

Dynamy

A Publication of Dynamy



Spring 2004

YOUTH ACADEMY
INTERNSHIP YEAR

Year Number 35 is a Big One at Dynamy!

Dynamy

Youth Academy-----2

Internship Year -----4

Internship Year
Alumni News -----5

Youth Academy
News -----7

Development
Updates -----7

Dynamy

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It is hard to believe that I have been at Dynamy for six months! It has been very exciting to learn the intricacies of Dynamy's programs and to discover the depth of passion that caused the staff and board to commit to the expansion of Dynamy's programs to other parts of the United States. I am enjoying getting to know students, staff, board members, graduates and the many friends of Dynamy.

Another highlight of my first few months at Dynamy was the opportunity to work with my predecessor, David Rynick, who had agreed to spend a portion of the fall assisting with the leadership transition. Additionally, David collaborated with Dynamy program directors Fred Kaelin and Laura Rickards to create program descriptions for the Internship Year and Youth Academy programs and also wrote a description of the transformative work that is at the core of what Dynamy does with young people. This documentation is critical as we move forward with our expansion plans.

Dynamy Expansion

Speaking of expansion, I am pleased to report that two-thirds of the way through our current fiscal year we have already raised over \$47,500 (and reached over 85% of our goal of raising \$55,000) for this exploratory year of the expansion initiative. Impressively, half of what we have raised thus far for the expansion has

come from the Dynamy board of directors. We hope to exceed our goal by raising more than the \$7,500 remaining in the campaign!

In January I journeyed to California to explore two potential Dynamy expansion sites and in the coming months I will visit at least two other possible Dynamy locations in other parts of the country. We are now developing the proposal process by which we will select the first new Dynamy site and, ideally, we will announce the site within the next few months. If all goes well, we will open the new Dynamy in September 2005.

We are especially encouraged by alumni interest in the expansion and as soon as we have identified the new Dynamy site, alumni support will be critical in developing the new Dynamy programs.

In conclusion, I think that our expansion into another part of the United States is a great way to celebrate Dynamy's 35 years of helping young people find their purpose in life!

As always, don't hesitate to call or write me if you have questions about Dynamy's Worcester programs or our expansion plans.

Best regards,

Jim Zuberbuhler
Executive Director

jzuberbuhler@dynamy.org

YOUTH ACADEMY*

*The name of the **John S. Laws Institute** has been changed to the **Dynamy Youth Academy** in preparation for Dynamy's planned national expansion. The content and scope of the program remain the same and John S. Laws, the namesake of the Worcester program, will continue to be honored through local scholarships and awards.

Enrichment Programming

Each staff member of the YA program offered an enrichment workshop for students who were interested. In addition to meeting a requirement of the IEP Individual Experience Plan, it also offered an opportunity for each of us to have unique experiences and to interact with a different cohort of students. Summary reports from participants follow:

Local Trails

by Carissa Bumgarner Rebidue, Class of 2007
Facilitator, Jim Haupt

The Youth Academy has a very good enrichment program. There are a lot of different places that you can go. Also you get chances to go to places you haven't been to before. Cristal Ruemmelle, Cesar Burgos, Bismark Obeng-Mensah, and myself went hiking at Broad Meadow Brook and Wachusett Meadow.



Carissa Bumgarner Rebidue,
DYA'07

Our time at Broad Meadow was very peaceful. It was amazing to find out just how peaceful it was there even though it's in the middle of a noisy city and even our backyards. It's a really nice place to go to if you want to just take a walk, or even just to relax and get some peace and quiet. On the sides of the trees there were little notebooks where you could sign your name, or just to write a poem or how you felt.

Our next hike was at Wachusett Meadow. We saw a beaver dame that created a pond and flooded some of the observation decks. Brown and black furry caterpillars greeted us everywhere. We will schedule a third hike this spring when the weather breaks.

The Worcester Political Scene

By Tony Stevens, Class of 2004
Facilitator, Angela Quitadamo



Tony Stevens, DYA'04

In December 2003, the Aldersgate United Methodist Church on behalf of Worcester Interfaith hosted an evening with the School Committee candidates. All incumbent School Committee members and challengers were on hand to discuss Worcester's school system. Each candidate spoke, some using facts, graphs, statistics, while others used humor to make their positions. Samantha Beebe, William Paige and I learned about the responsibilities of voting and making

the right choices for yourself as well as the people around you. In addition to attending Candidates Night we attended the rehearsal and witnessed the amount of work that goes into planning such an event. Voting comes down to three elements, responsibility, knowledge and commitment.

Journaling

Lee Dillon, Class of 2006
Facilitator, Laura Rickards



(L to R: Shane Conyer-Jones, Lee Dillon, Nancy Cadet, Andry Roman, German Diaz, Fatima Rivera and not pictured: Leishla Berrios) Pose during their Halloween meeting on 10/31/03.

Six other students and I participated in the Journaling Group. Little did any of us know that this was the sort of small, close-knit family. We each chose from a variety of journals and pens; if you share your deepest thoughts with a pad of paper it should at least be with material that you are comfortable with or that compliments your personality.

In our journals we revealed our deepest thoughts an inner emotions. With lights off and candlelight we shared our entries; we even had homework! We got to discover things about our peers and also found out things about ourselves. You're thinking... *I would never share my personal stories with anyone!* Honestly we all felt like that, but not only did we have a confidentiality agreement, we all trusted one another. It was a great experience.

Youth Academy Graduate Women's Gather-In

On December 11th, a small but adventurous group of female graduates of the Youth Academy and some staff gathered for what we hope was the first, not the last, Women's Gather-In. We enjoyed a healthy salad buffet and a relaxation/meditation seminar lead by **Zayda Vallejo** of the *UMASS Medical Center for Mindfulness*. We went home joyful, and light of heart. It was wonderful to have a group of women coming together to share, to visit and enjoy an activity just for us. We are looking for a spring date to host another such event. Childcare will again be provided as well as another enriching activity. Next time please do join us! ■

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Student Profile: Jonida Theodhoraqi, DYA'05



Jonida Theodhoraqi, DYA'05

Joining Dynamy's Youth Academy Class of 2005 has been one of the smartest things I have ever done. It's not only because I receive a scholarship upon graduation, but also because I have met people I never thought I would and accomplished things I would not have dreamed of.

That day when I received my "phone call" I was jumping with joy. I was one of thirteen kids to be selected, and because of it I considered myself unique. I was born in Albania, a country that was under communism for so long, and coming to America I got more than I ever thought I would because of Dynamy.

One of the most wonderful and fun things about Dynamy is the outdoor trips we take. Every year each class goes on a trip, usually a camping trip. These trips are very important to each individual class because it brings the group a lot closer. On these trips, I've done things I have never in my dreams thought I would. I went on a camping trip, challenged myself to high-rope activities (I am completely petrified of heights), went kayaking and canoeing, built and slept in an igloo, and even tried snowboarding and snow-shoeing. What other kid my age can say they have completed so much in only three years?

Before coming to Dynamy I did not know much about other cultures as I do now. I've learned to grow and be friends with the people here, and I love each and every one of them for teaching me what I did not know, and brightening my horizons. I've learned to be appreciative of what I have because of the volunteer work I have done because of Dynamy. Not only have I learned how to take a chance and be brave, but I've also learned to trust some of the people here, whether they are my advisors or my peers. I am very grateful for the friends I have made here especially since I consider some of them to be my best. Dynamy has impacted my life so much, and influenced the person I am today; because of it, it will always be in my heart.

Caring For Our Mental Health By MyHoa Son, DYA'04



MyHoa Son, DYA'04

On Friday, November 14, 2003, Jonida Theodhoraqi, Ashley Whalen, Angela Quitadamo and I went to the 8th Annual Conference on Women's Health and The Environment at the Hynes Auditorium. The Teresa and H. John Heinz Foundation sponsored the conference.

Nearly 2000 participants attended. We listened to Kay Redfield Jamison who was the keynote and shared her battle with manic depression. Dr. Malika Marshal of WBZ 4 News led the morning panel on an open discussion about manic depression. I learned that the environment can be harmful and that more women than men suffer from bi-polar disease. This was valuable to me because it gave me the understanding of the health risks that women face. ■

\$30,000 Thoreau Scholarship Awarded

The Youth Academy is pleased to announce that Stacie Brimmage, YA Class of 2004, is a recipient of a \$30,000 Henry David Thoreau Scholarship for college tuition. The Northeast Educational Services, Inc. annually awards the Henry David Thoreau College Scholarship Fund to a Massachusetts high school senior planning to pursue education in the environmental field. Thoreau Scholars are also eligible for a stipend supported internship. Congratulations Stacie! ■



Stacie Brimmage, DYA'04

INTERNSHIP YEAR

The Three R's: Retreats, Recommendations & Reflections By Fred Kaelin, Program Director

As we stand on the cusp of the seasonal shift from winter to spring, the days for the current interns are filled with the three R's of the final third of the program: retreats, recommendations and reflections. All three of these components help interns to consciously examine what they want out of their own life and how to approach it. Without them, there is far less awareness, far less learning, than occurs simply through the actions of doing the program. This approach to learning by doing, reflection on action, is at the core of Internship Year.



Ice climbing during January 2004
Winter Outward Bound Trip

In January the interns welcomed nine new semester students to the group with a day-long Winter Retreat. This celebration and welcome involved a group breakfast, a midday event at Jillian's, a karaoke/talent contest, and ended with a group

dinner at Peppercorn's. The contest, won by Matt Robinson for his rendition of *Julia* by the Beatles, saw staff performances (I use the term loosely), as well as singing, juggling, and lip-synching by eight interns. It was a fun day full of warmth in the midst of the cold winter and piggybacked on the end of the Winter Outward Bound. This year, all of the participants earned the right to the Outward Bound patch for their efforts during the six-day winter expedition course in Maine. Congratulations!



Jake and Jay wait their turn to climb - Winter Outward Bound,
January 2004

So the Winter Retreat has passed and the Spring Retreat stands just three months away. In May, we will again head to Cape Cod for three days of camping and closure just before graduation. By then, each intern will have completed his or her final portfolio piece, the Final Reflection. As I write this in mid-February, interns and their advisors are completing the Mid-year Reflection and setting their goals for the remainder of the year. Late in May they will reflect on what they accomplished and where they are headed.

Each intern is actively planning now for the direction he or she will take after Dynamy. Advisors and directors alike are writing recommendations in support of interns and daily making informal recommendations to them to help them think through their desires and to take the necessary actions to make their path a reality. Once again, this group is considering many options, from college and university to immediately entering the workforce. For most, this next step is clearly building on their experiences during their time here. Hard as it is for us to believe, by the next column the current interns will already have graduated and will have embarked on the next stage of their journey. As we know from graduates, the retreats, recommendations, and reflections of these months will be memories and impressions that inform and influence them even more than now. ■

Dynamy Hosts Events for IECA Consultants

Since 1969, independent education consultants from around the country have referred many students to Dynamy's Internship Year. We are pleased that the Independent Education Consultants Association (IECA), which has been so important to Dynamy, will be gathering in Boston for their Annual Spring Conference, beginning April 28, 2004. In honor of their support, a dinner for IECA members will be held at Dynamy that **Wednesday, April 28, 2004**, starting at 6 p.m. An evening full of great conversation, food, and spirits will help kick off Dynamy's year-long celebration of its 35th anniversary and our plan to open a second Dynamy site in the fall of 2005. A reception for those unable to attend the Wednesday night dinner will be held **Thursday, April 29, 2004** at the Conference host hotel from 6 p.m. to 7 p.m.

For more information please contact Keith Robichaud, Director of Admissions at (508) 755-2571 or by e-mail at krobichaud@dynamy.org. Transportation will be provided from the IECA Conference host hotel, Boston Marriott Copley Place.

INTERNSHIP YEAR ALUMNI NEWS

1972

Susan Ritz is still living in Vermont and was recently remarried. Dan, 21, is in college, Nina and Elisa, 17, are high school juniors. I'm busy as a community organizer, writer and teacher. Life is full!

1972

Howard Turner lives in Dallas, Texas and has a good healthy family.

1973

Peter Gair wrote us last November, "Kids'r'Stress©TM. News? Hardly. In fact, genetics play a part, too. But, to be honest, taking Lipitor w/Oreos & assiduously avoiding movement probably played the biggest parts in bringing on my "cardiac event" this past Sat. am, 11/8/03. A quick copter ride to Dartmouth, a cath, stent, & good care got me home Sunday eve. My wife, Dr. Wendy Muello, no doubt is the primary cause of keeping the event minor.

Foolishly, one might think, she & I did the first show Friday night of our community theater's production of G&S' HMS Pinafore. The show must go on and all. But through a wonderful & odd & not necessarily sensible concatenation of events, I was able to be in our ER for my event. I remember almost all of it.

As for kids, really, our son Nathan (almost 16) & our daughters Molly (13-1/2) & Nora (almost 9) are great kids who are musical & curious, it seems, about everything else, as well. They work hard at school and are learning about managing time & expectations & us. What stress this trio puts on us is almost all what we manufacture for ourselves – so far.

So, an exhortation to fellow Dynamites, my contemporaries & those who went before, came after, and who will come along to this great program:

Take care of yourself – really. Whether for your children or spouses you have or don't even contemplate yet, the show must go on.

Besides, it really is a lousy way to get a chopper ride – I didn't even get to see out."

Leslie Owen is still living in Olympia, Washington. "I am (for the time being) director of a legal aid office – but we are facing severe budget cuts. I am busy with my family – husband Tor, Annie 12 yrs old and Ben 15 yrs old".

1976

Brian Kelly moved to Belfast, Ireland in 1999. "I am teaching at Queen's University and active in local left politics, having organized the University Lecturers Against the War in the run-up to George Bush's Iraq debacle. My first book, *Race, Class and Power in the Alabama Coalfields, 1908-1921* (Illinois, 2001), won the Southern Historical Association's Frances Butler Simkins Prize for a distinguished first book in Southern history, and the HL Mitchell Prize for a distinguished book in Southern working class history. I've got a beautiful 19 year-old daughter, Ciara, who lives in Dublin, and a ten-year old stepdaughter, Bionach, who lives with my wife Jennifer and me. I'm spending this year (2003-04) at the National Humanities Center in North Carolina, where I'm in the process of completing a second book, entitled *African Americans and the Labor Movement*".



Brian Kelly, 1976

1978

Anne Edgar gave birth to a son, David Christian DeCoste on Christmas Day, December 25, 2002. She resides in Medford, MA, and is a Social Worker with the Department of Social Services, Arlington Area Office, where she specializes in working with troubled adolescents. Anne notes that she developed this interest during her year at Dynamy. Please look her up online at www.dynamy.org.

1981

Bob Borts lives in Providence, RI. "I'm married with eight cats, no kids." Bob is an independent television producer and recently won an emmy for his participation in the Olympics at Salt Lake City. "I will work in an unspecified venue in Greece this summer!" Email: bborts@aol.com.

1983

Neil Cavanaugh is living in Hopkinton, MA with his wife Nancy and two daughters, Sarah (5) and Grace (2). Please visit our web site at www.dynamy.org to get re-connected with Neil.

"Wow...I find it hard to imagine that 20 years have past since my time at 71 Russell Street," wrote **Chris Sherrill** in November. "I have been in New Jersey for 13 years, living with Mike, my life partner, & am currently working for Pearson Education, an educational book publisher. I often chat with **Kris Moulton** (now Phillips) & we get together occasionally. I would love to hear from other Dynamy folk." Email: njchris@optonline.net.

INTERNSHIP YEAR ALUMNI NEWS

1985

"In November 2003 I became a business owner", writes **Stewart Miller**. "I took over Opticians Unlimited in downtown Hartford, CT and so far so good. My son Noah just turned 1 in October and he is great. I'm in the alumni directory so drop me a line as I would love to hear from anyone in my year".

1989

"I'm currently teaching theatre classes at Worcester Academy (since '00), my wife Christina just gave birth to our son Cooper on 1/13/04", wrote **Josh Webb** in January. Email: jwebb@worcesteracademy.org.

1990

Charlie Gotgart is currently living in Portland, Oregon. "I am playing bass in a band called *Dark Skies*. My Dynamy experience was a beautiful and growing time. Thanx Dynamy, I love you." Email: cgotgart@yahoo.com.

1992

Angus Mezick sent us an email in February. "I am now married and have a beautiful daughter. I work as a Software Engineer for the non-profit Guidestar at <http://www.guidestar.org>. If you work at a non-profit get over there and fill out your GIF! You can email Angus at masque@inetsolve.com.

1993

Scott Stevens sends his greetings. "After Dynamy I headed off to college in Durango, Colorado where I skied and squeezed in classes where I could. I did end up with a business degree and have been back in Portland since '97. I work in marketing, sales and management for a computer investigation and electronic discovery firm and am enjoying life quite a bit. It would be great to hear from any of you from '93. Unfortunately I have lost touch with most of you and would love to re-connect. I certainly have very fond memories of Dynamy!" Email: scottstevens1@msn.com.

1995

Kelsey "Mike" Johnson has entered graduate school at Chapman University in Orange, CA. He is studying TV & Film Production. Mike spent 16 months in 2002-2003 living and working in New Zealand.

1998

"After my Media Relations Internship with the Orlando Magic last spring, and a long (6 years) career of sorts with various internships in professional and collegiate sports interspersed during Dynamy, I have decided to take a different route in life. A [new] role which can affect lives directly," wrote **Josh Flowerman** last fall. "This past summer I was a staff member on a program called Visions International, which is a community service program for high school kids. I went to South Carolina for 6 weeks, built houses, a new basketball court, etc., and got to know a great bunch of kids. As for my life, I'm now the director of a program called Career Explorations, a summer program for 16-18 year olds in New York City. It is the product of an idea that my 17-year-old brother had after an internship with Cantor Fitzgerald in London. Next summer, 40 students, 6 staff members (including myself) will live in the Juilliard School above Lincoln Center." Email for Josh: joshflowerman@yahoo.com.

1999

"My career has brought me to a new interest", writes **Patrick Schmedes** in February. "I am working as a crisis teacher in a public school as well as working with kids who have been abused and mistreated through their lives. They are two full-time jobs with benefits that far out way the money I receive".

2000

Megan Fraser is completing her senior year at Franklin Pierce College.

2001

"I went to Dean College in Franklin, MA after the Dynamy Year to get my grades up for transfer," wrote **Justin Marchand** in December. "I met my goal and transferred into Georgetown University in December 2002. Currently [I'm] studying Finance in the McDonough School of Business and looking forward to (finally) getting out of college. Keep in touch." Email Justin at: jrm74@georgetown.edu.

2003

"**Adam Goldstein** is having a very successful freshman year at Haverford College in Haverford, PA", wrote his parents recently. "He is playing varsity lacrosse, involved in student government and seems very happy!".

David Kloc is currently a freshman at the University of Michigan School of Art & Design. "His internships at Myers Mask Design helped him to chose this path and he is loving it. Dave is still in touch with many of his Dynamy buddies and hopes to get out East to visit", writes his mother, Elli Kloc. ■

YOUTH ACADEMY ALUMNI NEWS

1998

Reggie Hill stopped by recently. He is living in Framingham these days working for the Mentor Network as a case manager in specialized foster care placements. He "loves" his job! He is also working per diem for Wayside Youth and Family Support Network as a Residential Counselor. There is not stopping Reggie... he is researching graduate school options to pursue a degree in Social Work. BU, Simmons and Salem state are on his list. Reggie is also still interested in medical school.

Migbel Santiago is back in school at Quinsigamond Community College and loving it.

1999

Adolfo Sanchez is graduating in May from Worcester State College with a B.S. in Geography/Natural Science and a minor in Physics. He is seeking a position with Geographical Information Systems (GIS), a mapping database. Stop by and visit him at the Auburn Mall. He works at EB Games.

Thao Tran was in town having finished up her thesis at Hampshire College. She is looking for work in the D.C. area and engaged to be married later this year.

2001

Jesus Trinidad Jr. was born on Friday, February 13th to proud mom, **Kristi Farrell**. He weighed in at 9 lbs, 12 oz. Mom, son and Jesus Sr. are well and very happy.

2002

Jorid Topi will head to the UK next year to complete his WPI project, congrats!

A new recruit of *The Few... The Proud...* **William Torres** visited in his dress blues. He recently finished basic Marine Corps training and will be going onto more technical weapons training in Jacksonville, N. C. and later will be stationed in Brazil, Japan, Iraq or California.



William Torres, YA '02

2003

Mirand Lamani was by, doing very well at Assumption, "mostly A's", and still working at Dunkin Donuts on Shrewsbury Street. ■

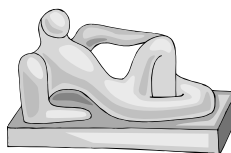
FORMER YOUTH ACADEMY STAFF NEWS

Kara Toms, former YA Advisor has had a new family addition. Maya Rebecca entered the world on February 20th at 8 lbs, 2 oz and joins big sister Celia and proud papa Dan. All are well and enjoying baby *My My* as big sister calls her. ■

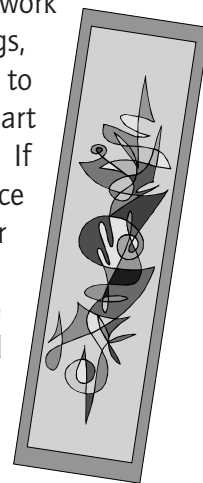
35th Anniversary Celebration!

Dynamy
1969 - 2004

OCTOBER 9, 2004 - 5:30-8:30 PM
at the EcoTarium
www.EcoTarium.org



We are looking for donated alumni artwork (paintings, sculptures, photography, etc...) to have as our Silent Auction as part of this 35th Anniversary event. If you are willing to donate a piece of art, please call Lisa Wheeler at 508.755.2571 or email lwheeler@dynamy.org for more details and deadlines. This will be a great event to showcase your talent!



MARK YOUR CALENDARS!
PLAN TO ATTEND!



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APPLICATIONS are being accepted for the **2004-2005 Internship Year, which begins in September. Please contact Keith Robichaud in the Admissions Office for more information. Space is limited.**

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DYNAMY'S MISSION

To challenge, support, and empower young people to discover their purpose and to practice their values. Dynamy is a not-for-profit educational organization founded in 1969. INTERNSHIP YEAR is a year-long program for high school graduates, YOUTH ACADEMY is a four-year, after-school program for underserved high school students in Worcester.



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