



# University of Michigan Retirees Association

Volume 12, No. 4

April 2010

## Social Hour Programs

**April 8, 2010:** Managed Competition in Medicare: The Effect of Premiums on the Health Plan Choices of Retirees. Thomas Buchmueller, Ph.D., Waldo O. Hildebrand Professor of Risk Management and Insurance, Professor of Business Economics and Public Policy, Stephen M. Ross School of Business.

**May 13, 2010:** A View of the Olympics from 1964 to 2004. Dick Kimball, retired University of Michigan Men's Diving Coach, will present his observations about the Olympic Games as viewed by the athletes and as viewed by a coach.

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## UMRA Health Day 2010

UMRA Vice President Pat Butler has again prepared a fine Health Day Program. Tuesday, April 27th is the date and the schedule is listed on page 7 of this Newsletter. Registration will be limited to 170 participants because of space considerations. If by chance you register and then discover you cannot attend, please call Sylvia Measel at 763-7385 to let her know, as we will have a waitlist if we reach 170 participants. Be sure to make your luncheon menu selection and mail the form to the UMRA office, at the address at the bottom of the form.

**Please see Page 8 to learn about a special program on May 27.**

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## Social Hour Details

UMRA Social Hours are held most months during the academic year on second-Thursday afternoons from 3 to 5 PM. All U-M retirees and their guests are cordially invited to attend. The gatherings usually include light refreshments—coffee, sliced fruit, cookies, and soft drinks. Social Hour programs begin at 3:15 PM and continue until about 5:00 PM. Announcements about speakers and programs are made in this newsletter, in University Record *Events* notices, and at the UMRA web site <[www.hr.umich.edu/umra](http://www.hr.umich.edu/umra)>.

## Meeting Location

Social Hour gatherings are held at the Clarion Hotel, 2900 Jackson Road, Ann Arbor. Parking is plentiful, and easy access to the meeting room is gained by using the Ballroom entrance at the rear of the building. Handicap access is good. Other venues are used from time to time. Please check the meeting notices on Page 1 to find the latest information.

### **The University of Michigan Retirees Association Newsletter**

G-250 Wolverine Tower, 3003 South State, Ann Arbor MI 48109

The Wolverine Tower building is located at the intersection of  
Eisenhower Blvd. and S. State St. Parking is available nearby.

**Web site:** [www.hr.umich.edu/umra/](http://www.hr.umich.edu/umra/) **Email:** [umra@umich.edu](mailto:umra@umich.edu)

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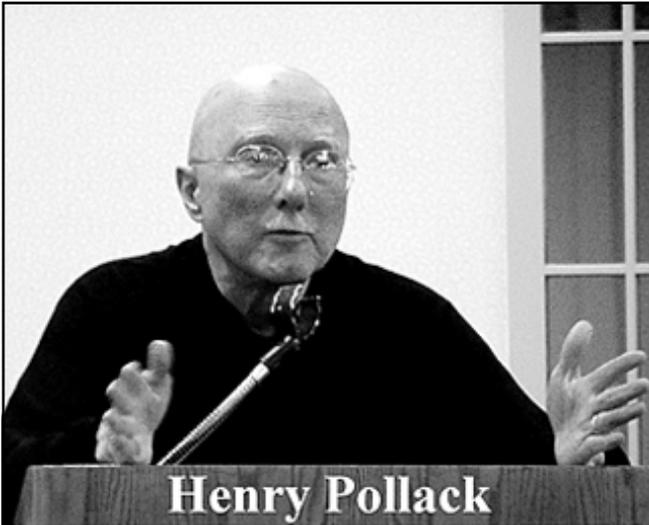
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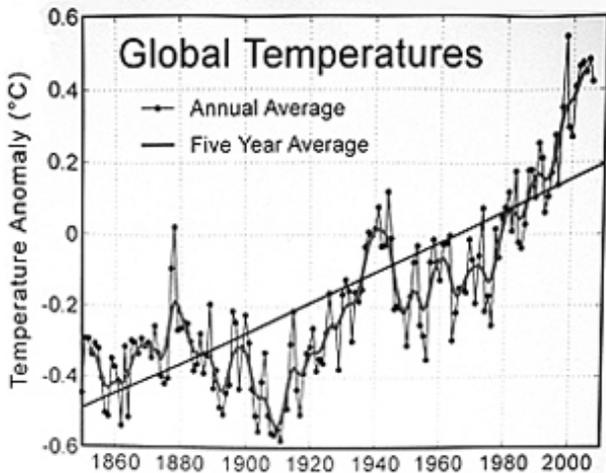


# Meeting Report, March 11, 2010: “A World Without Ice” Professor Emeritus Henry Pollack



“Nature’s best thermometer, perhaps its most sensitive and unambiguous indicator of climate change, is ice. Ice asks no questions, presents no arguments, reads no newspapers, listens to no debates. It is not burdened by ideology and carries no political baggage when it changes from solid to liquid. It just melts.”

*from A World Without Ice*

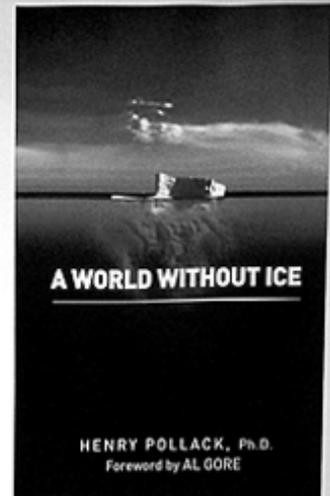


## *A World Without Ice*

Henry Pollack  
 Geological Sciences  
 University of Michigan

University of Michigan  
 Retirees Association

March 11, 2010



MONTAGE BY JOSEPH MOFFATT

In addition to the intense political discussion of health care issues, another hot button topic is the subject of global warming and its possible effects on human wellbeing. Professor Emeritus Henry Pollack of UM’s Geological Sciences discussed these items at UMRA’s March program. Last present 20,000 years ago, ice has been a more important player in the climate than human activity. Since then, human population has soared from an estimated one million to over 6.5 billion people now and human activity plays a significant role in affecting earth’s climate. In addition to vastly increased demands for water, oil, energy, and farmland, we also face increasing competition for these resources from other nations and people.

It is perhaps surprising that surface ice, or its absence, can play such a critical role in earth’s climate. But ice is strongly reflective of sunlight. So, the absence or serious reduction of ice would have a pronounced effect by allowing sunlight to warm the planet. While great ice fields once covered vast sections of northern portions of Europe and Asia, North America and southern portions of Patagonia, ice fields today are everywhere in retreat. Although it might be tempting for Americans to dismiss such concerns with a simple “so what?,” climate scientists are quite apprehensive about the consequences. As the ice melts, scientists now estimate that the sea level will rise from 3 to 6 feet by the end of the 21st century, even if significant efforts are taken soon to reduce human greenhouse gas

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University of Michigan Retirees Association

**Health Day, 2010**

Tuesday, April 27, 2010

Weber's Inn

3050 Jackson Rd, Ann Arbor, MI 48103 (734) 769-3237

- 8:00- 8:45     **Registration and Coffee**
- 8:45-8:55     **Welcome** –Douglas Woolley, President, University of Michigan Retirees Assoc  
Introduction – Pat Butler, Conference Chair
- 9:00-10:05    **Prevention of Back Injuries**, James K. Richardson, M.D., Associate Prof. Dept. of  
Physical Med. and Rehabilitation, **Preventing Falls**, Neil Alexander, M.D. Professor, Div.  
of Geriatric Medicine. Britt Michel, MS, Exercise Physiologist
- 10:05-10:25    Break – Refreshments will be served
- 10:25-11:20   **Optimize Your Health With Functional Nutrition** Coco Newton, MPH, RD, CCN,  
Functional Medicine Nutritionist,. Owner, Lifetime Nutrition
- 11:25-12:20   **Cancer Prevention: Information You Can Use**, Mack R. Ruffin, M.D. Professor of  
Family Medicine, Asst. Chair., Family Medicine, Medical School & Asst. Res. Scientist,  
Epidemiology, SPH
- 12:20-12:35   **Dining room setup**  
12:35-1:35    Lunch- Retirees will select a lunch and prepay with their original registration
- 1:45-2:15     **Humorous Verse on Food and Nutrition**, Marvin Brandwin, Ph.D., Asst. Prof. Emeritus  
of Psychiatry, University of Michigan Medical School
- 2:20-3:15     **What You Might Want To Know About Knee Replacement**, J. David Blaha, M.D.,  
Professor, Orthopaedic Surgery, Department of Orthopaedic Surgery, University of  
Michigan Medical School
- 3:15-3:30     Break – Refreshments will be served
- 3:30-4:25     **Diabetes, What You Don't Know Can Hurt You**, Patricia M. Butler, PhD, RN,  
CDE, Diabetes Educator for Alere, The Health Enhancement Company
- 4:25            Evaluation and End of Program

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**Registration:**

Name \_\_\_\_\_ Name 2<sup>nd</sup> person \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Please enclose check for \$15.00 per person (payable to UMRA) Amount enclosed \_\_\_\_\_  
Registration must be Mailed **BEFORE April 15, 2010**  
**Meal(s) desired** \_\_\_\_\_ **Chicken** \_\_\_\_\_ **Salmon** \_\_\_\_\_ **Vegetarian**  
Send to: UMRA G250 Wolverine Towers, 3003 S. State St., Ann Arbor, MI 48109-1281

Sponsored in part by a grant from MHealthy/ Office of the Assoc. VP for Human Resources

## Hold the Presses: A Special Event!

**Tours of UM Glassblower Lab & Demonstration by Master Glassblower Harold Eberhart  
Thursday, May 27. Tours every half hour from 2 - 5 pm.  
Herbert H. Dow Building, North Campus**

So why the excitement about glassblowing? Mr. Eberhart produces complex custom glassware for the UM College of Engineering. He may craft anything from a flameless catalytic heater to produce heat in Antarctica to lenses, elaborate scientific containers, and complex valves. Glassblowers' numbers are diminishing and the number of trainees is decreasing. Some universities have even discontinued the service, so the training of apprentices is important.

Gather in the Dow Building's Classroom 3150 for refreshments and join a small group for your half-hour tour. After parking in the UM lots listed below, enter through the Dow Building's main doors, facing Hayward Street. These doors enter onto the 3rd floor, where the classroom and lab are located. Upon entering, turn left. Go to the second hall and turn right. At the end of that hallway, turn left again. Classroom 3150 will be on your right. The lab 3240 is nearby.

Please contact Pat Butler to let her know your choice of tour: 2, 2:30, 3, 3:30, 4, or 4:30 pm. You can reach Pat at 734-944-1918 or <patbutler9@gmail.com>

**UMRA Parking:** Use Lots 20NC, 21NC, or 48NC off Hayward. Parking enforcement will be suspended in those lots from 1 - 5 pm. Note: Lot 48 requires the negotiation of 25 stair steps.