

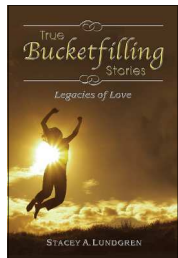
Bucketfillers for Life, Inc.

Proudly Serving the Entire United States with 5 Regional Training Centers



BFL News & Views

May 2011



True Bucketfilling Stories: Legacies of Love, by Stacey A. Lundgren. This wonderful collection of 10 short stories with discussion questions is available at Heartspeak, Inc.



www.heartspeakproducts.com

Other bucket filling products available at Heartspeak:

- Posters
- Pencils
- Bracelets
- Sunglasses
- Piggy Banks
- Backpacks
- T-shirts
- More!

Be sure to also get your copy of Heartspeak's exclusive eBook, "Almost at the Front", a collection of World War II letters by Merrill Lundgren, The Bucket Man.

Does Weather Fill or Dip in Your Bucket... or Both?

By Stacey A. Lundgren

We've had an interesting Spring thus far. Our Home Office is in Michigan, so we are north of most of you. But I've lived in five different states, and no matter where I lived there was a saying like "if you don't like the weather, just wait a few minutes". It seems that man's preoccupation with the weather is universal. We celebrate the beautiful days, which are usually defined as sunny and warm, and complain about the ugly ones, which are usually rainy, cold, windy, or snowy.

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

- Henry Van Dyke

Spring had a tough time arriving in Michigan this year. We had an April day that reached a quirky 90 degrees, and a few days later there were 2 inches of snow on the ground. Going to the store that day was most interesting not because of the weather, but because of the people! Strangers were complaining

about the cold and snow to each other, drivers were grimacing at the wheel and honking their horns at slow-moving cars. So...what can we do to control the weather and therefore, create more happiness for ourselves?



The answer, of course, is nothing.. We can *avoid* it by going somewhere that has weather we enjoy. Sometimes that's an expensive endeavor, and it does carry risks. Back in the 80's, we took our two young children to Florida's Disney World in winter. We were there for about an hour before it started to rain, and the wind whipped around us. Then... a tornado warning! Fortunately, there was no twister; we realized we could have gone on an unexpected, free ride for which there were no long lines! You just cannot de-

pend upon the weather. So whatcha gonna do?

How about making up our minds and hearts to welcome whatever weather comes our way and appreciating each day? As adults, it behooves us to remember that our words and facial expressions reflect our attitudes—and children hear and see both. A stormy day doesn't automatically dip in our bucket; we allow it to do so. **This is because we want or expect something different than what we have.** And how often does wanting something other than what we have get in our way of happiness?

Let's dance in the rain with our children, splash in the puddles, and get muddy! Bask in the sun on a beautiful day and say "Ah... isn't this great?" Look with wonder at the snow and appreciate how clean and white everything looks and that good exercise you will get shoveling the driveway. Make snow angels with our children and laugh. Prove to them that life can be joyous, and at the same time, we'll prove it to ourselves.

Happy Spring, Everyone!

BFL Program Feedback and Words From Our Student Bucketfillers

(The presenter's) enthusiasm and passion for bucket-filling was contagious. We all left the program inspired and motivated to "fill buckets"! Bucket filling and bucket dipping have become part of our everyday vocabulary. We have all learned how to find happiness through spreading happiness! We look forward to continuing our journey of "bucketfilling" in the coming school year as well.

Juana Perez, Principal
Oak Park Elementary School
Bay Shore, NY

I was not prepared for the meeting we teachers had this morning with Bucketfillers For Life. I thought it would be a typical, boring thing, and I wasn't happy we had to come in early for it. But there are no words to express how touched I and the other teachers were. Thank you. Our staff needed this!

5th grade teacher
Bay Shore, NY

I love and respect you, Uncle Mike, because you always tell me I'm a good kid.

4th grade student

I love and respect you, Mom, because you tell me I'm speshul and youneek.

4th grade student

I love and respect you, Dad, because you coach all my games even if you're tired.

5th grade student

I love and respect you because you'd rather play football with me than watch it on TV.

4th grade student

I love and respect you, Mandy, because you listen to me without judging.

Kindergarten teacher to her best friend

I love and respect you, Honey, because when I cry and have mini-breakdowns about work and the kids, you hold me.

2nd grade teacher to her husband

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