



Ozanam  
basketball  
program

# Newsletter



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

**OZANAM, INC. Pittsburgh, PA**

**VOLUME 13**

**ISSUE: SPRING/SUMMER 2020**

## *Ozanam First Family*



Annie Kohlman, Mrs. Mary Kohlman, Darelle Porter (Alumni & Executive Director) and Sarah Kohlman

Ozanam basketball program led by visionary, founder, and first Executive Director, late Carl Kohlman grew from the historically well-known cultural programs sponsored by the Ozanam Cultural Center.

Mr. Kohlman was focused on kids balancing education and athletics. It was the Ozanam Summer Basketball league that welcomed kids and adults from all racial and socioeconomic backgrounds to watch some of Pittsburgh best basketball games. The atmosphere of the summer league competition of the games attracted the best of the best to the league. As good as the games were, more importantly race relations were strengthened while kids were developing relationships and experiences together which would last a lifetime.

During Ozanam's height, Mr. Kohlman's philanthropic relationship with the Pittsburgh business community made it possible for girls and boys from Western Pennsylvania and surrounding area who competed in the Ozanam Summer League to travel outside the country to participate in cultural exchange World Games. In addition, college coaches representing universities from every region of the country found their way to the Hill District of Pittsburgh to recruit, evaluate, and offer many talented players scholarships. Presenting an opportunity for players to further their education while playing basketball in college.

Ozanam is a family affair. The beauty of the affair is Ozanam's first family of Mr. Kohlman's wife, Mary, daughters, Mary Ellen, Annie, and Sarah, and son Joey remain connected to through today's executive team of Milona Wall, Board Chair, Darelle Porter, Executive Director, and Dr. Karen Hall, Assistant Executive Director.

Today's Ozanam executive team was rooted in Mr. Kohlman's vision and philosophy which enriched young minds and changed lives through sport, cultural exchange, and education.

Mr. Kohlman's legacy lives.

## **DID YOU KNOW.....?**

1. Along with late Ozanam first director, Mr. Carl Kohlman, other original staff members included late Judy Bradley, Rose Smiley, late Robert "The Murph" Randall, Claude Moye, Mike Miller, and Sharon Ramsey. Interesting to note, Judy's daughter, Brandy and Mr. Kohlman's three daughters'; Sarah, Annie and Mary Ellen played on Ozanam's travel teams.
2. Girls summer basketball league was played on the top court "Granville" of Ozanam on Saturday mornings.
3. Ozanam Cultural Center opened its doors in 1970 at 1833 Wylie Avenue. Backed by funding from the Diocese of Pittsburgh, Ozanam offered youth a safe place to socialize and gather. Mr. Kohlman created and tipped off the summer basketball league in 1971 with kids from Fifth Avenue and Schenley high schools, including Dwight Clay, Sam Clancy, Ricky Coleman, and many other great players.



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Robertson Twins: Raelon and Raeshon  
Woodland Hills High School Graduates



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



Breakfast Club Champions



Basketball Action with Coach Alvis Rogers,  
Coach Robert Cash



Partners4Work Morning Roll Call



Reading is Fundamental



Learning the Ozanam Way,  
Intern: Jermaine Younger, Jr.



Entrepreneur Program



Ozanam T-Shirts in the making



Dr. Karen Hall, assistant executive director;  
Darrelle Porter, executive director of Ozanam;  
and Lon Wall, board chair of Ozanam

## 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.

## LEADING PARTNERS 4 WORK

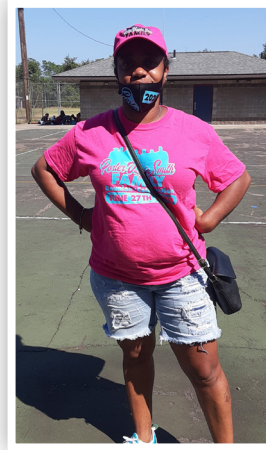
By Jala Rucker

I am Jala Rucker, a mother of five from the Northside. I serve my Northside community, our youth and young adults in various programs. I have served residence from all over the city of Pittsburgh as a community liaison assisting them with resources while bridging the gaps between service providers and families by building healthy relationships.

Presently, I am President of the Manchester tenant council. I have earned an Associate Degree in Business Management. Over there last four years I have connected with the youth through programs such as Ozanam and Partners 4 work!!

Ozanam, housed in Ammon Recreation, in the historic Hill District of Pittsburgh, is a site for The Learn & Earn Summer Youth Employment Program. Learn & Earn is a community-wide effort to empower youth and young adults in Allegheny County and the City of Pittsburgh to gain skills and experience necessary to become successful members of our region's workforce.

Here at Ozanam, under the direction of Mr. Darelle Porter, Executive Director and Dr. Karen Hall, Associate Executive



Jala Rucker

Director, we have programs for young people to facilitate their involvement in the planning and development of a system of care model, and promote positive youth leadership. The more connected a young person is, the more likely they will become happy, healthy, thriving adults. Social connection is linked to increased rates of health and well-being and reduced rates of bullying, suicide and depression, and substance misuse.

Youth will be able to contribute their ideas to help shape programs. Ozanam offers an afterschool youth club, fun and interesting activities, family events, summer programs, and transportation!!

The richness of Learn & Earn Summer Youth Employment Program at the Ozanam, Inc site provides young workers life lessons and development of skill sets that will be used well-beyond the classroom.

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## WORKING & LEADING PARTNERS 4 WORK PROGRAM SIDE BY SIDE

By Caryl Skinner-Chatham

Two is always better than one especially when mind-set is centered on youth and young adults. Meet Caryl Skinner-Chatham. She works with Jala Rucker as the side-by-side Partners 4 work leaders.



Caryl Skinner-Chatham

Skinner-Chatman, a Pittsburgh Public School graduate with a Bachelor of Arts from Carlow University. She has been an employee of the Pittsburgh Public School System, for over 25 years.

In her years of service at several Pittsburgh Public Schools she has implemented peer groups to create solidarity with the youth, such as; Charm and Etiquette, Cheerleading, Garden Club, Mentoring, and a host of other support to the youth in addition, she functions as an advocate, for the entire family unit in school and community.

Caryl's hobbies include gardening, sewing, reading, and dancing. You can often find her planting flowers or just simply playing in the earth. She volunteers for her church, as a Church Clerk, she also enjoys cooking in which she prepares meals for her neighbors twice a week. A concierge at heart that has so much information stored in her brain, when others are in crisis, she is the voice of reasoning.

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## STATEMENT ON COVID-19

Ozanam, Inc. complies with all mandates concerning Covid-19. The plan below was in place and has been in place prior to June 2020

1. Follow the Center for Disease Control and Prevention Guidelines.
2. Follow Governor Wolfe's mandate.
3. Staff on weekly calls from Partners 4 Work.
4. Staff training prior to June 2020.
5. Temperature taken prior to entering program daily.
6. Social Distancing-6 Feet apart for all participants.
7. Masks given out daily and utilized all through the day with the exception of eating and drinking.
8. No more than 25 people per outside area.
9. Sanitize prior to Grab and Go.
- 10.No H2O fountain drinking only individual bottles and throw away.
- 11.All participants information on file and utilize if necessary.
- 12.If a circumstance should arise, we follow the CDC guidelines.
13. Darelle Porter, ED, is Ozanam's Compliance Person.





## **“OZANAM TAKE” ALUMNI IN THE HOUSE**

Have you ever been in the company of two people who share common interest and experiences? Watching two individuals who allow their imaginations to run wild what comes out of those thoughts are amazing! In this case, those two individuals are alumni and leaders of Ozanam, Darelle Porter and Dr. Karen Hall.

In discussing their desire for Ozanam alumni to chronicle and share the Ozanam experience with present day and future generations of Ozanam participants, Darelle and Dr. Hall created a video docuseries entitled “OZANAM TAKE”

“OZANAM TAKE” is a docuseries which allow one to multiple alumni together talk about what it was like to be entrenched in the Ozanam experience. “It’s incredible listening to alumni go back down Ozanam memory lane... You can see through facial expression and words the enjoyment and lessons learned during their Ozanam window of time,” said Dr. Hall. The stories sound the same no matter the era or role as coach or player,” she added.

These videotaped docuseries are on-going.

Below are docuseries cemented in Ozanam history (*Click link below to watch videos*).

### **Ozanam Take 6-4-20 Courtney Wallace and Naron Jackson**

<https://1drv.ms/v/s!ApICx3KS7BdegwTBmImcNXD8bonY?e=2oPn95>

### **Ozanam Take 6-3-20 Henri Chapman and Mark Boris**

[https://1drv.ms/v/s!ApICx3KS7BdegwMN\\_7PSK\\_2sd1p4?e=y5LRN6](https://1drv.ms/v/s!ApICx3KS7BdegwMN_7PSK_2sd1p4?e=y5LRN6)

### **Ozanam Take 6-2-20 William “Billy” Caye and Kevin Kerwin**

[https://1drv.ms/v/s!ApICx3KS7Bdegn\\_MQso6q42RIYvj?e=sfwiVo](https://1drv.ms/v/s!ApICx3KS7Bdegn_MQso6q42RIYvj?e=sfwiVo)

### **Ozanam Take 5-30-20 Brenda Murphy and Stacey Williams**

<https://1drv.ms/v/s!ApICx3KS7BdegnuhlYMrf7dmWDCV?e=bgN5Yc>

### **Ozanam Take 5-28-20 Eddie Benton, Curtis Criswell, Tonya Martin and Troy Miles**

<https://1drv.ms/v/s!ApICx3KS7BdegnewJ2YsvRrczNTm?e=SotRy4>

### **Ozanam Take 5-27-20 Missy McCoy and Rocky White**

[https://1drv.ms/v/s!ApICx3KS7BdegmreEbxs\\_wfQhunT?e=M8CKsX](https://1drv.ms/v/s!ApICx3KS7BdegmreEbxs_wfQhunT?e=M8CKsX)

### **Ozanam Take 5-26-20 Kirk Bruce and Buddy Valinsky**

<https://1drv.ms/v/s!ApICx3KS7Bdegm7jy1mgVUIfRn6n?e=IuewfC>

### **Ozanam Take 5-23-20 Sam Clancy**

<https://1drv.ms/v/s!ApICx3KS7Bdegl4ZkQoCiwDRXc-r?e=fsyYYZ>

### **Ozanam Take 5-23-20 Lavar Arrington, Ashley Battle, & Jennifer Bruce**

<https://1drv.ms/v/s!ApICx3KS7Bdegl0kq6kirDleliNk?e=vNiANX>

### **Ozanam Take 5-17-20 Happy Dobbs and Ruben Noles**

[https://1drv.ms/v/s!ApICx3KS7Bdegkca3MTg5xpnByR\\_?e=hXpb57](https://1drv.ms/v/s!ApICx3KS7Bdegkca3MTg5xpnByR_?e=hXpb57)

# SUMMERTIME AND WATER

## How much water should I drink while exercising?

There are no exact rules for how much water to drink while exercising, because everyone is different. You need to consider factors including your sweat rate, the heat and humidity in your environment, and how long and hard you are exercising.

The American Council on Exercise has suggested the following basic guidelines for drinking water before, during, and after exercise:

- ❑ Drink 17 to 20 ounces of water 2 to 3 hours before you start exercising.
- ❑ Drink 8 ounces of water 20 to 30 minutes before you start exercising or during your warm-up.
- ❑ Drink 7 to 10 ounces of water every 10 to 20 minutes during exercise.
- ❑ Drink 8 ounces of water no more than 30 minutes after you exercise.

Athletes may want to measure how much fluid they lose during exercise to get a more specific measurement of how much water to drink (16 to 24 ounces of water for every pound of body weight lost).

## What about sports drinks?

For most people, water is all that is needed to stay hydrated. However, if you will be exercising at a high intensity for longer than an hour, a sports drink may be helpful. The calories, potassium, and other nutrients in sports drinks can provide energy and electrolytes to help you perform for a longer period of time.

Choose a sports drink wisely. They are often high in calories from added sugar and may contain high levels of sodium. Also, check the serving size. One bottle may contain several servings. If you drink the entire bottle, you may need to double or triple the amounts given on the nutrition facts label. Some sports drinks contain caffeine. If you consume a



sports drink that contains caffeine, be careful not to add too much caffeine to your diet. Caffeine may cause a diuretic effect on your body. This means that you may have to urinate more often.

## Things to consider

Dehydration happens when you lose more fluid than you drink. When your body does not have enough water, it can't work properly. Dehydration can range from mild to severe. Symptoms of dehydration can include the following:

- ❑ dizziness or lightheaded feeling
- ❑ nausea or vomiting
- ❑ muscle cramps
- ❑ dry mouth
- ❑ lack of sweating
- ❑ hard, fast heartbeat.

Symptoms of severe dehydration can include mental confusion, weakness, and loss of consciousness. You should get emergency medical attention immediately if you have any of these symptoms.



## African American Facts:

“Lift Ev’ry Voice And Sing,” traditionally known as the Black national anthem, is expected to be performed live or played before every Week 1 NFL game, and the league is considering a variety of other measures during the upcoming season to recognize victims of police brutality, a source familiar with the league’s discussions told The Undeclared on Thursday.

The song would be performed before “The Star-Spangled Banner,” the source said. The NFL’s season opener is scheduled for Sept. 10, with the [Kansas City Chiefs](#) hosting the [Houston Texans](#). [www.cbssports.com](http://www.cbssports.com)

In 2013, three radical Black organizers — Alicia Garza, Patrisse Cullors, and Opal Tometi — created a Black-centered political will and movement building project called #BlackLivesMatter. It was in response to the acquittal of Trayvon Martin’s murderer, George Zimmerman.

The project is now a member-led global network of more than 40 chapters. Our members organize and build local power to intervene in violence inflicted on Black communities by the state and vigilantes.

Black Lives Matter is an ideological and political intervention in a world where Black lives are systematically and intentionally targeted for demise. It is an affirmation of Black folks’ humanity, our contributions to this society, and our resilience in the face of deadly oppression. <https://blacklivesmatter.com/herstory>

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## Thank You:

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## Ozanam Facts:

- Each Spring graduating high school seniors who participate in Ozanam continue earning college athletic scholarships.
- Summer and Fall participants engage in college tours within Pittsburgh and outside the state.
- African American Legends program provides participants to visit historic landmarks in the Hill District.