

Haverstraw Center News

Issue 10

OCTOBER 2012

Village of Haverstraw/Haverstraw Center

The ALL NEW Village of Haverstraw FARMERS' MARKET

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

Inside this issue:

Recovery Rally	2
Monthly Youth Celebration	2
Domestic Violence Awareness	2
Recipe	3
Substance Abuse Prevention Month	3
Haverstraw Collaborative	3
Hunger Awareness	3
Volunteer of the Month	3
Haverstraw Center Schedule	4
Mission Statement	4

Alex and Wendy continue to offer new surprises each week with their creative and innovative approach to the farmers' market. In September the corn was still plentiful and the fall vegetables began making their appearance. A large turnout was enjoyed at the Haverstraw International Street Festival. Check out the fresh baked goods (some gluten free), the kids tent, the co-op table and of course the produce vendors!!! There is always something for everyone's tastes. GIRL SCOUT TROOPS!! Schedule your farmers' market tour with Wendy and earn a patch.



Sunday, October 7th 9:00am to 1:00pm
 Pick up fresh produce at **Do Re Me & The Perez Family** stands. Get there early for Perez's authentic burritos, tamales & salsas before they are all gone. Stop by **Little Bake Shop** for pies & other baked goods. And ask Joseph about his gluten-free items.
Kids Tent - Bookmark Making!
Music by - Steve Kelman - Americana blend of traditional folk & blues.
 Email: froguitar1@yahoo

Save the date - Sunday, Oct 13th from 10am - 5pm is the Haverstraw Indoor Holiday Boutique & Sale featuring local crafters, artisans & more some of which are members of the Hudson Valley Team of Etsy.com, the online site for fine handmade gift items!

And stay tuned for news of a possible **Winter Market!**
 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 email haverstrawfarmersmarket@yahoo.com
www.facebook.com/HaverstrawMarket

THE VILLAGE OF HAVERSTRAW

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

CREATING HEALTHY PLACES TO LIVE, WORK & PLAY

WATCH FOR THE PLAYGROUND GRAND OPENING CELEBRATION IN NOVEMBER

At long last the beautiful play area created in the courtyard of the Haverstraw Center will be opened for exercise and creative activities. Designed by Ann Brooke of *Follow the Child, Inc.* and with the assistance of Hettie Jordan-Vilanova and Eloise Jackson, the playground creates a wonderful asset to the programs already in place in the community.

This play area was made possible though a grant offered through the Rockland County Health Department and funded by the New York State Department of Health. It is with the utmost gratitude to Joan Facelle and Melissa Jacob-

son that we were able to see this project come to the Haverstraw community.

A four year initiative, the Creating Healthy Places grant will also provide or has provided, needed funding for street-scape improvements, farmers' market enhancements such as EBT for the SNAP program, community gardens including a new garden at Haverstraw Place, and working with local restaurants to add healthier menu items including healthier "side" items provided with a meal and making healthier items the standard for children's meals.

In designing the play space, many components were

taken into consideration. The targeted age range was 8—12. The area, limited in size and access presented a challenge, but many aspects of creating a healthy place were considered. The active play area consists of a standing seesaw, a camel back climber, spinabouts and a rock climbing wall. A gathering space was included in the design for dramatic play, art activities or for yoga and martial arts. A quiet space was designed to offer benches and a place to sit quietly, talk and watch the action—mental health is an important part of a healthy body. Central to the play area is a beautiful mural, depicting the Hudson River.

MONTHLY YOUTH CELEBRATION "Caught Being Good"

This month the nominees are:

September 13th

Teresa Alvarado, Nyimma Bartee, Casey Delgado, Leana Estevez, Liliana Gomez, Arabel Lopez, Merline Louis Pierre, Jerrie Thifault, Krystle Torres, Jisel Wallace and Tattianna Wallace

September 20th

Adrial Abellard, Ann Pierre Jean, Wendy Pierre Jean, Rafael Lopez, Essence May, Pamela Miceus, Eddie Rodriguez, Amayfi Santana, Osmeiry Santana, Kiarra Toussaint, and Justin Williams



STRENGTHENING FAMILIES PROGRAM

SAVE THE DATE!

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

HAYERSTRAW 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

**1st Annual RECOVERY PICNIC/BBO
A ROUSING SUCCESS**

Recovery Works!! On Saturday, September 15, 2012 the parking area of the Center and the Knights of Columbus was filled with families and individuals to help celebrate those enjoying sobriety. A motorcycle brigade began in Middletown and joined the festivities in Haverstraw at approximately 12:00 noon. Food was prepared by Center staff and volunteers John Galietta and Connie Kearney; the aromas enticingly filling the air. Entertainment was provided by DJ's Melissa Almenas and Kyle on the beautiful Town of Haverstraw stage. Youth offered poetry readings and songs and participants ate, danced and enjoyed the picture perfect weather.

Recovery Picnic/BBQ 9/15/12



Shine the Light on Domestic Violence
Wear PURPLE on 10/17/2012 to show your support

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 NYS 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 us all—women, men, and children. Take a stand against domestic violence. Take one purple step and WEAR PURPLE ON 10/17/2012.

Information from the Center for Safety & Change.
24-hour Hotline 845.634.3344



Recovery Picnic/BBQ
9/15/2012

CHICKEN NOODLE SOUP

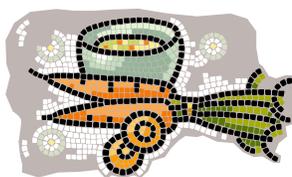
- 1 *tbsp olive oil*
- 2 *cloves garlic, finely chopped*
- 8 *medium green onions, sliced (1/2 cup)*
- 2 *medium carrots, chopped (1 cup)*
- 2 *cups cubed cooked chicken*
- 2 *cups uncooked egg noodles (4 oz)*
- 1 *tbsp chopped fresh parsley or 1 tsp parsley flakes*
- 1/4 *tsp pepper*
- 1 *dried bay leaf*
- 5 1/4 *cups chicken broth*

1. In 3-quart saucepan, heat oil over medium heat. Add garlic, onions and carrots; cook 4 minutes, stirring occasionally.
2. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until carrots and noodles are tender. Remove bay leaf.

Makes 4 servings

1 serving = 300 calories (90 from fat), total fat 10g (saturated fat 2g, trans fat 0g), cholesterol 80 mg, sodium 1200 mg, total carbohydrate 25g (dietary fiber 2g, sugars 4g), protein 27g

From Betty Crocker Kitchens



October is National Substance Abuse Prevention Month

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. *Barack Obama*

PICTURES FROM THE SEPTEMBER MONTHLY YOUTH CELEBRATION



HAVERSTRAW COLLABORATIVE HIGHLIGHTS

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 September agenda included a delightful reading of quotes, a delicious lunch, introductions of the 35 attendees, a warm welcome by Collaborative Chair and director of the Haverstraw Center Marion E. Breland, and an enlightening presentation from Melissa Almenas.

Ms. Almenas explained the details of a Drug Market Intervention: how it began, the success in other communities, the inclusion of various agencies and how to become a part of the Call-In on October 4, 2012.

Subcommittees on Immigration Advocacy, Drug Prevention, Food and Nutrition, Parental Involvement and Teen Pregnancy gave their updates. Especially important was the invitation to attend the Hunger Awareness

Soup and Bread Luncheon at the Haverstraw Center on September 10th.

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

The next meeting is scheduled for the first Wednesday of the month, October 3, 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.



HUNGER AWARENESS SOUP & BREAD LUNCHEON

The Haverstraw Center was the location for the soup and bread luncheon on Monday, September 10th to raise awareness about the issue of hunger in our community. Haverstraw Mayor Michael Kohut, West Haverstraw Mayor John Ramundo, Town of Haverstraw representative Alex Guarino, and People to People Executive Director Diane Serratore spoke. A power point presentation was made by Martha Robles of Catholic Community Services Rockland with input from Ronald Figueroa, DSS and Tanya Soto, Haverstraw Center. Father Madden of St. Peter's Church offered the blessing. Donations were given for the tasty meal as the committee emphasized the fact that one dollar can purchase four healthy meals. Please consider making your donation today.



Volunteer of the Month

Some of you may know Kevin from the Boulder's Games—he greeted you as you entered the ballpark. Some of you may have seen Kevin in church—he attends every Friday and Sunday! Most of you know Kevin's face and warm smile if you've shopped downtown Haverstraw. We at the Haverstraw Center know Kevin as he stops by every day to share his daily activities, to play basketball or to just hang out. But Kevin also HELPS OUT with any task he is capable of. He assists at the Monthly Youth Celebrations. He helps at any of the weekend activities we have planned. He helps with the tables and chairs in the gym whenever they need to be set up and he even helps in the kitchen if he is asked. Many of the staff have known Kevin for his entire life, others have just gotten to know him. But we all agree, Kevin is always willing to help whenever he is asked. We are all grateful for his participation and hard work. Thank you Kevin!!



Kevin Jones

Village of Haverstraw/Haverstraw Center



Drug Market Intervention CALL-IN 10/4/12 7:00 PM

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

October Special Events and Notable Days

- 10/3 Haverstraw Collaborative NOON
- 10/3 RCDOH FREE HIV Test 2—5 PM
- 10/3 Family Fun Night 6—8 PM
- 10/4 DMI Call-In 7:00PM
- 10/7 Farmers' Market 9 AM—1 PM
- 10/8 Columbus Day (CLOSED)
- 10/11 Strengthening Families (session #1)
- 10/14 Farmers' Market 9 AM—1 PM
- 10/16 Bosses Day
- 10/17 WEAR **PURPLE**
- Shine the Light on Domestic Violence
- 10/18 Strengthening Families (session #2)
- 10/19 RCDOH FREE HIV Test 2—5 PM
- 10/21 Farmers' Market 9 AM—1 PM
- 10/23 Monthly Youth Celebration
- 10/24 United Nations Day
- 10/25 Strengthening Families (session #3)
- 10/28 Farmers' Market 9 AM—1 PM
- 10/31 Halloween
- 10/31 Halloween Parade 5:00 PM

OCTOBER CELEBRATES:

- Breast Cancer Awareness
- Domestic Violence Awareness
- National Diabetes Month
- National Vegetarian Month
- Red Ribbon Week 10/20—10/28*

Haverstraw Center Schedule/OCTOBER

(Subject to change)

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	SATURDAY 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 RPCC Support 6:00PM-8:00PM Adult Basketball 8:00 PM—10:00 PM	Open Gym 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 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	Homework Help 9th—12th grade 3:00 PM—5:30 PM	
Group Room	Girl Scouts 3:30PM-4:45PM (Girls ages 8—15) RFS—babysitting 6:30 PM—9:00 PM	Girls Club 3:30PM—5:00 PM Grades 4, 5, & 6	Girls Club 3:30PM-5:00PM Grades 7 & 8 Project S.H.I.F.T. 6:00PM—8:00PM	Teen Advisory (9th— 12th grade) 3:00 PM—4:00 PM Teen Group (9th—12th grade) 4:00 PM—5:00 PM Self Expressions 5:30 PM—6:30 PM	GIRLS GAME DAY 3:00 PM—5:00 PM	SATURDAY Citizenship Exam Prep Course with HKDL 10:00AM-1:00PM
Art Room	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	SATURDAY So You! Sewing Class 9:30AM-11:30AM
Kitchen			RCDOH Health Insurance Assistance 2:00 PM—5:00 PM			
Counseling Room	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
Other			Smoker's Aftercare	Butts Out		