



# e-Beat

September

Dear Friend,

In the United States, September means the start of a new school year. That start brings to me a feeling of anticipation and renewal.

I anticipate with joy the many new special education students who will join e-Buddies this year. I invite our special education teachers to avail themselves of the tools we offer on our website to make e-Buddies easy to implement in the classroom.

We also look forward to the many members who will renew their friendships after a summer lull. I know they will have much news to share with each other.

Fall also brings the 15<sup>th</sup> Annual Best Buddies Ball! If you will be attending the Ball, our largest annual fund raiser, please let me know. I and other members of the e-Buddies team will be staffing that event on Saturday, October 4, 2003. Find out more at [www.bestbuddies.org](http://www.bestbuddies.org).

Whether you attend the ball or not, I hope you will celebrate in your own way the Best Buddies Harvest of Friendship.

Best,

Lisa Derx  
e-Buddies Director

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# 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,

I wasn't able to check my e-mail over the summer. Now, my e-mail address doesn't work, and I can't remember how to contact my e-Buddy. What should I do?

Signed,

Out of the Loop in Oregon

*Dear Oregon,*

*Don't worry, we can help you get back in touch with your e-Buddy!*

*First, if you have a Hotmail or Yahoo e-mail account, there are directions for reactivating your account here:*

*<http://ebuddies.org/informed/computers/email.html>*

*The easiest way to get back in touch with your e-Buddy is to write him or her from the e-Buddies Online Community. To do this, go to [www.ebuddies.org](http://www.ebuddies.org), scroll to the bottom of the page, and click the purple button that says “e-Buddies Only”. You will need your User ID and Password; if you don't have this information please contact us at [eBuddiesComments@bestbuddies.org](mailto:eBuddiesComments@bestbuddies.org).*

*Once you are in the e-Buddies Online Community, click the link at the top of the page that says “e-mail Buddy”. This will bring up a form where you can write and send your e-mail to your e-Buddy.*

*Remember, you still need to check your e-mail to receive e-mails back from your Buddy!*

*Signing off,*

*Emerson*

# Conversation Starters

Another summer is almost over. The days are getting shorter, and the weather is cooling down. Many of us are already back in school or at work. But it's not all bad; there are many things to look forward to this fall.



For many of us, the cooler weather is a welcome change from the hot and sticky summer months. Pretty soon, the leaves will start to change colors, which is always a breathtaking sight.

The coming of autumn also means that your favorite TV shows will be back on the air with new episodes. And for all you sports fans, there are plenty of things to go on keep your attention for a while.

But the best thing about the fall is that it is time to get back in touch with your e-Buddy! Your e-Buddy is probably very anxious to hear from you after the long summer break.

What do you and your e-Buddy have to look forward to?

## **You could ask:**

How does it feel to be back in school / at work? How is the weather where you are? Is it getting cooler? Do the leaves on trees change colors where you live? Do you watch TV? What is your favorite TV show? Do you like football? What is your favorite team? How do you think they will do this season? Are you a baseball fan? Who do you think will win the World Series? Do you think the Red Sox will ever win another World Series?

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 week, we are talking with Liza McFadden, an e-Buddies volunteer who works in the office of Florida Governor Jeb Bush.

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

**Liza McFadden:** A few months

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

**Liza McFadden:** As the executive director of the Governor's Mentoring Initiative, I was very interested in e-mentoring as a practice - did one really form a relationship that was meaningful via electronic means? I was also very intrigued by the idea of being able to have a relationship not tied to a specific time table. The combination of working in the Governor's Office AND having a one-year old baby and a two-year old toddler means that organizing my life is pretty challenging.

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

**Liza McFadden:** I hope it is as simple as the relationship I have with my buddy: she's got a great sense of humor and a delightful personality. One can never have enough friends.

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

**Liza McFadden:** The fun answer is that I laugh more at work as I read funny, silly jokes from Kathy. The real answer is probably still in the making as the relationship develops and life takes its quirky turns.

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

**Liza McFadden:** Everyday.

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

**Liza McFadden:** "Worth your time."



# Best Buddies Spotlight

## **Back to School for Best Buddies**

*By Carolyn Downes, e-Buddies Program Manager, Massachusetts*

Can you believe it? It is very sad to see that summer is coming to a close. And we all know what that means. The mercury on the thermometer starts to drop, the foliage begins to turn, and of course, the new school year will begin! It is time to rush to Staples to purchase all your school supplies and head to the mall for the latest back-to-school fashion trends. But most importantly, this is the perfect time of year to become involved with Best Buddies and e-Buddies!

On college campuses all around the country, the Best Buddies College chapters are in recruitment mode. Many universities have activity fairs allowing new and current students to learn more about the different clubs and events available to them. This is a great opportunity for the college chapters to educate more students about the Best Buddies organization and our mission. Interested students can then attend an initial meeting hosted by the chapter to discover in more detail how to become involved.

High School chapters are getting prepared as well. The brains of the chapter presidents are bursting with ideas from the July Leadership Conference, which they are excited to share with their fellow members. The inspiration of these students will allow for more young scholars and teachers to become involved in the program. This upcoming academic year, Jessica Mervis, a High School Program Manager from Massachusetts, is hoping to really stress the importance of the one-to-one friendships between all Best Buddy students in order to keep the enthusiasm going strong.

This year all High School and College chapters will elect an e-Buddies Coordinator. This dynamic officer position will assist the Buddies in introduction to the Internet and participating in the e-Buddies program. Whether it is working on Match Problems or helping a buddy log on to his or her email, the e-Buddies Coordinator will allow students to become more involved in their chapter!

Best of luck to students, Best Buddies staff, and educators embarking on the 2003 – 2004 school year. May this be the finest school year ever for our Best Buddies Middle School, High School, and College chapters as well as e-Buddies.

# BEST BUDDIES®



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