



MSU RETIREES ASSOCIATION

SPARTAN SENIOR NEWSLETTER

February-March 2026

VOL. 47, NO. 5

Join MSURA at Michigan Civil War Flags presentation on Feb. 17



This is the flag carried by the 24th Michigan Infantry Regiment at Gettysburg. On July 2, 1863 (the second day of battle) the 24th suffered almost 80% casualties under this banner, nine men were killed or mortally wounded carrying it.

Matt VanAcker, director and curator of Save Our Flags at the Michigan History Museum, will be sharing the collection of Michigan Civil War flags with MSURA members on Tuesday, Feb. 17, at 10 a.m.

Members will stand for 60-90 minutes during this presentation. Chairs are not available.

The presentation is free and is limited to 20 members.

If members want to visit the museum after the presentation, there is a \$6 admission fee.

Parking: There is a \$5 fee paid only by credit card. No cash. Access the parking lot from Kalamazoo (south of the museum).

Members need to RSVP to Ralph Pyle: pyler@msu.edu by Friday Jan 30, 2026.

UPCOMING MEMBERSHIP MEETINGS

MSU librarian to speak on special collections info

Leslie McRoberts will be the guest speaker at the Feb. 9, 2026, monthly meeting.

McRoberts is the Head Librarian for Special Collections and University Archives at the MSU Libraries. She oversees a team of curators, archivists, and professional staff who care for and steward unique materials.

During this session, she will talk about the history of distinctive collections — which includes collec-



Leslie McRoberts

tions of rare books, popular culture, cookery and foodways, and the world's largest collection of comic books.

This presentation will shed light and insight into the ways librarians collect materials, how our university collections impact students and scholars, and how your materials can support both Special Collections and University Archives.

When Monday, Feb. 9

Time 2 p.m., coffee at 1:30 p.m.

Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane.

Sustainability is topic of March meeting

Laura Young is the guest speaker at the March 9, 2026, monthly meeting.

She is the Sustainability Program Coordinator for the MSU Office of Sustainability, and has spent over a decade fostering sustainable and resilient communities that benefit both people and the planet.

With a focus on systems thinking and collaboration, she partners with diverse stakeholders to find common ground and

develop forward-looking solutions to complex sustainability challenges. Laura leads efforts to embed sustainability across the institution, developing strategies with partners to meet university goals. Her greatest passion is mentoring the next generation of sustainability leaders — encouraging connection, curiosity, and creativity to shape a more sustainable world.

When Monday, March 9

Time 2 p.m., coffee at 1:30 p.m.

Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane.

MSU RETIREES ASSOCIATION

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Webmaster	Richard Huang	517-862-2393
E-Notices Editor	Rick Vogt	517-242-1324
Videographer	Bruce Smith	517-323-9579

StraightLine seminar set for March 12

Join the StraightLine Quarterly Financial Planning Seminar on Thursday, March 12, at 2 p.m. for a discussion about market issues. This is a free event via Zoom. See your E-Notice email for sign-in information.



PRESIDENT'S MESSAGE

David Brower

As I continue my recovery from a broken ankle and soft-tissue shoulder injury, I needed to find home care and rehab services. I remembered that the MSURA website had links to various organizations that support seniors. Upon review, I noted that the Tri-County Office on Aging had a resource section with many topics, offering a “print and share” feature. I found a list of the types of organizations providing the services I needed and was successful in arranging for my home care. If you’re looking for resources and helpful information for older adults, you are likely to find what you need on the MSURA website.

I have commented in the past that research has shown that physical activity and social interaction often extend life expectancy, as well as contributing to improved mental health, emotional and social well-being. While not always easy, as I have recently found out, I believe that aging is a privilege and a journey to be embraced. I continue to stay involved with MSURA because it provides a great means to stay connected and combat loneliness and social isolation. I urge you to discover what our programming can do to help you find fulfillment in retirement.

I recently heard someone comment “If you find someone who is happy on Monday, they are retired.” Coincidentally, MSURA programs are generally on Mondays. At our upcoming monthly meeting on Feb. 9, 2026, the MSU Head Librarian for Special Collections and University Archives, Leslie McRoberts, will talk about MSU’s distinctive collections and how these collections impact students and scholars. Then at our meeting on March 9, 2026, Laura Young, MSU Sustainability Coordinator, will discuss MSU’s sustainability initiatives, research projects and volunteer opportunities. I think you will find these meetings interesting and informative, so please plan on attending them. Information on dates, times and locations of our various programs and activities are available on our website: retirees.msu.edu.

The MSURA Board and I welcome your ideas and any suggestions you have for speakers, programs, bus trips and other events. Our committees are always looking for new members, and if you are interested in serving on the board, please contact us at msura@msu.edu. You can also contact me or any of the board members with any questions you may have. I look forward to seeing many of you at our upcoming meetings and events.

Nominations open for MSURA Volunteer of the Year Award

The MSURA annually recognizes a Volunteer of the Year. This award goes to an individual (or individuals) who have made significant contributions to the goals and activities supported by the Association. Any one from the MSURA may submit a nomination, and the nominee need not be a member of MSURA. Also, individuals who have previously received the award are eligible.

If you know of a deserving retiree,

please complete a nomination form (<https://retirees.msu.edu/awards.html>).

Award criteria include the individual's work toward enhancing

the overall goals of the MSURA as well as enhancing the quality of university life for students, faculty, staff, alumni, retirees, or other members of the MSU community. The nominations must be received by March 27, 2026, and the award will be announced at the MSURA Annual Luncheon in May.

A committee of 3-4 MSURA individuals will be formed to review the applicants. The winner's name will be kept confidential until the announcement at the MSURA Annual Luncheon. The Award will include a framed certificate, and a \$100 gift certificate to the MSU Kellogg Center State Room.

Please return completed nominations to Bill Anderson at Ander113@msu.edu.

In Memoriam



The Spartan Senior Newsletter prints in each issue of the newsletter the names of MSU retirees who have recently died. In publishing this notice to mark their passing, we honor them for their contributions to improve MSU and the Greater Lansing community.

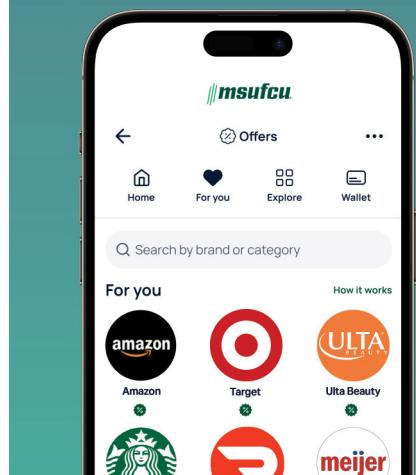
Ehsan Ahmed	11/13/2025
Jenny T. Bond	12/18/2025
John W. Eadie	11/20/2025
Cynthia L. Huffman	12/14/2025
Douglas F. June	12/1/2025
Sandra A. Kilbourn	12/5/2025
William Nicholas	12/10/2025
Angela M. Penner	12/29/2025
Lowell F. Rothert	11/15/2025
James C. Stalker	12/11/2025
Lonnie E. Stokes	11/30/2025
Beverly Underwood Sanches	11/30/2025
Leon G. Wood	12/21/2025

Save the dates!

Tuesday May 5 — Annual Luncheon Membership Meeting, 11:30 a.m., University Club. Registration and details will be in April-May newsletter and E-Notice.

Wednesday, May 20 — Special Event, Wine Tasting at Burham Hills. 2-3 p.m. Details in the April-May newsletter.

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Plan to attend special talk by son of World War II photographer

Eric D. Zemper, eldest son of Duane Zemper, a World War II photographer, will speak to members and guests of the Military Interest group about his father, Duane Zemper, on Tuesday, April 14, at 2 p.m. at the MSUFCU at Farm Lane and Mt. Hope in East Lansing. The Military Interest group is a special interest group of MSURA.



Eric D. Zemper

When Tuesday, April 14
Time 2 p.m.
Where Comm. Room, MSUFCU Branch, Mt. Hope & Farm Lane

1,800 photographs and photographic negatives, plus about 12,000 feet of 16mm movie film of events around the base and on combat missions.

This treasure trove of historical documentation was



First Lieutenant Duane Zemper

inherited by his eldest son, Eric D. Zemper, after Duane Zemper died in 2016. Since then Eric has been organizing, scanning and digitizing to archival quality all these materials, and making them available to museums and other interested groups across the country.

The material presented on April 14 will include a few minutes of video from the movies brought back by First Lt. Zemper, showing activities on the ground at the base and

in the air on missions. Also shown will be an 18-minute video produced by the University of Michigan Flint PBS station about Zemper's experiences in WWII, which won a regional Emmy for best historical documentary in 2007. In addition, there will be another 30-minutes of interviews with Zemper that were not included in the PBS video.

Managing Diabetes

When you have diabetes, you should see your healthcare provider regularly—even if you are feeling well.

The buildup of glucose in the blood damages the lining of the blood vessels, causing narrowing of the vessels from plaque (fatty material), so blood doesn't move as freely. Over time, elevated blood sugars can cause damage to the kidneys, eyes, heart, and more.

If you have been prescribed medications to support your diabetes, make sure to follow your doctor's recommendations.



View our Managing Diabetes flyer for more tools and diabetes education. [Click here →](#)

Your diabetes checklist for provider visits

At every visit

- Weight
- Blood pressure
- Foot exam

Every 3 – 6 months

- HbA1c blood test

At least once a year

• Cholesterol profile test	• Retinal or dilated eye exam
• Kidney test (blood eGFR)	• Dental exam
• Kidney test (urine uACR)	• Complete foot exam
• Flu shot	

Source:

1. "Diabetes, Heart Disease, & Stroke", National Institute of Diabetes and Digestive and Kidney Diseases, Last accessed August 9, 2024, <https://www.niddk.nih.gov/healthinformation/diabetes/overview/preventing-problems/heart-disease-stroke>.
2. "Diabetes tests and checkups", National Library of Medicine, Last accessed August 9, 2024, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1000082.html>.
3. "4 Steps to Manage Your Diabetes for Life", Centers for Disease Control and Prevention, Last accessed August 9, 2024, <https://www.cdc.gov/healthycommunities/partnerships/managingdiabetes/4-steps>.
4. Scott M. Grundy et al., "2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APHA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines," Journal of the American College of Cardiology (2018): 25709.

This is for informational purposes only and does not replace treatment or advice from a healthcare professional. If you have questions, please talk with your doctor. Talk to your doctor before beginning an exercise program or making any changes to your diet.

Humana

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“MSURA College” idea update

In August of 2024 MSURA initiated fact finding exploring the concept of a “MSURA College.” We looked into what we could find with what other colleges and universities might be doing in the Big Ten and across the country. We also created a MSURA retiree survey that had a link from the June 2024 newsletter with an article explaining the effort. There were positive responses from the survey.

In August of 2025 MSURA board approved moving ahead to see if we could create something that was viable. What we found is that both Faculty Emeriti Association and East Lansing Prime Time were also exploring the same kind of idea.

To shorten this story, the parties came together to form a small committee with representatives from each party to collaborate towards a unified direction. Our objective was to avoid broader confusion of perceived competition, but also to synergize our efforts.

We discerned a common direction with which we are all happy. For the long term I see there is going to be more to figure out. On the other hand, I have seen a lot of enthusiasm and ability on this team.

What we are targeting is to start offering courses this fall. We have come up with a name for this effort: Continuous Learning Collaborative: Inspiring Lifelong Discovery (CLC). We have put together an online CLC Instructor Interest Form.

What we are doing now is encouraging the submission of short course proposals and ideas. Prime Time will be hosting the courses for this fall.

Provided below is a link that has more explanation, resources for course ideas, and the link for the CLC Instructor Interest Form. The way that Prime Time can efficiently operate is to open registration for fall courses at the end of August. They operate on a quarter system and notify their Prime Time constituents. I anticipate that MSURA will send out an e-notice just before registrations open. For now, though, we want to encourage course submissions.

Here is the link for that: www.cityofeastlansing.com/2614/Continuous-Learning-Collaborative

Bruce Smith, MSURA board member, smithb12@outlook.com

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HEALTH

Coach Fralick to speak at April monthly meeting



Robyn Fralick

When Monday,
April 13
Time 2 p.m.,
coffee at 1:30
p.m.

Where
Community
Room, MSUFCU
Branch, Mt.
Hope & Farm
Lane.

Coach Robyn Fralick will be the speaker at the April 13 membership meeting soon after she ends her third season as head women's basketball coach at MSU.

Fralick holds an impressive overall record of 236–95 (.713) as of early 2026 and is a two-time National Coach of the Year honoree. She is the first MSU women's basketball coach to make the NCAA Tournament in her first season and the sixth coach in Spartan women's history.

Before she arrived at MSU, she coached women's basketball at Ashland and Bowling Green. An Okemos native, she played high school basketball as well as soccer and softball.

Fralick has five core values that she practices: Be a great teammate, manners matter, trust, toughness and commitment.

Her team performed well this season. Last year they were ranked 24th, but her team has climbed to the 15th spot this year and is a contender to win the Big Ten.

Didn't find what you were looking for? Try these links.

Instead of putting in the same stories about ongoing activities in numerous issues, we are going to give you links to the information on our website.

If you receive your copy of the newsletter via a link and read it online, just click on the links below to find what you are looking for.

The website address is retirees.msu.edu.

- [BYOB: Bring Your Own Buddy Program](#)
- [MSURA Committee Chairs Contact Information](#)
- [How to donate to MSU Retirees Association](#)
- [How to donate to MSURA Endowed Student Scholarship](#)
- [Interest Groups](#)
- [Retirees Informal Monthly Lunches](#)
- [Brochure about MSU Retirees Association](#)
- [Past newsletters](#)
- [Past E-Notice emails](#)
- [Lots of other good information](#)

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Straight to the Point

Market Update - Although markets stumbled into the new year, 2025 was also a rare instance in recent history where most markets provided solid returns; stocks, bonds, and commodities all generally performed well. After a long period of underperformance, international equities led the way higher, and one of the key questions for 2026 will be whether they can carry the momentum they built. Of course, we had our ups and downs at different points, but few would complain about the end results.

Looking ahead, we remain reasonably optimistic about markets. We do not expect to see an economic recession or decline in corporate earnings, which might hurt stocks. Bond yields are likely to drift lower on shorter-term maturities, while longer-dated bonds may face a bit more uncertainty. Commodities remain an area we like, and might even increase exposure to. It is hard not to feel some level of optimism about investing in 2026, a sentiment shared by most Wall Street prognosticators. We doubt that things will proceed smoothly; these days, you have to prepare for the unexpected, but at least at this juncture, things are looking up.

StraightLine is a fiduciary that provides professional financial planning and account management. Our advisors and research staff allow us to offer plan specific information to the MSU faithful.

Please contact us if you are interested in receiving these newsletters or discussing how we can assist with your financial strategy.

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Headquarters
165 Kirts Blvd, Suite 100
Troy, MI 48084

East Lansing Office
2911 Eyde Pkwy, Suite 100
East Lansing, MI 48823

(877) EDU-403B
info@straightline.com
www.straightline.com