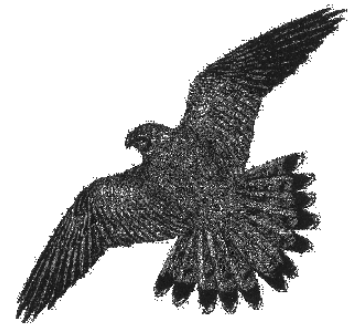


# The Gray Hawk

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



Volume XIV, Issue 2 • [www.uiowa.edu/~uira](http://www.uiowa.edu/~uira) • October 2010

## Meeting With Lisa Bluder Set For Oct. 20

UIRA members will have an opportunity on **Wednesday, October 20**, to hear from and visit with UI women's basketball head coach, Lisa Bluder, who earned her third Big Ten Coach of the Year award last spring. The meeting, scheduled to begin at **noon**, will be on the fourth floor of the Levitt Center. Pizza and a beverage will be provided. Bluder's talented and hard-working team made it to the second round of the NCAA Tournament last year. Come to learn more about the past accomplishments and future hopes of Iowa women's basketball.

## Flu Shot Clinic Will Be Oct. 21 At UICCU

The annual UIRA flu vaccination clinic, conducted once again by the Visiting Nurses Association for our members, will be held on **Thursday, October 21**, from **noon to 4:00 p.m.** in the basement of the UI Community Credit Union, 825 Mormon Trek Boulevard. The cost is \$24, payable by cash or check, for the Flu Shot, and \$30 for FluMist. While the price has not yet been determined, pneumonia vaccine will also be available. Since the VNA will bill Medicare directly for participants in Medicare Part B, be sure to bring your Medicare and other insurance cards as appropriate.

## No Update Meeting on UI Benefits This Fall

There will be no fall meeting this year with Richard G. Saunders, Director of Benefits. He reports that there will be no changes in UI retirees' health insurance plans (except for a modest price increase of roughly \$2.00 monthly). Annual enrollment information for 2011 will be sent out soon.

## Tour of New UI Wellness Center Will Be Nov. 16

Mark your calendars now for **Tuesday, November 16**, at **10:00 a.m.**, when we will meet at the UI Campus Recreation and Wellness Center for a program and tour of the exciting new facility. The drop-in fee has been waived for program attendees so they can stay and work out if they wish. Further program details will be in the November *Gray Hawk*.

## Web Site Is Rich UIRA Resource

Have you visited the UIRA web page lately? Web Editor Feather Lacy has included lots of good information for us – copies of back newsletters, officers, bylaws, current program information, answers to many of your questions, and more. Check it out at [www.uiowa.edu/~uira](http://www.uiowa.edu/~uira). In particular, see the **News and Events** page for listings of current events and important announcements, and the **Resources** page for links to other useful web sites and perks available to UI Retirees.

## Deadline for November Gray Hawk Copy

**Friday, October 22**, is the deadline for submitting items for the November issue of *The Gray Hawk* newsletter. Please send them to Dwight Jensen by regular mail at 13 Lakeview Drive NE, Iowa City, IA 52240, or via e-mail at [dpjensen@mchsi.com](mailto:dpjensen@mchsi.com).

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## UIRA Welcomes 46 New Members

Since the publication of the September *Gray Hawk* newsletter 46 new members have joined the University of Iowa Retirees Association. They are listed below alphabetically by name with the UI office, department or college from which they retired. Those who are not UI retirees but have joined the UIRA as spouses or domestic partners also are listed.

Marlys Bartling	Department of Ophthalmology, UIHC
Greg Bartling	Spouse
Don Boland	Intercollegiate Athletics
Pat Boland	Spouse
Richard "Rick" Borchard	Bioengineering, College of Medicine
Karen Canady	Department of Biostatistics, College of Public Health
Paul Canady	Spouse
Linda Duffy	Pathology, UIHC
Betty Dye	Integrative Physiology (Formerly Exercise Science)
Margaret F. Farmer	Department of Nursing, UIHC
Roger Kost	Partner
Calvin Freese	Department of Anesthesia, UIHC
Henry (Joe) Hermanstorfer	CLAS Broadcast Production Unit
Joyce Hermanstorfer	Spouse
Twila Hobbs	Department of Pediatrics, UIHC
Richard Hollis	Department of Pathology
Kathy Keasler	College of Nursing
Philip W. Klein	Spanish & Portuguese, College of Liberal Arts & Sciences
William Knabe	ITS, Statistical Data Applications
Judith Knabe	Communication Services and Disorders
Joy Krull	Center for Disabilities & Development
Carey Krull	Spouse

(new members, cont'd)

Gerald Miller	Equipment Rental Pool
Patricia Miller	Department of Nursing, Family Care Center
Arden Miller	Spouse
Dorothea Moberly	Hygienic Laboratory
Robert Moberly	Spouse
Kay Nunnally	Dietary Services
Theresa Quinn	Heart & Vascular Center, UIHC
Larry Quinn	Spouse
John S. Robinson	Facilities Management
Paula Robinson	Spouse
Ronald Salome	Internal Medicine - Pulmonary
Douglas Michael Shasby	College of Medicine
Robert Smith	Clinical Psychiatry
Cindy Smith	School of Journalism & Mass Communications
Sondra Smith	Guest & Event Services, IMU
Karen Sojka	College of Law
Twila Swartz	Department of Nursing, UIHC
Lowell Swartz	Spouse
Bruce R. Van Houweling	Family Practice
Laura V. Van Houweling	Spouse
Doug Young	Business Office, Central Administration
Jo Young	Spouse
Norma I. Westphal	College of Law
James B. Worrell	Department of Neurology, College of Medicine

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**Senior  
Fitness  
Programs  
At CRWC**

The new Campus Recreation and Wellness Center is offering Senior Fitness Programs. All classes are included in your retiree membership, or for the \$7 daily walk-in fee. No pre-registration is required, but participants are asked to stop at the Membership Services desk to sign up for the class they want to attend that day and to receive a ticket that the instructor will collect.

Classes will be on-going and will include the following:

**Upper Class:** a high energy 45-minute whole body workout combining low impact aerobic activity, flexibility and strength training. A chair will be available for seated and/or standing support. Wednesdays, 9:00-9:45 a.m.

**Aqua Fitness:** 45 minutes of low-impact water aerobics and toning geared toward those who have arthritis, hip replacements, or are in physical therapy or rehabilitation. Tuesdays & Thursdays, 9:30-10:15 a.m.

**Functional Core:** minimal movements to enable the body to connect with the muscles of the core, while focusing on breathing for strength and stability. Fridays, 9:00-9:45 a.m.

See [www.uiowa.edu/~uira](http://www.uiowa.edu/~uira) News and Events, or call 335-9291 for details.

**UI Senior  
College  
Courses  
Still Open**

There are still openings in two UI Senior College courses that have not yet begun. Classes meet for two hours once a week for four weeks and are open to anyone. Registration is \$30 for each course. The two courses are:

- **Patterns of Migration in World History.** Mondays, October 11, 18, 25 and November 1 from 2:20-4:20 p.m., Room 125 Trowbridge Hall. Instructor: Loren Horton.
- **College Basketball “High Risk/High Reward”.** Tuesdays, October 19, 26 and November 2, 9 from 6:00-8:00 p.m., Room W228 Chemistry Building. Instructor: Richard Walker.

More information can be obtained from the Alumni Association at <http://www.iowalum.com/srcollege/> or by calling Jane Kirsch at 319/335-3294 or 800/469-2586.