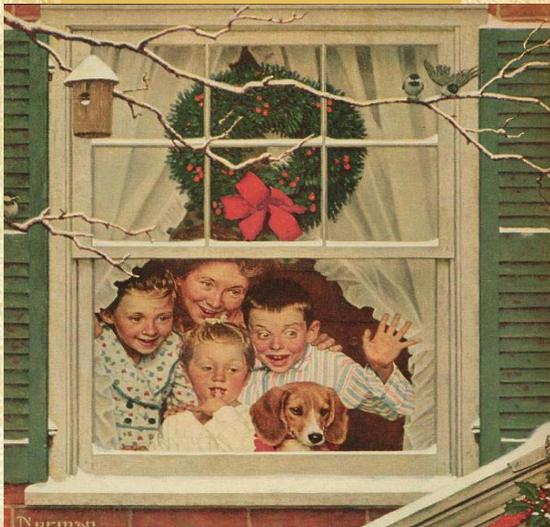


The Patroller Newsletter

You are Invited to the 8th Ward Neighborhood Group's Holiday Party Thursday; December 10th

At Seibert EC Church (located at 10th & Allen) —
Basement from 6-9:30pm. Please join us for food & drink, entertain-
ment, and lots of old-fashioned fun for both adults and kids alike.
Santa may even show, if you're good! Please bring a covered dish or
dessert item that you would like to share with everyone!

If bringing a child, please bring a small, wrapped, gift item for him
or her (under \$ 5.00 in value) So Santa has a gift for everyone
All children must be accompanied by an adult over 18
years of age in order to attend.



Our Next Meeting: Tuesday; December 8th, 2009—7PM at Seibert Church

**Please Come to Our Next Neighborhood Meeting: Officer Elections
Tuesday; December 8th, 2008 at Seibert EC Church—10th & Allen Sts—7PM**

**Open to All Neighborhood Children: Join our 4 H Group every 2nd and 4th
Monday of the month at 6PM—Seibert EC Church. Call Bonnie, the group
leader, for more details at 484-695-1967.**

Are You Not Currently Receiving Our Newsletter?

Please contact by e-mail to:

Kim8thward@yahoo.com or 484-695-1967

And we'll tell you how to get one.

Our Neighborhood Group Boundaries Are:

North 7th Street to North 12th Street

Sumner Avenue to Gordon Street

Meeting every second Tuesday of the Month at 7PM

WWW.8THWARDBLOCKWATCH.COM

**Mark Your Calendars
for 2010**

January 12th

February 9th

March 9th

April 13th

May 11th

June 8th

July 13th

July ? Summer Block Party

August 3rd—National Night Out

August 10th

September 14th

October 12th

November 9th

December 14th

December ? Holiday Party



**Little Shoppers'
Corner**

*Help your son or daughter do
some Holiday shopping during
Our Holiday Party—Dec 10th!
Come to our Little Shoppers'
Corner to pick out gifts for the
family.*

Items 25 cents to \$1.00/piece

**We'll even wrap them for you*

Contact Us

E-Mail:

kim8thward@yahoo.com

Kim Beitler

President, External

Bonnie Wachter 484-695-1967

President, Internal

Brian Engler

Vice-President

Jim Bast

Treasurer

Minnie Nathan

Secretary

Charlie Seifert

Board Member

Carlos & Vivian Bernardi

Board Member

Paul Fiske

Board Member

Safety During Winter Storm

With the expected arrival of the first significant winter storm of the season and the icy conditions that will result, Allentown Health Bureau Director Vicky Kistler urges everyone to practice safety when shoveling and to be careful when walking on sidewalks, steps, parking lots, streets and roof tops. Many of the back injuries and falls suffered during the winter are attributed to weather related conditions.

When the snow covers the sidewalks, residents, many of whom have not lifted heavy loads for some time, are shoveling. To avoid back injury, here are some tips to follow:

1. Make sure that your grip and balance are solid.
2. Tighten your abdomen as you lift.
3. Keep the shovel close to your body.
4. Bend your knees, not your back.
5. Use the strength of your thigh muscles to bring you to an upright position.
6. Increase your leverage by keeping your bottom hand low and toward the shovel blade. This allows you to use the strength of your arms and shoulders to take the load, instead of your back.

The first step you should take when icy weather is present or anticipated is to be pre-



pared for the conditions. Check the weather forecast and traffic conditions before you set out, and get regular updates. Perform simple tests to check for walking conditions – such as, before stepping out of the car, place a foot on the ground and test the walking surface. It is important to have a good "safe" position; an erect, balanced position; from which to start.

Proper foot gear will help keep you from slipping and sliding. High heels are not recommended! Flat or low heel, rubber-soled shoes with a wide tread design are good for walking on slippery surfaces. For serious walkers or those walking in icy outdoor conditions, cleated shoes or boots, or cleats that can be slipped onto shoes or boots, may help.

It is important to take your time and plan ahead when icy weather conditions are present. Plan your route and leave earlier so that you don't hurry. Take no more than half-stride steps, ensuring one foot is firmly planted before moving the next. Use handrails, where available, particularly on steps and ramps.

May the spirit of Christmas bring you peace,
The gladness of Christmas give you hope,
The warmth of Christmas grant you love.
~Author Unknown

December 2009

Cut Out & Post on Fridge

Numbers to Know

| | |
|------------------------------|--------------|
| Police—Fire—Emergency | 911 |
| Police—Non-Emergency | 610-437-7751 |
| Chief Maclean | 610-437-7777 |
| Police—Vice Unit | 610-437-7726 |
| State Rep. Jenn Mann | 610-821-5577 |
| 8th Ward Neighborhood Group | 484-695-1967 |
| Recycling / Graffiti Removal | 610-437-8729 |
| Code Enforcement | 610-437-7695 |
| Zoning | 610-437-7630 |
| Health Bureau | 610-437-7760 |
| Mayor Pawlowski | 610-437-7546 |

The 8th Ward Neighborhood Group wishes you a beautiful and safe holiday season!!



✦ Thank You to Everyone Who
Has Helped in Making Our
Year Successful. We Couldn't
Have Done It without You.

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