

READY...SET...RETIRE!

VOLUME 4, ISSUE 4

NOVEMBER 2009

4TH ANNUAL COUNTY RETIREE HOLIDAY CELEBRATION

You are invited to our 4th Annual Holiday Luncheon for Lycoming County Retirees and their guests on Tuesday, December 8, 2009 at 11:30 a.m. at the Villa Restaurant, 2016 East Third Street, Williamsport.

- The buffet will include: baked ziti, cold cuts, tuna salad, cake, coffee, tea, or iced tea. The cost will be \$10 per person.
- Instead of grab bag gifts, we ask that you bring a donation of canned goods that will be distributed to a local food pantry.
- Please mail your check and the completed reservation form below by: **MONDAY, NOVEMBER 30, 2009**



County Retiree Holiday Celebration - 12/8/09

Mail to: **Joan Blank, Lycoming County Human Resources**
48 West Third Street, Williamsport, PA 17701

Your Name _____

Guest's Name _____

AMOUNT ENCLOSED \$ _____ (\$10 per person)

PLEASE MAKE YOUR CHECK PAYABLE TO: **Lycoming County Retirees**

Minutes of the August 11, 2009

LYCOMING COUNTY RETIREES MEETING

Held at the farm of Russ and Marie Reitz – Gracious Meadows

Fifty people and one dog, Abbey, were present at the meeting. The meeting was called to order by Chair, Alice Bair.

- Alice reported there are 30 people going on the bus trip to Gettysburg with room for 14 more people.
- Ann Kilburn reported that she checked with the bank and she is the only person authorized to sign the checks. She got a form from the bank to add Alice Bair as an authorized signer. A motion to authorized Alice Bair to sign checks was made by Scott Thomas and seconded by Ralph Lukens. Passed.
- Ann Kilburn reported that some people have not paid their 2009 dues.
- Alice is looking into a bus trip to the casino in Salamanca, New York.
- Alice suggested we should think about electing a recreational leader at the elections in October.
- At the October meeting election of new officers will be held.

The next meeting will be October 08, 2009 at 11:30AM at Hoss's Steak and Seafood House.

The meeting was then adjourned.

Respectfully submitted, Nancy Stugart, Secretary

COMMENTS ON THE GETTYSBURG BUS TRIP:

...from Ralph Lukens:

“You missed a wonderful day, September 9, if you were not one of the retirees and guests who made the trip to Gettysburg to tour the historic battlefield, town and have lunch at an equally historic Gettysburg house. And, to top it off, we stopped at the famous Gettysburg Outlets to shop. We were blessed with great weather, a wonderful bus driver, and an excellent on-board tour guide who just happened to be a retired high school history teacher. He shared some little known but true facts about the battle, things that didn't make it into our school history books. We enjoyed a delicious lunch in a private dining room at the Dobbin House, a house that was on the Underground Railroad, and we saw just where the slaves were hidden. Life-sized mannequins in period attire were in the “hiding place,” creating a very realistic setting. (The food at lunch was tasty and many items were home-made.) This was the latest in the many trips our Chairperson, Alice Bair, plans for us. She spends much time and effort to make sure the trips are successful and BUDGET-FRIENDLY! If you've never been on one of these trips, please consider one in the future. We have lots of fun on the bus, and are always back in town not too late at night.”

NOTE FROM EDITOR: Although Alice Bair has asked that the following comments be edited to remove words of praise for her dedication to the group, I am overruling her request. The comments appear as they were written.

~ Joan Blank

...from Ray Holland:

“Dear Alice: You have become a very special person to the Lycoming County Retirees. The trip to Gettysburg was outstanding and you are to be congratulated for your services. It was all due to your professionalism in arranging every detail associated with the trip. Departure times, location for pick-up, arrival times, meals and video movie on the bus - shows your attention to making everyone happy. Thanks, Alice, for a fun trip, and for the provided guide service in Gettysburg”

...from Maggie & Larry Emory

“The trip to Gettysburg was a great experience. This was our 4th trip with the county group. These trips have been well-planned and the group was very cordial. The food stops were quite good and reasonable. Alice does a great job selecting the destination; it's very relaxing and a safe way to travel. Looking forward to the next destination.”

Minutes of the October 8, 2009

LYCOMING COUNTY RETIREES MEETING

Held at Hoss’s Steak and Sea House

Twenty-seven people were present at the meeting.

The meeting was called to order by Chair, Alice Bair. Secretary, Nancy Stugart, read the secretary’s report. A motion to accept the report was made by Ralph Lukens. Passed.

- Treasurer, Ann Kilburn, reported that \$100.00 was paid to Russ and Marie Reitz for the August picnic and \$90.00 was collected for dues. There is a balance of \$626.76 in the treasury. A motion to accept the report was made by Ralph Lukens; seconded by Marie Jacoby. Passed.
- Alice is planning a spring bus trip to the casino in Salamanca, New York. Alice asked if anyone wanted to go somewhere else while there or stay at the casino for the day. She suggested wine tasting or to Corning where you can make something out of glass. Nothing has been decided on the trip.
- There was a budget cut and the county will no longer pay for our mailings. Joan Blank will continue to edit, layout and design the newsletter but we must pay for the postage. A suggestion was made to send out a postcard in January with the dates of the meetings and events in 2010. A suggestion was made that maybe the dues should be raised to help pay for the postage.
- Election of officers was held. Nominations were:
 - Alice Bair for Chair
 - Ralph Lukens for Co-Chair; Ralph respectfully declined the nomination
 - A motion to nominate Barb Thomas for Co-Chair was made by Ann Kilburn; seconded by Maggie Sockman.
 - Nancy Stugart for Secretary; Nancy respectfully declined the nomination
 - A motion to nominate Esther Cohick for Secretary was made by Ann Kilburn; seconded by Ralph Lukens.
 - A motion to nominate Ann Kilburn for Treasurer was made by Esther Cohick; seconded by Lynn Hartley.

The officers elected are: Chair: Alice Bair Co-Chair: Barb Thomas
Secretary: Esther Cohick Treasurer: Ann Kilburn

- The bus trip was short \$65.00 and Alice Bair paid the difference out of her own pocket. A motion was made by Ralph Lukens to reimburse \$65.00 to Alice Bair; seconded by Scott Thomas. Ralph Lukens made a motion to amend the amount to \$75.00 to include postage Alice paid for mailings; seconded by Scott Thomas. Passed.

Barb Thomas made a motion to adjourn the meeting; seconded by Maggie Sockman.

The meeting was then adjourned.

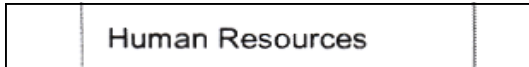
Respectfully submitted, Nancy Stugart, Secretary

“Did you know that info for the Lycoming County Retirees can now be found online?!?!?”

If you have (or have access to) a computer, you can get info about upcoming meetings and browse through the retiree newsletters. **Here’s what to do:**



- Go to www.lyco.org
- You will see this page:
- Click the link to:



here



- At the bottom of the Human Resources page, you will see:

County Retirees:



Follow this link to access County Retiree information and newsletters: [LINK](#)

- Click on this link: _____
- This will take you to the Retiree Page. There, you will find info regarding upcoming meetings, names of officers, and at the bottom of the page, you will find a link to the listing of all newsletters. You can view them in **FULL COLOR!**

In the last newsletter, we asked how YOU are spending your days, now that you have retired. Ralph Lukens, our outgoing Vice President (but still very active member!), responded with the following:

RETIREMENT LIVING

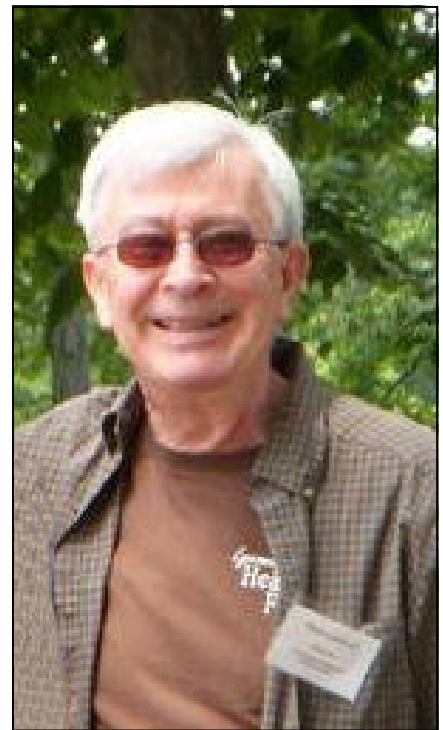
“Wow! Where did those nine years go after retiring in October of 2000? At times, it seems like just yesterday, but in reality, it has been nine wonderful fun-filled years. I flunked the “Dementia Test” in the last issue of the newsletter, so perhaps I should not have retired quite so soon? (Yes, I do work crossword puzzles to keep my mind sharp.)

When I first retired, people asked me what did I do to take up all the free time, did I miss work, etc. First of all, I didn't retire from life - just from the 8:30 to 5 schedule and then, second, people would ask how long it took me to get used to retirement, and I'd think for a moment and then say, “About ten minutes!”

There is always something to do if you want, and then there are days when you just don't want to do anything, and you just relax the day away. I'm pleasantly involved in activities at church, from ushering, lecturing, and attending a weekly prayer lunch. We also provide transportation to and from doctor's appointments or special events. I am also on a visitation committee at church which is very rewarding.

It's just nice not having a regular, rigid work schedule, but instead a schedule filled with things you want to do. I did have a small vegetable garden this year, a few plants and some herbs. There's nothing like that first home-grown tomato!

Although not much of a long-distance traveler, I do enjoy local “day trips.” More important than anything is having good health to enjoy your retirement years. “Your health is your wealth,” - a saying passed on by Patty Leta Fawber's late mother.



HAPPY RETIREMENT!

~ Ralph Lukens Jr.

Congratulations to our Latest Retirees!



John Somits
RMS

Retired Oct. 9, 2009
after more than 27 years
with the county



Bob McCullough
Adult Probation

Will retire November 20, 2009
after more than 29 years
with the county



Sue Snyder
Courts

Will retire December 7, 2009
after almost 28 years
with the county



Joyce Thomas
Courts

Will retire December 11, 2009
after almost 27 years
with the county

Congratulations to our Latest Retirees!



Dave Bernard
Sheriff's Office

Will retire December 18, 2009
after almost 33 years
with the county



Joan Deegan
Domestic Relations

Will retire December 30, 2009
after almost 22 years
with the county



Charlie Brewer
Sheriff

Will retire December 31, 2009
after more than 36 years
with the county

ABBNEY TALES



Submitted by Nancy Stugart

In May, Abbey started having difficulty standing up from a laying down position. I thought maybe she had just played too hard and her leg was tired. I watched her for about a week and she didn't seem to get any better. We went to her veterinarian, he examined her and he too thought that maybe she just strained her leg. He gave her a lyme disease test just to be sure she did not have it. That test was negative. He put her on Rimadyl, which is a non-steroidal anti-inflammatory drug. There was no noticeable change with the Rimadyl.

In June her veterinarian examined her again and x-rayed her hips thinking maybe she had hip dysplasia. He put her on Tramadol for pain and Previcox for pain and inflammation. Again, there was no noticeable change. In July she started limping very noticeably. We went back to her veterinarian, again. He put her on Prednisone (what an evil drug) and Doxycycline, which is antibiotic anti-infective drug. She was on Prednisone and Doxycycline for about a week. Let me tell you about her week on Prednisone! It was a very long week. She was just not herself, she was restless and it was like she was in her own private world and that was a far away place from the real world! She drank at least 2 gallons of water a day and what goes in must come out. She had to piddle all day AND all night.

After a week she was showing no signs of improvement so we decided to get a second opinion. We went to a different veterinarian and he examined her. He said he thought it was her knee. He x-rayed her knees he also did blood work since she was on Prednisone. After the x-rays he said that it was her knee and that she should stop taking the Prednisone (thank goodness) and Doxycycline. He referred her to the Northeast Veterinary Referral Hospital in Plains. At the hospital they have veterinary orthopedic surgeons.

On August 7, she went for her appointment to the hospital. While we were in the waiting room she made friends with every person and every dog that was in the waiting room. There was a black lab puppy there and she had a sore leg so

Continued from previous page

she wasn't allowed to play. Abbey couldn't stand not making friends with her so she laid down flat and slid across the waiting room (like a snake) to visit the puppy. Everyone in the waiting room burst out laughing at her. Someone commented that she never had so much fun in a waiting room!

The orthopedic veterinary surgeon examined her and looked at her x-rays. She was diagnosed with a torn cranial cruciate ligament. She was scheduled for surgery on August 18. She was not permitted to eat anything after 8:00PM the night before her surgery. I gave her a snack at 7:30 because I knew she would be a "Starvin' Marvin" in the morning. She is a big girl, 90 lbs., and she likes to eat. In the morning she kept going to her food bowl looking for her breakfast.

Her surgery went well and she was able to come home late that day. She had 6 staples in her leg. When they brought her out to go home she was shaved, had staples and was limping but she was still wagging her tail for everyone and happy. As for me I was not so happy, let's just say I was devastated when I saw her (even though I knew what to expect). Sometimes she would hobble around on 3 legs and other times she would limp on her sore leg. She was restricted to the house (she could only go outside to "go") and she could not jump. She had difficulty standing up because she could not put a lot of weight on her sore leg and going outside was challenging for her because she had to go up and down 3 steps. On Sept. 1, she went back to the hospital for a re-check and to have her staples removed. The doctor checked and manipulated her knee. When he moved her leg around she did not have any pain. He said that the good news is that her knee is good and the bad news is that she is still on running, exercising, and jumping restrictions.

She still limps but she is getting around much better. She actually wants to try to run now so I have to put her on a leash to take her outside. She probably wonders what's up with the leash because when she is at home I do not leash her. On Sept. 16, she went for another re-check. Her knee is good. She is still limping but the veterinarian said it will take awhile for her to get back to normal. She has to walk to build up the muscles (she has disuse muscle atrophy) in her leg since she has not been using that leg enough. She is allowed to go for 10 minute walks for a week, then she can go for 20 minute walks for a week after that she can walk for as long as she wants. She cannot run for another 2 weeks so she will have to go outside on a leash for 2 more weeks. She has had a tough summer but soon she will be able to play and run all she wants.

RECIPE CORNER



Pumpkin Dip

- 4 c. confectioners sugar, sifted
- 2 (8 oz. each) pkg. cream cheese, softened
- 1 (30 oz.) can pumpkin pie filling mix
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger

In a large mixing bowl, combine sugar and cream cheese, beating until well blended. Beat in remaining ingredients. Serve with gingersnaps, animal crackers, pretzels, graham crackers, fruit, etc. Makes about 7 cups of dip.

Submitted by Nancy Stugart

Meatballs

- 2 lbs. hamburger
- 1 cup dry bread crumbs
- 1 cup grated cheese (good quality Romano or Parmesan or mixture of both)
- 2 eggs
- 1/2 cup milk
- 1/4 cup warm water
- 2 Tablespoons fresh chopped or snipped parsley
- 2 teaspoons minced fresh garlic
- 1 Tablespoon black pepper

Mix well and shape into the size of meatballs you like and brown in olive oil. Finish cooking in your favorite tomato sauce.

Submitted by Ralph Lukens Jr.

WE WISH A VERY HAPPY BIRTHDAY TO OUR FRIENDS WHO ARE CELEBRATING IN NOVEMBER, DECEMBER & JANUARY:

NOVEMBER

Nov. 1 Eva Miller
 Nov. 3 Cynthia Moore
 Nov. 7 Stephen Schopfer
 Nov. 10 Robert Culver
 Nov. 12 Kathryn Marquardt
 Nov. 12 Sylvia Green
 Nov. 15 Harold Olmstead
 Nov. 15 Maggie Sockman
 Nov. 16 George Kaufman
 Nov. 17 Mary Henninger
 Nov. 17 Robert Stack
 Nov. 20 Betty Lauver
 Nov. 23 Sue Snyder
 Nov. 28 Alice Bair

DECEMBER

Dec. 3 Michael Cassidy
 Dec. 3 Larue Danley
 Dec. 4 Helen Baier
 Dec. 4 Julia Manno
 Dec. 5 Robert Shearer
 Dec. 7 Paul Bloom
 Dec. 7 Thelma Weaver
 Dec. 9 Mary Louise Goehrig
 Dec. 9 Donna Mathews
 Dec. 12 Raymond Walters
 Dec. 20 Doreen Eachus
 Dec. 21 Beverly Gottschall
 Dec. 25 Karen Myers

DECEMBER (continued)

Dec. 27 Florence Neuhard
 Dec. 30 Wilma Wilson
 Dec. 30 Virginia Marchese
 Dec. 31 Eleanor Westphal

JANUARY

Jan. 3 Esther Cohick
 Jan. 8 Les Gruver
 Jan. 9 Margaret Emery
 Jan. 11 Raymond Holland
 Jan. 12 John Perritt
 Jan. 13 Leona Ruffing
 Jan. 14 Joan Deeghan
 Jan. 15 James Huggins
 Jan. 17 Nancy Stugart
 Jan. 18 Donald Boettger
 Jan. 18 Florence Hills
 Jan. 18 Lester Bennett
 Jan. 20 Selma Andrews
 Jan. 20 William Stump
 Jan. 21 Barb Feigles
 Jan. 22 Richard Wehler
 Jan. 22 Jeff Thiel
 Jan. 28 Joe Hamilton
 Jan. 29 Ken Schriner
 Jan. 29 Doug Walker
 Jan. 30 Lyn Hartley
 Jan. 30 Rick Karp

LYCOMING COUNTY COMMISSIONERS

REBECCA A. BURKE
ERNEST P. LARSON
JEFF C. WHEELAND

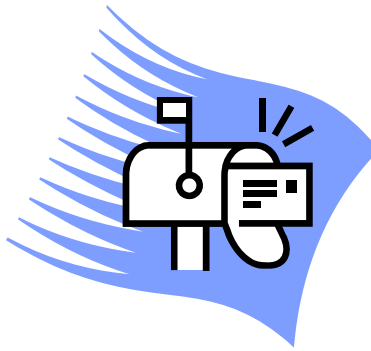
Retiree Group Officers

CHAIR—Alice Bair
322-6052

CO-CHAIR—Barb Thomas
322-6460

SECRETARY—Esther Cohick
323-6405

TREASURER—Ann Kilburn
435-2769



In January, you will receive a postcard with the 2010 meeting schedule. The next newsletter will be mailed in February. If you would like to submit something for publication in the newsletter, please send to Joan Blank (contact info below).

Check us out online at www.lyco.org (click on link for Human Resources). Link to the Retiree Group page can be found at the bottom of the HR page.



Ready...Set...Retire!

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*** 2010 MEMBERSHIP DUES ***

2010 membership dues of \$10
may be mailed directly to:

Ann Kilburn
79 Quail Lane
Cogan Station, PA 17728

Please make your check out to
Lycoming County Retirees

Planning Committee

Alice Bair

Ralph Lukens

Patty Fawber

Margie Thompson

Ann Kilburn

Nancy Stugart

Nancy Storms

Maggie Emery