

Haverstraw Center News

Volume 1, Issue 1

Summer 2011

Village of Haverstraw/Haverstraw Center

Special points of interest:

- HAVERSTRAW CENTER offers many programs free of charge (See schedule)
- COUNSELING for help with: alcohol, tobacco and other drug use, family problems, boyfriends/girlfriends, school
- RECREATION and homework help
- FAMILY ACTIVITIES

Inside this issue:

Tanya's Summer Club	2
Nikki's Kids	2
Looking Ahead to Fall	2
Recipes	3
Volunteer of the Month	3
Haverstraw Center Schedule	4
Mission Statement	4

Haverstraw Community Garden

The Haverstraw Community Garden kicked off its second season with a general meeting on May 15th at the Haverstraw Center. The setting was under the protection of the front entrance due to the inclement weather where the garden was in full view.

Cliff Elton, a master gardener and volunteer garden coordinator welcomed new and past gardeners to the new season.

Introductions were made, followed by comments from the Mayor of Haverstraw, Melissa Jacobson of the Rockland County Department of Health and Peggy Koval and Marion Breland Oswald representing the Haverstraw Center.

Delicious refreshments

were prepared by Peggy and shared with the group. Despite the rain, many of the gardeners entered the garden to check out their plat assignment and to prepare the ground.

At the time garden plots were still available, but as of this printing all plots have been assigned.



Haverstraw Community Garden Plant-A-Row Members

Plant-A-Row is back this year assisting the school children in planting the front half of the garden. Education was provided to the students in the spring

and Plant-A-Row in collaboration with Cornell Cooperative Extension will be tending the garden over the summer. All produce that is grown in these plots, plus excess from fellow gardeners will be distributed to needy families in the area. Last season, an estimated 6,000 pounds of fresh produce valued at over \$12,000.00 was donated to 13 food pantries in Rockland accumulated from eight community gardens.



Union Restaurant Chef David Martinez and his wife

Village of Haverstraw Summer Camp Program Begins

The Village of Haverstraw Summer Camp began July 6th with record numbers attending! Boys and girls, ages 6—14 who live in the Village of Haverstraw are able to attend the six-week program for a nominal fee of \$350. The fee is \$175 if the children receive free or reduced price lunch at school and is free for those who receive TANF—

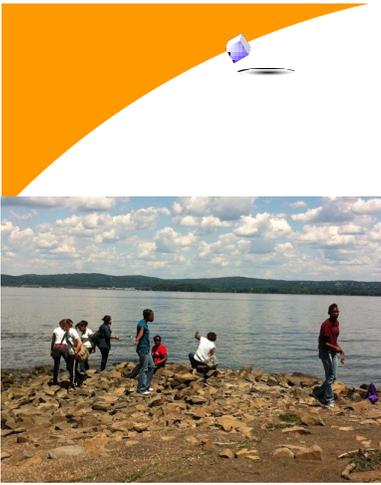
Temporary Assistance for Needy Families.

The program includes trips to Splashdown Waterpark, Rye Playland, the Maritime Aquarium in Norwalk, CT and The Castle.

There are also days to enjoy trips to Bowline Point Park, New City Cinema, Hi-Tor Lanes and Rockland Lake State Park. One day a

week the children participate in activities offered in-house including arts and crafts and basketball or other sports.

The camp fee also covers the expense of camp t-shirts, breakfast and lunch. A competent staff and a great line-up of activities makes for a wonderful summer experience for the youth.



Tanya's Summer Club hiking the Greenway Trail in Haverstraw.

Tanya's Summer Club

Tanya Soto, program coordinator for the Haverstraw Center is offering a wonderful alternate summer experience for those students entering ninth grade through twelfth grade. Each day of the week offers an exciting activity.

Mondays are trip days to the movies, Haverstraw Place, or colleges in the area. On Tuesdays the youth enjoy cooking with the staff. Alex Guarino and Officer Spatta, both representing the Town of Haverstraw will offer their culinary talents to the youth. The idea is to teach them healthy and affordable reci-

pes that they will be able to duplicate at home. The youth learn cooking skills, eat what they make and then settle in for a group discussion on topics pertinent to teens.

Wednesdays shape up as a fun day at the pool. Besides enjoying the sun and water at Bowline Park, they also engage in lively discussions.

Catholic Community Services has become their destination on Thursdays. This is a wonderful way for the youth to participate in a community activity. It is so important for them to learn about giving back. They have enjoyed

working in the food pantry as well as assisting in the "Garden of Love" by pulling weeds and planting their very own crop of zucchini.

Fridays have become the grab bag days—this could include a trip to Haverstraw Place for interaction with the seniors, a guided walk with the Rockland County Environmental Corps or bowling at the local lanes.

This program is free, educational, and fun! What a great way for the teens to spend their summer.

"Hiking is great exercise. I feel so good! And the trail is beautiful," commented one of Tanya's girls.

Nikki's Kids

Nikki Merriman, Director of Recreation for the Haverstraw Center takes on a different role over the summer as she entertains a group of youth who are unable to attend camp. Nikki's alternate camp delivery has been part of her routine for a number of years as part of Reachout programming.

The youth enjoy relaxing days at Bowline, a trip to McDonald's or a movie on a rainy day. Nikki and the Vil-

lage of Haverstraw are grateful to the Town of Haverstraw for offering this group free passes to the park every year.

Nikki has collaborated with the Town of Haverstraw and their Youth Board sponsored trips. This relationship has proved beneficial to the Haverstraw Center as it continues to offer free programs to North Rockland residents.



Looking Ahead to the Fall

Although summer is only half over, the Center is already planning its Autumn activities.

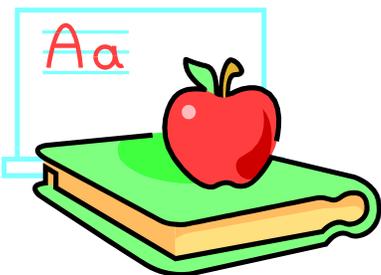
Nikki is taking reservations for the after-school homework help program. Thirty of the sixty slots are already filled. Nikki is welcoming new students to the highly successful program. Those who were on last year's waiting list are the first to be eligible for the program this year. For more information,

contact Nikki at (845) 429-5731 extension 20.

Straight to the Top will be another program instituted again this year. Those students interested sign an agreement with the Center staff to work at improving their grades, attendance and study habits. Through progress reports and report cards, success will be gauged and recognized. A celebratory dinner is being planned to coincide with this year's

"Back to School" event, date to be announced.

The "Caught Being Good Program" will also be renewed in September. Each week at staff meeting, staff members complete a certificate for a youth who performed a good deed at the Center. At the Monthly Youth Celebration, those certificates are then distributed to the young people along with a rubber bracelet that proclaims they were "Caught Being Good."



Cooking with Tanya: Recipes



BLACK BEAN AND CORN SALSA

Makes 5 Cups

Ingredients:

- 1 can (15 ounce size) black beans, rinsed and drained
- 1 cup frozen corn kernels, thawed
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped fresh cilantro
- 3 tablespoons lime juice
- 1/2 small red onion, diced
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon salt

1/2 teaspoon cumin

Mix all ingredients together in large bowl. Refrigerate over night to let favors blend.

Optional: Add one small green chili chopped or use crushed red pepper (go lightly)

Nutrition: Per 1/4 cup

30 calories, 0 g fat, 6 g carbohydrates, 2 g protein

(Recipe from CDKitchen <http://www.cditchen.com>)

The youth are encouraged to try new recipes. Fresh ingredients are available from the community garden.

TOMATO SALSA

- 3 cups diced tomatoes
- 1/2 cup chopped onion
- 1/2 cup chopped green peppers
- 1 clove garlic, minced
- 1 8 ounce can tomato sauce
- 1/4 cup chopped cilantro
- 1/4 cup chopped celery
- Juice of one lime
- 1/4 teaspoon salt

- Pinch of black pepper
- 1 tablespoon olive oil

In a large mixing bowl add all ingredients one at a time. Toss with a large wooden spoon. Serve with tortilla chips.

Recipe from Grandview Elementary School
Hillcrest, NY

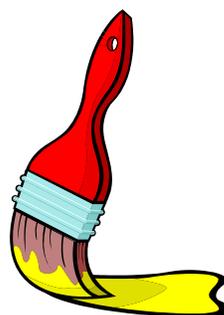


Volunteer of the Month

Mike Fitzgerald has been volunteering his time to the Haverstraw Center. He brings a smile, a great sense of humor and wonderful talents.

Mike has repaired things thought to be beyond repair. He has painted expertly and has made suggestions for maintenance. Being in the field of prevention at the Haverstraw Center, his words of advice are taken seriously.

Thank you Mike for your hard work and dedication. Your skills and your talents are greatly appreciated.



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The Haverstraw Center Mission Statement

The Haverstraw Center serves all residents of the Village of Haverstraw by providing and hosting high-quality, comprehensive services for youth, families, adults and elders, promoting the health, safety, and well-being of community residents of all ages, and raising the quality of life for all people of our diverse community in a spirit of non-partisanship and cooperation.

We're on the WEB!
http://www.voh-ny.com/dept_youth.htm

Haverstraw Center Schedule



Talent Show
2010

Location	Monday, 7/25 11:00AM – 6:00PM	Tuesday, 7/26 11:00AM – 6:00PM	Wednesday, 7/27 11:00AM – 6:00PM	Thursday, 7/28 11:00AM – 6:00PM	Friday, 7/29 11:00AM – 6:00PM	Saturday/Sunday
Computer Room						7/30 & 7/31
Game Room						
Multi-purpose Room	Back to Basics 7:00PM – 9:30PM					<u>SATURDAY</u>
Gymnasium	CAMP Rockland Lake	CAMP In house	CAMP Rye Playland	CAMP Bowline/Bowling	CAMP New City Cinema/ In house	<u>SUNDAY</u> Ito's Basketball Club 7:00PM – 9:00PM
Conference Room	RFS Empowerment Group 6:30PM – 9:00PM	Staff Meeting 11:00 AM – 1:00 PM	RCHD Health Insurance 2:00PM – 5:00PM			
Group Room	Summer Club 12:00PM – 5:00PM RFS – babysitting 6:30PM – 9:00PM	Summer Club 12:00PM – 5:00PM Self Expressions 5:15PM – 6:15PM	Summer Club 12:00PM – 5:00PM	Summer Club 12:00PM – 5:00PM	Summer Club 12:00PM – 5:00PM	
Art Room		Hudson River Healthcare 9:00AM – 3:00PM	Hudson River Healthcare 9:00AM – 3:00PM Weight Loss Group 10:00AM – 11:00AM	Hudson River Healthcare 9:00AM – 3:00pm		
Kitchen						
Counseling Room	RCHD Testing 9:30AM – 10:30AM				RCHD Testing 11:00AM-12:00PM	
Other			Butts Out-Open Arms 4:00PM			