

# e-Beat

**January  
2004**

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Dear Friend,

Happy New Year!

Webster's dictionary defines resolution as: "The state or quality of being resolute; firm determination."

Did you make any resolutions this New Year's? Anything that you "firmly determine" you will do?

I can tell you that all of us at e-Buddies are firmly determined to give you the best e-Buddies experience possible. Our goal is to help make every e-Buddies friendship enriching for both members. Do you have an idea for how we can do that? E-mail me at [LisaDerox@bestbuddies.org](mailto:LisaDerox@bestbuddies.org) and tell me.

May your resolutions bring you happiness in the new year.

Best,

Lisa Derox  
e-Buddies Director

The e-Beat is published online monthly at [www.ebuddies.org](http://www.ebuddies.org).  
We welcome your contributions.  
Please send them to [eBuddiesNews@aol.com](mailto:eBuddiesNews@aol.com).



# Ask Emerson

All of your e-Buddies questions answered here!

Ralph Waldo Emerson wrote, “The only way to have a friend is to be one.” In the spirit of those inspiring words, Ask Emerson is a feature designed to help you be the best friend you can be. Each month, we will select a question or two for responses. Send your questions to [eBuddiesComments@bestbuddies.org](mailto:eBuddiesComments@bestbuddies.org).

Dear Emerson,

My e-Buddy told me her birthday is coming up. I want to send her a card, but I don't know her address. What should I do?

Signed,  
Marla in Manhattan

*Dear Marla,*

*If you want to send your e-Buddy a card, just send the card to the e-Buddies office. The e-Buddies staff will forward your card along to your e-Buddy.*

*Remember, it is against the e-Buddies Code of Conduct for e-Buddies to exchange home addresses, phone numbers, or other similar information.*

*Signing off,*

*Emerson*

# Conversation Starters



## **Goodbye, 2003... Hello 2004! Another year has come and gone!**

The holidays are over, and now it's time to get back into the swing of things. Some of us will be resuming school, while others will be going back to work. But even though we are returning to our everyday routines, things don't necessarily have to be the same as they have been in years past.

The New Year is a time for new beginnings. We all have a clean slate, and we can all work our hardest to make 2004 our best year yet!

What does the New Year hold in store for you and your e-Buddy?

### ***You could ask:***

Did you enjoy the holidays? What was the best thing that happened to you last year? Did you do anything for New Year's Eve? Did you watch the Ball drop? Did you make any New Year's resolutions? What are they? How long do you think you can stick with them? What do you want to accomplish this year?

Have you had a great conversation with your e-Buddy about something? Have some ideas for questions that get the talk going? Send you ideas for Conversation Starters to Bill Maurer at [BillMaurer@bestbuddies.org](mailto:BillMaurer@bestbuddies.org)

# Online with...



This month the e-Beat interviews Lisa from Pennsylvania who has been an active e-Buddy since April of 2003.

**e-Beat:** How long have you been an e-Buddy?

**Lisa Stewart:** I guess about 6 months or so

**e-Beat:** Why did you want to be an e-Buddy?

**LS:** I didn't feel like I had the time to devote to a Citizen Buddy, but I wanted to get personally involved with Best Buddies somehow other than for work. I am online probably 8 hours a day, so having an email friendship was the best fit for my life.

**e-Beat:** How do you think e-Buddies makes a difference in the lives of others?

**LS:** It's a safe way to meet other people who have similar interests, but whom they might not have had any opportunity to meet otherwise.

**e-Beat:** How do you think e-Buddies has made a difference in your life?

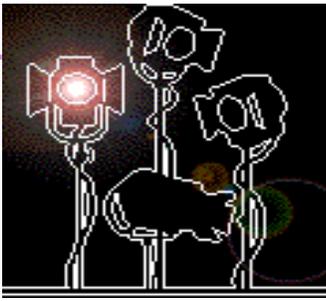
**LS:** I have had the chance to meet a woman who has many interests in common with me, but whose different experiences in life give her a different ways of looking at things from my own. She really appreciates things in life that I take for granted. She helps me put problems in my life in perspective without even realizing that she's doing it.

**e-Beat:** How often do you get on-line?

**LS:** Everyday for about 8 hours

**e-Beat:** What three words would you use to describe e-Buddies?

**LS:** Easy, interesting, unique



# Best Buddies Spotlight

## **New Years Resolutions!!**

*By Carolyn Downes*

*e-Buddies Program Manager, Massachusetts*

Well, we have seen another year come and go. 2003 is over but it will not be forgotten. The year 2004 is just about to begin. I can't wait to learn all the new and exciting things that will happen. But most importantly, I can't wait to get started on my New Years Resolutions.

Every year, I try to write down a few resolutions. Then, every couple of months, I review these pledges and think about the progress I have made on them. Usually, I have broken at least one or two by the time all the snow has melted. So, this year, I decided to write them down and share them with all of you. Hopefully, this will be more of an incentive for me to stick with them!

In my personal life, I would like to resolve to make the time to get to know the people in my neighborhood. Some of the families have been living in my area for over 40 years! I couldn't even imagine all the different activities they have seen come and go. It would be really great if I could sit down and talk to them about their experiences. I am sure I could learn so much.

At work, I hope to continue to spread the word about e-Buddies all over Massachusetts and beyond. We all know that e-Buddies helps to fulfill the Best Buddies mission of friendship but there are still some people who have yet to learn about e-Buddies. In 2004, I aspire to find these people to enlighten them about this awesome program!

As for the volunteering, I will strive to be a better Best Buddy and take every opportunity to hang out with my very cool buddy. I also will try to be a terrific e-Buddy. I will continue to keep up with my commitment by writing to my e-Buddy once a week. In addition, I hope to learn more about my e-Buddy's work and what he likes to do. And of course, I will remember that the e-Buddies staff is always available to help me if I need it. For example, if my email does not go through to my e-Buddy, I could contact one of the staff to let them know of the situation or look to the e-Buddies website ([www.ebuddies.org](http://www.ebuddies.org)) for assistance.

I hope everyone has a glorious, healthy New Year and your resolutions are strong through out the year. And now for the best part of 2004 – it is a leap year, so we all have one more day to carry out our resolutions!

# BEST BUDDIES®



e-Buddies Headquarters

401 Ninth Street, N.W.

Suite 750

Washington, D.C. 20004

Phone: 202.266.2275

Fax: 202.266.2260

Email: [eBuddiesComments@bestbuddies.org](mailto:eBuddiesComments@bestbuddies.org)

We're on the web!

[www.ebuddies.org](http://www.ebuddies.org)