

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of OCTOBER 12, 2008 • Volume 2, Issue 41

Making a Difference

September 2008

Presentations

Sessions: 80

Attendance: 15,610

- Barth Elementary, Romulus, MI
- Bartlett Elementary, South Lyon, MI
- Cherokee Elementary, Fraser, MI
- Crothers Elementary, Centerline, MI
- Eisenhower Elementary, Fraser, MI
- Emerald Elementary, Manistique, MI
- Eriksson Elementary, Canton, MI
- Flint Area Reading Council, Flint, MI
- Hadley-Murphy Elementary, Lapeer, MI
- Halecreek Elementary, Romulus, MI
- Herrick Park Elementary, Tecumseh, MI
- Holbrook Elementary, Hamtramck, MI
- J F Kennedy Elementary, Ferndale, MI
- Jackson County ISD, Jackson, MI
- Kellogg Elementary, Hickory Corners, MI
- Lakeview Elementary, Negaunee, MI
- Las Positas Comm College, San Ramon, CA
- Martell Elementary, Troy, MI
- Maybury Elementary, Detroit, MI
- Miller Elementary, Centerline, MI
- Minges-Brook Elementary, Battle Creek, MI
- Monteith Elementary, Grosse Pointe Woods, MI
- Neinas Elementary, Detroit, MI
- Northwood Elementary, Royal Oak, MI
- Oxbow Elementary, White Lake, MI
- Peck Elementary, Centerline, MI
- Pine Tree Elementary, Lake Orion, MI
- Richland Elementary, Richland, MI
- Roberto Clemente Learning Academy, Detroit, MI
- Roose Elementary, Centerline, MI
- Springport Elementary, Springport, MI
- St Thecia Elementary, Clinton Twp., MI
- St. Damian Elementary, Westland, MI
- Thomas M. Ryan Intermediate, Richland, MI
- Troy Union Elementary, Troy, MI
- Waas Elementary, Troy, MI
- Wattles Elementary, Troy, MI
- Westlake Elementary, Battle Creek, MI
- Wixom Elementary, Wixom, MI

Total Bucketfilling Sessions through 9/30/08

Sessions: 812

Attendance: 100,480

BUCKET FILLERS, INC.

PO BOX 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

WWW.BUCKETFILLERS101.COM

Bucket Nuggets from
Carol McCloud, The Bucket Lady

PART 2

Another piece of the puzzle

It's a small world.

Last year, I received a phone call from a retired teacher who lives in South Bend, Indiana. This delightful woman had picked up my book, *Have You Filled a Bucket Today?* at a local gift store and had called to ask me if I'd based it on the work of Dr. John Valusek, PhD.

When she was still teaching, she had attended a workshop by Dr. Valusek and was quite impressed with his presentation on bucket filling.

I had to admit that I had not heard of Dr. Valusek, however, we both agreed that bucketfilling is one of the most effective character development programs.

I remembered our conversation when I sat down to write this column. Then I thought, "why not try and get in touch with Dr. Valusek?"

I found him!

Speaking from his home in Wichita, Kansas, his friendly response and interest confirmed the fact that I was talking with a very lively and enthused bucket filler.

A retired educator and clinical psychologist with twenty-five years devoted to private practice, Dr. Valusek graciously helped me put together a few more pieces in the bucket and dipper puzzle.

"I first saw a poster about 'filling a bucket by being kind' while sitting in a restaurant somewhere in America many years ago."

It struck him that here was a marvelous concept and he went on to publish papers on the subject and teach the principles of bucket filling at educational conferences. Several years later, he crossed paths with Dr. Donald Clifton, the subject of last week's Nugget. As they talked, it became apparent that neither of them knew with certainty who had originated the bucket and dipper concept.

Dr. Valusek used the concept in education; Dr. Clifton used it in business and psychology. Both men wanted to help others and recognized the power of this simple concept.

Dr. Valusek spent much of his career working to end violence and abuse and is well known for the quote at the bottom of this letter.

He explains that it is rare to have a completely full bucket or, for that matter, a totally empty one. He has made it easy to understand the need for a world of bucket fillers to help keep everyone's bucket as full as possible.

Thank you, Dr. Valusek, for your work to make people happier, stronger, more productive and more successful.



This week's winners

Congratulations!



Molly Masulis, of Matoon, IL is our Bucket Filler of the Week. Congratulations, Molly! 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

"People are not for hitting and children are people too." — John E. Valusek, PhD.