

Monomoy Community Internships

REFLECTIONS

May 2024

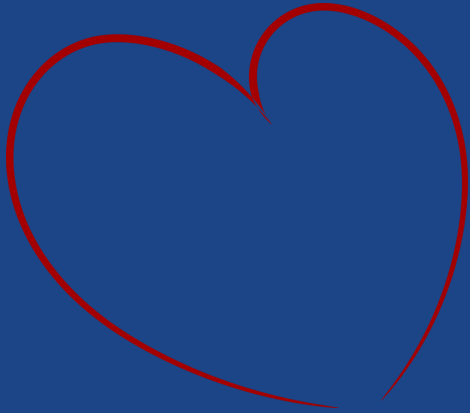


The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.

– Steven Spielberg



Thank you to all of our Community Mentors!  
Your participation makes our internship program possible!



Please enjoy the following presentations of our MRHS interns' capstone projects.



## Table of Community Interns' Reflection Presentations, 2024

Slide 6	Isadora Alexis	Erica Strzepek, Cape Cod Museum of Art
Slide 18	Susannah Brown	Lt. Jon O'Leary, Brewster Police Department
Slide 27	Ed Crownshaw	Dan Berquist, Wheelhouse Bike Co.
Slide 40	Braedan Darling	Robyn Rohm, Cape Wildlife Center
Slide 46	Karah Deveau	Spiro Theoharidis, Coastal Medical Transportation and Deputy Craig Thornton, HFD
Slide 56	Arina Garbazy	Chris Cataldo, Cooperative Bank of Cape Cod
Slide 63	Greg Greiner	Corey Viera, Sky's Automotive
Slide 70	Rallston Hunter	Chief Justin Tavano and Deputy Ryan Clarke, Chatham Fire Department
Slide 78	Yanni Jean-Jacques	Daryl Routhier, Routhier Personal Training
Slide 84	Chloe Jones	Christine Flaherty, Veterinary Associates of Cape Cod
Slide 96	Stephen Kelley	Katie Servis, Cape Cod Gateway Airport



## Table of Community Interns' Reflection Presentations, 2024

Slide 108	Delaney Kline	Chief Justin Tavano and Deputy Ryan Clarke, Chatham Fire Department	
Slide 113	Owen Lavin	Rick Judd and Dan Croteau, Moran Engineering	
Slide 126	Owen Lucey	Devin Kahn, Outermost Harbor Marine	
Slide 132	Tatiana Malone	Cape Cod Hospital	
Slide 142	Kiki Pigo-Cronin	Kenneth Brayton, East Brewster Dental	
Slide 153	Jack Reid	Dave Hibberd, Cape Cod Truck	
Slide 159	Jacob Routhier	Brian Varney, The Varney Group	
Slide 166	Sophia Sarabia	Cynthia Gardner, Broadreach Healthcare	
Slide 177	Devlin Towers	Mick Kennally, Broadreach Healthcare	
Slide 185	Gareth Vos	Jennifer Washburn, My Generation Energy	
Slide 194	Christian Whittle	Sgt. Tyler Vermette, Harwich Police Department	



Table of Community Interns' Reflection Presentations, 2024		
Slide 202	Isaiah Woodland	Thadd Eldredge, East-Southeast Surveying and Site Planning



# ISADORA ALEXIS CAPSTONE



MY EXPERIENCE AT THE  
CAPE COD MUSEUM OF ART



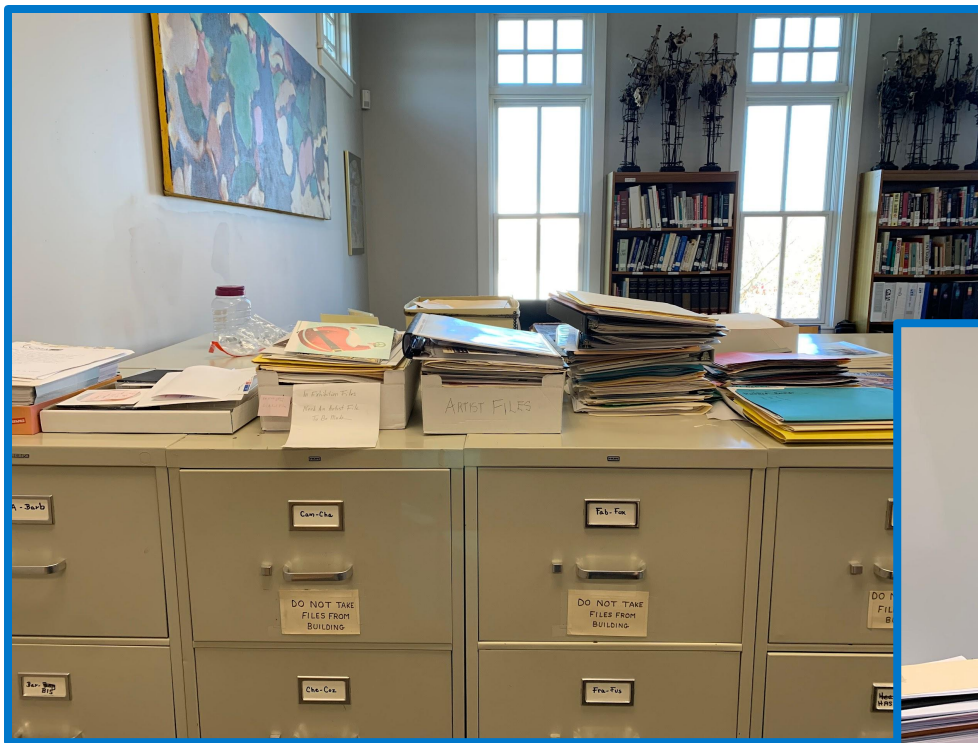
# Cataloging

My first large project was to organize the research library by the Dewey Decimal system and catalog them on a digital database.

I learned of the importance of creating a digital catalog in the modern world.







Digitizing increases accessibility, workflow, and generally makes it easier for the docents to use the library as a resource.





# Marketing

CAPE COD TIMES

Home

News

Sports

Entertainment

Lifestyle

Opinion

Business

Obituaries

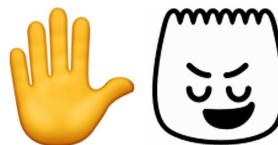
Weather

Crosswords

Comics

eNewspaper [MI, ISAGORA](#)

## Some events I helped Joyce post



### UPCOMING EVENTS



#### Cape Symphony at the Cape Cod Museum of Art

🕒 7:30PM  
📍 Cape Cod Museum of Art  
💰 \$50.00

Classical

Visual Arts



#### FAMILIAL

🕒 10:00AM  
📍 Cape Cod Museum of Art  
💰 \$10.00

Galleries / Art



#### CCMoA Open Studio - April

🕒 10:00AM  
📍 Cape Cod Museum of Art

Visual Arts



#### MusArt Interconnections - Ana Glig with Guest Artist...

🕒 3:30PM  
📍 Cape Cod Museum of Art  
💰 \$18.00 - \$24.00

Music



I saw firsthand the importance of promotion for a smaller establishment. Enrollment in classes and attendance at events saw an increase from the time I began in September to now in April.



SOLD OUT concert "Cape Symphony at Cape Cod Museum of Art"



# Memberships

While being a seemingly small task that was delegated to me, the constant printing and laminating of new membership cards was an indication of something greater.



Engagement in the museum is steadily increasing.

CCMoA wants to foster a community of artists on the Cape in order to support the artistic economy.





## We are ART on Cape Cod

Newsletter - September 20, 2023



There's **ALWAYS** something **NEW** to see or do at the Museum!



## Introducing Our New Intern!

# Newsletter

An important part of fostering a community is keeping people informed and up to date about anything going on in the museum.

The Cape Cod Museum of Art is pleased to introduce our newest intern, **Isadora Alexis**, a senior at Monomoy Regional High School in Harwich. We are thrilled that Isadora will be interning here for the entire school year, enabling her to experience many aspects of day to day operations and Museum management. So far, she has spent time familiarizing herself with and organizing our reference library, assisting with set up of classes and supporting our weekly Alzheimer's program.

During her time here, she will also be shadowing the Registrar with the roll-out of our digitized Permanent Collection and assisting with member services and art handling for upcoming juried exhibitions.





Digitizing the permanent collection is yet another move to increase accessibility and build towards a more organized organization.

## Browse Images



[Winter Field](#)



[Still Life with Apples](#)



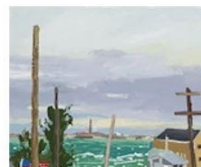
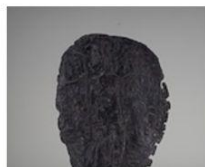
[Leaves and Berries](#)  
61/100



[Third Avenue El](#)



[Into the Night](#)





Full Name	Rosenthal, Margot
Birth Date	August 14, 1913
Deceased when	2010
Birthplace	Berlin, Germany
Died Where	West Hartford
Notes	<p>Margot Rosenthal is a marvel of creativity. Born Margot Behrend to Alfred and Irma Behrend on August 14, 1913 in Berlin, Germany, she later moved to Dresden where her love for art would be fostered. She married her husband, Ernest Rosenthal on March 19, 1935, during the Nazi regime in Germany. The couple moved to the United States in 1937, eventually settling in West Hartford, Connecticut in 1940 along with her parents. They had two children; Stephen, born in 1940, and Karin, born in 1945.</p> <p>In Hartford, Margot built a darkroom in her home to process her photographs of primarily her own children. Her pictures gained popularity in the community, and Rosenthal began to photograph the children of many prominent families in Hartford. Later, she gained further knowledge from two teachers: Dorothy Segal and Paul Zimmerman. She experimented with painting, prints, and collagraphs. When specifically creating the collagraphs, she liked to incorporate things she picked up from a junkyard in Connecticut which kept her collagraphs interesting texturally.</p> <p>Margot passed away on October 6, 2010 in her home in West Hartford. Her family, particularly her two children, who both work as photographers, continue to honor her.</p>
Children	Rosenthal, Karin

I wrote these !!



The museum's mission is to create a space to highlight Cape Cod artists. Having up-to-date and accurate information of the artists in the permanent collections educates the public and honors the history of the artists of the Cape.

Full Name	Heinz, Charles
Birth Date	1884
Deceased when	1953
Notes	<p>Charles Loyd Heinz was born in Shelbyville, Illinois in 1884. He always loved to draw and paint, and even though he left school after 8th grade, he later studied under Robert Root, Shelbyville prominent artist. He also studied at the St. Louis School of Fine Art and the Chicago Academy of Fine Art. Heinz was an artist, engraver, sign painter, and for about a decade, to make a living, he was also a farmer. Heinz was always on the more quiet side, with his hometown newspaper, The Shelbyville Union, showing their admiration for his demeanor in a 1936 feature, claiming "There is a shy, direct simplicity about the man, which invites your closest attention." After relocating to Provincetown in 1929 when he was in his 40s, Heinz studied with Charles Hawthorne until his passing in 1930. His mannerisms and personality were found to be in stark contrast to his art, which is vivacious and confident. Of this juxtaposition, Orleans artist Vernon Smith in a WPA assessment of him in 1936 wrote that "Heinz has something to say but he digs it out of his soul with a shovel."</p> <p>Toward the end of his life, Heinz would travel to Wellfleet more frequently to paint. He would regularly make trips to Illinois to visit his family, and met his unfortunate end while visiting his sister at the age of 67. Heinz, in many ways, was ahead of his time. His bold and un rushed use of color did not conform to the Provincetown School of Art and led to him not getting as much lasting recognition as his contemporaries, Heinz's direct expression combined with improvisational gestures point to a vibrant future in Abstract Expressionism which blazed through the states after he died in 1953.</p>



# Exhibitions



Exhibitions are a good way to contribute to the artistic community by not only showcasing interesting art but by finding an ethical way to pay both the artists and the museum.



photo by Susan Danton, Curator



## Reflection

I learned of all the different things that were most important to a non-profit organization such as the museum. As slim-staffed as the museum is, they manage to get much done by fulfilling multiple roles. There is so much more that is done at the museum than putting up art for people to appreciate, and these feats are accomplished by everyone working together to create an environment where the community will love to visit. There are many ways to bring more people in, from organizing classes to holding various types of exhibitions. I feel like for me, I understand so much more about this field, and I am grateful for the education I received as it made me feel more prepared to move on from high school. This internship has not only prepared me for my future career, but for my life as an adult.



THANK YOU TO EVERYONE AT  
CAPE COD MUSEUM OF ART



# My Internship at Brewster Police Department

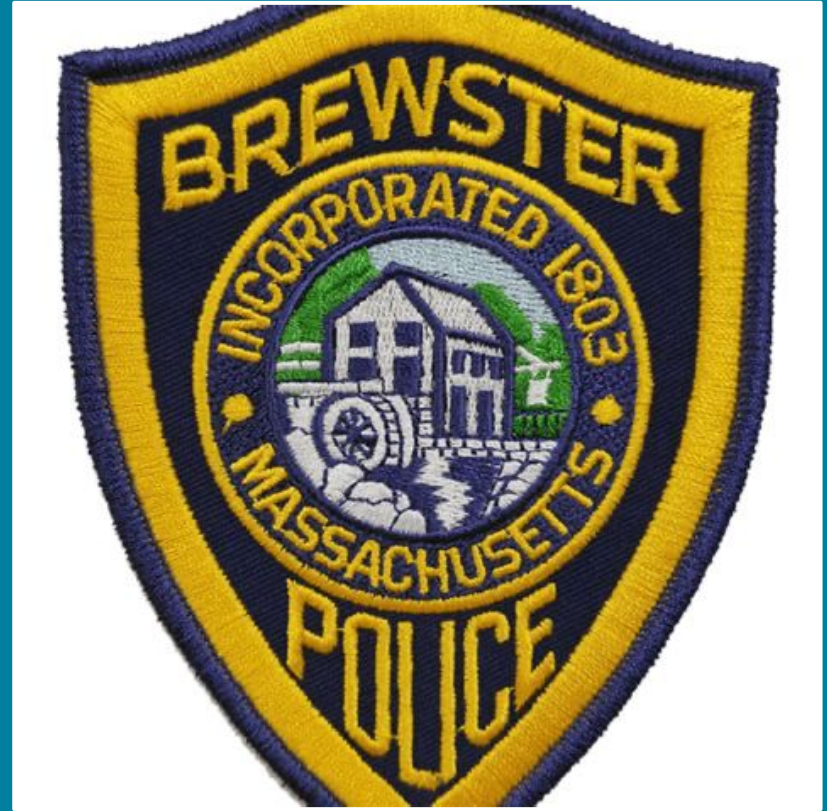


Susannah Brown



## Why did I choose BPD?

I chose to intern at Brewster Police Department because criminal justice and the legal system has always been interesting to me. For as long as I can remember I have wanted to be involved in it in some way and this internship gave me an opportunity to learn more about it. I very much enjoyed the time spent here!





## Ride Alongs

I spent a decent amount of time participating in ride alongs with almost every officer at the department. I learned how to properly conduct a traffic stop, the laws and regulations that can be broken for someone to be pulled over for, and how to run a plate.

One of my favorite and most informational ride alongs was with Officer Lanctot. We parked in multiple places on Route 6A and at each one I had a different task. The first was to see if I could find someone speeding, fortunately we did not. Then at the next spot, I had to try and find someone texting and driving. We found a woman and pulled her over and issued a written citation. Written citations have no fees attached.



## Special Teams

### **SWAT:**

Officer Lanctot is the department's only member who is a part of the regional SWAT team. I was able to try on his gear and hear about the exciting equipment and calls he has been on.



Officer Lanctot's  
SWAT vest  
(It is much heavier  
than it looks!)

### **Search & Rescue:**

Chief Heath Eldredge is the head of the regional police Search & Rescue team. The department also has three officers who are a part of the team. I attended a meeting of the team during my internship and enjoyed hearing about the success stories this team has had.



# Firearms Training

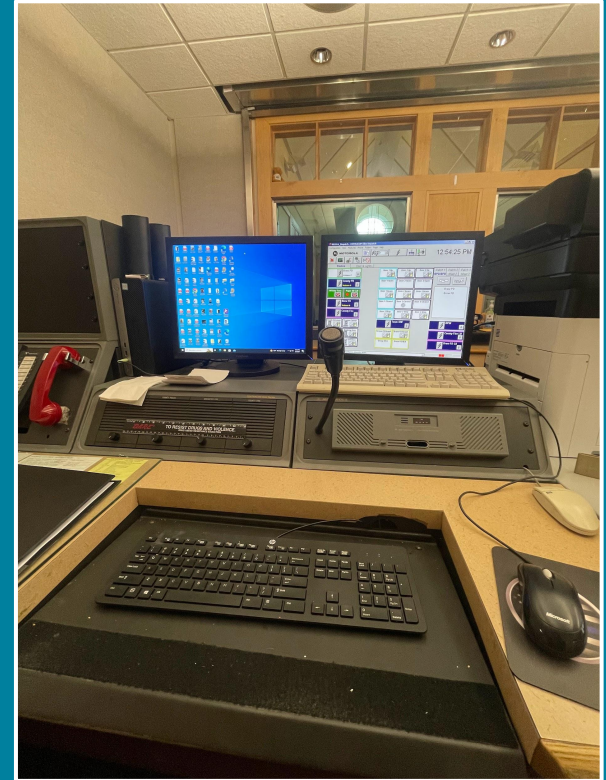
Everyone in the department is required to go through yearly firearms training and participate in exercises at the range. I had the pleasure of working on my marksmanship skills in the basement using simunition with Officer Mashrick. Simunition bullets are the same size and weight and have a blue powder inside of them and are a non-lethal option to take down perps.





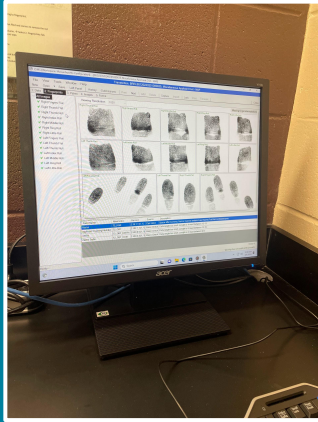
# Dispatch

My favorite dispatcher was Dispatcher Pelkey. During my time in dispatch I learned so much about the seamless relationship that needs to occur between the dispatcher and the patrol officers. She introduced me to BPDs Reassurance Program, which is a great way for law enforcement to be involved in citizens' everyday lives. I even got my own desk setup to complete some desk work and occasionally answers phones.



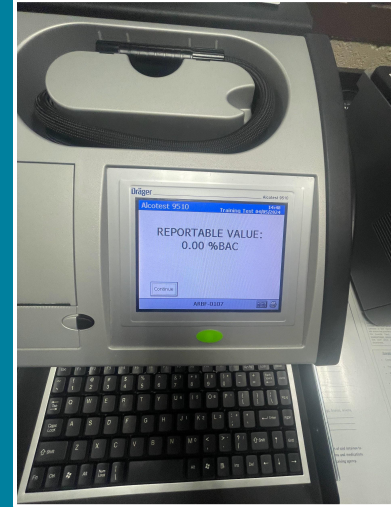
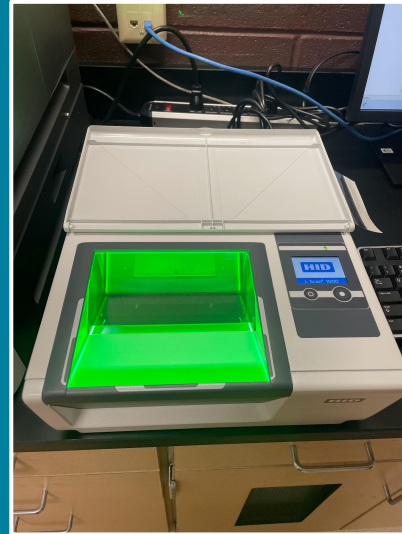


# Breathalizing & Booking Procedures



Officer Rice took me through the process of a DUI arrest and the following extra steps needed in booking. I took a portable breathalyzer and the official one with the larger machine in the station.

When I first started, I was required to go through fingerprinting and a background check. This is the same fingerprinting done when someone is booked at the station.





# Court Procedures

Officer Shannon Parks is the Court Officer for the department. She is in charge of handling all paperwork for anyone who has a court date that has gone through the department. She also helps with general organization throughout the department. Her job requires close relationships with both Barnstable & Orleans district courts and the district attorney(s).





Thank you to everyone at Brewster Police  
Department for this experience!



# Working at



Eddie Crownshaw



# Why I chose to intern at The Wheelhouse

I love

- riding and working on bikes
- further connecting with my community
- gaining real life work experience





# Front End

## Rental

- Greet Renters
- Help decide on the right bikes to rent
- Get height of riders
- Get renter's contact info
- Have renter sign safety waver
- Get the rental bike(s)
- Help adjust bikes for riders
- Answer any questions about the town, bike, and bike trail

## Service

- Greet Customer and ask what they need
- Create new or search for customer in lightspeed database
- Take notes on bikes' problems
- Print work order and staple to bike
- Get bike for customer when they return





<Basement  
rental storage

## Rental

Rental  
Desk>



Rent-It-Biz  
Software

Rental Bike

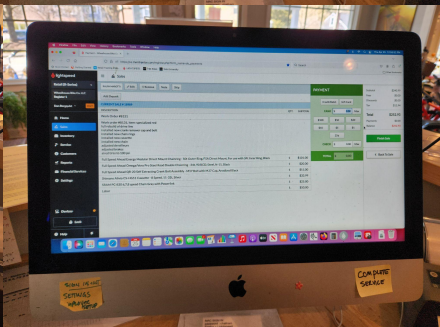
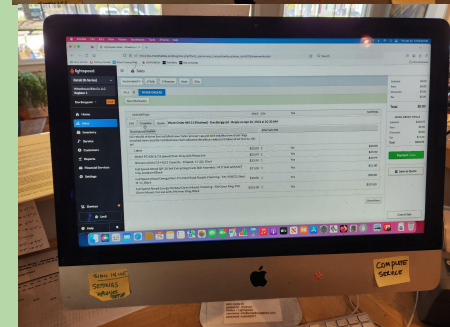
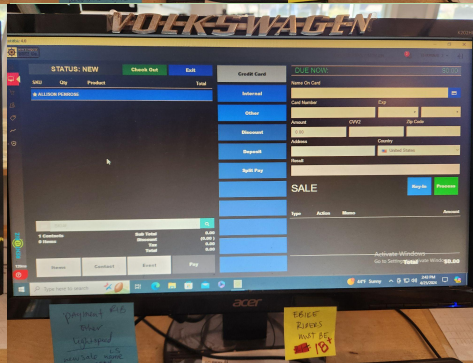
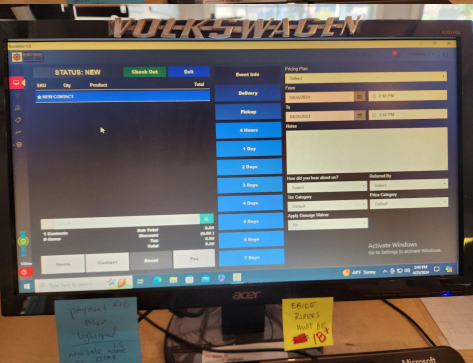
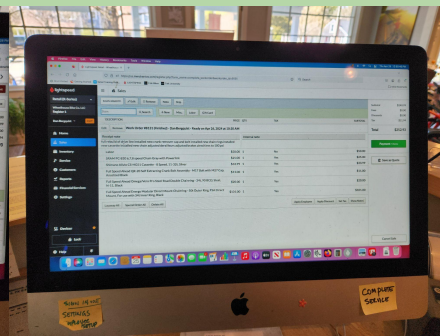
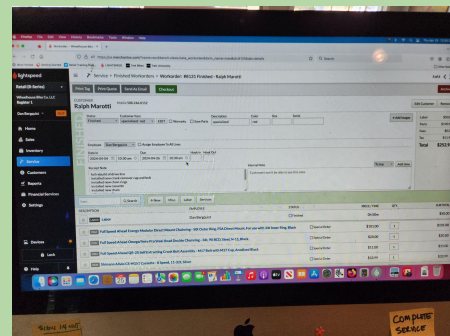
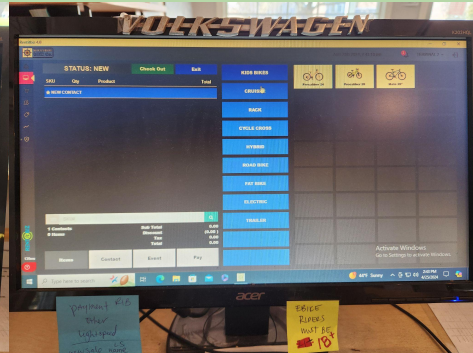
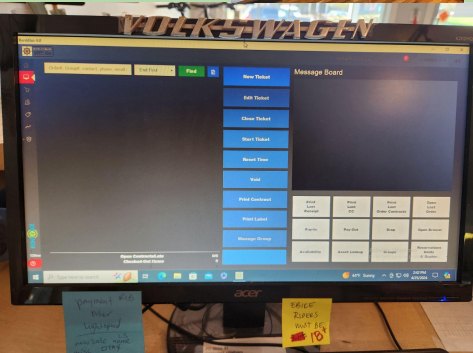


## Service

Bike service area



Lightspeed customer software





# Reviewing Basic Repair

## Writing the service

- Put the bike in stand and inspect the bike
  1. Front wheel
  2. Fork
  3. Headset
  4. Shifters
  5. Drivetrain cycle (gears and chain)
  6. Rear Wheel
- Write service notes onto the work order

## Standard Tune Up

- Clean frame
- Air up tires
- Clean chain and adjust derailleurs
- Clean Brake surface and adjust calipers
- Replace any worn out parts (includes: tires, inner tubes, cables, cable housing, brake pads, shifters, etc.)
- Tighten any loose components
- Test ride



# Reviewing Basic Bike Repair

## Fix-A-Flat



## Cable needs replacement



## Aligning derailleur with limit screws

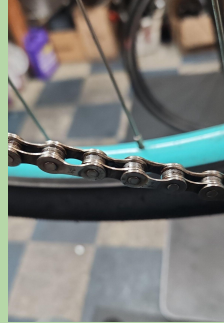


## Chain Clean

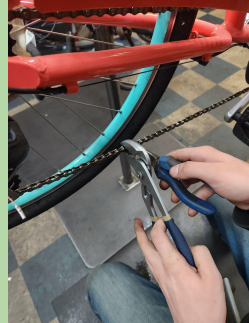
## Before



## After



## Freeing stuck chain link



## Work Order

Work Order  
04/20/2024 12:20 pm

**#8153**

Customer:  
Brenden Driscoll  
617-980-0028 (mobile)

Work Order Item:  
bicycle / pink

Status: Finished  
Warranty: No  
Started: 04/18/2024 1:59 pm  
Due on: 04/20/2024 1:59 pm  
Employee: Ed Crownshaw

Item/Labor	#	Price
Standard Tune-up	1	\$75.00
Cable	1	\$2.99
		Labor \$75.00
		Parts \$2.99
		Fee total \$0.00
		Tax \$0.19
		<b>Total \$78.18</b>

Notes:  
standard tune  
Detailed frame  
Align tires to Bops  
Cleaned and Lubed Drivetrain  
Connected Rear derailleur  
Re-Cabled Rear shifter  
Tuned Brakes  
Cleaned Break Surface

2 1500000 08153 3



# More Advanced repairs

Threadless headset adjustment



Deraillieur hanger adjustment



Wheel true



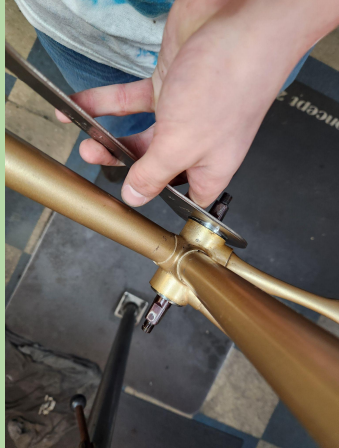


# Rebuilding bikes from the dump process

This project used skills from basic bike repair and also required more advanced procedures such as a headset rebuild and bottom bracket rebuild.



Headset Rebuild



Bottom Bracket Rebuild



# Before

Bottom Bracket With  
Shredded Bearing



Seized Derailleur



After Cleaning and  
replacement



New Derailleur



# After





# Selling the bike

I sold the bike to a local bike enthusiast that frequents the shop. I knew the bike would be perfect for him when he said that he was looking for a lighter bike than the one he currently has.





# Highlights

- I had fun working on bikes from the dump because they had all sorts of problems I could fix. I also think it is interesting to see the mechanical side of different machines.
- I got to sell the bike to someone and make money from the work I did.
- Super cool music is played in the background at the shop all day.

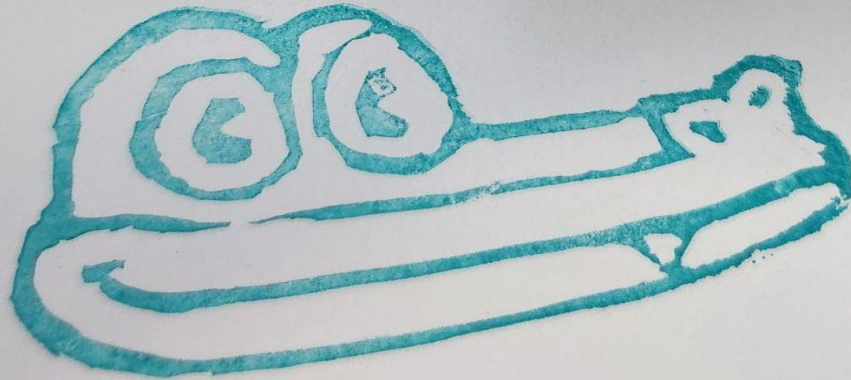


# Reflections

- I like working somewhere that promotes another form of outdoor recreation on Cape Cod that is different from going to the beach. It benefits another aspect of the tourism industry on the Cape.
- It is gratifying to start working on a broken bike and watch it get better as you work on it.
- I would never think a bike shop would have so many interesting characters stop by so often.



THANK YOU



To: Dan  
From: Ed



# Cape Wildlife Center

My Experience as an Intern  
Braeden Darling



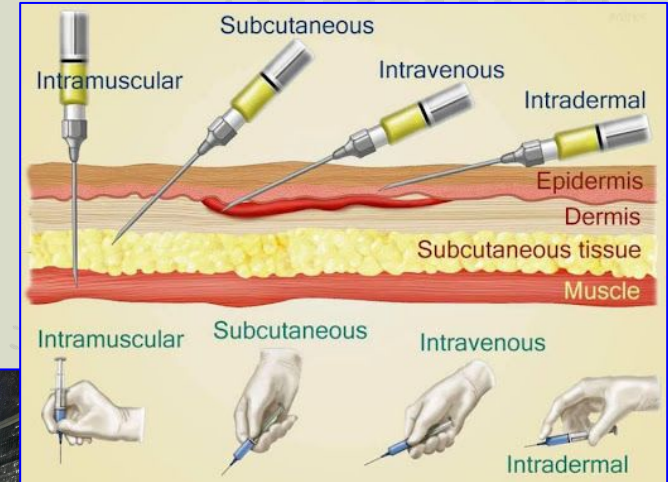
**CAPE WILDLIFE CENTER**

*Helping People, Help Wildlife*



# What I Learned

- Different types of injections
  - Intramuscular and Subcutaneous
- General Animal Care
  - Diets
  - Enclosure management
  - Feeding baby animals
- Watched several medical procedures
  - X-rays
  - Surgeries
  - Triages





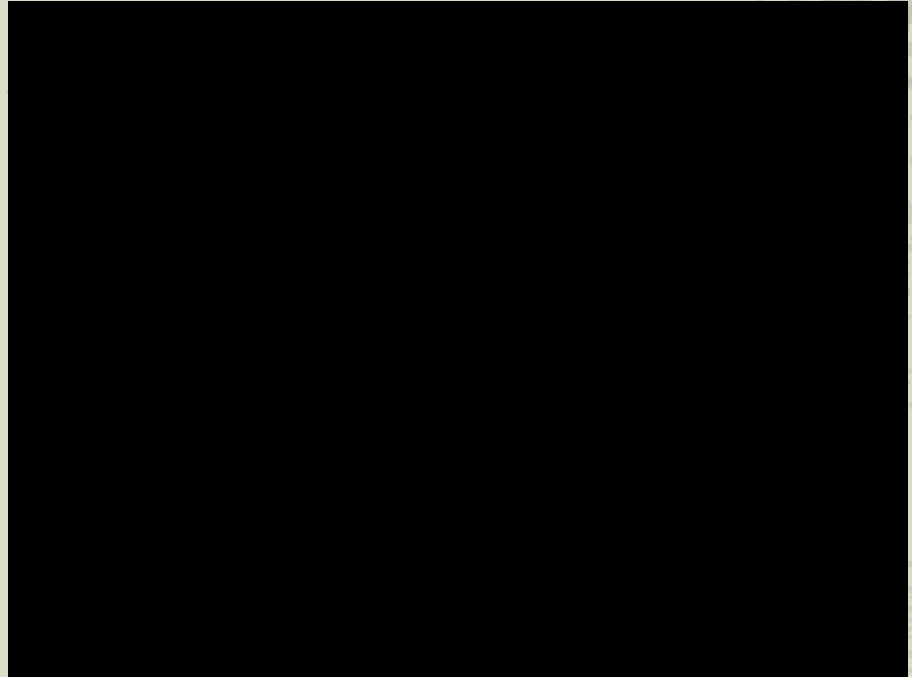
# Reflections

I absolutely loved my time at Cape Wildlife Center! Everyone I met was very friendly, knowledgeable, and happy to answer any questions that I may have had. I had the unique opportunity to assist in the care of animals as well as watch in their specialized care by the staff, and learn about the different species of animals that were cared for. I am really thankful to have had this opportunity and plan on continuing to volunteer at the wildlife center over the summer!



# Performance

Although I lacked the veterinary expertise that my mentors had, I did my best to be helpful around the center and do whatever task I was assigned and capable of completing. I was happy to do what was asked of me whether it was something as simple as cleaning up after the animals or helping with hands-on care! One of the simpler tasks, which doubled as one of my favorites, was when I was asked to spruce up the outdoor enclosures. Being given free range to set up the enclosure however I saw fit proved to be an activity that allowed me to get creative.





# Highlights





**A HUGE thank you to  
Robyn and the staff for  
the opportunity and the  
experience!**



# Coastal Medical Ambulance

## Company

+

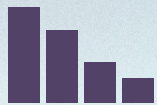
# Harwich Fire Department

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Karah Deveau







# Why I Chose Coastal Medical?

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I chose Coastal Medical for my internship because I really want to help people. My goal in the long run is to become a paramedic, so it was really cool to ride along with them and learn how to help people in different ways.



# What I Learned

- Blood pressure
- IV set-up
- Ambulance checks
- How to calm the patient
- Checking in on the patient
- How to transfer patients safely
- How to put leads on someone
- Booking appointments
- Making calls to the workers





# Reflection

I had an amazing opportunity to intern at Coastal Medical Transportation. It was a really cool internship because I got to learn about the medical field and what medics and EMTs do in the day-to-day job. I am so glad I had the chance to intern here, especially because I want to be a paramedic. They made me feel so welcome and I had a great time. I also got to book appointments and talk to the paramedics in the field, telling them where they would be going, which was really interesting to learn about the operator's job, too.





# Why I Chose HFD?



I chose the fire department for my internship because I really wanted to learn more about what they do and see the emergencies they respond to. It was amazing to see what I could be doing in a few years and understand what it takes to become a firefighter/paramedic.





Everyone on the fire department was so welcoming and were excited to teach me anything I was curious about. It was such an amazing opportunity to go on calls with them in the ambulance and the firetruck. I never thought I would be as lucky as I am to have an internship of a job I really want to do when I get older.





# What I learned

## Medical

- Blood pressure cuffs
- IV set up
- How to evaluate patients
- How to set up leads on someone
- Ambulance checks
- How to transfer patients to stretchers safely
- Medications
- Radio communications
- Treatment of injuries
- How to bag someone

## Fire

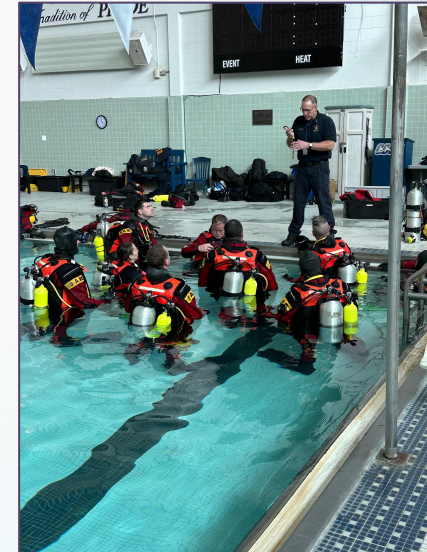
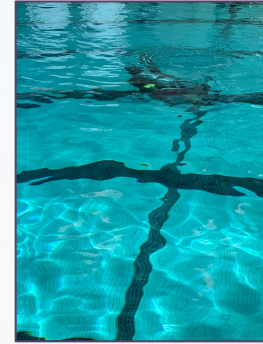
- Setting up ladders
- Putting on gear
- Putting on SCBA
- Power tools
- How to dress and undress a hydrant
- How to operate the hoses on the truck
- Protocols
- How divers train to look for people
- Truck checks





## Highlights

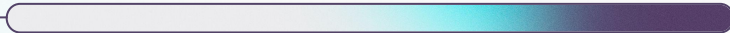
- A diving practice with people from each department at Mass Maritime
- Many emergencies where the paramedics saved lives
- Setting up the ladder on the roof
- Seeing how a fire house operates each day
- Getting the train with different crews from each shift





# Reflection

Interning at the fire department was such a cool experience. I remember every time I have seen an ambulance or a firetruck drive by, I have always thought how they were the heroes who helped people, and I wanted to do that, too. I would have never thought that when I grew up, I could have an opportunity to be an intern where I want to work when I am older. The whole fire department was so welcoming and sweet and kind. They have taught me so much and have trained me like I was one of them. I am so glad I had the chance to intern with them, and all of the stuff they have taught me I will carry with me to the future. I hope one day to become a paramedic/firefighter.







# THANKS!

**Thank you, Mr. Theoharidis, for giving me the opportunity to intern at Coastal Medical and to every worker there who made me feel welcome and taught me about the medical field!**

**Thank you, Deputy Thornton, for giving me the same opportunity to intern at the fire department! Thank you to all the firefighters and paramedics and everyone that works at the fire department for making me feel part of your team for teaching me about the medical side and the fire side of helping people!**

**CREDITS:** This presentation template was created by [Slidesgo](#), and includes icons by [Flaticon](#), and infographics & images by [Freepik](#)





# My Internship Experience at the Cooperative Bank of Cape Cod

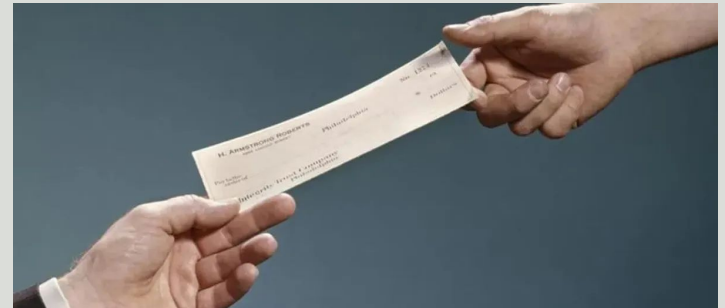


Arina Garbazey



# What I Learned

I was fortunate enough to get the opportunity to do two full semesters interning at the Cooperative Bank of Cape Cod. Through this internship, I learned an abundance of information. When I started the internship, I took BAI training, an online program with many courses to learn about specific banking rules on reducing risks and providing key information. Before I interned here, I had never realized exactly how much Bank Tellers do and how important their jobs are. Most of my internship included shadowing a teller, learning different transactions (deposits, withdrawals, and loans), CD certificates of deposits, working the drive-thru, how tellers handle different money situations, and the impact of the involvement of money today.





# Reflection

I have enjoyed my time interning at the bank overall. I got to see behind-the-scenes of what it is like to be a bank teller, which is much different than I expected. Everyone at the bank was always willing to teach and help me learn more about banking. I enjoyed and have learned so much from this internship that I will now take with me. I am extremely grateful for the fantastic people I met through the company and from the community.





# My Performance

- I was punctual to my internship
- Was ready to help whenever it was needed
- Let my boss know in advance if I was not able to make it to the bank on a certain day
- Attentive and eager to learn
- Always asked any questions I would have
- Tried to always engage in conversation with customers and greeted them with smiles



# Highlights

- Making a trivia question every week
- The many conversations with customers
- Learning about different banking transactions
- At times was given the opportunity to process loans myself



# What Made It Real?

Seeing the involvement of money in today's world. Customers come in every day with many different financial questions; every customer is different. I did not realize just how much money banks deal with daily. The Cooperative Bank also works with so many other local businesses, making it very interesting to see what financial help a company might need to help or create its business.





Thank You,

Mr. Cataldo!!



A blue parallelogram and a light green parallelogram are positioned on the left side of the slide, overlapping each other and the dark background.

# Intern Capstone Project

Greg Greiner



# What Did I Do?

- Spent my time at a mechanic shop as a apprentice
- Helped with basic car repairs and got a good idea of the work field and how it functions
- My first day, I was already putting cars on hydraulic lifts

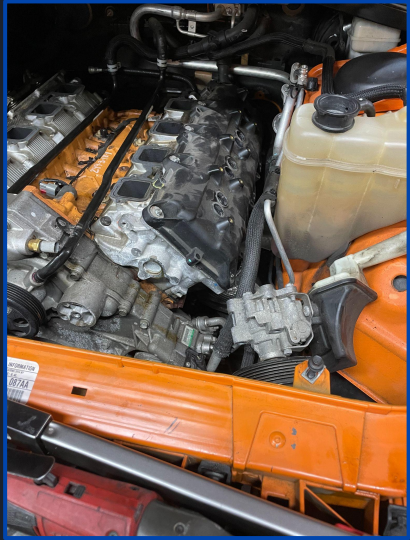


Rebuilding an Engine



# What Did I Learn?

- I learned the basic repairs such as brakes, oil change, headlight/tail light change, ect.
- I learned the inner and outer workings of how a vehicle works.
- I learned the hardest part about working on vehicles is the diagnostics/electrical system.



Installing New Intake Manifold





# Reflections

- I got a good understanding of what it is to be a mechanic and the challenges you face.
- This opportunity definitely helped me have a better look on what I want to pursue in the future.







# Performance

- Walking into this area of work, I had some experience working on my own car, but working in this field you need to know so much information and remember it.
- My performance started off a little slow but once I started getting more practice, things became easier, then I started helping doing jobs that take hours to complete, which make them difficult, but I learned much doing them.
- Overall, I am lucky I was able to have this experience, and I am happily looking forward to continuing this line of work.



# What I Took away from This

This opportunity has helped me choose what I want to do after high school. I had a good understanding on the type of working field I wanted to be in , but having the opportunity to work at Sky's Auto Shop played a big role in what I am looking for as a job.





Thank you,  
Corey!





# Chatham Fire Rescue



Rallston Hunter

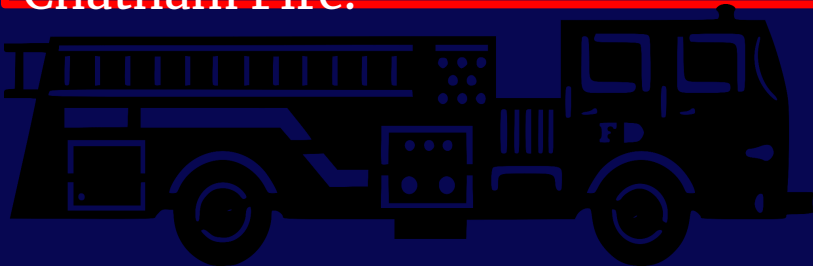


# Why I Interned at Chatham Fire and what I learned.

When choosing my internship for the year I wanted to find something that I wanted to do later in life to make sure it was what I wanted. The Fire Service was my goal, and I wanted something close to home so naturally I wanted to intern at Chatham Fire.

## What I learned

- the inner workings of a fire department on Cape Cod
- How an ambulance operates
- the day to day of someone in the fire service
- how to equip bunker gear and SCBA equipment
- dressing a fire hydrant
- the workings of a fire engine
- responsibilities of a Firefighter/EMT
- and MANY life lessons





# Highlights

- Being able to do ride alongs in the ambulance
- Responding to fire alarms/smoke and carbon monoxide detectors
- Doing group training
- Being able to go in the deepwater truck and observe flooding
- Seeing a downed ARC wire
- Being able to respond to a electrical fire in a garage
- Going to the police station for a medical evaluation



Deep water Truck



184 Ambulance



# Reflections

- I really enjoyed my time at Chatham Fire and the opportunities everyone on all groups have given me. I am happy to say it was my favorite thing I have done in high school.
- I have learned quite a bit, and this is what I want to do with my career going forward and into college.





# Pictures

189 Ladder Truck



182 Ambulance





# Pictures

Up in the ladder





# Pictures

Dennis Fire



Practicing flowing water



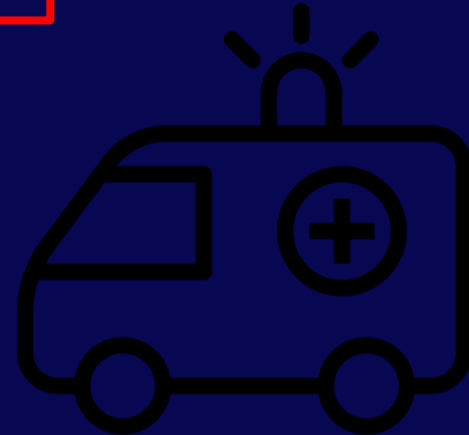
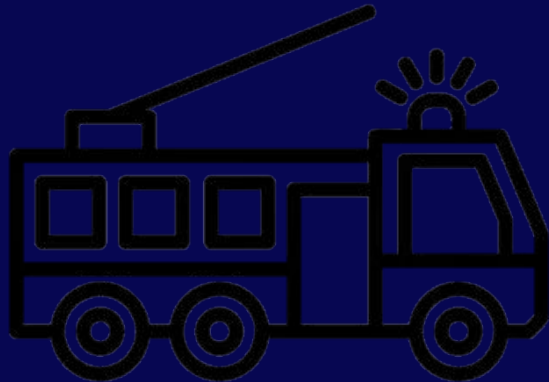
Me and my Dad





# THANK YOU

Thank you to Chief Justin Tavano and Deputy Chief Ryan Clarke for letting me do my placement at Chatham Fire and everyone on all groups that made this experience worthwhile and informational!







# Senior Capstone Project



Yanni Jean-Jacques





# What Did I Do?

---

During this internship, I observed my mentor as he did his regular personal training. I would also workout with them which allowed me to get a more hands on experience.





# What I Learned

---

I learned many things at my internship. One of the most prominent things I learned was that being a personal trainer requires you to be able to handle a large set of problems. Everyone that comes in has a slightly different goal or purpose for being there. Whether it is for recovery from a surgery or to increase physical strength.





# Performance

---

I believe that I did a relatively good job at my internship. I love working out and staying active so it was not difficult for me to pick up what my mentor was teaching me.

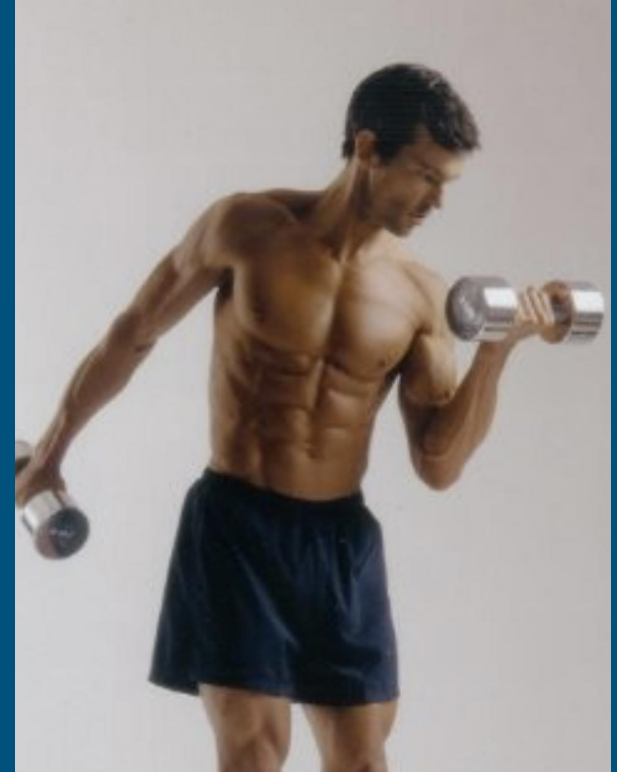




# Reflection

---

- I am very happy that I was able to catch a glimpse into what being a personal trainer is like.
- I was taught many tips and tricks that I can apply to my workouts.
- I also made connections with the clients which is an extremely important part of being a personal trainer.





# THANK YOU, MR. ROUTHIER

---





# My Internship at Veterinary Associates of Cape Cod

Chloe Jones



Let's start with some of the animals I met :)



This is  
Ella :)

Sadly, I never  
learned this little  
pup's name. but  
she was a  
sweetheart so I  
had to include her.



This is Skye.  
A very  
sweet, very  
excited girl



It's Fritz!!

I never learned  
this pup's name,  
but it reminds  
me of Dobby  
from Harry  
Potter.



This is Chet.  
He was  
rocking an  
Amber  
collar.



This is Mollie  
(aka Nugget). I  
met her as a  
puppy and got  
to watch her  
grow as I  
spent time at  
the vet.





## Some things I learned:

- Some dogs have their little dew claw removed because if the nail grows too long it can cause them to get caught on things causing them to get injured
- When euthanizing an animal they use two doses, but sometimes it may only take one dose for the animal to pass away
- A dog can eat an entire carrot cake along with the glass plate under it and be okay
- Animals can pass giardia from themselves to humans



## More animals :)



This is Tigger, he was the sweetest little biscuit, and he was doubled pawed



This is Freya, she's a pitbull and the sweetest little pup ever.



This is Oscar. Oscar came in because he decided it was a good idea to eat an entire carrot cake AND the plexi-glass plate under it



This is Monyka, she was insanely sweet and loved head rubs





This is Sylvie,  
smirking like a little  
mischievous  
troublemaker.



This is Michael. He  
loves head rubs and  
some ear scratches.  
He has the sweetest  
little meow and an  
adorable little face.



This lil' pup  
is Jack :)



This is  
Cookie. She  
has an  
almost  
identical  
sister named  
Cupcake :)



I did not get this little  
cutie's name, but I had  
to include him.





# Things I Learned

- If an owner wants their animal to be tested for rabies ten days within the date of their death, then the way they test for rabies is by sending the animals head into a lab. They send the head in because rabies is a neurological disease, so they need to be able to examine the brain activity.
- They spray alcohol on the area of the animal they are looking at using an ultrasound rather than the usual gel used for ultrasounds because it makes it easier for them to see. It is also much cleaner than the gel.
- If they are putting claw covers on a cat, they cut the nails and then put glue inside the little rubber covers to ensure they stay on



# Reflections

- This was definitely one of the best experiences I could have had during my senior year. I enjoyed getting to spend time with animals and getting to know their personalities.
- Honestly, I do not think I could be a veterinarian, and I do not plan on being one but my experience there was enjoyable. There were some things I saw that made me almost pass out, but they were also incredibly interesting as well. When I first saw how they were conducting a rabies test on a German Shepard, I was absolutely mortified, but I was also intrigued by the entire process. (I took a picture, but I did not put it into the slideshow because it is rather traumatizing, but if anyone would like to see it, let me know.)
- I thought that the environment of the vet was incredibly welcoming. The back room where they had brought the animals was always prepped and ready for them. They would give the animals treats after their appointment which can cause a subconscious feeling of comfort for them, causing them to feel as if the whole ordeal was less traumatic. I think it is absolutely amazing that they are that considerate of each animal that comes and goes.



# My Performance

- I am actually very proud of myself for what I have done at the vet. I have become friends with my coworkers and I have (partially) been able to get over my problem with watching animals get stuck by needles.
- I feel like I did very well. I helped during ultrasounds by holding the animals feet when they needed me, I would take dogs out, play with the cats, and even do some laundry if I saw that the dryer and washer were empty.



# Highlights



- Getting to hang with Nugget, my favorite little pup.



- Hanging with Freya



- Just getting to meet all the animals :))





## What Made it "REAL"?

The animals made it very real for me. Of course, I made connections with my co-workers and enjoyed cracking jokes with them whenever I could, but I feel like it was the animals that make it so real. They all come in with different temperaments, personalities, and problems. Each animal provides a different issue that needs helping, and we get the chance to help them. That is what makes it so real, getting to help the animals and spend time with them.



# Did anything happen that impacted me?

Yes, definitely. When I found out how they had to conduct rabies tests after the animals were deceased, it was absolutely mind-boggling. Seeing the process of removing the dog's head was so sickening, but it was also incredibly interesting. I had to look away because of the animal lover in me, but I also kept sneaking peeks at what was happening because I was intrigued. It was scarring, but it was also a once in a lifetime experience, and I am glad I got the chance to see it.



Thank you, Ms. Flaherty and everyone at  
Veterinary Associates of Cape Cod!





# ***Cape Cod Gateway Airport***

2024 Internship

Stephen Kelly





# ***The Reason I Went***





# ***What Did I Do?***

- Every day was a new experience, usually with someone I hadn't met with before. I shadowed everyone's real job
- Airport tours, tenant tours, career discussions
- Met with people on and off airport property
  - Airport operations/maintenance
  - Cape Air, Atlantic Aviation, Griffin Avionics, Heritage Turbines
  - Massachusetts Air and Space Museum, Airport Solutions Group (ASG)
- Wrote an essay about engineering techniques that can be used to make airports stronger against natural disasters







***What Did I Learn?***



# Management



**Katie Servis**  
**Airport Manager**



**Matt Elia**  
**Asst. Airport Manager**

**Management deals with the business aspects of the airport, including finances, dealing with tenants, ensuring compliance to regulations set in the ACM (Airport Certification Manual), and more.**



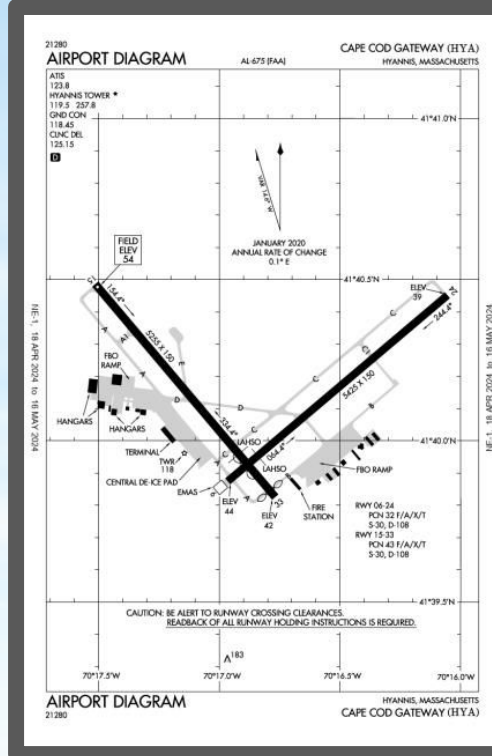


# Projects



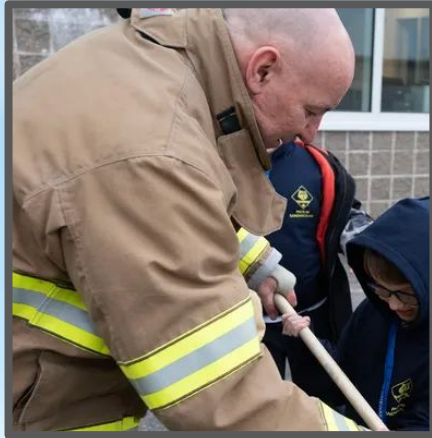
**Chris Bostwick**  
Project Manager

**Engineering aspect:**  
design, planning, paying,  
contracting, etc.





# ***Maintenance/Operations***



**Bob Holzman**  
**ARFF Coordinator**

**Aircraft Rescue and  
Fire Fighting - Safety  
is #1 priority**





## ***More People I Met***

**Sue Kennedy** - Executive Assistant to the Airport Manager

**Christina Lounsbury** - Airport Security/Noise Abatement

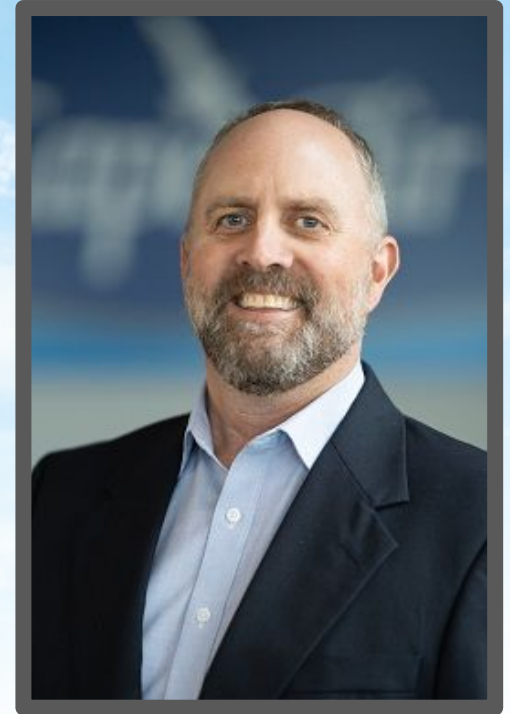
**Kimberly MacDonald** - Financial Administrative Assistant

**Peter Farrell** - Cape Air VP of Supply Chain and Sustainability >

**Don Beaulieu** - President, Heritage Turbines

**Ned Dawes** - Senior Aviation Consultant, Stantec

**Keith Young** - Massachusetts Air and Space Museum





# ***Growth as a Professional***

## **Learned and utilized networking skills**

- Helpful in obtaining the internship
- Helpful in scheduling and rescheduling events
- Adaptability, flexibility, and communication is key

## **Improved observational skills**

- Crucial in learning new environments
- Can help form positive relationships with new people; listening to people intently and asking questions shows willingness to learn and in turn creates shared respect





# ***Performance***

- **I think my performance was good.**  
**I achieved what I set out to do:**
  - Explore the aviation industry
  - Discover more about careers within the aviation industry
  - Make solid connections with people at the airport/tenants
  - Balance schoolwork with internship
  - Improve time management skills
  - Improve organization skills





# ***Reflections***

- Was a very positive experience overall
- Made good connections, learned so much, and had a good time
- Was it life changing? Not necessarily, but I definitely can say I have come away with a new perspective on not only the aviation industry but also employment in general, and a realization that there is great diversity in jobs in every sector.





***Thank You,  
Cape Cod Gateway Airport***

***...and a special thank you to Katie Servis!***



# Chatham Fire/Rescue Department



Delaney Kline



# Key Learnings

## Medical:

- Managing patients emotions
- Basic evaluation skills
- Heart rhythms and irregularities
- Glucometer
- IV set-up
- Medications
- Ambulance checks
- Causes & concerns of different health issues



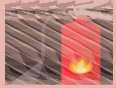
## Fire:

- Setting up ladders
- Climbing through windows
- Tools & equipment
- Protocols
- Dressing & undressing a hydrant
- Truck checks
- Responding to fire alarms/detectors

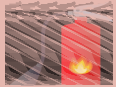




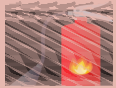
# Why CFD?



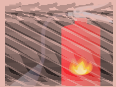
Staff is eager to teach



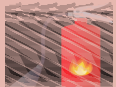
Open many doors and opportunities



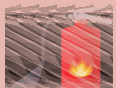
Important connections with those in my community



Their work family is unmatched



Fun, engaging environment



Be more involved in my community





# Reflection

In September, I thought working as a Firefighter/EMT was a cool idea but I knew little to nothing about it. When Ms. Armstrong led me to this opportunity, I was thrilled and eager to start. Nearly seven months later, I hold the same excitement to be at the station learning from this team. I have completed the EMT course and am impatient to start school to become a paramedic. Chatham Fire made me realize nothing is impossible.





# Thank you Chatham Fire!

## Special thanks to...

Chief: Justin Tavano & Deputy Chief: Ryan Clarke for allowing me to be a part of CFD.

FF/Paramedic: Dustan McGlinn & FF/Paramedic: Louis Carlo for your true passion, kindness, and patience with me as I learn.

FF/Paramedic: William Delande & FF/Paramedic: Pickle Field for brightening the work environment everyday.

FF/Paramedic: Harrison Fietz for your knowledge and encouragement towards the next chapter of my life.

Captain/Paramedic: Mark Higgins for welcoming me into the station and opening my eyes for future plans.

Captain/Paramedic: David Ready & Kevin Young for your guidance and support.

FF/Lieutenant: Timothy Hunter & FF/EMT: Stephen Ricotta for your time and desire to pass on your skills and knowledge.

FF/Paramedic Rachel McGrath & FF/Paramedic: Nicholas Pelkey for your honesty and experiences.





# Moran Engineering



41 MA-28, South Harwich, MA

Owen Lavin





# Why I Chose Moran Engineering

---

Entering my senior year at Monomoy, I was not sure about what I wanted to study in College. Some form of engineering is what I was drawn to, but I did not want to make such a meaningful decision without having any experience. Civil engineering got my attention, as I have been a part of the homebuilding process my entire life, and I started reaching out to local firms. The men at Moran Engineering decided they were willing to take on an intern with no prior experience and it was a great match. This internship helped me finalize my decision to study Engineering at Umass Amherst.





# What Does Moran Engineering Do?

---

Moran's services include:

Site Design Plans & Certified Plot Plans

Septic System Design Plans

Sewer Connection Plans

Title 5 Septic System Inspections

Flood Elevation Documents, Lomas &  
Flood-Proofing Design

Focused on the towns of Harwich,  
Chatham, Dennis, Brewster, Orleans,  
and Yarmouth.





# Focuses of my Internship

---

- Fieldwork
- Research
- Documentation
- Soil Tests
- Computer Drafting





# Fieldwork

---

Most of the fieldwork that I participated in was Title 5 septic inspections and Land Surveying for both new and existing conditions plot plans. Title 5 septic inspections included Exposing the Septic Tank, Distribution Box, and Soil Absorption Systems and running them through various tests in order to see if they were in working condition. Land surveying involves using a theodolite in order to measure distances and angles between house corners, concrete bounds, trees/landmarks, and more. These measurements were transferred to the computer in order to make plans. Fieldwork made up a majority of my internship.





# Fieldwork Images

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View of backyard of  
a home I worked at



Distribution Box



Camera used to look  
inside D Box

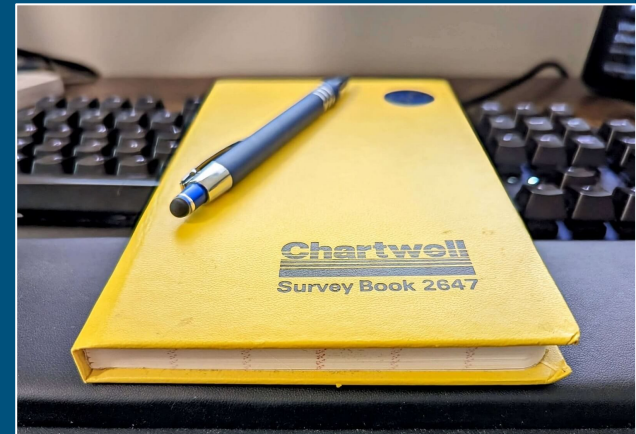
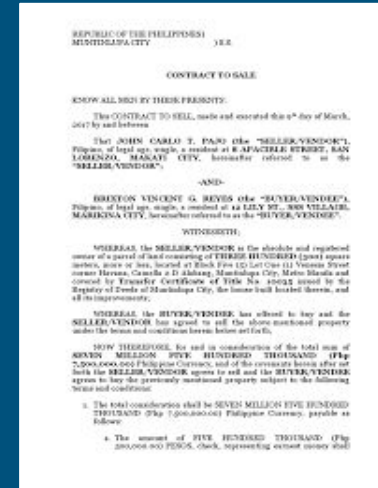


# Research

The Research portion of my internship included going on the computer and finding deeds and property lot plans in order to design our plans for whatever project we may have been doing.

# Documentation

The documentation aspect included taking notes of measurements and angles that our land surveying equipment collected. I also documented several factors of the Title 5 septic inspection in order to see if it met the requirements to pass.





# Computer Drafting

Using a platform called AutoCAD, we would use certified plot plans in conjunction with our documentation in order to put together plans for whatever project we were working on. We would make an entire recreation of neighborhoods, including property lines, roads, and landmarks on AutoCAD with precise measurements. Septic tank designs were also drafted on the computer using the same software.





# Soil Tests

---

Soil tests were done in order to determine whether the area was suitable for a septic tank and a soil absorption system. We would dig a hole at least ten feet into the solid and do something called a “Perc Test”. During a perc test, a hole is dug in the ground and water is poured into the hole. We measure the rate at which the water drains away into the soil. This is used to determine whether or not the soil in that spot is suitable for a septic system.





# My Performance

---

I feel that my performance was satisfactory throughout my internship. I did everything I was told to the best of my ability and was present every day ready to learn. At the beginning of the internship, there was a lot of new information that I had to take in, but as it progressed I became much more confident and was able to do many things with little to no instruction. This internship had a great impact on my life as it helped me make my decision about college. This is also what made it feel “real”.



# My Performance

---

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# Thank You!!

Rick, Dan, Caleb, and Ellie, thank you so much for dedicating time out of your day in order to help me learn. I know it can be difficult to teach the basics when you already have something mastered, but you guys really did a great job. I hear about friends' internships and they act like the student isn't even there. You guys put effort into making sure I always had something learn and, for that, I am greatly appreciative.





# Outermost Harbor

Owen Lucey





# What I Learned



I learned the process of winterizing a boat, how they are cleaned, and stored. I was shown how to clean the boats shown to be thorough with it and making them look as good as possible. I was then shown how to winterize them to keep them protected from the winter environments to keep the batteries and engines from freezing. In the winterizing process I was shown how to cover it and shrink it down to fully seal it



# Reflection and Performance



Working at a boat harbor I was able to learn how boats are maintained and kept in good condition. I learned more about boats, ways to work them ways to clean and maintain them.

I took everything slow my first couple visits asking questions and being clarified on how things work there. Anything that we did that was new I studied how it was done so I could perfect it.



# Growth



I started out by knowing absolutely nothing on how to winterize the boats, how to clean them, and what to clean them with. But as I kept returning I kept learning more on how to improve my efficiency in my work. About a month in I was able to know the full process of cleaning and winterizing the boats, where my mentor could to clean one of the boats where I knew exactly what I was doing



# What made it real?

The overall experience of working outside in the real world made it actually real. Seeing all the boats lined up in the back showed me how much work is done throughout the year.



Thank You to everyone who I  
worked with at Outermost Harbor!!!

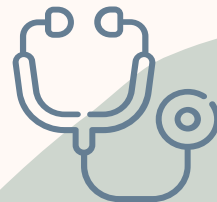






# My Experience at *Cape Cod Hospital!*

Tatiana Malone





# What Did I Do?

Depending on the department, I would do different things, but some similar things included:

- Keeping things stocked and organized
- Relieving the workload of nurses or aides by helping as much as I was able
- Shadowing nurses, aides, and techs
- Learning so much!!!







Different  
Departments  
| Experienced





# Emergency Department (ER)

The ER was definitely the busiest, but probably my favorite area I was in. I liked the ER because of the diversity of patients you can get; someone can come in for stomach pain, back pain, a head injury, ANYTHING! All of the staff have to be prepared for anything and everything!



## Fun Fact

One day while I was in the emergency room, the staff was having a mock trauma in the trauma room (pictured to the right) and after that finished up, there was a call about a real trauma patient coming in! It was coincidental, but it was very interesting to watch how fast everyone moves and how well everyone works together.







## Mugar Building

The Mugar building was a great place for me to learn about patient care. I was mainly on Mugar 3, but I also went to floors 4 & 6! What I loved about being on the floor was the connections I made with so many patients! Since usually they stay for a little bit of time, sometimes I would get to see them for multiple days, so it was nice to talk to them when they didn't have anybody to!



# Mugar Building



When on the floors, I would always wear scrubs



One of our patients was super nice and made us paper airplanes!!



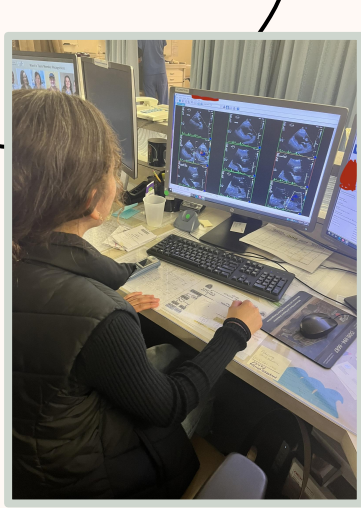
This was me and a CNA getting a room ready for a new patient





# Cath Lab

The cath lab was somewhere that I learned so much information about the heart. I was very observational here as I would watch the x-rays during many of the procedures. I also got to watch some special procedures such as a TEE and a cardioversion, which was honestly really cool to watch! During the special procedures, the doctors were nice enough to walk me through the entire procedure and to teach me some of the anatomy.



Me looking at  
ultrasound scans



Transesophageal  
Echocardiography  
(TEE)







# Reflection

My internship at Cape Cod Hospital did not disappoint. I got to see everything I wanted to see! I believe that I most definitely did grow professionally because in the hospital you have to be your most professional self in front of your patients, in front of doctors, in front of nurses, any anyone. My placement felt real because I got to have many hands-on moments and I got to help so many nurses and aides.



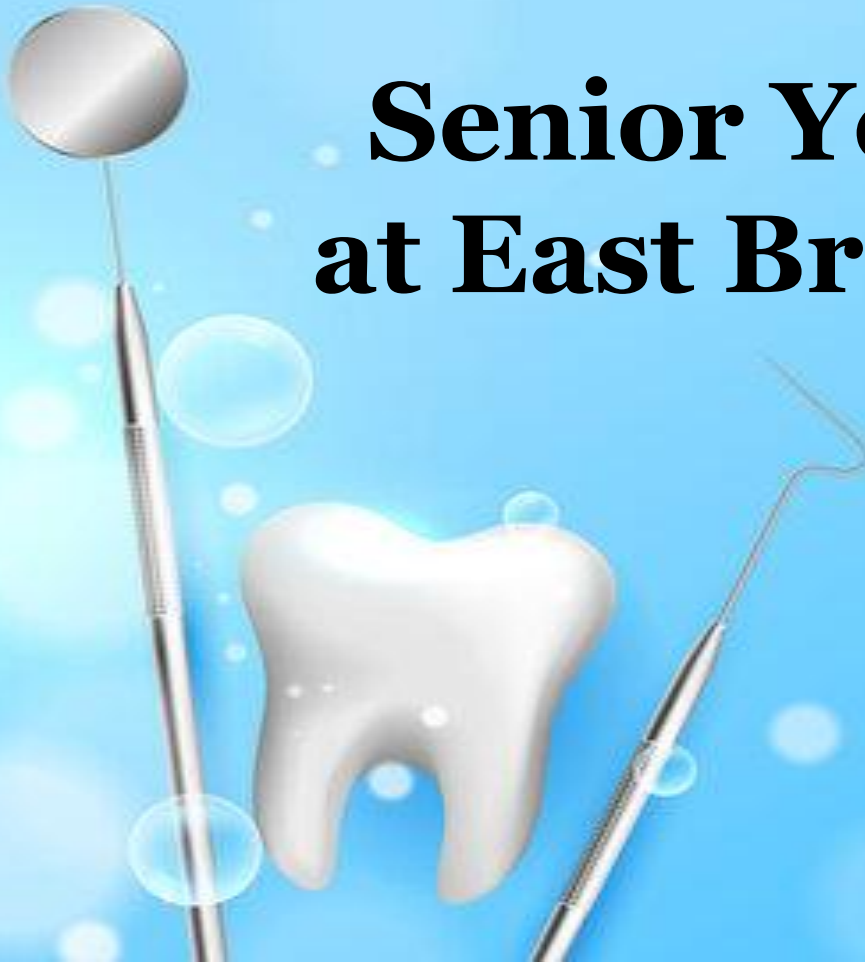


**Thank you,  
Cape Cod Hospital**



# **Senior Year Capstone at East Brewster Dental**

Kiki Pigo-Cronin





# First Day Experience

## Dental Coat



My first day at East Dental Brewster was great, but I was extremely nervous. I was paired with Jen, a dental assistant, and she was super nice and friendly. I followed her around for the first few weeks and watched her as she did her dental assisting.



## First Scrubs





# *What I Learned*

- The difference between a hygienist and assistant
- To be a consistent and organized
- Have good communication skills
- Teamwork is very important!
- Listen and understanding to certain patients
- Attention to detail





# Reflections



- I am very happy I got the opportunity go to East Brewster Dental and observe all of the staff to see how a dental office functions.
- I had been to dental offices many times to get my teeth cleaned, but I gained new insight on the different dental fields and how busy it can get.
- I am very glad that I was able to figure out the certain field I wanted to work in because before I was not really sure if I want to be a dental assistant or dental hygienist.







## Performance

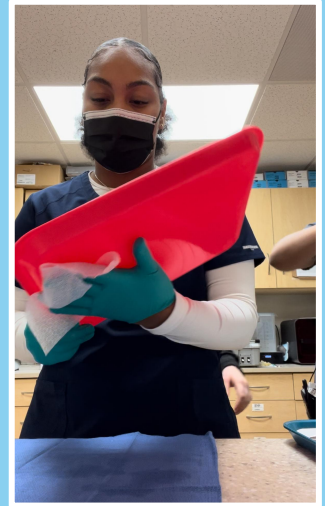
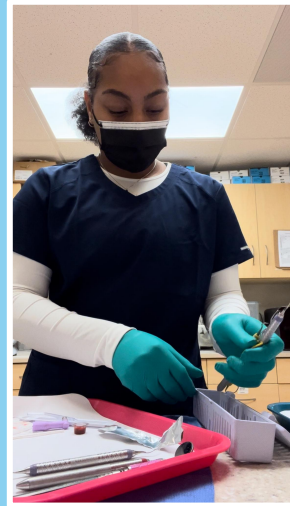
Overall, I believe my performance was good. If I was not able to come due to sports, knee injury, or car trouble I would always let them know. I loved being able to watch all the staff hard at work. I loved being asked to do things like set up there room, bring things to steri and other things. Throughout the whole time I came to East Brewster Dental, I was engaged with every patient and loved to hear their stories. I am very shy, and I would try my best to keep the conversation going.





## *What Did I Do?*

During my internship, I would shadow the staff and once they were done, I would clean the rooms by removing all the dirty instruments that were used, wipe down the room, and then reset the rooms for the next patient. When it was busy I would call the patients from the waiting room and then bring them to the room. If we had a new patient, I would do the perio charting on the computer. I enjoyed doing everything!





## *What Made It “Real”?*

Seeing that not everyone has healthy teeth made it real for me because seeing all the different problems people can have with their teeth made me realise that people do need our help with cleaning their teeth and maintaining healthy oral care.





## *Manger and Front Desk Crew*



Ken



Kailee and Ally



# Dental Hygienist



Jason



Janell



Mia



Ashley



## *Doctor and Dental Assistants*



Dr. Fitzgerald



Jess



Jenn and Ashwani



**Thank You,  
East Brewster  
Dental♥**





# Cape Cod Truck Service

JACK REID



# Why I chose to intern at Cape Cod Truck Service

I chose to intern with Cape Cod Truck Service because I was interested in mechanics, and I wanted to understand how cars worked so that I could take good care of my vehicles going forward.





# What I learned: Welding

I spent most of my time at Cape Cod Truck Service learning how to weld. Welding is a technique used to fuse two pieces of metal together, by melting filler metal onto where you want the two pieces to connect. This fuses the metal objects to the filler metal and, in turn, fuses the metal objects together. I learned mig welding, a technique which involves using a constant voltage power supply to heat the copper wire that the welding torch files out.

Welding torch



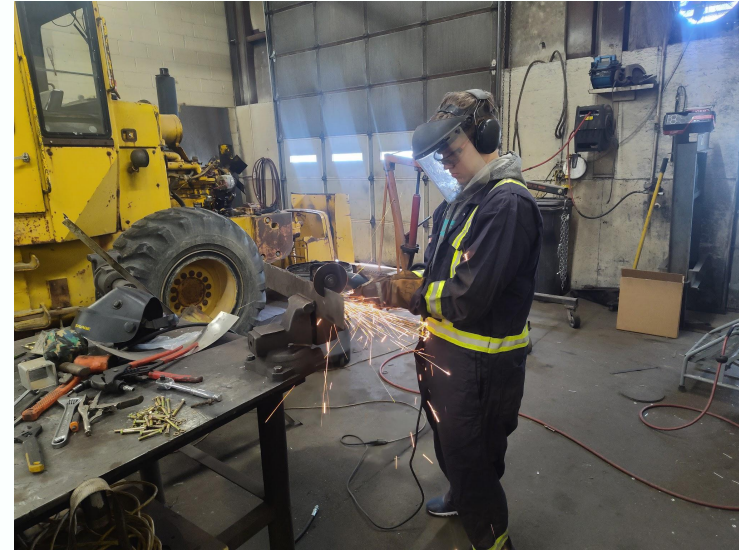
Power supply





# What I Learned: General

- How to perform an oil change
- How to locate parts in the parts room
- The process of finding parts online for repairs to provide customers with timely and accurate estimates
- How to change a tire on a commercial truck
- How to install rivets
- How to cut metal
- The steps to perform a vehicle inspection
- The proper safety measures to avoid workplace injuries
- The function of many of the major components of buses, trucks and cars.
- How to use a plasma cutter
- The rules and regulations commercial trucks must adhere to







# Reflection



I learned a variety of skills interning with Cape Cod Truck Service and met some great people who taught me so much. The highlight of interning with Cape Cod Truck Service was learning how to weld, a skill which I had never practiced before and was intimidated by. Welding wasn't too hard to get the hang of, but it takes years of practice to become skilled, which made each day exciting as I always had something to learn. One thing I would do differently if I could repeat the process would be to learn key mechanical vocabulary before beginning as an intern. Thank you to everyone at Cape Cod Truck, with special thanks to John for teaching me welding and Dave for being a kind mentor.





# Thanks, Cape Cod Truck!



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A decorative graphic on the left side of the slide consisting of two overlapping parallelograms. The front one is blue and the back one is a light green. They are positioned diagonally, with the blue one partially covering the green one.

# Senior Capstone Project

Jacob Routhier





# What Did I Do?

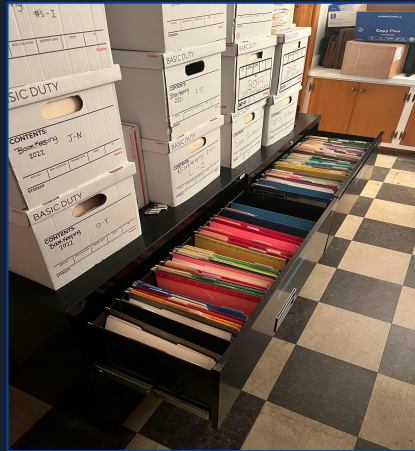
- Organization such as bookkeeping and filing
- Entering payroll
- Checking invoices
- I also spent time Training in Quickbooks the software that is used at the office .





# What I Learned

- How to navigate the Quickbooks software
- How to enter businesses payroll
- How organized an accountant must be







# Reflections

My internship with the Varney Group this year has been an incredibly rewarding experience. Through hands on tasks, I have bettered my understanding of accounting principles and gained practical skills that will set me up for success in my future career. Collaborating with colleagues has taught me the importance of effective communication in a professional setting. This internship has increased my passion for accounting and provided me with valuable insight, setting a strong foundation for my career ahead.





# Performance

- In the beginning, getting to know the software was a little hard but as time went on I began to become very familiar with navigating the software.
- At times I would forget certain things but that was alright because I felt comfortable asking my colleagues questions.
- I tried to maintain a solid pace everyday and most days I would get everything done that I needed to during my internship blocks.





## What I took away from this...

During my internship at the Varney Group, I gained valuable insights into the practical application of financial principles. I learned firsthand the importance of attention to detail, accuracy, and timeliness in financial reporting and analysis. Additionally, working alongside experienced professionals provided me with a deeper understanding of the variation of tax regulations. Beyond technical skills, I also developed strong communication and teamwork abilities through collaboration with colleagues on various projects. Overall, my internship experience equipped me with a solid foundation for a successful career in accounting and finance.





# Thank You

Thank you, Brian Varney, for giving me the opportunity to intern with you this year and learn so much about the field of accounting.

Thank you, Ed, Sean, and Ashley for helping me every step of the way, and making this whole experience very enjoyable.





# **Broad Reach Healthcare Internship**

**Sophia Sarabia**



## WHERE WAS MY INTERNSHIP?



I had the pleasure of interning at BroadReach Healthcare, a retirement home in Chatham, MA.

I worked alongside my mentor, Cynthia Gardner.

I did this internship in hopes of getting my CNA (Certified Nursing Assistant) license!

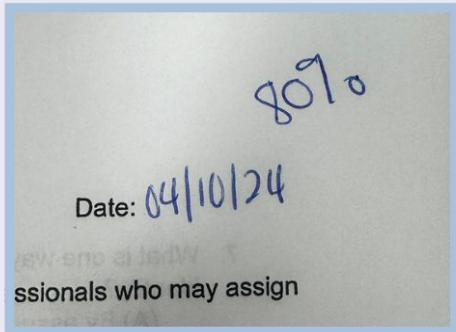




# WHAT DID A DAY AT BROAD REACH LOOK LIKE?

**TIME: 1.5– 2 hours spent in Chatham**

## CNA TEST PREP



As a part of my internship, I was able to gain my CNA license. I spent a lot of my time reading, studying, and completing assignments in order to take the test at the end of the year

## CNA SHADOW



When I wasn't completing bookwork or taking tests I could often be found shadowing another CNA. I was able to talk with patients, make beds, and feed residents. Unfortunately, I wasn't able to take pictures of active shadowing out of respect for the resident



# WHAT DID I LEARN?

Throughout my time at Broad Reach, I learned the daily responsibilities of a CNA:

- Make sure residents are awake and dressed
- Bring them to their designated dining area or help them set up for meals
- Help them with daily activities; brushing hair, brushing teeth, going to the bathroom
- Make sure they are comfortable with their wheelchairs, recliners, or beds

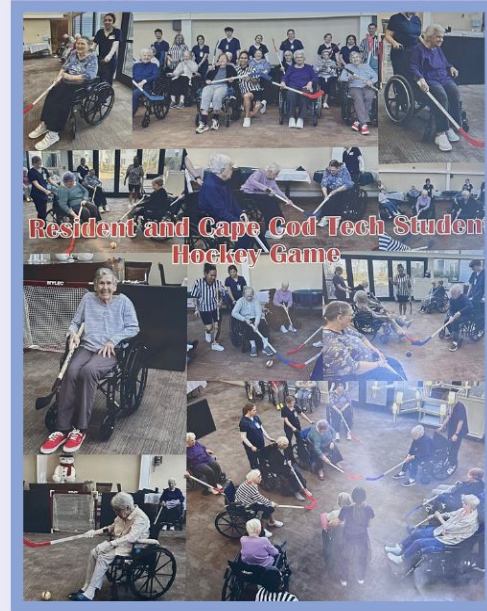


**Pleasant Bay was the floor where I spent most of my time shadowing CNAs.**



# REFLECTIONS

- During my internship, I was able to learn and practice different skills that would help me succeed as a CNA. I met so many wonderful healthcare workers who made my experience 10x better. Many of them engaged and were excited to help me and better my skills.
- Meeting and working with the residents was so amazing. I was able to form connections and talk to them about their lives. Being able to see some of them thrive in their environment was so rewarding.





# LESSONS FROM MY MENTOR

My mentor taught me that **there is nothing wrong with asking questions and reaching out for help.** That information stuck with me. As a trainee, I felt like a burden to others and overlooked, this left me with a lot of questions. However, overcoming that fear revealed to me that others were genuinely eager to lend a helping hand.



BROAD REACH  
HEALTHCARE



# PREFORMANCE

- Throughout my time, I felt like I was attentive and focused on the resident. I was always willing to help with whatever was needed.
- I was always having conversations with the staff and residents!
- I made sure I was polite to everyone I crossed paths with.
- I always stayed in touch with my mentor and always let her know my schedule for the week!





## GROWTH AS A PROFESSIONAL



This is a picture of the supply room. Walking in here for the first time, I felt like a real worker.

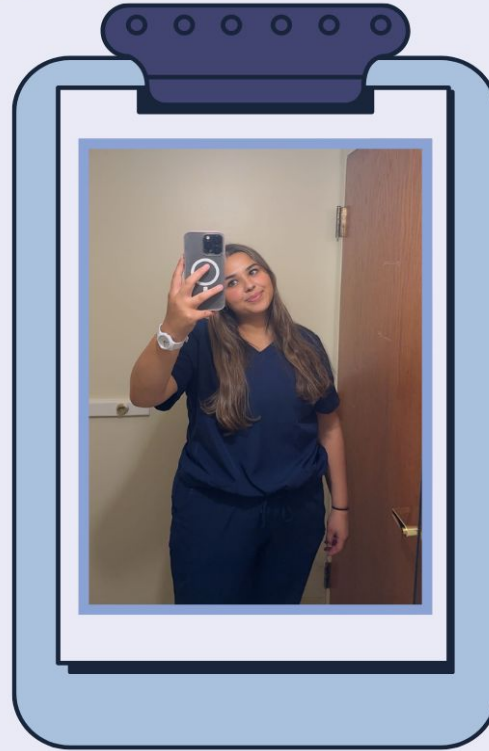
I experienced significant professional growth at Broad Reach. Initially, I lacked confidence in my skills, but the more I went in the more comfortable I became. I feel the knowledge I gained will significantly help me in the future. I definitely gained confidence in my abilities and my capability to take care of others!





# WHAT MADE IT REAL?

Definitely putting on my scrubs for the first time. Putting them on was a big moment for me. It felt like the start of my journey. At this moment I couldn't wait to help people and make a difference.





## DID ANYTHING HAPPEN THAT IMPACTED YOUR LIFE?

I gained an abundance of knowledge from my mentor, fellow staff, and even residents. I was able to learn and find out that I really am passionate about helping people and making a difference.

I know this experience will help me with my future at **Providence College** as a Nursing major in the future!





# **A BIG THANK YOU TO:**



**My mentor, Cynthia Gardner,  
Ms. Armstrong,  
& the staff at Broadreach!**

**You all helped me so much throughout the year!**







# Physical Therapy Internship

Devlin Towers



# Broad Reach Healthcare - Outpatient Clinic







## What did I do?



**BROAD REACH**  

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**HEALTHCARE**

- Physical Therapy is a medical profession that requires touching patients which I was not able to do, but I got to observe and learn a lot about what the job is like.
- I worked with the therapists by moving around heavy equipment and helping patients with their exercises.
- I also sat in with specific patients that were being worked on and saw all of the movements necessary for their specific injury.



## What I Learned

- With my time at Broad Reach, I learned about what injuries and incidents people have, which brings them in to the outpatient clinic.
- I got to see how each patient needs completely different equipment and routines.
- I learned about ultrasound and how it is not just used for pregnant mothers.
- I also learned how important it is to treat every patient with kindness and respect.





## Reflections

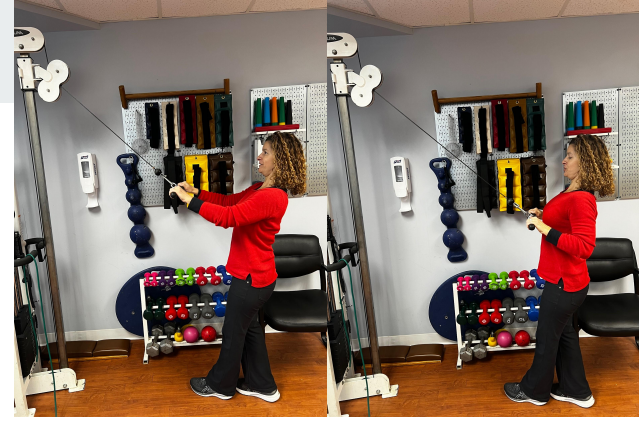
- I am glad that I chose this internship because I learned about what I would like to do in my future.
- I have gained knowledge on what it is like to work with a patient directly and do the best you can to help them get better.
- I am happy I got the opportunity because it helped me decide on what major I am going to pursue in college.





## Performance

- I would say that my performance was as good as it could possibly be due to the fact that I was not allowed to touch any of the patients.
- I asked many questions, and I asked about every single piece of equipment that they had in their gym.
- I also read every patient's evaluation and got to learn new vocabulary, what they were expected to do, and when they were expected to get completely better.





## What made it real?

- The real part of this job is very easy to identify, which is why I liked this job.
- The real part is seeing people come in with injuries and watching them get better and closer to their real life as they progress.
- It was really fascinating and rewarding to the people and to me to see all of their hard work improve their quality of life.
- I want to pursue biology because it is so important to many careers connected with the medical profession.





---

**THANK YOU,  
MR. KENNALLY AND  
BROAD REACH HEALTHCARE**





# My Generation Energy

100 Independence Dr Suite 10, Hyannis, MA 02601

Gareth Vos



# Why I chose My Generation Solar

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- I wanted to work in a field that utilized technology so I could learn more about the way it is used in different fields such as solar.
- My grandfather was an electrical engineer so I have always wanted to work in an industry similar to this and to follow in his footsteps.
- I was interested to learn more about the rapidly expanding field of solar.
- I wanted to have a fulfilling internship that I enjoyed and found engaging.



# What is My Generation Energy?



- They provide start to finish full Solar service.
- They assess a property's solar potential and explain the financial benefits a customer can expect.
- They handle all the permits, applications, and registrations necessary for solar installation.
- They operate on Cape Cod, Greater Boston, South Shore, and South Coast areas!





# What I Did

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- Monitored the status solar units MyGen has installed and inputted the data into a spreadsheet.
- Helped the installation team out best I could.
- Created CAD\* 3D models of homes to simulate the effectiveness of solar on a property.
- Shadowed different employees as they worked.



# What I Learned

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## Enlighten Monitoring:

- I learned how to navigate, interpret and sort the data on Enphase to see which solar systems have error codes, what they error codes are, and the possible courses of action to fix the codes.

## Solar System Design:

- I learned how to create CAD 3D models of houses using building plans and Google Earth to accurately represent the amount/type of solar panels the customer needs.

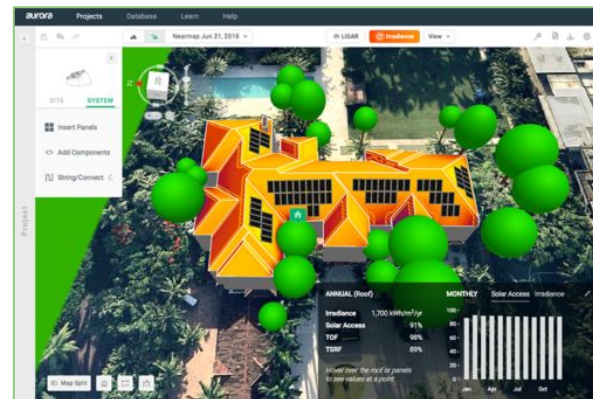
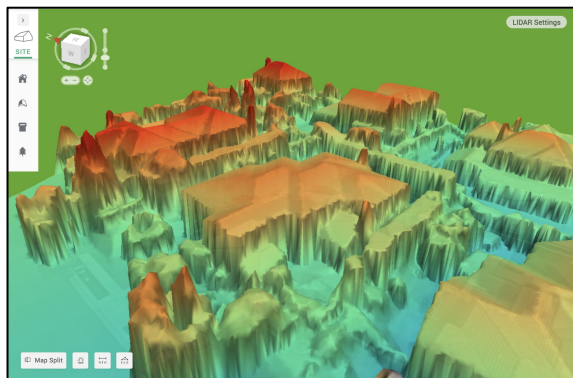
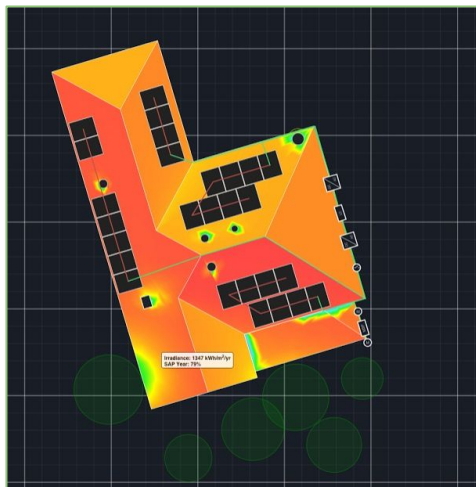
## Shadowing:

- I learned quite a bit about the paperwork that goes into building solar and how to work with a customer when going through the process of getting solar.



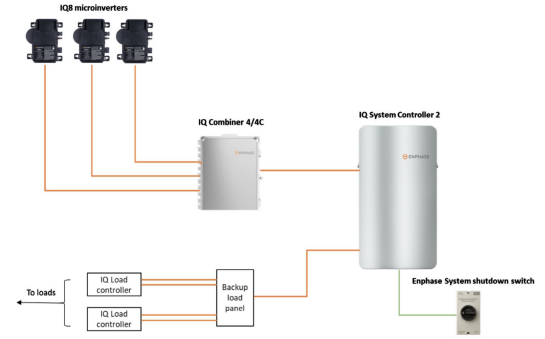
# Pictures!

Site Issues										
Tasked	Batteries or Solar	Date Added	Issues	System ID	Name	Connection type	PV Inverter/Gateway Software	Install date	Gateway Last report	Notes
	Solar	10-16-23	Gateway Not Reporting	16254	Abel	Ethernet	IQ7PD-72 / 5.0.62			
	Solar	10-16-23	Gateway Not Reporting	1684331	30 Janall	wifi	IQ7PD-72 / 7.3.130	July 2019	09/16/2023	
	Solar	10-16-23	Microinverters Not Reporting	1585	Strauss and davis	Ethernet	M215 / 3.7.26	October 2009	Not displaying	Stopped power production in FEB 2015
	solar	10-17-23	Gateway Not Reporting	1635505	48 Dickenson	wifi	IQ7+ / 5.0.34	June 2019	11/18-/91	stopped power production in NOV 19,
	solar	10-17-23	Gateway Not Reporting	1635506	51 Dickenson	wifi	Q7+ / 5.0.49	June 2019	3/26/22	Stopped power production MAR 22
	solar	10-17-23	Gateway Not Reporting	1635510	61 Dickenson	wifi	IQ7+ / 5.0.49	June 2019	1/22/23	stopped power production JAN 23
	Solar	10-17-23	Gateway Not Reporting	972501	Aittaniemi	wifi	M250 / 5.0.48	February 2016	1/16/23	stopped power production JAN 23
	solar	10-17-23	Microinverters Not Reporting	711790	Curtis	wifi	M250 / 3.17.3	August 2015	10/17/23	4 micro inverters are out, they slowly lost power production and then died
	Solar	10-20-23	Gateway Not Reporting	10453	Swift	Ethernet	M215 / 3.6.24	November 2010	Wed June 07, 2023	Graph shows normal activity untill aroun





# Challenges I Faced



- Navigating the Aurora platform (3D design program), especially using building plans to create the model.
- Understanding the different components used in solar, how they can fail and how to go about fixing them.
- Permits! There is a lot that goes into permitting and checking the system.



# Takeaways!

- Solar is good! It can significantly reduce if not completely eliminate your power bill. Although seasons and weather can impact your power output, there are still many benefits to having solar such as tax brakes.
- There is so much that goes into running a company. There are so many moving parts it is challenging to keep track of them all.
- I enjoyed working with My Generation Solar this winter :) Everyone was very kind and helpful and I learned so much during my internship. I learned what it is like working for a real company and and what to expect in the future.





## Thank you, MyGen!!

Thank you Lorelei Stevens for helping set up my internship and working with me throughout.

Thank you Nick Abbott for teaching me how to create 3D solar designs, I enjoyed this part of my internship the most.

Thank you Diane Addison for helping me get my internship with MyGen.

Thank you Andrew Wade for allowing me to have this opportunity to intern with your company.

And thank you to everyone who works at My Generation who helped expose me to the world of solar!



# Harwich Police Department

Christian Whittle







# The Department

The Harwich Police Department has provided me with an amazing and very educational experience. Everyone at the department has been extremely welcoming and informational.

Living in the town, it was great getting to know the officers I see around town and their point of view on their day-to-day activities.



# Why I Chose HPD

- My desire to pursue law enforcement as my career
- Admiration for Harwich Police Department
- Community engagement
- The opportunity to be engaged in a fulfilling internship
- To see the other side of law enforcement that most do not in their day-to-day life
- To experience what my day-to-day life will most likely look like in my profession, post college graduation



## **What made my placement “real”?**

The reality of day-to-day police operations is often not experienced by the general public. Law enforcement officers are most commonly seen out conducting traffic stops or handling car accidents. The other side of the job often goes unnoticed, whether it is stopping to say hello to children that are waving or make someone's day by simply stopping for a quick conversation. The “community policing” side of the job I have had the opportunity to witness is extremely important. This internship has exemplified what my daily life will most likely be looking like after college. That itself has made this experience extremely real.



## What have I learned?

Throughout my time with the Harwich Police Department, all of the knowledge I have taken in is unable to be expressed in a slideshow. Being out as a part of patrol for multiple hours of the day, being dispatched to often two or more calls a day learning more and more each time. As a law enforcement officer, you will never have the exact same call again. Circumstances are always changing which you must adapt to. Therefore, I have been able to experience so much and pick up on more and more details and procedures each call we get. A majority of the job is not what can be taught in a classroom or by books, but instead getting out and experiencing it and interacting with the members of the community.



# Reflections

## Growth

My overall knowledge of law enforcement procedure and responsibilities has grown more than I imagined coming into this. This has been an amazing stepping stone to take me to the next step in achieving my goal of becoming a law enforcement officer.

## Performance

I would describe myself as someone who is very eager and willing to learn and feel I have expressed this greatly during my internship. My ability to ask questions and stay engaged has played a key role to my success and education with the department.



## Mental Health

Gaining exposure to the deeper struggles of mental health has been extremely eye opening. The average conditions experienced commonly in households differs greatly from those experienced by first responders and law enforcement.

## Connections

The connections made with all of the officers and employees within the Harwich Police Department has been a key role in making my internship so amazing.

## A look into the future

As I continue my journey to becoming a law enforcement officer, this will be a step I will not forget. As I move onto working a summer position with Brewster Police, this internship will be the first step to remember.

## Perspective

The perspective from the law enforcement side of situations has offered a whole new outlook on the profession. Often, community members are very worked up when speaking with officers. Being on the other side of the situation, a much calmer side has been a very good experience.



# A Very Special Thank You

Chief David Guillemette

Deputy Chief Kevin Considine

Lieutenant Aram Goshgarian

Sergeant Tyler Vermette

Officer Colin Thomas

Officer Drew Ridenour

Officer Kyleigh Lopes





# Capstone Project

## 23-24

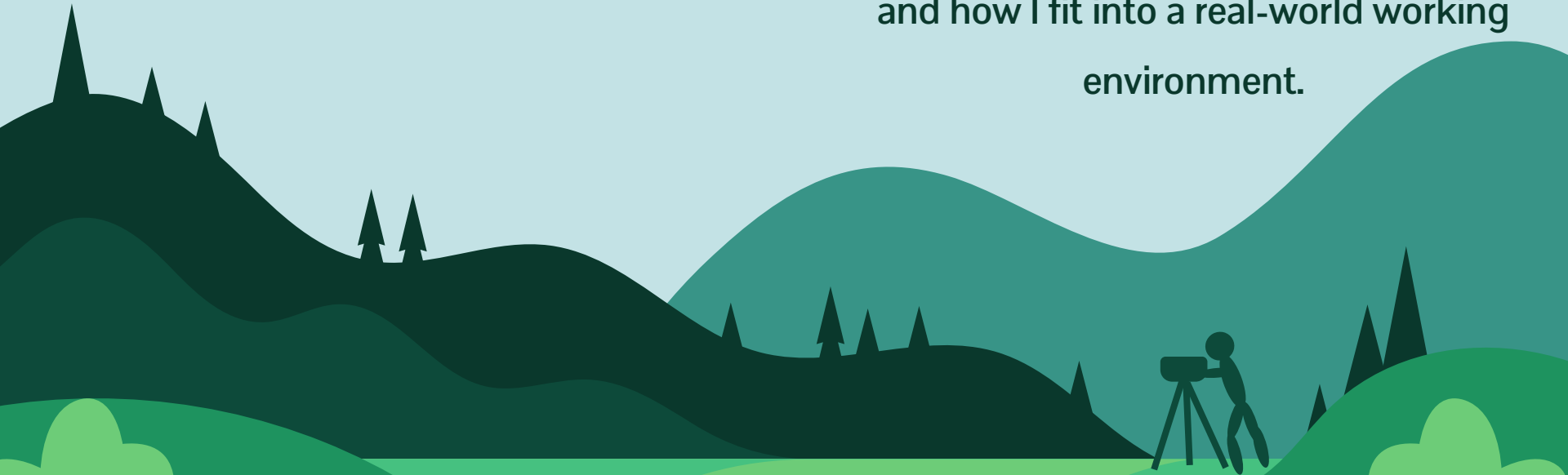
East-SouthEast Surveying and  
Site Planning





# WHAT I LEARNED

From field work to digital mapping, there were various projects I worked on that helped me learn much more about the many facets of surveying and how I fit into a real-world working environment.





# 3D Imaging with Drones

We use drones to take pictures to map an area. The drone does overlapping paths back and forth over an area taking pictures every few seconds. These pictures can then be stitched together in software to create a 3D interactive and manipulable model.





**EAST-SOUTHEAST, LLC**

Thaddeus Eldredge, P.L.S.  
Surveying, Geomatics Engineering and Mapping  
1038 Main Street • Chatham, Massachusetts 02633  
41°41'18.73405" N 69°58'24.87005" W -50.0319 M

[HOME](#) [BY TOWN](#) [IMAGERY](#) [BETA](#) [LiDAR](#) [TECHNICAL RESOURCES](#) [STAFF](#)

## CAPE COD TIDE CHARTS

CHATHAM AUNT LYDIA'S COVE [2024-2023-2022-2021-2020-2019-2018-2017](#) (NAVD 2022+)

ORLEANS PLEASANT BAY [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

GEORGE'S SHOAL [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

## NANTUCKET SOUND

CHATHAM STAGE HARBOR [2024-2023-2022-2021-2020-2019-2018-2017](#) (NAVD 2022+)

HARWICH SAQUATUCKET HARBOR [2024-2023-2022-2021-2020-2019-2018-2017](#) (NAVD 2022+)

HARWICH WYCHMERE HARBOR [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

DENNISPORT [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

YARMOUTH BASS RIVER [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

BARNSTABLE HYANNIS PORT [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

BARNSTABLE COTUIT HIGHLANDS [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

# Updating the tide charts on the website

MASHPEE POPONNESSET ISLAND [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

FALMOUTH HEIGHTS [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

## CAPE COD BAY

DUXBURY HARBOR [2024-2023-2022-2021-2020-2019-2018-2017](#) (NAVD 2022+)

PLYMOUTH [2024-2023-2022-2021-2020-2019-2018-2017](#) (NAVD 2022+)

CAPE COD CANAL SAGAMORE [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

CAPE COD CANAL BOURNE DALE [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

CAPE COD CANAL BOURNE BRIDGE [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

SANDWICH MARINA [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

BARNSTABLE HARBOR BEACH POINT [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

DENNIS SESUIT HARBOR [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

WELLFLEET [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)

PROVINCETOWN [2024-2023-2022-2021-2020-2019-2018-2017](#) (MLLW)



# Field Work for Sewer Connections

Field work is required to gather more precise positioning for certain landmarks. These are used to locate utilities that are then mapped in a CAD software to create plans with pre-existing maps.



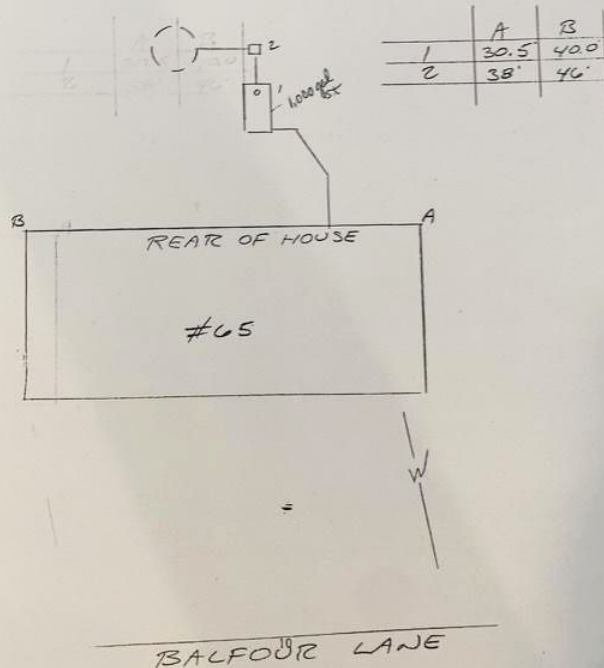


OFFICIAL INSPECTION FORM – NOT FOR VOLUNTARY ASSESSMENTS  
SUBSURFACE SEWAGE DISPOSAL SYSTEM INSPECTION FORM  
PART C  
SYSTEM INFORMATION (continued)

Property Address: 65 BALFOUROwner: SEANDate of Inspection: 3/21/22

## SKETCH OF SEWAGE DISPOSAL SYSTEM

Provide a sketch of the sewage disposal system including ties to at least two permanent reference landmarks or benchmarks. Locate all wells within 100 feet. Locate where public water supply enters the building.



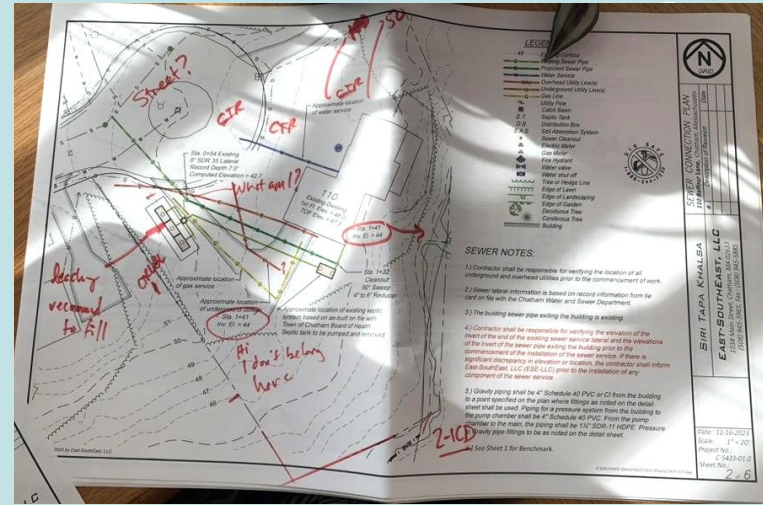
# As-built from the town to digitize

We request as-built documents from the town that describe where certain landmarks are in relation to existing features.

With these we can digitize plans into our software to create site plans and sewer plans.



# Sewer Connection Plans

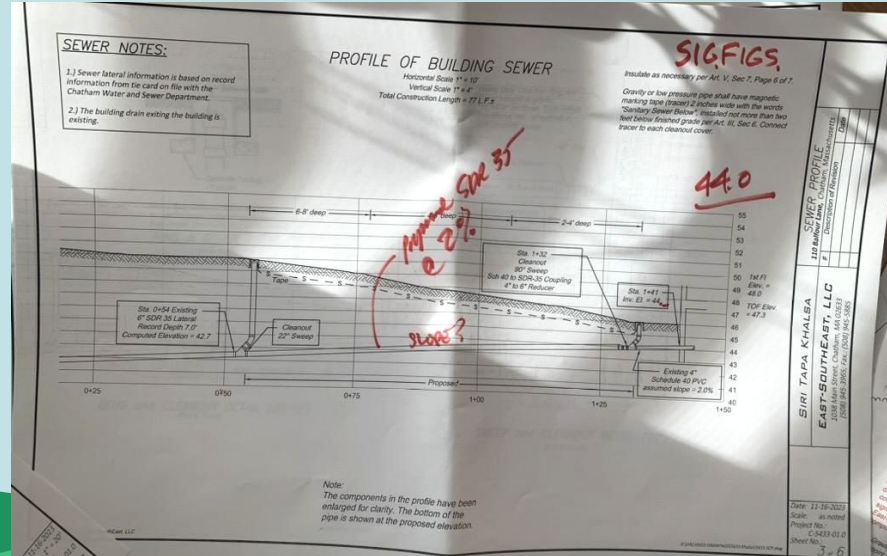
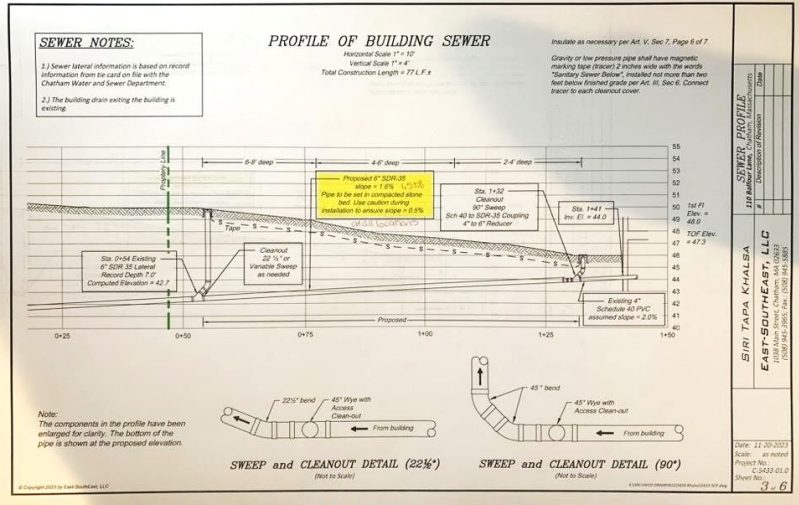
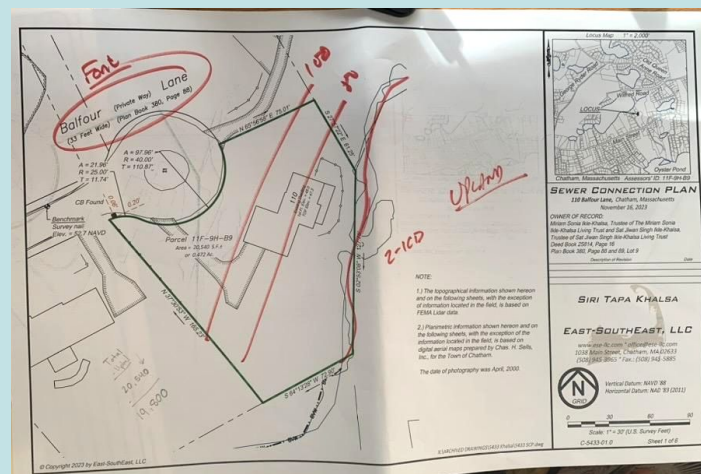


I compiled a few different sewer connection plans under the direction of Cindy (Thank you, Cindy!). These were reviewed periodically by Thadd who marked them up for corrections.

These plans describe how the sewer is to be connected to houses and the specifications of how they are to be constructed.



# More Markups

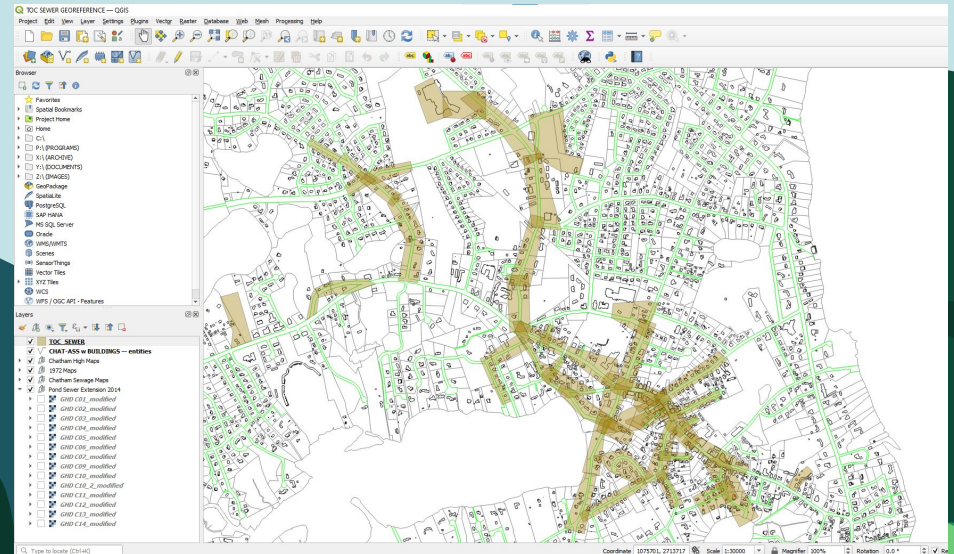




# Sewer Plan Mapping

With so many different hand-drawn and digitally-made sewer plans, an organized map of the existing plans was necessary. I helped to map out which sewer connection plans we had, for which areas, and which times.

Below is a map of Chatham and most of the sewer connection plans we have, with some plans dating back to 1972.





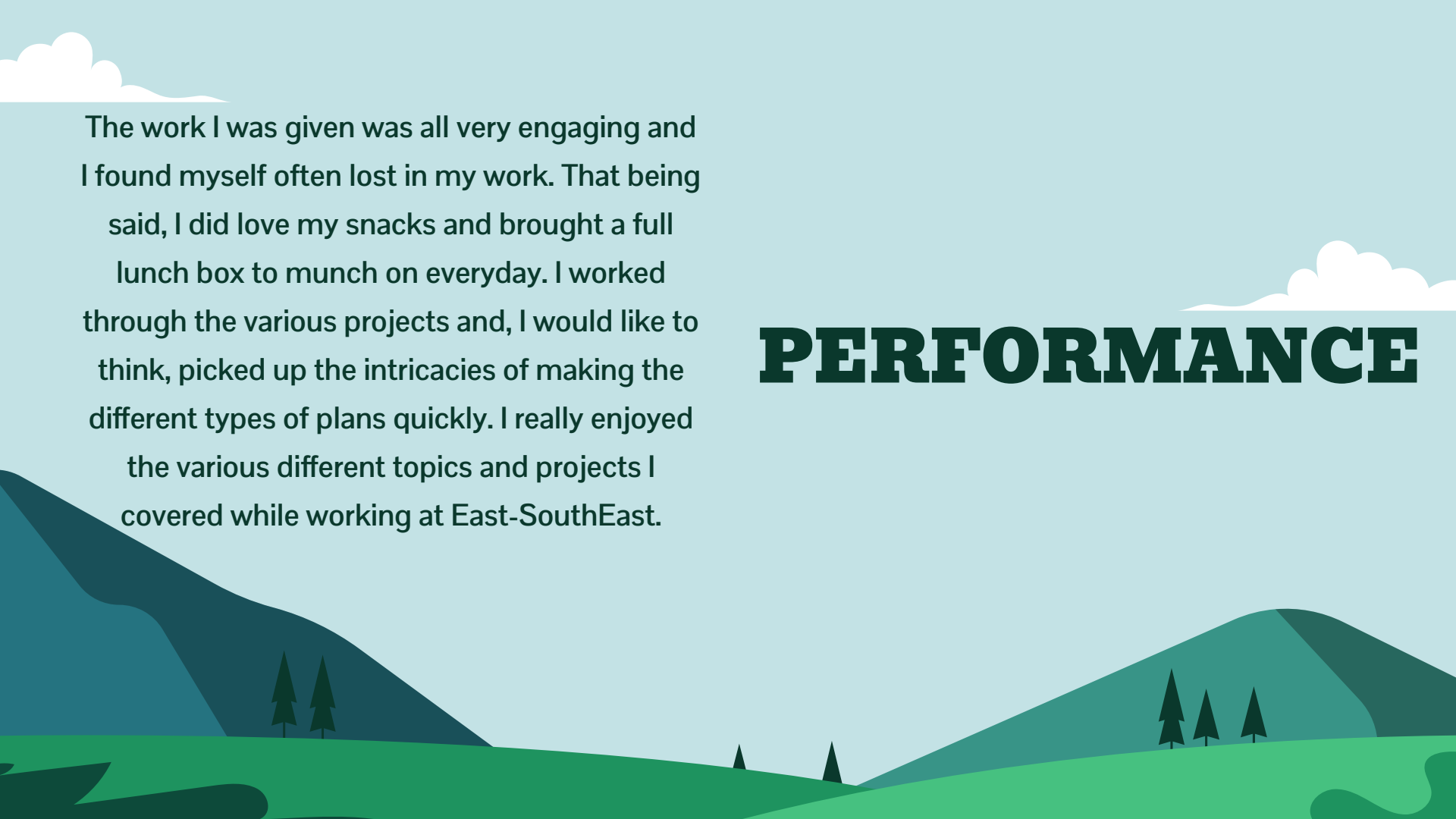


# REFLECTIONS

I grew to understand much more about the stages undertaken to create site and sewer plans. All of the various steps involved are necessary to create a plan that is accurate, practical, and informative for all that are realizing the plans out in the field.

I am very thankful to have been able to experience this whole process, and it has certainly developed my ability to learn unique skills in the field of engineering. The real-world experience I gained access to through this internship is invaluable.





The work I was given was all very engaging and I found myself often lost in my work. That being said, I did love my snacks and brought a full lunch box to munch on everyday. I worked through the various projects and, I would like to think, picked up the intricacies of making the different types of plans quickly. I really enjoyed the various different topics and projects I covered while working at East-SouthEast.

# PERFORMANCE





**THANK**

**YOU**

**East-SouthEast!!!**