



MSU RETIREES ASSOCIATION

SPARTAN SENIOR NEWSLETTER

January 2020

VOL. 41, NO. 4

MSURA Endowed Student Scholarship applications now being accepted

Scholarship applications are now being accepted for MSURA Endowed Student Scholarship for school year 2020-2021 by the MSU Admissions Office. Scholarship awards will be announced in the spring of 2020. Please let your children and grandchildren know about this opportunity.

In 2015, the MSU Retirees Association started a scholarship fund for family members of MSU retirees and current MSU employees. We wanted to help ensure future generations a college education. Incoming and current MSU students undergrad and graduate level are eligible to apply for the scholarship annually.

Through donations and fundraising, two scholarships have been endowed and we are working to endow more. Six \$2,500, one-year scholarships have been given out since the scholarship's creation. An endowed scholarship simply means that enough money is invested to ensure funding scholarships annually using just a portion of earning. This ensures the scholarship fund continues

2019 Scholarship Recipient



Kathleen Wahl

Kathleen Wahl is a freshmen at MSU, majoring in communication and planning on pursuing a degree in Speech Pathology. She graduated from Northwest High School in Jackson last spring and she's excited to be a part of the Spartan family. She enjoyed her first semester on campus.

Kathleen's mother is a licensed veterinary technician in the Small Animal Emergency and Critical Care Unit at MSU.

to grow with inflation while at the same time awarding scholarships annually to future generations of Spartans.

Help future generations by making a donation today. Please see page 4 for information on how to donate.



Retirees enjoy theatre, dining outing

Fifteen MSURA members attended the matinee performance of "A Christmas Carol: The Radio Show" at Williamston Theatre on Nov. 24. The MSURA attendees proceeded to the Red Cedar Grill for a late lunch/early dinner after the performance. Kirk Domer, chair of the MSU Department of Theatre and scene designer for the show, joined the group for dinner and lively conversation. See page 4 for another opportunity to join with retirees for a theatre opportunity.



Breaking News!

MSURA has just received confirmation that Dr. Samuel L. Stanley,



Samuel L. Stanley

MSU's 21st president, will be the speaker at the 2020 MSURA annual luncheon on Tuesday, May 5, at the University Club. Watch the newsletter and eNotices for information about registering for the event, but mark your calendar now.

MSU RETIREES ASSOCIATION

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Retirement is Work!
By Tom and Kevin Cocozzoli

KEYS - WORK



KEY - RETIREMENT



Yes! you CAN lose weight in retirement!!!!



PRESIDENT'S MESSAGE

Roger Baldwin

The new year is a good time to look forward and set goals. The overarching goal of MSURA is to enhance our members' retirement years while serving Michigan State University and the wider community. To achieve this ambitious goal, we must set specific objectives that will direct our efforts over the next 12 months.

One key objective is to reach out and engage more members with interesting programs, service opportunities, and social events that bring us together. Over the past year we have added very successful bus tours and theater outings to our traditional programming. Our December tour of MSU's Facility for Rare Isotope Beams (FRIB) attracted well over 100 participants. Diverse events like these have enabled us to welcome MSU retirees who have not been active members before. Special thanks to MSURA board members Pam Marcis, Jacqie Babcock, and Rick Vogt for arranging these enjoyable events for us.

We hope to continue this trend of welcoming more MSU retirees with many new opportunities for engagement we have planned for this winter and spring. We have fascinating monthly speakers on topics like the MSU Marching Band, the Flint water crisis, and economic issues facing retirees. We also have a volunteer fair on April 1. Volunteer activity enriches the lives of many retirees, and this event will introduce the wide range of volunteer opportunities available in our area. We will also offer a spring bus trip and another theater program. We hope you will join us for many of these events.

In addition, the MSURA Board will be discussing other initiatives we can sponsor over the coming year or beyond to serve our members better. For example, we want to plan a way to ease the transition of future retirees with a program we are tentatively calling "Things I Wish I Had Known When (or Before) I Retired." An informal event to welcome new retirees "formally" to MSURA is also under consideration. As we move forward, we hope to coordinate some of our events with MSU's Alumni in order to expand our service to retirees in mid-Michigan and beyond. Finally, we are considering some specific projects we could sponsor to enhance our service to the university and our community.

We are always open to suggestions from our members. We can serve you best when we know what interests and concerns you. Please contact us at msura@msu.edu or 517-353-7896 to let us know what is on your mind as we begin 2020. Happy new year to our members and the entire MSU community.

Spartan Marching Band director to speak Jan. 13

The MSU Director of the Spartan Marching Band, Dr. David Thornton will speak to the retirees on Jan. 13 about what goes into creating a half-time show and other challenges and notes of interests.



Dr. David Thornton

In addition to his role with the Spartan Marching Band, Dr. Thornton conducts the University Symphony Band and Spartan Brass, and teaches courses in instrumental conducting and marching band methods. Dr. Thornton earned his doctoral and master's degrees in Wind Conduct-

ing from MSU and his bachelor's degrees in Clarinet Performance and Music Education from Florida State University.

Prior to coming to MSU, Thornton taught in Florida where he was the assistant director of bands at Eau Gallie High School (Melbourne) and most recently the director of bands at Leon High School (Tallahassee).

When Monday, Jan. 13, 2020
Time 2 p.m., refreshments at 1:30 p.m.
Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing

Dr. Mona Hanna-Attisha presents 'Our Drinking Water' at Feb. meeting

Dr. Hanna-Attisha will give us an update on Flint's water and talk about what is being done to protect and ensure our water is safe at the February membership meeting.

Hanna-Attisha is founder and director of the MSU and Hurley Children's Hospital Pediatric Public Health Initiative, an innovative and model public health program in Flint. A pediatrician, scientist, activist and author, she has testified twice before the United States Congress. She was awarded the Freedom of Expression Courage Award by PEN America and named one of Time magazine's 100 Most Influential People in the World for her role in uncovering the Flint Water Crisis and leading recovery efforts.



Dr. Mona Hanna-Attisha

She has appeared on CNN, MSNBC, BBC and countless other media outlets championing the cause of children in Flint and beyond.

Hanna-Attisha's bestselling and widely acclaimed book "What the Eyes Don't See: A Story of Crisis, Resistance,

and Hope in an American City" is an account of a shameful disaster that became a tale of activism and hope. It's the story of a city that came together to fight for justice, self-determination, and the right to build a better world for their — and all of our — children. The book was named a 2018 New York Times 100 Notable Book, NPR Science Friday Best Science Book of 2018, and a 2019 Michigan Notable Book.

Hanna-Attisha received her Bachelor's and Master of Public Health degrees from the University of Michigan and her medical degree from Michigan State University College of Human Medicine (MSU CHM). She completed her residency at Children's Hospital of Michigan in Detroit, where she was chief resident. She is currently an associate professor of pediatrics and human development at MSU CHM.

When Monday, Feb. 10, 2020
Time 2 p.m., refreshments at 1:30 p.m.
Where Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing



In Memoriam

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

Thomas D. Bird	10/1/19
Harold Boven	11/11/19
John Buckner	10/20/19
Henry C. Bullough	11/24/19
Ingeborg Burrows	10/13/19
Richard Francis	10/3/19
David J. Glenn	9/20/19
Amar Gupta	11/16/19
Harold Hart	11/17/19
M. Ali Issari	9/15/19
Joseph F. Kavanagh	10/20/19
Shirley Kirkland	10/11/19
William Margetson	9/30/19
Don G. McDiarmid	11/29/19
Karen Miske	11/3/19
William Mueller	10/24/19
Aune I. Nelson	11/14/19
Jon Pumplun	11/22/19
Linda L. Robbins	9/30/19
Janet L. Ronk	10/29/19
Harvey V. Sparks	10/18/19
Eugene Stauffer	10/12/19
Charlotte Thompson	9/24/19
Marilyn Veith	11/9/19

Join MSURA for another evening of theatre in April

Save the date, April 10, 2020 for an evening of theatre. MSURA members will see the opening night performance of “Marian, Or the True Tale of Robin Hood,” an MSU Department of Theatre production at the Pasant Theatre in Wharton Center at 8 p.m. Tickets are available at www.whartoncenter.com. Individuals will purchase their own tickets.



We have arranged an entire evening for you. You can join a group for dinner before the performance at 5 p.m. at Coral Gables at 2838 East Grand River in East Lansing. Email, text or call Jacqie Babcock to reserve space for dinner (jbabcock@msu.edu; 517-282-6861). Individuals will pay for their own meals.

There will be a special 15 -minute talk with the director, Alexis Black, before the performance of Marian. (<https://theatre.msu.edu/faculty-and-staff/alexis-black/>) Attendees wishing to join this discussion need to arrive at the Christman Lobby in Wharton Center by 7:20 p.m. Please email, text or call Jacqie Babcock if you plan to attend this pre-talk as we need to provide a list of names for ushers so you can access the Christman Lobby. (jbabcock@msu.edu; 517-282-6861)

There will also be a post-show discussion with the director for the MSU Retiree attendees. We are hoping for an after show stage combat demo of the fights following the performance with understudies. Simply stay in your seats at the close of the performance for this post-show extra.

You can join all or a portion of the schedule events. Hope to see you there!

HOW TO DONATE TO THE MSURA ENDOWED STUDENT SCHOLARSHIP

There are two ways to send in your contribution.

Mail

Make checks payable to Michigan State University with MSURA Endowed Student Scholarship written in the memo line.

Mail to:

University Advancement
535 Chestnut Road, Room 300
Michigan State University
East Lansing, MI 48824

Online

- Go to <http://givingto.msu.edu/gift/>.
- Type in “MSURA Endowed Scholarship Fund” for Areas to Support.
- Click on “Add to Cart.”
- Enter your gift amount.
- Click on “Proceed to Checkout.”
- Complete donation.

ARE YOU A NEW RETIREE?



Are you a new retiree? Welcome to the MSU Retirees Association! We publish this newsletter seven times a year to keep you informed about membership meetings, campus issues surrounding retirees and more. Please get involved by coming to a membership meeting. They are normally held the second Monday of every month, September to April.

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Pharmacology, toxicology faculty share cancer research

One of the benefits of membership in the MSU Retirees Association is the opportunity to learn about the wide range of trailblazing research that takes place at MSU. The Nov. 11 membership meeting provided an excellent example of this benefit.

Dr. Jamie Bernard and Dr. Karen Liby, both professors in the MSU Department of Pharmacology and Toxicology, presented the research they are doing to prevent and cure chronic diseases, including cancer. Dr. Bernard does research on “mechanisms of early-stage carcinogenesis caused by extrinsic risk factors such as diet, obesity, and environmental exposures.” Dr. Bernard is optimistic that this research will eventually lead to interventions that will pre-



Dr. Jamie Bernard, left and Dr. Karen Liby presented findings from their ongoing research in cancer.

vent or eradicate cancers that currently are difficult to treat.

Dr. Liby’s work centers on chronic inflammation that is frequently associated with some forms of cancer and a variety of other chronic diseases. Her work focuses on the role of the immune system in cancer. Several of the drugs Dr. Liby has investigated

are being tested in clinical trials. She hopes some of these medications will be available for use in the next few years.

Both Dr. Bernard and Dr. Liby are respected in their fields. Dr. Bernard recently won the New Investigator Award from the American Society of Pharmacology and Experimental Therapeutics (ASPET). Dr. Liby most recently was honored with the Dartmouth Technology Transfer Innovation and Commercialization Award.

Attendees were privileged to hear from these two distinguished scholars and learn about the very important research they are doing.

Please see page 7 for photos from the December membership meeting.

November’s raffle winner



The November raffle winner of two tickets from Eat at State was Emily Anderson, center. MSURA members Dave Bolig and Angela Brown are pictured here with Anderson.

December’s raffle winner



The December raffle winner was Mary Ann Dunn. Presenting her with her tickets is Rick Vogt, MSURA Vice President. Eat at State gives tickets to MSURA to raffle off to some lucky person at every membership meeting. Another good reason to attend monthly membership meetings!



Please support our sponsors. They do a lot to help us defray the cost of printing and mailing this newsletter.

MARK YOUR CALENDARS



Please cut out this calendar and use it to help you keep track of MSURA activities!

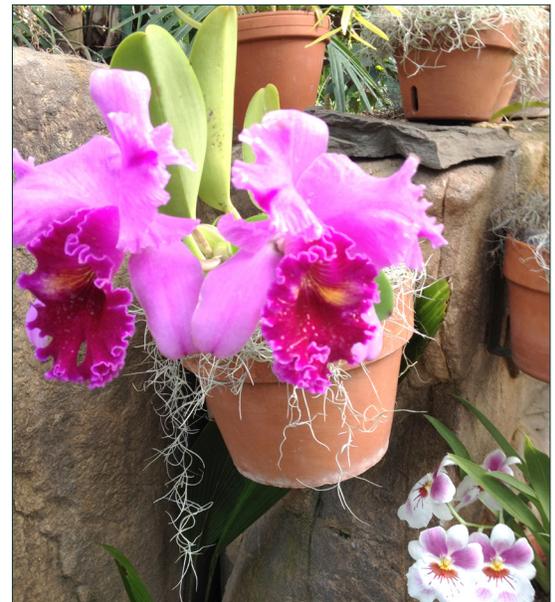
MSURA MONTHLY MEMBERSHIP MEETINGS are at the MSU Federal Credit Union Community Room, Farm Lane & Mt. Hope Road, 1:30 p.m. – Refreshments, 2 p.m. – Program

DATE	SPEAKER	TOPIC	EVENT	LOCATION
Monday, Jan. 13, 2020 1:30–3 p.m.	David Thornton, Associate Director of Bands & Director of the Spartan Marching Band College of Music	Creating a Spartan Marching Band Performance	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Monday, Feb. 10, 2020 1:30–3 p.m.	Dr. Mona Hanna Attisha, director of the MSU & Hurley Children’s Hospital Pediatric Public Health Initiative	Keeping Water Safe to Drink & Update to Flint Water Crisis	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Monday, March 9, 2020 1:30–3 p.m.	Dr. Charles Ballard, Professor, Department of Economics	Economic Impact Facing Retirees	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Tuesday, March 24, 2020 1:30–3:30 p.m.	MSURA/StraightLine	Financial Planning Seminar	MSU Retiree Association Special Event	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Friday, April 10, 2020 8 p.m.	A theatre production	“Marian, Or the True Tale of Robin Hood”	MSU Theatre	Pasant Theatre in Wharton Center
Monday, April 13, 2020 1:30–3 p.m.	Dr. Rufus Isaacs, Professor, Department of Entomology	Michigan’s Bees & What You Can Do to Support Them	MSU Retiree Association Membership Meeting	Community Room, MSUFCU Branch, Mt. Hope & Farm Lane, East Lansing
Monday, April 20, 2020	Visit Frederick Meijer Gardens & Gerald R. Ford Presidential Museum	Bus trip to Grand Rapids	More details will be available at a later date	Grand Rapids
Tuesday, May 5, 2020 11:30–2:30 p.m.	MSU President Dr. Samuel L. Stanley	Luncheon: MSURA Elections & Business Meeting	MSU Retiree Association Annual Meeting	MSU University Club. Room announced at the front door

MSURA day trip to GR in the works

MSURA is planning its next day trip for Monday, April 20, 2020, to Grand Rapids to visit the Frederik Meijer Gardens and Sculpture Park and the Gerald R. Ford Presidential Museum.

Because the last two MSURA day trips sold out quickly, plan to register as soon as the registration form is ready. For now, put the date on your calendar, and then watch for the registration form in the next Spartan Senior Newsletter.



Still time to get your Tdap, flu shot at MSU Pharmacies

MSU HealthTeam Clinical Center and Olin Health Center Pharmacies now provide the Tdap vaccine for adults 18 years and older. Tdap protects against tetanus, diphtheria and pertussis or whooping cough.

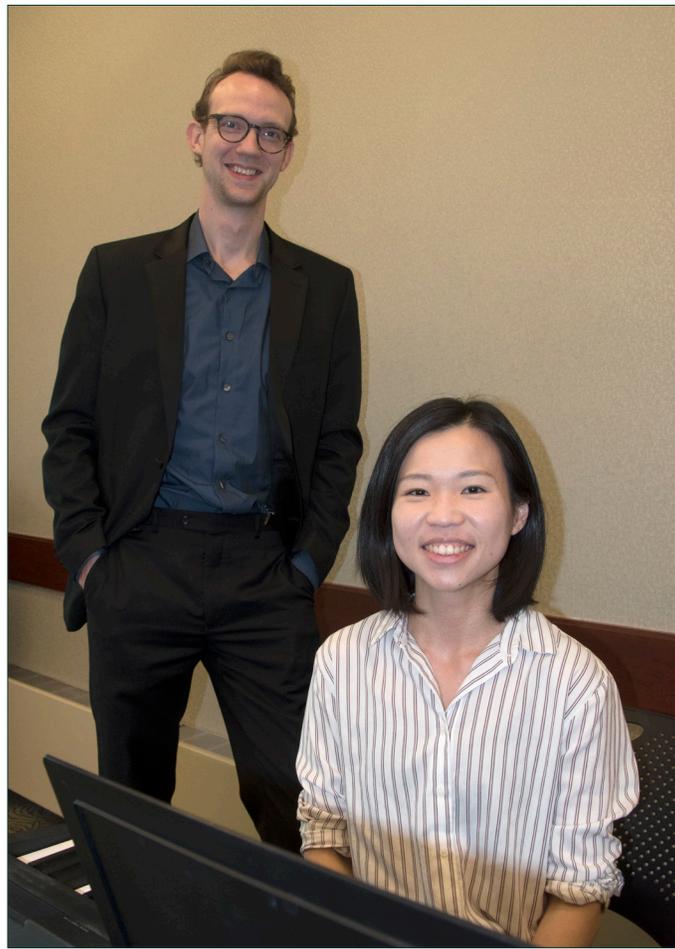
CDC recommends one dose of Tdap for adults who have never received it. Adults can get the dose of Tdap before the 10-year mark.

Other vaccinations free to MSU Retirees include Flu and Shingles (SHINGRIX).

Talk to a pharmacist to learn what is best for your vaccination needs. You can visit the Clinical Center Pharmacy during the following business hours: Mondays through Fridays from 8 a.m. to 5 p.m. <https://www.pharmacy.msu.edu>



Vaccinations free to MSU Retirees include Flu, Shingles (SHINGRIX) and Tdap.



LEFT: Attendees at the December membership meeting were treated to a mini concert by two MSU alums. Peter Boylan and Hsin-yi Huang both hold advanced degrees from the MSU College of Music and delighted retirees with holiday music on Dec. 16.

ABOVE: Liz Thomas is the MSURA office manager and is always at the reception desk at the monthly meetings where she warmly welcomes attendees.

BELOW LEFT: One of the reasons to attend monthly meetings is the camaraderie. It's fun to connect with people you worked with on campus and meet new folks as well.

Please see page 6 for information on upcoming membership meetings. Please join us!



Traveling soon?

We know many of our retirees may travel or winter in warmer climates.

Remember to get your prescriptions ready for travel. Save trips to the pharmacy at your destination. Our friendly pharmacy technicians are ready to assist you with travel overrides. Visit [pharmacy.msu.edu](https://www.pharmacy.msu.edu) to learn more.

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Lessons on Investing – Did you know?

StraightLine is a fiduciary that was chosen by MSU to provide professional advice and management to both employees and retirees at MSU. Our experienced advisors and dedicated research staff allows us to offer unbiased information to the MSU faithful. We present the following for your review:

Straight to the Point

Market Update - The tone in markets has changed notably after the selling in later summer/early fall. Investor confidence has returned and propelled domestic equity markets to new all-time highs. This has been primarily driven by two factors, continued global central bank easing and a more positive view towards a trade deal with China. Stocks have done well in the fourth quarter, and as long as a trade deal appears imminent, equities are likely to hold on to or add to the gains. Bond markets meanwhile have largely been flat as investors wait to see if a rosier view of the economy is warranted. Also, with the Fed likely on hold now, there is less clarity around the short-term direction of rates.

Investment Implications - The typical Q4 seasonal strength in equity markets has come to fruition and it appears that stocks are set to begin the new year in good standing. If a deal with China is struck there is reason to believe that we'll see an uptick in global economic activity which will eventually translate to better corporate earnings. Additionally, the easing by central banks has just started to hit the economy and should continue to have an impact into 2020. While there is a fair bit of uncertainty out there, we believe that the level of caution, or in some cases pessimism, is higher than merited. We believe that volatility may persist, but markets can do well in this environment.

Our quarterly newsletter (StraightTalk) walks through the macro information that we are utilizing in respect to our near term strategy. Please contact us if you are interested in receiving these newsletters or discussing our macroeconomic views.

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