



Fred L. Sabel, 83 of Traverse City, formerly from Midland passed away April 12, 2018 at Munson Hospice House. He was born in Shanghai, China on November 19, 1934. He grew up in Ross, California and had stories of all his adventures working as a butcher's assistant, panning for gold, working on a cattle ranch and firefighter while in high school. Fred went to college at the University of Maryland and then spent two years in the Army as a Sergeant before starting his professional career; which included on loan to NASA prior to the first moon landing and the National Cancer Institute.

Fred retired from The Dow Chemical Company as an Associate Scientist in Midland in 1992 and he and his wife Kathy retired on Long Lake, Traverse City.

Fred enjoyed gardening, fishing, hunting, hiking and spending time at the cabin; especially with his son and grandchildren. Fred and Kathy spent their winters in Alabama with their beloved golden retriever "Murphy."

Fred volunteered all around town, but especially Inland Seas, Interlochen Center for the Arts and Traverse City Tourism.

Surviving are his wife Kathy and "Murphy", children, Matthew (Kate) Sabel of Lebanon, Tennessee and Kimberly Sabel of Talkeetna, Alaska; grandchildren, Austin, Shelby, Jackson and William. He is also survived by his twin brother John (Patricia) Sabel of Carlisle, Pennsylvania.

The family would like to thank the staff of Munson Hospital Floor D5 and Munson Hospice House for their support and compassion.

No services are planned at this time and cremation has taken place.

Fred's family will have a private service to remember him. The family requests their privacy and would like you to share your thoughts and memories at www.lifestorytc.com.

"FLY, FLY"