



Amanda with students from the summer enrichment program.

## Pomona Hope Kids Wednesday Workshops

Pomona Hope Kids has added a special Wednesday Workshop for students in fourth through eighth grades. The workshop aims to enhance students' education by engaging them in creative and fun exercises in diverse subjects. For the remainder of the 2010 school year these subjects will revolve around Science, Music, and Healthy Eating.

Amanda Wings, a senior at Scripps College studying molecular biology, is leading these workshops. Amanda was one of the four interns who helped with the successful summer enrichment program last summer. Below, Amanda shares her vision and hopes for the workshops and Pomona Hope Kids.

### What motivated you to begin these workshops?

The Pomona Hope kids; they are fantastic and I have come to deeply care about them. I want the very best for their lives, and I want to see them reach for something more than simply making it through high school. Working at Pomona Hope over the past couple years has made me invested in the kids' education, and I want them to have exposure to all sorts of ideas and opportunities so that each one can find a passion, something they love, and go after it!

I started thinking of how Pomona Hope could be a platform to inspire these kids to work towards something they love, and came up with this workshop idea where the kids could be exposed to and try different subjects and activities. When I ran the idea by Emily Peine, she had also been starting to think of adding something just like this to the program!

### What topics are being covered in these workshops?

There are three units this semester, three weeks each. The first unit was about animals and their anatomy and adaptations. The second unit is on the digestive system and healthy eating, and the third unit is learning music (with keyboards!). I am hoping this workshop can continue after I'm gone. Other volunteers have had some great ideas about sharing their passions with the kids, such as learning Chinese or dance.

### How have the students responded to the workshops?

Overall, the responses have been really positive. I can tell the kids are very excited on days that we do hands-on activities (like dissecting an owl pellet), but obviously not every  
*(continued on the backside)*

### Volunteer Appreciation:

*During the month of April we will take time to thank all of the faithful volunteers who have served Pomona Hope during the 2009-2010 school year. If you have worked with the after school program, volunteered during a work day, serve on the Board or a subcommittee, or have volunteered with Pomona Hope in anyway, we invite you to one of the three appreciation days being held at 401 N. Gibbs in Pomona (the 1<sup>st</sup> Presbyterian Church). On April 12 & 13 between 2:30 and 5:00 and April 14 from 1:30 to 5:30 we invite you to attend the after school program, to enjoy refreshments with the Pomona Hope Kids and receive a gift. If you aren't able to make any of the appreciation sessions please email Tanya Eveleth at [teveleth@gmail.com](mailto:teveleth@gmail.com) or call 909-292-3976 so that we can get your gift to you.  
Thank you!*

### Contact Us:

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Students learning how the digestive system works (specifically the intestines) using bananas and nylons.

### (Wednesday Workshops Continued...)

lesson can be that way. Attending the workshop is a bit of a privilege, and I think the students involved realize that they have a special opportunity.

### How are the workshops adding value to the overall PH program?

As mentioned, the workshops expose the kids to new topics and subjects, broadening their horizons, and giving them a special opportunity to find something they love. What I truly desire to see is more and more volunteers sharing their own passions and/or careers with the kids at a level they can interact with and learn about. I think the workshops have been a great supplement to the kids' education, allowing them to think critically, learn new things, and have hands-on experiences outside of school.

### Highlights from the last several weeks?

The owl pellet dissection was fantastic. Owls basically swallow their food whole, and then regurgitate the parts they can't digest, like bones and fur. Dissecting an owl pellet is awesome because you can uncover practically a whole rodent skeleton and put it back together! The kids absolutely LOVED this activity and had a great time figuring out what bone was what and where it belonged in the skeleton. Several of them even wanted to keep the little rodent skulls they found in their pellet! At the end of this day, Allen and Julian hugged me and just kept saying, "Thank you! Thank you! Thank you!" Those are the moments I love!

## More New Opportunities!

### Parenting Workshops

In partnership with The Asian Youth Center of San Bernardino, Pomona Hope will offer parenting workshops beginning in April. The workshops will run weekly for at least four weeks with a new focus each week. Topics that will be covered include; a survey of various adolescent development stages and emotional and relational needs, effective methods of communication with your child, practical methods for establishing household rules and implementing positive and negative consequences, and effective methods of managing conflict. Each workshop will be taught in Spanish and English, and provide time for parents to discuss the topic in small groups. Dinner and child care are provided to make it feasible for as many parents to attend as possible. We look forward to reporting on the success of this initiative in building community among our parents and empowering them to be increasingly effective parents.

### Community News – Community Garden

In the Fall of 2009 First Presbyterian Church sent a letter to the City of Pomona to request the use of the plot South of the Church for a community garden. The City granted the request. Since then Drew Rushlow, a neighborhood resident, has been leading the effort to establish a community garden which would benefit the neighborhood. Below are some recent successes for his effort.

- The City installed a new water meter this past month.
- Dick Oosterheert, a professional landscaper, is helping plan and install some of the irrigation and donating the main water line from the water meter down through the middle of the garden. This water line will cover about 1/3 of the irrigation needs
- Mr. Oosterheert is also going to help rototill the soil for the garden plots.
- Walkway paths are underway and donations have provided necessary garden tools and fence posts.
- Several youth have dug the 100 ft trench down the middle of the garden for the main water supply line and plots have been sectioned off for the first assigned plots.
- A number of partners are joining this effort.

We are incredibly grateful for every positive investment being made in this neighborhood and hope to partner in this effort. If you are interested in helping advance the garden in any way please contact Drew Rushlow at 626-945-5815 or [rushlowdr@gmail.com](mailto:rushlowdr@gmail.com).