

# e-Beat

October 2002

**October  
2002**

Dear Friend,

The e-Beat this month celebrates Make a Difference day. Reading the articles reminded me of what Robert Frost wrote:

Two roads diverged in a wood and I –  
I took the one less traveled by,  
And that has made all the difference

Certainly, choosing to live each day in service to ourselves, our families, and our communities does make a difference – each thoughtful decision, each moment of reaching to understand another enriches our world.

Thank you for making a difference in your own life and that of your e-Buddy.

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 [eBuddiesNews@aol.com](mailto:eBuddiesNews@aol.com).

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October 26th is "Make a Difference Day." We at e-Buddies invite you to get out in your community and do something on the 26th of October to make a difference!





# 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 and I both want to make a difference. Is there anything we can do together, even though we live far apart?

Signed,

Doing Good in Delaware

*Dear Doing Good,*

*Even though you and your e-Buddy don't live in the same area, you can still make a difference.*

*First of all, you are already making a difference through your friendship!*

*You and your e-Buddy could also volunteer your time helping a cause you both care about. For example, if you both like animals, you could each volunteer at an animal shelter in your town. Or, if you both enjoy spending time outdoors, help out at a park or stream clean-up. The possibilities are endless!*

*Then, you and your e-Buddy can talk about the volunteer work you've done, “together”!*

*Signing off,*

*Emerson*

# Conversation Starters



e-Buddies is a great way to help make a difference in someone's life through friendship. But there are many other ways that we can all help make a difference in our communities, and many e-Buddies participants regularly take an active role in such activities.

Maybe you worked at a soup kitchen last Thanksgiving, or maybe you help out a local hospital. Maybe you've helped clean up a local park, or maybe you've volunteered at a local animal shelter.

Whatever volunteer work you've done, no matter how big or small, you have helped make a difference in your community. In honor of National Make a Difference Day, why not share the volunteer experiences you've had with your e-Buddy?

You could ask:

Have you ever done any volunteer work? When was the last time you volunteered? How often do you volunteer? Do you plan to volunteer any time soon? What is your favorite memory about volunteering?

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

# Online with...



This month the e-Beat interviews both John David Craig and Dan Thompson. Both of these guys are e-Buddies and active members of their communities. Both John David and Dan were eager to share their ideas on making a difference and their volunteering experiences with the e-Beat.

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

**Dan:** From the beginning.

**John David:** Since August 2000.

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

**Dan:** To form a better friendship with someone, for the online interaction, and the chance to talk with my e-Buddy about my day to day life and know that my e-Buddy cares.

**John David:** It looked like it would be a lot of fun.

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

**Dan:** Talking to others gives me happiness. It makes me feel good.

**John David:** It is fun for people to talk with each other.

**e-Buddies:** What do you do to make a difference in your community? Do you volunteer?

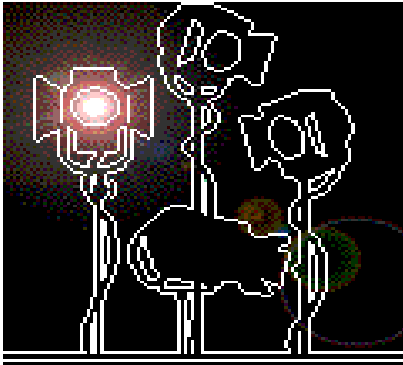
**Dan:** I volunteer in the magazine and newspaper section at the local library. I help write the newsletter at church and help with setting up for the men's breakfast.

**John David:** I volunteer with Best Buddies in fundraising events.

**e-Buddies:** What do you do to make a difference in the lives of people with disabilities? Are you an advocate?

**Dan:** I have spoken as an advocate for people with disabilities at both Best Buddies and Special Olympics events. I have recruited 10-12 e-Buddies participants in the state I live in.

**John David:** I am an active member of a local Best Buddies chapter.



# Best Buddies Spotlight

In the words of the great Reverend Dr. Martin Luther King, “Life’s persistent and most urgent question is ‘What are you doing for others?’” This month at e-Buddies we would like to take the time to spotlight an inspiring event that stresses the importance of selflessness and helping others.

Make a Difference Day, or the National Day of Doing Good, was created by USA Weekend Magazine and is held on the fourth Saturday of every October. This year, October 26<sup>th</sup> serves as the background for this wonderful event. It is estimated that over 25 million people have benefited from this day of service, and hopefully the number will continue to climb in the future.

The chapter from Ursinus College in Collegeville, Pennsylvania has high hopes for this year. One of their first and hopefully most successful events will involve Make a Difference Day. They will be participating in the Book Blowout, which collects and donates books to a chosen charity or organization.

Salita Kaistha, the Activities Coordinator, has been hard at work putting together a game plan for the Book Blowout. As a chapter, Ursinus hopes to obtain books from local bookstores, such as Barnes and Nobles. They also plan to place boxes to collect books outside of dorms, academic halls, and throughout campus. Ursinus decided that they would donate all books to the local homeless mission in the belief that books contain unlimited knowledge and are a great educational tool for those hoping to get back on their feet.

More than anything, the chapter sees this event as an opportunity for the students and their buddies to coordinate efforts to make a difference in their local community. The buddies will be responsible for collecting books on their own, and will play a large role in the pick-up effort from local book businesses. Ursinus’s CBD, Julia Campbell, and her buddy Meredith Rountree, see this as a bonding experience and are extremely excited to work together! The Book Blowout will also be the first activity that the newly appointed Buddy Director, Richard Gifin, will help plan and take part in.

Ursinus hopes to follow in the footsteps of chapters that have had past success in the Book Blowout, including Boston University who collected in excess of 200,000 books to be donated. What an accomplishment!!

Good luck to Ursinus and all of the Best Buddies chapters who will be participating in Make a Difference Day. The combined effort of the students and their buddies demonstrates how the power of friendship can not only change the lives of the individuals involved, but also can make a difference on a much larger scale.

“Life’s persistent and most urgent question is ‘What are you doing for others?’”  
-Dr. Martin Luther King

If you have any questions or ideas for future articles, please contact Lauren Taintor at [LaurenTaintor@bestbuddies.org](mailto:LaurenTaintor@bestbuddies.org)

# Featuring...



Make A Difference Day is a national day of helping others; it is a celebration of neighbors helping neighbors. Make A Difference Day is an annual event started by USA WEEKEND Magazine that takes place on the fourth Saturday of every October. This year, it will take place on Saturday, October 26, 2002.

Millions of people have participated in Make A Difference Day. In the year 2000, 2.2 million people showed their compassion by volunteering on that day, and thousands of projects in endless communities were accomplished. It was estimated that 25 million people benefited from the kindness of others on that single Saturday.

Anyone can participate in Make A Difference Day; all you need to do is help someone else on October 26, 2002. For those of you who volunteer on a regular basis, wonderful! On Make A Difference Day, go the extra mile; help someone in addition to what you already do. If you don't usually volunteer, here is a great day to get started. Projects can be as small as planting a tree or as large as organizing a neighborhood wide clean up project.

For anyone who is interested in participating in Make A Difference Day, visit the site [www.makeadifferenceday.com](http://www.makeadifferenceday.com), or <http://usaweekend.com/diffday/howto.html>. This is the site to visit to complete an entry form after participating. Everyone who helps others on October 26th, 2002 and submits an entry form is eligible for an award and a cash donation to a charitable cause. In addition, every award recipient will appear in USA WEEKEND Magazine and on [www..makeadifferenceday.com](http://www.makeadifferenceday.com).

This is a great way for Best Buddies to make an additional difference and give back to our communities. So, on October 26, 2002, help a neighbor, call a friend, clean a park, build a home, walk a dog, just as long as you Make A Difference.

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