

# BUCKET FILL-OSOPHY 101

Week of FEBRUARY 14, 2010 • Volume 4, Issue 4

## Your Bucket Nuggets

Glenny Merillat, Bucket Fill-Osophy Editor

## Making a Difference

JANUARY 2010

### PRESENTATION UPDATE

Sessions: 33

Attendance: 5,594

- Algonac Elementary, Algonac, MI
- Babylon Elementary, Babylon, NY
- Battle Creek Friends Church, Battle Creek, MI
- Clarkston Area Youth Assistance, Clarkston, MI
- Doctors Inlet Elementary, Middleburg, FL
- Englewood Elementary, Englewood, FL
- Fairhaven Elementary, Fairhaven, MI
- Forest Avenue Elementary, West Babylon, NY
- Hamlin Elementary, Rochester Hills, MI
- Hemlock Park Elementary, Bay Shore, NY
- Lee County School District, Fort Myers, FL
- Mann Elementary, Detroit, MI
- Manorhaven Elementary, Port Washington, NY
- Millside Elementary, Algonac, MI
- Parkside Elementary, Rockford, MI
- Valley View Elementary, Rockford, MI

Total Bucketfilling sessions taught through January 31, 2010

Sessions: **1,580**

Attendance: **222,860**



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## Show that you care— Anytime & Anywhere



This week we celebrated Valentine's Day, a day set aside to express our love for the special people in our lives. In the 21st century we do this with greeting cards, chocolates in heart-shaped boxes, bouquets of red roses, and other thoughtful gifts. I'm sure that you gave and received a few of these bucketfilling gifts this year.

Some say that this tradition began with handwritten notes and verses and dates to Roman times. The custom found its way to our shores in the mid-1800s and has evolved until today Valentine's Day is considered a "Hallmark holiday". It's estimated one billion valentines are delivered around the globe each year.\* And who knows how many arrive as e-mails to those with computers and other electronic devices?

No matter how they are received, these gestures of love never fail to fill our buckets. We enjoy being told that we are loved and yet some of us find it difficult to say these words to the people who mean the most to us. We sometimes assume that they know how much we care for them, but how, exactly, can they know when we remain silent?

Love must be verbalized, demonstrated, and reinforced. A child or an adult will only know what we feel when we fill their buckets with laughter, endearments, thoughtfulness, respect, encouraging words, and hugs. There is no expense involved with this kind of bucket filling — no shopping, no postage, nothing but the desire to let people know how much we care about them.

Valentine's Day is over for this year, however bucket filling is a yearlong celebration of love.

Isn't that lovely?

### This week's winners

## Congratulations!



\*The U.S. Greeting Card Association

**Kim Nally** of Vista School, Ivins, Utah, is our bucket filler of the week. Congratulations Kim! 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

“Since love grows within you, so beauty grows.  
For love is the beauty of the soul.” — *Saint Augustine*