



MSU RETIREES ASSOCIATION

SPARTAN SENIOR NEWSLETTER

November – December 2026

VOL. 48, NO. 3

Join retirees Nov. 22 for 'A Lansing Christmas Adventure'



Join the MSU Retirees Association for a holiday play at Williamston Theatre, 122 S. Putnam Street in Williamston, on Sunday, Nov. 22 at 2 p.m. This event has become an MSURA holiday tradition.

"A Lansing Christmas Adventure" is a charming holiday tale that delivers laughter, nostalgia and a reminder of what the season is all about. This is an original Hawlmark production and a sequel to "A Very Williamston Christmas."

Please see WILLIAMSTON THEATRE on page 3

It's lunch time at Brody!

Please join your fellow retirees for lunch on Friday, Nov. 13 and Friday, Dec. 11, from 11 a.m. to 1 p.m. at Brody Hall Cafeteria. The Brody Hall Cafeteria is located on the second floor. An elevator is located near the front entrance that will take you up to the cafeteria. Stairs are also available. For more info, go to <https://retirees.msu.edu/meetings.html#BrodyLunch>

MSURA MEMBERSHIP MEETINGS

Head of MSU Center for Survivors to speak Nov. 9

Tana Fedewa, LMSW and director of the Center for Survivors (formerly known as the MSU Sexual Assault Program), will be the speaker at the Monday, Nov. 9 membership meeting.



Tana Fedewa

Fedewa is a licensed clinical social worker in the state of Michigan. She advocates for trauma-informed services, response, and interventions on campus and in the community.

In 2018, Fedewa was named the director of the MSU Sexual Assault Program and was appointed to the

Michigan State University Relationship Violence and Sexual Misconduct Expert Advisory Workgroup. She is actively working to change the culture at MSU.

In her spare time, Fedewa enjoys reading, camping, traveling, and spending time with her partner, her imaginative and spirited daughters and her energetic puppies, Zoey and Henry.

When Monday, Nov. 9

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

Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane OR join the Zoom: See E-Notice for sign in info or visit <https://retirees.msu.edu>.

Jody Knol to speak at Dec. 14 membership meeting

Jody Knol, WKAR's 90.5 classical musical host, will be the guest speaker at the membership meeting on Monday, Dec. 14.



Jody Knol

Knol began announcing classical music on 90.5 WKAR while a student at MSU in 1982.

After receiving his degree in Interdisciplinary Humanities — music, theater and political science — Knol worked as chief announcer for WMUK in Kalamazoo for two years before returning to WKAR to host the morning program

in 1986.

Trained as a singer, Knol combines his study of music and his stage experience to present the music he loves to listeners.

In January 2026, he celebrated 40 years with WKAR.

Join us for this membership meeting at 2 p.m.

When Monday, Dec. 14

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

Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane OR join the Zoom: See E-Notice for sign in info or visit <https://retirees.msu.edu>.

Coming soon: Look for MSURA's newly designed website!

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PRESIDENT'S MESSAGE

Sandra Buike

We were fortunate to enjoy a glorious fall in East Lansing, Michigan. Students returned, fall sports got underway, and new programs at Wharton Center and the College of Music kept us entertained. The Broad Art Museum is featuring “We Are This Land: Meditations on the Great American Experiment,” an exhibition honoring America’s 250th birthday. It will remain on view through March 17, 2027.

And consider attending the Williamston Theatre on Nov. 22 to see “A Lansing Christmas Adventure” with other retirees. See the article on page 1 of the newsletter.

Homecoming is always a special fall weekend in October. The MSU Retirees Association enters a float in the Homecoming parade each year. Volunteers helped construct the float, while others walked the parade route and handed out candy to children.

As we have entered the busy holiday season, I am especially grateful for Thanksgiving. Although gratitude is a daily practice, this holiday reminds us to appreciate our homes, health, families, and friends — and to express our thanks.

Gratitude can take many forms, including lending a hand as a volunteer. Older adults bring reliability, punctuality, and dedication to work. Hospitals, senior and community centers, and nonprofit organizations would welcome your help, especially during the indoor months ahead. Consider what you enjoyed most in your career and put those skills to work in a volunteer role. Don’t forget, the MSU Retirees Association needs your special skills. We’ll put you to work with other like-minded, fun MSU Retirees! Happy Holidays to all! GO GREEN. GO WHITE.

B.Y.O.B. (Bring Your Own Buddy)

MSURA is presenting a Biggby or MSU Dairy Store gift card to those who bring a guest who has never been to an MSURA monthly membership meeting before. The person you bring will also get a \$5 gift card. We’re trying to reach out to those retirees who are not familiar with MSURA, and this is a great way to bring more into the MSURA fold. There is a sheet at the welcome desk for you to register yourself and your guest.

More information at the Williamston Theatre website: williamstontheatre.org.

Costume design is by Karen Kangas-Presdon and the lighting designer is Shannon Schweitzer, both MSU Department of Theatre Faculty members.

MSURA has a block of 25 tickets on hold with the theatre. You must call the theatre direct (517-655-7469) to purchase your own tickets. Mention you wish to sit with the MSU Retirees Association. Tickets for this performance are \$25/EA.

NOTE: Tickets for flex pass holders are available on Oct. 20. You can request to sit with the MSURA group. Tickets for the general public go on sale Oct. 27.

Tickets must be purchased no later than Nov. 13. Any tickets not purchased for our section will be released to the public after that date. If you miss this deadline, you can still purchase tickets if they are available.

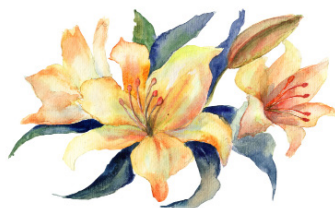
This performance includes a preview talk with the director after the show so stay in your seats at the end of the show to participate in the discussion.

Dinner Option: If you wish to join a group for appetizers, drinks, or dinner afterwards, please contact Jacquie Babcock: jbabcock@msu.edu. A reservation has been made at Tavern 109, 109 E. Grand River within walking distance of the theatre. Individuals will pay their own check. Because we do need to confirm the number attending, let Jacquie know if you can join the group for conversation and thoughts on the performance.



Please support our sponsors.
They do a lot to help us defray the
cost of events, newsletters and
administrative expenses.
We appreciate our underwriters!

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.

Abraham Engeda	8/26/2026
Donald G Farnum	6/19/2026
Virginia K Beach	9/1/2026
Charis Linklater	9/16/2026
Wilma Miller	8/27/2026
Wanda Norman	9/13/2026
Roberta Perhne	8/24/2026
Harold Prince	9/27/2026
John Radford	9/10/2026
Gay Reinert	9/12/2026
Donald Ricks	9/7/2026
David W Rohde	6/20/2026
John Schwillie	9/21/2026
Kathleen Silvers	8/25/2026
Betty Wilson	7/25/2026

Faculty Emerti offers session in Nov.

Emily Conroy-Krutz, an MSU history professor, will offer a lecture titled "Missionary Diplomacy" on Thursday Nov. 19, at 2 p.m. at the MSUFCU Mt. Hope Branch. The talk is open to the public. Retirees are welcome.

For much of American history, Protestant Christianity was crucial to how Americans understand the world and their place within it. Missionary Diplomacy explores the self-proclaimed experts, government officials, and trouble-makers who made up the 19th century foreign mission movement and shaped American foreign relations for over a century.



Where Cash and Curiosity Meet

The MSUFCU Money Lab offers kids a fun, interactive way to explore the world of banking.

Located at 311 Abbot Road in downtown East Lansing, it's a great place for families and grandparents to enjoy quality time together while learning something new.

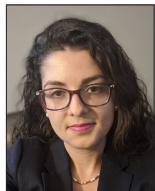


Learn More
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How to spot misinformation online focus of Jan. meeting



Marina D. Molina



Dustin Carnahan



Erika Oh

Join fellow retirees at the Jan.11 membership meeting to learn more about identifying false information online.

The session will explore how misinformation spreads online and will provide strategies for identifying misleading or false content on the internet. The session will also cover emerging research on artificial intelligence, trust and the “safe” use of digital technologies.

Finally, the session will offer accessible examples and tips for navigating today’s increasingly complex digital environment.

Three MSU College of Communication Arts & Sciences professors will speak at this event. They are Maria D. Molina, Dustin Carnahan and Yoo Jung (Erika) Oh.

Dr. Molina’s research focuses on the role of technological affordances in shaping user attitudes and behaviors in contexts such as misinformation and online privacy. Her current work is supported by the National Science Foundation, and it examines how the affordances of Generative AI (GenAI) chatbots shape users’ privacy decision-making and how AI systems

can be designed using privacy-by-design principles.

Professor Carnahan’s research centers on political communication, specifically interested in how communication processes shape democratic processes and outcomes. His recent published work has focused on how people form belief judgments around misinformation and the efficacy of efforts to correct misinformed beliefs.

Dr. Oh’s research focuses on artificial intelligence (AI) dialogue systems, commonly known as “AI chatbots.” Her work examines the dynamics of human-AI communication, with a particular focus on how persuasive AI influences human perceptions, communication patterns, and resulting health and relational outcomes.

When Monday, Jan. 11

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

Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane OR
join the Zoom: See E-Notice for sign in info or visit <https://retirees.msu.edu>.

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UNCOMMON WILL.



Tom Matt started his own radio show in 2011 before he retired from MSU. His show allows him to practice his four pillars — purpose, passion, faith and optimism.

STUCK IN THE PAST BY TOM MATT

“Yesterday’s the past, tomorrow’s the future, but today is a gift. That’s why it’s called the present.”

— Bill Keane

One of the biggest mistakes we can make is allowing the past to define our present.

For me, it took years to come to terms with my struggles with alcohol and drug abuse. Accepting that I was responsible for my choices wasn’t easy, but it was the turning point. Once I accepted my past instead of fighting it, I was finally able to move forward and become a better version of myself.

Many people carry the weight of their history. It becomes a limiting belief — an albatross around their neck — that keeps them from embracing the life they could have today.

Do any of these sound familiar?

- You wish you could hit the rewind button and get a “do-over.”
- You struggle with regrets about past decisions.
- You believe the best years of your life are already behind you.

Sometimes we convince ourselves that if we feel guilty long enough, we’ll eventually forgive ourselves. I know I fell into that trap. Have you?

The fear of moving forward — and even the fear of future success — can keep us anchored in the past. But we don’t have to stay there. We can overcome those

fears, and in doing so, find freedom.

Living in the past only clouds the possibilities that lie ahead. It steals our attention from the opportunities available today.

It’s also easy to romanticize the “good old days.” While it’s natural to cherish fond memories, living in them can become an escape from reality. It distracts us from creating new memories and a meaningful future. Dwelling on the past doesn’t change it, and if left unchecked, it can lead to sadness, hopelessness, and even depression.

Instead, consider these ideas:

- Use your experiences to help someone else. Your struggles may become someone else’s source of hope.
- Give yourself permission to move forward. Self-forgiveness is one of the greatest gifts you can give yourself.
- Accept that moving forward may be difficult and sometimes painful. Growth often is.
- Make peace with your past so you can fully embrace the present.
- Be kind to yourself. The relationship you have with yourself sets the foundation for every other relationship in your life.

The past has shaped you, but it doesn’t have to define you.

Today is your opportunity to write the next chapter.

Peace

MSURA Continuous Learning Collaborative (CLC): Inspiring Lifelong Discovery

The collaborative efforts of Prime Time Senior Programs, the MSU Retirees Association (MSURA) and the MSU Faculty Emeriti Association (FEA) will offer courses winter quarter, which runs December through February, and will feature courses on Chinese medicine, medical laboratory results and the Great Lakes. Registration begins Nov. 20. Details will be available then. (Please note

no early registration.) We are also seeking course submissions for spring quarter to review in November. You do not need to have a fully developed class to submit. If you — or someone you know — is interested in presenting on a topic, please complete a CLC Instructor Interest Form at: cityofeastlansing.com/2614/Continuous-Learning-Collaborative-CLC.



**MICHIGAN STATE
UNIVERSITY**

Shine bright for the holidays

A little self-care goes a long way to help you feel your best during this busy time of year. Sign in and access tools to help you stay active, eat healthy, sleep well and combat stress as you enjoy (or cope with!) the holiday season.

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Flu and Pneumonia

The first and most important step in preventing flu is to get a flu vaccination each year. The vaccine protects against the four viruses research suggests will be most common each year. Getting vaccinated can reduce your risk of getting sick when exposed to the virus.

According to the Centers for Disease Control and Prevention (CDC), everyone older than 6 months should get the vaccine by the end of October each year.



For more information about getting your flu vaccine, talk to your healthcare provider.

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Straight to the Point

Market Update - As we sit on the cusp of the fourth quarter, in just a few weeks, we will be in the thick of another earnings season, with a bit of election-related noise mixed in. Markets have spent the better part of the last two months being driven by various headline factors. Investor attention has centered on oil and interest rates. After rising steadily over the summer, oil prices have pulled back somewhat since mid-September, offering consumers and markets a brief reprieve from consistently higher prices. Rates, however, have continued to move in the opposite direction. Yields have climbed across maturities, with several points on the curve sitting at or near multidecade highs. On the one hand, higher yields can create a more attractive entry point for investors considering Treasury bonds. On the other, additional increases in yields could still pressure bond prices and weigh on near term returns. We see value in selectively adding longer-dated bonds, but only as part of a diversified portfolio, and while maintaining an overweight tilt toward shorter-term maturities.

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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