

Haverstraw Center News

Issue 8

AUGUST 2013

Village of Haverstraw/Haverstraw Center

The Village of Haverstraw FARMERS' MARKET

Alex continues to offer new surprises each week with her creative and innovative approach to the farmers' market. The entertainment varies from week to week and there are always fun children's activities to occupy their time while you are shopping. You won't want to miss the August markets when the sweet corn is plentiful and recipes abound. Check out the fresh baked goods, the kids tent, the co-op table and of course the produce vendors!!! And don't forget to visit the West Haverstraw Farmers' Market on Thursdays from 8 AM—12 noon near Peck's Pond.

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

VILLAGE OF HAVERSTRAW SUMMER CAMP

The Village of Haverstraw Summer Camp began on July 8th with the parents and campers being introduced to the counselors, procedures and the schedule. Camp is held Monday through Friday, from 9:00 AM until 2:30 PM (later on trip days) and the campers are served a light breakfast in preparation for the day's activities. Lunch is also served daily, with an eye towards healthier choices including fresh fruits.

tournaments, arts and crafts, dancing, Wii and outdoor water activities when the weather is really hot! Most Wednesdays are trip days with Splashdown Park and The Castle. Thursdays are mixed days with some campers going to Hi Tor Bowling and others going to Bowline Park. The New City Cinema rounds out the campers week with alternating age groups attending alternating weeks. The camp BBQ at Bowline is on Thursday, August 15th. It is at the BBQ that the campers show off their talents on the fabulous Town of Haverstraw stage. And on the last day of camp, Friday, August

16th all campers will enjoy bowling at Hi-Tor Lanes.

The entire camp staff is doing a fabulous job and the kids are having a great time.

With attendance at an all time high, the Village is to be commended for running such a superb program!



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



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SAVE THE DATE!

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

To register, call: 845.429.5731

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.



Tuesdays
9/24/13–10/29/13
6:00 PM–8:30 PM

50 West Broad Street Haverstraw, NY
Behind the Knights of Columbus Building

GIRL SCOUTS HEART OF THE HUDSON ENJOY SUMMER PROGRAMS

Girl Scouts began another exciting summer program at the Haverstraw Center. Working on the S.T.E.M. program (Science, Technology, Engineering and Mathematics), the girls will be introduced to some very interesting and thought provoking activities.

“Research has found that minority students and women are gravitating away from science and engineering towards other professions, and also that employment in the STEM fields is increasing at a faster pace than in non-STEM fields. Experts say the U.S. must increase proficiency and interest in these areas to compete in the global economy.”

At the first session, the girls created their very own “laboratory” coats to be used as they become scientists or engineers working in the “field”. They saw how the telephone can be used to figure out math problems, including coming up with the “answer” to a three digit number each girl was thinking of, by learning about prime numbers and their properties. The girls will be making their own butter one week and ice cream another. (This group of girls favor vanilla ice cream; in fact, vanilla ice cream is America’s favorite choice!)

AVON will be on hand offering a panel of professional women talking about careers in science.

Girl Scouts will continue in September on Mondays from 3:00 PM—4:45 PM. Call Peggy Koval at 845.429.5731 x 32 if interested in registering.



Breanna Rivera getting ready to enjoy the “slushie” she made at the summer Girl Scout program.

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
- Project SHIFT
- Anger Management
- Unity in the Community
- Focus Study Groups: Hunger, Teen Pregnancy, Immigration, Community Health Issues
- MORE!!**

TEEN SUMMER PROGRAM

Tanya Soto, Program Coordinator for the Haverstraw Center, along with Nikki Merriman, Recreational Activities Coordinator, continue their teen program for the third year in a row.

The program is structured to be informative, fun and service-minded. On Mondays, Catholic Community Services of Rockland on Hudson Avenue is the fortunate recipient of the youths dedicated service to the community. They help in the garden or in the food pantry. Their enthusiasm and willingness to give is heart-warming. On Tuesdays, the group enjoys the beautiful Bowline Park, weather permitting or enjoys an outing to a sporting event. On Wednesday, the teens participate in group discussions including the employment application process, making proud choices, the college process and Reality Check. Thursdays, they once again are rewarded with swimming at the beautiful Bowline Pool. Fridays find the youth either attending the New City Cinema, going bowling or enjoying a trip. The teens and the community benefit greatly from this fantastic program. Thank you Tanya and Nikki!!

Project SHIFT

Project SHIFT is a crime prevention program for young people ages 14 –21 who are struggling to make better choices in their lives. Funded by a Rockland County Youth Bureau grant, it is a collaborative effort of the Haverstraw Center, the Town of Haverstraw Justice Court and Police Department, the North Rockland Central School District, the District Attorney’s Office and Planned Parenthood Hudson Peconic. Jeanmarie Zubko, CASAC serves as the coordinator for this program designed to increase positive behaviors such as attending and succeeding in school or training, getting and keeping a job and developing and keeping positive relationships. This will be achieved by focusing on five areas:

- *Character and Leadership Development: Honesty, Integrity and Responsibility
- *Education: Continuing education, vocational skills
- *Health and Life Skills: Nutrition, coping skills, assertiveness training, alcohol and other drug prevention
- *Positive Use of Time: Recreational activities, the arts, creative self-expression
- *Community: Volunteerism, civic participation

The four—eight week program offers a comprehensive assessment, one-to-one guidance, educational and process groups and ongoing support for the identified youth and their families, connection to programs and services that meet participant’s interests and needs, and follow-up to ensure success.

Supporting Healthy Interventions For Teens

PICTURES FROM CAMP



Fun at “The CASTLE”

Haverstraw 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 July agenda included a reading of July 4th quotes, a delicious lunch with a festive salad, introductions, welcome, three very informative presentations and an opportunity to get up and ZUMBA!! Marion Breland, director of Youth and Family Services and Chair of the Haverstraw Collaborative was absent, so her Administrative Assistant Peggy Koval took on the role of chair.

Project HOPE is offering community outreach to provide free counseling and assistance to those individuals impacted by Hurricane Sandy.

Cate Johnson, Public Health Sanitarian, gave a passionate talk about synthetic and natural drugs of abuse in Rockland County.

Only 2 Will Do was on the agenda as Tim Sanders spoke about the Haverstraw Center, the North Rockland Central School District’s alternative high school and CANDLE in their collaborative effort to have bodega owners require two forms of identification when selling alcohol products. The store owners that voluntarily complied with this are commendable and art work will be proudly displayed.

Hudson River HealthCare presented Collaborative members an opportunity to get up and dance as a ZUMBA video was shown with full participation by the audience!

Subcommittees on Immigration Advocacy, Drug Prevention, Food and Nutrition, Parental Involvement and Teen Pregnancy gave their updates. As the concluding agenda item, agencies offered their updates and upcoming events.

The next meeting is scheduled for the first Wednesday of the month, August 7, 2013 from 12:00 noon until 2:00 PM at **Haverstraw Village Hall**. Please call 845.429.5731 x 10 to confirm your attendance.

The Senior/Senior Prom Committee will meet the second Wednesday of the month at 12:00 noon at the Haverstraw Center.

Homemade Flavored Water

From the Stony Point Center’s collection of fabulous recipes:

Flavored water is simple, subtle and refreshing. Simply take some herbs, fruits, and vegetables, add water, lots of ice, and enjoy.

Some favorite combos are:

- Nectarine, cucumber, mint
- Strawberries, mint
- Rosemary, lemon, mint
- Lemon, lemon balm
- Kiwi, melon

Take any herb, veggie, and fruit and try your own combo.

ENJOY!!

Water comprises more than 2/3 of the body’s weight and is essential in the functioning of the body. It is extremely important to stay well hydrated, especially during the very hot and humid days of the summer. Strive to consume at least eight glasses of water per day. If you are feeling thirsty, you are already headed towards dehydration.



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.

6/9—10/27/2013
9:00 AM—1:00 PM
Village of Haverstraw FARMERS' MARKET
On Maple Avenue in Front of Village Hall
(Every Sunday through October)



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



Haverstraw Center Schedule/AUGUST SUMMER CAMP—Please take note that schedule is subject to change

August Special Events and Notable Days

- 8/2 National Ice Cream Sandwich Day
- 8/4 Farmers' Market 9 AM—1 PM
- 8/4 United Latin Parade
- 8/7 Haverstraw Collaborative (NOON)
- 8/7 RCDOH FREE HIV Test 2—5 PM
- 8/9 Book Lover's Day
- 8/10 National S'mores Day
- 8/11 Farmers' Market 9 AM—1 PM
- 8/15 Relaxation Day
- 8/17 RCDOH FREE HIV Test 2—5 PM
- 8/18 Farmers' Market 9 AM—1 PM
- 8/19 2nd Annual Back-to-School Backpack Family Event at Emeline Park
- 8/21 Senior Citizen's Day
- 8/25 Farmers' Market 9 AM—1 PM
- 8/26 Women's Equality Day
- 8/29 More Herbs, Less Salt Day

AUGUST CELEBRATES:
America's Night Out Against Crime
Women's Month
Medicine Abuse Month
Admit Your Happy Month



Monday		August 5th Rockland Lake	August 12th Rockland Lake
Tuesday		August 6th Rockland Boulders	August 13th Splashdown Water Park
Wednesday		August 7th In House	August 14th In House
Thursday	August 1st 10-11 am 9-14 year olds Bowline 12-2 pm 6-8 year olds Bowling	August 8th 10-11 am 6-8 year olds Bowline 12-2 pm 9-14 year olds Bowling	August 15th Picnic and Talent Show at Bowline ALL
Friday	August 2nd 6-8 year olds In House 9-14 year olds Movies	August 9th 9-14 year olds In House 6-8 year olds Movies	August 16th Bowling ALL

**Every Wednesday,
2—5PM
RCDOH
Health Insurance
Assistance**

**GIRL SCOUTS
Every Monday
3:00 —4:15 PM**

