

# Haverstraw Center News

Issue 9

SEPTEMBER 2012

## Village of Haverstraw/Haverstraw Center

### The ALL NEW Village of Haverstraw FARMERS' MARKET



**Sunday, September 2nd 9:00am to 1:00pm**

For your Labor Day Weekend festivities, get fresh, local fruit & greens from **Do Re Me, The Perez Family & Iona Hill Farms**. Add in the **Perez Family's** variety of tamales, burritos & salsa. For dessert, have one of the many delicious fruit pies from the **Little Bake Shop**. **Bombay Emerald** returns with authentic Indian cuisine & chutney. And take a moment to chat with **New York Sports Club** about programs & activities they have available.

At the **Co-op Tent** - We'll have **Midnight Sun's** blended granola, **Honeybrook Farms'** pure uncooked, unprocessed honey, **Hudson Valley Pantry's** specialty jams & salsas & bring your pups to the market for an all natural dog treat by **Max Snaxx**.

**News** - An organic farmer is considering our Market. We need to hear from our patrons. Please send us your interest at the email address below!

At the **Kids Tent** its **Back to School** - Besides arts & crafts, receive an apple for your teacher's first day of school. Compliments of Iona Hill Farms.

Its **Hunger Awareness Month**. The market is collecting non-perishable food items for food pantries in the surrounding communities.

See you at the Market! Wendy & Alex, Your New Market Managers

June 17th thru Oct 28th - Just outside Village Hall at 40 New Main St & Maple Ave  
[www.haverstrawfarmersmarket.org](http://www.haverstrawfarmersmarket.org) email [haverstrawfarmersmarket@yahoo.com](mailto:haverstrawfarmersmarket@yahoo.com)  
[www.facebook.com/HaverstrawMarket](http://www.facebook.com/HaverstrawMarket)

THE VILLAGE OF  
HAVERSTRAW

### Special points of interest:

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

Alex and Wendy continue to offer new surprises each week with their creative and innovative approach to the farmers' market. The entertainment varies from week to week and the cooking demonstrations are a huge hit with the shoppers. In August, a healthy cooking demonstration was provided by Rebecca Meyerson of Simply Healthy Living serving zucchini pasta in a red pepper marinara sauce. Check out the fresh baked goods, the kids tent, the co-op table and of course the produce vendors!!! There is always something for everyone's tastes.

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## HUNGER AWARENESS & ACTION WEEK *Hunger Hurts Us All*

September is National Hunger Awareness Month during which national and regional organizations—including Feeding America, Regional Food Bank of Northeastern NY and the Food Bank of the Hudson Valley—will step up efforts to raise awareness of the issue of hunger.

A core group of representatives from the county-wide organizations—including Catholic Community Services, Good Samaritan Hospital, People to People, United Way and County of Rockland Department of Social Services—have liaised with the well-established community collaboratives in Haverstraw, Spring Valley, Nyack and Western Ramapo.

Each of these communities have committed to developing and implementing activities for Hunger Awareness & Action Week.

The week will be kicked off via a County of Rockland Proclamation to be announced by County Executive C. Scott Vanderhoef and other elected officials on September 6 at 10:30 AM at the County Office building in New City.

Other activities include *Stuff a Bus* to be filled with non-perishable food donations donated by county workers, *Community Meals* as Mayors of targeted communities will host a breakfast or luncheon for clergy, community organizers, elected officials and more to raise aware-

ness and *Food Collections* to take place at all town and participating village halls and at corporate sites including Blue Hill.

We are all in this together! The Haverstraw Center together with Town of Haverstraw Supervisor Howard T. Phillips, Jr., Mayor of Haverstraw Michael F. Kohut and West Haverstraw Mayor John F. Ramundo will be sponsoring a free "SOUP AND BREAD LUNCH" at the Haverstraw Center on Monday, September 10, 2012 at 12:00 noon.



Please check the Village web-site for updates regarding the September market events. <http://www.voh-ny.com/>

## Back to School

## GIRL SCOUTS, SEWING CAMP AND OTHER OFFERINGS AT THE HAVERSTRAW CENTER

Girl Scouts at the Haverstraw Center have enjoyed learning about nutrition and what “leaving a carbon footprint” means to them. Sandra Hernandez of Cornell Cooperative Extension taught the girls about how much sugar is in some of the beverages they regularly drink. Sarah Lutz has provided the girls with valuable lessons regarding *Fair Trade* and Peggy Koval has taught the girls how to prepare and enjoy healthy snacks that are easy and economical to prepare. The girls will continue the program in the Fall with lessons from artist Hettie Villanova about painting murals and what might be found in or on Haverstraw’s shore and the beautiful estuary of the great Hudson River.

A weeklong sewing camp was offered at the Haverstraw Center by *So You Sewing and Design Studio*. Many Haverstraw youth attended for free thanks to the generosity of Vivian Burns, director of the program. The girls learned sewing techniques creating pocket books, skirts and other wonderful objects perfect for going back to school.

The Center remained open for a variety of activities after camp was over, under the leadership of recreation activities coordinator Nikki Merriman.

### VILLAGE OF HAVERSTRAW SUMMER CAMP COMES TO A CLOSE

The Village of Haverstraw Summer Camp enjoyed the camp BBQ at Bowline on Friday, August 17th where the campers showed off their talents on the fabulous Town of Haverstraw stage.

This camp has been operating in the Village of Haverstraw for a number of years. Some of the counselor’s attended the very same camp their parents attended or were counselors at, carrying on a honorable tradition.

Thank you once again to the donors of scholarships allowing some qualified families the opportunity to send their children to camp. These donations came from private individuals as well as from the North Rockland Lions’ Club. The families and the Haverstraw Center staff are extremely grateful for their generosity.

Labor Day weekend signifies the end of summer and back to school for residents of North Rockland. With many changes this year, we will all be struggling to adapt. The Haverstraw Center will be losing some of its student workers as they start their college careers. We welcome new students to our after-school homework help program. There is currently a waiting list. Grades two through six will be meeting in the multi-purpose room on the first floor. Grades seven and eight will utilize the art room also on the first floor. The computer lab is available to both grades as needed. The second floor conference room is available to high school students who will have access to laptop computers to complete their assignments. Currently, the gym will be open for basketball and other activities from 3:00 PM—6:00 PM. Questions? Contact Recreation Activities Coordinator, Nikki Merriman at 845.429.5731 x 20.



### RECOVERY PICNIC/BBQ SEPTEMBER 15, 2012 11:00 AM—3:00 PM

*Recovery Works!!* The public is invited to attend the Recovery Picnic/BBQ sponsored by the Haverstraw Center on Saturday, September 15, 2012 in the parking area of the Center and the Knights of Columbus. This event will kick off with the arrival of the motorcycle brigade—a ride to celebrate addiction recovery and to remember those who have lost their lives from the disease of alcoholism or other drugs. The motorcyclists will begin their ride in Middletown and join the festivities in Haverstraw at approximately 11:00 AM. Food will be available for purchase. Free entertainment will be provided. Join in the fun of a family picnic/barbeque without alcohol or other drugs! Bring a blanket or request a chair from one of our many volunteers. Hope to see you at the Center!!

### SAVE THE DATE!

### STRENGTHENING FAMILIES PROGRAM

This 6-week program will provide you with the tools that will put you and your family on the path towards making your dreams come true.



#### FREE! FREE! FREE! FREE!

- Dinner with your family
- Babysitting for younger siblings
- Parent/Guardian sessions
- Youth sessions
- Information on communication, peer pressure, expectations, clearer rules

## HAVERSTRAW CENTER

50 West Broad Street  
Behind the Knights of Columbus Building

Thursdays  
10/11/12—11/15/12  
6:00 PM—8:30 PM

To register, call:  
845.429.5731

### HAVERSTRAW CENTER HIGHLIGHTS

- *Prevention Counseling Services*
- *Monthly Youth Celebration*
- *Caught Being Good Recognition*
- *Straight to the Top*
- *After School Homework Help*
- *Girls’ Clubs*
- *Girls’ Circle*
- *Boys’ Clubs*
- *IMPACT*
- *Lifeskills Program*
- *Teen Intervene*
- *Teen Advisory*
- *Teen Group*
- *Strengthening Families Program*
- *Self-Expressions*
- *Girl Scouts*
- *Haverstraw Community Garden*
- *Haverstraw Collaborative*
- *Summer Camp*
- *Recreation*
- *Adult basketball*
- *Smoking Cessation Program*
- *ESL offered through HKDL*
- *Unity in the Community*
- *Focus Study Groups: Hunger, Teen Pregnancy, Immigration, Community Health Issues*
- **MORE!!**

RECIPE ENCORE

Tanya's 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 a large bowl. Refrigerate over night to let flavors 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.cdkitchen.com>)



Girl Scouts made the salsa and home-made

tortilla chips to enjoy at a meeting.



PICTURES FROM CAMP



HAYERSTRAW COLLABORATIVE

The Haverstraw Collaborative consists of agencies who meet the first Wednesday of every month from 12:00 noon until 2:00 PM to discuss issues and ideas that affect the North Rockland Community and the Village of Haverstraw in particular. The Haverstraw Collaborative was founded in 2001 for the purpose of all community-based organizations serving the children, youth, elders, adults and families of Haverstraw to meet monthly in a spirit of non-partisanship and cooperation which is reflected in the Mission Statement.

The August agenda included a delightful reading of quotes, a delicious lunch, introductions of the 32 attendees, a warm welcome by Collaborative Chair and director of the Haverstraw Center Marion E. Breland, and three informative presentations.

R.S.V.P. (Retired and Senior Volunteer Program) director Gerri Zabusky gave an overview of the program sponsored locally by SUNY Rockland. There are a vast array of services that are offered using a well-house of volunteers ages 55 and older. There is a need for volunteer drivers in the North Rockland area.

[www.sunyrockland.edu/rsvp](http://www.sunyrockland.edu/rsvp)

Peggy Koval and Dina Nezman received a rousing reception to their "Senior Senior Prom" presentation. The connection of youth and sen-

iors is important in enhancing communication skills, promoting self-esteem and fostering friendships across generations. The prom will allow youth volunteers to interact with the seniors at a dinner dance using "Old Hollywood" as the theme. Tentatively scheduled for June 8, 2013 donations and sponsorships are being sought to aid in funding this effort.

[Peggy.Koval@VoHny.com](mailto:Peggy.Koval@VoHny.com)

The third presentation by Patrick Cacciola of ACOR (Arts Council of Rockland County) alerted organizations to the availability of grants to non-profits, artists or sponsoring organization in the field of visual, literal or performing arts. This year's theme is "Arts Accessible to All" with grants awarded from \$500 to \$5,000. Guidelines and application available at [www.artscouncilofrockland.org](http://www.artscouncilofrockland.org).

Subcommittees on Immigration Advocacy, Drug Prevention, Food and Nutrition, Parental Involvement and Teen Pregnancy gave their updates.

As the concluding agenda item, agencies offered updates and planned events.

The next meeting is scheduled for the first Wednesday of the month, September 5, 2012 from 12:00 noon until 2:00 PM. The Teen Pregnancy Subcommittee will meet immediately afterwards at the Center. Please call 845.429.5731 x 10 to confirm your attendance.



Volunteers of the Month

The Haverstraw Center was fortunate to have Gospel Roads, a group of youth assembled from around the country who met at the Marian Shrine to perform community service at various locales in the county. "In serving others, the youth will learn new things about themselves." High school and college students worked side by side assisting with some of the camp activities. These volunteers also spent hours pulling weeds and helping to beautify the community garden. And alongside the artistic AmeriCorps teens who are working in the Village, helped to paint the mural and assemble pieces of the community playground located at the Haverstraw Center. "Gospel Roads teaches the foundational concepts of social justice through reflection on service in the community." The Haverstraw Center is very grateful for the opportunity to share our history with these youth and in receiving their services, challenged them to "see the world in a different light with new insights into the realities of a diversified community."



# Village of Haverstraw/Haverstraw Center



**September  
15th  
RECOVERY  
PICNIC/BBQ  
@  
The CENTER**

**6/17-10/28/2012**  
**9:00 AM—1:00 PM**  
**All new**  
**FARMERS' MARKET**  
On Maple Avenue in  
Front of Village Hall  
(Every Sunday through October)

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

### September Special Events and Notable Days

- 9/2 Farmers' Market 9 AM—1 PM
- 9/2 VJ Day
- 9/3 Labor Day (CENTER CLOSED)
- 9/5 Haverstraw Collaborative NOON
- 9/5 RCDOH FREE HIV Test 2—5 PM
- 9/9 Farmers' Market 9 AM—1 PM
- 9/9 Grandparent's Day
- 9/10 Hunger Awareness Luncheon NOON
- 9/11 Patriot's Day
- 9/13 Primary Election 6 AM—9 PM
- 9/15 Recovery Rally
- 9/16 Farmers' Market 9 AM—1 PM
- 9/16 Mexican Independence Day
- 9/16 Rosh Hashanah begins at sundown
- 9/21 RCDOH FREE HIV Test 2—5 PM
- 9/22 Autumn Begins
- 9/23 Farmers' Market 9 AM—1 PM
- 9/25 Yom Kippur begins at sundown
- 9/30 Farmers' Market 9 AM—1 PM

### SEPTEMBER CELEBRATES:

- Classical Music Month
- Hispanic Heritage Month
- National Courtesy Month
- Self Improvement Month



### Haverstraw Center Schedule/SEPTEMBER

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
Computer 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	
Game Room	3:00 PM—6:00 PM	3:00 PM—6:00 PM	3:00 PM—6:00 PM	3:00 PM—6:00 PM	3:00 PM—6:00 PM	
Multi-purpose Room	Homework Help 2nd—6th grade 3:00 PM—6:00 PM Back to Basics 7:00 PM—9:30 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM	<b>SATURDAY</b> ESL Level 1B With HKDL 11:00 AM—1:30 PM
Gymnasium	Open Gym 3:00 PM—6:00 PM Adult Basketball 8:00 PM—10:00 PM	Open Gym 3:00 PM—5:00 PM JUMP 6:00 PM—7:30 PM	Open Gym 3:00 PM—6:00 PM 35 & Over Basketball 8:00 PM—10:00 PM	Open Gym 3:00 PM—6:00 PM Adult Basketball 8:00 PM—10:00 PM	Open Gym 3:00 PM—9:00 PM	<b>SATURDAY</b> Sharp Shooting Academy Co-ed Middle School Youth 9:00 AM—11:00 AM Steve's Basketball 11:00 AM—1:00 PM <b>SUNDAY</b>
Conference Room	Homework Help 9th—12th grade 3:00 PM—5:30 PM RFS Empowerment Group 6:30 PM—9:00 PM	Homework Help 9th—12th grade 3:00 PM—5:30 PM Clinical Staff Meeting 12:00 noon—2:00 PM	Homework Help 9th—12th grade 3:00 PM—5:30 PM	Homework Help 9th—12th grade 3:00 PM—5:30 PM Staff Meeting 12:00 noon—2:00 PM		
Group Room	RFS—babysitting 6:30 PM—9:00 PM	Girl Scouts 3:30 PM—5:00 PM (Girls ages 8—16)	RCDOH Health Insurance Assistance 2:00 PM—5:00 PM	Teen Advisory (10th— 12th grade) 3:00 PM—4:00 PM Teen Group (10th—12th grade) 4:00 PM—5:00 PM Self Expressions 5:30 PM—6:30 PM	Teen Group 3:00 PM—4:00 PM	
Art Room	Homework Help 7th and 8th grade 3:00 PM—6:00 PM	Homework Help 7th and 8th grade 3:00 PM—6:00 PM	Homework Help 7th and 8th grade 3:00 PM—6:00 PM	Homework Help 7th and 8th grade 3:00 PM—6:00 PM	Homework Help 7th and 8th grade 3:00 PM—6:00 PM	
Kitchen						
Counseling Room	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
Other			Smoker's Aftercare	Butts Out		