

Haverstraw Center News

Issue 4

October 2011

Village of Haverstraw/Haverstraw Center

Haverstraw Community Garden Harvest Day Event

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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The Haverstraw Community Garden hosted its second annual Harvest Day event on Sunday, October 2, 2011 in conjunction with the Village of Haverstraw Farmers' Market. With rain threatening, the turn out was small, but the gardeners still harvested tomatoes, lettuce, basil, broccoli and hot peppers for donation to the Catholic Community Services of Rockland Food Pantry through Plant a Row for the Hungry. In addition, Do-Re-Me Farms donated mixed lettuce, kale and spinach to the beautiful basket of produce. The Rockland County Health Department offered a bean bag toss for the children to

win prizes and learn about gardening. The Haverstraw Center supplied the prizes, information packets and applications are available for next year.

Garden Coordinator and Master Gardener Cliff Elton was on hand to conduct garden tours for interested parties. Thank you to Mayor Kohut and the Department of Public Works for helping to get the garden common areas in shape.

If you are interested in



Haverstraw Community Garden

reserving a plot for next season, please contact Peggy A. Koval at the Haverstraw Center. Her number is 845.429.5731 x 10. Applications are also available on the Village web-site:

http://www.voh-ny.com/community_garden.htm

Monthly Youth Celebration

The monthly youth celebration for September took place in the gymnasium on September 27th. This celebration includes recognition of those youth who have been "Caught Being Good" at the Haverstraw Center. There are announcements, activities, games, a celebration of the monthly birthdays and awarding of certificates, bracelets and prizes. Each time a youth is nominated for "Caught Being Good", his/her name is placed in the hat for a drawing of ten prizes. Most months

the prizes are \$10.00 gift certificates to McDonald's in hopes that the youth will make healthy choices when they redeem their prize. Sometimes the prize is a donation from a local business and some months the Town of Haverstraw makes a generous donation of tickets to one of their Youth Bureau sponsored trips. This month the nominees included:

September 15th

Kayla Alicia, Nyimma Bartee, Kwani Harris, Crystal

Kelly, Nathaly Lopez, Pamela Miceus, Milexis Rodriguez, Deion Santana, Edwin Santana, Robert Temple, Evelyn Torres, Adarra Wiley

September 22nd

Dymmond Bartee, Kwani Harris, Naté Harris, Cristal Kelly, Destiny Lopez, Dayna Marte, Pamela Miceus, Deion Santana, Kismani Vega

CONGRATULATIONS!





Rockland Family Shelter

October is Domestic Violence Awareness Month

Purple is the color chosen to help spread awareness of domestic violence, so you might be seeing purple everywhere: purple ribbons, purple clothing, and purple lights, to name a few. What good does awareness do? Wear a purple ribbon and when someone asks why, tell them:

- Nearly one in four women in the US reports experiencing violence by a current or former spouse or boyfriend at some point in her life.

- Almost half the women murdered in New York State are killed by their intimate partner.

It's likely that someone you know has been, or will be, a victim of domestic violence. It's not always physical; it's one person's use of tactics to control another person in an intimate relationship. It can take the form of emotional, verbal, financial or sexual abuse. Domestic violence affects all of us – women, men, and children. Take a stand against domestic violence. **Take One Purple Step and Get Connected**

You can make a difference and help reduce the number of people who are unsafe in their homes and relationships. You can help, no matter who you are. Here are some purple steps you can take:

Friend? Listen, support, and believe your friend. Don't be an expert: be a friend, and get her to the experts! Your local or statewide hotlines are good resources.

Employer? Provide information. Consider implementing a domestic violence and the workplace policy. Make a charitable commitment: local programs need your support.

Parent? Talk to your kids about respectful relationships. Observe your children's relationships. Maintain a dialogue with your children. MODEL respectful relationships.

Busy? Donate to your local domestic violence program, to the NYS Coalition Against Domestic Violence, or to a national organization.

Teenager or College Student? Read the information your school may be giving you on dating abuse. Don't confuse love and stalking. No one should ever make you feel afraid or controlled. Talk to someone at your school, your parents, or a trusted adult if you or a friend is in trouble

Employee and/or Union Member? Provide information. Host or sponsor an awareness event at your workplace. Domestic violence is a serious workplace issue.

Faith Community? Become known as a safe place. Faith leaders and members can address, acknowledge, and condemn domestic violence in lectures, discussion groups, and sermons. Educate the congregation. Speak out. Lead by example. Offer space to nonprofits. Partner with existing resources.

Adult? Be a leader. Men can show by example that being strong does not mean being violent. Women can listen non-judgmentally to their friends, mothers, and sisters. If someone tells you something that makes you concerned, or shows that she's uncomfortable or scared, let her know you are worried for her. Listen and support her. She can ask questions confidentially, and get advice, at the New York State Domestic & Sexual Violence Hotline: 1-800-942-6906 (or 1-800-942-6908 in Spanish) 24/7.

Everyone can connect to take one step to make our communities safer.



Help is available. Call (845) 634 3391 for information and referral.

Cooking with Frankie: Recipe for Yellow Rice and Beans

- *2 1/2 cups water
- 2 cups rice
- *2 T vegetable oil
- 1 can small red beans
- 1 packet or 1 cube beef seasoning
- 1 packet or 1 cube ham seasoning
- 2 packets sazón cilantro y achiote seasoning
- *1 T sofrito
- *1/2 T salt
- *1/4 cup tomato sauce (optional)
- 1/4 cup small diced ham steak

All * ingredients are approximated

(Flame on high) Pre-heat large rice pot, then start by adding the vegetable oil (Optional) add 1/4 cup of ham steak. Fry ham for a couple of minutes then add beans, packets of seasoning, sofrito and tomato sauce. Mix thoroughly. Add the rice and continue to mix thoroughly adding water and salt while stirring. Let come to a boil where rice is visible and water is almost non-visible.

Mix again. Cover pot and put flame to low hear. Simmer for 10 minutes, stir, simmer for 10 more minutes, stir and test for consistency. If rice is tender, turn off heat and let stand covered for 5 minutes.

ENJOY!!



Frankie could make a fortune in the catering business, his food is so good. He says he learned a great deal about cooking from his grandma! He is teaching some of his boys groups how to cook.



October is National Substance Use Prevention Month

NATIONAL SUBSTANCE ABUSE PREVENTION MONTH, 2011 BY THE PRESIDENT OF THE UNITED STATES OF AMERICA A PROCLAMATION

By providing strong support systems for our loved ones, and by talking with our children about the dangers of alcohol and other drugs, we can increase their chances of living long, healthy, and productive lives. During National Substance Abuse Prevention Month, we celebrate those dedicated to prevention efforts, and we renew our commitment to the well-being of all Americans.

The damage done by drugs is felt far beyond the millions of Americans with diagnosable substance abuse or dependence problems—countless families and communities also live with the pain and heartbreak it causes. Relationships are destroyed, crime and violence blight communities, and dreams are shattered. Substance abuse touches every sector of our society, straining our health care and criminal justice systems.

For all these reasons, my Administration has made

prevention a central component of our National Drug Control Strategy, and we have developed the first-ever National Prevention Strategy. These strategies, inspired by the thousands of drug-free coalitions across our country, recognize the power of community-based prevention organizations, and suggest that prevention activities are most effective when informed by science, driven by State and local partnerships, and tuned to the specific needs of a community.

By investing in evidence-based prevention, we can also decrease emergency room visits and lower rates of chronic disease, easing the burden on America's health care system. We can improve student achievement and workforce readiness.

Most importantly, we must continue to support the efforts of parents and guardians, our children's first teachers and role models, whose positive influence is the most effective deterrent to alcohol and other drug use and the strongest influence for making health choices.

Through national collabora-

tion, community programs, and the help of engaged youth, parents, guardians, educators, law enforcement officers, clergy, and others, we can build a stronger, healthier America. This month and throughout the year, let us teach our Nation's young people to tackle life's challenges with resilience, hope, and determination.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim October 2011 as National Substance Abuse Prevention Month. I call upon all Americans to engage in appropriate programs and activities to promote comprehensive substance abuse prevention efforts within their communities.

IN WITNESS WHEREOF, I have hereunto set my hand this third day of October, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and thirty-sixth.

Volunteer of the Month

Jill Fogliani has been a volunteering at the Haverstraw Center since the summer. Her services have been exceptional and greatly appreciated. Assisting at the front desk by answering the telephone, taking inventory, or using her computer and organizational skills, Jill has been a huge asset to the Center staff. Peggy doesn't know what she is going to do without her! Thank you Jill!!



Village of Haverstraw/Haverstraw Center

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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



Halloween in the Village 2006



Haverstraw Center Schedule/OCTOBER Red Ribbon Week 10/23 - 10/31/2011

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Computer Room	Homework Help 3:00PM—7:00 PM	Homework Help 3:00PM—7:00 PM	Homework Help 3:00PM—7:00 PM	Homework Help 3:00PM—7:00 PM	Homework Help 3:00PM—7:00 PM	
Game Room	3:00PM—7:00 PM	3:00PM—7:00 PM	3:00PM—7:00 PM	3:00PM—7:00 PM	3:00PM—7:00 PM	
Multi-purpose Room	Homework Help 3:00PM—7:00 PM Back to Basics 7:00PM – 9:30PM	Homework Help 3:00PM—7:00 PM CASAC 6:00PM—9:00PM	Homework Help 3:00PM—7:00 PM	Homework Help 3:00PM—7:00 PM CASAC 6:00PM—9:00PM	Homework Help 3:00PM—7:00 PM	SATURDAY CASAC 9:00AM—3:00PM
Gymnasium	Youth Basketball 3:00PM—5:00PM Steve's Basketball 7:30PM—9:30PM	Youth Basketball 3:00PM—5:00PM J.U.M.P. 6:00PM—7:30PM	Youth Basketball 3:00PM—5:00PM Jim's Basketball 8:00PM—10:00PM	Youth Basketball 3:00PM—5:00PM NY Knights AAU 6:00PM—7:30PM Steve's Basketball 7:30PM—9:30PM	Youth Basketball 3:00PM—5:00PM	SATURDAY Sharp Shooting Academy Co-ed middle school youth 9:00AM—11:00AM Steve's Basketball 11:00AM—1:00PM SUNDAY Ito's Basketball Club 7:00PM – 9:00PM
Conference Room	Homework Help 8th—12th Grade 3:00PM—5:30PM RFS Empowerment Group 6:30PM – 9:00PM	Homework Help 8th—12th Grade 3:00PM—5:30PM	Homework Help 8th—12th Grade 3:00PM—5:30PM	Homework Help 8th—12th Grade 3:00PM—5:30PM	Homework Help 8th—12th Grade 3:00PM—5:30PM	
Group Room	Girls' Circle Middle School 3:30PM—5:00PM RFS – babysitting 6:30PM – 9:00PM	Girls' Circle Fieldstone 3:30PM—5:00PM Self Expressions 5:15PM – 6:15PM	RCHD Health Insurance 2:00PM – 5:00PM	Teen Advisory 10 –12 Grade 3:00PM—4:00PM Teen Group 10—12 Grade 4:00PM—5:00PM	It's Your Story 4:00PM—5:00PM	SATURDAY ESL—Conversational With HKDLibrary 10:00AM—12:00 noon
Art Room		Hudson River Healthcare 9:00AM – 3:00PM	Hudson River Healthcare 9:00AM – 3:00PM Weight Loss Group 10:00AM – 11:00AM CASA 4:00PM—5:00PM	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			