

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of May 18, 2008 • Volume 2, Issue 20

## Making a Difference

### A chance encounter

Glenny Merillat, our editor, is this week's contributor to *Making a Difference*.

One early spring day I decided to enjoy a lovely long walk. The afternoon sunshine revealed tulips, hibiscus, daffodils and other wonderful plants and trees that would be in full bloom in a few short weeks.

As I strolled down one street, I saw a small boy in front of his house. He was kneeling to tie his shoelace. I smiled as I approached and said, "Hi, how are you today?"

"I'm fine how are you?" he replied.

I told him I was fine, too, and asked what he'd done that day. He said, "Oh, you know, school and stuff."

On a whim, I asked if he'd filled any buckets that day and he replied "some."

Surprised that he knew about bucket filling, I asked another question, "You didn't let anyone dip into your bucket did you?" and he said, "Uh-uh. Our therapist says that when people dip into your bucket they dip into their own and when you fill someone's bucket you fill your own."

We chatted a bit more and as I walked away, I wondered what he had thought about the little old lady wearing sunglasses and a baseball cap who asked him—out of the blue—about bucket filling and dipping.

Then I smiled to myself as I headed homeward. He could have ignored me or run back into his house, instead he had not only returned my greeting, but had asked me how I was and, with that one question, he filled my bucket.

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### Bucket Nuggets from Carol McCloud, *The Bucket Lady*

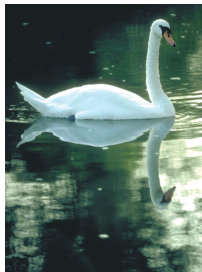
## It's all about respect

Katherine Martin, M.A., Bucket Filling team member, reflects on bucketfilling and the environment.

Here in Michigan, mid-April was unusually warm and wonderful. Coming on the heels of a long cold winter, this welcome warmth and the beauty of new life filled my bucket.

My evening walks on Metro Park's trails—especially Wild Wing trail!—overwhelmed me with the stunning beauty of nature. Lovely yellow flowers by a babbling brook, a snapping turtle on the trail warming itself in the Spring sun and the earthy scent of a bog, all enriched my soul and inspired heartfelt thanks for the beauty of our natural world. And as Spring turns into summer, I look for that season's special beauty.

Just as nature's gifts can fill one's bucket, carelessness and disregard for the environment can dip. Bags, cans and plastic bottles carelessly tossed from car windows or a fishing line tangled in a tree that could eventually become wrapped around a swan's bill are not only cause for concern, but mar the beauty of any season and empty our buckets.



**Our environment has the power to fill or dip into our buckets.**

Earlier this year, the Bucket Fillers visited an elementary school that had just had its building defaced with graffiti and many of its windows broken. I can still recall the genuine sadness on the faces of the children and teachers. Everyone found it hard to comprehend the fact that someone would damage their teaching and learning environment.

We talked to the children and teachers about how these senseless acts had dipped into everyone's bucket. We explained that when we respect our own possessions and the possessions and property of others, we *fill* buckets. When we don't, we *dip*.

Spring is a time of new beginnings, growth and awareness. It's a time when we are able to leave our homes and look for the loveliness waiting beyond our windows. It's an opportunity to teach our children to appreciate nature. Let them know that our planet should be treasured and protected, just as we appreciate and safeguard our material possessions.

Plan a picnic, spend time together—make wonderful memories. While you enjoy nature and one another, set an example. Take along a bag and when you discover someone's thoughtlessness, clean it up and teach your children to do the same.

One important thing I've learned on my bucket filling journey, is that children, even very small children, learn quickly. Start with little things and teach them that ours is a truly beautiful world and they can help care for it.

Perhaps, when we take every opportunity to do this, we will arrive at a day when schools, roadsides, and parks are no longer victims of senseless dipping.



### This week's winners

## Congratulations!



**Angie Olstad**, of Edgerton School, Edgerton, Wisconsin is our Bucket Filler of the Week. Congratulations, Angie! 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

**"We often miss God-made loveliness because of man-made ugliness."**

*Luree Margaret Merillat, 1936-1983*