

# READY...SET...RETIRE!

VOLUME 8, ISSUE 3

AUGUST 2013

## ANNUAL SUMMER PICNIC

**WHERE:** Russ and Marie Reitz's Farm - Gracious Meadows  
2549 Lick Run Road, Williamsport

**WHEN:** Tuesday, August 13, 2013 at 11:30 a.m.

**Don't forget to RSVP!!** : Please call (435-2223 or 220-7875) and be prepared to tell Marie what you will be bringing.

**EITHER:** ➤ DESSERT OR ➤ TOSSED SALAD *\*No dressing, please\**

**Directions:** From 180, take the Faxon exit (25) onto Northway Road. Travel five miles to Lick Run Road (right turn). Gracious Meadows is the second farm on right. There will be signs directing you to the pond.

Thank you to Russ and Marie for hosting this great event!



### UPCOMING MEETING SCHEDULE:

October 10, 2013 at 11:30 a.m. PERKINS Family Restaurant

December 10, 2013 at 11:30 a.m. Villa (annual holiday luncheon)

## MINUTES OF MEMBERSHIP MEETING

JUNE 13, 2013

Officers present: Alice Bair - Chair  
Barb Thomas—Treasurer  
Esther Crawford - Cohick - Secretary

The Lycoming County Retirees met for lunch/meeting at 11:30 a.m. at Perkins. There were 26 members and guests present. The minutes from the previous meeting were read by the secretary and motion to approve by Jerry Walls and all members present seconded. The treasurer's report given by Barb Thomas was accepted.

A report of the bus trip in April was given by Ralph Lukens. There were 41 that attended and a small refund was given to everyone. The trip was very enjoyable and the family style meal was excellent. A great time was had by all.

Rumor has it that Patty Fawber was absent at today's lunch as she is pole dancing in Las Vegas.

Suggestions were made for a bus trip to Steam town in October which would include a train ride or the American Music Theatre in December. Watch for further details as they become available.

Please make note of the upcoming Picnic at Reitz's on August 13th. RSVP by Monday, August 5, 2013 and be prepared to tell Marie what you will be bringing (Dessert or Tossed Salad).

Motion to adjourn was made by Barb Thomas and seconded by Maggie Sockman.

Respectfully submitted,

Esther Crawford Cohick  
Secretary

# CONGRATULATIONS NEW RETIREES

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**Ted Kriner**  
(DPS)  
will retire on  
August 30, 2013  
after more than 26  
years of  
service to the  
county



**John Mesko**  
(Prison )  
will retire on  
September 10,  
2013  
after more than  
27years of  
service to the  
county

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**FLU SEASON IS HERE** - Don't delay. Speak to your doctor about getting a vaccine.

The flu shot is the best way to protect yourself and others around you from the flu.

Get Your Flu Vaccine. Not the Flu!

Visit <http://www.flu.gov> for more information on how to protect yourself from the flu

# BRAINTEASER TIME OUT

**Puzzle 1 (Hard, difficulty rating 0.64)**

						9	4	
2	9	7	4					
	3			1				7
1		2	8	6	4			
			7		1			
			2	9	5	7		6
9				4			7	
					6	8	5	3
	5	3						

**Puzzle 2 (Medium, difficulty rating 0.52)**

				2				9
		1			8			4
2	3		4					8
	4	7	5					9
6		2				4		5
	9				4	1	3	
	2				9		6	3
9			8			2		
7				1				

Review the rules of the game. Each blank square on a Sudoku page must be filled in with one number between one to nine. Every row on the Sudoku board must contain all of the numbers from one to nine. Every column on the Sudoku board must also contain all of the numbers from one to nine. Finally, each three by three square within the nine by nine Sudoku board must contain all of the numbers from one to nine.

**Puzzle 3 (Easy, difficulty rating 0.40)**

		7	5					
			1			5	7	6
	8			9			2	
3		6				1	9	
	7	1				4	5	
	5	9				8		2
	4			7			1	
7	3	8			2			
					6	7		

**Puzzle 4 (Hard, difficulty rating 0.66)**

	4			2	1			6
8		9			6	2		
5		2	8	9				3
6							1	
		1						2
7				1	8	6		4
		6	9			8		1
1			3	6				5

Generated by <http://www.opensky.ca/~jdhildeb/software/sudokugen/> on Thu Aug 1 14:10:08 2013 GMT. Enjoy!

# ABBNEY TALES

Abbey went on a vacation. A vacation to her is meeting new people, socializing.

She enjoys riding so the ride was no problem. She has a huge dog bed for in the truck. We put the back seat up, put in her dog bed and she's ready to go. She would sleep until the truck slowed down then she would sit up to see what was going on and then back down and back to sleep.

She has never been in water (except for baths). We took her for a walk to the Brandywine River. She walked into the water stopped and looked back at me. I think she was waiting for an ok from me. Every day we would take her on a walk to the river. As soon as she saw the river she would go right to the area where she knew she went into the water and in the water she would go. When she got out of the river she would run in circles.

At the end of the day she was exhausted from walking, socializing and going to the river.



Her first trip into the river





Straight into the water this time



Relaxing and drying after a visit to the river



Abbey and Daddy relaxing



Ride home



Submitted by Nancy Stugart



August 11<sup>th</sup> is Abbey's birthday

## Tropical Sunshine Cake

Submitted by Nancy Stugart

Ingredients:

- 1 box yellow cake mix
- 1 can (12 oz.) evaporated milk
- 2 large eggs
- 1 can (20 oz.) crushed pineapple, drained (juice reserved), divided
- ½ cup chopped nuts
- ¾ cup sifted powdered sugar
- 1 cup flaked coconut, toasted

Preheat oven to 350°.

Grease 13 x 9 baking pan

Combine:

Cake mix, evaporated milk and eggs in large mixer bowl. Beat on low speed for 2 minutes. Stir in 1 cup pineapple. Pour batter into prepared baking pan. Sprinkle with nuts.

Bake for 30 to 35 minutes.

Cool in pan for 15 minutes.

Combine powdered sugar and 2 tablespoons reserved pineapple juice in small bowl; mix until smooth.

Spread over warm cake, sprinkle with coconut and remaining pineapple.

Cool completely before serving.

Top with whipped cream.

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## Hawaiian Dip

Submitted by Amanda Winter

Ingredients:

- 8 oz cream cheese softened
- 2 1/2 cups sweetened coconut (flaked or shredded)
- 20 oz can pineapple (chunks or crushed, drained)

Blend all ingredients together in a food processor to crush up pineapple and coconut pieces. Refrigerate at least 30 minutes before serving. Serve with some sort of pita crackers or my favorite, Nilla Wafer cookies.



## Pumpkin Pie Dip (fall is just around the corner)

Submitted by Amanda Winter

### Ingredients:

- 1 can pumpkin
- 3/4 cup brown sugar (Splenda would work too)
- 1 tsp vanilla
- 1/8 tsp pumpkin pie spice (or more to taste)
- 6 oz Greek yogurt (fat free or regular)
- 8 oz cool whip (fat free or regular)
- Cut up apples to dip



### Combine:

Pumpkin with brown sugar, vanilla and spice. Mix in yogurt. Fold in cool whip. And chill in refrigerator until ready to eat.

## FOR MEMBERS WHO HAVE EXPRESS SCRIPTS

Express Scripts, the company that provides pharmacy benefits through Blue Cross of Northeastern PA has notified us to say they have upgraded their claims processing platform.

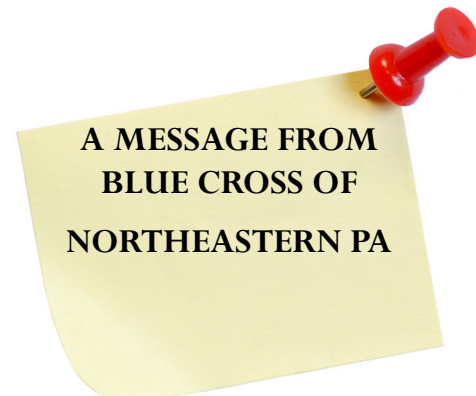
As part of this transition, they have realized that some members have had difficulty in inaccurate prior authorization, eligibility and deductible data. Express Scripts has been working to resolve this issue as quickly as possible.

If you are having issues filling your prescriptions you should:

Calls Express Scripts at 1 877 603-8399

Confirm you are in the system and then ask to speak with a supervisor

A supervisor will check into the situation and provide a solution. This will include patient reimbursement and pharmacy outreaches, when applicable.





## WE WISH A VERY HAPPY BIRTHDAY TO OUR FRIENDS WHO ARE CELEBRATING



August 1 Terry Featherbay  
 August 2 Ernestine Beach  
 August 4 Marie McGee  
 August 6 Catherine Lynch  
 August 8 Carol Knight  
 August 9 Carol Steck  
 August 10 Gloria Weinhardt

August 11 William Fessler  
 August 11 Curtis Guyette  
 August 11 Dave Bernard  
 August 12 Dana Bertin  
 August 15 John Gererdi Jr.  
 August 19 Francis Hoffman  
 August 23 William Kilpatrick

August 24 Althea Minier  
 August 26 Joann Glunk  
 August 26 Jerry Wagner  
 August 27 Nancy Toles  
 August 29 Ralph Embick  
 August 31 Allan Bennett



Sept. 1 Gloria Gray  
 Sept. 2 & 10 Jim & Ruth Wentzel  
 Sept. 3 Janine Sheaffer  
 Sept. 4 Marian Springman  
 Sept. 13 John Burns

Sept. 18 James Bigger  
 Sept. 19 Nancy Borgess  
 Sept. 23 Barbara Steinruck  
 Sept. 25 Helen Lorson  
 Sept. 26 Betty Uskurait

Sept. 27 Dennis Heffner  
 Sept. 29 Joe Neyhart  
 Sept. 29 Dayton Mitstifer



Oct. 2 Janet McManigal  
 Oct. 5 Barbara Koser  
 Oct. 7 John Somits  
 Oct. 7 Karen Wright  
 Oct. 8 Bernard Steinbacher  
 Oct. 9 Martha Cupp  
 Oct. 9 Richard Saylor  
 Oct. 13 Russell Reitz

Oct. 13 Tom Diehl  
 Oct. 13 Cherie Foust  
 Oct. 14 James Stopper  
 Oct. 16 Doris Sanso  
 Oct. 17 Stephen Vail  
 Oct. 18 Evelyn Snyder  
 Oct. 19 Eugene Pauling  
 Oct. 21 Donald Warner

Oct. 24 Jack Freezer  
 Oct. 26 Andy Follmer  
 Oct. 27 Kathryn Bowman  
 Oct. 28 Bob Gunsallus  
 Oct. 29 Barb Thomas  
 Oct. 30 Patricia Winner  
 Oct. 31 Frank DeWald  
 Oct. 31 Ann Hearnton

LYCOMING COUNTY  
COMMISSIONERS

JEFF C. WHEELAND  
ERNEST P. LARSON  
TONY R. MUSSARE

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**Retiree Group Officers**

CHAIR—Alice Bair  
322-6052

CO-CHAIR—Jean Stump  
220-8389

SECRETARY—Esther Cohick  
323-6405

TREASURER—Barb Thomas  
322-6460

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**SEE YOUR  
NEWSLETTER IN COL-  
OR!!**

go to: [www.lyco.org](http://www.lyco.org)  
and click the link for  
“Human Resources”

At the bottom of the page,  
you will find the link to the  
Retiree Page & Newsletters

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PLEASE CONTACT MIRIAM MILLER AT 327-  
2295 IN THE COUNTY CONTROLLER'S OFFICE  
TO REPORT CHANGES IN YOUR:



ADDRESS  
PHONE NUMBER  
DIRECT DEPOSIT  
BENEFICIARY

WHAT HAVE YOU BEEN DOING WITH YOUR  
RETIREMENT? SPENDING TIME WITH THE  
GRANDKIDS, TRAVELING THE WORLD, RIDING  
AROUND IN THAT NEW SPORTCAR OR  
MOTORCYCLE, VOLUNTEERING?

PLEASE SHARE YOUR STORIES AND PICTURES  
AND I'LL INCLUDE THEM IN THE NEXT  
NEWSLETTER.

SUBMIT TO [AWINTER@LYCO.ORG](mailto:AWINTER@LYCO.ORG)

**RETIRED**  
**AND LOVING IT**