



# AMEXTRA

ASOCIACIÓN MEXICANA DE TRANSFORMACIÓN RURAL Y URBANA, A.C.

October 2018

**Dear Friend,**

I hope you've had a wonderful summer and are enjoying the beginning of fall! At the Amextra Community Center in **Lomas de San Isidro**, fall is off to a great start. Here's a small glance at what we've been up to since July!

During the summer, **116 children attended the summer course** which included the following activities: tutoring, movie club, sports games, computers, a chess tournament, Education for Peace workshops, crafts, and science experiments. There were also free times when the children played with board games and toys that we received as a donation. The summer course lasted five weeks with a schedule of 10am to 5pm!

Also, a **five-session workshop on herbal products** was given to 17 youth from the community high school. The participants learned the active components of the medicinal plants, what they are for, and how to elaborate herbal remedies such as infusions, syrup, gels and shampoo.

Finally, a campaign was carried out to sterilize dogs and cats in order to reduce the number of animals in the houses and streets of the community, also seeking a better quality of life for pets that already have families. The campaign was well received by the community and 20 animals were attended to.

Here's a few photos from the last three months at the Center. Thanks to the creativity of the Regional Coordinator, Mariana, and a few dedicated volunteers we've been able to offer a wide range of fun and educational activities!



*Learning to make herbal products was a fun and productive activity for local youth. If they choose to continue, Amextra has the experience and ability to help them build their own business!*



*Learning the properties and how to identify the plants is the first step in learning how to use them!*



*This summer we also carried out the evaluation of the Education for Peace Program at a local elementary school. Look at all those kids thinking critically and reflecting about the values they've learned!*

As you can see, these have been a great few months for the Amextra team and the Lomas de San Isidro community.

We hope you've enjoyed these notes from the field. If you have any questions about the community and Amextra's work, we'd love to hear from you.

From everyone at Amextra, have a wonderful day.

Stephanie Ahlgrain  
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[www.amextra.org](http://www.amextra.org)