

# Haverstraw Center News

Issue 10

OCTOBER 2013

## Village of Haverstraw/Haverstraw Center

### Special points of interest:

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

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## The Village of Haverstraw FARMERS' MARKET

Alex continues to offer new surprises each week with her 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.

**HAVERSTRAW FARMERS' MARKET**  
Eat Fresh Eat Local Eat Well

**Sunday, October 6th 9:00am to 1:00pm Rain or Shine!**

**Auntie El's** returns! One of Rockland County's sweetheart bakery's brings fresh brewed coffee & a variety of fresh baked treats such as their popular apple cider donuts. There's also fruit danishes, twists, cookies, banana bread, fruit pies & much more.

**Trapani Farms** also returns with beautiful, sweet fresh fruit. Perfect for baking your own pies!

**Do Re Me Farms & The Perez Family Farm** has conventional & local non-certified organic fruits, vegetables & eggs as well as homemade burritos, tamales & salsa.

**Cooking Demo** - Healthy Chef Lady Angela, with Cornell Cooperative Extension, returns to our market with a seasonal cooking demo using ingredients from our farmers!

Also, remember, we are striving to become a plastic-free Farmers' Market! Bring in your reusable bags! Our vendors will begin to phase out plastic bags. Bring plastic bags from home, to be reused by those who forget their reusable bags.

And just a reminder that our market accepts WIC & FMNP Checks & now Foodstamp EBT!

June 9th thru Oct 27th - 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/farmers.htm>

## CREATING HEALTHY PLACES TO LIVE, WORK & PLAY PLAYGROUND GRAND OPENING CELEBRATION

At long last the beautiful play area created in the courtyard of the Haverstraw Center received attention at the ribbon cutting ceremony. 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 Jacobson 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, spin-about 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, completed by volunteers from the Don Bosco Gospel Roads summer program.

**MONTHLY YOUTH CELEBRATION "Caught Being Good"**

**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

**HVERSTRAW CENTER**

50 West Broad Street  
Behind the Knights of Columbus Building

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

To register, call:  
845.429.5731

The first Monthly Youth Celebration for the new school year took place in the gymnasium on September 25th. This event included recognition of those youth who have been "Caught Being Good" at the Haverstraw Center as well as birthdays celebrated in July, August and September. Parents were invited to attend to learn about the many programs offered at the Center and enjoyed a light supper with yummy birthday cake for dessert.

This month's theme introduced the youth to bullying prevention with coloring activities.

Each time a youth is nominated for "Caught Being Good", his/her name is placed in the hat for a drawing of prizes. Most months the prizes are \$10.00 gift certificates to McDonald's in hopes that the youth will make healthy choices when they redeem their prize. Sometimes the prize is a donation from a

local business and some months the Town of Haverstraw makes a generous donation of tickets to one of their Youth Board sponsored trips.

The September nominees are:

September 12th

Christian Jean Baptiste, Pam Miceus, Kiara Polanco, Chelani Rivera, Gabriel Rivera, Darleny Taveras, Junior Taveras, Wanda Taveras

September 19th

Mariyah Cousar, Jamilla Francis, Angie Hemmings, Ariel Infante, Alexander Lee, Samantha Lee, Omar Lopez, Bryan Martinez, Trelissa Mathers, Wess Mendez, Kenny Nazario, Brianna Niforos, Jeisy Olavaria, Kiara Polanco, Dante Roche, Josepher Salto, Theodore Summerville, Wanda Taveras, Kiarra Toussaint, Jisel Wallace

CONGRATULATIONS!!!

Shine the Light on Domestic Violence  
Wear PURPLE on to show your support

**HVERSTRAW 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 S.H.I.F.T.
- A Call to Action
- Anger Management
- Unity in the Community
- Focus Study Groups: Hunger, Teen Pregnancy, Immigration, Community Health Issues
- MORE!!**

**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*



Tanya Soto, Program Coordinator and Myriam Saravia, the North Rockland Family Resource Center Coordinator enjoy the festivities at the Monthly Youth Celebration. Myriam is new to the staff at the Haverstraw Center, (but a familiar face to the community) working as a bi-lingual liaison between the Center, the community and the school.

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 October 16, 2013.

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



**OCTOBER IS  
NATIONAL BULLYING  
PREVENTION MONTH**

Bullying is not just “kids being kids.” It can have a damaging impact on children, families and communities. As adults we can help by taking this pledge:

\*I will speak up—I will take a stand about this issue, even before it touches my friends and family, so everyone knows I take it seriously.

\*I will advocate-I will advocate for children, both my own and others in need of my help.

\*I will be a role model-I will show kids how to deal with conflicts by setting the standard with my own behavior.

\*I will be a partner—I will work with schools, parents, caretakers, coaches and others working hard to stop bullying-especially if they report my child is involved.

Bullying makes every day hard. It makes people feel isolated, unimportant and afraid to go to school. I have the power to stop bullying by getting involved and by taking the youth pledge:

\*I will speak up-I will take a stand when I see kids humiliating or hurting each other. I will talk about bullying with my friends and adults in my life, so everyone knows I think it’s wrong.

\*I will advocate-I will stick up for others who might be in need of my help, and not just my closest friends.

\*I will be a role model-I will not use my phone or computer to spread rumors or say hateful things, and I won’t ignore it when others are cruel and intimidating.

Bullying makes kids want to be invisible. We can show them, through our actions, that we see them, we are listening and that they can count on us to make their lives better.

**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 thoughtful reading of quotes regarding hunger, a delicious lunch of homemade soup and bread provided by Catholic Community Services of Rockland, introduction of the 44 attendees, a warm welcome by Collaborative Chair and director of the Haverstraw Center Marion E. Breland, and an enlightening presentation from the Hunger Awareness Committee.



Martha Robles, executive director of Catholic Community Services of Rockland gave an overview of the programs county-wide to make people aware of the hunger issue and said that this luncheon today represents “symbolic justice”. Mayor Kohut spoke about the community needs, Allison Gold spoke about nutritional needs and Jennifer Brady of People to People gave statistics. Tanya Soto, Haverstraw Center and Michelle Kleinman, RCDOH shared the work they have done with the youth who took the “Food Stamp Challenge.” The youth then presented what they learned.

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

The next meeting is scheduled for the first Wednesday of the month, October 2, 2013 from 12:00 noon until 2:00 PM. This meeting will take place at Catholic Community Services of Rockland facility, 78 Hudson Avenue, Haverstraw, NY.

The Teen Pregnancy Subcommittee will resume meeting in November at the Center.

The Senior/Senior Prom Committee will meet at the Haverstraw Center on Wednesday, October 9, 2013 at 1:00 PM in the second floor group room. Please contact Peggy Koval at 845.429.5731 x 32 if you are interested in assisting.



**Volunteers of the Month**

Tanya Soto, Program Coordinator for the Haverstraw Center offered an inspiring and enlightening summer program for teenagers that has resulted in a group of young people who are offering so much back to the community. Wendy Taveras, Pamela Miceus, Darleny Taveras and Kiara Polanco have been offering their time to the after-school homework help program, are assisting with the Strengthening Families Program by helping to set up, clean up and babysit, and showing community pride by helping to keep the Jefferson Street Playground free of litter and debris. Haverstraw resident and community volunteer Virginia Norfleet said that these young people are our future and it is encouraging to see their commitment.



# Village of Haverstraw/Haverstraw Center



**WEAR PURPLE:  
Domestic  
Violence  
Awareness Day  
October 16,  
2013**

**6/9 -10/27/2013  
9:00 AM—1:00 PM  
HAVERSTRAW  
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)

### October Special Events and Notable Days

- 10/1 Strengthening Families (session #2)
- 10/2 Haverstraw Collaborative NOON
- 10/2 RCDOH FREE HIV Test 2—5 PM
- 10/5 Do Something Nice Day
- 10/6 Farmers' Market 9 AM—1 PM
- 10/8 Strengthening Families (session #3)
- 10/9 Fire Prevention Day
- 10/14 Columbus Day (CLOSED)
- 10/14 Farmers' Market 9 AM—1 PM
- 10/15 Strengthening Families (session #4)
- 10/16 Bosses Day
- 10/16 WEAR PURPLE 
- Shine the Light on Domestic Violence
- 10/18 RCDOH FREE HIV Test 2—5 PM
- 10/20 Farmers' Market 9 AM—1 PM
- 10/22 Strengthening Families (session #5)
- 10/24 United Nations Day
- 10/27 LAST Farmers' Market of the season 9AM—1 PM
- 10/29 Strengthening Families (session #6)
- 10/30 Monthly Youth Celebration
- 10/31 Halloween

- OCTOBER CELEBRATES:
- Breast Cancer Awareness 
  - Domestic Violence Awareness
  - National Diabetes Month
  - National Vegetarian Month
  - National Bullying Prevention Month
  - National substance Abuse Prevention Month
  - Red Ribbon Week 10/19—10/27

## 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 RPCC Support 6:00PM-8:00PM	Homework Help 2nd—6th grade 3:00 PM—6:00 PM So You! Sewing Class 3:30 PM—5:00 PM	SATURDAY Citizenship Exam Prep Course 10:00AM- 1:00PM
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—6:00 PM	SATURDAY Sharp Shoot- ing 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—5:00 PM	Homework Help 9th—12th grade 3:00 PM—5:00 PM Clinical Staff Meeting 12:00 noon—2:00 PM	Salvation Army 10:00 AM—2:00 PM Homework Help 9th—12th grade 3:00 PM—5:00 PM	Homework Help 9th—12th grade 3:00 PM—5:00 PM Staff Meeting 12:00 noon—2:00 PM		
Group Room	Girl Scouts 3:30PM-4:45PM (Girls ages 8—15) Self-Expressions/ Anger Management 5:00 PM—7:00 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 Group (9th—12th grade) 4:00 PM—5:00 PM		
Art Room		Art With Barbara 3:30 PM—5:30 PM	Art With Barbara 3:30 PM—5:30 PM	Art With Barbara 3:30 PM—5:30 PM	So You! Sewing Club 3:30 PM—5:30 PM	
Kitchen			RCDOH Health Insurance Assistance 3:00 PM—6:00 PM			
Counseling Room	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
Other		Smoker's Aftercare		Butts Out		