



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, boy-friends/girlfriends, school
- RECREATION and homework help
- FAMILY ACTIVITIES

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Haverstraw Center News

Volume 1, Issue 1

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Village of Haverstraw/Haverstraw Center

HAPPY NEW YEAR!! The Year in Review at the Haverstraw Center

- JANUARY: A new teen program began "Get in With Fit"
- FEBRUARY: Teen "All Nighter"
- MARCH: "Sharp Shooting Academy" a middle school co-ed basketball clinic; YOUTH-FEST at RCC
- APRIL: UNITY IN THE COMMUNITY; Strengthening Families Program; 3rd Season for Community Garden began
- MAY: Staff member Tim Sanders presented with an award from the Rockland County Youth Bureau for his service
- JUNE: End of year family BBQ; Lacrosse Camp
- JULY: Summer Camp began; AmeriCorps volunteers assist with Teen summer program
- AUGUST: Salesians/Gospel Roads volunteer at the Center; playground installed and mural partially painted; OASAS site visit; Sewing Camp
- SEPTEMBER: Project SHIFT/A Call to Action initiated; Hunger Awareness Campaign Luncheon
- OCTOBER: Drug Market Intervention (DMI); Strengthening Families Program; Red Ribbon Week; Lessons in Etiquette; Domestic Violence Awareness; Hurricane Sandy
- NOVEMBER: Presidential Election; Haverstraw Interfaith Hunger Summit; Thanksgiving Luncheon
- DECEMBER: Supper with Santa; Holiday Dinner; Newtown, CT discussions



NEW YEAR'S RESOLUTIONS *In 2013 I will...*

A resolution is simply an annual goal people make when they want to improve some area of their life. For a grown up it may be smoking, weight loss or relationship changes. For youth it may be to keep your room clean, make the team, or improve your grades in school. Some of the "New Year's Resolutions" from the Haverstraw

Center youth are:

- Help to end the violence
- Lose weight
- Make my bed every morning
- Help serve the priest
- Be kind to my brother
- Help my mom more
- Exercise
- Finish all of my homework
- I will be a "directioner" forever and ever
- I will be a "belieber" forever
- Do better in school



Haverstraw Center Holiday Party

The Haverstraw Center hosted its annual holiday party on Monday, December 17th with a gym filled with over 200 excited youth and their families. Melissa Almenas provided the music, the Sparta family donated a live tree and the Center youth decorated a second tree with hand crafted ornaments, made while they waited for Santa to arrive and enjoying cups of steaming hot chocolate from the hot cocoa station! The presents, donated by Toys for Tots were wrapped and presented to



those youth who pre-registered with Nikki Merriman. Nikki has been coordinating this event for many years and was grateful to staff member Tanya Soto for her assistance.

The community also was very involved in the festivities, volunteering to cook, wrap presents, set up the gym, serve the food or help with the clean up. Served buffet

style, the youth were treated to ham, turkey, stuffing, macaroni and cheese—always a hit thanks to Manny Mavrosakis, mashed potatoes, sweet potato casserole, mixed vegetables, dinner rolls and baked ziti.

Other volunteers included Marina Gutierrez, Ebony Jones, Judy Curcio, Toni Jones, John Beamon, Doris Pierre-Jean, Jessica Osmendez, Doretha Samuels, Isabel Gonzalez, Shawnte Pitts, Gary Nash, Tomika Ashby, Barbara Welch, Joyce Thomas, Aida Vazquez, Valencia Jenkins, Prentiss Breland and Beverly Swift. The many volunteers from Open Arms must also be recognized for their continued assistance throughout the year. And much thanks to Louis Gomez for his generous donation of beverages.

At the conclusion of the feast, girls from the Center Girl Scout troop presented a short play about the meaning of Christmas around the world. Thank you to Debbie Bradley and the Central Presbyterian Church for loaning the beautiful angel costumes. The girls sang "Silent Night" in many languages, invited the boys to dance the hula



and the audience to join in singing "We Wish You a Merry Christmas" and "Feliz Navidad".



A delicious cake was served and all went home with full bellies and warm memories of a special time at the Haverstraw Center.



Types of Bullying

1. Verbal bullying including derogatory comments and bad names.
2. Bullying through social exclusion or isolation.
3. Physical bullying such as hitting, kicking, shoving and spitting.
4. Bullying through lies and false rumors.
5. Having money or other things taken or damaged by students who bully.
6. Being threatened or being forced to do things by students who bully.
7. Racial bullying.
8. Sexual bullying.
9. Cyber bullying.

ROCKLAND PARENT CHILD CENTER-BULLYING WORKSHOP

While the youth were home from school on their holiday break, many chose to come to the Haverstraw Center for a remarkable workshop on bullying. Sponsored by the Rockland Parent Child Center/Family Connections, the workshop reinforced many of the principles discussed in ongoing sessions with the youth by the Center staff.

The workshop began with an icebreaker and introductions. The youth formed two con-

centric circles and asked questions that progressed from simple answers to those that were thought provoking, especially as they involved profound thoughts on bullying. The definition was offered including types of bullying: physical, verbal, relational and cyber. Presented with different scenarios, the youth were asked if they thought it was teasing or bullying and through role playing, they discovered ways

of interpreting bullying. A "Jeopardy" game was used as an effective method of reinforcing what they learned.

A break was taken to enjoy pizza as the youth continued their discussion about bullying. Some of the youth and/or their families have been affected personally by bullying and will continue their quest to raise awareness.

NO  **BULLYING!**



Healthy Eating Tips for the New Year

1. Eat more fruits and vegetables: they contain a vast range of health giving vitamins, minerals and antioxidants. Try them in soups, sauces, salads, smoothies and desserts.
2. Decrease saturated fat intake: buy leaner cuts of meat, trim any visible fat and avoid high fat dairy products.
3. Decrease trans-fat intake: these are chemically altered fats found in fast food and mass food productions such as pre-packaged cakes and cookies.
4. Increase unsaturated fat intake: this will decrease the levels of harmful cholesterol in the bloodstream.
5. Increase omega-3 intake: to protect your heart, lubricate your joints and may help to maintain good mental health.
6. Increase your fluid intake: aim for eight glasses per day.
7. Eat breakfast every day: but avoid having a fried, sugary or meat-heavy breakfast.
8. Go whole grain: they contain more nutrients due to inclusion of bran and germ.
9. Watch your salt intake: too much salt can lead to high blood pressure; salt is found hidden in snacks and processed foods such as canned soups.
10. Increase intake of fiber: by eating more fruit, vegetables, legumes and whole grains.

<http://www.realbuzz.com/articles/top-10-ways-to-improve-your-diet-in-2013-gb-en/>

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 State-

ment.

The December agenda included an inspirational reading of holiday thoughts encompassing Hanukkah, Christmas and Kwanzaa. A delicious holiday meal was offered buffet style and introduction of the 38 attendees was made. Marion Breland, director of the Haverstraw Center and chair of this Collaborative, welcomed guest speaker Dornzella Milligan of RCADD who presented on Media Literacy.

New business included thoughts on Unity in the

Community and updates by the sub-committees were offered.

At the conclusion of the meeting, agencies circulated flyers and/or information about upcoming events.

The next meeting is scheduled for the first Wednesday of the New Year, January 2, 2013 from 12:00 noon until 2:00 PM.

Please call 845.429.5731 x 10 to confirm your attendance.

DRUG MARKET INTERVENTION UPDATE

We hope everyone enjoyed a happy and healthy holiday season. We are pleased that we were able to invite all families involved to our Holiday Party last month and provided a number of families with food packages and gifts for their children.

We continue to provide services for seven individuals including referrals to substance abuse treatment, mental health services, housing, and social services.

We look forward to hosting community meetings throughout the year to hear your concerns and to create greater community partnerships.

If you have any ideas you'd like to share, please contact us at dmi@vohny.com and please like our Facebook page (keyword: Haverstraw DMI)!

VOLUNTEER OF THE MONTH: Michael Keating

Michael Keating, a sixteen year old youth from Garnerville, NY is recognized as volunteer of the month for January at the Haverstraw Center. Nominated by Tim Sanders and unanimously approved by the staff, Michael is always helping out with various tasks, ranging from putting chairs back to displaying positive behaviors

the youth can look up to. He was also an active participant in the "bullying workshop"



sharing and displaying a positive attitude. Michael goes above and beyond when asked to help out with tasks and does it with a smile on his face. Keep up the good work!!

THANK YOU!!!!



Looking ahead:

☞VAASA Training sponsored by C.A.N.D.L.E.

☞Unity in the Community Moved to Spring Recess Week

☞Senior/Senior Prom May 4, 2013

Watch for details in upcoming newsletter

Village of Haverstraw/Haverstraw Center



Save the Date

TEEN NIGHT
2/2/2013
6-11 PM
9-12 grade only

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

January Special Events and Notable Days

- 1/1 New Year's Day *CENTER CLOSED*
- 1/2 Haverstraw Collaborative NOON
- 1/2 FREE HIV Testing
- 1/13 Make Your Dream Come True Day
- 1/16 VAASA Training
- 1/18 FREE HIV Testing
- 1/18 Winnie the Pooh Day
- 1/19 National Popcorn Day
- 1/21 Martin Luther King Jr. Birthday/*CENTER CLOSED*
- 1/21 National Hugging Day
- 1/24 Compliment Day
- 1/25 Opposite Day
- 1/28 Fun at Work Day
- 1/31 Backward Day



JANUARY CELEBRATES:

- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month



Haverstraw Center Schedule/January

Schedule 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 Boys' Council 11-14 year old 4:30PM-5:30PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM Hip Hop Dance 6:00PM-8:00PM	
Gymnasium	St. Agatha Fitness 9-10AM; 12-2 PM Senior Dancing 2:00PM-3:00PM Open Gym 3:00 PM—6:00 PM Adult Basketball	St. Agatha Fitness 9-10AM; 12-2 PM Youth Basketball 3:00 PM—6:00 PM JUMP 6:00 PM—7:30 PM St. Peter's CYO	St. Agatha Fitness 9-10AM; 12-2 PM Open Gym 3:00 PM—7:00 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	St. Agatha Fitness 9-10AM; 12-2 PM Open Gym 3:00 PM—9:00 PM NR Travel Soccer 8:30 PM—10:00 PM	SATURDAY Sharp Shooting Academy Co-ed Middle School Youth 9:00 AM—11:00 AM Steve's Basketball 11:30 AM—1:30 PM SUNDAY HPAL Basketball 8:00 AM—7:00 PM Jason's Basketball 7:00 PM—8:30 PM
Conference Room	Homework Help 9th—12th grade 3:00 PM—5:00 PM RFS Empowerment Group 6:30 PM—9:00 PM	Homework Help 9th—12th grade 3:00 PM—5:00 PM Clinical Staff Meeting 12:00 noon—2:00 PM	Homework Help 9th—12th grade 3:00 PM—5:00 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 With Barbara 3:00 PM—6:00 PM	SATURDAY
Art Room	Homework Help 7th and 8th grade 3:00 PM—5:00 PM	RILC 10:00AM—2:00PM Homework Help 7th and 8th grade 3:00 PM—5:00 PM	RILC 10:00AM—2:00PM 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
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		