



**Ozanam
basketball
program**

Newsletter



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

OZANAM, INC. Pittsburgh, PA

VOLUME 14

ISSUE: FALL 2020



Merry Christmas - Happy Holidays

Meet Jack Shannon:

The Man Handling Ozanam Afterschool Program and Summer Program Director



Personally, who is Jack Shannon? Do you have any nicknames?

Jack "Money" known to family and friends...lol. I am a guy who values my family's and friend's relationships as the most important things in my life only second to my relationship to God. My great family and fantastic friends are a huge part of my life, and I'm very thankful for them!

Played Basketball and Tennis at my beloved Perry Traditional Academy. We beat the very good and talented Darrick Suber led Schenley Spartans in the AAA City Championship game my senior year in '89. We lost to the great Myron Walker and Sean Gilbert led Aliquippa team in PIAA State Playoff game that eventually went on to win the PIAA AAA State Championship.

Married to Kelly Shannon of 25 years, and one daughter Kelsey, and one son J.T. Still love rooting for my Steelers and enjoying a cigar afterwards. Win or lose...lol.

What keeps a smile on your face?

Besides my family and friends, working with our city's youth puts a smile on my face and a purpose in my heart. I'm very thankful to you and the Board to help and let me continue to do that. I love working with our future leaders, and definitely something I believe God has purposed for me to do.

Steve Harvey on Family Feud asked the question on scale 1-10 what is your love for kids? How would you answer the question and why?

My love for our youth would be 100! As I stated earlier, I truly believe it something in my life that God really wants me to do, and I believe that all youth can achieve and succeed if given the proper and necessary tools and encouragement.

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DID YOU KNOW.....?

1. Ozanam presently have several alumni competing for their respective colleges and institutions women's and men's basketball programs. Institutions include: Mount St. Mary's University, Long Island University, Penn State University, Appalachian State University, University Massachusetts at Lowell, and University of Richmond.
2. University of Pittsburgh and Ozanam are engaged in partnership which benefits children and participants of Ozanam after school program and cultural experiences. Student-athletes from Pitt's Volleyball team worked with kids on academic school lessons.

Men's and Women's Basketball head coaches and teams visiting Ammon Recreation Center and hosted (Pre-COVID) boys and girls summer basketball camp. Pitt basketball teams gave books and basketballs to participants.

3. To donate, you can do so online or, you may send your check made out to "Ozanam, Inc" to:

**P.O. Box 99953
Pittsburgh, PA 15233**

Ozanam is a nonprofit organization as determined under section 501(c)(3) of the Internal Revenue Code. As such, donations are exempt from federal income tax.

When were you introduced to Ozanam? Did you play, watch, Ozanam basketball or both?

I knew about Ozanam back in the 80s when I became a basketball fan and lover of the game. And then when I was a freshman at Perry Traditional High School, I instantly became very very close friends with Darelle who, of course, worked for Ozanam and Mr. Kohlman. I then would go watch many of the games up at the old Ozanam Cultural Center. However, never got to play in the Ozanam Summer Leagues. Definitely one of life's regrets...lol.

What is your association/position with Ozanam?

After-School and Summer Program Director

I have quite a few responsibilities in my role in which I love serving our children. My responsibilities in this role include taking care of the administrative paperwork and files pertaining to our Allegheny County duties/responsibilities. Leading and directing day-to day operations of ASP and Summer Programs. Lastly, I oversee and direct transport of tutors from Duquesne University, Robert Morris University, and University of Pittsburgh.

What does Ozanam means to you?

Ozanam means that I can be a small part of an organization that is dedicated to helping the future leaders of our city recreationally, academically, and socially. That is very important and dear to me because I've always believed our youth need as many people to believe in them as possible, because that is one main ingredient to success and achievement in all areas.

Many organizations work with children and provide afterschool programming, in your view, what separates Ozanam from other organizations?

I believe 3 things desperate Ozanam from other programming:

1. The staff and Executive Board have been directly in our youth's shoes/steps literally and figuratively. We have "been there and done that" if you will.
2. I get to work with some great people who share the same passion and purpose in working for and serving our youth. When your heart is for the kids and not just a paycheck it shows in different ways. I really believe we have a great and unique board, and invaluable and dedicated staff members.
3. When a program has such rich history and tradition as Ozanam does, that also helps separate it from others. When an organization has helped serve our city's youth for over 50 years now, we have to be doing something right!?

Ozanam spans 50-plus years, how does a program sustain such longevity?

I genuinely believe the consistency and longevity of the program is because of the great Executive Board and staff, but more importantly, the outstanding youth in our city is what makes it special. We have had so many of our youth go on and succeed and achieve as adults in life, and that is the true reward for me that makes it all worth it. No paycheck can make you feel that good!



If you were talking to someone who never heard of Ozanam what three facts do you believe they would need to know?

1. We have served our city's youth for over 50 years now.
2. We have now had into the thousands of our alumni earn many and various college degrees.
3. We are just as committed to seeing our youth succeed academically as we our seeing them succeed athletically.

What makes Ozanam?

All the great people that have worked, served, and came through the programming have all added some of their own strengths and talents to make it a very unique and successful program. The people and the unique relationships is what makes OZ..

Finish the following statements:

The softer side of me comes out when I see our students succeed and achieve. I love it!

Pittsburgh Steelers are a model of consistency and achievement that many wishes to emulate.

My friends would be surprised to know that I love liver and onions..lol!

As the calendar flips 2021, what would you like to see happen for yourself and Ozanam?

That we would be able to grow and touch even more youth.

A Year In Review



Happy Holidays with Ham for families. from Ozanam sponsors.



Man of musical talents. Ozanam's David Edmunds more than graphics



We all can get along. Positive Pittsburgh Police relationship with kids.



Happy Holidays are Ham again for Ozanam participants.



OZ Brass with Pittsburgh Police Brass, Chief Schubert protected by beautiful police horse troop.



The Ozanam "Masks" Keeping staff and participants safe.



Robertson Brotherly Love: Raelon, Big Brother Deontae, and Raeshon



Ozanam Steppers dancing away!



Dance team taking move to the left.



Alumni Associate Warden Steals proud to show off famous OZ t-shirt with Assistant Chief Bickerstaff.

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.



Seasons Greeting From Executive Director

This year has been exceedingly difficult from any year doing programing.

The Coronavirus pandemic has forced Ozanam to do remote services that can be challenging. We have continued to help our youth and families with remote learning and food distribution this fall.

Two of our gracious supporter, Pro-Tech and The Ross Family, made it possible for Ozanam to give families Thanksgiving turkeys, hams for the holiday, and distribute winter coats to participants.

I look forward to continuing serving our families this upcoming year.

I want to thank all the supporters and sponsors who make it possible for the success of our programs.

Thank you to the best staff who are committed to maiking a difference in the lives of yourth and families served.



Coach Porter revealing "The Carl Kohlman" sneakers.



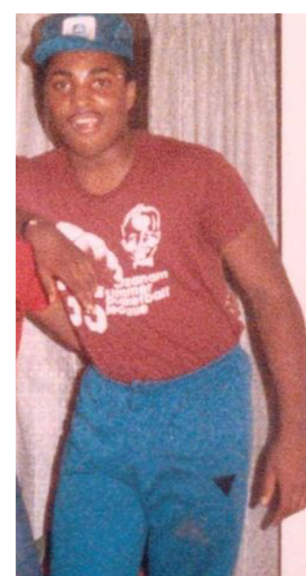
Ham for festive holidays.



Alumni Profile: Timothy Freeman



Distinguished Leader



Ozanam days

Timothy Freeman is the founder and principal of Youngstown Preparatory Academy.

Youngstown Preparatory Academy is a K-8 Charter School that will open in the fall of 2021.

YPA will serve the children and families of Youngstown while also providing afterschool enrichment and adult educational opportunities.

Youngstown's Preparatory Academy's Mission

It is the mission of YPA to educate all students to the highest levels of academic achievement, where they are continuously challenged to think, perform, and grow into lifelong learners.

We consistently revisit the mission in all our practices and evaluate progress toward mission accomplishment through multiple measures including student performance and growth, teacher performance, administrator performance and school performance.

Youngstown's Preparatory Academy's Vision

YPA will act as a catalyst for educational change by preparing all students to become lifelong learners and responsible citizens ready to meet the challenges of a 21st century world. In partnership with families and community, YPA will create relevant and rigorous learning opportunities for students that help them develop the knowledge, critical thinking skills, and character necessary to succeed in a technologically advanced world.

Youngstown's Preparatory Academy's Core Values It's all Youngstown PRIDE.

Perseverance. We will work through difficult situations when they arise and come out stronger on the other side.

Responsibility. As servant leaders, we acknowledge the gravity of the task set before us and will fulfill our role.

Integrity. We consistently use honesty and respect to support the well-being of our students and staff.

Dedication. We are committed to embracing a culture of collaboration, accountability and communication to achieve our vision and mission.

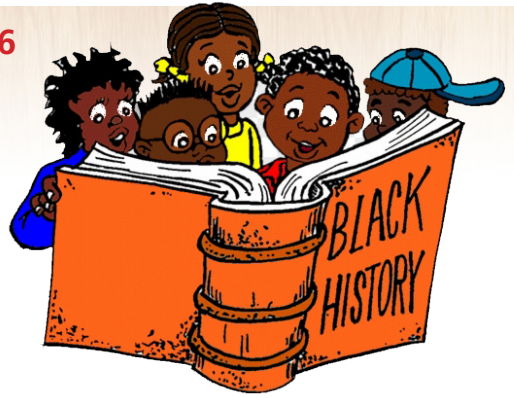
Empathy. We recognize the humanity in each person and understand that everyone needs to feel they have a voice and are supported. We will treat everyone with respect and kindness.

Tim is a proud alum of Ozanam and currently serves on the board of directors.

Tim lives in Youngstown with his beautiful wife Allison who is also an educator and his 2 daughters Zoe and Skylar. Tim also has an adult daughter Timmia and a 1-year-old grand-daughter Da'Kota.



Interesting Black Facts



Black History Month is celebrated in February in Canada and in the United States.



In 1619 the first enslaved Africans (20) were brought to the U.S. on a Dutch ship. The demand for slaves in the U.S. increased in 1793 when Eli Whitney's new cotton gin was introduced.



In 1808 Congress banned the importation of slaves.



The 13th Amendment of the United States Constitution was adopted by the 38th Congress on February 1st. This amendment abolished slavery. It was approved in 1865.



Carter G. Woodson, the 'Father of Black History', was the son of former slaves Eliza and James Woodson. He earned a master's degree at the University of Chicago and a Ph. D from Harvard University.



The first African-American woman to win the Women's Singles of the U.S. National Figure Skating Championship was Debi Thomas in 1986.



The Civil Rights Act of 1964 was passed on February 10th, 1964. It made it illegal for state or local governments or public facilities to deny access to anyone because of ethnic origin or race. It also made segregation in schools illegal and subject to law suits.



On February 19th, 2002 Vonetta Flowers won the first Black gold medal in Winter Olympic Games' history. Vonetta and her partner won the (women's) inaugural two-person bobsled event.



Debi Thomas was the first African-American to win a medal at the Winter Olympic Games. She won bronze for figure skating in 1988.



In 2009 Barack Obama became the first Black United States President

Seven interesting facts about KWANZAA



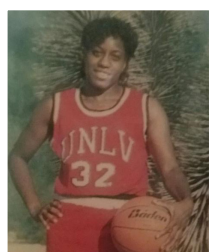
Photo: The first U.S. Postage Stamp to commemorate Kwanzaa (1997).

Beginning December 26 and lasting for seven days, Kwanzaa is a celebration of community, family and culture, established as a means to help African Americans reconnect with their African roots and heritage. Here are some interesting facts you may not know about this annual celebration.

- 1. Kwanza celebrated its 50th Birthday in 2016** The holiday was created by Dr. Maulana Karenga in 1966 to celebrate family, culture and heritage, and is modeled after the first harvest celebrations in Africa.
- 2. The Number Seven** There are [7 Principles](#) and [7 Primary Symbols](#) that emphasize a unique set of values and ideals during the **7 days** of Kwanzaa... also spelled with **7 letters**.
- 3. Umoja is Unity** With over 2000 languages spoken on the African continent, Kwanzaa adopted one of the many unifying languages, Swahili, which is spoken by millions on the African continent. The name Kwanzaa comes from a Swahili phrase meaning “first fruits.”
- 4. Red, Black and Green** The colors of Kwanzaa are a reflection of the *Pan-African* movement representing “unity” for peoples of African descent worldwide: **Black** for the people, **red** for the noble blood that unites all people of African ancestry, and **green** for the rich land of Africa.
- 5. Stamp That!** The first US postage stamp to commemorate Kwanzaa was issued in 1997. There have been 5 designs released since then, [the most recent being in 2016](#).
- 6. A Universal Message** Kwanzaa is rooted in African culture, however, people from all racial and ethnic backgrounds are welcomed to join in the celebration.
- 7. Star Power** Celebrities who have been known to celebrate Kwanzaa every year include Oprah, Maya Angelou, Chuck D, Angelina Jolie, and Synthia Saint James (who designed the first Kwanzaa postage stamp.)

Women of Ozanam

From Players - To Professionals



Dr. Karen Hall

University of Nevada Las Vegas
Ozanam Assistant
Executive Director/
ESPN3 Color Analyst
Ozanam, Allegheny Mountain AAU
16 & 18-Under AAU Champions



Tammy Holman

Clarion University 1984-1988
Training Specialist IV in the DMV area
NCAA Women's Basketball Referee
17-under Elite Team



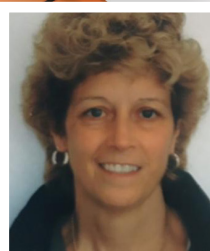
Whitney Wall

Point Park University
Therapist at POWER



Jennifer Bruce Scott

University of Pittsburgh
Registered Nurse
Allegheny Center for Digestive Health



Evy Doerfler

University of Connecticut 1983-1987
Professional Career:
27 years with Procter & Gamble



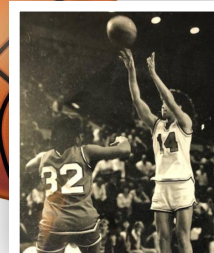
Lee Grace Jones

Edinboro University
Retired: Southern District Director of
the Department of Human Services.



Christine Robison

Duquesne University
Retired: 20years in education
Director of Educational Services.
Hosanna House Inc



Lisa Faloon

Penn State University
Former: Assistant Women's Basketball
Coach for the University of Pittsburgh
26 years have owned and operated
Fitness Techniques in Oakmont PA

Women of Ozanam

From Players - To Professionals

Michelle Hunt Porter

Mother of two amazing children, who both came through Ozanam. DJ Porter 2017 graduate and member of the Men's Basketball team at St. Francis College NY. Michaela Porter, is currently a member of the Women's Basketball team at Appalachian State University.



Audrey Scott

Edinboro State College 1976-1980
First ever women's professional basketball.
(NEW ORLEANS PRIDE) of the WBL
Retired: Pittsburgh Police 24 years
Former: Asst coach RMU
Former: Head coach CCAC



Phyllis Jones

University of Pittsburgh
Physical Education Teacher in the
Pittsburgh Public Schools
Womens Basketball Coach
Westinghouse High School
1987 - Present



Faith Wilds

Cheney University
Worked 29 years in the health care field.



Toni Allen

Duquesne University
Certified Prevention Specialist
certified through Pennsylvania
Certification Board.
Pittsburgh Public Schools,
Student Services Assistant.



Carmen Bruce

Duquesne University
Vice President, Diversity Specialist
Diverse Segments - Talent Acquisition
PNC-Certified Women's Business
Advocate



Brenda J. Murphy

St. Paul Cathedral c/o 1983
Geneva College B.S.C.E.
Point Park University M.S.E.M.
Retired Sr. Civil Engineer ~
Ozanam Team: Bethesda Bullets
OZ built character 67-8 Team Work
OZ created Precious Lifelong Memories
& Family/Sisterhood



Women of Ozanam



Besthesda

Championship = Number 1

Coach: Eddie Wilson / Alan Wilson



Tammy Holman, Tremendous Triple Threat:
Pass, "Shoot, or Dribble with a smile!



The Archerettes

"Winning is not a sometime thing it is an all time thing,
there is no room for second place....Dynasty

Coach: Lynell Stovall



ETW Stars

Time to Go to Work...Game Face. Game Time!!!



OZANAM HOLIDAY JINGLE

By Margo Hinton
Ozanam Alumna



Listen to the OZ Holiday Jingle
Not a lot a gifts from your Boy Kris Kringle

Santa Clause Might not be coming to town
But Mr. Carl Kohlman is world renown

He was a gift to the Burgh and his family
His Crown and Glory was his Basketball Tree

The roots he planted made him legendary
From Karen Hall, Dap Porter and Me

Now Yaul know the boys that were ballin' out
But Jingle Bells Let's Yell and give the girls a shout

Let's talk about a few teams you would see
From Reizenstein all the way to O.Z.

The Archerettes
The Rockettes
The ETW Stars

Kennywood Connection
All teams that balled so hard

Let me wish you a Mary Mary Mary
Mary Meyers-Mary Vaughn and Mary Bukovec
These three Mary's win the game on Check

Let me say a Ho Ho Ho
For Susie, Kathy and Mo
All the McConnells
Got game, Let's go!

Back in the Day
We would say a name
Then yell out
Hit the Jay-Let it rain



I could go on and on and never be through
So my final words are Merry Christmas to you!



For the Holiday Flow
When we let it go
We'll say the name
Then Yell Out-Let it snow

Dione Morris
LET IT SNOW LET IT SNOW

Stacey Williams
LET IT SNOW LET IT SNOW

Diane Walker
LET IT SNOW LET IT SNOW

Joyce Beavers
LET IT SNOW LET IT SNOW

Lisa Faloon
LET IT SNOW LET IT SNOW

Jennifer Bruce
LET IT SNOW LET IT SNOW

Tracey Christopher
LET IT SNOW LET IT SNOW

8 Nutrition tips to enjoy healthy christmas

Christmas is around and we need to keep an eye on our health. In this article I propose to follow some tips to make you feel well in this holiday season.

1. Clean your body. Take every day a glass of warm water with lemon juice. Will help to purify your body.

2. Do not ignore breakfast. Take one smoothie for breakfast, will guarantee the intake of fruits and green leafy vegetables. Also provides fiber, which helps to have a good intestinal transit and avoid the dreaded constipation, so typical of these days.

3. Moderate alcohol consumption and choose low graduation alcoholic drinks as cider, wine or champagne. Take care with high alcoholic graduation drinks, will contribute to increase calories amount and many times use to accompany with soft drink, which provides an extra of sugars.

4. In case of being invited to family or friend house try to cook a healthy dish like I am sharing in my web. For example, prepare Hummus, simple and easy to make or a dessert like Carrot energy bites or Blueberry Cashew cupcakes. They will appreciate and will have curiosity for try them.

5. Eat something light before the Christmas Eve dinner or Christmas meal. Take a soup of miso or a broth of vegetables before meals and try to always have a dish of vegetables, salad, or cooked vegetables, to accompany the food.

6. Eat slowly and chew well. You will enjoy more, tasting better flavors and you will eat less. Try to leave at least 20 minutes before you reach for a second helping to give your digestive system a chance to signal if it has had enough.

7. Be care with the desktop, is when we get the tray with all the desserts. An option would be to offer fruit like pineapple or applesauce with ginger as a dessert, it helps to improve digestion. Fennel, chamomile or anise tea can be soothing for the gut. To have less temptations, give priority to the conversation with your family and friends and share with them the best moments of the year.

8. Not all days are holidays, the rest of the week back to your healthy eating plan and make gentle exercise. After Christmas you can start again with light and clean meals or join my healthy nutrition program.

Happy Christmas!!!

[8 Nutrition tips to enjoy healthy christmas – Dietsana](#)

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, The Ross Family, Urban Officials, Focus Imaging & Printing, Community Leadership and Development.

Ozanam, Inc.

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ozanaminc@gmail.com

Darelle Porter, Executive Director

Program Director

Ozanam Facts:

- For the first time in 50-plus years due to COVID-19, the infamous Ozanam Summer Boys and Girls Basketball League was not played.
- The 2020 Summer Program beside basketball activities, included visits from alumni to share motivational and wisdom-filled conversation with Ozanam participants on topics from managing money, recognizing and acknowledging supportive people, broadcast media training, and navigating safety during COVID-19.
- Pittsburgh ABC, NBC, and CBS television affiliates, Lynne Hayes-Freeland Show radio show, and Pittsburgh Tribune Newspaper covered Ozanam's collaboration with Pittsburgh Police and historic unveiling sneakers in name of original Ozanam founder Carl Kohlman. Ozanam spans 50-plus years.