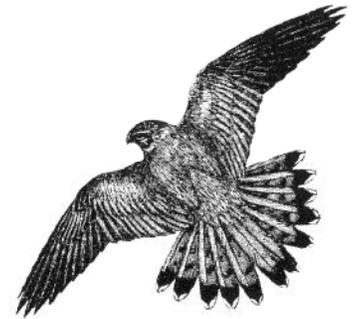


# *The Gray Hawk*

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



Volume XIX, Issue 8 (six pages) • <http://uira.org.uiowa.edu/> • April 2016

## *UIRA Calendar*

**March 28, 2016—Monday, 10-11:30 a.m., Iowa's Land Trusts: To Preserve, Protect and Pay Forward, Meeting Room A, Coralville Library**

**April 21, 2016—Thursday, 11:30 a.m., UIRA Annual Meeting, Coralville Radisson Hotel (formerly the Holiday Inn)**

**June 8, 2016—Wednesday, 5:30-7:30, UIRA's Annual Picnic, Terry Trueblood Lodge**

**August 5-6, 2016—Annual Meeting of Big Ten Retirees Association, University of Nebraska, Lincoln**

### *Once a Year Day*

**Celebrate UIRA at the April 21 Annual Meeting Featuring Honors, Committee Reports, Election and Photo Contest Results**

The UIRA 21<sup>st</sup> year of programs and activities will be celebrated on Thursday, April 21, at the Radisson Hotel in Coralville—the site of previous meetings when it was the Holiday Inn. This photo from last year shows registration activity for the 20<sup>th</sup> anniversary event, and that is where this year's celebration begins at 11:30 with reception and luncheon and meeting following at 12 noon.

Reservations can be made using the form on page 6 of *The Gray Hawk* or with the separate form emailed with this newsletter. Note there are meal choices: steak, chicken, vegetarian and gluten free selections. Election of officers and annual reports of committees as well as honor awards and photo contest winner recognition will be part of the luncheon meeting. Election information see Page 2.



## *UIRA Election of Officers Slated for Annual Meeting*

Nominees for four UIRA Board positions for 2016-17 have been announced by the UIRA Nominating Committee. Nominations for the positions may also be made during the business meeting April 21. The election will take place at the April meeting.

- Nominee for President-Elect: **Michael Barron**, formerly Assistant Provost for Enrollment Management and Executive Director of Admissions. Michael has completed one year of a three-year term as an at-large director.
- Nominee for Treasurer: **Kris Canfield**, current UIRA Treasurer and nominated for a second three-year term.
- Nominee for at-large Board positions: **Lois Lembke** filled a one-year vacancy on the Board and is nominated for a full three-year term.
- Nominees for at-large Board positions: **Charles Dayton**, formerly associate clinical research officer in Pharmacy, and **Richard Saunders**, formerly Assistant Vice President for Human Resources who will serve the remaining two years of Michael Barron's term. Terms of at-large Board officers are for three years.
- Current President-Elect **Nancy Hauserman** will succeed **Beverly Robalino** as president. New at-large Board member **Dayton** will replace **Richard Johns**.  
Members of the Nominating Committee are **Dean Borg**, **Penny Hall**, **Gene Spaziani** (chair), **Ken Starck** and **Larry Wilson**.

## **Hills Bank Awards \$500 Grant to UIRA To Continue Support of Travel Photo Contest**

For the second year, Hills Bank and Trust Co. has awarded a grant to the UIRA to support the Travel Photo Contest.

“We’re immensely grateful to Hills Bank and **Keith Jones** (senior vice president) for the support,” said **Ken Starck**, UIRA past president. “The \$500 this year makes it possible to enlist professional photographers as judges and to offer modest prize money for the winning photos.”

In each of the three categories—Iowa, USA-outside-Iowa and International—first place winners will receive \$75; second place, \$30; and third place, \$20.

Winning entries will be announced at the UIRA’s annual business meeting and luncheon April 21, and all photos entered will be displayed in a continuous looping slide show.

**Starck** has organized the contest since he initiated it three years ago. “The contest confirms what we probably already knew,” he said. “Retirees like to take pictures (the number of photos submitted has increased each year), and they like to travel. The contest gives them a chance to share their efforts.”

***Dues Reminder—You will receive an email telling you if you need to pay your dues.***

## Ways and Ideas for Giving

### **UIRA Scholarship Up and Going Just in Time for Honor Gifts**

The UIRA Scholarship announced by President **Beverly Robalino** last month is already receiving donations and will be matched with \$5,000 from UIRA reserves when donations reach the \$5,000 level. Details about this new way to support deserving University of Iowa students were in the March issue of *The Gray Hawk* and are also on the UIRA website. <http://uira.org.uiowa.edu>

Ideas for giving?

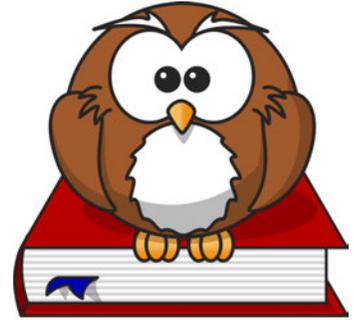
\*Friends and former colleagues who are retiring can appropriately be honored by a donation to the UIRA Scholarship Fund.

\*A memorial or honor gift will also help grow the funds to make it feasible to begin making awards from the non-endowed fund in the University of Iowa Foundation.

\*Or ask/tell friends or family this is your honor gift of choice for your next special occasion.

~~~~USE THIS DIRECT LINK TO MAKE YOUR DONATION TODAY~~~~

<https://www.givetoioowa.org/GiveToIowa/WebObjects/GiveToIowa.woa/wa/goTo?area=uira>



## Iowa Electronic Markets

### **Money, as You May Have Suspected, Is an Effective Tool In Following the Trajectory of Presidential Candidates**

If you're looking for signals as to who will emerge from the national political conventions as their presidential candidates, you might want to look no further than the Iowa Electronic Markets (IEM).



Results of IEM have proven to be remarkably accurate in following the election trajectory of presidential hopefuls. The reason is simple, according to Professor **Joyce Berg**, who heads up IEM: “Money directs attention.”

Dr. Berg shared the story of IEM at a UIRA program February 26 at the Coralville Public Library attended by nearly 40 retirees. IEM was established in 1988 at UI's Henry B. Tippie College of Business. It has become a laboratory for teaching, research and service.

Though small in scale (accounts can range from \$5 up to \$500), real money is involved where contract payoffs depend on economic and political

events, especially elections.

“At any one time, there are about 1,000 active traders,” said Dr. Berg. They are mostly students, political wonks and professional traders or gamblers, she said. Among the traders, she noted, are six robots.

The markets have been found to outperform regular polls that depend for accuracy on representative sampling. But having real money on the line apparently results in a better-informed voter and makes a person pay closer attention to the process.

And what's ahead for the political conventions? As of about 3:10 p.m. February 26, IEM showed the chances of Hillary Clinton's becoming the Democratic candidate for the US presidency were 90 %; for the GOP, Donald Trump's chances stood at about 70 %.

More about IEM can be found at: <http://tippie.uiowa.edu/iem/about/>

**UI Athletic Director Gary Barta (at right below) welcomes about 130 retirees for a tour of the new Stew and LeNore Hansen Football Performance Center during the well-attended March 15, UIRA event.**



**Trophy Room**

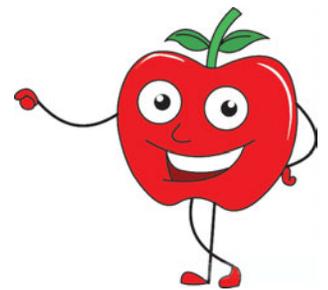
### **Health Awareness**

#### **Mindfulness—What’s on Your Mind???**

Have you ever been on vacation and continued to think about your responsibilities at home or work? Does the need for constant connectivity distract you from the task at hand? Does sleep evade you because you are thinking about everything but sleep? Living in a world full of distractions affords little time to practice stillness and calm. There seems to be little time to focus on just being. Mindfulness is considered a state of active, open attention, a state of being conscious or aware of something. Mindfulness is used as a therapeutic technique by mentally focusing one’s awareness on the present moment while acknowledging and accepting one’s feelings, thoughts and bodily situations. Stress can accelerate biological aging, and studies have shown being mindful can reduce stress and prevent people from thinking about negative emotions.

Recent studies suggest mindfulness contributes to a more positive mind-set that could make us more resilient, improve cardiovascular health, have less body fat and slow the biological signs of aging. According to The Journal of Neuroscience, mindfulness meditation can reduce one’s emotional response to pain by 44 %. If meditation is not something you would like to do, it may be more valuable to incorporate mindfulness into your daily life by doing your best to focus on the present moment. When you are mindful, you observe your thoughts and feeling from a distance without judging them as good or bad. You recover more quickly when stressful things happen. Instead of letting life pass you by, mindfulness lets you live in the moment. Learn more about mindfulness from a report by Anderson Cooper on a 60 Minutes TV program aired on December 14, 2014 at the following website:

<http://www.cbsnews.com/news/mindfulness-anderson-cooper-60-minutes/>



Welcome New UIRA Members

Diana Harris - Engineering Computer Services  
Nancy Ann Tate - Center for Disabilities & Development



University of Iowa Retirees Association

**Board of Directors 2015-16** (*year term on Board expires*)

|                         |                             |
|-------------------------|-----------------------------|
| <b>Beverly Robalino</b> | President (2017)            |
| (319) 341-8135          | beverly-robalino@uiowa.edu  |
| <b>Nancy Hauserman</b>  | President-Elect (2018)      |
| (319) 321-9815          | nancy-hauserman@uiowa.edu   |
| <b>Alice Atkinson</b>   | Secretary (2017)            |
| <b>Kris Canfield</b>    | Treasurer (2016)            |
| <b>Kenneth Starck</b>   | Past President (2016)       |
| <b>Jean Hood</b>        | Archivist (ex-officio)      |
| <b>Linda Muston</b>     | <i>The Gray Hawk</i> Editor |
| <b>Phil Klein</b>       | Webmaster (ex-officio)      |
| <b>Michael Barron</b>   | Director (2018)             |
| <b>Dean Borg</b>        | Director (2018)             |
| <b>Richard Borchard</b> | Director (2017)             |
| <b>Richard Johns</b>    | Director (2016)             |
| <b>Lois Lembke</b>      | Director (2016)             |
| <b>Pam Willard</b>      | Director (2017)             |

*The UIRA Board of Directors meets at 1 p.m. the second Tuesday of each month in the Buffet Room (427) of the Levitt Center. Visitors are welcome:*

2016--April 12, May 10, June 14

*UIRA Little Reminders*

*~~Make reservations for Annual Meeting using form on page 6*

*~~Make a donation to UIRA Scholarship using link on page 3*

*~~Learn more about UI Mindfulness programs (see page 4) using link:*

<https://www.uihealthcare.org/mindfulness/>

Reservation Form

**UIRA Annual Meeting and Luncheon**

**April 21, 2016**

**Radisson (formerly Holiday Inn), 1220 1<sup>st</sup> Ave, Coralville**

**Program:** 11:30 a.m. Cash Bar (wine, beer, pop)

12:00 noon Luncheon

Business meeting following luncheon will include Reports by UIRA officers, 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

**Nancy Hauserman**

**729 North Linn**

**Iowa City, Iowa, 52245**

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.**

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

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

Name (*Print*) \_\_\_\_\_

Name (*Print*) \_\_\_\_\_

Check choice of entrée(s) (note all entrees come with choice of coffee, tea, iced tea or water as well as salad, vegetables, and rolls):

\_\_\_\_\_ Marinated 8 oz Sirloin Steak, with sautéed mushrooms and onions, garlic smashed potatoes OR baked potato (medium): .....\$18.00

\_\_\_\_\_ Chicken Supreme: Boneless breast of chicken, sautéed and topped with supreme sauce, served over rice: .....\$16.00

\_\_\_\_\_ Vegetarian Lasagna – layers of noodles & vegetables in Marinara sauce: .....\$12.50

**GLUTEN FREE OPTIONS:**

\_\_\_\_\_ Marinated **10 oz** steak, with sautéed mushrooms and onions, potatoes, veggies and salad....20.50

\_\_\_\_\_ Chicken Supreme (without the sauce): served over rice, includes veggies and salad ...\$16.50

\_\_\_\_\_ Salmon, with veggies and salad.....\$18.50

**RETURN TO: Nancy Hauserman, 729 North Linn, Iowa City, Iowa 52245**