

e-Beat

**November
2003**

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Dear Friend,

For Hallowe'en one year, my mother sewed colonial costumes for me and my three sisters. Mine was purple taffeta, with lace sleeves. I loved it so much, I wore it for two years in a row.

While the swish it made when I walked was a big part of what delighted me about it, I also liked it because it connected me to history. The colonial settlers braved the unknown ocean for the chance of a better life, and they found it here.

This month, I think of the commitment it took those pilgrims to cross the sea. That courage is the same thing that drives e-Buddies – your commitment in extending the hand of friendship to someone with an intellectual disability. The 3,000 active e-Buddies and the 3,000 graduates are akin to being on the Mayflower. One day, all America will be an inclusive society, thanks to your pioneering efforts.

I'll think of that and give thanks on this Thanksgiving Day.

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



For many of us, it's getting dark earlier these days. The air is getting cooler, and the leaves are changing colors... It's definitely fall, and winter is just around the corner. It's time to unpack the winter clothes and get ready for the long, cold months ahead.

Even for those of us who hate the cold weather, or those who live in a warmer climate where there is no winter, there is one early winter ritual to which we can all look forward: Thanksgiving!

Thanksgiving is a time to reflect on all the things that make our lives richer. It's a time to gather with family and friends to celebrate (and to eat far more than is recommended).

Why not share your Thanksgiving experience with your e-Buddy?

You could ask:

Where are you spending Thanksgiving this year? Are you traveling to get there? Who will you be spending it with? What did you do last year? Do you have any favorite Thanksgiving memories? 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 Peter, an e-Buddies participant from Ontario, Canada.

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

Peter: I have been an e-Buddy for a year or so.

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

Peter: It was brought to my attention & I thought that it was a good idea.

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

Peter: I like getting e-mails from my e-buddy.

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

Peter: I like writing e-mails to my e-buddy

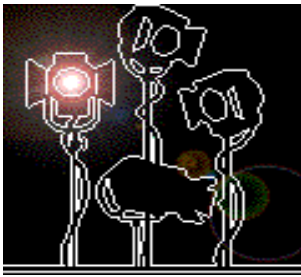
e-Beat: How often do you get online?

Peter: I am online almost all the time.

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

Peter: Nice caring people.

Would you like to be interviewed for the e-Beat? Contact Meghan Crary at MeghanCrary@bestbuddies.org.



Best Buddies Spot-

Funding the Mission

By Carolyn Downes,
e-Buddies Program Manager, Massachusetts

October has been a busy month for Best Buddies International. Everyone on staff has been working hard to raise more funds and awareness for Best Buddies. This will allow us to continue the mission of enriching the lives of people with intellectual disabilities for many years to come.

On October 4, 2003, Sargent and Eunice Kennedy Shriver joined Best Buddies to host the fifteen annual Best Buddies Ball. The event's theme was **A Harvest of Friendship** and the festivities took place at the Shriver's home in beautiful Potomac, Maryland. This extravagant gala had everything from live entertainment to a silent auction. A few items being sold at the silent auction included an African Safari, a trip to Wimbledon and even Waterford Crystal. But most importantly, everyone had a wonderful time and it supported Best Buddies!

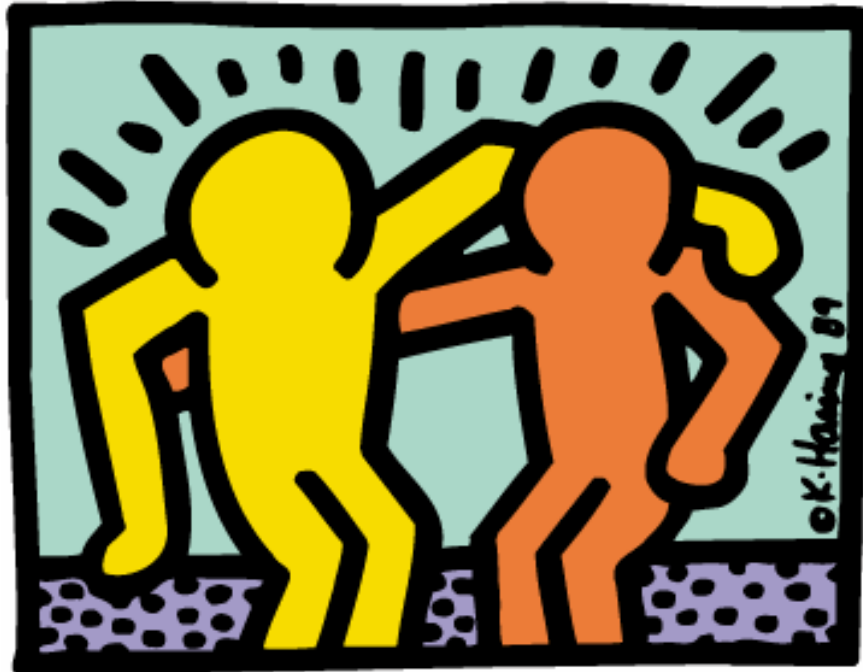
At press time, Best Buddies Florida was preparing for their Halloween Dance-a-thon. This spooktacular event will be held on Halloween night at the Volunteer Park Community Center in Sunrise, Florida. The party-goers will be participants from the Best Buddies Florida High School and Citizens programs and will have their dancing shoes on from 6:00 to 10:00. Meghan Crary, the e-Buddies Program Manager from Florida as well as Best Buddies' August employee of the month, is expecting over 250 people to come. In addition to the dancing, they will have a costume contest, a raffle which consisted of prizes to Disney World and Busch Gardens, and plenty of Halloween trick-or-treats!

On October 20th, Best Buddies Massachusetts teamed up with Pizzeria Uno's to raise a little dough for the Bay State office. When a restaurant goer presented a coupon provided by BBMA, 20% of their check would be donated to them. It was a great success and the pizza was delicious too!

Fun events like these do not just happen in October, Best Buddies is hosting them all year long. For more information or to learn more events, please check out www.bestbuddies.org/events or contact your local Best Buddies office!

If you have any questions or ideas for future articles, please contact Carolyn Downes at CarolynDownes@bestbuddies.org

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