. I had never seen my teammates so excited about a piece of paper left in their lockers before. It looked like Christmas morning. Everyone was sharing their cards, reading messages aloud with the belief that theirs was the best. Looking around at all the smiles and laughter instead of the expected quiet post-practice demeanor was a magical sight."

Mr. Reid went on to say, "It was an amazing reminder not only of how big this game is for us, but how much support we have from everyone in the community. We know it and trust me, we all feel it. If you don't believe me, all it would take is a quick look inside our locker-room to see all the beautiful bucketfilling cards hanging proudly in each player's locker."

The BC Lions were super charged. They won the West Division Championship that weekend and then became the first team in 99 years to win the Canadian Football League's Grey Cup after starting with a 0-5 losing streak.

Since I heard this remarkable story, I've wondered whether the outcome would have been the same if Georgetown Publications hadn't decided to distribute our books and spread the bucketfilling message across Canada. (It is because of this company that we are ready to print our first book in French and create more bucket fillers throughout Canada's provinces.)

A ripple effect began with distribution, went on to catch the imagination of teachers who created enthusiastic bucket fillers, who made cards that inspired professional athletes to play not only for their team but for each young bucket filler.

It is a story that I will think of often and smile as it fills my bucket.

I hope it filled yours too.



BC Lions win the CFL's 99th Grey Cup football game in Vancouver, British Columbia, 11/27/11

Making a Difference

A 10-year-old's Requirements for Marriage

"You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming." — Alan, age 10

Designed and edited by Glenn Merillat

Congratulations Tegan!

Tegan Bain, of North Bay, Ontario 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

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Helen Keller