



e-Beat

June
2003

Dear Friend,

June reminds me of happy endings, new beginnings, and anniversaries. For e-Buddies, this month contains all three.

INSIDE THIS ISSUE:

Letter from the Director	1
Ask Emerson	2
Conversation Starters	3
Online with...	4
BB Spotlight	5
Contact Information	6

For many of our participants, June marks a happy ending to their participation in e-Buddies. If you will not have e-mail access due to vacation travel, or being out of school, please tell your e-Buddy, and tell us, too. That way, we can either end your match or suspend it until you are back. E-mail us at e-Buddies@bestbuddies.org.

Our new beginning this month is the launch of our Athletes Online project. Through a partnership with Special Olympics, Best Buddies will be participating in the World Summer Games in Dublin, Ireland June 21-29, 2003. We will have a booth at Olympic Town, where we will distribute information about Best Buddies and invite the 7,000 athletes competing in the games join e-Buddies. If you are going to the games, please stop by and say hello.

June brings the third annual e-Buddies Training Corps, or ETC. We have a smaller class of interns this year, due to budget cuts, but I have no doubt they will work hard at teaching e-mail skills to persons with intellectual disabilities.

June also brings us summer! Hope yours is filled with friends and fun.

Best,

Lisa Derx
e-Buddies Director

The e-Beat is published online monthly at www.ebuddies.org.
We welcome your contributions.
Please send them to 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.

Dear Emerson,

My e-Buddy wants me to send her a picture of myself. She even sent me her home address. Is that allowed?

Signed,

Unsure

Dear Unsure,

According to our rules, e-Buddies are not allowed to send one another photos, and they are not allowed to exchange home addresses. This is for the safety of everyone in the program.

Politely remind your e-Buddy of the rules, and tell her if she has other questions she can contact the e-Buddies staff at eBuddiesComments@bestbuddies.org.

Signing off,

Emerson

Conversation Starters

Summer is almost here!



Many of us are finishing up another year of school and are getting ready for summer vacation. Some of us are eagerly planning a summer getaway, while others are looking intently for a summer job.

What are your plans for the coming summer?

You could ask:

What are your plans for the summer? When do you finish school for the year? Are you going anywhere for vacation? If so, where are you going? Is there any place that you would like to visit? Did you do anything last summer? Are you going to get a summer job? What is your favorite summer activity? Will you have access to e-mail over the summer?

Online with...



This month, the e-Beat talks with Ken, who was the first e-Buddy!

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

Ken: I am first e-Buddy ever! I think signed up Oct 1999 at the Best Buddies Ball, so I have been an e-Buddy for over 3 and half years.

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

Ken: I like computers and I like having friend that email. I'm now just like everybody else and know how to use a computer!

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

Ken: Everybody loves having a special friend. It makes a big difference in their lives cause learn about a lot stuff and other places too. They get to share what they've been doing and be a happy person.

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

Ken: I am a very happy guy now because I get to e-mail my e-Buddy about sports stuff and he's real smart about sports just like me. My e-Buddy cheers me up. We exercise and bet who can lose weight. I guess the best thing in the whole world is that he always there for me and he my best friend.

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

Ken: Every day of my life! I e-mail at about 6:30 a.m. and again about 4 pm. Sometimes at night after games I e-mail about who won. We e-mail everyday, 2 or 3 times.

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

Ken: Cool, great, and best thing ever had in my life!



Best Buddies Spotlight

GOING THE DISTANCE FOR FRIENDSHIP

By Lauren Taintor, e-Buddies Program Manager, Best Buddies Pennsylvania

On Saturday, May 17, dedicated Best Buddies supporters braved cold and dreary conditions to participate in the 4th Annual Volvo Hyannis Port Challenge in Boston, Massachusetts. This 90-mile bike ride, beginning at the John F. Kennedy Library in Boston, and ending at the Kennedy Compound in Hyannis Port, is one of Best Buddies International's largest and most profitable fundraisers and a true testament to the mission of friendship.

The ride began promptly at 7 am after a short briefing on the rules, the course, and cycling tips. Jorge Morilla, a participant in Best Buddies Jobs and e-Buddies, pumped up the riders with a short speech before their departure. If the thought of riding 90 miles was too daunting, people had the choice of a shorter 30-mile course that began at 11:30 am. Throughout the beautiful, scenic route, riders had the option of stopping at four different rest stops, each with a different theme. For instance, rest stop two presented a "Cruise Into the Future with Best Buddies" theme, complete with assorted blow up sea creatures, lifesavers, and Captain hats. In addition, refreshments and snacks were provided at each stop to re-energize and re-fuel the riders. Various local radio stations played music, while sponsors such as SoBe beverages handed out free giveaways.

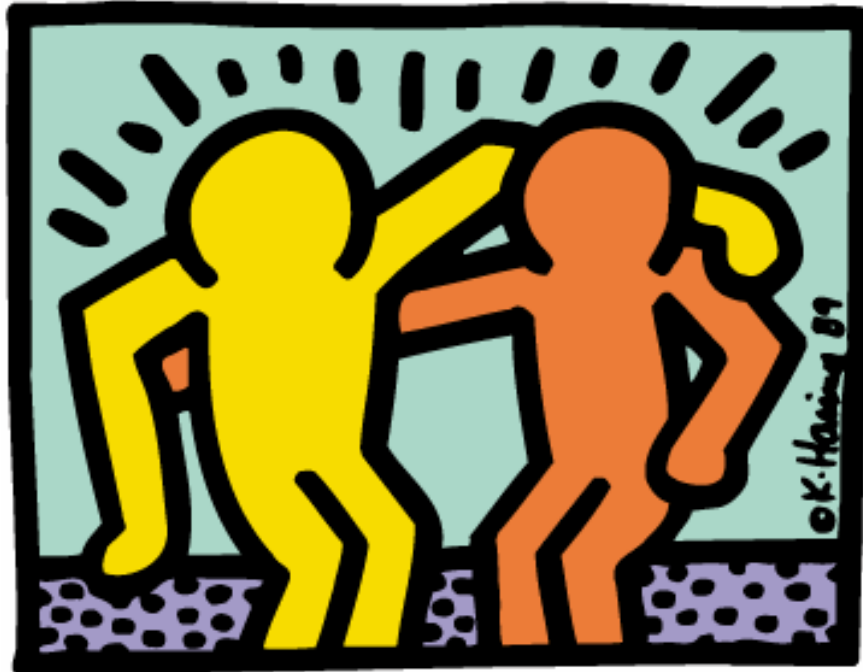
In order to participate in this event, individual riders had to secure a minimum of \$1,650 through fundraising efforts. The top three fundraisers were Thomas Jennings, Danny Watt, and Van Gothner, who collected an amazing \$8690, \$8456, and \$5878.50 respectively. This year, the Hyannis Port Challenge raised \$856,216 through donations alone.

A slew of celebrities came out this year to show their support for Best Buddies and for individuals with intellectual disabilities. Carl Lewis, Willie Mays, David Caruso, Gabrielle Carteris, Matthew St. Patrick, Kelly Hu, and Jerod Cherry were just a few of the many celebrities to make an appearance. Celebrities participated in a shorter bike ride, while riding tandem with an individual with a disability.

The highlight for many was the clambake and barbeque at the Kennedy Compound. After a long day of cycling, this was an opportunity to relax and feast on a variety of delicious food, including lobster and corn on the cob. During this time, awards were presented to athletes and people could bid on items in both a silent and live auction. Musician Richard Marx and his band provided live music and entertainment.

Many thanks to the sponsors, the dedicated staff, the celebrities, and above all to the riders themselves for making the 4th Annual Volvo Hyannis Port Challenge the best yet! Best Buddies is truly "going the distance for friendship!!"

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