



MICHIGAN STATE
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SPARTAN SENIOR

A Newsletter for Michigan State University Retirees

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Ron Smith, John Forsyth
Patrick Scheetz

John Forsyth Named Volunteer of the Year

If you receive a printed copy of this newsletter via U. S. Mail, you owe a vote of thanks to John Forsyth, winner of the 2013 MSU Retiree Association Volunteer of the Year award. A few weeks before each issue of the Spartan Senior appears, the Editor e-mails John with the circulation details of the coming issue. Will it go to local or both local and international subscribers, and will it go only to paid or to both paid and unpaid subscribers? (See related article on page 3). The Editor's message to John is his cue to collect the latest retiree address updates from the MSUHR department and send a formatted data file to the MSU mailing service. All this is done electronically and the address labels are ready to go when the printer delivers completed newsletters to the mailing service.

Forsyth is well qualified to serve MSURA with its data processing needs. He is retired from the Department of Computer Science after 37 years of service. All three of his degrees are from MSU, and he has held an Alumni Distinguished Scholarship, a National Science Foundation Fellowship, and during his teaching career he received a Teacher – Scholar Award. He served twice as Acting Chair of his department and was Associate Chair for 12 years. He has served on the boards of both the MSU Retiree Association and the MSU Faculty Emeriti Association and currently serves as liason between the two groups. This doubles the number of meetings he must attend, but it assures that each group stays informed of the activities of the other, and it allows our groups to work in a mutually supportive way.

John has served MSURA in virtually every way that involves computer files and keeping us in contact with our more than 4,000 members. He is always cheerful, no matter the task, and is an example of positive engagement in our retiree community. Fortunately, he finds time during the summer to pilot his sailboat on Lake Michigan with his wife Gretchen as shown in our photo . John, we thank you for all that you do!



MSU RETIREES ASSOCIATION

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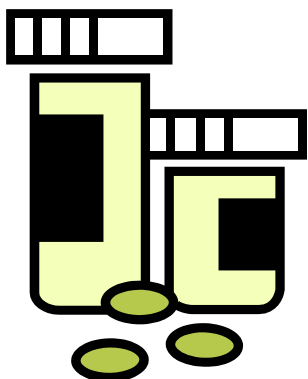
Sparty Greets Retirees at Annual Luncheon

No less a personage than Sparty himself graced our May luncheon. In the photo above he is shown visiting with newsletter Production Specialist Stephanie Barch. Stephanie is the person who formats our newsletter and gets it ready for the printer.

Officers Elected for 2013-2014

Besides announcing the MSURA Volunteer of the Year, two new officers were elected to serve in the coming year. Etta Abrahams will serve as Vice President, with responsibility for planning the programs and speakers for our monthly meetings. Gale Gower, who has served us several years as our office manager, will become Secretary. Please join us in welcoming our new officers!

Taming Our Child-Resistant Prescription Bottle Caps



At a recent meeting, one of our members expressed frustration over using the child-resistant bottle caps that come with each new prescription. MSU Pharmacy Manager Jana Jirak pointed out that you can convert the child-resistant cap to a regular screw-on bottle cap by simply turning it over once you have gotten it open. If you turn the cap over so that the pink side is up you can use it as a regular screw-on bottle cap. Also, you should tell the pharmacist that you want your future prescriptions delivered with the cap installed to use the screw-on option.

All About Our Newsletter and How to Track Your Subscription

Each year we get questions about how to track your subscription to the Spartan Senior. The simplest way is to look on your address label if you receive a printed copy. The top line in the address will say "Subscription paid to (month, year)."

Different issues of our newsletter will go to different groups of retirees, depending on the issue. "Local Editions" tend to be shorter, usually 4 pages long. These issues tend to emphasize future local meetings and contain information that will be especially helpful to retirees who are living in the greater Lansing area. The Local Editions are sent only to retirees living in zipcodes within 50 miles of East Lansing.

Our "International Editions" tend to be longer, usually 12 to 16 pages, and go out to both local and distant subscribers. These editions are more broadly focused and will also feature the writing of our regular columnists.

It is presently our custom to send the August Local Edition and the Fall International Edition to all MSU retirees for whom we have a valid mailing address. That way we are hoping to make contact with every retiree at the start of each new academic year. After these initial mailings we send the newsletter only to retirees who have a paid subscription. There will be a form in the initial mailings with information on how to subscribe. You can also find a newsletter subscription form at our website <http://www.retirees.msu.edu>. It is possible to subscribe for more than one year, and doing this will save you money if the subscription price increases in the future.

We have received much appreciated compliments on the appearance of our International Editions that have been printed in color. Unfortunately we have had to discontinue color printing because it significantly increases the cost of the newsletter. It is interesting to note that our publishing software preserves the color of all color photos that go into the newsletter, and it permits us to add color highlights to our electronic file even if the paper newsletter will be printed in black and white. If you enjoy color in your newsletter, we invite you to view every newsletter on our website, where they are always presented in color. The website receives an electronic copy of our newsletter at the same time it goes to the printer, so you can actually view it before the paper copies are mailed. If you live far away but would like to follow local retiree activities, you can read all the local editions on our website.

Since you can read every newsletter on our website, it is logical to conclude that there is no absolute necessity to pay for a subscription. That is true, but when you pay for a subscription you are helping us to cover the cost of the newsletter and there are many retirees who do not use computers or the internet. These retirees rely on the continued existence of our paper editions. When you pay for a subscription, you are also expressing solidarity with our volunteers who write, edit and format the articles, take the photos, proofread, and create our mailing labels.

We thank you for your continued loyalty to our association and your support of our newsletter. Please tell us about your activities in retirement, and we welcome your suggestions for improvement of the newsletter.

--Al LeBlanc and Stephanie Barch

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News from Our Retirees

On March 4, 2013 the **Florida** contingent of the MSU Retirees Association held its annual meeting. Approximately 65 retired Spartans convened to hear presentations by Sharon Butler, Assistant Vice President for Human Resources; Renee Rivard, Director of Benefits, Human Resources; and Lou Anna K. Simon, MSU President. Next year's officers in the Florida group will be Walter Hapkiewicz, President; Henry Silverman, Vice President; Gene Garrison, Secretary; and Marshall Hestenes, Treasurer. We thank Brenda Spackman for getting this update to us.

Retiree Featured in Local Magazine - MSU retiree **MaryLee Davis** was featured in an article in the May issue of Capital Area Women's Lifestyle magazine. Davis is known for her work with former MSU Vice President Jack Breslin. You can view the article on the internet at <http://cawlm.com/article/marylee-davis-a-chance-to-change-the-world/>

Getting Old is not so Bad! We can proudly graduate our grandchildren from college, joyfully embrace our great grandchildren and with tongue in cheek comfort our retiring , creaky offspring in their sixties. What are a few aches and pains?

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