

READY...SET...RETIRE!

VOLUME 6, ISSUE 1

FEBRUARY 2011

HAPPY VALENTINE'S DAY



SAINT VALENTINE

February 14 is Valentine's Day, a day that we celebrate love. How Valentine's Day started to be observed during the middle of February is an interesting story. During the Roman Empire, the Lupercian festival was held every February to honor of the God of Fertility, During the festival, young men would choose their mates. At the time, marriage was a common occurrence but when Claudius became Emperor he changed all of that. He feared that men would refuse their duty to fight because they would not want to leave their wives behind, so he outlawed all marriages.

Couples still fell in love and still wanted to marry so they went to the Catholic Bishop Valentine who began to secretly marry couples. When Claudius found out, he had Valentine arrested and ordered put to death. While in jail, Valentine began exchanging letters with the jailer's daughter and soon had fallen in love with her. The day he was to be beheaded, he wrote her one last note and signed it:

"From Your Valentine"

In 496 A.D. Pope Gelasius outlawed the pagan Lupercian Festival. Knowing its popularity, he wanted to replace it with something more 'appropriate' and set aside a day in February to honor the martyr St. Valentine.

Another legend on the origin of Valentine's Day is in ancient Rome, February 14 was a day on which the Roman goddess Juno was honored. She was the Queen of Roman gods and goddesses and also governed the affairs of women and marriage. On the following day, the feast of Lupercalia began. On the eve of this feast, names of young girls and boys were put in a jar and each were given a partner according to the draw. For the festival the young men stayed with their chosen partner. And sometimes this togetherness lasted for a year and eventually a lifetime if they fell in love with each other and married. It was the Roman day of choosing maidens for young boys and afterwards began to be celebrated on the day of martyrdom of St. Valentine.



JUNO

Submitted by Nancy Stugart

MINUTES: 12/14/2010 HOLIDAY LUNCHEON

The Lycoming County Retirees 5th Annual Meeting/Holiday Luncheon was held at 11:30 a.m. at The Villa, 2016 East Third Street, Williamsport. There were 82 members and guests present.

Barb Thomas, co-chair, gave the invocation. A buffet meal was served. Non-perishable items were brought by members for a food bank distribution during the season, in lieu of a gift exchange.

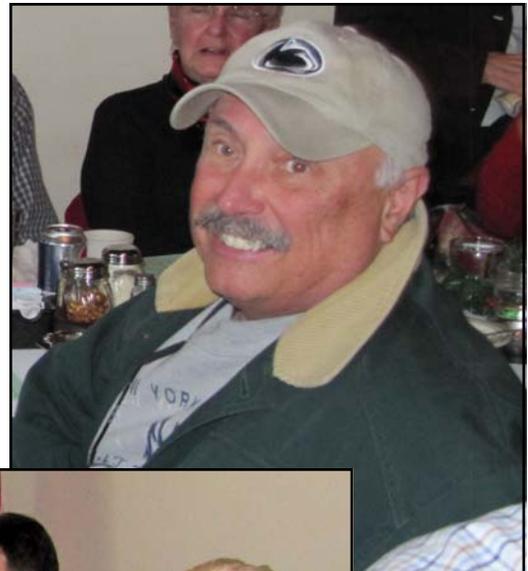
A brief meeting was held and guests were recognized. The treasurer, Ann Kilburn, collected 2011 dues from the members present.

Respectfully Submitted,

Esther Crawford Cohick, Secretary

SNAPSHOTS FROM THE LUNCHEON



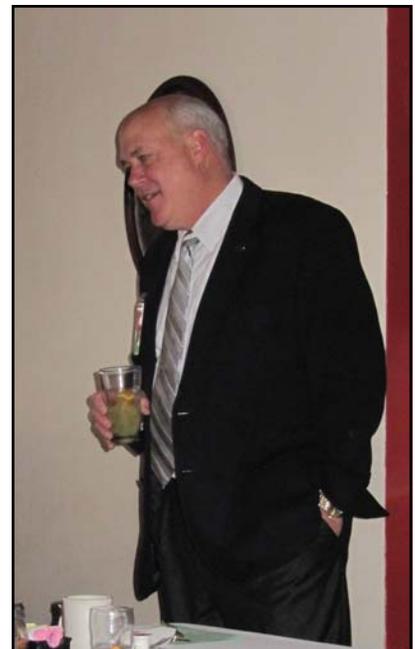


Continued on
next page



Seasons Greetings to Family & Friends
For those of you who don't already know,
I am now residing in Room 105 at the
Presbyterian Home, 810 Louisa Street,
Williamsport. My phone # is 570-974-
8718. Please stop by or call anytime to
say hello. Have a Merry Christmas and
Happy New Year!
~ Paul Bloom





ABBNEY TALES

Submitted by Nancy Stugart

In August 2009 Abbey tore her cranial cruciate ligament (CCL) and had surgery to repair the tear. When the surgeon repaired her CCL, he drilled a small hole in her bone and put two fishing lines in to replace the ligament. He said only one line was needed but he prefers to put in two lines as an extra precaution.

During the summer I noticed that she had a slight limp. I took Abbey to her orthopedic surgeon to have her leg checked. He examined her and said BOTH fishing lines were torn! Apparently the fishing lines rubbed on a rough area of the bone and tore. The torn lines were rubbing on the inside of her leg and irritating it. He said her leg is completely healed and she does not need the fishing lines. He also said that it was not another major surgery to repair her leg.

In August she had the surgery to remove the lines. The incision was small (about 2 inches). The recuperation time was only 2 weeks. Then she started taking short walks and slow runs.

If that wasn't bad enough he wants her to lose some weight. Since she has been getting less exercise she has put on a few pounds. She also has some arthritis in her legs. The weight is not healthy and it puts more pressure on her legs. She is now dieting and eats carrots for snacks instead of dog biscuits. I have never fed her "people" food. She has lost ten pounds and has five more to go.

Since she has arthritis, instead of taking long walks we take lots of short walks. She is playing Frisbee and ball again. She is much more playful and frisky since her surgery and weight loss.



**Slim
and
trim
Abbney**



CONGRATULATIONS NEW RETIREES



Robert
Vollmer
(RMS)
will retire on
March 14, 2011



Jean
Stump
(DA's Office)
will retire on
April 1, 2011

Reminder:

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:

Ann Kilburn, 406 Wyndham Court
Williamsport, PA 17701

A NOTE FROM CONTROLLER KRISTA ROGERS:

For those of you who qualify, the 2011 Cost-Of-Living Adjustment is reflected in your January pension payment.

Some of you may have noticed your *net amount* has increased very little or it may have even decreased.

This is due to the Federal Income Tax tables changing for 2011; in other words more Federal taxes are being deducted this year.

If you would like to change your tax deduction information, we can mail you a new W-4P form. Please call me at (570)-327-2300 or e-mail krogers@lyco.org or Deputy Controller, Miriam Miller at (570)-327-2298, e-mail mmiller@lyco.org

Thank you.

Trivia 1950 - 1955

1. The infamous Brinks Robbery in 1950 where \$2.8 million was stolen in 17 minutes occurred in what city?

- Boston
- New York
- Chicago

2. "Old soldiers never die...they just fade away" was said by...

- Gen. Dwight Eisenhower
- Gen. Omar Bradley
- Gen. Douglas MacArthur

3. *Catcher in the Rye's* portrayal of Holden Caulfield's 16-year-old life was a huge success. Who wrote the book?

- Herman Wouk
- J.D. Salinger
- William Faulkner

4. In 1952 Richard Nixon makes one of what will be many speeches in answer to allegations against him. This one is called the "Checkers" speech, which refers to...

- A cocker spaniel dog
- The game of politics
- A favorite pastime

5. In 1953 Edmund Hilary and Tenzing Norgay become the first humans to...

- Break the sound barrier
- Summit Mt. Everest
- Run a 4 minute mile

6. Francis Watson and James Crick become famous for discovering...

- The polio vaccine
- The transistor
- The "double helix" of DNA

7. Psychologist Joyce Brothers won the \$64,000 Question. What was her topic?

- Eastern Philosophy
- American Literature
- Boxing

8. In 1955, Congress authorizes all U.S. currency and coins to say...

- In God We Trust
- United States of America
- Liberty

For answers, see page 14

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

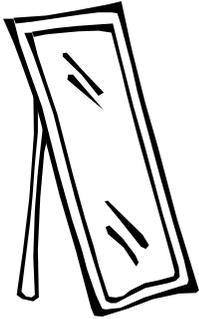
Feb. 1	Alida Ritter	March 4	Linda Stein
Feb. 2	Martha Poust	March 4	Charlie Brewer
Feb. 3	Fred Koch	March 8	Bill Hibschan
Feb. 4	Eva Pellegrino	March 14	Jennie Reeder
Feb. 4	Robert Vollmer	March 17	Richard DeSanto
Feb. 7	Bonita Cockley	March 17	Beverly Bennett
Feb. 9	Marilyn Stewart	March 25	Doris Heim
Feb. 9	Daniel Pellacore	March 25	Bill Hegenstaller
Feb. 11	Paul Glunk	March 28	Linda Campbell
Feb. 11	Ann Kilburn	March 30	Dick Nassberg
Feb. 15	David Frey	March 31	Ruth Swisher
Feb. 17	Dave Desmond	March 31	Louis Knowlden
Feb. 20	Joan Fetzer		
Feb. 21	Henry Mitchell		



April 2	Diana Bower
April 4	Jean Stump
April 7	Gail Kilgus
April 8	Howard Ebner
April 8	Helen Goodbrod
April 8	Nancy Koch
April 12	Joyce Thomas
April 14	Tom Kline
April 15	Mary Thomas
April 17	John Lamoreaux
April 29	Vera O'Brien
April 29	Donna Runnels

OLD AGE

Old age, I decided, is a gift.
I am now, probably for the first time in my life,
the person I have always wanted to be.



Oh, not my body!
I sometimes despair over my body ...
the wrinkles, the baggy eyes,
and the sagging butt.

And often I am taken aback
by that old person that lives in my mirror,
but I don't agonize over those things for long.

I would never trade my amazing friends,
my wonderful life, my loving family
for less grey hair or a flatter belly.
As I've aged, I've become more kind to myself,
and less critical of myself.
I've become my own friend.

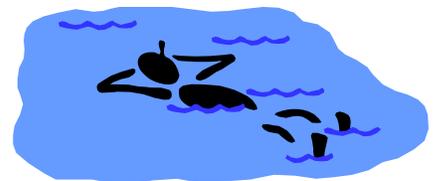
I don't chide myself for eating that extra cookie,
or for not making my bed,
or for buying that silly cement gecko that I didn't need,
but looks so avant-garde on my patio.

I am entitled to overeat, to be messy, to be extravagant.
I have seen too many dear friends leave this world too soon;
before they understood the great freedom
that comes with aging.

Whose business is it if I choose to read or play
on the computer until 4 a.m. and sleep until noon?

I will dance with myself to those wonderful tunes
of the 60's, and if I, at the same time,
wish to weep over a lost love...
I will.

I will walk the beach in a swim suit that is
stretched over a bulging body,
and will dive into the waves with abandon if I choose to,
despite the pitying glances from the bikini set.



They, too, will get old.
 I know I am sometimes forgetful.
 But there again, some of life is just as well forgotten .
 and I eventually remember
 the important things.



Sure, over the years,
 my heart has been broken.
 How can your heart not break when you lose a loved one,
 or when a child suffers, or even when a beloved pet gets hit by a car?

But broken hearts are what give us strength and understanding and compassion.
 A heart never broken is pristine and sterile
 and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn grey,
 and to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed, and so many have died
 before their hair could turn silver.
 I can say "no", and mean it.
 I can say "yes", and mean it.

As you get older, it is easier to be positive. You care less about what other people think.
 I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free.
 I like the person I have become.

I am not going to live forever,
 but while I am still here,
 I will not waste time lamenting what could have been,
 or worrying about what will be.
 but will continue to rejoice in what was.

(And I shall eat dessert every single day if I feel like it)



~ Author Unknown

IN MEMORY OF...

Following is a list of county retirees who have passed away since 2004.

NAME	DATE OF DEATH	NAME	DATE OF DEATH
2004		2008	
NICELY, ELEANOR E	1/13/2004	MOORE, ELLEN	3/24/2008
GIMBLE, EVELYN	4/1/2004	NEECE, MARY L	4/1/2008
WEIR, ALEX L	5/28/2004	CIPRIANI, SUSAN	4/11/2008
HUMMEL, ANNE J	8/4/2004	LEWIS, GLADYS	5/18/2008
NULL, WENDELL, JR	10/14/2004	CONROY, DELORES	5/22/2008
NEWMAN, MYRTLE	10/17/2004	RUFFING, LEONA K	11/7/2008
TALLMAN, MARJORIE J	10/21/2004	2009	
DEKATAY, VERONIKA	11/23/2004	BENNETT, LESTER	2/16/2009
MAY, BLANCHE P	12/9/2004	MILLER, VIRGINIA L	2/24/2009
2005		OHL, MARGARET A	3/8/2009
FREY, MARY	1/21/2005	LUNDY, MAXINE E	7/24/2009
DECKER, WALTER, JR	2/18/2005	AULT, CAROLYN	9/24/2009
MAHL, MARY LOIS	3/10/2005	STIFFLER, MARILYN	9/25/2009
LINDEMUTH, MARGARET	7/1/2005	SELLERS, MARY E	10/30/2009
BULLION, GERALD	7/7/2005	BOETTGER, DONALD A	11/9/2009
BEACH, RUSSELL	9/15/2005	2010	
LUKENS, BETTY	9/30/2005	HAYES, RAY W	1/13/2010
BROCKWAY, RITA	10/1/2005	KISSELL, BETTY G	3/15/2010
CONFER, MURL	10/3/2005	BURNS, FLORENCE E	7/2/2010
ARMBRUSTER, LEO	11/9/2005	MILLER BETTY L	8/5/2010
BARTO, MARY	12/7/2005	RONEMUS, MARTHA JANE	9/22/2010
2006		STUMP, WILLIAM F	10/19/2010
GILLESPIE, AUDREY	1/26/2006	MILLER, EVA C	12/7/2010
GREEN, EDITH	2/8/2006	HILL, ELEANOR S	12/7/2010
ORWIG, GEORGE III	6/8/2006	SWISHER, RUTH E	12/24/2010
HARRINGTON, HELEN	7/5/2006	POUST, MARTHA L	12/31/2010
HARRIS, PAUL	8/11/2006	LAUVER, BETTY J	1/23/2011
STOTZ, GRAYCE	8/25/2006	PUDERBAUGH, HELEN	1/24/2011
BRUNER, JESSE JAMES	11/30/2006	<p>“As is a tale, so is life: not how long it is, but how good it is, is what matters.”</p> <p>Lucius Annaeus Seneca Roman Philosopher</p>	
2007			
CROMAN, PHYLLIS	1/18/2007		
FOLLMER, HAZEL	1/30/2007		
ALLGAIER, WANDA	4/15/2007		
MCCULLOUGH, ROBERT, JR	6/16/2007		
GLEASON, VELMA C	6/22/2007		
SELLERS, BEULAH	9/4/2007		
GERARDI, JOHN, SR	11/15/2007		



CLEANING FOR A REASON

<http://www.cleaningforareason.org/>

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service.

Cleaning for a Reason partners with professional residential maid services who are insured and bonded to participate in our foundation. The companies have agreed to take 2 patients at a time and offer four free **general** cleanings – one a month for four months as a way to give back to their community. The applications can be filled in online by women with any type of cancer as long as they are currently under cancer treatment.

Step 1

Check to see if there is a participating maid service in your geographical area by clicking the locations tab on our main website (see above). Click the state in which you reside on the pink U.S. map. This will take you to a list of the cities where we currently have partner maid services affiliated with our foundation. Not all cities are served even though we do add approximately 25 – 35 new partners each month.

Step 2

If you are a qualified cancer patient fill out the online application under the cancer patient tab on our main website. Fill in the required information. When you submit, the online process will inform you if a maid service covers your area. In large metropolitan areas, some maid services limit the distance they will travel to the area they normally serve.

Step 3

If your registration is successful and there is a partner in your area, some additional questions will be asked and you will be prompted to agree to a service waiver.

Step 4

The final step in the registration process will be to have your doctor fax verification that you are currently in cancer treatment. The fax number is listed on the final page of the application process. We do not need a record of your diagnosis or any specific medical information. A note from your doctor's office stating your name and that you are under cancer treatment will suffice.

Step 5

Cleaning For A Reason will contact the maid service in your area on your behalf. The maid service will then contact you directly to schedule your cleanings. Naturally, as with any non-profit organization, the demand far exceeds our ability to serve but we attempt to match as many patients as possible who go through our application process. Since our maid services are businesses, they schedule you within their normal paying customers. Sometimes our maid services are handling the maximum amount of patients already and we have to inform you that they are full. If this happens, the applicant will have to reapply at a future date.

LYCOMING COUNTY
COMMISSIONERS

REBECCA A. BURKE
ERNEST P. LARSON
JEFF C. WHEELAND

Retiree Group Officers

CHAIR—Alice Bair
322-6052

CO-CHAIR—Barb Thomas
322-6460

SECRETARY—Esther Cohick
323-6405

TREASURER—Ann Kilburn

**SEE YOUR
NEWSLETTER IN
COLOR !!**

go to: 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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UPCOMING MEETING SCHEDULE:

THURSDAY, FEBRUARY 10

11:30 A.M.

**SKYVIEW RESTAURANT
AT THE MONTOURSVILLE AIRPORT**

TUESDAY, APRIL 12

11:30 A.M.

LOCATION TO BE ANNOUNCED

THURSDAY, JUNE 9

11:30 A.M.

LOCATION TO BE ANNOUNCED

COMEDY

**ORZ
ER
R**



“Retirement plan? Ha! I’m glad you asked! As a matter of fact, we’ve been in contact with a gentleman from Africa who is transferring eight million dollars into my bank account as we speak.”

Answers to Trivia on page 8:

1. Boston 2. MacArthur
3. J.D. Salinger 4. Cocker
- spaniel 5. Summit Mt. Ever-
- est 6. The double helix 7.
- Boxing 8. In God We Trust