

# READY...SET...RETIRE!

VOLUME 10, ISSUE 3

AUGUST 2015

## ANNUAL SUMMER PICNIC

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

**WHEN:** Tuesday, August 11, 2015 at 11:30 a.m.

### RAIN OR SHINE!

**A new pavilion roof has recently been finished. Come enjoy great food and conversation with your fellow retirees!**

**Don't forget to RSVP!!** : Please call (435-2223 or 220-7875) by August 4th and be prepared to tell Marie what you will be bringing.

**EITHER:** ➤ DESSERT OR ➤ TOSSED SALAD \*No dressing, please\*



**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.

**Thank you Russ and Marie for hosting this wonderful event!!**

# CONGRATULATIONS NEW RETIREES



Lorraine Lynn - DJ Kemp, retired on 02/27/15 after more than 39 years with the county



Dorothy Thomas - Domestic Relations, retired on 03/05/15 after more than 13 years with the county



Sandy Adams - Voters Services, retired on 04/01/15 after more than 12 years with the county



Kathleen Engel - Courts - Judge Gray, retired on 05/01/2015 after more than 10 years with the county



Diane DeTato - Courts, retired on 05/29/15 after more than 29 years with the county



Deb Reed - District Attorney's Office, retired on 07/06/2015 after more than 36 years with the county



Shirl Smith - Juvenile Probation Office, retired on 07/09/2015 after more than 21 years with the county

## BUS TRIP NOTICE

### BALTIMORE INNER HARBOR

A Baltimore Inner Harbor bus trip is scheduled for September 9, 2015. The cost is \$90 per person. Money is due by August 3, 2015. Checks can be made out to "Lycoming County Retirees" and mailed to:



Alice Bair - 1190 Mt Royal Hts, Williamsport 17701

Don't miss out on this fun trip! Contact Alice at 570 322 – 6052 with questions!

## MINUTES OF MEMBERSHIP MEETING

### DECEMBER 9, 2014

Officers present: Alice Bair - Chair  
Jean Stump - ViceChair  
Barbara Thomas - Treasurer  
Esther Crawford - Cohick - Secretary

The Lycoming County Retirees 9th Annual Meeting - Holiday Luncheon was held at The Villa, 2016 East Third Street, Williamsport. There were reservations for 86 members and guests but due to the inclement weather, there were a few empty seats as some were unable to attend. Barb Thomas, Treasurer, gave the invocation.

A buffet meal was served. As usual it was delicious and well prepared for our group. In lieu of a gift exchange or canned goods collection it had been decided at the October 9th membership meeting that a CASH donation for the United Food Pantry in Williamsport would receive a total of \$500 from our organization.

A brief meeting was held. Guests were recognized. Anyone wanting to pay 2015 dues today was able to do so.

Respectfully submitted,

Esther Crawford Cohick  
Secretary



# MINUTES OF MEMBERSHIP MEETING

## FEBRUARY 12, 2015

Officers present: Alice Bair - Chair  
Esther Crawford - Cohick - Secretary

The Lycoming County Retirees meeting was held at Perkins with 38 members and guests present. The minutes were read by the secretary and Ralph Lukens made a motion to accept and Rick Wehler seconded and members present were in agreement. Alice gave a treasurer's report as Barb Thomas was unable to be present as she had a previous commitment. A question was raised about the balance by Ralph Lukens as he thought the balance was higher (as he said Barb is traveling) and then was in agreement after it was presented that our retirees gave an additional \$150.00 to the United Churches of Lycoming County along with the \$350.00 donations given by retirees at the Christmas party in December 2014.

A newsletter will only be sent twice a year to cut down on the expenses of the retirees. Post Cards will be sent out when necessary instead.

No trips planned yet - Alice is working on getting something together after middle of March. Watch for further information on the website. There are plans in the works for the trip to Cogan House to an organic harvesting possibly in July.

For anyone interested in Master Gardening at the 911 center, each month there is work in progress with a wide variety of FREE seminars. There is access for handicapped and also for kids with some raised beds and some on the ground.

Russ Reitz invited the retirees to Gracious Meadows for the August 11th picnic. Details will be coming in the near future.

Motion to adjourn was made by Tony Rampulla and seconded by Rick Wehler.

Respectfully submitted,

Esther Crawford Cohick  
Secretary



## MINUTES OF MEMBERSHIP MEETING

APRIL 14, 2015

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

The Lycoming County Retirees meeting was held at Perkins with 35 members and guests present. The minutes were read by the secretary and they were approved as read. The treasurer's report was given by Barbara Thomas and Jean Stump made a motion to accept and seconded by Larry Campbell. Members agreed.

A get well card was circulated for members to sign for Doreen (former worker in the Lycoming County Treasurer's Office) as she is in the hospital in South Carolina. For retirees information, Jean Stump is in charge of cards so if you know of anyone we should be contacting, please let me know. (Telephone number is in the newsletter).

Information regarding Master Gardening given by Sandy Murray. There is a lot going on at the 911 center and on April 22nd ground breaking for the handicapped access will begin.

Several trips are in the planning stages. In June, Mohegan Sun and August/September Mt. Airy/Ice Museum. Also, a day tour is being looked into for Berwick (hydroponic growing). It is highly possible that in July, a day trip to Cogan House for a tour and then to Fry's Turkey Ranch for lunch. Watch for more information and final arrangements in upcoming newsletter.

Motion to adjourn made by Sharon Slacum and seconded by Barbara Hall. Members were in agreement.

Respectfully submitted,

Esther Crawford Cohick  
Secretary



## MINUTES OF MEMBERSHIP MEETING

JUNE 11, 2015

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

The Lycoming County Retirees meeting was held at Perkins with 32 members and guests present. The minutes were read by the secretary and they were approved as read. The treasurer's report was given by Barb Thomas and Alvin Danley made the motion to accept and seconded by Connie Dewald and members agreed.

The planned trip to Mohegan Sun was cancelled for lack of interest. A discussion was started by Ralph Lukens regarding future bus trips. It was recognized Alice Bair puts a lot of time and effort and many of them have been cancelled. If not enough interest is shown in the next scheduled bus trip, which is to Baltimore Inner Harbor cruise/dinner, no future ones will be scheduled. The cost of this trip is \$90.00 per person.

FYI - Gerald Seevers has moved to The Williamsport Home Apts, Jim Reed is undergoing treatment and Dorren is improving and home now after a bad fall. Reminder PICNIC in August - Watch for details in next newsletter.

Motion to adjourn made by Jean Stump and seconded by Scott Thomas.

Respectfully submitted,

Esther Crawford Cohick  
Secretary



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## UPCOMING MEETING SCHEDULE:

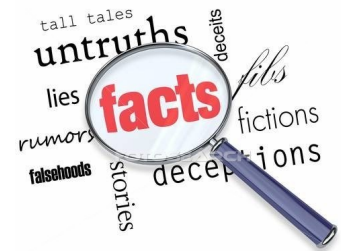
October 8, 2015 at 11:30 a.m.  
December 8, 2015 at 11:30 a.m.



# INTERESTING FACTS...

## DID YOU KNOW???

- Ants never sleep their whole life.
- The "pound" key on your keyboard (#) is called an octotroph.
- Bats always turn left when exiting a cave.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- A polar bear's skin is black. Its fur is not white, but actually clear.
- Camels have three eyelids to protect themselves from blowing sand.
- Months that begin on a Sunday will always have a "Friday the 13th."
- If a statue is dedicated to a person: If the horse has both front legs in the air, the person died in battle, if the horse has one front leg in the air, the person died as a result of wounds received in battle, if the horse has all four legs on the ground, the person died of natural causes.
- One half of Alaska's population lives in the Anchorage area.
- It is a myth that dogs are color blind. They can actually see in color, just not as vividly as humans. It is akin to our vision at dusk.
- The only sweat glands a dog has are between the paw pads.
- The term rule of thumb comes from the old English law that men couldn't beat their wives with anything wider than their thumb.



~Submitted by Nancy Stugart

## DID YOU KNOW???

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. This year, National Ice Cream Day will be celebrated on July 19.

According the International Ice Cream Association (IICA), about 10.3% of all milk produced by U.S. dairy farmers is used to produce ice cream.

Another fun fact - It takes about 12 gallons of milk to make 1 gallon of ice cream



# PET POISONING AWARENESS

Thousands of pets are poisoned each year, often by common household products. A key to being prepared and preventing accidental poisoning is being aware of what is toxic to pets. Some foods, drinks and products you should keep away from your pets:



## **Alcohol**

**Antifreeze:** Ethylene glycol, better known as antifreeze, attracts pets to ingest it by its sweet taste. Because it is so potent, even just a tablespoon can cause kidney failure.

## **Caffeine**

**Chocolate:** The chemical toxicity in chocolate is methylxanthines (a relative of caffeine) and it causes vomiting, diarrhea, hyperactivity, abnormal heart rhythm, seizures, and possibly death. The darker the chocolate, the more poisonous it is to your dog. Cocoa mulch can be toxic to dogs and cats.

## **Fat trimmings**

## **Garlic**

## **Grapes and raisins**

## **Household products**

## **Insecticides**

**Fertilizers:** Many fertilizers are basic gastrointestinal irritants. Some are often combined with dangerous chemicals and compounds called organophosphates or carbamates, which can be harmful or deadly to pets. Ingestion can result in drooling, watery eyes, urination, defecation, seizures, difficulty breathing, fever, and even death.

## **Macadamia nuts**

## **Milk**

## **Onions**

**Over the counter human medications:** Common human drugs including NSAIDs (e.g. Advil®, Aleve® and Motrin®), acetaminophen (e.g. Tylenol®) and antidepressants (e.g. Effexor®, Cymbalta®, Prozac®) can cause serious harm to your pets when ingested. NSAIDs can cause serious stomach and intestinal ulcers as well as kidney failure. Acetaminophen can damage red blood cells in cats, limiting their ability to carry oxygen, and in dogs, it can lead to severe liver failure.



**Prescription human medications:** Ingestion of antidepressants can lead to neurological problems like sedation, incoordination, agitation, tremors, and seizures.

**Plants:** Certain types of lilies including tiger, day, Asiatic, Easter, and Japanese lilies, are highly poisonous to cats. Severe kidney failure can result from ingestion of even a few petals, leaves, or even the pollen. Ingestion of certain spring bulbs (e.g. daffodils, tulips) can cause severe vomiting, diarrhea, and abdominal pain. More serious reactions include abnormal heart rate or changes in breathing.

**Pest Control Products:** Rodent, snail, and slug baits are often used. However, if ingested, these poisons are extremely harmful to pets. They are highly toxic and without immediate veterinary attention can be fatal. Rodent baits typically can result in blood clotting disorders, brain swelling, or kidney failure, while snail and slug baits can result in severe tremors or seizures.

**Xylitol:** Many sugarless gums, including some Trident™, Orbit™, and Ice Breaker™ brands, contain xylitol, a sweetener that is toxic to dogs. Candies, mints, flavored multi-vitamins, desserts and baked goods may also be made with xylitol. Even small amounts when ingested can result in a life-threatening drop in blood sugar, or with large amounts of ingestion, liver failure. Signs of xylitol poisoning in dogs include vomiting, weakness, difficulty walking, tremors, and seizures.



What to do if you suspect your pet has ingested something toxic:

Remove your pet from the danger area and make sure no other pets are exposed. Place the harmful substance out of your pet's reach.

Check to make sure your pet is breathing and acting normally

Do NOT give any home antidotes

Do NOT induce vomiting without consulting with your veterinarian or a Pet Poison Hotline. Get help immediately. Call your veterinarian, ER veterinarian or a pet poison hotline for assistance.

Your pet does not know the difference between what they can have or should not have. It is up to you to make sure that your home and garage are pet safe.

~ Submitted by Nancy Stugart

## SLOW COOKER APPLE CRISP

### Ingredients:

4-5 cups apples, sliced  
1 cup of oats  
1 ½ cups flour  
1 cup packed brown sugar  
½ cup regular sugar  
3 tsp. cinnamon  
¾ cup butter



### Instructions:

Spray slow cooker with nonstick spray. Line with apples. Optional: mix 1 cup of chopped walnuts with the apples. Melt butter and mix with all remaining ingredients. Pour mixture over apples.

Cook on high for 3 hours.

I use a Crock-Pot Rectangular Casserole Slow Cooker but any slow cooker will work.

~ Submitted by Nancy Stugart

## OREO FLUFF

### Ingredients:

1 (3.4 oz) box of white chocolate instant pudding  
2 cups milk  
1 (8 oz) container of cool whip  
1 pkg. double stuffed Oreos crushed  
2 cups mini marshmallows



### Instructions:

In large bowl, whisk pudding mix and milk together for 2 minutes. Stir in cool whip, crushed Oreos and mini marshmallows. Store in fridge until ready to eat. The longer it refrigerates, the better.

I serve it with chocolate animal crackers or chocolate graham crackers.

~ Submitted by Amanda (Winter) MacInnis

LYCOMING  
COUNTY  
COMMISSIONERS

TONY R. MUSSARE  
ERNEST P. LARSON  
JEFF W. RAUFF

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**Retiree Group  
Officers**

CHAIR—Alice Bair  
322-6052

CO-CHAIR—Jean Stump  
220-8389

SECRETARY—Esther Cohick  
323-6405

TREASURER—Barb Thomas  
322-6460

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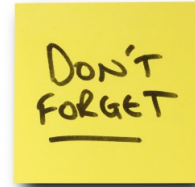
**SEE YOUR  
NEWSLETTER IN  
COLOR!!**

go to: [www.lyco.org](http://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

PLEASE CONTACT NICKI COLLINS AT 327-2295  
IN THE COUNTY CONTROLLER’S OFFICE TO  
REPORT CHANGES IN YOUR:

- ADDRESS
- PHONE NUMBER
- DIRECT DEPOSIT
- BENEFICIARY



# Newsletter

HAVE SOMETHING YOU WISH TO SUBMIT  
FOR THE NEXT NEWSLETTER? PLEASE SEND  
TO ME BY NOVEMBER 2, 2015. (NOTE, MY  
LAST NAME AND EMAIL ADDRESS HAS  
CHANGED)

AMANDA MACINNIS  
MAILING ADDRESS:  
48 WEST THIRD STREET  
WILLIAMSPORT, PA 17701  
AMACINNIS@LYCO.ORG

