

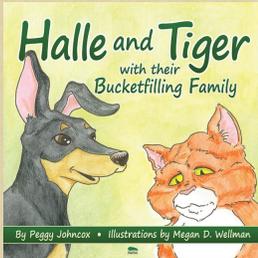


## Bucket Fillers

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## Making a Difference

Announcing a new book  
by a member of the  
Bucket Fillers Team!



This delightful new book, written by Peggy Johncox for children ages 3 to 10, teaches bucket filling through the Johncox pets, Halle the dog, and Tiger the cat. Your child will love learning how Halle teaches the exuberant Tiger all about their bucketfilling family.

Peggy's book is available through the Bucket Fillers website, [bucketfillers101.com](http://bucketfillers101.com), Amazon.com, or Peggy's website at [peggyjohncoxbooks.com](http://peggyjohncoxbooks.com), where you can also find out about author readings to children.

## Bucket Chuckles

To make you  
laugh...

Q: What is red and  
looks like a  
bucket?

A: A red bucket



Q: What is blue and looks like a  
bucket?

A: A red bucket in disguise

(Jokes Wiki.com)

# Bucket Fill-osophy 101™

WEEKLY WORDS OF WISDOM TO KEEP YOUR BUCKET FILLED

VOLUME 5, ISSUE 4

WEEK OF FEBRUARY 13, 2011

## Missing Manners

**Bucket Nugget** by Glenny Merillat, Newsletter Editor

"Our paperless, mannerless society," was recently the subject of a segment on a popular magazine show. The segment dealt with the decline in sending handwritten thank-you notes. Email, text messages, status posts, and tweets have drastically reduced the number of people who take the time to mail hand-written expressions of gratitude. The segment implied that the decrease in sending thank



-you notes was just one more indication that our manners are disappearing.

I believe that a major contributing factor to the decline in good manners rests with electronic media. As we approached the 21st century, it became "cool" to "let it all hang out." Movies and television began "pushing the envelope" with questionable content and language and manners took a backseat to uncontrolled self-expression. Add the internet to this mix, with its interactive social networks, and we find ourselves witnessing bucket dipping on a global scale.

Of course, there is a way to counteract this disease that has infected the planet. Bucket filling has the power to significantly improve manners and the way we treat people, regardless of the circumstances in which we find ourselves. Bucket fillers know that the expressions of courtesy and kindness fill buckets.

The television show featured an interview with a man who was unhappy with his life and experiencing some challenges when a friend advised him to begin sending handwritten thank-you notes. He took this advice and began to send notes filled with personal words of gratitude. He sent a note to the girl behind the fast-food counter, the mail carrier, and even the people at the utility company. It wasn't long before he started noticing that he was happier and more optimistic, too.

So far, he's sent more than 300 handwritten notes with pen and paper and he plans to continue writing. He said he doesn't understand why sending notes to other people makes him happier, only that it does. We could tell him, couldn't we?

## Congratulations!

**Isaac Villeda**, of Ventura, California, is this week's bucket filler of the week. Congratulations, Isaac! 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](http://www.bucketfillers101.com).



## Quote of the Week

*"I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, for I shall not pass this way again. ."*

- William Penn