



**PAL News**  
Spring 2010

*PAL News is a periodic newsletter of the Abington Police Athletic League to keep supporters informed of PAL program developments and activities.*

## **PAL Kids Step Up to Rock Climbing Challenge**

Abington PAL strives to provide a wide variety of opportunities for its young people, so when PAL volunteer Keith Koch recommended a rock climbing expedition to nearby Doylestown, PAL planned a field trip. Reservations were taken and quickly filled by 20 eager boys and girls who headed out to Doylestown Rock Climbing Gym and Adventure Center for climbing challenges and fun on a weekend night this past winter.

The gym spotters outfitted each participant with a harness and helmet and re-

viewed safety rules before launching the PAL adventure. The kids were able to test their strength and ability on a variety of high and low walls, rope ladders, and cargo nets. Their level of bravery and comfort determined which challenges they chose to take.

Two 14-year-old boys successfully made one of the most

daring climbs to the top of a 30-foot rope ladder and were well exhausted afterward. Chaperones, on the other hand, were quite content to enjoy watching the eager climbers. All of the kids who participated loved the experience and

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**A spotter sees to it that one of the girls is properly hooked before attempting to climb a high wall.**



**A spotter reviews rules that must be observed for safe climbing.**



**A PAL boy attempts to reach his goal on the rope ladder.**

## MCBLEOA Honors Abington's Gerrity and Roach



Celebrating at the banquet are (back, left) Ofc. Cindy Pettinato, Community Policing Project Specialist Melissa Gargan, Community Policing Commander Sgt. Dan Buckley, PAL Honoree Jervell Roach, Ofc. Andy Gibbs, Lt. Steve Hochwind, and PAL Honoree Kelly Gerrity; (seated, left) PAL Board Secretary and Volunteer Valerie Ward, Jervell's mother Leslie Budhoo, and Kelly's parents Mike and Tammy Gerrity.

As part of the 20<sup>th</sup> anniversary celebration dinner of the Montgomery County Black Law Enforcement Officers' Association (MCBLEOA), two active Abington PAL members were honored for their high level of participation in and commitment to Abington PAL. Both Kelly Gerrity and Jervell Roach have been members of Abington PAL since they were 11 years old. They attend PAL regularly and demonstrate positive attitudes and exemplary behavior. In short, they are great PAL role models for

their peers. They are well-rounded young people who are not afraid to try new things.

Kelly is 13, has grown up in Abington, and comes from a close-knit family that includes her two siblings Maggie and Tom. A 7th grader at Abington Junior High School, Kelly takes honors classes and is a member of the History Club.

Kelly learned about Abington PAL during DARE camp and joined in the fall of 2008. She was enthusiastic about making new friends and having different adventures. She dove right in,

signing up for numerous PAL programs and events.

Kelly has participated in the PAL cooking class, Kids on the Hill summer golf camp, and the PAL Bowling League where she was named MVP during her first season of play. She is ever eager to go on the various special trips that PAL offers to fun, offsite activities.

Outside PAL, Kelly enjoys swimming, dancing, reading, and, of course, hanging out with friends. She thinks about becoming a teacher and working with teens in her community. Her dedication to all that she does makes her a true asset to the Abington PAL program.

Jervell comes to Abington from Trinidad and Tobago and is one of three children. At age 16, he is in the 9<sup>th</sup> grade at Abington Junior High School where he works to maintain good grades.

Jervell enjoys an active life. He is a member of the Young People's and Children's Division of the First District African Methodist Episcopal Church and participates on the football and the track and field teams at school. He likes to ride his bike, dance, and hang out with friends on Friday and Saturday nights at Abington PAL. Jervell is always ready to participate in PAL events and go on the variety of trips PAL offers.

Jervell hopes to become a police officer so that he, too, can help stop violence.

Abington PAL joins the MCBLEO Association in congratulating these two outstanding young people for their spirited interest in a healthy teenaged lifestyle through Abington PAL.

### Save the Date

**2010 International  
PAL Food Festival**

**Tuesday, October 12  
Philmont Country  
Club**

### **Kids, Parents, & Interested Adults**

***You Are Invited to*  
Abington PAL's  
Open House**

**Saturday, June 5, 7:00-9:00 p.m.**

**Glenside-Weldon School  
409 N. Easton Road, Glenside**

**Check out PAL programs.  
Sign up for future events and trips!**

## PAL Volunteers: We Couldn't Run PAL without You!



Some of the many dedicated PAL volunteers and staff being thanked by Community Policing Division Commander Sgt. Dan Buckley (left) are Jan Harris, Keith Koch, Tamika Holt, Melissa Gargan, Corinne Dorn, Bob Salerno, Valerie Ward, and Frank Kerrigan.

It can be said of many things, including Abington PAL, that "It takes a village." One of the key groups in our village to make PAL happen and run smoothly is our dedicated volunteers. These Abington Township men and women give their time on Friday and/or Saturday evenings to ensure that the kids of our community have a fun, safe place to explore new opportunities and spend time with friends. We could not run PAL without them. And, we always need more volunteers. Whether you can give one night a month or one night a week, we would appreciate your time. To learn more, contact Dave Rondinelli in Abington Community Policing: 267-536-1074.

## Abington PAL's Annual Blue Mountain Snow Tubing



If it's the third Saturday in January, then it must be snow tubing at Blue Mountain for Abington PAL kids. This trip has become an annual event that attracts many eager boys and girls to a day of plunging down the slippery slopes of Blue Mountain on single, double, or group tubes. No one seems to mind that they must rise in the wee hours to board the bus that leaves before daybreak. How many times would you head up the mountain just to slide down again? It's nearly uncountable for energetic Abington PAL kids.



# Police Athletic League

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*Preventing crime and violence by providing safe, supervised places for the youth of Abington Township.*



## ***PAL Kids Take the Climbing Challenge***

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are hoping for a return visit.

The gym offers over 12,000 square feet of indoor rock climbing surface, including overhangs, boulders, aretes, chimneys, caves, and lead walls ranging from 12 feet to 40 feet

high. It provides options for rock climbers of all ages and abilities.

Keith notes, "The gym help was great. We had one helper or spotter for every five kids so that they could mostly do whatever they wanted, when they wanted and not have to wait in

long lines."

For most of the PAL kids, this climbing adventure proved to be a first-time experience. All agreed that they would like to take another trip to this gym in the near future and sample even more of the climbing options.



**A successful climb to the top of one of the higher walls.**



**One PAL boy helps another PAL boy to be hooked properly to climb the rope ladder.**