



Haverstraw Center News

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March 2012

Village of Haverstraw/Haverstraw Center

UNITY IN THE COMMUNITY – ALL TEEN, ALL NIGHT LOCK IN

The Haverstraw Collaborative hosted an overnight event for 10-12 graders in the North Rockland Area. For a first time attempt at something of this magnitude, the Haverstraw Collaborative is very pleased with the results. Although planned for a crowd of 50 youth, only 25 were brave enough to make the commitment. With Haverstraw Center staff, community volunteers and volunteers from community

agencies, the youth were treated to dinner, snacks, breakfast and a plethora of activities. Donations made this all possible with special thanks to all who contributed in their special way. The most popular event was all night basketball. The young men barely took a break! The young women enjoyed Wii dance activities and both groups participated in the rap workshop. While the staff is still recovering from sleep

deprivation, they are already making plans for the next “all-nighter”!



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 COLLABORATIVE PRESENTS: UNITY IN THE COMMUNITY, PART II

The Haverstraw Center will be hosting the weeklong Unity in the Community event in April this year. Because of the change in the school calendar, the February event was pushed ahead to April. The February event became a trial for an all-teen all-night event. (See story above.)

This year's Unity in the Community will take place the week of April 2nd, 2012. The Haverstraw Collaborative is proud of this annual event and offers a variety of workshops, activities and free food to

those in attendance. Because the weather should be better than what is usually experienced in the winter, more outdoor activities are being planned.

If you would like to volunteer for a workshop and/or donate your time, talents, food items or money, please contact Tanya Soto at 845.429.5731 x 17.

The schedule is still being created, but look for another fabulous event to allow the youth of North Rockland to experience some fun

activities, in a safe and friendly environment, while they are not in school.

The community is invited to come out on April 4, 2012 for a Town Hall Meeting that can “inspire action and encourage adults and young people to actively advocate for measures that prevent and reduce underage drinking.” The meeting will take place in the gymnasium of the Haverstraw Center at 6:00 PM on April 4th. Refreshments will be available. We hope to see you!



HAVERSTRAW

COMMUNITY GARDEN

Applications are now available for the Haverstraw Community Garden. Plots are \$30.00 each with a refund of \$15.00 at the end of the season if all requirements have been met.

Come see the Rockland County BOCES CTEC improvements being made through a grant offered from SkillsUSA/LOWE'S Community Improvement Grants.



[http://www.voh-ny.com/
community_garden.htm](http://www.voh-ny.com/community_garden.htm)

Haverstraw Center News

National Women and Girls HIV/AIDS Awareness Day at the Haverstraw Center on March 9, 2012 from 11:00 am – 4:00 pm

The Haverstraw Center in collaboration with the Rockland County Department of Health/Infectious Disease is offering a free daylong workshop on March 9, 2012 to bring awareness to the problem of HIV.

The Rockland County Health Department will be on hand to administer the HIV test, called "Rapid Test" which

consists of a simple pin prick with results available in a matter of minutes.

The Haverstraw Center and the Rockland County Health Department/Infectious Disease will provide refreshments and information including a video and pamphlets regarding the disease.

MONTHLY YOUTH CELEBRATION

The youth who celebrated birthdays or who were "Caught Being Good" in February received their recognitions at the March 1, 2012 celebration. The Haverstraw Center offers this festivity as a way of showing appreciation for the youths' random acts of kindness, good behavior, improvement in study habits, or helpfulness at the Center. By rewarding positive behavior, the incidence of risky behavior is reduced. At each monthly celebration, the youth are treated to a fun activity and/or entertainment and a tasty meal. This month the youth enjoyed pasta cooked by staff members Frankie Vazquez & Pete Fata. The gathering activity focused on Black History month and the

youth shared their thoughts about Martin Luther King, Jr. and his "I have a dream..." speech. In addition, the discussion continued about ways to curb bullying.

Those who received certificates for Caught Being Good for the month of February are:

2/2/2012

Dymmond Bartee, Jorny Gomez, Kezi Gualpa, Naté Harris, Danny Hernandez, Rocio Juca, Nathaly Rivera, Taliyah Wilson

2/9/2012

Madison Alfonso, Kayla Alicea, Merline Pierre Louis, Matt Miceus, Justin Moronta, Roselyn Quezada, Jayzon Quinones, Yeidu Rodriguez, Ashley Taveras, Jerrie Thifault, Cnthia Tineo, Seivon Toussaint

2/16/2012

Madison Alfonso, Lucy Harris, Naté Harris, Joel



National Women and Girls HIV/AIDS Awareness Day is held each year on March 10 to encourage people to take action in the fight against HIV/AIDS and raise awareness of its impact on women and girls. More than 290,000 women in the United States are living with HIV.

For more information:

[http://
www.womenshealth.gov/
NWGHAAD/](http://www.womenshealth.gov/NWGHAAD/)

Henriquez, Destiny Lopez, Merline Pierre Louis, Aisha Lundi, Dieon Santana, Jerri Thifault, Cynthia Tineo, Kiarra Toussaint

2/23/2012

Malieq Clark, Julissa Estevez, Kwani Harris, Naté Harris, Danny Hernandez, Chantel James, Krystal Morris, Chelani Rivera

CONGRATULATIONS !!!!

Happy February Birthday to

Merline Pierre Louis!





A TOUCH OF IRISH in the LATINO KITCHEN
Making Shepherd's Pie with Frankie Vazquez



INGREDIENTS

- 2.5 pounds white potatoes
 - 1.5 pounds lean ground beef or turkey (or a mixture of the two meats)
 - 1 cup frozen corn kernels
 - 1 cup chopped onion
 - 1 clove garlic, minced
 - 2 olives, thinly sliced
 - 1 teaspoon sofrito
 - 1 packet sazón con achiote, 1 packet sazón carne and adobo to taste
 - 1 tablespoon tomato sauce
 - 1 cap of vinegar
- Peel and quarter potatoes and add to boiling, salted water. Cook until tender; drain. Mash adding butter and milk while mashing (may add garlic powder to taste). Set aside.
- Add ground meat to skillet on medium high heat, breaking

apart while cooking; drain fat. Stir in dry seasonings. Add onions, garlic, olives, corn, sofrito and vinegar. Keep mixing until meat is done. Drain about 1/2 the liquid then add tomato sauce to combine.

Pour meat mixture into baking dish. Cover with mashed potatoes. Bake in a 350° oven for 20 minutes or until heated through.

Serve with a green salad.

IRISH SODA BREAD

- 4 to 4 1/2 cups flour
- 2 Tbsp sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 Tbsp butter
- 1 cup raisins
- 1 large egg, lightly beaten
- 1 3/4 cups buttermilk

1 Preheat oven to 425°. Whisk together 4 cups of flour, the sugar, salt, and baking soda into a large mixing bowl.

2 Using your (clean) fingers (or two knives or a pastry cutter), work the butter into the flour mixture until it resembles coarse meal, then add in the raisins.

3 Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If the dough is too sticky to work with, add in a little more flour. Do not over-knead! Transfer dough to a lightly floured surface and shape into a round loaf. Note that the dough will be a little sticky, and quite shaggy (a little like a shortcake biscuit dough). You want to work it just enough so that the flour is just moistened and the dough just barely comes together. Shaggy is good. If you over-knead, the bread will end up tough.

4 Transfer dough to a large, lightly

greased cast-iron skillet or a baking sheet (it will flatten out a bit in the pan or on the baking sheet). Using a serrated knife, score top of dough about an inch and a half deep in an "X" shape. The purpose of the scoring is to help heat get into the center of the dough while it cooks. Transfer to oven and bake until bread is golden and bottom sounds hollow when tapped, about 35-45 minutes. (If you use a cast iron pan, it may take a little longer as it takes longer for the pan to heat up than a baking sheet.) Check for doneness also by inserting a long, thin skewer into the center. If it comes out clean, it's done.

http://simplyrecipes.com/recipes/irish_soda_bread-print/

GET IN WITH FIT UPDATE

A program designed to address the many issues facing young women today, *Get In With Fit* has experienced great success so far. Those who participate weigh in at each session and their progress is kept confidential as are the discussions. However, the subject matter includes those issues that all should be aware of: how the media affects how we see ourselves, what is a portion, what are healthy choices we can make, how can we change the cooking habits of our families, what exercise can do in accordance with a healthy diet, what are the bodegas selling, how can I make a healthy choice at a fast food restaurant, and the list continues. The program has been beneficial to the girls and they are sharing their knowledge with their families and peers.

GREAT JOB!!!



VOLUNTEER OF THE MONTH - OPEN ARMS



This month's recipient for recognition as volunteer of the month goes to Open Arms—a 30 year Village entity who serves the Haverstraw Center in a variety of ways. The guys offer time to help us set up for our spe-

cial programs, work in the kitchen to provide meals at our monthly youth celebration as well as community sharing events, and help us to clean up. Some of the men and women also assist in the homework help pro-

gram providing us with extra eyes, ears and hands to keep an eye on the many in attendance or to help the youth understand their homework assignments. The community can count on Open Arms to assist with other projects as

well and many of them were present when the "KABOOM" playground was built. They have also participated in the Village litter clean-ups, Halloween party, December Holiday events and miscellaneous projects at the Center.

Village of Haverstraw/Haverstraw Center

Coming in April:

- **UNITY IN THE COMMUNITY:** April 2—5
- *To Volunteer or to register your child, please contact Tanya Soto at 845.429.5731 x 17*
- **STRENGTHENING FAMILIES PROGRAM:** A six week program beginning April 11
- *To register or for more information, please contact Peggy Koval at 845.429.5731 x 10. Space is limited*

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



March Special Events and Notable Days

- 3/7 Haverstraw Collaborative
- 3/9 HIV Awareness Event 11—4
- 3/10 World HIV Awareness Day
- 3/12 Girl Scouts Day
- 3/15 Ides of March
- 3/17 St. Patrick's Day

IRISH AMERICAN MONTH

MUSIC IN OUR SCHOOLS

MONTH

NATIONAL NUTRITION MONTH

NATIONAL WOMEN'S HISTORY

MONTH

SOCIAL WORKERS MONTH

Did you know? March was named for the Roman God "Mars"



Haverstraw Center General Schedule

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Computer Room	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	
Game Room	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	
Multi-purpose Room	Homework Help B 3:00 PM—7:00 PM Boys' Group 8-10 4:30PM—5:30PM Back to Basics 7:00 PM—9:30 PM	Homework Help 3:00 PM—6:00 PM	Homework Help B 3:00 PM—7:00 PM Boys' Group 10-13 4:30PM—5:30PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—7:00 PM	SATURDAY ESL—LEVEL II Offered by HKDL 11:00AM—1:00PM
Gymnasium	Youth Basketball 3:00 PM—5:00 PM Steve's Basketball 7:30 PM—9:30 PM	Youth Basketball 3:00 PM—5:00 PM JUMP 6:00 PM—7:30 PM	Youth Basketball 3:00 PM—5:00 PM 35 & Over Basketball 8:00 PM—10:00 PM	Youth Basketball 3:00 PM—5:00 PM Steve's Basketball 8:00 PM—10:00 PM	Youth Basketball 3:00 PM—9:00 PM	SATURDAY Sharp Shooting Academy Co-ed Middle School Youth 9:00 AM—11:00 AM Steve's Basketball 11:00 AM—1:00 PM
Conference Room	Homework Help 8th—12th grade 3:00 PM—5:30 PM RFS Empowerment Group 6:30 PM—9:00 PM	Homework Help 8th—12th grade 3:00 PM—5:30 PM Clinical Staff Meeting 12:00 noon—2:00 PM	Homework Help 8th—12th grade 3:00 PM—5:30 PM	Homework Help 8th—12th grade 3:00 PM—5:30 PM Staff Meeting 12:00 noon—2:00 PM		SUNDAY HPAL 8:00 AM—5:00 PM Ito's Basketball Club 7:00PM—9:00PM
Group Room	Girls' Group Middle School 3:30PM—5:00PM RFS—babysitting 6:30 PM—9:00 PM	Girls' Group Fieldstone 3:00PM—5:00PM Self Expressions 5:30 PM—6:30 PM	RCDOH Health Insurance Assistance 2:00 PM—5:00 PM GET IN WITH FIT 6:00PM—8:00PM	Teen Advisory (10th—12th grade) 3:00 PM—4:00 PM Teen Group (10th—12th grade) 4:00 PM—5:00 PM		
Art Room	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	Homework Help 3:00 PM—6:00 PM	
Kitchen						
Counseling Room	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
Other						