

● ● ● READY...SET...RETIRE

Volume 9, Issue 2 May 2014

Summer Picnic

Where: Russ and Marie Reitz Farm,
Gracious Meadows
2549 Lick Run Road
Williamsport, PA 17701

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

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

RSVP: Marie Reitz by Tuesday, August 5, 2014 (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.



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ABC's of FUN in the SUN

A = AWAY. Stay away from the sun in the middle of the day.

B = BLOCK. Use SPF15 or higher sunscreen

C = COVR UP. Wear a T-shirt and hat.

S= SPEAK OUT. Talk to family and friends about sun protection

Source: Wellness Proposals <http://www.aad.org>

UPCOMING MEETING:

- JUNE 12, 2014
Perkins Restaurant
- August 12, 2014
Gracious Farms
- October 9, 2014
TBD

MEETING MINUTES

Minutes: Tuesday April 8, 2014

Officers Present: Alice Bair, Chair
 Jean Stump, Co-Chair
 Barb Thomas, Treasurer
 Esther Cohick, Secretary

The Lycoming County Retirees meeting for February 2014 was cancelled due to inclement weather. The next scheduled meeting was today (April 8) at Perkins Restaurant with 29 members and guest present.

Alice called the meeting to order after the meal.

A correction was made by Barb Thomas to December 2013 minutes as it was omitted that Ralph Lukens was asked to give the blessing.

A thank you to all the members was read by Esther Cohick, Secretary from Alice Bair for the floral arrangement that she received after the passing of her husband, Ken. Also it was acknowledged by Alice for the contribution to Albright Life in his memory.

Flyers were circulated among the group by Jerry Walls on behalf of Susquehanna Greenway (partnership) for an upcoming event at the South Williamsport Park on May 10th.

An invitation by the Reitz's was received for the retirees' picnic at Gracious Meadows on Tuesday, August 12th at 11:30AM. A motion was made by Jerry Walls and seconded by Harry Jones for the Retirees to purchase the London Broil and was approved by members present. Again this year we are asking to bring either a dessert or a plain salad and Marie Reitz will provide her specialty dressing. Please call and let her know which you will bring at a date closer to the picnic.

Bus trip is on with 30 scheduled to go but there are still a few seats available for April 15, 2014.

Motion to adjourn made by Maggie Sockman and seconded by Richard Wehler.

Respectfully submitted,

Ester Crawford Cohick, Secretary

ABBHEY TALES

Submitted by Nancy Stugart

Abbey had surgery in January.

She had her teeth cleaned and she had to have her gum trimmed because it was growing over her tooth.

Gingival hyperplasia is when the dog’s gum tissue becomes inflamed and enlarged. The most common cause is irritation due to dental plaque or bacteria along the gum line. If it is not treated it can affect the bones and teeth.

The symptoms are:

- ◆ Thickening of the gums
- ◆ Increase in the height of the gum
- ◆ Pockets developing in the gums
- ◆ Areas of inflammation in the gums
- ◆ Growth or tissue mass formation on the gum line

I know it sounds like a little much but brushing your dog’s teeth is important. If a dog’s teeth are not kept clean, problems could arise. You should brush your dog’s teeth at least a few times a week.



Abbey the day after surgery

I do brush Abbey’s teeth but, unfortunately, she ended up with the increase in the height of her gums.

AND she also had a mast cell tumor (MCT) behind her front leg. Mast cell tumors lie on the surface of the skin or underneath it. Her tumor was below the skin. Mast cell tumors are cancerous masses of mast cells and release histamine and chemicals in excess that can cause stomach ulcers and internal bleeding. Mast cell tumors are among the most common type of cancer found in dogs.

We had the MCT removed (she had 8 stitches) and a biopsy was done. The biopsy showed that the entire MCT was removed.

As with cancer there is no way of knowing if it will recur. We have to check her frequently for any lumps.

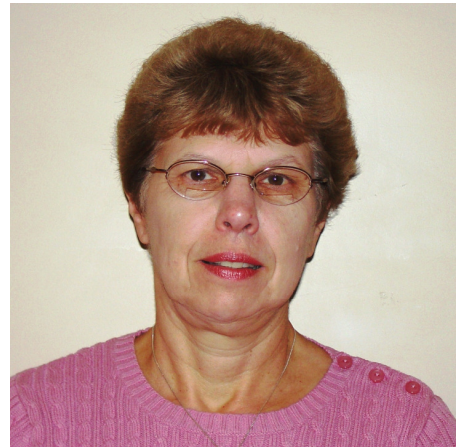
We are hoping to have her with us for a long time to come.....



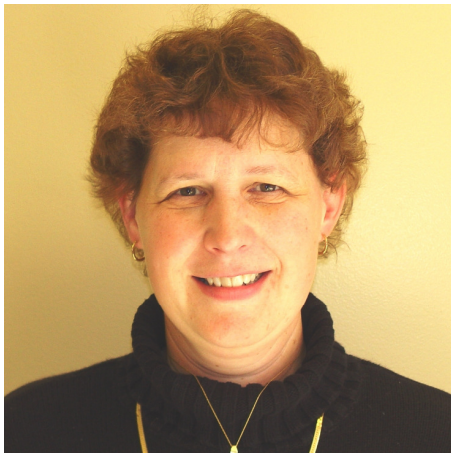
CONGRATULATIONS NEW RETIREES



Sam Harrison - Information Services, will retire on 5/16/2014 after more than 8 years with the County



Sue Rummings - DJ Lepley, will retire on 6/27/2014 after 30 years with the County



Deb McGee - DJ Page, will retire on 6/27/2014 after more than 30 years with the County



Deb Praster - Domestic Relations, will retire on 6/30/2014 after more than 28 years with the County

Did you know June is National Camping Month?



The camper pictured above is our way of relaxing

Submitted by: Nancy Stugart

Camping is a great way to get away, relax and spend quality time with your friends and family.

Camping can be a very rewarding experience for those who love the outdoors, and a very memorable one for those who are less outdoorsy.

Camping takes a lot of planning and packing

so if you are new to camping, it's a good idea to prepare for your trip a few weeks before you leave.

If you do not have a tent or camper most campgrounds have cabins available to rent.

Pack your tent or stock your camper, and head out into the country. Get away from desks, television

and the internet (but most campgrounds do have wifi available) for a couple of days and experience the tranquility of camping.

"Camping can be a very rewarding experience"

New! 2014 Consumer Action Handbook

The 2014 Consumer Action Handbook is now available. Use this handbook to get help with consumer purchases, problems and complaints. Find consumer contact information for hundreds of companies and trade associations, local, state and federal government agencies, national consumer organizations and more. Learn about your rights and see examples of the perfect consumer complaint letter. Learn tips on banking, credit cards, large purchases, handling identity theft, telemarketing and unwanted mail, and much, much more! **This is a 148 page handbook free to you published by the federal government.** Visit www.usa.gov and search "consumer action handbook". You can download it or request it in print.

PART I—BE A SAVVY CONSUMER

Read this section for advice before you make a purchase. To quickly locate specific topics and information, look in the Table of Contents (p. 1) and Index (p. 139).

PART II—FILING A COMPLAINT

Turn to this section for suggestions on resolving consumer problems. The sample complaint letter on page 57 will help you present your case.

PART III—KEY INFORMATION RESOURCES

Look here for a list of public resources for teachers, disabled consumers, and military families.

PART IV—CONSUMER ASSISTANCE DIRECTORY

Here you will find contact information for corporate offices, consumer organizations, trade groups, government agencies, and more.

Recipe Corner

Grilled Sausage with Potatoes and Green Beans

Submitted by Nancy Stugart

Ingredients:

- ¾ pound fresh green beans, trimmed and halved
- ½ pound red potatoes, quartered
- 1 large onion, sliced
- 1 pound smoked sausage, cut into 1 inch pieces
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon vegetable oil
- 1 teaspoon butter
- ⅓ cup water



Directions:

1. Preheat an outdoor grill on high heat or you can cook on a rack over your campfire.
2. On a large sheet of foil, place the green beans, red potatoes, onion, and sausage. Season with salt and pepper, sprinkle with oil, and top with butter. Tightly seal foil around the ingredients, leaving only a small opening. Pour water into the opening, and seal.
3. Place foil packet on the prepared grill. Cook 20 to 30 minutes, turning once, until sausage is browned and vegetables are tender.

Cheesecake Fruit Salad

Submitted by Amanda Winter

Ingredients:

- 1 - 3.4 oz. instant dry cheesecake pudding
- 1 1/2 cups cool whip
- 2 - 8 oz. containers of strawberry yogurt
- 1 banana, chopped
- 1 pint raspberries
- 1 cup grapes
- 1 peach, chopped



Directions:

In a large bowl, mix the dry cheesecake pudding powder, cool whip and strawberry yogurt. Fold in the fruit and be careful not to smash. Chill in the fridge for at least 30 minutes.

BIRTHDAY CELEBRATION

May 1 Gary Hutchinson
May 1 Sherry Neenan
May 2 Marie Jacoby
May 3 Patty Fawber
May 3 Connie DeWald
May 6 Phyllis Feese
May 12 Thelma Breidinger

May 14 Barb Hall
May 17 Alvena Tupper
May 20 Michael Singer
May 25 John Scott Thomas
May 29 Mary Wyles
May 31 Eunice Stover



June 1 Doris Hursh
June 4 Tom Corbett
June 7 John Monahan
June 13 Betty Stark
June 14 Bob McCullough
June 16 Judy Collins
June 16 Terry Cochran
June 17 Susan Morris
June 18 Lois Wertman

June 18 Cheryl Stiber
June 20 Pauline Montgomery
June 20 Charlene Koletar
June 22 Jerry Walls
June 22 Rodney Young
June 27 Marge Thompson
June 28 Harry Bryson
June 29 Gary Hartley



July 1 Gary Little
July 5 Charles Long
July 7 Joann Bixler
July 7 Ron Schwartz
July 11 Dave Lorson
July 11 Ralph Lukens Jr.
July 13 Orrie Brown
July 16 Glen Shaw
July 17 Elizabeth Gipe
July 19 Rebecca Mutchler

July 20 Allen Kaplan
July 21 Esther Reese
July 21 Bob Coolidge
July 21 Jim Reed
July 25 Chrystie Engle
July 27 Peg Ramin
July 30 Judy Gaston
July 31 Frank Metzger
July 31 William Kelly
July 31 Ev Kreger



**A Quarterly Newsletter for Retirees of
Lycoming County**

Lycoming County Commissioners

Jeff C. Wheeland

Ernest P. Larson

Tony R. Mussare

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

**Have something you want to include
in the newsletter?**

Submit to:

Amanda Winter

Human Resources

48 West Third Street

Williamsport, PA 17701

awinter@lyco.org

Human Resources has MOVED.

**We are not located on the second
floor of Executive Plaza, suite 202.
Phone and fax number remain the
same.**

September 20, 2014 Bus Trip

REMINDER: Don't forget to RSVP for the bus trip to visit Ehrhardt's on the Lake for morning activities and lunch. Then at 1:00pm, depart for Steamtown National park. Cost is \$72.00

per person and reservations must be turned in by September 2, 2014.

Contact Alice Bair at (570) 322-6052 with questions or to

reserve your spot!

