

A QUARTERLY NEWSLETTER FOR THE RETIREES OF LYCOMING COUNTY

# READY...SET...RETIRE!

VOLUME 9, ISSUE 1

FEBRUARY 2014



**Holiday  
Luncheon**



Minutes: Tuesday, December 10, 2013

## LYCOMING COUNTY RETIREES HOLIDAY/LUNCHEON

Officers present: Barb Thomas - Treasurer  
Ester Crawford Cohick - Secretary  
Jean Stump - Co-Chair

The Lycoming County Retirees 8th Annual Meeting/Holiday Luncheon was held at The Villa, 2016 East Third Street, Williamsport. There were to be 85 members and guests present but due to the weather there were some that were not able to attend. Barb Thomas, Treasurer gave the invocation.

A buffet meal was served. In lieu of a gift exchange or canned goods collection, it had been previously decided that a CASH donation for the Central PA Food Bank would be collected.

A brief meeting was held and since Alice Bair - Chair was absent because of a fall today, Barb Thomas acted in her absence. Guest were recognized. Anyone wanting to pay 2014 dues today was able to do so.

Respectfully submitted,

Esther Crawford Cohick  
Secretary

# THANK YOU

**\$305 was collected at the holiday luncheon and donated to our local food bank! Your generosity is GREATLY appreciate!**

*Alice R Bair*

1190 Mt Royal Hts  
Williamsport, PA 17701  
(570) 322-6052  
Albair@localnet.com

Dear Retirees and Friends,

On Tuesday, April 15, 2014, we will be taking a bus trip to Mt Airy Casino. When we leave the Casino, we will make a stop on the way home at Callie's Candy Kitchen. (You may have seen it on WNEP's Home and Backyard.) Since it will be before Easter we thought perhaps you might like an opportunity to pick up some really good chocolates.

Departure will be at 7:45 a.m. from the Giant Plaza parking lot (behind the bank) with a pick up at the Mall along the road between Macy's and Sam's Club. We will depart the Casino at 4:30 p.m. and after the stop at Callies' we should be back at Williamsport by 7:00 p.m.

You will receive \$25.00 to play the slots and \$10.00 for food. Cost per person is \$28.00 for 40 participants. We need 40 to cover the cost.

All paid reservations must be in by March 17th. Please don't wait until the last minute.

Our second trip will be on Tuesday, September 30, 2014. We will visit Ehrhardt's on the Lake for morning activities and lunch. (Those who went with us before will remember the wonderful food and the fun activities.) We will depart for Steamtown National Park at 1:00 p.m. where we will remain until 4:30 p.m. and depart for home.

We will depart from Giant Plaza, behind the Bank at 7:15 a.m. with a stop at the Mall along the road between Macy's and Sam's Club.

The cost per person will be \$72.00 per person and again we need 40 participants to pay the costs. All paid reservations must be turned in by September 2nd.

If you have any questions, feel free to contact me any time.

Let's plan on contacting all friends and relatives to fill these buses. They should be two really good trips.

Sincerely,

Alice



# CONGRATULATIONS NEW RETIREES



**Pat Martin** - District Attorney's Office, retired on 12/20/13 after more than 27 years with the County



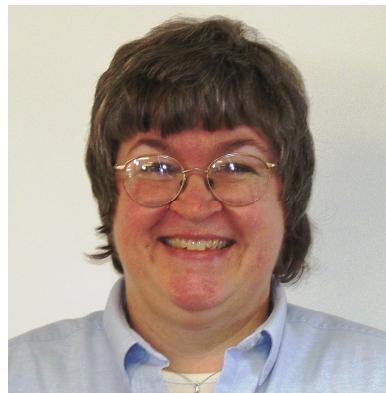
**Sharon Slacum** - Domestic Relations, retired on 1/31/14 after more than 23 years with the County



**Donna Maxwell** - Information Service, will retire on 2/28/14 after more than 16 years with the County



**Betty Buckle** - Courts, will retire on 2/28/14 after more than 35 years with the County



**Evelyn Simmons** - Cooperative Extension, will retire on 3/28/14 after more than 20 years with the County

**WE WISH A VERY HAPPY BIRTHDAY TO OUR FRIENDS WHO ARE CELEBRATING IN FEBRUARY, MARCH & APRIL:**

**FEBRUARY**



- Feb. 1 Alida Ritter
- Feb. 3 Fred Koch
- Feb. 4 Robert Vollmer Sr.
- Feb. 4 Eva Pellegrino
- Feb. 7 Bonita Cockley
- Feb. 8 Nancy Koch
- Feb. 9 Daniel Pellacore
- Feb. 9 Marilyn Stewart
- Feb. 11 Paul Glunk
- Feb. 11 Ann Kilburn
- Feb. 15 David Frey
- Feb. 17 Dave Desmond
- Feb. 20 Joan Fetzer
- Feb. 21 Henry Mitchell

**MARCH**



- March 4 Linda Stein
- March 4 Charlie Brewer
- March 11 Deborah Smith
- March 14 Jennie Reeder
- March 17 Richard DeSanto
- March 17 Beverly Bennett
- March 25 Bill Heggenstaller
- March 26 Joanne Ackerman
- March 28 Linda Campbell
- March 30 Dick Nassberg
- March 31 Ruth Swisher
- March 31 Louis Knowlden

**APRIL**



- |                        |                         |
|------------------------|-------------------------|
| April 2 Diana Bower    | April 4 Jean Stump      |
| April 7 Gail Kilgus    | April 8 Howard Ebner    |
| April 8 Helen Goodbrod | April 12 Joyce Thomas   |
| April 14 Tom Kline     | April 17 John Lamoreaux |
| April 27 Don Cohick    | April 28 Richard Buss   |
| April 29 Vera O'Brien  | April 29 Donna Runnels  |



Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention.

It's also important to know the signs of an impending heart attack, because they can start slowly and symptoms may seem mild.

Warning signs of a heart attack.

- ◆ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ◆ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ◆ Shortness of breath. May occur with or without chest discomfort.
- ◆ Other signs may include breaking out in a cold sweat, nausea, or light-headedness.

Submitted by Nancy Stugart



## HAPPY NEW YEAR FROM ABBEY



### Top Ten Winter Skin & Paw Care Tips Provided by ASPCA

Exposure to winter's dry, cold air and chilly rain, sleet and snow can cause chapped paws and itchy, flaking skin, but these aren't the only discomforts pets can suffer. Winter walks can become downright dangerous if chemicals from ice-melting agents are licked off of bare paws.

Says Dr. Louise Murray, ASPCA Director of Medicine, "During the winter, products used as de-icers on sidewalks and other areas can lead to trouble for our animal companions, potentially causing problems ranging from sore feet to internal toxicity. Pet parents should take precautions to minimize their furry friends' exposure to such agents."

To help prevent cold weather dangers from affecting your pet's paws and skin, please heed the following advice from our experts

- Repeatedly coming out of the cold into the dry heat can cause itchy, flaking skin. Keep your home humidified and towel dry your pet as soon as he comes inside, paying special attention to his feet and in between the toes.

(continued on next page)

- Trim long-haired dogs to minimize the clinging of ice balls, salt crystals and de-icing chemicals that can dry on the skin. (Don't neglect the hair between the toes!)
- Bring a towel on long walks to clean off stinging, irritated paws. After each walk, wash and dry your pet's feet to remove ice, salt and chemicals—and check for cracks in paw pads or redness between the toes.
- Bathe your pets as little as possible during cold spells. Washing too often can remove essential oils and increase the chance of developing dry, flaky skin. If your pooch must be bathed, ask your vet to recommend a moisturizing shampoo and/or rinse.
- Dressing your pet in a sweater or coat will help to retain body heat and prevent skin from getting dry.
- Booties help minimize contact with painful salt crystals, poisonous anti-freeze and chemical ice-melting agents. They can also help prevent sand and salt from getting lodged in between bare toes, causing irritation. Use pet-friendly ice melts whenever possible.
- Massaging petroleum jelly into paw pads before going outside helps to protect from salt and chemical agents. And moisturizing after a good toweling off helps to heal chapped paws.
- Brushing your pet regularly not only gets rid of dead hair, but also stimulates blood circulation, improving the skin's overall condition.
- Pets burn extra energy by trying to stay warm in wintertime, sometimes causing dehydration. Feeding your pet a little bit more during the cold weather and making sure she has plenty of water to drink will help to keep her well-hydrated, and her skin less dry.
- Remember, if the weather's too cold for you, it's probably too cold for your pet. Animal companions should remain indoors as much as possible during the winter months and never be left alone in vehicles when the mercury drops.



## *Homemade Gum Drops*

*Provide by Nancy Stugart*



### *Ingredients:*

*2 cups sugar {plus a little for rolling gum drops}*

*1 1/3 cups applesauce, unsweetened*

*2 small (3 oz) boxes Jello, any flavor*

*2 envelopes unflavored gelatin {like Knox}*

*1 teaspoon lemon juice*

*Spray 13x9 pan with non-stick cooking spray*

*In a large saucepan, combine all ingredients, let stand 1 minute*

*Bring to a boil over medium heat, stirring constantly, boil for 1 minute*

*Immediately pour into prepared 13x9 pan*

*Place in refrigerator for 3 hours or until firm*

*Loosen sides from pan with a spatula*

*Turn Gum Drops onto a cutting board*

*Dip cookie cutter in sugar and cut out gum drops*

*Roll Gum Drops in extra sugar, set onto wax paper until slightly dry*

*Store in an airtight container*

*Strawberry Pineapple Cake  
with Cream Cheese  
Frosting*

*Provide by Amanda Winter*



*Ingredients:*

*(CAKE)*

*1 box of Strawberry Cake Mix*

*20 ounces, can of crushed pineapple*

*(FROSTING)*

*8 ounce cream cheese, softened*

*1 cup powdered sugar*

*1 teaspoon vanilla*

*Add dry cake mix and pineapple in a bowl (do not drain pineapple)*

*Mix until well combined. Bake according to cake mix box direction*

*For frosting, mix cream cheese, powdered sugar and vanilla until combined (or simply use pre-made can of frosting)*

*Frost cooled cake*

*Sprinkle with coconut, if desired*

LYCOMING COUNTY  
COMMISSIONERS

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

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**Retiree Group Officers**

CHAIR—Alice Bair  
570 322-6052

CO-CHAIR—Jean Stump  
570 220-8389

SECRETARY—Esther Cohick  
570 323-6405

TREASURER—Barb Thomas  
570 322-6460

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**SEE YOUR  
NEWSLETTER IN  
COLOR !!**

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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**County Contact:**

Amanda Winter  
Phone: 320-2156  
Email: [awinter@lyco.org](mailto:awinter@lyco.org)  
Suite 104  
Executive Plaza Building  
330 Pine Street  
Williamsport, PA 17701

**UPCOMING MEETINGS**

**FEBRUARY 13, 2014**  
**PERKINS FAMILY RESTAURANT 11:30AM**

**APRIL 8, 2014 (TENTATIVE)**  
**PERKINS FAMILY RESTAURANT 11:30AM**

**JUNE 12, 2014 (TENTATIVE)**  
**PERKINS FAMILY RESUTANRTANT 11:30AM**

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**Members Dues**

In order to continue receiving copies of this newsletter,  
you must be a dues-paying member! Please mail your \$10  
check made payable to “Lycoming County Retirees” to:

**Barb Thomas**  
**1045 Rural Avenue**  
**Williamsport, PA 17701**

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**FROM THE CONTROLLER'S  
OFFICE:**

Just a reminder, if you would like to change your monthly  
pension payment federal tax deductions, you will need to fill  
out a new “W-4P” form; also depending on your “Option”  
chosen @ retirement you may want or need to change your  
beneficiary (ies).

Please contact Krista Rogers, via phone 570-327-2300 or e-  
mail [krogers@lyco.org](mailto:krogers@lyco.org) or Miriam Miller, via phone 570-327-  
2298, or e-mail [mmiller@lyco.org](mailto:mmiller@lyco.org)

We will send you the necessary form to make the changes you  
need, or if you have any questions, thank you and have a safe &  
healthy New Year!