



With this Issue we welcome Stan Hecker, our new reporter for:



Stan Hecker

## WHAT'S NEW AT THE U

*Charlie Downs' columns will be a hard act to follow—he had a great news sense. I was a “facilities guy” before retirement, so this is sort of a “return to the roots” column for me. I look forward to your questions, comments, and suggestions.*

**SMOKESTACK BRICKS** - The “MAC Smokestack” southeast of Spartan Stadium will be dismantled this summer. Roughly 3.5-million pounds of brick will be removed.

It's a campus landmark; news releases have stated that the salvageable white bricks of the “MAC” lettering will be stored for “an appropriate commemoration opportunity.”

The red bricks ... it's not official, but the word is circulating that some of the red brick may be available as Spartan memorabilia, through the “MSU Surplus Store.” The details are not final, and the bricks have to be selected, cleaned, and marketed. Watch the Surplus Store website ([www.msusurplusstore.com](http://www.msusurplusstore.com)) for details. Pricing? Not known yet, but the Surplus Store has authentic “Sparty Brick”—formerly part of the base of the Sparty statue—available at \$75 a brick.

### RECYCLING BUILDING MATERIALS -

Collectable bricks are one way to recycle stuff. There are others; materials from buildings demolished on the East Lansing campus are used in campus renovations. A recent example: 50,500 cubic feet of roofing material from recent

Spartan Village demolition was used to renovate roofs at Fee Hall, Holden Hall, Erickson Hall and the Nisbet building. More than \$75,000 was saved by avoiding landfill and new-material costs.

Demolition of Cherry Lane and Faculty Bricks apartments is set to begin in July; more than 75% of the resulting materials will likely be recycled. One key aspect is to make sure that the materials can be used quickly, to avoid storage and inventory costs.

Almost everything but wood can be recycled in a demolition project—and even much of the wood becomes mulch for campus landscaping. (Facilities Focus, Green Edition, 2011)

**GEOHERMAL BOTT BUILDING** - In the southeast corner of the main MSU campus, at the medical complex, the Bott Building for Nursing Education and Research will rise as an attachment to the Life Sciences Building. Problem: new steam lines for heating are expensive, and the regional chilled water plant (at Service Road and Bogue Street) is at full capacity. The regional plant can't support air-conditioning for even one more small and nearby building, without an expensive addition.

Solution: Use geothermal methods—you've seen them on TV—to help heat AND cool the new building. This energy-efficient solution takes heat from the earth in the winter, to help heat a building, and then returns the heat to the earth in the summer, helping to cool the building. It's all about heat transfer. The underground geothermal field for the new building will be bounded by Bogue Street, Service Road, Hagadorn Road, and the railroad tracks. The lightly-used playing fields will be preserved. (Facilities Focus, Green Edition, 2011) (cont on Page 7)

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MSU Reporter	Stan Hecker	517-332-3830
Production	Stephanie Barch	517-332-8523

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

Webmasters	Patrick Scheetz	517-351-7538
	John Forsyth	517-332-6683

# Presidential Message

by L. Patrick Scheetz

## Active Retirement Images



Patrick Scheetz

Today while watching an MSU retiree till my garden, the image of an **active** retirement came into view. **Jim Graves**, formerly of HVAC in Physical Plant, let me know that he was available for hire to till gardens. In case you are interested and located in the East Lansing area, call him at (517) 339-2758. Jim arrived with his tiller loaded on a nifty little trailer. Once the tiller was unloaded, he had another clever homemade trailer to transport the tiller from the street to the garden.

My garden is big enough to grow 100 tomato plants, so he had a large space to till, but watching him maneuver that tiller both forward and in reverse, and across patterns that reminded me of ground preparation before planting on the farm, I was duly impressed.



Talk about a retiree that enjoys his work, chat with Jim. You will see that he performed his work assignments at MSU with distinction, but since retiring, he has found at least one hard labor assignment that interests him. Checkout his picture.

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## MSU's Radio Reading Service Made Clear

The crowd for April was smaller than usual but we downed a large quantity of cookies when we gathered at our "Credit Union on the Tundra" to hear **Brad Walker** and **Susie Elkins** clarify for us a service the U provides thru WKAR, namely reading for the visually impaired and dyslexic. We found out that each day Radio Reading Service volunteers read from three Michigan daily newspapers and two national papers (USA Today and Christian Science Monitor), reading almost anything you might imagine, including the Sunday funnies. More than 150 volunteers read novels, grocery store and department store advertisements, as well as topics of interest for folks with handicapping conditions. Some of the newspaper volunteers read live, but book readers can come into the Communication Arts Building almost any time and make recordings. Parking is free.

More than 1000 folks living within a 70 mile radius take advantage of this free service, using small radios that are tuned only to the designated sub-carrier channel set aside for this use. Funding is provided by supporters of WKAR-radio, as well as by local Lions Clubs and a Jackson Prison Club. You can also listen on your computer or several streaming applications. If you are interested in volunteering or learning more, call Mary Wright at 517-432-3120, ext. 361, or email her at [maryw@wkar.org](mailto:maryw@wkar.org)



Susie Elkins

It was a fascinating program, one that has expanded far beyond what your former editor knew when he was a reader, before a family health crisis called a halt. (**Fred Graham**)

# *Are You Up-To-Date with Your Vaccinations?*

**Vaccinations for seniors? Absolutely.** Vaccination is one of the most effective ways to prevent diseases in individuals of all ages although; adult vaccine recommendations are often overlooked. Adults should consider vaccine protection for the following:

**Influenza vaccine:** The risk for influenza illness and its complications can be reduced by receiving a yearly vaccine. Adults over 50 years of age are one of the groups with higher risk of complication from influenza, and are strongly advised to have the influenza vaccine. Additionally, individuals living in any long-term care facility and individuals who care for those at high risk for complications from flu should be protected with vaccine. High risk individuals include household contacts of persons at high risk for complications from the flu; any individual who has contact with a child less than 6 months of age. The influenza vaccine is 30% - 70% \*effective in preventing influenza among individuals with chronic medical conditions such as asthma, diabetes, or heart disease, and 80% effective in preventing death from the flu among elderly nursing home residents.

*\*The wide range is due to multiple factors e.g. accuracy of diagnosis, age of individual, other ongoing illnesses.*

**Pneumonia vaccine. Pneumococcal Polysaccharide Vaccine (PPSV)** is recommended for all adults age 65 or older, and for younger individuals with a chronic health problem such as lung disease, asthma, diabetes, alcoholism, or liver disease. The vaccine is also recommended for smokers regardless of age. The adult pneumonia vaccine protects against 23 different types of pneumococcal bacteria. One dose of vaccine is all that is needed; however; individuals with certain medical conditions may benefit from a second dose of vaccine. A minimum of 5 years should separate the two doses.

**Pertussis vaccine.** Have young grandchildren? Get pertussis vaccine.

Pertussis, also known as whooping cough, is a highly contagious bacterial infection which can be passed from infected adults to infants and young children who have not yet had sufficient vaccine to develop immunity. Pertussis in these children may require hospitalization and in some cases the disease may be fatal. The Centers for Disease Control and Prevention recommendations state that **regardless of age**, adults should consider a booster vaccine for pertussis. The pertussis vaccine is available only in combination with a tetanus vaccine and can be administered regardless of interval since the last tetanus containing vaccine. Tetanus booster is given every 10 years.

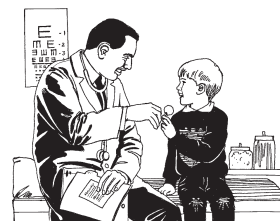
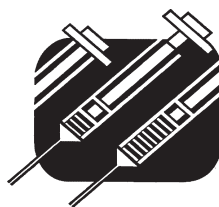
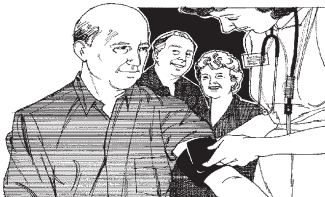
**Shingles vaccine.** If you had chickenpox as a child, you are at risk for getting shingles.

A single dose vaccine for shingles has been available since 2006 and is approved for use by individuals age 50 years and older. The lifetime risk of developing shingles is approximately 30%. The risk is higher if an individual has a history of a weakened immune system due to cancers, immune suppressing medications, or infection with the HIV virus, or with increasing age.

- If an individual gets shingles once, they still have a 30% risk of getting shingles again.
- Vaccination reduces the incidence of shingles by 51%.
- Vaccine reduces post infection pain syndrome by 67%.
- Vaccine is expensive and may not be covered by insurance. However; it is reimbursed through Medicare Part D. Cost has been the greatest barrier to use of this vaccine. The total cost to a patient may be over \$200.00

Talk with your health care provider about getting updated with your vaccines to protect your health.

(Nancy Allen [www.health4u.msu.edu](http://www.health4u.msu.edu) ; 517-353-2596)





# *THE TOLEDO WAR; Michigan at War*

*by Milt Powell*

As most readers of the *Spartan Senior* know, the Big Ten Athletic Conference has split itself into two divisions, which will be recombined to form each year's schedule. In doing so the Conference has promised to preserve "historic rivalries," most prominently that between Michigan and Ohio State University.

The intensity of this particular rivalry is older than football itself. More than 200 years, to take a Michigan view of the matter, Ohio stole several hundred square miles from us and kept us out of the Union for several decades. But not without opposition: the near-violent dispute over a narrow strip of land that included the mouth of the Maumee river came to be known as the "Toledo War." Some events were certainly war-like. Militias formed up and marched, but never met in battle; shots were fired, but only over Buckeye heads. And though Michigan lost Toledo it gained, in compensation, the Upper Peninsula.

The roots of the Ohio-Michigan boundary question lie deep in the European colonization of North America, which began nearly five centuries ago. But the best place to begin is in 1787: after the Revolutionary War and just before adoption of the Constitution.

The new nation now held all land west of the Atlantic Coast, east of the Mississippi River, and south of the Great Lakes almost to the Gulf Coast. Congress, i.e., the Continental Congress, had to find a way to govern this territory and a procedure for portions of it to be admitted as additional states.

The Northwest Ordinance adopted in 1787 applied to all of the new territory north of the Ohio River. To get a sense of what this expanse was like in that time imagine the present states of Wisconsin, Michigan, Illinois, Indiana and Ohio; then mentally erase most of the details: highways

and rail systems, all but a few cities, and, most importantly, the state boundaries.

The Ordinance stipulated that there should be "not less than three but no more than five states" created from the Northwest Territory. It defined the east and west borders of the three lower states, i.e. the future Ohio, Indiana and Illinois, and said that if only three states were formed they would extend northward along those lines to the Canadian border (cutting "Michigan's" lower peninsula in half.) But if two additional states were formed from the northern part of the territory the boundary between the upper and lower tier would be "an east and west line drawn through the southerly extreme of Lake Michigan." If followed this would have put present day Chicago in Wisconsin and South Bend in Michigan (another in-state rivalry!) along with Toledo.

When Ohio adopted its constitution in preparation for statehood no one knew precisely how far south Lake Michigan extended and, therefore, exactly where a line due east would strike Lake Erie. If the line, when accurately surveyed, did not include the mouth of the Maumee then, the Ohio constitution asserted, "with the assent of Congress, the boundary should be a straight line running from the southerly extreme of the lake [Michigan] to the most northerly cape of Maumee Bay." Congress approved the Constitution without comment on the boundary issue and Ohio, with its uncertain northern border, entered the Union in 1803.

In the following decades Michigan, still a Territory without congressional representation or electoral votes, continued to argue for the original boundary defined by the Northwest Ordinance. Ohio, taking Congressional silence as assent, regarded the matter as settled and began to promote projects to link Ohio and the rest of the

### ***(The Toledo War cont.)***

Midwest to east coast ports through Lake Erie and the new Erie Canal to the Hudson River.

Michigan's position was further weakened when Indiana and Illinois entered the Union in 1816 and 1818, both of them with boundaries north – sixty miles north for Illinois – of the Ordinance line. Their delegates in Congress opposed any effort to restore that line and no president wanted to side with Michigan and lose the electoral votes of Illinois, Indiana and Ohio. With this support Ohio was able to block Michigan's admission to the union until it accepted the Ohio version of the boundary.

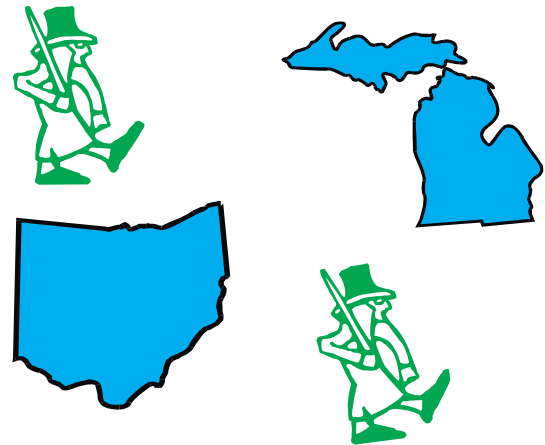
When Stevens T. Mason became acting Governor 1834, at age 22, he vowed to bring Michigan to full statehood. The Territory's population, over 80,000 that time, was far greater than the 60,000 required by the Northwest Ordinance. Without asking for Congressional approval, Mason arranged for delegates to be chosen for a constitutional convention. In response the Ohio governor decided to survey and mark his state's northern border – "peaceably or forcibly as necessary." Since this meant intrusion into Michigan territory Mason sent a party of militia to arrest the invaders. The two "armies", probably fewer than one hundred men altogether, surprised one another at Phillip's Corners on April 26, 1835. The Michigan party took a few prisoners and fired a few rounds over the heads of the retreating Buckeyes.

Perhaps Michigan won this battle but it continued to lose the war for two more years. Michigan adopted its constitution, elected Mason to be the state's first governor, and sent its delegates to Congress. But Ohio still was able to delay admission until Michigan elected a convention of citizens who would vote to accept Ohio's claim to the Toledo strip. It took two more years to meet this bitter, and unprecedented, condition but in 1837 Michigan achieved its long-delayed goal, and became the nation's twenty-sixth state.

There are several interesting postscripts to this story. The Ohio survey was a bit inaccurate where

it touched Lake Erie, leaving 240 acres of Michigan isolated on a small peninsula jutting north from Toledo, easily identifiable on a detailed map of that city. Most astonishing, however, is that through some oversight the bill for admitting Ohio to the Union was never brought to a Congressional vote in 1803. The mistake was not found out and corrected until 1953 when a resolution admitting Ohio to the Union was approved by Congress and signed by the President and Vice President — Dwight D. Eisenhower and Richard Nixon. So through all its efforts to delay Michigan's statehood Ohio had not technically been granted its own.

Sources: The Northwest Ordinance 1787: A Bicentennial Handbook (1987); Don Faber, The Toledo War (2008); Mark Stein, How the States Got Their Shapes, (2008)



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### **Faculty Bricks Coming Down**

As many may know, the Faculty Bricks are coming down this summer. I think it would be a good thing for retirees to share memories of living in the bricks. Even though they were overrun with cockroaches and the floor plans were awful, many retirees — including my wife and I — have good memories of living there. Perhaps it is because we were young then and it was exciting to be starting families and our careers at MSU. Perhaps we could have a forum on them or maybe folks could write brief recollections for the newsletter. Submit your memories to: [msura@msu.edu](mailto:msura@msu.edu) Pictures accepted too. (Submitted by Charlie Downs, Guest Writer)

## *Florida Retirees get their Annual News from “Up North”*



President Simon

MSU Florida retirees met for their 29<sup>th</sup> annual meeting at the Bradenton Country Club on March 7, 2011. Eighty-three members attended. MSU guests included President Lou Anna K. Simon, Vice President for Human Resources Brent Bowditch, MSU Gift Planning Advisor Deanna Gast, and MSU Board of Trustees Member, George Perles.

President Simon gave a detailed assessment of the budget situation, with particular attention to what can be expected from the Governor’s office and the Michigan Legislature. In her opinion we have always had budget ups and downs but we have never had such large reductions. She also discussed budget issues with respect to: the Extension Service ; the prospects for current faculty and staff health benefits —there will have to be some kind of trade-off between cost and choice of benefits; situation of the College of Agriculture and Natural Resources; the tenure situation—there are no plans to end the existing tenure system.

President Simon brought up new classroom technology—presenting new ways to teach; new developments in the College of Education; work of the Facility for Rare Isotope Beams (FRIB); the use of problem specific funds to improve faculty salaries. In President Simon’s view, MSU will continue to do the best it can to “grow MSU in value.” “If we stay as a team, we can continue to make MSU a better place.”

Vice President Bowditch gave a detailed presentation on changes in the health benefits program for retirees. His office continues to develop strategies on how to keep health care costs under control. The shift to use of generics has been very helpful. He described changes anticipated for 2011-12: adding more to the generics program; ways to control rising costs of specialty drugs; the exception process and vacation overrides; changes in the patient advocacy program and the development of the “accolade program.” **(Henry Silverman)**

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### ***Brent – You also make our day. Thank you!***

Recently I was at the Jack Breslin Distinguished Staff Awards. The ceremony recognized six current MSU staff members for their contributions to Michigan State University. Their efforts continue to make this University the great place it is. Later that evening I was the host at the Service Awards banquet that thanked and recognized the many staff at MSU that had reached a milestone number of years in their careers here at MSU. As a “three year” member of the MSU family, I have been so impressed with this University and the many people I interact with from across campus.

Several of these people are retirees. Today was the monthly board meeting of the MSU Retirees Association that I attend regularly. I was having one of those bad days when nothing seemed to be going right. However, the excitement, laughter and love for Michigan State University were contagious. I immediately felt better. Working with you is one of the more enjoyable parts of my job. You continue to love MSU and your efforts have made an incredible difference to this University. Thank you! I look forward to serving you all in the coming 2011-12 academic year. You’re a great bunch!  
**(Brent Bowditch, VP Human Resources)**



Rothert and Bowditch

## *“Michigan’s Economic Future” by Charles Ballard*

## *MSU Identity Management Office Moved*

In the middle decades of the 20<sup>th</sup> century, Michigan’s manufacturing-based economy was tremendously successful. However, manufacturing’s share of the U.S. economy has been declining for half a century. As a result, per-capita incomes in Michigan have fallen from well above the national average to well below the national average.

Today, the most affluent states all have a highly educated workforce, but Michigan lags behind the rest of the country in many measures of educational attainment. Professor Ballard emphasizes the crucial role of education in providing the foundation for future prosperity. He suggests a greatly enhanced investment in early-childhood educational programs, full-day kindergarten, a K-12 school year of 200 days, and a reversal of the trend toward rapidly declining funding for higher education.

Although it is still possible to find greater efficiency in the delivery of education and other public services, it will be extremely difficult to provide the required level of services without increased tax revenues. Ballard emphasizes that the percentage of Michigan’s economy that is devoted to state and local taxes has fallen dramatically in the last decade, perhaps by as much as \$10 billion per year. Nevertheless, he supports the elimination of the Michigan Business Tax, because of its many distortionary features.

The challenge (which is not currently being met) is to collect enough tax revenue from other sources, to be able to provide the requisite public services. The best candidates for collecting the needed revenues are extension of the sales tax to services and entertainments, and either a graduated income tax or an increase in the current flat-rate income tax. **(This talk was presented to the MSU Faculty Emerity Assn. on May 11,2011).**

In April, the MSU ID Office moved from the Computer Center to its new location in 170 International Center, adjacent to the food court. NetID provisioning and PIN letter pickup now takes place in 170 International Center. The MSU ID Office now serves as a single point of contact for all identity management activities for students, faculty, staff, and retirees. The MSU ID Office provides first-level support for NetIDs and Spartan Cards, including electronic access control to buildings and parking gates, Library services, Spartan Cash, and residence hall meal plans.

The MSU ID Office integrates employees and retirees with the MSU Police department, Office of the Registrar, Residential and Hospitality Services, and Academic Technology Services. These units are all working together to make the move to the International Center successful and the transition seamless.

The ID Office also updated its URL to <http://idoffice.msu.edu>.

For questions, contact: Beth Bonsall, Communication Manager, MSU Academic Technology Services, (517) 432-7241 or [bonsallb@msu.edu](mailto:bonsallb@msu.edu)

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(What’s New cont. from Page 1)

**NEW CREDIT UNION ON CAMPUS -**  
Speaking of new construction, there will soon be a new MSU Federal Credit Union building on campus. Bulldozers are roaming the site, the northeast corner of Mt. Hope and Farm Lane. With the new railroad underpasses, the new location will sure be much easier to reach than the old location on Crescent Road. The old headquarters will be entirely leased by IBM when the new building opens early next spring. The new building will be much like other branch offices ... and it will have a community room for gatherings and meetings. (MSUFUCU Marketing Department)



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### *Wenners Are Winners*

#### *Darlene and Bob Wenner Named Volunteers of the Year*

As chair of MSURA's "Volunteer of the Year" Selection Committee, I am proud to announce dual winners for 2011. This year's recipients are a husband and wife team that has donated countless hours to keep our finances and community service projects in order.

**Darlene Wenner** is active with her church, St. Luke's Lutheran, in charge of the altar group, and helps count offering donations and prepare bank deposits. With MSURA, she is best noted for her service as chair of our annual United Way campaign for MSU retirees. She took over the responsibility with no training, yet managed to pull it all together so it runs smoothly. Darlene spends a lot of time on mailings and accounting procedures and has recruited an effective team of additional volunteers to facilitate the system she has organized.

**Bob Wenner** serves well as treasurer of our Retirees Association—with the helpful background of being the retired Internal Auditor for MSU. He has been active with various MSU booster groups, serving as treasurer of both the MSU Rebounders and Blue Line clubs. He also volunteers with his church, St. Luke's Lutheran, by greeting, ushering, and helping with their Food Bank and other service projects.

MSURA is proud to honor this duo for their dedication and service to the MSU Retirees Association and to their community. (**Gale Arent MSURA Past President**)



Darlene and Bob Wenner



# ANNUAL MSURA LUNCHEON

## We Enjoyed the Old, the New and the Substitute



Fred Graham



Philip Zeller



Darlene and Bob  
Wenner

President Scheetz gave welcoming remarks to a roomfull of attendees. He then introduced Fred Graham who is retiring as the editor of the *Spartan Senior* Newsletter as of June 30, 2011. Special recognition was given to Fred for publishing an excellent newsletter along with Stephanie Barch for the past seven years.

Special guests for the day included Dan Chegwidden, Director of Planned Giving in University Development; Lea Ammerman, Vice President for Branches of the MSU Federal Credit Union; Keith Groty, Retired Assistant Vice President of Human Resources; and Steve Mosshart with Straightline.

A warm welcome was given to our speaker Philip L. Zeller, a chief trainer with Dale Carnegie, of the Ralph Nicols Group, Inc. He was graciously filling in for Michael Patrick Shields who was unable to attend because of a live broadcast speaking conflict. Zeller's talk inspired listeners in their daily lives. He also praised MSU for their excellent training facilities for future leaders.

The Volunteer of the Year award was then presented. Darlene and Bob Wenner each in their own way have served MSU and their community in different capacities and have been tireless volunteer workers. Congratulations!

The food was great; the company was better. Many of us took home a hyacinth table centerpiece. Altogether it was a good day. (Ed)

# *An APPEAL to All RETIREES*

This issue of the *Spartan Senior* is being mailed to all MSU retirees whether they are a subscriber or not. This is a good time to have you check and update your subscription. And maybe some others of you will like this enough to become a first subscriber. The funds collected not only defray the cost of publishing and mailing the newsletter, but cover expenses necessary for keeping us retirees with a foot in the door about happenings at MSU that affect all of us. You may use the attached subscription form and if you elect to receive the newsletter by email, it saves the association even more money. (Ed)

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## *This and That From The 2011 HEALTHY4U Program*

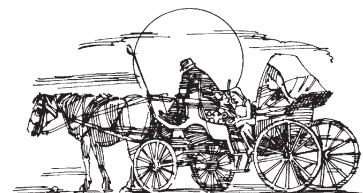
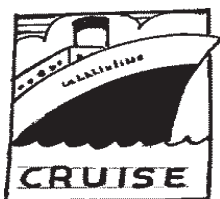
**You Can Quit Smoking. We Can Help.** Faculty, staff, retirees, and spouses/partners are eligible to join the highly successful MSU Smoking Cessation Program. For information visit the Health4U Web site, <http://health4u.msu.edu> or contact the office at 517-353-2596 or [health4u@msu.edu](mailto:health4u@msu.edu).



**No one needs to go it alone. . . .** If you are struggling with a personal or work problem, or simply having a difficult time in your life, you have support available to you. Visit the MSU Employee Assistance Program (EAP) Web site to learn about our services and program eligibility at <http://eap.msu.edu>.



**MSU Travel Clinic. . . .** focusing on your health and safety! The clinic offers travel consultations, immunizations, and medications for travelers of all ages to any worldwide destination. MSU affiliation is NOT required to use the services of the clinic! Visit the clinic's Web site at <http://travelclinic.msu.edu> or call 517-353-9137.



## NEWSLETTER SUBSCRIPTION FORM

I wish to renew/start my subscription for the MSURA newsletter at \$10 per year with the enclosed payment to "The MSU Retirees Association."

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PICK-UP \_\_\_\_\_ PHONE \_\_\_\_\_

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Make check payable to MSURA. Mail to Bob Wenner, MSURA Treasurer, P.O.Box 203,  
Okemos, MI 48805.

Would you prefer to receive the Newsletter by e-mail? Yes \_\_\_\_\_ No \_\_\_\_\_.

## *Become a Part of MSURA's Fiscal Stability*

Most of our expenses are for the Spartan Senior since the \$10 per year subscription rate pays only part of our printing and mailing expenses. StraightLine, an independent Registered Investment advisor partially underwrites our Summer issue and the five local issues are supported by the MSU Credit Union. Use the box to donate by mail or you can go to our website at [retirees.msu.edu](http://retirees.msu.edu) and click on "DONATE to MSURA" on bottom right of the page. These funds are available for use of the MSURA.

I \_\_\_\_\_ wish to make a charitable contribution to support the educational programs & services of MSURA. Enclosed is payment to: "MSU—Retiree Association Programs." Mail this to: 300 Spartan Way, East Lansing, MI 48824-1005.

NOTE WELL: You won't get IRS Credit unless you send your check to the Development Office. Please don't send your gifts to our treasurer. Send Bob Wenner only newsletter subscriptions. We know it is tempting to write one check to cover both the newsletter and a charitable gift, but it complicates things badly!



**MSU RETIREES ASSOCIATION  
MICHIGAN STATE UNIVERSITY  
22 NISBET BUILDING  
EAST LANSING, MI 48823**

FORWARDING SERVICE REQUESTED

## *Reminisces: “Those Were the Days”*

*Reminisce*, according to the American Heritage Dictionary, is to recollect and tell of past experiences or events. As an example, to recall the past, “the grandparents sat there and reminisced all afternoon.” To think back, to remember, to recapture the past, to indulge in memories; “he remembered how he used to pick flowers.”

As we get past the day of retirement, we remember living and playing on the family farm in 1910; or our life in World War II or on the MSU campus in the 1930’s, 1940’s, or 1950’s.

Reminisce is a verb for recall, remember, look back, harkens back, review, think back, recollect, live in the past, or go over in the memories. For instance, we reminisced about the trip by train to the Rose Bowl.

Reminiscing activities are not undertaken for the task orientation, but are aimed to give stimulation, enjoyment and to foster a sense of achievement and self-worth. Sometimes we remember because our memories have been triggered involuntarily by a favorite song or musical tune and sometimes we remember on purpose. Reminiscing gives us a pleasure and a sense of relatedness and connection with what has gone previously in our lives. Reminiscing allows us to relive events from our past. It is a process which focuses on the personal way we experience and remember events, rather than on a chronological or historical perspective.

If you write enough material about your memories of past experiences and events, there may be sufficient content to publish your own memoirs. Many retirees find this activity an enjoyable one!

So this is the request: Prepare one typed page or less of memories, recollections, or reminiscences about your life, earlier times, days at MSU, etc. Submit for publication to: [msura@msu.edu](mailto:msura@msu.edu) or mail to: Editor, Spartan Senior, MSU Retirees Association, 22 Nisbet Building, East Lansing, MI 48824-9902. Include your name, phone, and email. **(Message from Acting Editor, PS)**

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