

MICHIGAN STATE UNIVERSITY



SPARTAN SENIOR

A Newsletter for Michigan State University Retirees

LANSING AREA LOCAL EDITION April 2010

MSURA Annual Meeting & Volunteer Award Luncheon **Monday, May 10, 2010, Kellogg Center Big Ten Room**

GORDON GUYER: Insects to Institutions **Ten Top Memories at MSU**

Former president Gordon Guyer will give us his Ten Top Memories of MSU, drawing on his nearly four decades of work at the U, interspersed with a couple of sentences at hard labor down at the Capitol. We'll also find out who is our Volunteer of the Year. It occurred to your perspicacious editor that sifting through one's memory might be enjoyable for all of us. What stands out for you? I recall walking along a hallway in Bessey Hall my first term on campus and hearing that President Kennedy had been shot in Dallas, his condition not yet known. For the first and only time in my teaching career, I opened the class with prayer for the President and then sent the students home. Do you recall the Great Snow of 1967 (or thereabouts) when the U closed due to snow for the first time ever, and several students broke legs jumping out of their dorm windows into two feet of the white stuff? Candidate Bill Clinton leaning over a fence holding my Jean's hand for several minutes as he chatted with the crowd.



Gordon Guyer

Well, take time to chat around the table on May 10 and share some of your memories. I plan to see you there on a lovely spring morning. **Fred Graham, ed.**

LUNCHEON RESERVATION **Monday, May 10, 2010, 11:30 a.m.** **Kellogg Center, Big Ten Room**

PECAN CRUSTED CHICKEN, SALAD, CITRUS RICE PILAF,
ROLLS AND BEVERAGE, FRUIT PIE SELECTIONS
Cost \$19.50 per person (includes tax, gratuity & free parking)

Please hold reservations for:

Number:

**If dietary supplement is needed, please call
Gale Arent at 517-669-8985 before May 1.**

Total: _____

Clip and Mail this form with check payable to MSU Retirees Association **BEFORE MAY 1st**
to **Bob Wenner, MSURA Treasurer, P.O. Box 203, Okemos, MI 48805**

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Website: <http://www.retirees.msu.edu>

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FACULTY EMERITI HONOR TWO RETIREES

At the spring faculty retirement luncheon on April 13, the Faculty Emeriti Association honored **Lynn Brumm and Donald Ricks** for their contributions to the U and scholarship during their retirement. Brumm retired from Family and Community Medicine in '97, but continues to do research on stress fractures he began with the MSU Cross Country Team in 2004. Last year he received the American Osteopathic Association Mentor of the year award. Altho Donald Ricks retired in '03, he continues to do research in the cherry and apple industries and to work with students and extension faculty interested in the economics of agriculture. Last year students in horticulture named him professor of the year for his teaching of freshman seminars. (This info came from our webmaster, who is also **president of the Emeriti Association, John Forsyth**. Thanks, John! Ed)

Spring Has Arrived

...Much To Look Forward To

Michigan has two seasons: leaves and no leaves. Unfortunately for those who appreciate our season of leaves, it only lasts for five months. Fortunately, the season of leaves is about to begin.

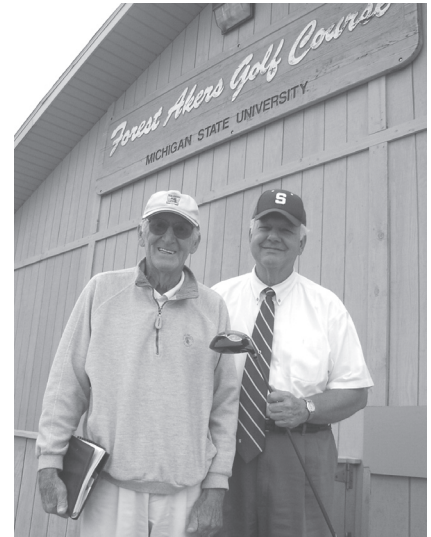
Of course, there is also a climate change to warmer days, giving us an opportunity to wear our MSU green T-shirts and Spartan caps. I am among those who really appreciate Michigan's seasons, especially spring, summer, and fall.

The spring season is also characterized by a variety of outdoor activities such as hiking, watching MSU's baseball games, more hunting, fishing, and golf. Spring golf in Michigan is the best! I enjoy this game; it provides me with opportunities to be at beautiful places, enjoy the company of my golfing friends and experience needed exercise.

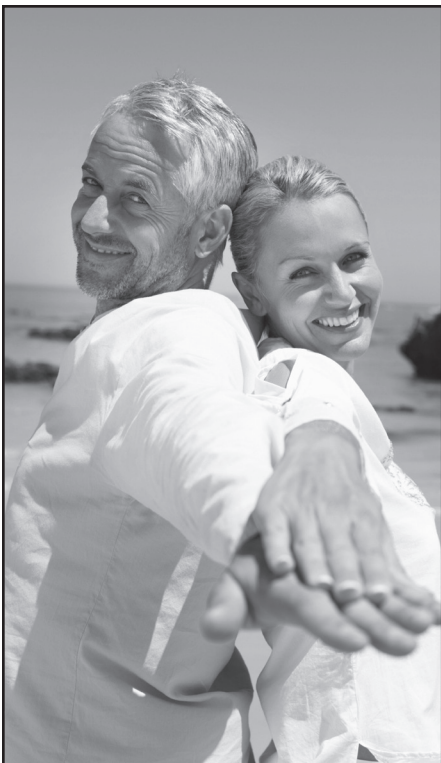
It's also my chance to improve my rusty golfing skills. I expect that my golf skills are typical. The quality of my play can just as easily slip away as it can improve. If I sense that it is slipping too much, I seek coaching. Over the years, one of my coaches has been Bruce Fossum, MSU Men's Golf Coach Emeritus. I appreciate Bruce's experience. (He's seen every type of golf swing possible.) He also understands how adults learn, advising me to eliminate only one or two bad tendencies at a time, while establishing one or two that would result in better form.

Finally, it occurs to me that there are many aspects of life experience where we could benefit from competent and experienced coaching. I believe that we should seek out these coaches, not only for the sports that we enjoy, but also to improve our health, financial management and other life decisions that all of us Spartan seniors make on an ongoing basis.

Well, I guess that is enough reflection for this issue of the MSURA Newsletter, I'm out of space for my message and I need to call for a tee-off time! Enjoy another beautiful Michigan spring season! **(By Gale L. Arent, MSURA President)**



MSURA Pres Gale Arent (R) getting golf tips from Bruce Fossum MSU's Golf Coach.



**We Don't Look It,
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INTERESTED IN READING THE RESOLUTION TO INCORPORATE YOUR ASSOCIATION? THE (hardly changed) BY LAWS? THE TRANSFER OF ASSETS TO THE NEW CORPORATION?

Then do what your editor did: go to our website at www.retirees.msu.edu Next, click on the box on the top left of your screen that puts you in position to click on each document in turn. As the Resolution to Incorporate says, the chief reason for this change is to protect members, officers, and volunteers from liability as we perform our duties, attend meetings, and act for the association. As far as your editor can tell, the only change most of us will see is the addition of the half-word "Inc." to our name: MICHIGAN STATE RETIREES ASSOCIATION, INC.

We all owe former General Counsel for the U, known to the membership as Iditerod Sally Harwood for her presentation last October, who produced the legal papers for our association. **Fred Graham, ed.**



Patrick McPharlin, Gale Arent, Brent Bowditch, Marilyn Rothert, and Patrick Scheetz

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Health Care Costs MSU \$114 million per Year

On the Ides of March, a record crowd of 125 retirees ate donuts and drank coffee, and then settled down to hear how our U is coping with health care costs and what the future may hold. Mostly the news from Brent Bowditch was good. Yes, costs are high, but with some tweaking of co-pays and more use of generics, overall costs should rise no more than 5% per year. Yes, the generic may not please you or your physician, but so far ten retirees have asked to have their original scrips re-instated and all have been approved. (Call the Health Benefits Office @ 353-4434.) Yes, PHP will no longer be a choice for retirees, but Blue Care Network is available for those who do not want Blue Cross/Blue Shield. (See Open Enrollment Dates April 19-May 10 in the SOURCE which has been mailed to retirees .

Renee Rivard then took the podium and, with help from Dana Beaman, chief pharmacist at the Clinical Center and Crystal Lawroski of Caremark, answered a half-ton of questions. Surprisingly (at least to your editor) there were few complaints and no queries that revealed widespread dissatisfaction with our prescription benefits.

Next Meetings (all Mondays): May 3 (2 p.m.) Wharton Center Tour
May 10 (11:30) Annual Luncheon Banquet **Sharon Debar, reporter/Ed**

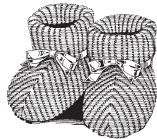
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FASCINATING CREATURES



Knitters are fascinating creatures. They come in all sizes, shapes and sport a whole lot of attitude. That attitude, however, carries a straight shot of spark, creativeness and a strong desire to help others in need. To be a knitter is really very simple. All you need is a pile of yarn, a pattern or two and a couple of needles and away you go.

To date our group has knitted/crocheted/quilted over 15,000 items. With all that flurry of activity our yarn stash is evaporating. Now, I know some women out there have innovative and daring yarn storage strategies. I know I do. But, it just might be the time to begin the delicate art of “stash examination”. That means its time to dig the excess out of the freezer, stairwells, attic, stereo and oh, don’t forget to look under your bed. Then, just give me a call so I can help you make room for a future overdose.

Now, while you are doing all of this just remember that there is a fine line between a “hobby” and “mental illness” especially when you start babbling on to all your friends and even strangers about the fact that knitting burns about 90 calories an hour so that is why you knit all the time. If you are showing any of these strange and obscure symptoms you will surely fit right in with our group. And if you should possess some of that unwanted stash of yarn give **Rosemary Pavlik a call at (517)882-2030**. You may also want to check us out where we meet every other Tuesday from 1:00-4:00 p.m. in Room 27 of the Nisbet Building and have a whole lot of fun. **(Rosemary Pavlik)**

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