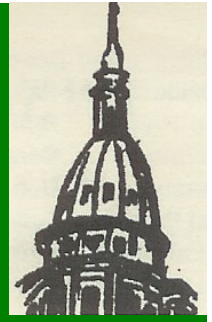


MICHIGAN STATE  
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# SPARTAN SENIOR

A newsletter for Michigan State University Retirees

August 2014

**Come to our first meeting of the fall semester on Monday, Sept 8, 2 PM  
University Distinguished Professor Deborah Feltz : Use it or lose it —  
How to keep physically active in retirement**



**Feltz Executing a Successful Handoff**

University Distinguished Professor Deborah Feltz will lead off our speaker series that begins the Fall Semester. Feltz, who holds degrees from SUNY at Buffalo and Penn State, came to MSU in 1980. Feltz has served as visiting professor at Stanford, is a sport psychologist with the U. S. Olympic Committee, has served as President of the National Academy of Kinesiology, and has received awards for teaching and research from the MSU College of Education. For more than 20 years she has served as Chairperson of the MSU Department of Kinesiology. Her main research interest is self-efficacy, the belief by the athlete that he or she can get the job done. Feltz has been an active researcher throughout her career, and she is well qualified to speak to us about the emerging research that shows that staying active is very good for the aging body. So put down that TV remote and get to our first meeting to hear some recommended ways to keep physically active in retirement.

We know that we have members who are already very much physically active. Here is a chance to share your love of your favorite activity with our other members.

Except for the annual luncheon, all MSURA meetings are held on the second Monday of the month in the Community Room of the MSU Federal Credit Union at the corner of Farm Lane and Mt. Hope Road. Come for coffee and conversation at 1:30, with the speaker's presentation beginning at 2:00. Future speakers: October 13, Doug Noverr; November 10, Renee Rivard; December 8, MSU President Lou Anna Simon.

## **A Favorite Speaker Returns on October 13**

Professor Doug Noverr, whose talk was very well received this Spring, returns for our October 13 meeting. His topic will be "Finding the narrative threads and main stories for Michigan State University: The rise of a research university and the new millennium, 1970—2005 (Volume III in the MSU Sesquicentennial History Series).

## What's Happening During Your Retirement?

Are you having fun yet? After many years of working towards retirement, it is about time you had some satisfaction and fun. What are you doing to enjoy yourself? May we share your story with other MSU retirees?

It seems that experiences of successful retirees might encourage others to follow their example and pursue a satisfying *rest of their life*. Can you tell us what you learned which is making you happy? What advice would you give others? If you were speaking to MSU future retirees, what would you tell them? Thanks for your assistance with this assignment.

Please respond to this request via e-mail at: [scheetz@msu.edu](mailto:scheetz@msu.edu) or leave a message at: (517) 353-7896.

**(By L. Patrick Scheetz, MSU Retirees Association President)**

### Subscribe Now if You Wish to Receive Paper Newsletters

As we explained in the Winter 2014 Combined Edition, we have incurred increased postage and printing costs that require us to have paid subscriptions for the paper newsletters we mail out. At this time our policy is to mail the four page August newsletter to all retirees, with a subscription form for the coming year. We have combined the old International Editions and Local Editions so that every subscriber will receive each of our seven issues during the year. Those who choose to read our electronic version will see the newsletter in color and will see it approximately 10 to 14 days sooner than the paper edition will arrive in the mail box. If you choose electronic notification but also send a check, your money will be used to help defray the costs of producing the paper newsletter.

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Make check payable to **MSU Retirees Association**. Mail to: Dave Brower, MSURA Treasurer, Suite 22 Nisbet Bldg., MSU, 1407 S. Harrison Ave., East Lansing, MI 48823-5239.



## The Beginning of the 2014-15 Academic Year is a Good Time to Consider a Gift to Support the MSU Retirees Association

Once again we thank each of our members who made a charitable contribution to the MSU Retirees Association this past year. Your financial support is much appreciated! Your MSU Retirees Association provides a wide variety of programs and services to both our members and our university. Your charitable contributions help make these services possible. As we begin another academic year please consider a charitable contribution by making your check payable to MSU—Retirees Association, AB272. Enclose your full name and address and mail to: University Advancement, 535 Chestnut Road, Room 399, Michigan State University, East Lansing, MI 48824 In advance of your gift this academic year, thank you!

—Chuck Webb, MSURA Development Fund Coordinator

### Introducing the Sherlock Holmes/Greek Interpreters Society Special Interest Group

- >Have you ever been tired and exasperated by daily life in the year 2014?
- >Would you like to take a temporary breather from the stresses and strains of today's 24/7 electronic culture?
- >Do you enjoy reading about and attempting to solve mysteries?

If you answered “yes” to any of the above questions, then you might enjoy attending and participating in the next dinner meeting of the East Lansing Sherlock Holmes Society. Founded in 1943 and named in honor of the MSU Spartans, the local chapter took the name of one of author Arthur Conan Doyle's fabled stories and became The Greek Interpreters of East Lansing. The group typically meets three times a year to analyze one of the Sherlock Holmes adventures over a relaxed dinner at a local dining establishment. The story for the evening is announced to members in advance, and folks gather to discuss interesting aspects of the case in question. For further information or to join contact Shari and Jim Conroy at [jconroy45@gmail.com](mailto:jconroy45@gmail.com).

## Smile & Say Free!

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### Send Us News of Your Special Interest Group

Please send us news about the activities of your special interest group. It doesn't usually work well to use the newsletter for time sensitive material unless you send it very far in advance and we have enough space to publish it in the coming issue. Please use your own e-mail list or the telephone for day-to-day communications and post time sensitive announcements on the MSURA Facebook page. Send news to [aleblanc@msu.edu](mailto:aleblanc@msu.edu).

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