

Raub Area Community Watch

Future meetings Nov. 5th 7PM & Dec. 3rd 6:30PM, ** NO meeting in Jan. 2010**

Nov/Dec'09

November Dates

- 11/ 1 Daylight Saving Time Ends
- 11/ 3 Election Day
- 11/11 Veteran's Day
- 11/26 Thanksgiving Day

Union Terrace Events

- 11/ 3 School Closed
- 11/10 PTA
- 11/13 pictures retaken
- 11/19-20 K Conference only
- 11/23-24 K-5th Conference
- 11/25-11/30 School Closed

December Dates

- 12/ 7 Pearl Harbor Day
- 12/12 1st Day of Hanukkah
- 12/21 Winter Begins
- 12/25 Christmas Day
- 12/31 New Year's Eve

Union Terrace Events

- 12/10-11 Little Shopper's Shop, open 6:30-8PM
- 12/21 Winter Concert
- 12/24-1/4/2010 School Closed

RACW thanks our October speakers UT Principal Mr. David Hahn and Raub MS Principal Ms. Susan Elliott

Election of the RACW Officers for 2010 will take place at the November meeting. If you are interested in being an instrumental part of your community please come out to vote or express your interest in a RACW position.

RACW – Month in Review

There was no meeting in September as the meeting night was before the holiday weekend. At the October meeting we heard from Principal Hahn from UT Elementary School and Principal Susan Elliott from the Raub Middle School. They shared news about enrollment, daily school activities and exciting after-school and extra curricular programs. It is always a pleasure to hear from our local principals and appreciate the excitement and energy they have their jobs and the students.

RACW continues with our fundraiser. If you would like to support RACW and order apple dumplings (5 or more) made by Rebecca at the Farmer's Market contact Pat 437-5709 or Gerry 433-9363. Buy them from RACW and they are \$3.00 each.

HAPPY HOLIDAYS-You Are Cordially Invited...

To a Neighborhood Holiday Gathering

Date: Thursday, December 3, 2009

Where: Lehigh County Senior Center, 1633 Elm St.

When: 6:30pm – 9:00pm

Please bring a covered dish or dessert to share ! Raub Area Community Watch would like to celebrate the holiday season with family, neighbors and friends. Join us for food, conversation, and neighborhood news. We'll play some holiday bingo 50 cents a card.

9-1-1 For Kids...How does it work ?

9-1-1 is an emergency telephone number that provides immediate and direct access to fire, police and medical services. Remember, you don't need money to call 9-1-1 from a pay phone.

Dial 9-1-1 only in an emergency where people might be seriously hurt, such as a crime, fire, heart attack, serious injury or any situation requiring an immediate response, pick up the phone and dial "9", then "1", then "1" again.

When you dial 9-1-1, your call goes to a person, called a telecommunications operator, who will send the proper help – police officer, paramedic, firefighter – to serve you. You will speak to an adult over the telephone. Make sure you can answer these important questions to ensure immediate assistance:

Your Name

Address

Phone Number

Reason for Calling

Don't hang up until an operator tells you to do so!

Do not call 9-1-1 for road or weather information, car repairs, complaints of excessive noise, pets up a tree or legal advice. Use your best judgment. 9-1-1 should be used for situations that demand immediate responses such as medical emergencies or a crime in progress.

Are you a Chec-Mate card holder? All residents are urged to sign up for the Chec-Mate program. Applications are available at RACW meetings or call Gerry at 433-9363. Residents must mail the application to the Allentown Police Department (APD). It will be assigned an ID number and returned to the resident. The number is used to maintain a resident's confidentiality when calling the APD with a complaint. The caller will give the dispatcher the Chec-Mate number instead of their name when calling in a complaint or neighborhood issue.

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How To Go On Ice and Snow

It's easy to forget good winter driving safety practices during good weather, but when snow and ice hit, every driver needs expert skills. Here are a few things you should remember:

- Keep both hands on the wheel. You'll stay more focused on driving and keeping better control of your vehicle.
- If you have anti-lock brakes and start to slide, keep constant steady pressure on them to stop. If you have traditional brakes, pump the brakes to regain traction.
- When you start to skid, steer into the direction your car is moving. Steering in the opposite direction will make you fishtail or spin.
- Never pass plows or sand spreader. Avoid traveling when road crews are out.
- Go slowly and leave lots of room in front of you. You never know what will happen in front of you, so be ready for anything...anticipate fast stops and sudden movement of vehicles around you becoming out of control.

Also, remember to remove snow and ice from vehicle for safety of all motorists. In 2006, Pennsylvania passed Act 37 which states, that when snow and ice is dislodged or falls from a moving vehicle and strikes another vehicle or pedestrian causing death or serious bodily injuries, the operator of the vehicle from which the snow or ice came is subject to a fine of \$200 to \$1,000 for each offense.

From AAA East Penn

3 Easy Ways to Tune Up Your 'Tude (your gratitude)...

Visualize It...Create a collage of what you are grateful for, and display it in a prominent place in your home. One technique that works especially well with children is creating a thank-you "tree" on a refrigerator or wall. Add post-it notes "leaves" every day to acknowledge everything from a new sibling to a walk with the dog.

Ask These Questions...Choose someone close to you and ask yourself the following:

What have I received from him/her?

What have I given him/her?

What trouble have I caused him/her?

You may discover you owe others more than you thought.

Go Weekly...Focusing on gratitude once a week is often more effective than doing it more frequently. Comparing subjects who kept gratitude journals three times a week with others who kept journals once a week showed results that the once-a-week crowd became happier over time.

Choose which 'tude fits you personally and give and create gratitude.

Courtesy of Reader's Digest

Cold Weather Health Conditions

When night temperatures fall to the single digits and a wind chill factor of -10° to -15°, Jeff Stout, Associate Director of Health, has issued an alert about the potential of hypothermia and frost-bite which can result when people are exposed to prolonged cold. Hypothermia occurs when the body's temperature drops below 96° Fahrenheit. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Victims of hypothermia are most often (1) elderly people with inadequate food, clothing or heat; (2) babies sleeping in cold rooms; and (3) people who remain outdoors for long periods (homeless, hikers, hunters, etc). Warning signs of hypothermia in adults include shivering, confusion, memory loss, drowsiness, exhaustion, fumbling hands and slurred speech. For infants the warning signs are bright red, cold skin and very low energy.

Frostbite is an injury to the body that is caused by freezing. Frostbite causes loss of feeling and color in affected areas leading to permanent damage and in severe cases can lead to amputation. Areas of the body most often affected are the nose, ears, cheeks, chin, fingers and toes. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extreme cold temperatures.

Stout recommends that anyone who will be outdoors during the days of cold temperatures wear a hat, a scarf or knit mask to cover face and mouth, sleeves that are snug at the wrist, mittens or gloves, water-resistant coat and boots and several layers of loose-fitting clothing. He also recommends that people drink warm sweet beverages such as hot chocolate or sweetened coffee or tea to help maintain their body temperature rather than alcoholic beverages which cause the body to lose heat more rapidly.

Courtesy of Allentown Health Bureau

Goulash Recipe (Serves 8)

1 cup flour	3 lbs. beef stew meat	2 T. coarse salt	1 T. black pepper	2 T. sweet paprika
2 T. vegetable oil	6 onions-sliced thin	1 T. Hungarian paprika	1 quart beef broth	½ cup white wine
2 cups sour cream				

Combine flour, salt and pepper, 1 T sweet paprika. Dredge meat with mixture. Sauté meat in vegetable oil until brown. Add onions and brown. Add Hungarian paprika, remaining sweet paprika, beef broth and wine. Bring to a boil and simmer for 2 ½ hours. When meat is tender and cooked, stir in sour cream and heat through – DO NOT BOIL. If too dry add more beef broth. Serve over cooked noodles. Sprinkle with caraway seeds or parsley.