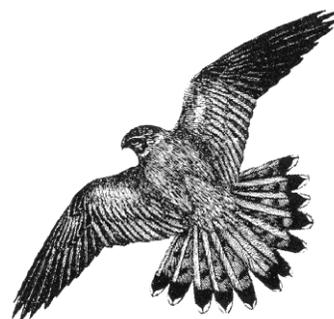


The Gray Hawk

NEWSLETTER OF
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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The Future of Libraries Set for UIRA program Tuesday, January 14th

UIRA's first program for 2014 will deal with the future of libraries and will take place at 10:00 a.m. Tuesday, January 14th in Shambaugh Auditorium, UI Main Library, with coffee at 9:45 outside the auditorium. The program is expected to last about 1 hour, 15 minutes

The program will begin in Shambaugh Auditorium, at the north end of the library, with remarks by the head of UI Libraries, John Culshaw. The program will also include tours of the new Learning Commons and the Conservation Lab. The newly-renovated, 37,000-square-foot Learning Commons opened in August 2013, and is a state-of-the-art study center.

John Culshaw assumed the position of University Librarian at UI on August 1st, 2013. He came to Iowa after nearly 21 years at the University of Colorado Boulder, where he was Senior Associate Dean of Libraries. He has published widely on topics of information technology and is co-author of a book, *Managing Information Technology: A Handbook for Systems Librarians*.

Shambaugh Auditorium is at the north end of the Main Library. Library entrances are also located at the south end and on the east side at the new entrance on Madison Street, also the site of a Cambus stop. Metered parking is available in the lots south and west of the Library.

Are you planning to live healthier in 2014?

Would you like to have some structure and some buddies to encourage and support you?

The University of Iowa is participating in the "Live Healthy Iowa 10 Week Challenge," a simple and affordable program encouraging Iowans to make healthy choices. Over the course of 10 weeks, teams of 2-10 employees and retirees will take part in a friendly competition, tracking activity minutes and/or weight loss. Registration is \$20. More information and registration instructions are available at hr.uiowa.edu/livewell/live-healthy-iowa.

The University is encouraging retirees to take part in this state-sponsored program, but it will not reimburse the registration fee as it will for employees. If you want to participate, e-mail or call Nancy Lynch (nancylynch1941@gmail.com phone 319 331-6026) and she will register you on the UIRA team.

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**Register for
UI Senior
College**

Watch for the spring schedule for the UI Senior College. The new schedule with details will be online January 1st at www.iowalum.com/srcollege Online registration will also be available at this time. Brochures for second semester classes will be mailed out the first week in January.

**Gray Hawk
deadline**

The deadline for submitting items for the February 2014 issue is Friday, January 18th. Please send them to E. Ann Ford by regular mail at 10 Forest Glen, Iowa City, IA 52245, or via e-mail to e-ann-ford@uiowa.edu

**Daedalus
Quartet
performed
November
14th**

Nearly 50 persons attended a special presentation for UIRA of “Music from Exile” by the Daedalus Quartet Nov. 14th in the Recital Hall of the University Capitol Centre (UCC) in downtown Iowa City. The highly-acclaimed group was in Iowa City as part of the Iowa String Quartet Residency Program. See uisqrp.wordpress.com for future programs.

“Music from Exile” featured works by four composers—Erwin Schulhoff died in a concentration camp; Viktor Ullmann was confined in Theresienstadt and died in a gas chamber; Mieczslaw Weinberg fled to the Soviet Union and had a long successful career; and Erich Wolfgang Korngold immigrated to America where he gained prominence as a Hollywood composer.

Members of the Quartet, discussed the lives of the composers. Much of the discussion focused on the concentration camp located in the 18th century fortress town of Terezín northwest of Prague. Named Theresienstadt by the Nazis, it was used for Nazi propaganda as a kind of model community, the camp for notable musicians, writers and artists. Documented sources, however, show that Theresienstadt was a way station for 200,000 men, women and children later sent to other camps and death.

You can see and listen to the quartet at www.daedalusquartet.com/artist.php?view=media

Did You Know?

The University of Iowa is a member of an international organization of retirees in higher education. Its acronym is AROHE—Association of Retirement Organizations in Higher Education. The UI Provost's office provides payment of dues. Check out AROHE at www.arohe.org

Ken Starck reviews 'graphic novel' *On Purpose*

You won't find many more enjoyable yet profound books than *On Purpose: Lessons in Life and Health from the Frog, the Dung Beetle, and Julia*.

Not only that—it's a comic book, well, sort of, and it's by a highly respected professor, Dr. Victor J. Strecher of the University of Michigan School of Public Health. The book is sad and uplifting at the same time. Sad because a rare heart disease that plagued Julia since birth finally claimed Dr. Strecher's 19-year-old daughter. Uplifting because in contemplating Julia's death, Dr. Strecher came to grips with his own life by taking unlikely instruction from the frog and the dung beetle. And, yes, dung is what you think it is.

The book came to my attention at last August's Big Ten Retirees Association Conference at the University of Michigan when Dr. Strecher spoke about the book, then forthcoming, and the research that produced it. One of Dr. Strecher's goals as a public health professor is to use diverse methods to communicate health information to the public. Hence, the reason for the "graphic novel," as he describes the 168-page book which is replete with references and explanatory notes.

The lesson from the frog? Placed in a pan of cold but gradually-warming water, it fails to notice the rising temperature until it's too late to escape. The lesson from the dung beetle? The dung beetle has a clear-cut purpose in life, namely, rolling the dung ball purposefully and resolutely to its destination, an act referred to in the book as "self-transcendence."

The book contains nuggets of wisdom on every page:

"It isn't the years of your life, it's the life in your years." (p. 14)

"A major illness, or losing a loved one, a job, or a marriage, can break down the walls of your ego . . . (and) . . . we can rise above the wall. It's called self-transcendence!" (p. 37 and 38)

". . . after we write about and affirm our core values, we become less defensive to messages that threaten our ego." (p. 53)

And this quote from Steve Jobs: "Death is very likely the single best invention of Life. It is Life's change agent." (p. 93)

More information about the book can be found at www.dungbeetle.org. It is available in a variety of e-book versions and in print softcover for \$19.95 and hardcover for \$34.95.