

e-Beat

November 2002

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Dear Friend,

Life these days seems extra busy, and I find I need to feel connected to my friends and family. Yet, I often have to remind myself to take time to catch up with my friends, via phone or e-mail. If I don't, weeks or even months can pass without contact.

That's why we ask our e-Buddies to e-mail each other at least once a week. We send reminder notices every eighth day to those who have forgotten to send an e-mail.

We ask that you e-mail weekly, even if you don't hear from your e-Buddy. The way our system is arranged, a staff member investigates if more than two weeks go by without someone sending an e-mail.

Friends add fun and comfort to all our lives, and I will be giving thanks for my friends – and for you – this Thanksgiving.

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 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.

Dear Emerson,

My e-Buddy has stopped writing me. She was writing me every week. What should I do?

Signed,

Eager e-Buddy

Dear Eager,

Thanks for your inquiry. If your e-Buddy has stopped writing you, there are a few things you can do.

First, keep writing your e-Buddy at least once a week. Your e-Buddy may have been sick, on vacation, or her computer may be broken. If you keep writing, it will be easier for your e-Buddy to respond.

Also, let the e-Buddies staff know, by sending an e-mail to eBuddiesComments@bestbuddies.org. They will try to find out why your e-Buddy stopped writing.

Signing off,

Emerson

Conversation Starters



In case you hadn't noticed, the summer is definitely over. The weather has gotten cooler, and the days are getting shorter and shorter. But before the winter blues set in, there is still plenty to look forward to.

As we all know, Thanksgiving is almost here. Thanksgiving is a truly special time of year, when many of us will be braving the crowds and traffic just to be with our loved ones. Whether you will be spending Thanksgiving at home with your family, alone in new surroundings, or visiting with old friends, it is a time to reflect on all the good things in life. And of course, it's also a time to gorge yourself on the best meal that you'll have all year.

Why don't you share your Thanksgiving plans with your e-Buddy?

You could ask:

Where are you spending Thanksgiving this year? Who will you be spending it with? Are you traveling to get there? What did you do last year? What's on the menu for this year's feast? What's your favorite Thanksgiving food? What is your favorite thing about Thanksgiving?

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

Online with...



This month the e-Beat interviews Rosemary Boyer, who has been an active e-Buddy since July of 2002.

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

Rosemary: About 6 months.

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

Rosemary: I wanted to be an e-Buddy because I wanted to make a new good friend to e-mail with.

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

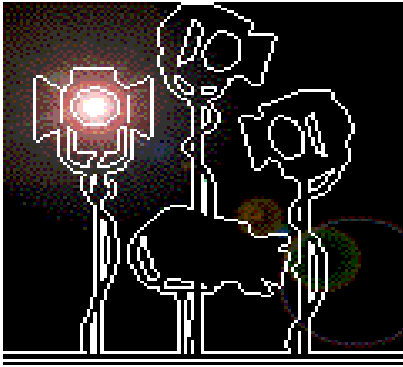
Rosemary: I think e-Buddies makes a difference in the lives of others because it brings true friendships to people that want a friend, someone that likes them for who they are and not to judge them of what their handicap is. e-Buddies are true best good friends and it makes both people happy because their friendship is a true friendship.

e-Beat: What are you thankful for this season?

Rosemary: I am thankful for knowing my e-Buddy Laura, she is the coolest and funniest friend I have. I am also thankful for my boyfriend Jerry, he is the best too! I also thank God because He blessed me with good friends, good health and He helped me so much.

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

Rosemary: True, Friendships, Forever.



Best Buddies Spotlight

First Ever Middle School Training Day held in Maryland.

By Virginia Robertson,
e-Buddies Program Manager, Maryland

Best Buddies Maryland is pleased to announce a new and exciting opportunity to develop and enhance the quality of middle school programs throughout the state: the Best Buddies Middle School Team Day. This first ever training day for Best Buddies middle school chapters, held in Maryland, will be used as a tool in developing the national model for the Best Buddies Middle School Training Day.

After Maryland expanded to 16 middle schools across the state, the next step to ensure the continued success of these chapters was to bring key chapter leaders together for a day of learning and networking. Student leaders, advisors, and parent volunteers were invited to participate in a half day of workshops and a half day on the Initiative and Confidence challenge course, which is a team building exercise.

The training day was enjoyed by all who participated. The workshops for advisors and parents included important topics such as key player's roles, furthering parent involvement, involving students in event planning, e-Buddies, making good matches, fostering friendship, and planning fund raisers. The student workshops focused on communication, motivation, the officer core, and project planning. The Team Day energized chapter participants and will help establish outstanding Best Buddies Middle School chapters.

If you have any questions or ideas for future articles, please contact Lauren Taintor at LaurenTaintor@bestbuddies.org

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