

READY...SET...RETIRE!

VOLUME 5, ISSUE 3

AUGUST 2010

LITTLE RED CORVETTE

The question on the front page of the May newsletter was....

What is the most important ingredient for achieving a happy retirement?

One of our retirees, Nancy Stugart, has responded to that question...

"I agree that a red convertible is not a must...but it certainly is a lot of fun!!

We have been Corvette lovers for as long as I can remember. The Corvette we now have (this is the third Corvette we have owned) is a 2009 Victory Red Corvette 3LT Coupe with a removable top. It has a 6.2 liter V8 engine with 436hp. It goes from 0 to 60 mph in 4.3 seconds.



I know, I am retired and have all day to do whatever....no hurry. So why do I need a fast car??

Sometimes I just feel...

the need for speed!!"

ABBEY TALES

Since Abbey's cranial cruciate ligament surgery in August 2009 I have tried to keep her activities to a minimum. I wanted to give her plenty of time to recuperate from her surgery.

On June 6th the Lycoming County SPCA held its 5th annual Pet Expo at Indian Park in Montoursville. The activities included pet first aid, demonstrations, nail trimmings, Pet Olympics, pet products, pet portraits, agility, and obedience demonstrations.

Last year Abbey and I discussed the Dog Olympics and decided that we would pass on participating. This year my excuse was her surgery!

Abby and I did participate in the obedience demonstration. This was her first demonstration in a year. I knew she would take her commands; I was not sure how fast she would respond to my commands. Performing in front of a large crowd of people and other dogs is totally different. There are constant distractions (she is a "Nosy Rosy"). We did the demonstration with no rehearsals. She was attentive and did everything perfectly! I should have known better than to doubt her.

~ Submitted by Nancy Stugart



Nancy with Abbey at the Dog Olympics, sponsored by the SPCA



You are invited to...

our Annual Summer Picnic

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

WHEN: Tuesday, August 10, 2010 at 11:30 a.m.

RSVPs REQUIRED by Tuesday, August 3:

Please call Marie (435-2223 or 220-7875)

PLEASE BRING:

- OR
- **DESSERT**
 - **TOSSED SALAD**
No dressing, please

If you are planning to go on the bus trip to Allenberry Playhouse (see page 7), please bring your registration money to the picnic.

The following will be provided:

Grilled Chicken
Corn-on-the-cob
Baked potato
Dressing for the tossed salads
Beverage



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.

A short business meeting will be conducted during the picnic.

A special thanks to our hosts, Russ & Marie, for their hospitality!

Cookout Tips & Suggestions

Outdoor grilling can be a great way to prepare healthy summertime meals. Grilling not only adds delicious flavor to the foods you are preparing but also reduces the need to use excessive amounts of unhealthy fats and oils. Enjoy healthy foods without risking your health by considering these healthy tips:

✓ **Keep your grill clean and well-maintained.** Be sure to scrape and clean your grill's grates and inside surface between each use, removing any burnt food or debris. If using a gas grill, check the connection between the propane tank and the fuel line to be sure that it is working properly and not leaking.

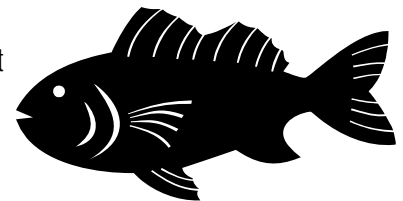
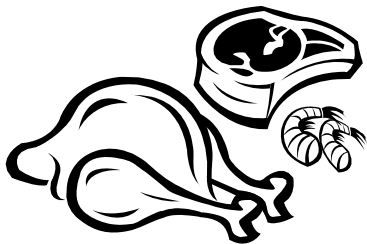
✓ **Make safety a priority when using your grill.** Keep your grill away from flammable materials, and at least 10 feet from any structure, such as your house. Have a fire extinguisher accessible, and never leave your grill unattended once it has been lit. If using a charcoal grill, never use it indoors, even if ventilation is provided.



✓ **Practice safe food handling techniques** to reduce the risk of food borne illnesses. Wash your hands thoroughly before cooking and serving food. Keep raw meats in the refrigerator or in a cooler until cooking time. Separate raw meats from cooked foods and fresh fruits and vegetables. Never use the same platter and utensils that previously held raw meat, poultry or seafood to serve cooked foods. Cook meats to the proper temperature - beef to a minimum of 160° F or until the center is no longer pink and juices are clear, ground poultry to 165° F and poultry parts to 180° F.

- Refrigerate any leftovers as soon as possible in shallow containers and discard any food that has been out of the refrigerator for more than two hours (one hour if the exposed to temperature greater than 90 degrees).

✓ **Offer healthy menu options.** Choose leaner cuts of beef, fish, or poultry instead of hot dogs, high fat hamburgers and sausages. Get creative and grill vegetables to add more texture and flavor to your meal. For a simple dessert, try grilling fruit, such as peaches and pineapple. Substitute low fat or fat free mayonnaise, yogurt or sour cream for the full fat versions in your favorite potato salad or coleslaw recipe. Substitute up to one-third of the oil called for in your favorite marinade recipe



with an equal amount of frozen fruit juice concentrate or vegetable puree - marinades are a great way to add taste to your meats while acting as a barrier between your food and the heat.

CONGRATULATIONS NEW RETIREES



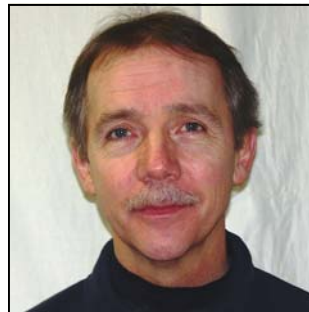
Bonita Cockley
(Domestic Relations)
retired on July 9, 2010
after working for the
county for over 23
years.



Catherine Lynch
(Prison)
will retire on
August 7, 2010
after working for the
county for over
eight years.



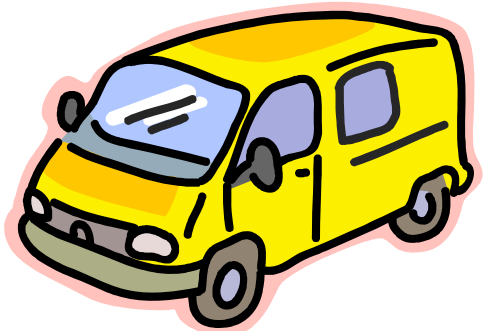
Fred Marty
(Commissioner's Office)
will retire on September
10, 2010 after working
for the county for over
three years.



Dennis Heffner
(Pre-Release Center)
will retire on September
10, 2010 after working
for the county for over
22 years.

Want to Lend a Hand?

Do you have some time to spare & would like to help out our local veterans? The Williamsport VA Health Clinic is looking for volunteers to drive veterans in the Clinic van (no special license required) to their medical appointments in Wilkes-Barre at the VA Hospital. Help is needed on Tuesdays, Wednesdays, and Thursdays. You will be provided lunch at the hospital on the day you drive. You may volunteer once a month, once a week; it's your choice.



Please contact Paul Hankey (Volunteer Services) at the Wilkes-Barre VA: 570-954-8243. Let him know that you are volunteering to drive the Williamsport van. Or call Jenny at the Williamsport Clinic for more information at 322-4791. THANK YOU!

Lycoming County Employee Health and Wellness Fair Scheduled



All County Retirees are invited to attend the County Employee Health and Wellness Fair, which has been scheduled for Friday, October 22, 2010, 11:00 a.m. to 4:00 p.m. at the Genetti Hotel & Suites, 200 West Fourth Street, Williamsport.

Please contact Joan Blank after September 1 to register for and obtain info about testing.
(Email: jblank@lyco.org or call 320-8157)

RECIPE CORNER

PEANUT DELIGHT

Ingredients

- | | |
|----------------------------|--------------------------|
| 1 cup flour | 1 pkg. vanilla pudding |
| ½ cup butter | 1 pkg. chocolate pudding |
| 2/3 cup chopped peanuts | 3 cups milk |
| 1/3 cup peanut butter | 1 or 2 cups Cool Whip |
| 1 cup 10x sugar | 1/3 cup chopped peanuts |
| 1 (8oz.) pkg. cream cheese | 1 grated Hershey Bar |
| 2 cup Cool Whip | |

Submitted by Nancy Stugart

First Layer: Blend flour and butter together; add peanuts and press evenly in a 9x13 pan. Bake at 350° for 20 minutes. Cool.

Second Layer: Cream peanut butter, 10x sugar, cream cheese and Cool Whip. Spread over first layer.

Third Layer: Mix vanilla and chocolate pudding and milk together. Spread over second layer.

Fourth Layer: Spread Cool Whip over third layer and top with Hershey Bar and peanuts. Enjoy!



Sign up Now to See the
Allenberry Christmas Show

When: Thursday, December 2, 2010

Where: Allenberry Playhouse
(near Harrisburg in Boiling Springs, PA)

Cost: \$85 per person includes bus transportation,
lunch buffet, and show

Christmas is here and the elves you've come to love are abuzz with holiday cheer! And why not?
There is no better time of year and no better life than an elf's.

That is, until the jolly elves at the North Pole get some rather shocking news:

Santa Claus wants to retire!

What will happen to Christmas? To the elves? To the joy and spirit of the season?

Come to Allenberry and find out how the elves come together to save Christmas. Once again, our heartwarming and magical tale for all ages will remind you of the power of the Christmas spirit and fill you with the joy of the season.

Before the show, you'll enjoy a hearty and delicious Christmas buffet and even meet Santa and Mrs. Claus themselves! Afterwards, join us for our original show where you'll hear all your most loved holiday songs.

*Reservations must be made and paid in full by
Friday, October 1, 2010 to Alice Bair (322-6052)*

Bus will depart at 8:45 a.m. from the Giant grocery store parking lot; additional stop at the Lycoming Mall. Arrival back to Williamsport scheduled for 6:00 p.m.

HAPPY ANNIVERSARY, RETIREE GROUP!

Four years ago, on July 12, 2006, your Retiree Group was formed. Since then, there have been 54 retirees, whose last names are included in the word search below.

The answer to this puzzle will be printed in the next newsletter.

Lycoming Co. Retirees 2006-2010

S R E O R O R C T G A D C N G L E N K
 L E C H A D G Y H B E Y R I A C W Y F
 Y L O H L R K T E E E O B Y K O E O S
 N W O R B R N R G L F S E A R L L E G
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 K L S T I M O S M C C U L L O U G H O
 N K R O W N A L P A K O C H M A R T Y

ackerman
 brewer
 cochran
 deegan
 glunk
 heffner
 kilpatrick
 marty
 reed
 somits
 wagner

bennett
 brown
 cockley
 eachus
 gruver
 hutchinson
 koch
 mccullough
 sanso
 stark
 walls

bernard
 brown
 collins
 fetherbay
 gunsallus
 jobes
 kreger
 mutchler
 sheaffer
 thomas
 warner

bertin
 bryson
 coolidge
 follmer
 hartley
 kaplan
 lorson
 pellacore
 snyder
 thomas
 young

blank
 cipriani
 danley
 gaston
 hartley
 kaufman
 lynch
 ramin
 sockman
 vermilya

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

AUGUST

August 1	Terry Featherbay
August 2	Ernestine Beach
August 4	Marie McGee
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

OCTOBER

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. 18	Evelyn Snyder
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

SEPTEMBER

Sept. 1	Gloria Gray	Sept. 13	Eleanor Hill
Sept. 2 & 10	Jim & Ruth Wentzel	Sept. 19	Nancy Borgess
Sept. 3	Janine Sheaffer	Sept. 20	Betty Miller
Sept. 4	Marian Springman	Sept. 25	Helen Lorson
Sept. 10	Margaret Jobes	Sept. 26	Betty Uskurait
Sept. 13	John Burns	Sept. 29	Joe Neyhart

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
435-2769

2010 MEETING SCHEDULE

All membership meetings begin at 11:30 a.m.

<u>DATE</u>	<u>LOCATION</u>
Thursday, October 14, 2010	Hoss's Restaurant
Tuesday, December 14, 2010	HOLIDAY PARTY at the Villa Restaurant

(More details to come in November Newsletter)



**SEE YOUR
NEWSLETTER IN
COLOR !!**

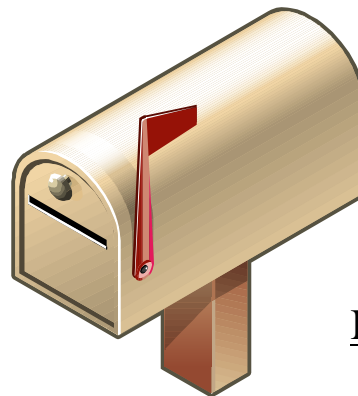
go to: www.lyco.org
click the link for
Human Resources

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

Editor/layout & design:

Joan Blank
Phone: 320-8157
Email: jblank@lyco.org

Suite 104
Executive Plaza Building
330 Pine Street
Williamsport, PA 17701



Reminder to New Retirees:

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, 79 Quail Lane,
Cogan Station, PA 17728