



# BRINGING THE WORLD TOGETHER

THE UP WITH PEOPLE NEWSLETTER

*Meeting the needs of communities, countries and the world by building bridges of understanding for world peace.*

## ON THE ROAD WITH CAST A 2010 - "MY BIRTHDAY IN MANILA"

*By Annie Matthews  
Education Coordinator  
Cast A 2010 Staff  
Music Coordinator*

Hello to everyone back home on the other side of the world. This year's birthday was probably the most memorable birthday of my life. I started off the day with breakfast at my host family's house, which might as well be a resort oasis for the Philippines. There are six of us staying here this time around and it is absolutely gorgeous.

After breakfast we all headed out for Regional Learning around Manila, and caught taxis from our host family to the Philippine Red Cross headquarters. If anyone has ever experienced traffic of any sort... you haven't experienced ANYTHING until you are in the traffic in Manila. People hold infants on motorcycles and in a twenty minute cab ride we may come close to being in an accident 5-7 times. SCARY!



Annie receiving the UWP Cast Birthday Hug

The cast sang me (conga line style) Happy Birthday (Happy Birthday to

you, Happy Birthday, HAPPY Birthday to you) and they gave me a huge group hug. (Huge as in 100 person, group hug... I felt the love). We then all crowded into Jeepney's to head out to Gawad Kalinga. There really is no way to explain Gawad Kalinga (meaning "to give care") without seeing it. It is a housing area that is being built in the slum areas around Manila. We went to



Annie viewing the Baseco site in Manila

the Baseco site which was an area of slums that had been burned completely down in a fire and now about 300,000 families are displaced. Gawad Kalinga is much like our version of Habitat for Humanity. They have what is called "sweat equity". If you qualify for a house (which means you had to have lived in the slums before the fire and are still currently living in the slums), you have to help build it. Once it is built, you can own it. We were given a tour of the newly built homes which are colorful and the people are so proud of having them to live in. The families wanted us to walk through them to see everything that they had. They would run up

and grab our hands and say "come look, come see" and it was heartbreaking because the best home that they had ever lived in... were less than anything I've ever seen in my entire life. That is until, the cast continued our tour and wound up smack dab in the middle of the slums of Manila. We spent a few hours playing on a playground with hundreds of local children. All dirty, all wanting piggyback rides and for their picture to be taken... all giggling and playing with our hair and playing ring-around-the-rosey. Much like any other set of 4-10 year olds I've ever met. Kids just want to be kids. For a few hours in the morning I was given the opportunity to hold a two month old baby Michalee



Annie and baby Michalee

(Mike-ah-lee). He was two months old and perfect. Such a precious baby! Michalee and I had a fun time trying to stay in the shade which shielded us slightly from the 100 degree weather that everyone else was

playing in.

After play time we walked back through the Gawad Kalinga site to where they have a school and we performed a few songs for them as well as watched a little children's group dance for us to "every move I make I make in you" which brought back quite a few

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memories. We then had a two hour dance party in front of the school with all of the little kids. After that we sat down in the shade and had our sack lunches.

After lunch we left Baseco and were given a tour around the National Museum of the Philippines. There we saw various cargo that was found from the San Diego shipwreck (the flagship for the United States Pacific fleet which escorted convoys through Europe in 1917). Also in the museum we saw actual burial jars that literally still had bones inside of them and a video about how they used to preserve dead bodies.

After the museum we headed out to Fort Santiago for a few hours of free time to wander. Then we had a wonderful dinner at a fancy restaurant



Annie standing with traditional dancers in Manila

downtown. Some traditional dancers came and performed for us as well as giving us the chance to learn some of the dances. One of them consists of them banging wooden sticks on the ground and banging them together while dancers jump in and out of the sticks without getting their feet caught. Because it was my birthday they let me try it. It was pretty fun, I'll have to admit.

Then we all piled into taxis and came home. By the time I got home it was after nine at night.... I was sun burnt.

So that was my birthday in Manila. I don't think I'll ever forget it!

Follow Cast A 2010's tour on their blog: [www.uwpontour.com](http://www.uwpontour.com)



## LETTER FROM THE CEO:

### UWP Alumni: Our VIP Friends

Greetings UWP friends from beautiful and sunny Denver, Colorado where we beat the record yesterday with 82 degrees Fahrenheit (27.77 Celsius)! I hope this message finds everyone in good spirits and ready for spring wherever you might be.

Recently, I have had the pleasure to spend time in a couple of cities with the cast, namely my hometown of Minneapolis, Minnesota and Naperville, Illinois, just outside of Chicago. In both places, we had the honor of hosting a VIP Reception for our alumni friends. We had a fantastic turn out and over 200 people attended. In each instance, I had a chance to address the group and the feedback to date has been incredible. During my brief speeches, I outlined the fact that more than 50 students in our current cast came either directly or indirectly thru our alumni or their families. I also explained that over 50% of our sponsorship on our tour has come from a relationship with an alumni member. My message is very clear; we cannot survive without the help of our alumni friends. The general consensus is that the show is excellent and back up to the standards of years past. Our musical founders, the Colwell brothers and Herb Allen, as well as our beloved choreographer and director Lynn Morris,

have assisted in bringing back some of the touches that made us famous. Furthermore, our contemporary music writers and composers, Angel Cortes and his 62 Music Group, Eric Lentz, Michael Bowerman, Brett McGuire, Mario Romero, Pierre McNair, Pat Murphy and our choreographer Ken Leist have teamed up to deliver what I call, "a true Up with People" show.

We are counting on our friends and would like to show our appreciation for all the help we have and are still receiving every single day. In my eyes, every single one of our alumni is a VIP and deserves to be treated as such.

Our cast is in the Philippines as we speak and from the entries they have made on their blogs or Facebook accounts, it is clear that lives are being transformed within the cast and to the world communities we touch. We are making a difference in the world for sure and we are proud of it.

Thank you from the bottom of my heart for all of your support in the last year and for allowing us to look at the future with optimism. Whether you refer us to a future student, introduce us to a potential sponsor, or keep us in mind in your year-end contributions, we are so grateful for all you do and I look forward to meeting you on the road wherever my travels may take me.

Sincerely,

A handwritten signature in black ink that reads "Alan" with a stylized flourish underneath.



Alumni Reception in Naperville, Illinois with Beth Gillette-Tusch, Leroy Hackley Jr., Alain Thiry, Linda Mongin and Willy Steele



## STUDENT SPOTLIGHT: DIEGO CASTRO LOPEZ, PUEBLA CITY, MEXICO CAST A 2010



### Where did you grow up and what drew you to UWP?

I'm Diego Castro Lopez and I'm from Mexico. I was born in Puebla City, which is just southeast of Mexico City. I found out about Up with People by watching the Up with People performance and hosting students in our home. The students that visited us told me everything about your organization and I was very impressed and excited about the possibility of participating in this amazing program.

When I was talking with the UWP students that my family was hosting, I realized that UWP is more than just a travel program or an exchange program but that UWP has an objective, a purpose, mainly to make the world a better place. I believe in this cause and the approach that UWP uses to reach it. Through the many different activities that we do, we are making an impact everywhere we go. I think that's great! This is why I got involved in UWP.

### What is your favorite city that you have travelled to?

It's hard to choose just one city, because I have had so many good experiences in every city, and each city has been different. The many different people I've met and the different ways of living has made it all very interesting and wonderful for me. My experiences have been great in every city.

### What is the best part about trav-

### elling with the cast?

I really enjoy interacting with people from so many different countries; sharing my culture, and then also learning from theirs. I think this experience has allowed me to improve upon myself. I think the cast continues to grow closer and we are now starting to become one big family.

### What is the most challenging part?

At the beginning, I think the most challenging part was the language differences and getting use to them. And that's also true here in the Philippines. Also, I think its tough understanding the cultural differences between all the cast members since we are all from so many different countries.

### What community project touched you the most?

I think the project that touched me the most was when we packed food for the children in Haiti. Sometimes the people we work with, or for, don't really realize what we do, but when kids finally have

### I think the project that touched me the most was when we packed food for the children in Haiti.

food to eat, then they will be able to grow and will eventually understand they have a life to live.

### What have you learned about yourself since joining UWP?

I have found out just how lucky I am, and that my passion is to do something positive for this world. I've realized I have the strength to do it, and most importantly, that I'm happy to have gotten this chance to experience UWP and that I'm able to do something good for the world.

### What's the best part about staying with host families?

I think staying with host families is

given to the recipient named below toward their Up with People program as a qualified individual to participate in this unique program where they will TRAVEL with a purpose, PERFORM for thousands and IMPACT communities.

**The Golden Passport empowers alumni to have input in the future of UWP by recommending a future participant.**

To award YOUR Golden Passport, please contact Rob in Admissions:

303.460.7100 x110 or [rprytherch@upwithpeople.org](mailto:rprytherch@upwithpeople.org)



Linn Flo from Norway is Amongst the Jugs that are Used for Dry Food Being Sent to Haiti

the easiest way to experience and learn about their culture. By living the way they live, understanding why they do what they do, I enjoy their stories, their activities and hobbies and then sharing with them who I am.



Haiti Food Project for H.E.L.P. International in Fort Collins, Colorado



### ALUMNI SPOTLIGHT:

**Yamil Torres**

**Culiacan, MEXICO**

**Cast A 2006**

**UWP/IAA Era Rep 2006-2010**

#### How did you decide to join UWP?

I remember listening to the radio during one of the UWP visits to my hometown (Aguascalientes, Mexico). They were interviewing some UWP students and they were sharing their experiences traveling to different parts of the world with friends from different nationalities; at that moment I knew that it was something that I wanted to be part of. I found out more about UWP and learned that besides traveling and having fun, they also did community service projects and performed the show: the whole concept of the program looked very interesting for me. On the last visit of UWP to my city (2000) I went to see the show and Scott, a guy from Canada interviewed me, I was accepted and was supposed to travel in 2001, but was not able to do it until 2006 with an amazing cast of young people that I now call my family.

#### Describe your experience with UWP?

Life-changing, powerful, unique, incredible, amazing, very emotional, inspiring... Traveling with UWP as a student and then as a staff member, gave me the opportunity to experience things that I would not have been able to if I hadn't been part of this program. I did my first snow angel in Denver, communicated with my Japanese host families without knowing the language, visited

the site where the Berlin wall was in Germany, rode elephants and pet tigers in Thailand, was received by the First Lady of Mexico in the Presidential House, worked and interacted with people from the slums in the Philippines and saw kiwis for the very first time in New Zealand. UWP gave me the opportunity to impact others' lives in a positive way and my life was impacted immensely.

#### How did UWP affect your view of the world and your role in it?

It made me realize that we all live on the same planet and that we are brothers and sisters; regardless of your nationality, religion, the color of your skin, sexual preference, age, etc. The world became "smaller" for me, and I was empowered with the idea of doing small things that can affect your community, leading by example to encourage people to do positive changes that can create a global impact.

“ I was empowered with the idea of doing small things that can affect your community, leading by example, and to encourage people to make positive changes that can create a global impact.

#### What are you doing today?

I am working as an accounts payable analyst for a manufacturing company and volunteering as the 2006-2010 Era Rep with the UWP International Alumni Association.

#### What have you enjoyed and gained in being on the IAA Board and being an Era Rep for 2006-2010?

I have enjoyed serving and representing the youngest era, meeting alumni from different eras and working with a multicultural group of people. I am glad to know that the alumni from my era are represented and I am doing my best to keep them engaged and connected to the association.

#### Why is UWP important in 2010-2011 and why is it important for

#### alumni to support the program?

Because we need to continue with the legacy of UWP. We know the structure of the new program that in a semester gives you the opportunity to help the cities you visit, impact the life of your cast members, host families and people from the communities and perform the show to deliver the UWP message. We can explain to others what UWP is and gain their interest in supporting the program.

#### Do you have suggestions on how to get involved with UWP as an alumni and what other alumni can do to help UWP continue to grow and be successful?

Yes, by recruiting more students to join the program. To use your golden passport! Go to the UWP show if a cast is traveling near to your area, become a host family and support the advance team if you know that the

cast is coming to your city, make a donation, promote UWP in your social networks (Facebook, Twitter, Yahoo Groups) and support the UWP International Alumni Association by updating your

information at our website:

[www.uwpiaa.org](http://www.uwpiaa.org). In this site, you will find important and relevant information about UWP & the association, world & regional news, alumni events, reunion, and you will keep connected with your cast members and alumni from other eras. Feel free to contact me at any time, I will be more than happy to talk to you: [2006-2010@uwpiaa.org](mailto:2006-2010@uwpiaa.org).



Yamil and other UWP Cast Petting Tigers in Thailand



## HOW TO WRITE AN UP WITH PEOPLE CLOSING SONG!

BY MICHAEL BOWERMAN

As the current Music Director for Up with People, I have been given the opportunity of a lifetime. Following in the footsteps of some of the most talented men that I know, Herb Allen and Bill Welsh, is an honor that I appreciate every day of my life.

In the early fall of 2009, Up with People's Production team, Eric Lentz (Vice President of Production/Cast Operations), Ken Leist (Assistant Producer/Choreographer) and myself, met to review the show that we had just sent on the road with Cast B 2009. We were lucky enough to have the input from some very talented friends during this particular meeting: Lynne Morris, the Director of the Up with People show for many years, and Angel Cortes (81D), who was able to come and see the cast's dress rehearsal. Angel and his Orlando-based 62 Music Group have been contributors to the Up with People show for the last few years; songs such as "Sing Your Song" "Arm Yourself" and "With One Heart" were all collaborations between the Up with People creative team and 62 Music.

After an energetic first day of meetings, we returned for day two ready to finalize our thoughts and get ready for January staging. But, before we had even finished our greetings, Angel told us all about an amazing idea that had kept him awake the night before. He wanted to see what we all thought about writing a new song for the show. But not just a new song: a collaboration between Up with People, 62 Music and the musical founders of Up with People! What if we wrote a new closing song with the

Colwell Brothers and Herb Allen?

Of course our answer was a resounding YES! All that was left to be discussed was the logistics of creating a song with people from different parts of the country. So, after proposing the idea to Ralph and Paul Colwell, we made plans to meet for a songwriting day. Attending the meeting from 62 Music were Angel and Rod Maurice, a co-writer and producer of all of the songs written by 62 Music; Ralph and Paul, and Eric, Ken and myself from Up with People. Angel hosted the meeting at the historic Brown Palace Hotel in downtown Denver, where we gathered for a day of big picture discussions, lyric and musical ideas and even some make-shift recordings via voice mail. It was during these meetings that the basic



Rod Maurice, Eric Lentz, Michael Bowerman, Paul and Ralph Colwell, and Angel Cortes at the Brown Palace Hotel in Denver

structure, idea and hook for the song were created.

After the meeting, the Colwells were charged with finishing the lyrical thought of the song. The thought that came out of the session was that we wanted to wrap up the show with a similar thought that the opening song had introduced. The opening song of

the show, "Sing Your Song", talks about the unique gift or talent that each of us has to share, our "song for the world". We wanted to wrap up this thought with each of us asking how we can do our part, by asking the question "what can I do to better our world?" That thought led us to the song title of "One Person (What Can I Do?)," that lets each of us know, though we are just one person, we each can make a difference in the world.

After musical and lyrical exchanges between Colorado, Florida, Arizona and Seattle, we were ready for the final sessions to finish the song. In early December, I had the opportunity to go to Tucson to finally get the opportunity to involve Herb Allen in the project.

Then, one week after my trip to Tucson, I traveled to Orlando to finish arranging and recording the song in the 62 Music recording studio. The last section of music to be written was the ending of the song – the big finish that we hoped would bring the audiences to their feet in thundering applause. So, with the help of some of the most amazing musicians I've ever met, we arranged an ending to the song that we all were very proud of.

I returned to Denver as Rod recorded UWP alumna Jessica Rojas (07B) on the female solo and then created the final mix of the song.

When asked about the project, Angel replied: "I have always been a big fan of the Colwell Brothers and wanted to come up with a way to show my appreciation for their unselfish commitment to UWP. I thought why not include them and Herb Allen in a collaboration with my team at 62 Music and also in-

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# Bringing the World Together



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clude Eric, Michael and Ken so to have a bit of the past, the present and the future in the project. It was such a great experience for all of us and I think it exceeded all of our expectations, so much that we plan on doing it again and including other previous UWP song writers in our collaborating process.”

The song “One Person (What Can I Do?)” is a huge success with the cast and our audiences on tour. It is available on the “Song for the World” CD (available on tour with the cast or on our website [www.upwithpeople.org](http://www.upwithpeople.org)) and will be available soon thru all the major digital download sites.

### One Person

(words and music by P. Colwell, R. Colwell, H. Allen, R. Wilson, A. Cortes, C. Harrell, M. Bowerman, E. Lentz)

#### Verse

Someone once told me history’s always repeating  
deep down I can’t believe it’s true  
‘cause I’m still young, I’m dreaming, and I’m learning  
and I’m hoping, I cant’ stop hoping –

Saw a young girl feeding her little brother  
Her last scrap of food on a far off roadside.  
And I thought of the millions of others just like her, (but)  
What can I do, what can I do?

#### Pre Chorus

Sometimes the faces overtake me,  
Emotions fall on me like rain,  
You can’t stop time, hold back the tide,  
You can’t move a mountain,  
Can anybody ever stop the pain?

#### Chorus

Oh, oh – what can I do?  
I’m just (2<sup>nd</sup> time: I am) one person (one person)  
Woh, oh – what can I do?  
I’m just (2<sup>nd</sup> time: I am) one person, same as you.

#### Verse

Could there be a time of peace, an age of mercy,  
Beyond the promises that lie in the dust.  
Beyond all the borders and lines that divide us,  
Could it be now – find a way now

#### Pre Chorus 2

How can we fix a world that’s broken

Put together what’s been torn apart  
Someone has to make a stand so  
just look in the mirror  
It starts inside a solitary heart

#### Chorus

#### Bridge

We’ve seen walls tumble down  
Seen chains fall as freedom sings  
Because one person stood and answered  
the question:  
What Can I Do... What Can I Do?

#### “Big Ending” \*

\* Buy the CD to hear the big ending!



Feed My Starving Children Project in Minneapolis, Minnesota



UWP Marching in the St. Patrick’s Day Parade in Naperville, Illinois



Cast Group Picture while in Naperville, Illinois for the St. Patrick’s Day Parade

**Up with People.**

Up with People brings together 100 participants from more than 20 countries for a multi-continent tour, immersing them in the local customs and culture of each community. Cast members travel for one or two semesters beginning in January and July of every year, participating in various community service projects, performing a dynamic musical show and experiencing a global education curriculum.

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**MAKE CAST B 2010 COMPLETE**  
**WHO DO YOU RECOMMEND?**



**NEW**

## UP WITH PEOPLE MERCHANDISE LINE HITS THE ROAD

If you haven't gotten a glimpse of the new merchandise apparel being offered at the Up with People store both on-line and on-the-road, then you are in for a pleasant surprise. We've blended a little of the retro-past with the new styles of today, and now have a very up-beat and contemporary line of apparel with fresh new

designs that exemplify the Up with People spirit and mission. In addition, the new "Song for the World" CD that includes *Sing Your Song*, *Get Up!* and *One Person (What Can I Do?)* has been very well received by audiences. We of course, continue to carry the all time favorites . . . Up with People lapel pins, stickers, cast

pictures and more! If you can't get to a show, visit our on-line store at [www.upwithpeople.org](http://www.upwithpeople.org) and see our new look. You can also download Up with People music at iTunes or your favorite on-line music provider. Sheet music is also available at [www.musicnotes.com](http://www.musicnotes.com).





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First Green Room before the Premier of Cast A 2010 UWP Show



**Tour Schedule**  
**for**  
**Cast A 2010:**

March 15-April 18, 2010—Manila, Philippines

April 19, 2010 —Arrive in L.A.X. (USA)

April 20-23, 2010—Community Service Projects/  
Leadership Training Week, Forest Home Camp,  
Forest Falls, California

April 24th-May 1, 2010—Vista, California

May 3-9, 2010—Yuma, Arizona

May 10-16, 2010—Mexicali, Mexico

May 17-23, 2010—Navojoa, Sonora, Mexico

May 24-30, 2010—Tlaxcala, Tlaxcala, Mexico

May 31-June 6, 2010—Toluca, Mexico

June 7-14, 2010—Mexico City, Mexico

End of Tour—June 15, 2010

July 9, 2010—Cast B 2010 Starts in Denver

*Schedule Subject to Change*



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Give your community an unparalleled week-long program with the international cast, culminating in the Up with People Show.

For more information contact:  
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BTS Performance at Gleason Lake Elementary School, Minneapolis, Minnesota