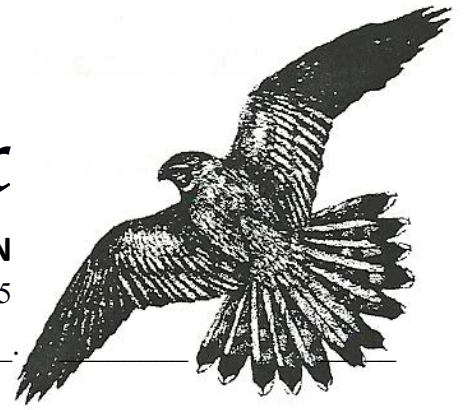


The Gray Hawk

UNIVERSITY OF IOWA RETIREES ASSOCIATION

January 2024 • Vol. XXX, Issue 5



Upcoming UIRA Programming

Saving Your Brain: Dementia Prevention

Wednesday, January 17, 2:00-3:30 p.m., via Zoom

The Zoom link will be sent out on January 15. If you lose the link, contact Ed Dove, edwin-dove@uiowa.edu.

The risk of developing dementia/Alzheimer's disease can be reduced. Scientific studies suggest that up to 70% of an individual's risk can be reduced; in fact, the Centers for Disease Control and Prevention estimates that 40% or more of all dementia cases in our communities can be prevented. In this lecture, you will learn the basics of dementia prevention.

Dr. Patricia Quinlisk was the medical director and state epidemiologist at the Iowa Department of Public Health for 24 years. She is now semi-retired; continuing to teach at various universities and working on projects such as how to change behaviors to prevent dementia.



Patricia Quinlisk

Cycles of the Seasons: Meskwaki Then and Now

Tuesday, February 6, 1:00-2:00 p.m., 2520-D UCC and via Zoom

The Zoom link will be sent out on February 4. If you lose the link, contact Ed Dove, edwin-dove@uiowa.edu.

Meskwaki are the only tribal nation which currently resides in what we now call Iowa. They trace their origins far to the east in present-day Quebec. Over the centuries, they moved westward and entered the Iowa/Illinois region in the 17th century. Based on archaeological research, ethnographic studies, and research by Meskwaki historians,



Chérie Haury-Artz

this program presents what we know about the history of the Meskwaki migration, Meskwaki traditional lifestyle, and the Meskwaki in Iowa today.

Chérie Haury-Artz has an M.A. in anthropology from the University of Kansas. She has been involved in archaeological research focusing on the Great Plains for more than 40 years. Her research interests include analysis of fauna from archaeological sites, use and identification of lithic resources, rock art, and environmental adaptation of prehistoric cultures. She also has a special interest in

public education and outreach and has more than 20 years of experience teaching classes and writing interpretive material on archaeology for a variety of venues and groups of all ages. She currently works at the Office of the State Archaeologist in Iowa City.

Upcoming Explorers Walks

Join the Explorers Special Interest Group for an enjoyable walk (about an hour long):

- **January 24** (Wed), 10 a.m., Coral Ridge Mall, 1451 Coral Ridge Ave., Coralville. Meet at the play area inside the mall by Barnes & Noble.
- **February 22** (Thurs), 10 a.m., City Park
- **March 19** (Tues), 10 a.m., Iowa River walk (Big Grove Brewery to Animal Shelter)

To attend or to receive more details, contact Alice Atkinson, amatkinson@mchsi.com or Lesanne Fliehler, lesanne-fliehler@uiowa.edu.

Emeritus Faculty Council Lecture

Iowa Faces the 1960s

Charles Connerly, Ph.D.

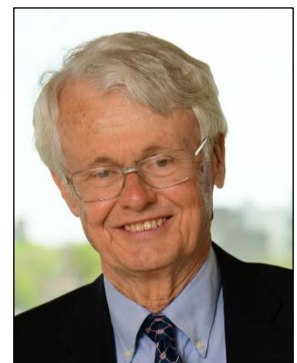
Emeritus Professor, School of Planning and Public Affairs;

Iowa Initiative for Sustainable Communities

Thursday, February 15, 4:00 p.m.

Kollros Auditorium (101 Biology Building East)

As Iowa entered the 1960s, it faced issues that reflected the transition from an agricultural, rural state to one that had become majority urban with consequent tensions between its urban and rural communities—tensions that continue to this day. At the same time, Iowa’s food-based economy seemed increasingly out of sync with a national economy driven proportionately less by the consumption of food and more by growing consumer demand for homes, cars, televisions, hi-fis, and clothes—



Charles Connerly

EFC Lectures

UIRA does not alert its membership when EFC lectures are postponed or canceled. Please check the EFC webpage for updates.

All presentations that are part of the EFC Lecture Series are recorded and can be viewed on the EFC website at <https://tinyurl.com/bpamyjfu>.

items that the Iowa food-based economy did not produce to a significant degree. This talk will focus on these changing conditions as well as the key policy responses and debates that would characterize Iowa politics and public policy into the 1960s. The talk represents the first part of the speaker’s current book project—*Iowa in the 1960s: Politics, Public Policy, and Governance in an Era of Change*.

From UIRA President Deb Cobb

Your Participation in UIRA Is One Key to Our Success

Greetings, fellow UIRA members:

As the snow softly descends through the trees covering the ground in glistening whiteness, I find myself reflecting on Nature’s ever-changing complexion. Once again, Nature reminds us that the one constant in life is the inevitability of change.

Our UIRA board and collective membership will continue to determine the direction and strength of our UIRA organization. Participation in leadership roles is essential if our organization is to thrive and remain vital to our fellow retirees and the university. Our Nominating Committee is seeking motivated members to serve on the UIRA Board of Directors. I encourage you to contact me if you have an interest in participating in this important role.

As usual, there have been a variety of interesting and enjoyable activities, planned by our enthusiastic Program Committee. Events ranged from “A Conversation with UI President Barbara Wilson” on the state of the university, to “Dressing for Success in the Winter Wilderness” by Chuck Huss, an ER physician and outdoor adventurer. We have also enjoyed hiking with UIRA Explorers. As attendance at UIRA programs continues to grow, we encourage members to join us for both in-person and virtual events.

Our goal is to continue to be responsive to the needs of our members and help them remain connected to the university. I wish all of our members a Happy and Healthy New Year and look forward to a productive and exciting time of change for UIRA in the coming year.

End-of-Year Giving

Before the end of the year, please consider a gift to the UI Retirees Association Scholarship Fund, which provides support for UI students who show financial need. To give, visit <https://givetoioowa.org/support>. (Search for UIRA to find the fund.)

In addition, gifts to the Food Pantry or Clothing Closet are always welcome. Visit <https://basicneeds.uiowa.edu/food-pantry> to donate (including finding their Amazon wish list).

Finally, the Clothing Closet can use your new or used professional clothing. Visit <https://basicneeds.uiowa.edu/clothing-closet> to learn more.

Recent Recordings

Recordings of recent UIRA presentations are available on the web at <https://uira.org.uiowa.edu/news-and-events/events-and-programs/past-events-and-programs>.

- “A Conversation with UI President Barbara Wilson”
- “Meet Beth Goetz, Iowa’s Interim Athletics Director”

Nominate a Member for UIRA's Community Service or Volunteer Service Award

The Awards Committee needs your nominations! Each year two UIRA members are honored for their volunteer service post-retirement.

The Community Service Award honors a UIRA member for service to the community at large and the university award honors a UIRA member for service to the university. Volunteer service may include a wide range of activities that make a positive impact. The criteria for the award are:

- A nominee must be a UIRA member and must have been retired for a period of at least two (2) years.
- The awards are based on outstanding service carried out since retirement. Activities prior to retirement are not considered.
- Volunteer service may include a wide range of activities that make a positive impact.
- Recipients must attend the annual meeting to accept the award.

Any UIRA member may submit a nomination, including nominating themselves. Nominations should include a one-page letter describing how the nominee has successfully contributed through their involvement in one or more activities, and a one-page biography of the nominee which includes the nominee's name, mailing address, email address, and phone number.


Nominations are due Wednesday, April 15, 2024. Submit nominations to Awards Committee chair Carolyn Wanat, carolyn-wanat@uiowa.edu.

Senior College Course Lineup Set for Spring 2024

Senior College courses will once again cover a range of topics. Eleven different courses will run from late January to mid May. Course details will be available Tuesday, January 2 on the web (<https://www.foriowa.org/senior-college>). Registration opens at 9:00 a.m. on Monday, January 8.

Welcome, New UIRA Members!

Donald Brown	Jordan Philip
Mary Lynn Eckert	Diane Smith
Michael Eckert	Kent Smith
Kathy Fait	Scott Vogelgesang
Andrea Jensen	Robert Young
Heidi Nobiling	



IOWA

UI Retirees Association Board of Directors 2023-2024 (year term on board expires)

Deb Cobb	President (2025) deborah-cobb@uiowa.edu
Evalyn Van Allen-Shalash	President-Elect (2026) van-allen-shalash@uiowa.edu
Ed Dove	Past President (2024)
Chris Peterson Brus	Secretary (2026)
David Fitzgerald	Treasurer (2024)
Lesanne Fliehler	Editor, <i>The Gray Hawk</i> (2024)
Phil Klein	Webmaster (ex-officio)
Vicki Siefers	Director (2024)
Mike Hovland	Director (2025)
Cathy Wilcox	Director (2025)
Michael Barron	Director (2026)
Lois Cox	Director (2026)
Diana Lundell	Director (2026)
TBD	EFC representative (ex-officio)

The UI Retirees Association maintains a continuous connection to the University of Iowa and supports the interests and welfare of retired University of Iowa faculty and staff members.

Meetings of the Board of Directors are held at 1:00 p.m. on the second Tuesday of the month. Meetings are hybrid (in person at USB and via Zoom).

Contact Info: UI Retirees Association
University Services Building
1 W. Prentiss Street, Iowa City, IA 52240
Email: ui-ra@uiowa.edu
Website: <https://uira.org.uiowa.edu>