

READY...SET...RETIRE!

VOLUME 7, ISSUE 1

FEBRUARY 2012



Submitted By: Nancy Stugart

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago.

The Romans observed the New Year in late March. In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. In order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

NEW YEAR TRADITIONS

Traditions include making New Year's resolutions. That tradition dates back to the early Babylonians. Many resolutions we make include the promise to lose weight, quit smoking or eating sweets. The early Babylonian's most popular resolution was to return borrowed farm equipment.

The Tournament of Roses Parade dates back to 1886.



In some cultures, Father Time is only seen during the New Year. This is because he is thought to hand over the duties of the New Year to Baby New Year. Some believe that Father Time is constantly watching us and has every one of our hourglasses slowly decreasing, sand slipping through the hands of time.



The tradition of using a baby to signify the New Year was begun in Greece around 600 BC.



FOR LUCK IN THE NEW YEAR

Traditionally, it was thought that you could affect the luck you would have in the coming year by what you did or ate on the first day of the year. It is common for people to celebrate the New Year with family and friends. It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.

Traditional New Year foods are also thought to bring luck. Some believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. The Dutch believe that eating donuts on New Year's Day will bring good luck.

Some people celebrate the New Year by eating black-eyed peas with either hog jowls or ham. Black-eyed peas and the hog are considered good luck. The hog is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is eaten on New Year's Day.



TOASTING

One of the most popular New Years traditions is the champagne toast at midnight to ring in the New Year.



AULD LANG SYNE

The song, "Auld Lang Syne," is sung at midnight to bring in the New Year. It was written by Robert Burns and first published in 1796 after Burns' death. "Auld Lang Syne" means the good old days. Guy Lombardo and his Royal Canadians played "Auld Lang Syne" for the first time on December 31, 1929.



Happy New Year From Abbey



CONGRATULATIONS NEW RETIREES



Barbara Steinruck
(Adult Probation)
retired January 27, 2012
after more than 11 years of
service to the county



Gerald Shaffer
(Pre-Release Center)
will retire on February 29,
2012 after more than 25 years
of service to the county

Dear friends:

I want to send you my sincere thanks for the farewell gift that was presented to me at the holiday gathering at the Villa in December. The wooden tray is a wonderful remembrance of all of you and I very much appreciate your generosity.

Best wishes for a healthy and happy 2012!

Love,

Joan

MINUTES OF MEETING-HOLIDAY LUNCHEON
DECEMBER 13, 2011

The Lycoming County Retirees 6th Annual Meeting/Holiday Luncheon was held at 11:30 a.m. at The Villa, 2016 East Third Street, Williamsport. There were 85 members and guest reservations.

Barb Thomas, Treasurer, gave the invocation. A buffet meal was served. Again this year, non-perishable items were brought by members for a local food bank distribution during the season, in lieu of a gift exchange.

A brief meeting was held and guests were recognized. The Treasurer, Barb Thomas, collected 2012 dues from the members present.

Respectfully Submitted,

Esther Crawford Cohick, Secretary

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:

Barb Thomas
1045 Rural Avenue
Williamsport, PA 17701

**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

MARCH

March 4	Linda Stein
March 4	Charlie Brewer
March 8	William Hibschman
March 11	Deborah Smith
March 14	Jennie Reeder
March 17	Richard DeSanto
March 17	Beverly Bennett
March 25	Bill Heggenstaller
March 25	Doris Heim
March 26	Joanne Ackerman
March 28	Linda Campbell
March 30	Dick Nassberg
March 31	Ruth Swisher
March 31	Louis Knwlden

**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

BLUE HEALTH SOLUTIONS

There is no better time than **NOW** to take steps towards a healthier you! Eating well and exercising are the first steps, however maintaining a positive mental outlook is important to succeed! Don't know how to think positive when it comes to a healthier lifestyle? Visit Blue Health Solutions at www.bcnepa.com where you will find great information to help you get started! Blue Health Solutions is a free health management and wellness program that is available to all BlueCross members. It is designed to help you improve your health or maintain an already active lifestyle. You will find a variety of helpful information on their website as well as a 24/7 nurse chat feature.

You can also call 1 866-262-4764 to speak to a health coach weekdays between 8:00am - 8:00pm



REMINDER

Do you have friends or family members who are uninsured or under-insured?

Lycoming County residents are eligible for a prescription discount program that is provided in a joint effort of your local County Commissioners and the National Association of Counties.

On average, save 20% off prescriptions that are not covered by insurance. To obtain a card, stop in to the County Human Resources office located at 330 Pine Street, Williamsport, suite 104.



Lipitor is now available in Generic.

Many well-known drugs are coming off of their patent which means they are now able to be offered in generic form. Lipitor is one of these drugs. The generic form is called Atorvastatin. Although some people are concerned about generic versions and prefer to use brand-name, it is important to remember that just like brand-name drugs, the FDA must approve generic versions. According to the FDA, generics are identical in dosage, safety, strength, and quality. The only difference is in price and the reason for this is because the brand-name version has the overhead cost to be developed. Once the patent expires, a generic version is able to be made based off the research of the brand-name drug, which means very little cost to develop. If you still have concerns, talk to your health care provider about the benefits of using generic versions.

BRAINTEASER TIME OUT

Have fun and test your observations skills.
Can you spot the ten differences between these two pictures?



For the answer to the photo differences, turn to page 11.

STRAWBERRY CUPCAKES

Submitted by Nancy Stugart

Ingredients:

- 1 box Pillsbury Moist Supreme cake mix, Strawberry flavor
- 12 oz. Sierra Mist Free
- 1- 8 oz. tub of Cool Whip Free
- 1-1 oz. package of Jello SF/FF Instant Pudding Mix



1. Pre heat oven to 350.
2. In medium bowl, add cake mix and soda. Wisk for 2 minutes.
3. Place mixture into 24 cupcake liners fill 2/3 full. Bake for 18-22 minutes.
4. While baking the cupcakes mix the pudding into the cool whip and refrigerate for at least one hour.
5. Once cupcakes have completely cooled spread approx 1 tbsp. of icing onto each cupcake.
6. Cupcakes freeze well.

Makes 24 cupcakes, 104.9 calories each.

Weight Watchers Points Plus – 2 points

CHOCOLATE DIPPED PEANUT BUTTER BUGLES

INGREDIENTS:

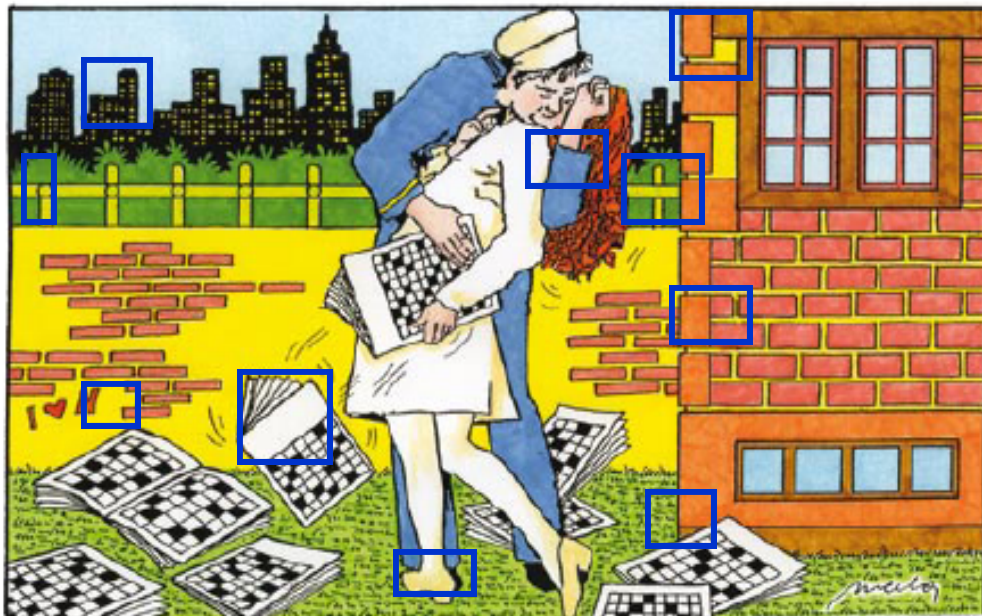
- 1-1/2 cups creamy peanut butter
- 6 cups original flavor Bugles
- 12 ounces milk chocolate candy coating

Cut a small hole in the corner of a plastic bag with peanut butter. Pipe the peanut butter into the Bugles. In a microwave-safe bowl, melt candy coating for 1-1/2 minutes; stir. Heat 1 to 1-1/2 minutes longer or until melted; stir until smooth. Dip the filled end of Bugles halfway in coating. Place on waxed paper to dry.

Makes about 14 dozen

1 serving (7 each) equals 191 calories

Have fun and test your observations skills.
Can you spot the ten differences between these two pictures?



ANSWER KEY TO PUZZLE ON PAGE 8

LYCOMING COUNTY
COMMISSIONERS

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

Retiree Group Officers

CHAIR—Alice Bair
322-6052

CO-CHAIR—VACANT

SECRETARY—Esther Cohick
323-6405

TREASURER—Barb Thomas
322-6460

**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

County Contact:

Amanda Winter
Phone: 320-2156
Email: awinter@lyco.org

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

UPCOMING MEETINGS

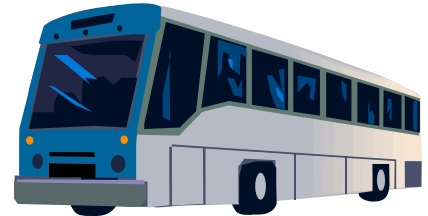
FEBRUARY 9, 2012

HOSS'S STEAK & SEA

11:30 AM

FOR YOUR INFORMATION...

Alice Bair is currently working on organizing a bus trip, however destination has yet to be determined. More information to follow at a later date.



COMEDY

**OR
N
E
R**

Three sisters, aged 81, 83 and 85, live together. One night the 85 year old draws a bath for herself. As she sticks her foot in, she pauses. She yells to her sisters downstairs, "Was I getting in or out of the bath?"

The 83 year old shouts back loudly, "I don't know. Let me come up there and see." She begins walking up the stairs, but then pauses. She yells to her sisters "Was I going up the stairs or down?"

The 81 year old is sitting in the living room, enjoying some tea. She listens to her sisters, shakes her head and mutters to herself, "I sure hope I never get that forgetful. Knock on wood." She then turns and shouts, "I'll come up there and help both of you as soon as I see who's knocking at the door."