

Haverstraw Center News

Volume 2, 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

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Tanya's Summer Club

Tanya's summer club finished up with a delightful luncheon at Mt. Ivy Café. The youth who participated enjoyed a relaxing time reminiscing about their summer adventures.

Some of the highlights included:

- Community Service at Catholic Community Services on Hudson Avenue in Haverstraw, including gardening and assistance with the food pantry
- Game Day with seniors at Haverstraw Place
- College visitation trips to SUNY Purchase and St. Thomas Aquinas
- Swimming at Bowline



Tanya's Summer Club tours the campus at SUNY Purchase

- Serious and enlightening group discussions led by Assistant Director Peter Fata

Because of the success of this program, Tanya is hoping to continue some of the activities throughout the school year. Watch the calendar for updates!

- Cooking with the staff and community members PO Spatta and Alex Guarino, Assistant to the Town of Haverstraw Supervisor
- Hiking with volunteers from the Rockland County Environmental Corps



Tanya's Summer Club playing board games at Haverstraw Place

Village of Haverstraw Summer Camp Program Ends

The Village of Haverstraw Summer Camp ended on August 12th with a celebratory barbecue at Bowline Park. The children were treated to hamburgers and hot dogs. They provided the entertainment in the form of showing off their talents on the magnificent stage provided by the Town of Haverstraw. One cannot fail to recog-

nize the good fortune of having such a beautiful park in this scenic location. Thank you to Howard Phillips, Supervisor of the Town of Haverstraw and his dedicated board and staff members for allowing us to enjoy the grounds and pool.

Thank you to Camp Director Steve Diaz for a fantastic program for the youth of Haverstraw. Special thanks

also to assistant directors Tim Sanders and Frankie Vazquez, administrative assistant Dariela Vasquez and the counselors for providing a safe and happy experience for all involved.

The North Rockland Central School District cafeteria staff also deserve kudos for providing breakfast and lunch to our campers. Thank you!



Tanya's Summer Club performing Community Service at the Catholic Community Services of Rockland Food Pantry

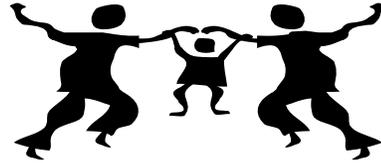
Self-Expressions

Led by Assistant Director of Youth and Family Services, Pete Fata, Self-Expressions invites youth ages 13 -18 to gather on Tuesday evenings from 5:15 PM — 6:15 PM to "express" themselves. In an informal atmosphere, the group creates original pieces of art, music and/or poetry. They may also use their time to write reflections on a question or theme presented by the facilitator. Or they may create a presentation using the computer. In addition, the computer becomes a tool in the creation of an original piece.

Strengthening Families Program

The family enjoys a meal together during the first ½ hour of the program. The youth and parents then separate and attend hour-long sessions addressing important issues. The families are reunited in a group session which always starts off with a fun ice-breaker activity. The curriculum for this program is delivered by trained facilitators and is well received by the group participants. Babysitting is provided. The program is FREE.

Attention Middle School Parent/s and Students
(ages 10-14)



Strengthening Families Program

The Strengthening Families Program will provide you with the tools that will put you and your family on the path towards making your dreams come true

Parents

- Would you like more closeness between you and your children?
- Would you like clearer rules and expectations within your family?

Students

- Do you know how to communicate so your parent/s listen and understand?
- Do you know how to resist peer pressure and be your own person?

- **Date:** Fall Session Dates ~ Wednesday October 12 to November 16, 2011 (6 weeks)
- **Time :** 6:00 – 8:30 p.m. (dinner included)
- **Place:** HAVERSTRAW CENTER
50 West Broad Street
Haverstraw, NY 10927
- **Cost:** Free (Free babysitting also available for younger siblings)

Registration required. Please call:
Haverstraw Center/Reachout at (845) 429-5731

"The Strengthening Families Program helped me to communicate better with my children and my spouse. We now have regular weekly meetings so that we know each other's schedules, chart progress with chores and share important issues."

Straight to the Top

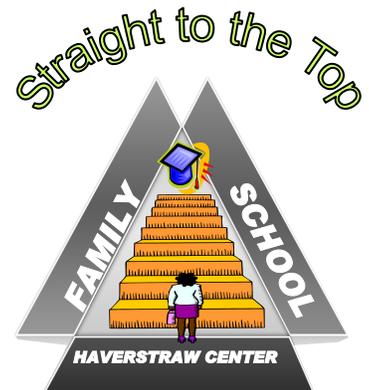
The Haverstraw Center is proud to present in its second year, "Straight to the Top", a program designed to motivate children towards academic success. Our goal is to work with the children to improve their test scores, attendance, and pro-social behavior. The student must sign acknowledging that he or she will follow the rules of the Center, submit progress reports and report cards, and work hard to improve their

grades. Tim Sanders and Tanya Soto created this opportunity in the belief that the family-school-community connection is essential to their success.

A recognition dinner is scheduled for those who participated last year and will be shared with the Center staff and participant families. This program is offered in conjunction with the after-school homework help at the Center, under the direction of Nikki

Merriman. (This program is at capacity and there is a waiting list.)

Books of fiction and non-fiction are available thanks to the generous donation of Lisa Rutigliano-Koval, a teacher at Willow Grove Middle School whose students collected these gently used books. A computer lab is also available for the youth to complete assignments or to perform research.



Cooking with Peggy: Recipes



Fresh basil was picked from the garden and the participants all helped prepare the dishes. Administrative Assistant Peggy Koval complimented the meal with Italian ices, cookies and sparkling water. She also spoke about making healthy choices and the simplicity of preparing healthy meals on a budget.

CHOPPED TOMATO SALAD WITH BRUSCHETTA

Ingredients:

- 2 cups chopped tomato (2 medium tomatoes)
- 1 cup chopped red bell pepper (1 medium pepper)
- 1 cup chopped yellow bell pepper (1 medium pepper)
- 1 cup chopped onion (1 medium onion)
- 3 tablespoons chopped fresh basil
- 1 tablespoon balsamic vinegar
- 2 teaspoons freshly squeezed lemon juice

- Freshly ground black pepper to taste
- 1 garlic clove, peeled and minced
- 1 teaspoon dried oregano

Mix all ingredients and let rest one hour before serving

FOR THE BRUSCHETTA

- 8 slices Italian baguette
- 3 garlic cloves, peeled and halved lengthwise

Preheat the broiler.

Arrange the bread on the broiler rack and broil about 2 minutes per side, until browned. Remove the bread slices and rub them with the cut side of the garlic halves. Discard the garlic.

None of the recipes use salt. One young lady commented, "I am going to make this recipe for my family to help mom and dad curb their high blood pressure."

PESTO RAVIOLI AND PEAS

PESTO RAVIOLI AND PEAS

Serves: 4

Total Time: 16 min

Cook Time: 10 min

INGREDIENTS

- 1 pound refrigerated cheese ravioli
- 2 medium tomatoes, cut into 1/4-inch dice
- 1 cup loosely packed fresh basil leaves, chopped
- 1 package (10-ounce) frozen peas
- 1/4 cup refrigerated basil pesto
- Chunk of fresh Romano cheese

Directions:

In large saucepot, prepare ravioli in boiling water as label directs. Meanwhile, in small bowl, combine tomatoes, basil, 1/8 teaspoon salt, and 1/8 teaspoon coarsely ground black pepper; set aside. Place frozen peas in colander, and drain ravioli over peas. In large serving bowl, toss ravioli and peas with pesto; top with tomato mixture.

Pass freshly grated Romano cheese.



Volunteer of the Month

The group calls themselves "Salesians Gospel Road" and they came to the Center from their base at Marian Shrine/Don Bosco in Stony Point. The group cleaned, sorted, organized, worked in the community garden and assisted with youth programs in a weeklong whirlwind of service to the Haverstraw Center.

Jeanmarie Zubko coordinated all of the activities. Peggy and Jean greeted each new

daily group of approximately twelve youth and their leaders, giving them a brief overview of the Center activities and a snapshot view of the Village of Haverstraw: its diversity, its beauty, the brick industry and the many activities that take place in this community nestled in the Hudson Valley.

For one week, young people gather from around the country and Canada to live and work side-by-side with other

high school and college students. They are given an opportunity to offer "service to the young and the poor in the spirit of Don Bosco, founder of the Salesians."

To learn more about this group of energetic, compassionate youths and their programs, log on to their website at :

<http://www.gospelroads.org/>



Salesian Gospel Roads

Village of Haverstraw/Haverstraw Center



50 West Broad Street
Haverstraw, NY 10927

Phone: 845.429.5731
Fax: 845.429.5796
E-mail: CommunityCenter@VoHny.com



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

What's happening at the Haverstraw Center Fall 2011?

- ▶ Boys' Council – A ten week program
Two separate groups for boys ages 10 – 12 and 13 - 17
See Frankie Vazquez or Tim Sanders for times and dates
- ▶ IMPACT: *Internally Motivated Positive Actions Connecting Teens*
For boys ages 14 – 17
Facilitators: Frankie Vazquez and Tim Sanders
- ▶ J.U.M.P. – *Juvenile Mentoring Program* for boys and girls ages 9 - 14
(Mentor training available through Big Brothers Big Sisters of Rockland – info@BBBSOFRC.com or call 845.634.2199)
Program runs Tuesday nights from 6 – 7:30 PM when school is in session
- ▶ Girls' Circle – An eight week program for girls in 5th, 6th and 7th grade
The Girls' Circle is designed to foster self-esteem, help maintain connection with peers and adult women in the community and allow for self-expression.
Facilitators: Tanya Soto and Kim Gizzi/Rockland County Youth Bureau
- ▶ Girls' Club for middle school, Fieldstone school and high school girls
Talk about: Friends, School, Family, Relationships, Making Healthy Choices
Various dates and times
See Jeanmarie for additional information
- ▶ Self-Expressions Group for boys and girls ages 13 – 18
Tuesday evenings from 5:15 – 6:15 PM *A program to express yourself in many ways you know/or to find ways to express yourself through: MUSIC, POETRY, RAP*
See Pete Fata
- ▶ Strengthening Families Program
Wednesdays from October 12th to November 16th from 6:00 – 8:30 PM
Free program for families with youth ages 10 – 14 *providing you with tools that will put you and your family on the path towards making your dreams come true*
Free babysitting and free dinner! See Peggy Koval
- ▶ Teen Advisory
Thursdays at 3:30 PM for youth in grades 9 – 12 interested in developing and implementing programs at the Center
See Tanya Soto
- ▶ Sharp Shooting Academy
A co-ed basketball program for middle school youth
Saturdays from 10:00 AM to 12:00 noon
See Tim Sanders
- ▶ COUNSELING SERVICES, AFTER SCHOOL HOMEWORK HELP (program is currently at capacity), GAMES, RECREATION

Volunteering at the "Garden of Love" located at Catholic Community Services of Rockland on Hudson Avenue in the Village of Haverstraw.

