

# The Gray Hawk

NEWSLETTER OF  
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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## *UIRA Calendar*

**June 7, 2017—Wednesday, 5:30 p.m., Annual Picnic, Terry Trueblood Lodge**

UIRA members and guests are invited to the annual potluck picnic at 5:30 p.m. at the Terry Trueblood Recreation Area located at 579 McCollister Blvd. Bring a dish to share (salad, veggie or dessert) that serves six people. The main course of chicken or vegetarian lasagna, table service and beverages will be provided by UIRA. Reservations are not required. The lodge has ample parking and is air-conditioned. Come visit with friends and enjoy the park!



*Terry Trueblood Lodge, the great facility for the annual potluck picnic in recent years, is again the spot to gather for food and fellowship on June 7.*

**Summer Bonus Event—June 22, 2017—Thursday, Cedar River Crossings Tour near Sutliff Bridge, 12 noon-2:30 p.m. Limited to 30 people—see below!**

### ***Special Summer Opportunity***

**Cedar River Crossings Tour Set for Late June;  
Registration Limited to First 30 Respondents**

Watch your email this week for the details of a unique June 22 UIRA tour of the Cedar River Crossing area immediately downstream from the Old Sutliff Bridge. President **Nancy Hauserman**'s email will give the details including reservation requirements, location directions and lunch plans at the Sutliff Bar and Grill. There will be a hayride to the tour of the newly acquired area on the west side of the river and a ¼ mile walk to see where the large wetland restoration begins this fall. There will be a walk through a native (never been plowed) alluvial sand prairie with several rare and uncommon species of plants and animals. Maximum number of participants will be 30 and hiking shoes are recommended. When registration is filled, a wait list will be created. **Michael Barron** has been working with **Larry Gullet** of the Johnson County Conservation Board to make this remote area access event an early summer possibility. To learn more about the area visit this website:

[http://www.johnson-county.com/dept\\_conservation.aspx?id=4007](http://www.johnson-county.com/dept_conservation.aspx?id=4007)

## *Farewell Words from UIRA President Nancy Hauserman ~~*

*This is my last letter to you as UIRA President. This year has gone very quickly for me, or at least in retrospect, it seems to have passed in the blink of an eye. Certainly it has been an eventful year in many ways...luckily almost all of them positive and that seems to me no small feat! Chief among the positives for me has been the opportunity not only to continue to participate in UIRA but to do so as President of the organization. My position enabled me to have a serious voice at the table as the University continues to examine health care and other benefits. And, in particular, I have had the opportunity to get to meet a great many people – many **great** people – who I didn't know when I was actually working at the University. Thanks for all of the feedback you provided – not only the positive but also the mostly gentle questioning of certain decisions...I learned from you. I had great mentors – the UIRA Board members were patient teachers and such good stewards of UIRA. What continues to amaze me is the way that the UIRA Board and members generally step up as asked and as needed – to take over the website (thank you, **Phil Klein**), to assure our membership lists were current and that renewals were timely (thank you, **Lois Lembke** and **Pam Willard**), to insure the financial stability of UIRA by careful attention to budgeting and our finances generally (thank you, **Kris Canfield**, **Jamie Sharp** and **Richard Stevenson**), to make the UIRA photo contest a splendid event (thank you, **John Moyers** and **Ken Starck**), to insure that the business of our Board meetings would forever be available (thank you, **Alice Atkinson**), to provide the kind of quality programming and opportunity to get together with each other that UIRA members have come to expect (thanks, **Michael Barron**, and good luck) and to answer questions about everything UIRA (thanks to **Beverly Robalino** and **Ken Starck**). Thanks to **Richard Saunders**, our resident expert on all things that BENEFIT us (couldn't resist the pun) and **Linda Muston** without whom our organization would be so much the poorer, since she is our communication expert extraordinaire. Going forward, I think it is critical that UIRA stay very visible at the University of Iowa and that we continue to grow our membership. There are still very important issues for us as retirees, e.g., benefits and access, that require vigilance and UIRA can provide that vigilance and offer critical input. I know that the quality of services and programs UIRA provides its membership will continue to be top notch and relevant. I do NOT plan to stop being an active voice in UIRA and I encourage all of you to do the same. I DO plan to stop sending emails to the membership...I think they take away my "send all" button...but I still have email and you know where to find me! Anyway, thank you for the privilege of being UIRA President. It was an honor.*

*Nancy Hauserman*  
[nancy-hauserman@uiowa.edu](mailto:nancy-hauserman@uiowa.edu)

### Have you responded?

## **Membership Renewal Reminder; Now Is The Time to Renew**

Thank you to all who responded to the UIRA Membership renewal reminder. If you received a reminder, but have not yet sent in your renewal, please do so. Renewals can be made for three years at \$25 or for one year at \$10. If you have misplaced your form, can download another from the UIRA website by clicking on membership form in the title bar:

<https://uira.org.uiowa.edu>

If you have questions about your membership contact Membership Chair **Lois Lembke** at [lois-lembke@uiowa.edu](mailto:lois-lembke@uiowa.edu)

*In Case You Missed It* ~ ~ ~ ~ ~

**Be Wary—VERY, VERY Wary of Alternative Medicine;  
Professor Karen Baker Sounds Warnings at UIRA April Program**

In an information-packed presentation, Professor **Karen Ann Baker** of the College of Dentistry said that although patients have embraced alternative medicine, questions not asked often enough are: “which (supplements) should I worry about?” “How can I stay informed?” “Do any of these approaches really work?”

She noted that, according to the National Institute of Health, alternative medicine is defined as these four therapies: holistic medicine, homeopathy, herbal medicine and naturopathy. Elaboration of these therapies can be found at the NIH website: <https://nccih.nih.gov/health>

The site also has a section on Complementary, Alternative, or Integrative Health.

About 65 retirees attended the program at the College of Dentistry. Afterwards those interested got a student-guided tour of the college that recently has undergone a \$61 million renovation and expansion.

Professor **Baker** said people often turn to alternative medicine for personal control of their health, which essentially means becoming a co-therapist. But she emphasized again and again that you “need to be objectively educated” about the merits, worthlessness or danger of any alternative medicine.

She was critical of many products that claim to offer benefit, including “energy” drinks, colon cleansing and cognitive enhancers. In many instances, the products say nothing about side effects or ingredients.

She called attention to a number of websites that help to educate the public about alternative medicine. Besides the NIH site listed above, these include:

\* A site that reviews supplements “without the hype” and offers a free newsletter: <https://supplement-geek.com/>

\* Two sites similar in that they track quackery and health fraud:

<http://www.naturowatch.org/> and <http://quackwatch.org/>

\* A site with a modest charge that identifies “the best quality health and nutritional products through independent testing”:

<https://www.consumerlab.com/>

\*A site operated by the American Society of Anesthesiologists and requires a membership fee: <http://www.asahq.org/>

article and page 4 photos next page submitted by **Ken Starck**

**Meaning of Comprehensive Internationalization Presented in May 16 UIRA Program**

Associate Provost and Dean of International Programs **Downing Thomas** gave a presentation for UIRA members entitled, “Comprehensive Internationalization at the University of Iowa: What It Means for Students, Scholars and the Community.” He began by stating that the University of Iowa had recently received the Senator Paul Simon Award for Campus Internationalization, given to the campus for its increased commitment to the internationalization of the campus. Dean **Thomas** reported that the University of Iowa is a top producer of student Fulbright Awards, with 16 awardees in 2017-18, a number commensurate with student Fulbright awards to Duke and UC Berkeley. In addition, in 2016, the University received the Andrew Heiskell Award for our winter interim program in India, a program that focused on home health care and palliative care.

Dean **Thomas** stressed the positive impact of international study abroad on timely graduation. He feels it is important to teach students about the global movement of any and everything, i.e., people, products and disease. He commented that study abroad was less about travel and more focused on the core missions of the University: research, education and community. He said the world needs college-educated people who are knowledgeable about themselves and the world. We need people who can accept unfamiliar cultures and who are open and adaptable and can work together in groups to solve problems. He noted that international experience is now noted in the University of Iowa’s comprehensive plan and, no surprise, the biggest impediment is financial. The University is committed to increasing overseas study by sending more students abroad and to developing a global curriculum, working on curriculum integration and establishing a global campus environment. Finally, Dean **Thomas** spoke about our alumni abroad and increasing efforts to connect with those people.

submitted by **Nancy Hauserman**

### April Dental College Program.....



1. In the Simulation Clinic, Sarah Cyr, a dental student who will graduate in May, shows a manikin on which beginning students practice. 2. UIRAers pass through one of several dental patient areas. 3. Karen Ann Baker, associate professor in the College of Dentistry, warned the group about the risks of turning to alternative medicine without being aware of possible effects. 4. A student practices on a simulated set of teeth.

### May Internationalization Program.....

An intent group of UIRA members listened as Associate Provost and Dean of International Programs Downing Thomas shared the details of the University programs and plans in global education, including alumni abroad, at the May 16 meeting.



## *Welcome New UIRA Members*

<b>Kay Borcharding</b>	<b>UIHC Nursing</b>
<b>Jo Bowers</b>	<b>UIHC Family Medicine</b>
<b>Bill Casey</b>	<b>Student Pubs--Daily Iowan</b>
<b>Carol Casey</b>	<b>Finance and Operation-Fac. Mgt.</b>
<b>Kay DeGarmo</b>	<b>Center for Disabilities and Development - UIHC</b>
<b>Gloria Dorr</b>	<b>Dept. of Nursing, UIHC</b>
<b>Janet Goss</b>	<b>Burge Housing and Dining</b>
<b>Cheryl Jennings</b>	<b>College of Dentistry</b>
<b>Alan Kern</b>	<b>UI Broadcasting Services, Iowa Public Radio</b>
<b>Bryan Lawler</b>	<b>Spouse</b>
<b>Jan Lawler</b>	<b>College of Dentistry. Admin Student Affairs</b>
<b>Thomas Lewis</b>	<b>Spanish and Portuguese</b>
<b>Michael B. Paulsen</b>	<b>College of Education</b>



University of Iowa Retirees Association

### **BOARD OF DIRECTORS 2016-2017**

**(year term on board expires)**

<b>Nancy Hauserman</b>	President (2018)
(319) 321-9815	nancy-hauserman@uiowa.edu
<b>Michael Barron</b>	President-elect (2019)
(319) 338-3443	michael-barron@uiowa.edu
<b>Alice Atkinson</b>	Secretary (2017)
<b>Kris Canfield</b>	Treasurer (2019)
<b>Beverly Robalino</b>	Past President (2017)
<b>Jean Hood</b>	Archivist (ex-officio)
<b>Linda Muston</b>	<i>The Gray Hawk</i> Editor (2018)
<b>Phil Klein</b>	Webmaster (ex-officio)
<b>Charles Dayton</b>	Director (2019)
<b>Dean Borg</b>	Director (2018)
<b>Richard Borchard</b>	Director (2017)
<b>Richard Saunders</b>	Director (2018)
<b>Lois Lembke</b>	Director (2019)
<b>Pam Willard</b>	Director (2017)

*The UIRA Board of Directors meets at 1 p.m. the second Tuesday of each month (except July and August) in the Buffet Room (427) of the Levitt Center.*

*Visitors are welcome: June 13, 2017*

***The Gray Hawk is on vacation until the September edition publishes in late August. Happy Summer! Special interest groups—International Events and Gray Hawk Steppers—also resume in September.***