



Haverstraw Center News

Volume 3, Issue 1

March 2014

Village of Haverstraw/Haverstraw Center

UNION RESTAURANT SIXTH ANNUAL “we care” EVENT

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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Youth and families who attend activities at the Haverstraw Center received a special invitation to attend the sixth annual “we care” event at the ever popular Union Restaurant and Bar Latino. Monday, February 24, Tuesday, February 25 and Wednesday, February 26 saw lines of people eager to enter the restaurant for an “evening of warmth, love and a hot meal.”

“Union Restaurant is dedicated to making the world we live in a better place. In 2009, Chef Jose David Martinez and Paulo Feteira launched their we care Foundation as a way of giving back and saying ‘thank you’ to the community.”

“So many of our friends and neighbors continue to be affected by the ongoing economic crisis and the winter weather and we thought this was a perfect opportunity to show our gratitude by sharing our signature Latin Fusion cuisine and warm hospitality with them,” said Chef Jose David Martinez.”

Emily Dominguez, trustee for the Village of Haverstraw, coordinated the many volunteers from throughout the county.

Served buffet-style, attendees enjoyed a vast array of deliciously prepared foods. Soft drinks were brought to the table by waiters and volunteers where the guests were invited to share their gratitude and thoughts on paper tablecloths with brightly colored crayons. The youth have enjoyed seeing some of their “art work” displayed at other events hosted by Union Restaurant.

Staff at the Haverstraw Center were working with some of the youth on their manners and rules of etiquette. These youth then encouraged their peers to abide by the same rules:

- Put your napkin on your lap.
- If you can’t reach something, politely ask someone else at the table to hand it to you; say please and thank you .
- Don’t talk with your mouth full.
- Turn off your cell phone. It is rude to talk on your phone or text while in the company of others.
- Only cut one or two bites at a time.

- Break your bread into bite-sized pieces and butter only one bite at a time.
- When you finish eating, leave your utensils on your plate or in your bowl—not on the table.



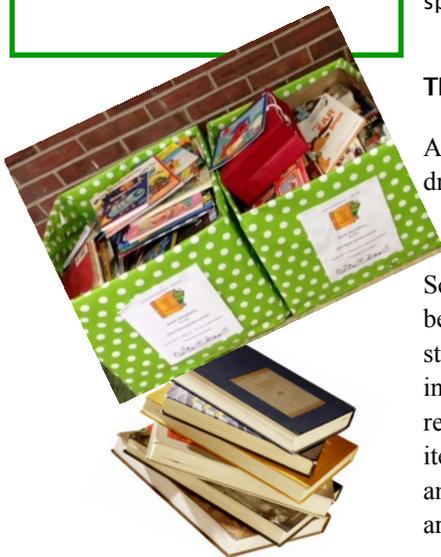


Unity in the Community

Unity in the Community will take place Monday, April 14th through Wednesday, April 16th from 11:00 AM to 6:00 PM. Offered to youth in grades 3—8, Unity participants enjoy workshops, lunch and fun activities. On Monday, the ending activity will involve community service. On Tuesday, the entire community is invited to attend the Town Hall Meeting at 4:30 PM with a panel of guests to have a dialogue about the dangers of alcohol and substance use. Wednesday, the youth will enjoy a trip to the movies. All activities are supported by donations from Haverstraw Collaborative agencies and organizations.

Begun in 2003, Unity in the Community was established to offer youth a safe, warm place with positive activities to participate in over the mid-winter recess. Because of the change in the school calendar, Unity is now offered during the spring recess.

For additional information or to make a donation, contact Tanya Soto at 845.429.5731 ext. 17.



MONTHLY YOUTH CELEBRATION

Because of the annual “we care” event at Union Restaurant (see story page 1) on Monday, Tuesday and Wednesday, February 24, 25 and 26, the Monthly Youth Celebration will take place on Wednesday, March 26th. This event includes recognition of those youth who have been “Caught Being Good” at the Haverstraw Center as well as birthdays celebrated in the current month. Frankie Vazquez and Pete Fata prepare delicious food for the youth to enjoy. Youth volunteers help to serve and clean up. Open Arms usually sends volunteers to help set up.

Every monthly youth celebration also acknowledges those youth who were caught being good at the Center. 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.

ONLY 2 WILL DO

C.A.N.D.L.E. (Community Awareness Network for a Drug-free Life & Environment, Inc.) is still in partnership with the Haverstraw Center to promote the “Only 2 Will Do” campaign. This campaign focuses on the issue of local stores and bodegas requesting two forms of identification when a customer is purchasing alcoholic beverages. Youth designed stickers that were printed to remind customers that the legal drinking age is twenty-one. Maureen and Jim Heller of C.A.N.D.L.E. with Tim Sanders of the Haverstraw Center have been working diligently to bring awareness to the community about the local bodegas who support this voluntary guideline. More than fifty stores in Haverstraw and Stony Point have joined this initiative to halt underage drinking. Tim and the youth will be presenting these stores with certificates of appreciation for their participation in this very important initiative.



DRUG MARKET INTERVENTION UPDATE

Please stay connected to us on Facebook! (keyword: Haverstraw DMI)

VOLUNTEER OF THE MONTH:

Garry Viarg has been assisting with program delivery at the Haverstraw Center for the past three months. Garry, a former school teacher brings his love of learning to the classroom offering insights and great discussion in the “A Call To Action” program. Garry’s sense of humor, knowledge and passion for teaching have earned him great respect and admiration from the staff at the Haverstraw Center. Thank you Garry for your hard work and devotion.



THANK YOU STRAWTOWN ELEMENTARY SCHOOL!

A very successful book drive organized by Sabrina, Kathy and Charlene of Strawtown Elementary School resulted in 435 books being donated to the Haverstraw Center. The books included picture books, easy readers, classics and favorites such as *Charlotte’s Web* and *Goodnight Moon*. They arrived in hard cover, paper-

back and sound accompaniment included. The children are thrilled to be the recipients of these new treasures.

Because the after school homework program requires that the youth also spend 20 minutes reading, the addition of these books is immensely appreciated.

Reading is a passion for

Sabrina and her PARP (Parents As Reading Partners) committee. Being able to share this love with others brings them sheer joy. We at the Center are also passionate about our youth and improving their reading skills and we are extremely grateful for this generous donation.

THANK YOU!!!!



**TRIVIA FROM THE HOMEWORK HELP CORNER
“BEWARE THE IDES OF MARCH”**

The soothsayer’s warning to Julius Caesar, “Beware the Ides of March,” has forever imbued that date with a sense of foreboding. But in Roman times the expression the “Ides of March” did not necessarily evoke a dark mood—it was simply the standard way of saying “March 15.” Surely such a fanciful expression must signify something more than merely another day of the year? Not so. Even in Shakespeare’s time, sixteen centuries later, audiences attending his play *Julius Caesar* wouldn’t have blinked twice upon hearing

the date called the ides. The term comes from the earliest Roman calendar, which is said to have been devised by Romulus, the mythical founder of Rome. Whether it was Romulus or not, the inventor of this calendar had a penchant for complexity. The Roman calendar organized its months around three days, each of which served as a reference point for counting the other days. Kalends, the first day of the month; Nones, the seventh day in March, May, July, and October—the 5th in the other months; Ides, the fifteenth day in March, May,

July, and October—the 13th in the other months. The remaining, unnamed days of the month were identified by counting backwards from the Kalends, Nones, or the Ides.

“Ides of March/Infoplease.com.” Infoplease. © 2000–2013 Pearson Education, publishing as Infoplease. 24 Feb. 2014 <<http://www.infoplease.com/spot/ides1.html>>.



EASYCAESAR SALAD

Recipe courtesy of Taste of Home <http://www.tasteofhome.com/recipes/easy-caesar-salad/>

INGREDIENTS:

- 1/4 cup grated parmesan cheese
- 1/4 cup mayonnaise
- 2 T milk
- 1 T lemon juice
- 1 T Dijon-mayonnaise blend
- 1 garlic clove, minced
- Dash cayenne pepper
- 1 bunch romaine, torn
- Salad croutons and additional grated parmesan cheese, optional

DIRECTIONS:

In a small bowl, whisk the first seven ingredients. Place romaine in a large bowl. Drizzle with dressing and toss to coat. Serve with salad croutons and additional cheese if desired.

Yield: 8—1 cup servings (without croutons and additional cheese) = 73 calories, 6 g fat (1 g saturated fat), 5 mg cholesterol, 126 mg sodium, 2 g carbohydrate, 1 g fiber, 2 g protein; diabetic exchanges: 1 vegetable, 1 fat.

This salad is not named for the illustrious Roman emperor, but for Caesar Cardini, a Mexican chef working in Tijuana in the 1920’s, who would dramatically serve it up table-side.

TAKE NOTE:

The Senior/Senior Prom Committee meeting will meet at the Haverstraw Center on March 12, 2014 at 1:00 pm. Bring a bag lunch.

The second annual Senior/Senior Prom will take place at the Central Presbyterian Church on Friday May 2, 2014 from 4:00 pm—6:00 pm. The committee is extremely grateful to Haverstraw Transit, Safe Harbour Group, Ltd., the Lions’ Club and the Rotary Club of North Rockland for their generous donations.



5 Servings of fruits and vegetables	2 Hours or less of screen time	1 Hour or more of exercise	0 Sugar sweetened beverages
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Get Active | **E**at Healthy | **T**ake Action

The Healthy Weight Collaborative continues to encourage healthy life-

style changes and encourages community members to eat healthy, join the walking club

(starting up again in April), watch less television and cut out the sugary beverages.

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.

Because of the snow storm, the Collaborative was re-scheduled for the first time in its history! But 32 still turned out the following week to learn more about the Nathan Kline Institute’s new study on adult autism spectrum disorder. Deborah Heslian and Eleanor Joseph from Lexington Center for Recovery gave chilling statistics and facts about the Heroin Epidemic in Rockland exploring the scope of the problem and treatment alternatives. The February agenda also included inspirational quotes from former Olympians, a discussion about Unity in the

Community and reports from the Collaborative Sub-committees on Immigration Advocacy, Drug Prevention, Food & Nutrition, Parental Involvement and Teen Pregnancy.

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 month, March 5, 2014 from 12:00 noon until 2:00 PM.

Please call 845.429.5731 x 32 to confirm your attendance.

Village of Haverstraw/Haverstraw Center



Save the Date

ALL -NIGHTER
April 17th,
6 pm to
April 18th, 7 am

Details in
next
month's
newsletter

50 West Broad Street
Haverstraw, NY 10927

Phone: 845.429.5731
Fax: 845.429.5796
E-mail: CommunityCenter@VoHny.com
Marion E. Breland, Director



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

March Special Events and Notable Days

- 3/1 Self-Injury Awareness Day
- 3/2 Dr. Seuss's Birthday
- 3/5 Haverstraw Collaborative NOON
- 3/5 FREE HIV Testing 2—5 PM
- 3/5 Ash Wednesday
- 3/6 Strengthening Families Program #2
- 3/9 Daylight Savings Time Begins
- 3/10 Harriet Tubman Day
- 3/11 Johnny Appleseed Day
- 3/13 Strengthening Families Program #3
- 3/14 National Pi Day (the value of Pi is 3.14)
- 3/15 Ides of March
- 3/17 St. Patrick's Day
- 3/20 Spring Begins
- 3/20 Strengthening Families Program #4
- 3/21 FREE HIV Testing 2—5 PM
- 3/27 Strengthening Families Program #5
- 3/30 Rockland County YouthFest
- 3/30 Take a Walk in the Park Day
- 3/30 I am in Control Day

MARCH CELEBRATES:

- Deaf History Month
- National Nutrition Month
- Irish American Month
- Music in Our Schools Month
- Social Workers Month
- National Women's History Month
- Red Cross Month
- National Craft Month



Haverstraw Center Schedule/MARCH

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—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—7:00 PM	Homework Help 3:00 PM—6:00 PM	
Game Room	3:00 PM—6:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—7:00 PM	3:00 PM—6:00 PM	
Multi-purpose Room	Homework Help 3:00 PM—6:00 PM Back to Basics 7:00 PM—9:30 PM	Homework Help 3:00 PM—6:00 PM Beach Body 6:30PM-8:00PM	Homework Help 3:00 PM—6:00 PM Literacy Zone 6:00 PM—9:00 PM	Homework Help 3:00 PM—6:00 PM Family Connections 6:00 PM—8:00 PM	Homework Help 3:00 PM—6:00 PM Boys' Council 8-11 year old 4:30PM-5:30PM Beach Body 6:30 PM—8:00 PM	
Gymnasium	St. Agatha Fitness 9-10AM; 12-2 PM Youth Basketball 3:00 PM—6:00 PM Adult Basketball 7:00 PM—10:00 PM	St. Agatha Fitness 9-10AM; 12-2 PM Youth Basketball 3:00 PM—6:00 PM JUMP 6:00 PM—7:30 PM	St. Agatha Fitness 9-10AM College Basketball 12-2 PM Youth Basketball 3:00 PM—6:00 PM NR Soccer 6-7:30 35 & Over Basketball 8:00 PM—10:00 PM	St. Agatha Fitness 9-10AM; 12-2 PM Youth Basketball 3:00 PM—6:00 PM Adult Basketball 7:00 PM—9:00 PM	St. Agatha Fitness 9-10AM College Basketball 12-2 PM Youth Basketball 3:00 PM—6:00 PM	SATURDAY Sharp Shooting Academy Co-ed Middle School Youth 9:00 AM—12:00 PM Steve's Basketball 12:00 PM— 2:30 PM NRSA 2:30 PM—4:00 PM NRSA 4:30 PM—6:00 PM SUNDAY HPAL Basketball 8:00 AM—7:00 PM Jason's Basketball 7:00 PM—8:30 PM
Conference Room		Clinical Staff Meeting 12:00 noon—2:00 PM	RCDOH Health Insurance Assistance 3:00 PM—6:00 PM	Staff Meeting 12:00 noon—2:00 PM	Salvation Army 12:00 PM—4:00 PM	
Group Room	Girl Scouts 3:30PM-4:45PM (Girls ages 8—15) Anger Management 5:30 PM—6:30 PM Literacy Zone 6:30 PM—9:30 PM	Girls Club 3:30PM—5:00 PM Grades 4, 5, & 6	Girls Club Boys' Group 3:30PM-5:00PM Grades 7 & 8 Project S.H.I.F.T. 6:00PM—8:00PM	High School Teen Group 2:30 PM—4:00 PM		
Art Room	Art with George 3:30 PM—5:30 PM	Art with George 3:30 PM—5:30 PM	Art with George 3:30 PM—5:30 PM	It's In The Bag 4:00 PM—6:00 PM		
Kitchen						
Counseling Room	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	
Other			Life Skills 11:00 AM NRHS Extension	Butts Out Open Arms		