

Haverstraw Center News

Issue 5

November 2011

Village of Haverstraw/Haverstraw Center

Peggy A. Koval CASAC



Peggy Koval—newest CASAC at the Haverstraw Center

What is a CASAC one might ask? The acronym stands for Credentialed Alcoholism and Substance Abuse Counselor and Peggy Koval recently passed her credentialing exam to earn that honor! The CASAC is intended for individuals to provide alcoholism and substance abuse counseling services in approved work settings. In order to qualify to take the exam, one must first take an intensive course work of study equivalent to 350 hours of classroom time. In addition the student is required to write a detailed paper on a subject of choice regarding some aspect of addiction, in APA format. The potential

CASAC candidate must also meet specific competency and ethical conduct requirements, specific work experience requirements as well as minimum training requirements.

Peggy is very proud of her accomplishment and is continuing her education part-time at Empire State College eventually earning her Bachelor of Science Degree in Human Services. She is grateful to Marion Breland Oswald and Peter Fata for their support and to George Serdinsky, her CASAC instructor who con-

tinues to provide her with insight, inspiration and motivation.

RCADD, the Rockland Council on Alcohol and other Drug Dependencies offers CASAC training at the Haverstraw Center on Tuesday and Thursday evenings and Saturdays.

help@rcadd.org or 845.215.9788

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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Monthly Youth Celebration

The monthly youth celebration for October took place in the gymnasium on October 25th. 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. This month the nominees in-

cluded:

September 29, 2011

Kayla Alicea, Orlando DeLeon, Kwani Harris, Naté Harris, Chantel James, Rafael Lopez, Kenneth Nazario, Devon Niferos, Chelani Rivera, Gabriel Rivera, Dante Roche, Kara Santana, Jerrie Thifault, Debria Thomas, Adarra Wilie

October 6, 2011

Caroline Alcantara, Jeremy Germosen, Kwani Harris, Naté Harris, Pam Miceus,

Krystal Morris, Marcus Rodriguez, Anthony Rutherford, Kaitlyn Santana, Cynthia Tineo, Xavier Torres, Sharrahn Walton

October 13, 2011

Nyimma Bartee, Sheyla Clemente, Naté Harris, Kingmill Miceus, Pamela Miceus, Anthony Rutherford

(Continued on page 3)



November is A TIME TO VOTE, A TIME TO REMEMBER, A TIME TO GIVE THANKS



Election Day in the United States of America is the Tuesday following the first Monday in November. It can fall on or between November 2 and November 8. It is the day when popular ballots are held to select public officials. These include national, state and local government representatives at all levels up to the president. On Election Day, citizens of the United States of America can vote by popular ballot for candidates for public offices at local, state and national levels. In even numbered years, federal elections are always held. In years divisible by four, presidential elections are always held. Elections for local and state officials may be held in odd or even-numbered years, depending on local and state laws.

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Veterans Day When: November 11th
Please take note: The Haverstraw Center is closed in observation of this important holiday.

Veteran's Day honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time, and risked their lives for you and me. In some cases, they made the ultimate sacrifice.

This holiday originally was called Armistice Day and was first celebrated in 1921. In 1954, President Eisenhower changed it to Veteran's Day in honor of those who served and died from all wars.

On November 11 at 11:11, 1921 the U.S. France and England each buried an unknown soldier in honor of those who died in World War I. This began the annual Armistice Day holiday. The time and day was picked because fighting ceased in WWI in 1918 on November 11 at 11:11. In keeping with this tradition, work stops on this day and time each year for a moment of silence.

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The Haverstraw Center for Youth & Family Services is the Poll Site for the General Election to be held on November 8, 2011 in accordance with New York State Election Law, § 4-104—designation of polling places.

Polling begins at 5:30 AM and closes at 9:00 PM.

Thanksgiving History:

The first Thanksgiving was celebrated between the Pilgrims and the Indians in 1621. That first feast was a three day affair. Life for the early settlers was difficult. The fall harvest was time for celebration. It was also a time of prayer, thanking God for a good crop. The Pilgrims and the Indians created a huge feast including a wide variety of animals and fowl, as well as fruits and vegetables from the fall harvest. This early celebration was the start of today's holiday celebration. Like then, we celebrate with a huge feast.

Today, most of us enjoy Turkey with "all the trimming". The "trimming" include a wide variety of foods that are a tradition for your family. Those traditional foods often replicate the foods at the first Thanksgiving feast. While others, are traditional ethnic or religious groups recipe, or a special food item that your family always serves at Thanksgiving dinner. Then, to top it off, pumpkin pies, apple pies, an even mince meat pies are bountiful around the table.

American Thanksgiving traditions revolve around a huge and lavish meal, usually with Turkey as the centerpiece. For those who do not like Turkey, a Roast or Prime Rib is common. As tradition has it in most families, a special prayer of thanks precedes the meal. In many homes, family members will each mention something they are very thankful for.

Did you know? Potatoes were not part of the first Thanksgiving. Irish immigrants had not yet brought them to North America.

After the first Thanksgiving, the observance was sporadic and almost forgotten until the early 1800's. It was usually celebrated in late September or October. In 1941, Congress made it a national holiday and set the date as the fourth Thursday in November.

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Cooking with Peggy: Recipe for Pumpkin Cheesecake

2 1/4 cups graham cracker crumbs
 2/3 cup butter, softened
 Sugar
 5—8 ounce packages cream cheese, softened
 1/2 cup granulated brown sugar
 3 tablespoons flour
 1 teaspoon salt
 1 teaspoon vanilla
 3/4 teaspoon allspice
 3/4 teaspoon ginger
 1/2 teaspoon cinnamon
 6 large eggs
 1 16 ounce can pumpkin
 1 5.3 ounce can evaporated milk

- 1) In medium bowl, mix fork, mix graham cracker crumbs, butter and 1/3 cup sugar; press on bottom and sides of a 10" x 3" springform pan.
- 2) Preheat oven to 350°. In large bowl of mixer at low speed, beat cream cheese until smooth. Add brown sugar, remaining ingredients and 3/4 cup white sugar. Beat until blended. Increase speed to medium and beat 5 minutes, occasionally scraping bowl with rubber spatula.
- 3) Pour cheese mixture into pan; bake one hour. Turn off oven; let cheesecake remain in oven for 30 minutes. Cool in pan on wire rack. Cover and refrigerate.

Serve with fresh whipped cream. ENJOY!

Peggy loves to bake and this is one of her family's holiday favorites.



MONTHLY YOUTH CELEBRATION, continued

October 20, 2011

Derek Castro, Markeyah Cousar, Orlando DeLeon, Liana Encarnacion, Kezi Gualpa, Joel Henriquez, Danny Hernandez, Chantel James, Pamela Miceus, Crystal Morris, Devon Niforos, Jade Roche, Anthony Rutherford, Cynthia Tineo, Kimani Vega & Justin Williams

CONGRATULATIONS!!

Thank you to Kevin Jones for his assistance with selecting the winners! Kevin, you're the best!

The theme for this month's celebration was based on the National Red Ribbon Campaign proclamation of "It's up to me to be drug free." Red ribbons adorned the tables and several of the youth spoke about what it means to be drug-free and healthy.



Tanya takes the Teen Advisory to POETRY SLAM



On October 10th, members of the Haverstraw Center's Teen Advisory attended the Knicks Poetry Slam Open Auditions and College Fair in New York City. Two members participated in the Spoken Word contest and performed their poetry live for a chance to win grants for college. The youth also had an opportunity to speak to admissions representatives from many colleges. They spoke with them about academic programs, financial aid and admissions requirements. They also collected information and gave representatives their name and address for follow-up. The youth left feeling empowered having spoken to the many reps and hearing that college is possible for all.

UPDATE!!! Merline Pierre Louis and Nyimma BarTEE received notification that they were selected to move to the next level of competition.

CONGRATULATIONS!

Volunteer of the Month

The volunteer of the month for October is actually one of our shining stars! Naté Harris has been attending Center activities since the Center opened and was a "Reachout kid" when it was still located at Village Hall. She is an outstanding student at her school, she assists others with their homework at the Center, and helps staff whenever she is needed. In fact, she is usually the one to ask if anyone needs help. Thank you Naté for your assistance and for being a role model for others.



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.

**DON'T MISS—
EVERYONE HAS A
STORY TO TELL!!**

Don't miss the 16th annual RC Storytelling Festival and the 3rd Annual Tellabration: A worldwide Event of Storytelling at the Haverstraw Center on Saturday,
November 19, 2011
from 1:00—4:30 PM.

FREE ADMISSION!!
For children and adults of all ages!



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

Haverstraw Center General Schedule

Please take note: The Center is CLOSED for regular activities on Election Day, November 8, but PLEASE remember to VOTE!! The Center is also closed November 11th for Veteran's Day and November 24th and 25th for Thanksgiving.



The Haverstraw Center and Reachout celebrate their traditional Thanksgiving Dinner

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			

The Haverstraw Center will be closed November 24, 25, & 26, 2011

HAPPY THANKSGIVING!

