

READY...SET...RETIRE!

VOLUME 9, ISSUE 4

AUGUST 2014

REMINDER: SUMMER PICNIC

Have you RSVP'd yet? Don't miss this enjoyable time with your fellow retirees!

Where: Russ and Marie Reitz Farm,

Gracious Meadows

2549 Lick Run Road

Williamsport, PA 17701

When: Tuesday, August 12, 2014 11:30 AM

What to Bring: Either dessert or a plain salad.
(dressing will be provided)



RSVP: Marie Reitz by (570) 435-2223 or (570) 220-7875

Directions: From 180, take the Faxon exit (25) onto Northway Road. Travel 5 miles to Lick Run Road (right turn). Gracious Meadows is the second farm on right. There will be signs directing you to the pond. A short business meeting will be conducted during the picnic.

UPCOMING MEETING SCHEDULE:

October 9, 2014 at 11:30 a.m. PERKINS Family Restaurant

MINUTES OF MEMBERSHIP MEETING

JUNE 12, 2014

Officers present: Alice Bair - Chair
Jean Stump - Co-Chair
Barb Thomas - Treasurer
Esther Crawford - Cohick - Secretary

The Lycoming County Retirees met at Perkins at 11:30am. There were 27 members/guests. After the meal a short meeting was held.

Minutes were read by Esther Crawford Cohick, Secretary and they were approved as read. The Treasurer's report was given by Barb Thomas. Motion was made by Maggie Sockman and seconded by Ralph Lukens and members approved.

It was brought to the attention of the retirees that a paper "West Branch" gave mention to a fellow retiree Patty Fawber when they choose her caption for a recently published picture.

Some retirees have brought it to our attention that they are not receiving the quarterly newsletter for the Retirees of Lycoming County. An effort will be made to resolve this problem.

There are still seats available for the bus trip to Ehrhardt's on the Lake and a visit to Steamtown on September 30th. Members may invite friends to go to these trips, please get the word out. Also, don't forget the PICNIC on Tuesday, August 12th at 11:30AM at Reitz's Gracious Meadows Farm.

Motion to adjourn was made by Scott Thomas and seconded by Barbara Hall.

Respectfully submitted,

Esther Crawford Cohick
Secretary



Floods & Flash Floods

Pennsylvania is one of the most flood-prone states in the nation. From rural areas to suburban communities, floods - especially flash floods - are a constant concern.

BEFORE

- Find out if you live in a flood-prone area from your local emergency management office
- Learn flood warning signs and your community alert signals
- Request information on preparing for floods and flash floods
- If you live in a frequently flooded area, stockpile emergency building materials (plywood, plastic sheeting, nails, hammer, saw, etc.)
- Plan and practice an evacuation route

Have disaster supplies on hand

- Flashlights and extra batteries
- Portable, battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

Develop an emergency communications plan

- In case family members are separated from one another during floods or flash floods, have a plan for getting back together
- Ask an out-of-state relative or friend to serve as the "family contact." Make sure everyone knows the name, address, and phone number of the contact person
- Teach all family members how and when to turn off gas, electricity and water
- Teach children how and when to dial 9-1-1, and which radio station to listen to for emergency information

If outdoors:

- Climb to high ground and stay there
- Avoid walking through any floodwaters. If it is moving swiftly, even water 6 inches deep can sweep you off your feet

If in a car:

- If you come to a flooded area, turn around and go another way
- If your car stalls, abandon it immediately and climb to higher ground. Many deaths have resulted from attempts to move stalled vehicles

DURING AN EVACUATION

- If advised to evacuate, do so immediately
- Listen to a radio for evacuation instructions
- Follow recommended evacuation routes -- shortcuts may be blocked
- Leave early enough to avoid being stranded by flooded roads

AFTER

- Flood dangers do not end when the water begins to recede. Listen to a radio or television and don't return home until authorities indicate it is safe to do so.
- Remember to help your neighbors who may require special assistance -- infants, elderly people, and people with disabilities.
- Stay out of buildings if flood waters remain around the building.
- Throw away food -- including canned goods -- that has come in contact with flood waters.
- Pump out flooded basements gradually (about one-third of the water per day) to avoid structural damage.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are health hazards.

DISASTER SUPPLIES KIT

Every household is encouraged to keep a Disaster Supplies kit on hand in case of an emergency. Below is a list of items you will need for a basic disaster supplies kit:

- Water, one gallon per person per day for at least three days.
- Food, non-perishable, at least a three day supply
- Battery powered or hand crank Radio and a NOAA Weather radio
- Flashlight with extra batteries
- First Aid Kit
- Moist Towelettes, garbage bags and plastic ties for personal sanitation
- Manual can opener for food
- Cell phone with chargers, inverter or solar charger

Once you have gathered the supplies for the basic kit, you may want to add the following items to your kit:

- Prescription medications & glasses
- Infant formula & diapers
- Cash or traveler's checks and change
- Copies of Important family documents, such as insurance policies, identification and bank account records, in a waterproof, portable container
- Sleeping bag or warm blanket for each person.
- Household Chlorine bleach and medicine dropper. When diluted, 9 parts water to one part bleach, can be used as a disinfectant.
- Fire Extinguisher
- Matches in waterproof container
- Personal and feminine hygiene products
- Paper cups, plates, paper towels and plastic utensils
- Pet food and extra water for your pet
- Books games and activities for children

Submitted by Nancy Stugart

National Homeless Animals Day

Adopt a new
best friend



Daily Holiday Blog

August 16th is National Homeless Animals Day.

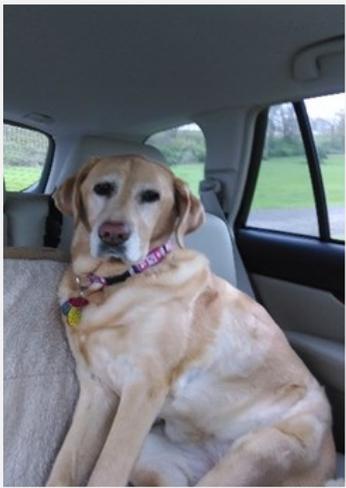
Every day, animals are abandoned or placed into kennels. They depend on charities and goodwill. They are strained beyond coping, and want to raise awareness of homeless and abandoned animals. Homeless Animals Day is to educate people about pet abandonment, feral animals and benefits of neutering animals. There is an epidemic of pet overpopulation and this day is to raise awareness and promote spaying, neutering, and pet adoption. **Most importantly, spay or neuter your pets!** This is the best way to help control the number of animals that need homes.

Adopt from a shelter. Not only are you saving an animal from a terrible fate, you are gaining a new best friend, and reducing the number of homeless pets in the world.

If you are not ready to adopt or already own pets, you can donate your time or money to our local shelters. They are always in need of money, blankets, food, or your time. There are many animals that do not do well in a kennel environment because of age or illness and would thrive under the care by a loving volunteer while they await their forever home. Taking an animal in under foster care frees up space in the shelter for other homeless animals

Look into a dog's eyes and you will understand the meaning of unconditional love. Please remember: while our world consists of interests outside our pets, we are their *entire* world and they depend on us exclusively for their health and well-being. Look into a dog's eyes and you will understand the meaning of unconditional love.

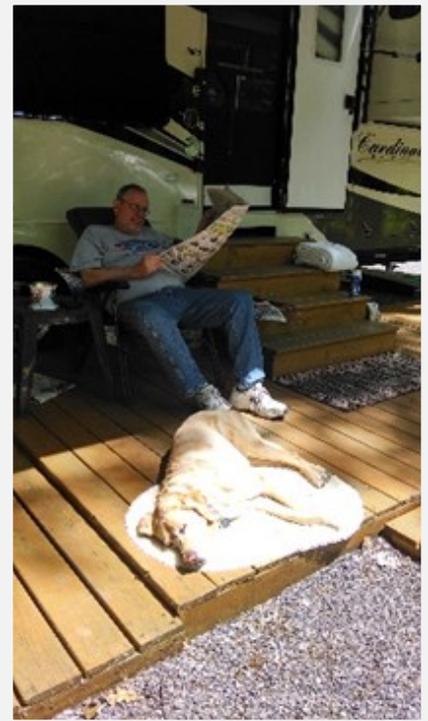
ABBEY TALES



Abbey knows when we are getting ready to camping. As soon as we open the car door she “packs” herself.



Taking a rest during her walk



Back at the camper, time for a nap



Abbey was Grand Marshall at the 4th of July parade





Relaxing after a visit from some of her friends



Her ride home from camping



This is where you will find her on Mondays.



Happy Birthday to Abbey who will be celebrating on August 11th



LYCOMING COUNTY RESOURCE MANAGEMENT SERVICES



Single Stream Recycling

No more separating!
ALL of these in the
SAME container!



Paper-Dry & Clean, No Bags

- ◆ Newspaper & Inserts
- ◆ Magazines & Catalogs
- ◆ Junk Mail, Envelopes, File folders, Shredded Paper
- ◆ Office White, Colored and Computer Paper (Staples & Paper Clips OK)
- ◆ Corrugated Cardboard boxes
- ◆ Cereal & Gift Boxes (remove liners)
- ◆ Paper Bags & Phone Books
- ◆ Books

Containers-Empty & Clean, No Bags

- ◆ Aluminum Cans (Beer & Soda)
- ◆ Aluminum Foil & Foil Plates, etc.
- ◆ Glass Bottles & Jars (food & drink only)
- ◆ #1—# 7 Plastics (plastic bottles, jars, tubs and rigid containers: soda, water, milk, juice, liquor, shampoo, detergent, condiments, yogurt, margarine, pet food, clear plastic food containers)
- ◆ Metal Food Cans & Lids (Tin/Steel)
- ◆ Metal Pots and Pans
- ◆ Empty aerosol cans
- ◆ CARTONS - juice, milk, soup & broth, wine, soy milk



**Unacceptable
Materials**



- ◆ Drinking Glasses
- ◆ Mirror, Ceramics or Pyrex
- ◆ Window Glass
- ◆ Light Bulbs, Plates or Vases
- ◆ Waxed Paper
- ◆ Waxed Cardboard
- ◆ Napkins
- ◆ Tissues
- ◆ Paper Towels
- ◆ Paper To-Go Containers
- ◆ Stickers or Sheet of Address Labels (affixed address labels and stamps are OK)
- ◆ Tyvek Envelopes
- ◆ Plastic 6-Pack Holders
- ◆ Plastic Microwave Trays
- ◆ Plastics other than those listed at the right
- ◆ Styrofoam (including packing peanuts)
- ◆ Scrap Metal
- ◆ Propane Tanks
- ◆ Needles &/or Syringes
- ◆ Hazardous or Bio-Hazardous Waste
- ◆ Food Waste, Garbage
- ◆ Hangers
- ◆ Electrical Cords; Garden Hoses
- ◆ Bubble wrap
- ◆ Garden Hoses

For Information: www.lcrms.com/Recycling or the recycling Hot Line: 800/736-7559

Hummingbird Cake

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt [Click to see savings](#)
- 2 cups sugar [Click to see savings](#)
- 1 teaspoon ground cinnamon
- 3 large eggs, beaten [Click to see savings](#)
- 1 cup vegetable oil [Click to see savings](#)
- 1 1/2 teaspoons vanilla extract
- 1 (8-ounce) can crushed pineapple, undrained
- 1 cup chopped pecans
- 2 cups chopped bananas



Combine first 5 ingredients in a large bowl; add eggs and oil, stirring until dry ingredients are moistened. (Do not beat.) Stir in vanilla, pineapple, 1 cup pecans, and bananas.

Pour batter into three greased and floured 9-inch round cake pans. Bake at 350° for 25 to 30 minutes. Cool in pans on wire racks 10 minutes; remove from pans, and cool completely on wire racks.

Cream Cheese Frosting

- (8-ounce) package cream cheese, softened [Click to see savings](#)
- ½ cup butter or margarine, softened [Click to see savings](#)
- 1 (16-ounce) package powdered sugar, sifted
- 1 teaspoon vanilla extract
- ½ cup chopped pecans

Beat cream cheese and butter at medium speed with an electric mixer until smooth. Gradually add powdered sugar, beating at low speed until light and fluffy. Stir in vanilla

Spread Cream Cheese Frosting between layers and on top and sides of cake; sprinkle ½ cup chopped pecans on top. Store in refrigerator.

Submitted by Nancy Stugart

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. 5 Linda McWilliams
 Oct. 7 John Somits
 Oct. 7 Karen Wright
 Oct. 8 Bernard Steinbacher
 Oct. 8 William Hyde
 Oct. 9 Martha Cupp
 Oct. 9 Richard Saylor
 Oct. 13 Clifford Kanz

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. 30 Connie Turner
 Oct. 31 Frank DeWald
 Oct. 31 Ann Hearton

LYCOMING COUNTY
COMMISSIONERS

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

Retiree Group Officers

CHAIR—Alice Bair
322-6052

CO-CHAIR—Jean Stump
220-8389

SECRETARY—Esther Crawford-
Cohick
323-6405

TREASURER—Barb Thomas
322-6460

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Please note, HR has moved to the
2nd floor of Executive Plaza in suite
202. Phone and fax number have
remained the same!

Don't Miss



Event

There are still some spots remaining for the September 30th bus trip to Ehrhardt's on the Lake for morning activities and lunch and then to the Steamtown National Park for a visit. Cost is \$72

Contact Alice Bair at (570) 322-6052 with questions or to sign up. You don't want to miss this enjoyable trip!

Reminder:

Newsletters are sent out on a quarterly basis. You must be a dues paying member to receive them by mail. On occasion, postcard notices are mailed to inform you of special events such as membership meetings and bus trips. You can find a listing of upcoming meetings, events and important news on the County's Human Resources website. Past newsletters are also posted on this site. Visit www.lyco.org and then select "Human Resources" under the Departments link. You will find the retirees' section at the very end of the HR's home page.

Also - it is extremely important to keep any changes updated with the County Controller. Bank changes, beneficiary changes, address change, withholding changes, etc. or questions on 1099R's

Controllers Office
570 327- 2295