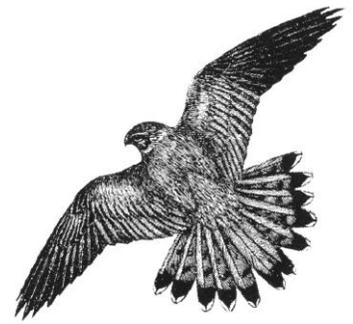


The Gray Hawk

NEWSLETTER OF
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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Celebrating 20 Years of Service to University and Community

Lynch, Hood to be Recognized for Outstanding Service

Annual Meeting April 23 will Feature Election, Service Awards, Door Prizes, Recognition of Past Presidents, Announcement of Travel Photo Contest Winners

The UIRA will celebrate the 20th year of its founding April 23 (Thursday) at its annual business meeting and luncheon April 23 (Thursday) at the Holiday Inn & Conference Center, Coralville. A reception will begin at 11:30 a.m. with the luncheon at noon followed by the business meeting and program. The event will be the capstone of the UIRA's observance of its two decades of service to the UI and community of Iowa City. Highlights of the meeting will include:

- ◆ Honoring recipients of UIRA's first-ever service awards.
- ◆ Election of officers.
- ◆ Recognition of UIRA's past presidents, who will be invited guests.
- ◆ Announcement of Travel Photo Contest winners with a continuously looping slideshow presentation of all entries.
- ◆ Door prizes.

The two service awards are being inaugurated to recognize UIRA members for outstanding service. One is for service to the university; the other is for service to the community. Nominees had to have been retired for at least two years. Only service activities after retirement were considered.

Nancy Lynch will receive the Community Volunteer Award.

Albert Hood will receive the University Volunteer Award.

Three officers to be elected during business meeting.

The offices and nominees are: President-Elect: **Nancy Hauserman**; and two at-large Board members: **Michael Barron** and **Dean Borg**. Nominations may also be made from the floor at the meeting.

SEE PAGE 2 FOR MORE ABOUT THE ELECTION

SEE LAST PAGE FOR ANNUAL MEETING RESERVATION FORM



COMING UP—A DON'T MISS EVENT!

UIRA's Second Annual Health Fair

When: March 30 (Monday)

Where: Coralville Public Library

What: Health Fair Exhibits—12:30-1:30 p.m.

Presentation 1:30-2:30 p.m. by Dr. Victor Strecher, U of Michigan

Topic: *On Purpose: New Directions in Health and Life*

Co-sponsored by UIRA and UI College of Public Health

Public Invited . . . Door Prizes . . . Book Signing . . . and More

Election and Nominees

UIRA Will Elect President-Elect, two Board Members At its Annual Business Meeting April 23 in Coralville

Nominees for three UIRA Board positions for 2015-16 have been announced by the UIRA Nominating Committee. Nominations for the positions also may be made during the business meeting April 23. The election will take place at the April meeting.

Nominee for President-Elect—**Nancy Hauserman**, professor emeritus in the Department of Management and Organizations, Tippie College of Business.

Nominees for at-large Board positions: **Michael Barron**, formerly assistant provost for enrollment management and executive director of admissions; and **Dean Borg**, formerly director of Public Information, University Hospitals, senior producer/correspondent for WSUI and host of Iowa Public TV's public affairs programming of the weekly program Meet the Press. Terms of at-large Board officers are for three years.

Current President-elect **Beverly Robalino** will succeed **Kenneth Starck** as president. New at-large Board members will be replacing **Katharine Bjorndal** and **Nancy Lynch** whose terms will be expiring.

Members of the Nominating Committee are **Pat Addis**, **Rick Borchard**, **Jamie Sharp**, **Gene Spaziani** (chair) and **Larry Wilson**.

At its March meeting, the Board began looking into the possibility of carrying out future elections electronically.

Still Time to Join Special Interest Groups, Or a Chance to Become a Sleuther

A couple of months ago, a subcommittee of the UIRA Board announced in *The Gray Hawk* the formation of Special Interest Groups (SIGs) for UIRA members. Three SIGs were suggested to start things and are in the organizing stage. The three SIGs, along with the contacts if you're interested, are:

Cinemafanatics: Rick Walton

richard-walton@uiowa.edu

International Events and World Politics: Phil Klein

phil-klein@uiowa.edu

Friends of Latin America: Gene Spaziani

sngspaziani@mchsi.com

Meanwhile, there is a SIG already up and running dedicated to **Sherlock Holmes**, his life and times, Dr. **Watson**, authorship by **A. Conan Doyle** and tons of other Sherlockian information. This enthusiastic local group is called The Younger Stamfords, named after young Stamford, the guy who introduced Dr. Watson to Holmes. The group has been meeting since 1988, begun by Dr. **Richard Caplan** (Emeritus, UI School of Medicine), originally under the umbrella of the international Baker Street Irregulars. If you'd like to join, contact the current leader, **Monica M. Schmidt**. Her email address: youngerstamfords@gmail.com.

Volunteerism Opportunities—UIRA members continue to volunteer for numerous UI activities and community organizations and to receive requests for such opportunities. Again, the Council for International Visitors to Iowa Cities (CIVIC) is seeking volunteers. CIVIC is a community-based non-profit organization that hosts international visitors, promotes the exchange of ideas and works toward mutual understanding through citizen diplomacy. More information can be found at <http://iowacivic.org>. Meanwhile, the UIRA website lists many other volunteerism opportunities for members at www.uiowa.edu/~uira/resources.htm#volunteerism.

Speaking of Volunteerism, Did You Know?—The monetary value of an hour of volunteer time in Iowa is estimated at \$20.93. For Illinois, it's \$24.08 and Minnesota, \$24.31. The national value is estimated at \$22.55 per hour. These data are for 2013, the latest available, according to an organization called Independent Sector. More can be found at https://www.independentsector.org/volunteer_time.

GOT SOME EXPERTISE? UIRA HAS OPPORTUNITIES

Want to meet some nice people? Do something worthwhile? Benefit colleagues? Stay active? Keep fit mentally? Look no further: The UIRA has openings for *Gray Hawk* editor and webmaster. If interested, let any UIRA Board member know or contact President **Ken Starck** (kenneth-starck@uiowa.edu).

10 Ways to Improve Security of Personal Information, Internet Safety

Though distributed electronically, these tips from **Jane Drews'** presentation to more than 50 UIRA members at a program March 11 are worth repeating and reminding. **Drews** is UI Chief Information Security Officer;

1. Update, update, update!
2. Use an Authenticator App (requires a smart phone).
3. Never use the same password on multiple companies' websites: Choose "strong" pass phrases for the important ones. Use simple scheme for less important sites.
4. Don't say yes to saving your credit card on e-commerce sites.
5. Examine links closely before clicking (use the "hover" technique).
6. Don't believe threats, and don't be rushed into a decision.
7. Use a separate credit card for on-line purchases. Do NOT use your ATM card.
8. Stay away from unknown vendors that offer prices well below the norm. Don't believe anything that's too good to be true.
9. Make sure to use trusted Wi-Fi networks. Don't check bank accounts or shop online if you're no sure the network is safe.
10. Visit trusted sites, look for the green bar at the top.

* * *

Drews also provided these resources:

University of Iowa web sites

<http://its.uiowa.edu>

<http://itsecurity.uiowa.edu>

<http://learnaboutsecurity.uiowa.edu> (ESPECIALLY HELPFUL)

Internet Crime Complaint Center: <http://www.ic3.gov>

On Guard Online: <http://www.onguardonline.gov/>

Secunia Free Personal Software Inspector

http://secunia.com/vulnerability_scanning/personal/

On the Good News Front

More Forgetful, Yes, But Maybe Wiser

The debate over what happens to the human mind as it ages persists and occasionally yields good news for those of us who are members of such groups as the UIRA. Older brains may move more slowly than younger brains but may be just as accurate and more adept at reading other peoples' moods, according to a finding from a study in the journal *Psychological Science* (March 15, 2015) and reported by *New York Times* Science Writer Benedict Carey (March 16, 2015). The study suggests short-term memory and social judgment may improve with age, writes Carey, suggesting that "the older mind may be better able to head off interpersonal misjudgments and to navigate tricky situations."

UIRA Calendar: 2014-15

March 30 (Monday)—Health Fair co-sponsored with UI College of Public Health: 12:30-1:30 p.m., Coralville Public Library; presentation from 1:30-2:30 p.m. “On Purpose: New Directions in Health and Life” by **Dr. Victor Strecher**, professor and director for innovation, University of Michigan School of Public Health. The public is welcome. There will be refreshments and door prizes.

April 23 (Thursday)—UIRA annual business meeting and luncheon, Holiday Inn Hotel & Conference Center, Coralville. Observing UIRA’s 20th anniversary. See page 5—Reservation Form.

May 14 (Thursday)—**Bruce Friedrich**, UI Professor Emeritus (Chemistry), "A Future US Energy Outlook?" 3-4:30 p.m., Coralville Public Library—the E. Jean Schwab Auditorium.

June 3 (Wednesday)—6 p.m. Annual UIRA picnic at the Park Lodge of the Terry Trueblood Recreation Area, south of town off South Gilbert at 579 McCollister Blvd. Watch for details.

August 14-16 (Fri-Sunday)—Annual Big Ten Retirees Association Conference, Michigan State University, Kellogg Hotel and Conference Center, East Lansing.

UIRA MEMBERSHIP can be renewed anytime. The membership year is from July 1 to June 30. The membership form can be found at:

www.uiowa.edu/~uira/pdf/UIRAMemberShipForm.pdf



University of Iowa Retirees Association

Board of Directors 2014-15 *(year term on Board expires)*

Kenneth Starck	President (2016)
(319) 354-2802	kenneth-starck@uiowa.edu
Beverly Robalino	President-Elect (2017)
(319) 341-8135	beverly-robalino@uiowa.edu
Alice Atkinson	Secretary (2017)
Kris Canfield	Treasurer (2016)
Rick Walton	Past President (2015)
E. Ann Ford	<i>Gray Hawk</i> Editor pro tem
Jean Hood	Archivist
Katharine Bjorndal	Director (2015)
Richard Borchard	Director (2017)
Richard Johns	Director (2016)
Nancy Lynch	Director (2015)
Gene Spaziani	Director 2016)
Pam Willard	Director (2017)

The UIRA Board of Directors meets at 1 p.m. in the Buffet Room (#427) of the Levitt Center on the second Tuesday of every month except July and August. Visitors are welcome.

All members of the UIRA Board of Directors and its officers are volunteers. The UIRA is grateful for their commitment and invites others to become active in promoting UIRA’s mission. Contact any Board member for more information.

Reservation Form

**UIRA Annual Meeting and Luncheon
20th Anniversary**

April 23, 2015

Holiday Inn, 1220 1st Ave, Coralville*

Program: 11:30 a.m. Cash Bar (wine, beer, pop)
12:00 noon Luncheon
Business meeting following luncheon will include awards for UIRA 20th Anniversary, Travel Photo contest, and Outstanding Voluntary Service. Door prizes

Please cut on the dotted line below and return your reservation with payment by April 15 to

**Beverly Robalino
2608 Irving Ave
Iowa City, Iowa, 52246**

Make checks payable to: University of Iowa Retirees Association. Indicate your choice of entrée and how you want your name tag to read. All entrees include a house salad. Steak and Chicken entrees are served with garlic mashed potatoes and seasonal vegetables. Coffee, iced tea and water will be provided. No cancellations will be accepted after 5:00 pm on April 15.

*Holiday Inn is located just north of Hampton Inn located at Hwy 80, exit 242. Parking and entrance are on the north side of the Holiday Inn.

----- Cut line -----

Name (Print) _____

Name (Print) _____

Check choice of entrée(s):

_____ Marinated Sirloin Steak, with sautéed mushrooms (medium):\$20.00

_____ Lemon Herb Chicken sautéed with lemon & herb sauce:\$18.00

_____ Vegetarian Lasagna – layers of noodles & vegetables in Marinara sauce:\$14.00

_____ Please indicate if you need a gluten-free meal (steak & chicken entrees can accommodate this choice)

RETURN TO: Beverly Robalino, 2608 Irving Ave, Iowa City, Iowa, 52246