

Membership Drive

WOMEN
ON
THE
MOVE
NETWORK



To Our Donors & Friends

This year we are completing fifteen years of our focused work to promote positive experiences and opportunities for women and girls!

Our youth development program, WHO'S YOUR HERO? is in its 10th year and our newest program, monthly Women's Empowerment Workshops, has completed its 2nd year.

We are full of ideas for increasing our influence and impact in the Inland Valley and beyond. As we plan for the next fifteen years, we note with pleasure that our programs are expanding, bringing as well the need for expanding resources -- both human and material. As a result, we are announcing something new: a full-scale membership campaign.

We invite and encourage all our friends and supporters to become members of **WOMEN ON THE MOVE NETWORK**. Members will receive membership cards, renewable each year, as well as regular communications and

updates on our activities. In addition, members will be notified of special accomplishment, and needs for particular volunteer services or opportunities.

By becoming a member, you will be expressing your interest and support in action, and your help will enable us to move forward with confidence that we have the resources we need at all times.

Please indicate your wishes on the form below, and confirm your commitment to our work.

Detach and send to WOTMN, P. O. Box
2725, Rancho Cucamonga, CA 91729

Membership 1 Year - \$25
\$25.00 Check enclosed
\$_____ Additional donation enclosed.
You may also join via Paypal on our website at wotmnetwork.org

2016

Name: _____
Address: _____
Email: _____

A Different Twist



Musical chairs are a familiar game for children, common to birthday parties and summer camps. The musical chairs game played at our program sessions has a different twist. When we play, the idea is not to get a chair for yourself at all costs, the focus is on working together to ensure that *everyone* gets a seat, no matter how few chairs are left.

Cooperation and unity are very important topics in our program; a number of sessions have these themes, with a variety of related activities. We explained to the girls that, unlike the birthday-party version of musical chairs, they are going to cooperate so no one is left out. The girls get it! Every time, they devise ways to get everyone seated -- amidst much laughter and piling up. Along with the fun, they are learning that cooperation feels very good.

2016

Girl Talk 2016

Girl Talk is a yearly half day seminar for girls ages 12 to 17. The event is targeted for a audience of 75 girls. The seminar was created by one of our first mentors Meagan Tandy who has become a working actress. Ms. Tandy believes deeply in the mentoring of young girls and by creating Girl Talk with WOTMN support she can continue to touch and guide the lives of young girls. **The seminar addresses issues this age group experiences such as, bullying, the dangers of social media, substance abuse, relationships and back to school tips.** These serious topics are presented in an upbeat atmosphere by invited guest experts with support from community volunteers.

This year's event was a success! We are proud to say that we empowered many girls in our community and are looking forward to next year!



PICNIC FOR PERDEW

Would You Eat a Puffy Green Frog?



Our WHO'S YOUR HERO? girls did, and loved it!

After a discussion about 2016 as Leap Year, and what that meant, the session turned to something else that LEAPS -- FROGS! The girls made puffy green frogs with bulging white eyes --all with frosting-in-a-can, on graham crackers. Mentor Monica Rodriguez designed the activity, and everyone loved it. The girls helped each other manage the pressurized frosting cans, and all admired each other's unique frogs. Most girls took the frogs home to show family, but a few ate them right up.

It was so much fun!

The girls in the WHO'S YOUR HERO? program at Perdew Elementary School enjoyed an end-of-year picnic at Garcia Park.

They were joined by parents, mentors, a few teachers with their own toddlers, Principal Kelly Bray and counselor Lilly Damen. The mentors and Board Member Diane Gunther had everyone involved in active and exciting games, including

a group rock-paper-scissors contest that generated lots of giggles.

Parents joined in the games, and helped to set out the lunch of sandwiches, granola bars and fruit. During lunch the adults chatted about the program, and many parents expressed their appreciation for the experience their daughters have had with us this year. Before leaving, each girl selected a souvenir bracelet with a positive saying on it, reflecting and reinforcing the positive messages we embed in each of our sessions.

It was a good picnic, enjoyed by all.

2016



Women's Empowerment Workshops

Sometimes a woman just feels a need to talk with other women, to be able to say what is on her heart, share ideas and concerns, gain strength or confidence, and maybe learn from others' experiences.

That is exactly what happens at the monthly Womens Empowerment Workshops we sponsor in noontime sessions designed to accommodate working women and mothers of school-age children. Over brown-bag lunches, or a few provided snacks, the women who attend have the opportunity to explore a selected topic, hear a guest presenter, learn new ideas or information, perhaps view a video and definitely engage in rich discussions.

Over the past several months the topics have ranged from Empathy, to Caring for Aged Parents, to Domestic Violence, to the Power of Encouragement and Lessons Learned in a Life Well -Lived. This last topic was presented by Dr. Rita Thakur, Associate Dean at the University of La Verne, who kept the participants enthralled while recounting events and lessons learned in her remarkable long life. The ensuing questions and discussion period allowed everyone to interact and talk about how some of her suggestions might be put into practice.

As happens at the end of nearly all the sessions, names and phone numbers were exchanged so the budding relationships formed during the workshop could be extended and resources shared. Some women come only a time or two; some return again and again. We're there to help as needed.

BOOKS!

In our sessions we take every opportunity to emphasize the importance of reading.

In literature we can all find something wonderful! Adventure, mystery, love, history, wisdom.

Books are a tangible, valuable record of our world. Sure we have the internet and services like Amazon Kindle where you can read a book digitally but some kids don't have access to that and there is something more amazing about holding a book in your hands and a sense of accomplishment when you finish it.

We often ask the girls what they are reading for pleasure or for school, and have them tell us a little about the story.

We would like to be able to give each girl a book for her personal library each year. We are looking for donors, to give us those books.

If you know of a source, or if you are willing to donate, please let us know. Just send an email to Program Director Barbara Marino at wotmnetwork9@gmail.com to let us know you can help.

We want to make it appealing and easy for the girls to read, read, read.

Who's Your Hero?

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Youth Development Programs

Who's Your Hero is the umbrella title for all youth development programs.

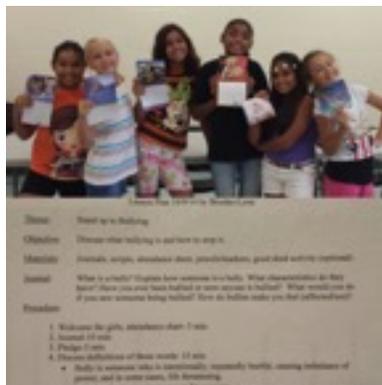
They are divided by age and work to address social and health topics each age range may face.

WHO'S YOUR HERO? 9 - 11 for girls ages 9 to 11. We have sites at the Rancho Cucamonga Family Resource Center, and at Perdev Elementary School in Rancho Cucamonga. This is a weekly after-school program.

WHO'S YOUR HERO? 12 - 14, Middle School. We have a program at Kucera Middle School in Rialto,



San Sevaine Villas in Rancho Cucamonga and at the Rancho Cucamonga Family Resource Center. This is a weekly after-school program.



WHO'S YOUR HERO? Residential.

We have a program at the David and Margaret Youth and Family Services facility in La Verne. These girls are ages 15 to 17. We will have some newsletter items about activities there from time to time, but no photos. Since the residents are court placements or have other issues, we are not allowed to photograph them. This program meets on Saturday mornings.



Membership Registration



NAME: _____
ADDRESS: _____
CITY/ZIP: _____
EMAIL: _____
PHONE: _____
SPECIAL SKILLS/TALENTS, IF ANY: _____

TIMES AVAILABLE: (CHECK ALL THAT APPLY)
 _____ MORNINGS _____ AFTERNOONS _____ EVENINGS _____ WEEKENDS _____ ANYTIME _____

I wish to be a member of the WOMEN ON THE MOVE NETWORK and help with the important work being done with women and girls.

SIGNATURE: _____ **DATE:** _____
ANNUAL MEMBERSHIP: \$25 PAID _____ PENDING _____

SEND THIS COMPLETED FORM TO: WOTMN, P.O. BOX 2725 RANCHO CUCAMONGA, CA 91729
 OR EMAIL TO WOTMNETWORK9@GMAIL.COM

AREAS OF INTEREST (Please check all that apply)

YOUTH DEVELOPMENT PROGRAMS	
Mentoring (Women Only)	_____
Monitoring Program Sessions (Women Only)	_____
Who's Your Hero (Ages 9-11)	_____
Who's Your Hero (Ages 12 to 14)	_____
Who's Your Hero (Residential)	_____
Women's Workshop Groups	_____
Fundraising	_____
Seeking Donations of Materials	_____
Accompanying Field Trips	_____
Service Project	_____
Sharing a Skill with a Group of Girls	_____
Publicity/ Promotions	_____
Outreach/ Community Events	_____