



BFL News & Views

September, 2008

**Bucketfiller Count
as of August 31st,
2008**

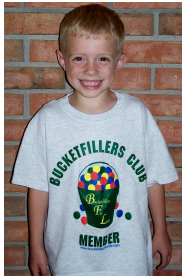
**Watch the numbers
grow!**

August Total:

625

Grand Total:

78,960 attendees



**Bucketfillers Club
Member T-shirts are
available through our
web site at a cost of
only \$9.95 with free
shipping** (with purchase of
4 or more.)

www.bucketfillersforlife.com

Attention Bucketfillers!

Great ideas should be shared! Send us your bucketfilling stories and ideas and we'll add them to the newsletter. Others have much to learn from your experiences!

An Old Magazine Filled My Bucket

By Stacey Lundgren

It's the truth: An outdated Ladies Home Journal from last December beckoned me, the cover in reds and greens and loaded with articles about the holidays. I was waiting for my youngest daughter, and I had brought a book to read. Leafing through old magazines in waiting rooms, as you know, is a drag. However, for some reason that issue called to me. I flipped it open and chanced upon an article entitled "Have a Heart" by Margaret Renkl, a former teacher turned writer and editor. It filled my bucket!

First of all, the word "bucketfilling" never appeared in that article, but the words "giving" and "generosity" were used often. When I substituted the word "bucketfilling" for either of those words, the article resonated!

We all want to be happy, right? Achieving happi-

ness is actually an uncomplicated endeavor. **Live your life as a bucketfiller.** As we teach, when we fill the buckets of other people, we are filling our own at the same time. And so, we are happy. Ms. Renkl writes: *Once the generosity habit gets a good kick start, the positive feelings it generates can keep the engine running indefinitely.*

Now here is the part of her article that filled my bucket to overflowing!

Nature has designed generosity (bucketfilling) to be inherently fulfilling. In one recent study, MRI scans revealed that the act of giving (bucketfilling) stimulates the pleasure-producing pathways of the brain, triggering the release of dopamine, a hormone associated with feelings of pleasure. By making generosity (bucketfilling) feel good, our brains encourage us to give (bucketfill) and

give (bucketfill) again and again. Negative emotions trigger the release of cortisol, a stress hormone. But the dopamine high that generosity (bucketfilling) provides mitigates stress. During periods of high stress, generous acts (bucketfilling) effectively offer the brain a trade, supplying a feel-good chemical in place of a feel-bad one.

Is this great news, or what? Bucketfilling is no longer just a common sense concept. The benefits of bucketfilling are founded in SCIENCE. For most of you, this might not be a big breakthrough. For me, however, who struggled in biology and physiology and failed chemistry, this is HUGE. The Science of Bucketfilling...wow.... Hope that fills your bucket like it filled mine!

New Bucketfilling Yahoo Group!

Please join us in the new Bucketfillers For Life Yahoo Group:
http://health.groups.yahoo.com/group/Bucketfillers_For_Life/

BFL Transportation Dept. Workshop Hits the Mark

By Merrill Lundgren—The Bucket Man

In the past few months we've been pleased to present our 2-hour Transportation Department Workshop to four Michigan school districts: Waverly, Holly, East China, and Davison. Additional programs have been scheduled during the 2008-2009 school year.

Many students spend a large amount of time riding the bus to and from school. We believe that "bucketfilling buses" are critical in the creation of bucketfilling school districts. You can't have a bucketfilling bus without a bucketfilling bus driver, just as you can't have a bucketfilling school without a bucketfilling principal and bucketfilling teachers.

We were pleased to receive the following letter as a follow-up:

"Thank you for presenting your

recent workshop to the Waverly Transportation Department. We experienced many different things during and after your in-service. The drivers opened up about their own lives as well as their experiences as a bus driver. We had drivers crying and we had drivers laughing. I think the thing that stuck out most with me, was the husband and wife that are drivers here. They really shared about their personal lives and made the rest of us think about how we treat others at home and at work.

Since our experience with Bucketfillers For Life, we have been more considerate of each other and of our students. We think before we take action or speak. I hear people saying that someone is dipping into their bucket. That makes me feel like we are making positive headway in our department.

It's been great seeing the changes

in the drivers and myself. I have used this at home with my family and can see a big change in the way I think and the way they act.

The drivers have asked that we have the Bucketfillers For Life back again. They said it was the most helpful in-service we have ever had.

Thank you very much for helping us all become better people."

Rhonda Sosnowski
Transportation Supervisor
Waverly Schools, Lansing, MI

Thank you Rhonda for filling our buckets! We're pleased that our program had such a positive impact on your department.

For more information about our Transportation Dept. workshop, please contact Peter Lundgren:

Ph/Fax (810) 231-0677
Email: peter@bucketfillersforlife.com

A Bucketfilling Idea from Emmons Lake Elementary School in Caledonia, MI

As we did last year, in mid-August we kicked off the new school year by doing an assembly and workshops at Emmons Lake Elementary School in Caledonia, near Grand Rapids. What an energetic school! Their enthusiasm for bucketfilling is almost palpable. Last year, they started doing something unique to keep their buckets full, and we would like to share it with all of

you:

It begins with blank, bucket-shaped notes that are given to each teacher. When he or she observes a student being a Bucketfiller, the teacher writes the student's name on a note. That note is then deposited into a bucket, located in the office. There is a bucket for each grade level. One name is drawn daily from each

bucket, and that bucketfilling student gets to sit in the special "Bucketfiller Chair" for the day. Not only are students and staff having great fun with this, artistic parents volunteer to decorate the chairs—this school year there will be a chair for each grade. Thank you for this great idea, Emmons Lake Elementary!

From the Mouths of Babes

By Stacey Lundgren

After a Teacher's Workshop in Ann Arbor's Burns Park Elementary School, a fourth grade teacher stopped me in the hall. Among other things in the workshop, we had talked about our choices and

their results. "I want to tell you a great story about my 8-year-old son," she said. She said she was having a talk with him about his choices, which all too often had negative results. "When you make a bad choice, Son, you wind up with

consequences" she explained lovingly. It was like a light bulb turned on his head! "Mom!" he exclaimed, "I've completely wasted the first eight years of my life!"

Growth in Michigan and National Expansion Planned in 2008-2009

The 2007-2008 school year was a tremendous success for BFL. Our program was adopted by over 90 schools in our base territory of Michigan, and we are currently booking programs 4-5 months in advance.

In response to this success, Bucketfillers For Life is pleased to introduce Doreen Kellum as a trainer in Michigan.



Doreen Kellum

Doreen is married and a mother of 4. She has spent the past 13 years raising her children. Doreen was director of Kellum Community Housing, a non-profit 501(c)(3) corporation, with a unique model of

philanthropy and community outreach. Her key responsibilities were managing the philanthropy efforts of the corporation which gave away 13 homes to families in need. Doreen has an infectious smile, a desire to help others, and an unyielding heart for giving.

We're thrilled with Doreen's addition to our training team in Michigan and look forward to many years working together in our bucketfilling schools and businesses.

Our Regional Training Centers in Albany, New York and Salt Lake City, Utah are gearing up for their first year of operation and we're excited to expand our program to these regions. Although we are currently able to provide our program nationally, we understand that the travel costs increase the program investment. Increasing our local

presence means more schools and businesses will be able to experience our original program.

For more information about our Regional Training Centers, please visit our web site or contact us using any of the listed means.

Bucketfillers For Life, Inc.
P.O. Box 508
Hamburg, MI 48139

Phone/Fax: 810-231-0677
 Email: Info@bucketfillersforlife.com
 Web: www.bucketfillersforlife.com