

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of JUNE 7, 2009 • Volume 3, Issue 12

## Making a Difference

May - June 4, 2009

### PRESENTATION UPDATE

Sessions: 18

Attendance: 3,550

- Alexander Elementary, Adrian, MI
- Brighton High School, Brighton, MI
- Cumberland Elementary, Lansing, MI
- Ellsworth Elementary, Ellsworth, MI
- Evergreen Elementary, Metamora, OH
- Great Parents Conference, Lake Orion, MI
- Heavenrich Elementary, Saginaw, MI
- Kate Dowdall Elementary, Flint, MI
- Michigan Assn of Foster Grandparent & Senior Companion Program
- Vanderbilt Area School, Vanderbilt, MI

Total Bucketfilling Sessions Taught through June 4, 2009

Sessions: 1,294

Attendance: 175,730

## Author found

Michelle Tuttle, of Brownsburg Indiana, wrote to thank us for sharing *When You Thought I Wasn't Looking* (the subject of our last newsletter) and give us the author's name: **Mary Rita Schilke Korzan**.

She was Michelle's 4th grade teacher and 25 years later they are still in contact.

Korzan wrote these words as a gift to her mother and has now published a book by the same name.

We are happy to have learned her name and want to thank her for her loving words.

Korzan's web site is lovely. You can read more about her at

[www.onceuponapoem.com](http://www.onceuponapoem.com)

## 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

## So long for awhile...

When was the last time you stopped to smell the roses? It's sad, but true, that we often find we have way too much on our "plates" to really enjoy life.

It's easy to allow our plates to be piled high with more commitments, obligations and projects than we can handle with ease. We do this, knowing that we will suffer as we rush through days filled with stress and worry.

As our plates overflow, we become impatient with ourselves and others. Joy vanishes from our buckets and, without thinking, we reach for our dippers. We snap, ignore people and lose focus.

We tell ourselves that we can handle a little more of this or another helping of that, but the truth is, *a too-full plate equals a too-empty bucket*.

However, there are three powerful ways to refill your bucket.

### Rest. Relaxation. Recreation.

When we reviewed our busy and exciting school year, the Bucket Filler team decided that this summer we would take the time to refresh ourselves with rest, relaxation and recreation.

With the end of the school year, and the beginning of what promises to be a beautiful summer, we are going to wind down, change our pace, and fill our own buckets.

I couldn't be happier or more proud of what we've achieved in the last 10 months. Our team has given 590 bucketfilling presentations in 240 schools and conferences in 15 states. We've received overwhelmingly positive feedback.

Our books continue to win awards and we've heard wonderful stories of lives that are happier and more rewarding as a result of filling buckets.

In the past two years, we have emailed 100 weekly newsletters to 4,000 subscribers.

Now we're going to rest a bit.

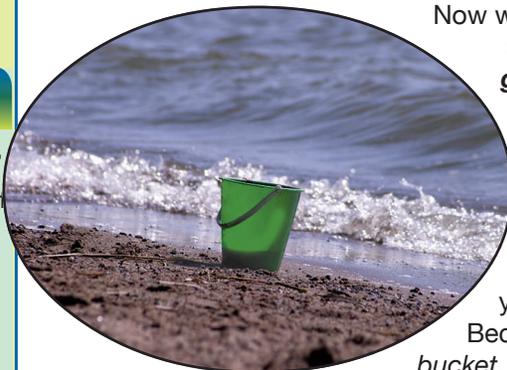
**Our June 14th Bucket Lesson, which offers a great idea for the next school year, will be our last newsletter until we return on August 30.**

We hope you will also take some time to practice the three Rs and build some wonderful summer memories with family and friends.

No matter what paths you take or roads you travel while replenishing your bucket, we ask that you take time to fill buckets along the way.

Because, as we all know—*when you fill another's bucket, you fill your own. With joy.*

**Have a safe and happy summer!**



### This week's winners

## Congratulations!



**Lisa Harbour** of Vicksburg, Michigan is our Bucket Filler of the Week.

Congratulations, Lisa! 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

**"The time to relax is when you don't have time for it."**

*Sidney J. Harris*