



Ozanam
basketball
program

Newsletter



We are committed to making a difference in the lives of the youth we serve.

OZANAM, INC. Pittsburgh, PA

VOLUME 11

ISSUE: SPRING/SUMMER 2019

Ozanam Participant Feature: Sauer-Cook Sisters



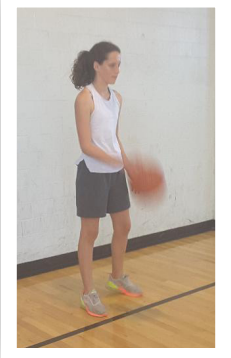
Basketball D Team 2018-2019

Charlotte: Mine is Math or Physical Education ...My math teacher makes math fun. I like playing in PE. I like every subject... depends on what they are teaching.

Our older sister Catie is a rising ninth grader at Ellis. She really loves school.

WHICH IS YOUR FAVORITE SEASON: FALL, WINTER, SPRING, & SUMMER?

Charlotte and Cassie love spring because everything is blooming, school is close to ending and getting ready for summer.



WHAT SCHOOLS DO YOU ATTEND?

We both attend The Ellis School:

Charlotte Sauer-Cook, 13, is a rising eighth grader while Cassie Sauer-Cook, 11 is a rising sixth grader

DO YOU HAVE A FAVORITE/LEAST SCHOOL SUBJECT?

Cassie: My favorite subject is English or Science because I love reading. I want to be a scientist. We have great teachers. My least favorite is Health, I kinda like it but it depends on what is being taught.

WHAT DO YOU LIKE TO DAYDREAM ABOUT?

*Cassie- I daydream about tons of different things...what will I do afterschool or on weekends? Daydream about my future.... Friends what she might do or what I might do
Charlotte – I have a mix of random daydreams...Some daydreams include what am I doing after basketball...What are we doing next month*

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DID YOU KNOW.....?

- Ozanam's original name was the Ozanam Cultural Center, which was located in the historic Hill District section of Pittsburgh at 1833 Wylie Avenue.
- The Ozanam Summer Basketball League t-shirt is world-renowned and recognizable by people throughout the U.S.
- The Ozanam/Josh Gibson After School Program future leaders (75%) achieve Honor Roll status at several Pittsburgh Public School; namely, Pittsburgh Miller African-Centered Academy, Pittsburgh Dilworth Traditional Academy, and Pittsburgh Obama Academy.
- Ozanam is committed to making a difference in the lives of the youth we serve. Specific ways Ozanam demonstrates commitment to its youth is through Educational Engagement, Cultural Exchange Programs, University visits, Youth Leadership Programs and alumni returning to share their Ozanam experience.

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Ozanam /Josh Gibson Summer Camp Girls Group discussing Vision Boards.



Ozanam/Josh Gibson Summer Camp Boys working on group project.



Ozanam Alumni Bomani Howze, and entrepreneur, encourages camper to "Be Masters of Your Time."



Stars, Moon and Planets reading lesson from Ms. Erica, Carnegie Library of Pittsburgh to summer campers



Real Estate Guru and OZ alum Bomani getting answer form campers



Bomani Howze who builds and grow real estate stimulates young minds to learn how to grow money.



Business and Real Estate Mogul Bomani Howze (Center) with campers



Pittsburgh George Westinghouse High School, an Ozanam GBB summer league team, attends University of North Carolina Team Camp. Team takes photo with UNC Hall-of-Fame Head Coach, Sylvia Hatchell.



University of Pittsburgh Women's basketball team teaching youngsters how to play.

UPCOMING EVENTS

Aug. - 23 International Exchange

Aug. - 26 Afterschool Program Begin

Sept. - 2 Labor Day

Oct.- 31 Halloween

Nov. - 28 Thanksgiving

Ozanam Board Members

Officers:

Milona Wall
Board President

Darelle Porter
Executive Director
Program Director

Dr. Karen Hall
Assistant Executive Director
Director of Communication

Members:

Howard Bullard
Former Administrator/Principal

Nelson Cooper
Finance Specialist PNC Merchant Services

Timothy Freeman
Superintendent, Warren Preparatory Academy

Dr. Rahmon Hart
Director of Community Relations
Rivers Casino

John Morgan

Diane Stotts
Clinical Transformation Consultant
Highmark Inc.

Mental Health and Exercise

While it is evident that there is a direct benefit of regular exercise and physical activity to appearance and physical performance, few people are aware that it also greatly improves overall mental health.



Here are ways exercise can help improve overall mental health:

1. Exercise can help boost self-esteem, which has a direct effect on mental health. Learning how to perfect a yoga pose, finally doing a pull-up with your own bodyweight or lifting a certain amount of weight can leave the feeling of accomplishment, which is the best way to boost self-esteem.
2. Both Cardiorespiratory and strength can help elevate brain-derived neurotropic factor (BDNF), a neurotransmitter. These exercises not only help with strengthening muscles but can also boost brain power.

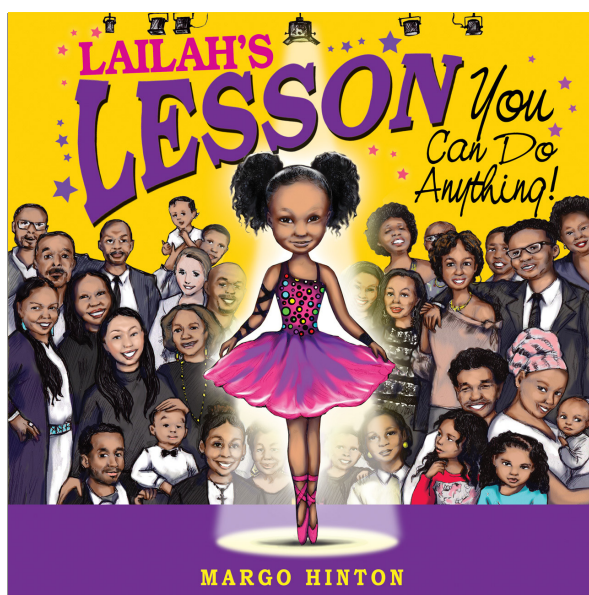
3. In this fast and technologically advanced world where we are plugged in 24/7, having the opportunity to take the time to focus on oneself and a favorite activity can help improve mental health. Time spent exercising is a break to unplug from devices and other people while listening to your favorite music or catching up on a favorite hobby through a podcast. Exercising is another form of unwinding and disconnecting.
4. Performing varied types of physical activity or learning how to do a new type of exercise can change the brain wiring. When starting a new exercise and learning the movement patterns, the brain and nervous systems are finding the most effective way to perform the new activity.



Alumni Feature

Margo Hinton

Ozanam Alumni and Author Margo Hinton released her first children's book on July 7, 2019. Lailah's Lesson: You Can Do Anything is a children's story which connects the memories of Margo's late grandmother to the imagination of her God daughter, Lailah. The Children's fantasy book, Lailah's Lesson was inspired by the connection between the author's grandmother, Narlie Hinton affectionately called "Mother," who passed away January 4th, 2001 and the birth of Margo's God daughter Lailah, who was ironically born January 4th of 2009. In the beautifully illustrated picture book, Lailah's imagination pulls her into Mother's world and life experiences as she relives some of the milestone events of her late great grandmother. Hinton says, "The book will resonate with anyone young or old who has fond memories intertwined with life lessons and wisdom that can only come from a grandparent," says Hinton." "I wrote this book to honor my grandmother's legacy and to capture the many life lessons she shared with our family." Lailah's Lesson is available on Amazon.



Heath Bailey

Head of High School at American International School-Dubai. Heath, a new Book Author, along with Ten Black American men contributed to 'Going Global: The Life Changing Experiences of 10 Courageous Black Men.



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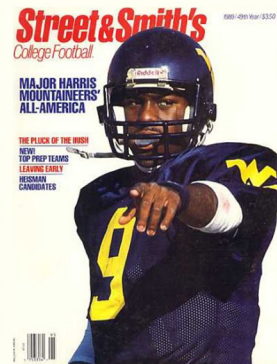
Alumni Feature

Major Harris

Pittsburgh native Major Harris, now a two-time Heisman Trophy Runner-up who starred as Quarterback for the Mountaineers of West Virginia University. Major reunited with friends during the celebration. He returned to the Ozanam family by blowing the whistle in the prestigious Ozanam Summer Basketball League. "After attending the 50th Anniversary and seeing people I haven't seen in years, I wanted to be part of Ozanam again. Until then, I didn't know Ozanam was at the level in which it is today." Darelle (Porter-Executive Director) asked if I would officiate basketball summer league. Of course, I said yes!" Major laughingly, says officiating is different!" Although Harris' arm is swinging more golf clubs than throwing long-range touchdowns to teammates, he didn't realize the importance



of Ozanam until he moved away. "Growing up you knew Ozanam was something big. It was everyday life." "Ozanam was the hub of basketball in Pittsburgh. Teams came from everywhere." He also recognized Ozanam changed lives back then as it is today. "Ozanam helped put many of us in positions and through doors we may not have had a chance to do so if we didn't play sports." Back then, NCAA came out with Proposition 48, prohibiting in-coming freshman college student-athletes from playing their first year if grade point average and standardized test was below academic requirements." Harris' advice to youngsters is to stay focused despite multiple distractions, develop a work-ethic, be smart when picking friends.

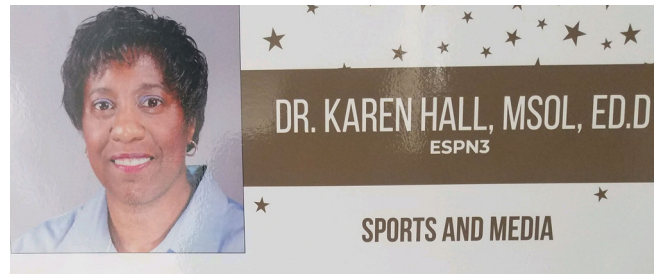


Timothy Freeman



Timothy Freeman: Superintendent Freeman opens Warren Preparatory Academy (WPA) which is a tuition-free, public charter school serving K-8 students throughout Warren, OH and surrounding area. WPA is committed to developing the mind, body and spirit of each student.

Dr. Karen Hall



Dr. Karen Hall receives Cribs for Kids Award

Men of Excellence



Darelle Porter

for youngsters, just like himself, to be exposed to many opportunities for future success.

After graduating from the University of Pittsburgh, he went on to become an Educator with the Pittsburgh Board of Education, still working with the non-profit. Soon after,

Darelle A. Porter is a remarkable Pittsburgher. Born and raised in the Burgh, he graduated from Perry Traditional Academy receiving a scholarship from the University of Pittsburgh. At Pitt, aside from being a 4-year starter, he received the University's Panther's Outstanding Achievement Award, all while working at Ozanam, Inc. Dap, known by many, started working at Ozanam when he was in high school. He saw the opportunity

funding became an issue, and Darelle was one of the key players in reconstructing the programs at Ozanam. He worked at the program as: Program Director, Assistant Executive director, and Executive Director, while still working as an educator for PPS.

During his tenure at Ozanam, he managed to coach at Division I Duquesne, Peters Township, and Obama Academy. His community work not only included high school coaching, but encompassed college visits with Ozanam youngsters, Ozanam Youth Leadership Conference, Stem at Arlington, Pete Sauer Echo Program with West Penn Hospital, Turkey Giveaways, Earth Day Clean Up, Ronald McDonald House, Role Models Program, African American Legends Program, Entrepreneur Program, Breakfast Club. and a host of other community projects.

Darelle has been the recipient of many awards, to name a few: Inductee in the Pittsburgh City League Sports Hall of Fame, Pittsburgh Basketball Club Hall of Fame, Piece it Together Man Challenge Award for Community Involvement, Women for Excellence Community Game Changer Award, Cameron Coca-Cola Kids Hero's Award, and presently serving as Councilman for the Manchester Community.

Breakfast Club

Unlike the name, Ozanam Breakfast Club is a free elite level of basketball skill and competition for serious boys' and girls' basketball players from middle school to college from around Western Pennsylvania. Breakfast Club begins early June and ends first week of August. Players awake early to arrive at Ammon Recreation Center Monday thru Friday 8:00a.m. to the sounds of bouncing balls.

In addition to high level basketball, players experience life skill sessions with coaches and Uncle Charlie top off the gym workouts with intense player pool workouts. Former Ozanam alumni return to watch, share words of encouragement, and bring their children to receive high level basketball training

Former Division I coach: Coach Alvis Rogers, Dr. Karen "Coach Hall" and Coach Darelle Porter, along with WPIAL and PIAA certified official, Richard Alsberry conduct the high performance workout.

Breakfast Club Players were asked:

What keeps bringing you back every day?

Jioni Smith: Moon High School 2019 PIAA State Champion

"Not many people are willing to get up and be here at 8:00a.m. everyday. - Makes you self-driven." "All of the coaches have experience and have the best interest for everyone."



Jioni Smith (White Shirt)

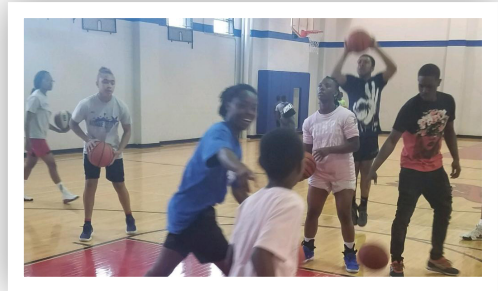
Raelon Robertson – Woodland Hills High School, Rising Senior

"It's a way to meet new people with the same mindset as you get better. Also, to learn life lessons from coaches that are willing to help you."

Robin Arrington-Epperson – Pittsburgh George Westinghouse High School, Rising Junior

*"I wake up every morning to come here to get better at my game."
"Another reason"*

I come to the Club is because it helps me better myself as a team player and to become a stronger leader."



Robin Arrington-Epperson (Pink T-Shirt)

Donovan Gordon – Pittsburgh Dilworth, Rising Fourth grader

"I come to Breakfast Club everyday to work on my game and get better on my skills."

"I love the coaching staff here, the gym, and I love the game of basketball."



Donovan Gordon (Little fella in Black shorts & t-shirt)

Tre Carter – Moon High School 2019 PISA State Champion

"I come because I want to get better, most players are not motivated to wake up in the morning too work."



Tre Carter (Red T-Shirt)

Ozanam Youth Leadership Conference

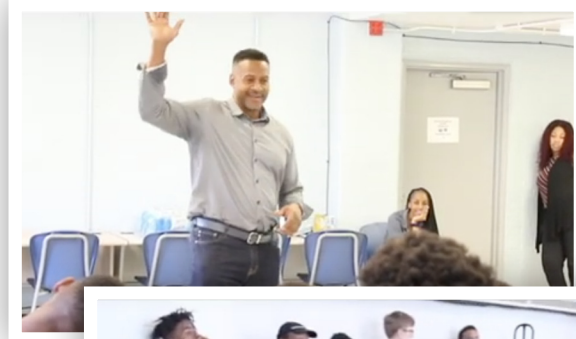
Featuring Former Pittsburgh Police, Admissions Counselors and Others

Ozanam Inc. hosted its Seventh Annual Youth Leadership (OYLC) Conference at Ammon Recreation Center, located in the Hill District section of Pittsburgh Wednesday, May 22nd for youth participants from in and around the city of Pittsburgh. Professionals from the region facilitated the sessions.

The purpose of OYLC is to grow leaders. Ozanam youth led and took ownership of the conference. They learned how to become financially fit by banking experts, Current Pittsburgh Police and high regarded former Police Chief shared strategies with participants to use during encounter with law enforcement, local university academic admissions representative went over college admissions processes, and professional behavior counselors spoke to participants regarding importance of expressing emotional and behavioral concerns.

Pittsburgh news and sports media outlets were encouraged to attend to cover youth making a positive difference in their lives and serve as change agents within communities. This was an opportunity for Pittsburgh to be proud of its next generation of leaders.

The event was free and open to the public.



CONTINUED PAGE 1 SECTION

WHAT WOULD YOUR FRIENDS BE SURPRISED TO KNOW?

Cassie – Number of times we have moved

Charlotte – Born in California

WHAT IS IT ABOUT BREAKFAST CLUB?

Cassie -like how everybody has mindset to get better...coaches push us to our limits ...can get better by end of summer.

Charlotte- all coaches push you to become a leader...drills are done to improve skill sets...like how we do same drills everyday makes me feel as if I'm getting better. Both workout with Camp Nitty during the Spring.

WHAT ABOUT THE GAME OF BASKETBALL EXCITES YOU?

Cassie – The game is fast moving some sports like baseball is a bit slower...basketball is always moving. Always have to depend with me...When get ball do something for team.

Charlotte – It's a team sport.... improve together...all working together to be synchronized to get better...Game fast moving

DO YOU WATCH BASKETBALL?

We watch March Madness tournaments.

Ellis Games.

We watch Catie's Rowing Competition...She is really good at rowing...Best Novice in Pittsburgh...Very devoted to rowing.

DO YOU PLAY ON SCHOOL TEAM?

Cassie – Yes, I will play on sixth grade team.

Charlotte – As an eighth grader I will play on Team A or B – Tryout to make Team A or Team B. Last year was on team B.

IF YOU WERE EACH OTHER, WHAT ADVICE WOULD YOU GIVE TO THE OTHER?

Cassie – If I was Charlotte, I would tell her to work hard in everything you do in school, basketball and at home.

Charlotte – If I was Cassie, I would tell her to manage her time because you need to balance what you do for rest of middle school.

WHO BOSSES THE OTHER MORE?

We boss each other, (both are smiling!!)

Cassie - Charlotte bosses more. Charlotte agrees.

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Ozanam Championship



Pitt Men's Basketball Players instruct Ozanam participants



Future point guards controlling the dribble



Coach Jeff Capel, Pitt Head Men's Basketball Coach, chats with participants



Words from Coach Capel: How many of you like school Pitt Panther players pose as one team



Teammates eyeing gold for upcoming season



Achieving Greatness Staff, Warren Wilson, Ozanam Executive Director, Darelle Porter Book Author, Heath Bailey



Garfield Gators take home 12-under Ozanam Summer League Championship Trophy



Gator 12-Under earn Most Valuable Player Award



Another MVP player leading team.



Pitt players and Ozanam participants make perfect team



Surprise! Coach Capel (Lft), Darelle (Rt) and players congratulate Milona Wall (Centered), Ozanam Chair, on acceptance of "First" Original Ozanam Founder, Carl Kohlman Award!



Front Left: Milona Wall, O.Z. Board Chair, Front Right: Dr. Karen "Coach" Hall, O.Z Asst. Executive Director Back Left: Darelle Porter, O.Z. Executive Director, Back Right: Jeff Capel,

Nutritional Facts *Benefits of...*

WATERMELON

1. Keeps you Hydrated
2. Contains Nutrients and Beneficial Plant Compounds
3. May Improve Heart Health
4. Is Good for Skin and Hair
5. Can Improve Digestion



EGGS

1. Incredibly Nutritous
2. Raise HDL ("The Good") Cholesterol
3. Omega-3 or Pastured Eggs Lower Triglycerides
4. High in Quality Protein, With All the Essential Amino Acids in the Right Ratios
5. Does Not Raise Risk of Heart Disease & May Reduce Risk of Stroke

CHICKEN

1. Excellent Source of Low-Fat Protein
2. Protein helps Body Maintain Muscle Mass
3. Roasting, Broiling, or Boiling is generally the Healthiest Preparation Methods
4. Frying or Sautéing the Meat in Butter or oil will Add Fat and Calorie
5. Generally Low in Sodium



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Darelle Porter, Executive Director
Program Director

African American Facts:

Juneteenth is an annual observance on June 19th to remember when Union soldiers enforced the Emancipation Proclamation and freed all remaining slaves in Texas. This day is an opportunity for people to celebrate freedom and equal rights in the United States. Juneteenth is one of the oldest celebrations of the abolition of slavery in the world. www.timeanddate.com

The 15th Amendment, granting African-American men the right to vote, was adopted into the U.S. Constitution in 1870. However, it wasn't until the Voting Rights Act of 1965 that legal barriers were outlawed at the state and local levels if they denied blacks their right to vote under the 15th Amendment. www.history.com

Brown v. Board of Education of Topeka was a landmark 1954 Supreme Court case in which the justices ruled unanimously that racial segregation of children in public schools was unconstitutional. Brown v. Board of Education was one of the cornerstones of the civil rights movement, and helped establish the precedent that "separate-but-equal" education and other services were not, in fact, equal at all. www.history.com

Thank You:

Swank Construction Company, LLC, T.E.A.C.H.E.R.S., First National Bank, APOST, Pittsburgh Public Schools, Department of Human Services, Duquesne University Learning Center, University of Pittsburgh, McGinley Foundation, UPMC, Citiparks, BNY Mellon, Josh Gibson Foundation, Dr. Maria Townsend, Heinz Endowment, Pittsburgh Promise, Fuel Up to Play 60, Clark Hill Thorpe Reed., Dave Edmunds, Urban Officials, Focus Imaging & Printing, Community Leadership and Development.

Ozanam Facts:

- History of Ozanam begins in 1969.
- Ozanam is committed to making a difference in the lives of the youth served and to enhance and enrich the quality of their lives.
- The Ozanam Youth Basketball Leadership (OYBL) Conference, one of many signature programs, is held late May.