

# e-Beat

**March  
2003**

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Dear Friend,

In mid-March I got the biggest thrill when I walked into the Alternative Education Center in Wise, Virginia. There, on the schedule posted on the wall, was e-Buddies! Pam Roberts and her students have made e-Buddies a part of their daily activities for two years.

Ms. Roberts has seen how her students have improved their keyboarding and writing skills through e-Buddies. The members of the class showed me their computer, treated me to a delicious lunch they had made, and gave me a gift basket as a thank you for e-Buddies.

I say thank you, Ms. Roberts, and thank you to each of her aides and students for being part of e-Buddies.

Best,

Lisa Derx  
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 [eBuddiesComments@bestbuddies.org](mailto:eBuddiesComments@bestbuddies.org).



# 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,

To celebrate Best Buddies Month, I would like to send my e-Buddy an e-card. Can I do that?

Signed,

Greeting Guru

*Dear Greeting,*

*You can certainly send your e-Buddy an e-card! If you are e-mail your e-Buddy at [ebuddy@ebuddies.org](mailto:ebuddy@ebuddies.org), simply send the e-card to [eBuddiesComments@bestbuddies.org](mailto:eBuddiesComments@bestbuddies.org). The e-Buddies staff will forward your card to your e-Buddy.*

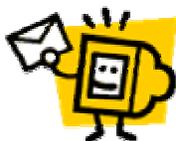
*If you e-mail your e-Buddy at to their e-mail address, not [ebuddy@ebuddies.org](mailto:ebuddy@ebuddies.org), you can send your e-card directly to your e-Buddy.*

*As always, if you have any questions or are unsure how to send an e-card, contact us at [eBuddiesComments@bestbuddies.org](mailto:eBuddiesComments@bestbuddies.org).*

*Signing off,*

*Emerson*

# Conversation Starters



March is Best Buddies Month, which makes this a great time to find out more about Best Buddies! While many e-Buddies participants are involved in other Best Buddies programs, there are also many of us that are only familiar with e-Buddies and would like to learn more.

e-Buddies is actually just one of five friendship programs offered by Best Buddies, and we also offer opportunities for employment through our Jobs program. (To read more about the other programs offered by Best Buddies, please visit <http://www.bestbuddies.org/volunteer/index.asp>).

Best Buddies chapters all across the country celebrate Best Buddies Month in many different ways, as highlighted in the Best Buddies Spotlight (If you would like to get more involved with Best Buddies, please visit <http://www.bestbuddies.org/help/index.asp>).

Is your e-Buddy involved in a local Best Buddies chapter? Why not ask your buddy how they celebrated Best Buddies Month?

*You could ask:*

How did you hear about Best Buddies? Did you know about Best Buddies before you signed up for e-Buddies? Is there a Best Buddies chapter in your area? Do you have an in-person Best Buddy? Did your Best Buddies chapter have an event to celebrate Best Buddies month?

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 Audrey Katz, an e-Buddies Volunteer from Miami, Florida.

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

**Audrey:** A few weeks

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

**Audrey:** I wanted to be able to help someone, but didn't have a lot of free time. This was a great idea, quick, and easy.

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

**Audrey:** I think it helps people with intellectual disabilities learn how to read and write, while also providing a new outlet for friendship.

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

**Audrey:** It has shown me that abilities of people with intellectual disabilities. I am amazed by how many things my e-Buddy has done that I would LOVE to do.

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

**Audrey:** Everyday, multiple times.

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

**Audrey:** Fun, rewarding, interesting.



# Best Buddies

March Madness

*By Lauren Taintor,*

*e-Buddies Program Manager, Pennsylvania*

Attention all Best Buddies...it's March!! So what does that mean? MARCH MADNESS! And no, I'm not referring to the craze that is college basketball during this time of year. More importantly, March is Best Buddies Month. Best Buddies Month goes hand in hand with National Mental Retardation Awareness month, sponsored by the Arc of the United States. It is the aim of the Arc to spread public awareness about individuals with intellectual disabilities through increased media coverage, speakers, and activities. It is time to step it up a notch, show some Best Buddies pride, and take action! Now, more than ever, it is so important to spread the mission of Best Buddies. Let's see what's going on around the nation to celebrate friendship and Best Buddies Month!

Best Buddies Broward County is throwing a Hawaiian Luau on March 16 at C.B. Smith Park. Each chapter is in charge of running a booth that showcases an activity that everyone can participate in. Face painting, a dunk tank, a photo booth, picture frame constructing, and a ring toss are just a few of the fun-filled activity booths. The chapters will be judged based on creativity, originality, and group effort, and the winners will receive a prize. In addition, there will be a DJ, karaoke contest, clowns, balloon animals, and games and activities from Coca-Cola. Don't miss out on the excitement!

On your mark, get set, go!! If you happen to be in the Philadelphia area on March 29<sup>th</sup>, swing by Best Buddies Pennsylvania's "Movement of Friendship 5k run, 3k walk and wheel" along scenic Boathouse Row in Fairmont Park. "The spirit of this race seeks to promote friendships, good health, and an active lifestyle," says Carlos Ciruelos, the mastermind behind the race. Prizes will be awarded to the top three winners in both the men's and women's heats. Each participant will receive a colorful race t-shirt, Best Buddies apparel, food, and drinks. Also included is an after party featuring live music from a University of Pennsylvania cover band. Tamsen Fadal, local TV personality from KYW3 News, will emcee the event. So dust off your running shoes and join hundreds of others in this wonderful event!

Across the country in sunny California, Best Buddies Inland Empire will be dancing the night away at the second annual Best Buddies Blast. This event will take place on March 28 at the University of California-Riverside. Over 350 participants, from 24 chapters, are expected to celebrate friendship during this semi-formal event. Members will have the opportunity to chow down on delicious food catered by The Honey Baked Ham Company, as well as enjoy the decorations from Party Plus, and receive exciting event t-shirts. In addition, outstanding members will be presented with awards donated by local businesses. What a great opportunity to dine in style and celebrate friendship!

Want to have some fun in Miami? On March 29<sup>th</sup>, Best Buddies will host the "Best Buddies Day: One Best Buddies Around the World." This event will be held at Tropical Park in South Beach. Middle school and high school chapters will run a variety of activity booths. In addition, each school will construct a display on their chapter. An expected 300 people will attend the festivities and show their support for Best Buddies. It is a great time to celebrate and to make some new friends!

Fun and exciting events are taking place all across the nation! Some others include: The 2<sup>nd</sup> Annual Tampa Bay Buddy Bowl Tournament, Best Buddies Night at the Washington Capitals in DC, Best Buddies Maryland High Rollers Ball, and Best Buddies Maryland 8<sup>th</sup> Annual Friendship Games. Come show your support and celebrate the power of friendship!

HAPPY BEST BUDDIES MONTH! ☺

# BEST BUDDIES®



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