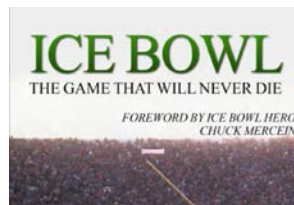




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UWRA-Madison



# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## WEBINAR SERIES

### "Reimagining Retirement" 3-Part Series Set for 2024

**Reimagining Retirement: Exploring Your Life Plan** is a three-part virtual learning series hosted by the Association of Retirement Organizations in Higher Education (AROHE) and Fidelity Investments®. It will explore the social, psychological, and emotional aspects of transitioning to, and living in, retirement. The series is geared toward faculty and staff in higher education who are contemplating retirement, or who are already retired. It will encourage attendees to clarify their goals and embrace the changes that occur in life's next chapter.

UWRA is a member of AROHE and encourages retirees and those contemplating retirement to register for the series. Everyone is welcome to register, and there is no charge to attend.

#### **January 30 Reframing Your Identity: The Habits of Highly Effective Retired People**

Retirement planning is complicated for all, but it can be especially challenging for those working in higher education because their identities are often tied to their profession. For some, the education and acculturation required to become faculty or staff at an academic institution leave little time to think about, or develop, outside interests. Sociologist Michelle Pannor Silver will explore how careful planning for later career transitions can honor your lifelong commitment to your work.

**Michelle Pannor Silver** is an associate professor at the University of Toronto and chair of the Department of Health and Society.



#### **February 13 Reimagining Your Personal Plan**

After a long career of academic and workplace achievement, retirees can examine next-phase opportunities, define goals, and make plans based on values—drawing upon existing social networks and developing new social connections.

#### **February 27 Rebuilding Your Network**

For some, the giddy glow of retirement's freedom wears off as they try to adjust to unstructured days. Learn strategies for rebuilding networks, developing new connections, and identifying resources to find new purpose. ■

#### **REFRAMING YOUR IDENTITY**

**Tuesday, January 30**

NOON Central Time | Online Webinar

**Registration Deadline: January 28**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5515598](https://UWRAmadison.org/event-5515598)

FROM THE UWRA PRESIDENT'S DESK

## Moving toward More In-Person UWRA Gatherings

BY TOM BROMAN



**A**s epidemics go, COVID-19 probably doesn't rank in the top five, as measured by world-historical importance. Even when COVID was still raging, we read comparisons to the last great worldwide epidemic, the Spanish Influenza epidemic of 1918–19. And that's to say nothing of

other major epidemics, including the AIDS epidemic that began to spread globally in the late 1970s and 1980s. AIDS was not nearly as contagious as COVID, but far deadlier when contracted, thus creating its own scary vibe, as many of us will recall.

However, historical comparisons don't speak to what it was like to live through COVID. For me, the pandemic brought forth the same feelings of despair and suspension of time that overcame me after 9/11—but COVID lasted a lot longer and was far more isolating!

Fortunately, most of us became habituated to staying in touch via Zoom and other online communication platforms. Even after the worst phase of the pandemic eased, those same platforms have offered a means for organizing and attending meetings without having to spend heaps of time to-ing and fro-ing everywhere.

One might even hope that, over the long run, the widespread use of online meeting platforms might have a small, beneficial impact on the amount of carbon dioxide being dumped into our atmosphere. Every meeting held virtually for a given number of people potentially represents at least a portion of that number who did not need to drive or fly to it. And that's certainly not a bad thing!

But as we also know, virtual meetings come at a cost to our ability to socialize with each other.

Virtual meetings offer less opportunity to chat and hang out both before and after the gathering, catching up with friends and perhaps making new ones.

Without the penumbra of socializing that goes on around a meeting, what's left? Meetings may be useful or informative, but they usually aren't as much fun without the added spice of human contact. For this reason, the UWRA needs to find a way to move away from the nearly total virtual space we have inhabited since COVID arrived. Among other things, we are a social organization, and as far as is both possible and prudent we must try to expand our in-person gatherings in 2024. ■

✓ **THERE IS STILL TIME TO REGISTER!**

### **TECH CLINIC: PERSONAL FITNESS DEVICES**

**Wednesday, January 10**

1:00–2:30 P.M. In Person

Fitchburg Public Library, 5530 Lacy Rd., 2nd Floor  
Fitchburg, Wisconsin

#### **Registration Deadline: January 5**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5411936](https://UWRAmadison.org/event-5411936)

ETC members will be on hand to discuss their experiences with Fitbits, Apple Watches, smart scales, various fitness apps, and fall detectors, and the like. If you have questions regarding a device or app you already own, please bring your device with you.



*If you have a specific question that you would like addressed during the clinic, email [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com) prior to the event.*

**VOLUNTEER OPPORTUNITY**

**Join a UWRA Committee Today!**

Please email [retireasn@mailplus.wisc.edu](mailto:retireasn@mailplus.wisc.edu) to inquire about joining a committee that matches your interests. ■



Engagement by the members is the lifeblood of the UWRA. As we seek to energize our organization after the disruptions of COVID, we need that engagement and enthusiasm more than ever. Please consider joining one of these committees that facilitate our programs, operations and social events,

**Financial Matters in Retirement (CFMR)**

Offers programs addressing topics within the scope of the committee’s name, e.g., ETF benefits, U.S. economy, income taxes, trusts and wills, social security, identity theft, retirement living options and personal investing strategies.

**Luncheons & Receptions (L&R)**

Organizes member luncheons and receptions each year. Events may include speakers from the University, or community. A luncheon or reception may serve as the annual business meeting of the association.

**Retirement Opportunities (ROC)**

Offers a variety of programs & opportunities to help members enjoy retirement. Topics include Health/Aging; Nature/Environment; Government/Political; Home Concerns; Social Justice; University updates, & History/Culture.

**Electronic Technology (ETC)**

Assists members in staying abreast of changing digital (electronic) technology and its impact on our lives. Offered as seminars and tech clinics.

**Membership**

Seeks to maximize UWRA membership with its primary focus on gaining members from the most recent retirees and encouraging member renewals.

**Travel**

Identifies, researches, plans, and organizes trips that are of interest to members and friends. Destinations are usually historical, educational, and interesting venues and sites. Offerings include both in-person and virtual presentations.

**Business Office & Operations (BOOT)**

Management of the member management software and website to include website development, maintenance and content management including but not limited to committee calendars, programs, event information and other website-related office operations.

## FINANCIAL MATTERS WEBINAR

# Life Insurance in Retirement: Is It Needed?

BY RICK DALUGE, MEMBER, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

Join us for a discussion with wealth management advisor and insurance agent, Steven L. Penn, about whether life insurance in retirement is needed. Perhaps you have considered cashing in your policies or selling your policy. What can be done with life insurance in planning your estate? What tax ramifications are there with cash value life insurance? Penn will also address such other questions as:

- Should I cash in my whole-life cash value insurance? Are there tax ramifications?
- If I am buying life insurance in retirement, should I buy term insurance?
- How does cash-value life insurance fit into an investment allocation plan?
- How can cash-value life insurance help me if I need to borrow money?
- How can I use life insurance as a charitable gift?
- Is life insurance the same as funeral insurance?

This presentation will be about an hour followed by time for questions.

*If you have preliminary questions for the speaker, please send to program coordinator Rick Daluge at [rdaluge@wisc.edu](mailto:rdaluge@wisc.edu) by Tuesday, January 16.*

Online registration for UWRA Zoom webinars is easy, but members may also email the UWRA office at [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu) or call 608-262-0641 to register for events.

Webinar links and call information are included in registration confirmations and reminders emailed to registrants 7 and 2 days prior to events.

**Need help with Zoom?** Contact [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com)

**Steven L. Penn** graduated from the University of Wisconsin–Madison with a bachelor's degree in economics and a certificate from the Gaylord Nelson Institute of Environmental Studies. He joined Northwestern Mutual in 2004. A Wausau native, he now lives in Middleton.



### LIFE INSURANCE IN RETIREMENT

**Tuesday, January 23**

2:00–4:00 P.M. Online Webinar

**Registration Deadline: January 19**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5308799](https://UWRAmadison.org/event-5308799)



### FOOD PANTRY CONTRIBUTIONS

In lieu of registration fees for most UWRA webinars and programs, donations are encouraged to the Open Seat Food Pantry that serves food-insecure UW students. The pantry is a project of ASM, Associated Students of Madison, and strives to provide healthy, accessible sources of food, household products, and personal-care goods to any enrolled student in need. Learn more about it at [asm.wisc.edu/the-open-seat/](https://asm.wisc.edu/the-open-seat/). Checks payable to UW Foundation, with “Open Seat” on the memo line, may be mailed to: UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218. ■

## WEBINAR RECAP

## U.S. Supreme Court Making “Shadow” Decisions

BY TOM EGGERT, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

**S**teve Vladeck presented information about the way the U.S. Supreme Court is using its power to shape the law through actions outside traditional decisions that are argued and decided on the merits. Vladeck, author of the book *The Shadow Docket: How the Supreme Court Uses Stealth Rulings to Amass Power and Undermine the Republic*, explained that the Supreme Court has always had the power to stay lower court rulings while they are appealed and, in rare instances, enjoin the implementation of federal law or policy. However, in the last ten years, there has been a dramatic increase of the use of this “shadow” power. Even more concerning, this power appears to align with political ideology. Vladeck shared that Biden administration policies are now being enjoined at record levels whereas Trump policies were not. He argued that this power has evolved because the Supreme Court lacks accountability to Congress, the Executive Branch, or even the citizens of this nation.

The six conservative justices are divided into two camps. Justices Thomas, Alito, and Gorsuch are the extreme conservative camp, stating that the Court should not be accountable to anyone. Chief Justice Roberts and justices Coney Barrett and Kavanaugh form the conservative camp, which frequently seems to be uncomfortable with the extreme positions taken by the first group. However, this discomfort has not yet resulted in a noticeable change in the use of shadow docket decisions.

Vladeck noted that the topic of his book is very current, as Court decisions using the shadow docket have occurred as recently as December, 2023.

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Visit the UWRA website ([UWRAMadison.org](https://UWRAMadison.org)) then select Resources/Presentations/2023–24 Sep–Dec to find a video and a PDF of this presentation. ■

## WEBINAR RECAP

## Artificial Intelligence at UW

BY MILLARD SUSMAN, MEMBER, ELECTRONIC TECHNOLOGY COMMITTEE

**T**he news these days is filled with reports on the wonders and terrors of artificial intelligence, a field that is so broad and so abstruse that it is hard to know where to look for answers to the questions that the news stories evoke. What is AI? How does the artificial flavor compare to the natural flavor, and is the artificial flavor likely to cause mischief? What are the current and projected uses of AI, and will usage of AI make our lives better or, as some pundits have predicted, lead to the extinction of humankind?

The Electronic Technology Committee decided to ask a more limited and parochial question: what is our university doing in AI? We found that there is a large and lively AI research program here in Madison, and we invited two members of that program to give us webinars on their work. Both Junjie Hu and Josiah Hanna are assistant professors in the Department of Computer Science, and they gave back-to-back talks for us in November.

Hu works in the area of AI language processing, and Hanna works in the area of AI robotics. Both talks addressed the questions of how AI systems acquire their knowledge and how they learn from experience and self-assessment to improve their performance in generating language (Hu) or controlling the actions of robots (Hanna).

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Visit the UWRA website ([UWRAMadison.org](https://UWRAMadison.org)) then select Resources/Presentations/2023–24 Sep–Dec to find a video and a PDF of these presentations. ■

## IDEAS, PLEASE



**T**he Electronic Technology Committee welcomes your ideas and suggestions for topics to cover in our programs. Please send ideas to: [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com). ■

MEET A UWRA MEMBER

## Becker's World of the Cell

BY WAYNE M. BECKER

**F**rom a family farm in Wisconsin in 1940 to professor 29 years later was a long and sometimes arduous journey. As the only son of a dairy farmer, I spent my first 18 years very much involved with the management of dairy cattle and other livestock. My very first "job" began at age 10, when my friend Roger and I harvested sweet corn from my father's field and sold it door-to-door in the nearby village of Merton, a project that continued for eight years. We charged just 45¢ per dozen the first few years. (Gas sold for 35¢ a gallon then!)

In 1958 I enrolled as an undergrad at UW–Madison, majoring in biochemistry. I continued in Madison for my MS and PhD, also in biochemistry. It was as an undergrad that I met Patricia, who was majoring in home economics. We were married in 1963 and recently celebrated our 60th wedding anniversary! We have two daughters, both of whom are long since married and have bequeathed us a total of five grandchildren—and a recent grandson-in-law as well.

Following postdoctoral research at a university in Glasgow, Scotland, I was honored to receive a professorship in the UW Department of Botany, where I served for 33 years. My main research interests concerned the molecular biology of glyoxysomes and peroxisomes, organelles in plant cells involved in photosynthesis. My teaching responsibilities were primarily in undergraduate honors courses in cell biology and organismal biology. I also taught a graduate seminar on teaching techniques and an undergraduate bioethics course, for which I received training during a sabbatical at the Interfaculty Program in Biomedical Ethics at Harvard University.

A very significant part of my years at UW–Madison were the opportunities I received to teach and do research internationally at universities in Indonesia, Puerto Rico, New Zealand, Hong Kong,

the Czech Republic, South Africa, and Austria. Also significant has been my role as a textbook author. I began with *Energy and the Living Cell* and continued with a 10-volume series (so far!) now called *Becker's World of the Cell*, published over the 34-year period from 1986 to 2020. I was personally involved in the first seven editions but continue to be acknowledged in subsequent editions.



An important part of who I am is my faith commitment, which I shared on campus over the years by teaching a weekly Bible study, discipling students personally, and serving as an advisor of the Christian Fellowship of Biology Students as well as the UW Undergraduate InterVarsity Christian Fellowship. I have also given talks to numerous student groups over the years, including at some of the international universities mentioned above. I have served churches in the neighborhood here by worship and small-group leadership (and even an occasional sermon). ■

November 1–30, 2023

### WE WELCOME NEW MEMBERS

**Ronnie Carda,**

*Kinesiology*

**Marissa Isensee**

**Sarah Mason,** *Center for Teaching, Learning and Mentoring*

**Philip Ney,** *Soil Sciences*

**Denise Ney,** *Nutritional Sciences*

**Brenda Ryther,** *Wisconsin Alzheimer's Institute*

**Beth Tobakos,** *Education–MERIT*

**{ The UWRA is your network in retirement! }**

**ACTIVITIES IN RETIREMENT****What Are YOUR Activities in Retirement?**

BY SCOTT AND LISA HILDEBRAND, COLUMN EDITORS

Since late 2019, nearly 40 UW-Madison retirees have shared stories about their post-retirement pursuits through the *Sifter's* "Activities in Retirement" column. We are seeking new submissions for this well-received feature for 2024.

The Activities in Retirement column highlights the wide range of UWRA member interests and showcases opportunities available around Madison and elsewhere. Recent columns have focused, for example, on tree farming (December 2022), community theater (March 2023), and amateur radio operations (December 2023).

If you are interested in sharing a retirement activity with fellow retirees, please email column co-editor [scott.h.hildebrand@gmail.com](mailto:scott.h.hildebrand@gmail.com). We will send you information about word count, deadlines, and photos along with a few questions to get you started.

Previous articles have ranged from 250 to 400 words and are available to read on the UWRA website. Visit [UWRAmadison.org](http://UWRAmadison.org), then choose Resources, and then *Sifter*. We look forward to helping you tell your stories about interesting activities in retirement! ■

**UNIVERSITY ROUNDTABLE****Roundtable Kicks Off 2024 with AI Safety & Ethics Talk**

BY LESLEY FISHER, DEPUTY SECRETARY OF THE ACADEMIC STAFF

Each semester, the University Roundtable features three lunch programs with a talk by a member of the university community. On February 21, Yonatan Mintz, assistant professor in the Department of Industrial and Systems Engineering, will discuss artificial intelligence safety and ethics. Find more information and the registration link here:

[acstaff.wisc.edu/programs/university-roundtable/](http://acstaff.wisc.edu/programs/university-roundtable/). ■

**COMMUNITY EVENTS****Interested in Foreign Relations?**

BY RAY WILLIAMS, MADISON COMMITTEE ON FOREIGN RELATIONS

Are you interested in the historical contexts and ever-evolving state of international relations? The Madison Committee on Foreign Relations (MCFR) is dedicated to continual learning about relations among individual countries, multinational social/political/religious movements, and such global concerns as climate change, security, trade, resources, and health. We are a local nonprofit organization that since 2003 has brought in a variety of speakers, including current or former employees of U.S. government agencies (especially State & USAID), foreign diplomats, and experts from foreign and domestic universities and policy institutes.

We have transitioned back to an in-person format, which facilitates Q&A discussion with our presenters. We hold approximately seven events each year at the newly remodeled Sheraton on John Nolen Dr., including appetizers, a cash bar, a chance to meet the speaker, and socializing among attendees.

To explore MCFR's programs before becoming a member, you may participate once per year as a guest. A half-year membership is now available for \$120 covering January through May, 2024. In-person events have an additional cost of \$37 for venue expenses and appetizers.

Details about our organization, membership, event registration, presentation topics, and speaker bios are all available on our website at [mcfr.info](http://mcfr.info). Our remaining schedule for this year includes:

**February 21 Historical Background and Overview of the Taiwan Straits and the South China Sea Conflict**

**March 13 A European View of the US as a Strategic Partner**

**April TBD Food Insecurity and Political Instability in Sub-Saharan Africa**

**May 22 Issues and Cooperation Regarding the Great Lakes / St. Lawrence River Among 8 States, 2 Provinces, and 2 Countries.** ■

## UWRA NEWS

# Late-Life Decision Tool

BY THE CFMR SUB-COMMITTEE ON CONTINUING CARE RETIREMENT COMMUNITIES

The “Tool for Making Late-Life Decisions” (“Decision Tool”) is a project of the UWRA Committee on Financial Matters in Retirement (CFMR), and specifically of the Sub-Committee on Continuing Care Retirement Communities.

The Decision Tool is designed to assist in the very difficult choice between staying in your current home/residence or relocating to an independent or assisted living community. Parts 1 & 2 of the Decision Tool focus on two crucial dimensions of your life (and that of your spouse or partner): health status and financial status. These first two sections provide valuable data to share with your case worker.

Part 3 of the Decision Tool identifies the services you need and summarizes the costs of such services. Of course, there are personal preferences that enter into decisions like these, but the Decision Tool presents the hard facts needed to make informed decisions.

The Decision Tool is a benefit of UWRA membership. Access to the document is restricted, and members must log in to the UWRA website with their password to view and download the tool.

In September 2022, the CFMR hosted a seminar in with speakers from the Aging and Disability Resource Center (ADRC), the Area Agency on Aging (AAA), and other local agencies. The panelists informed UWRA members about where to access services and the costs of those services, ranging from in-home help—including caregivers, cleaning, shopping, meals, yard services, etc.—to placement into alternative housing. This webinar was recorded and posted on the UWRA website at [UWRAmadison.org](http://UWRAmadison.org). Click the tab for Presentations, then choose 2022-2023 (Sep-Dec) to find the talk, “Navigating and Accessing Local Resources for Retiring Your Way.”

At first glance, the Decision Tool may look daunt-



ing. The CFMR sub-committee tried to make the completion of the form as easy as possible. The Decision Tool is available in several formats for greater access to members.

UWRA members using the Decision Tool should be as accurate as possible in estimating and entering values in this form. The information will usually be provided by the payor or your vendor—the goal is to be accurate as possible on funds available and your cost estimates, so that you can safely assess whether you can afford to stay in your home or what type alternative living arrangement you can afford. ■

## PLATO

# PLATO Winter Courses Start January 8

PLATO (Participatory Learning and Teaching Organization) offers non-credit, participatory courses meant for seniors who want to continue learning, sharing and making new friends. The content and format of PLATO courses are determined by volunteer Course Coordinators and course participants. The registration period for Winter 2024 courses (both online and in person) opened December 12 and runs through January 8, when courses begin. See [platomadison.org](http://platomadison.org) for course details. ■



**BOOK MARKS**

**Ice Bowl: The Game that Will Never Die**

REVIEWED BY SCOTT HILDEBRAND, UWRA BOARD MEMBER

**R**eading Tony Walter’s book, *Ice Bowl: The Game That Will Never Die* (M&B Global Solutions Inc., 2022), made me think of a classic line from the John Ford western *The Man Who Shot Liberty Valance*: “When the legend becomes fact, print the legend.”

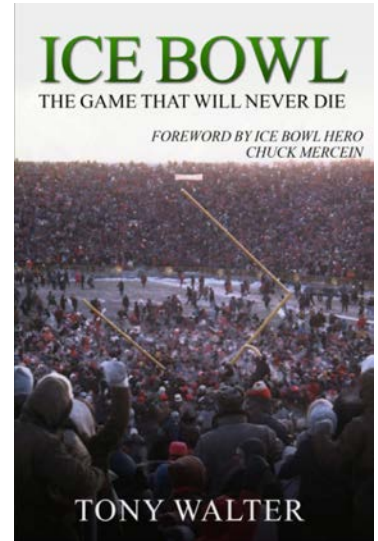
Few sporting events in U.S. history have been mythologized quite like the Ice Bowl—the 1967 National Football League Championship Game between the Green Bay Packers and the Dallas Cowboys that was played in arctic-like conditions at Green Bay’s Lambeau Field. Nearly 56 years later, Baby Boomers still tell tall tales about the game that was decided by Bart Starr’s quarterback sneak with 13 seconds left in the game.

In his retelling of that iconic football game and the frigid day (game-time temperature: -13° Fahrenheit) on which it was played, Walter separates fact from fiction. His stories lead to the conclusion that there is no need to embellish the events surrounding this iconic game. The reality will do just fine.

Walter, a Fitchburg writer who is the former sports editor of the *Green Bay Press-Gazette*, has written three books on Packers history. (Full disclosure: he is a former colleague of mine.)

His authority on the Ice Bowl starts with the fact that he was there. His job that day was supposed to be as a film “runner” for an Associated Press photographer. But the photographer’s equipment froze, leaving Walter with nothing to do but watch the game.

Several stories in the book stand out. One that reflects the game and the time period is the story of Tyler McCormack from De Pere (near Green Bay) and Gary Wayne Cooper, a Dallas native, who listened to the game together on Armed Forces Radio as they stood guard on a bridge near Chu Lai, Vietnam. After completing his tour in Vietnam, McCormack returned to Wisconsin and became a middle school teacher in Wausau. Cooper was critically wounded a few months after the game.



Please email brief book reviews for Book Marks to column coordinator Laurie Mayberry at [laurie.mayberry@wisc.edu](mailto:laurie.mayberry@wisc.edu). ■

**BREAKFAST AT ELIE'S CAFE**

909 E. Broadway, Monona, WI

9:00–10:30 A.M. In-person gathering

**Tuesday, January 23**

Join fellow UWRA members for breakfast (or a cup of coffee or tea) once a month for lively conversation. No registration needed.



**✓ SAVE THE DATE**

**LONG-RANGE DEVELOPMENT PLAN FOR UW-MADISON'S WEST CAMPUS**

**Wednesday, February 14**

10:30 A.M.–NOON Online Webinar

Paul Seitz, director of strategic initiatives in the Office of the Vice Chancellor for Finance and Administration, will discuss the long-range plan for redesigning the University’s west campus. The plan’s goals include fueling the university’s teaching and research mission; enhancing the quality, livability, and sustainability of this area; and investing in university strategic priorities through additional funding sources.

## REFLECTIONS

# Hardware Hunger

BY MARY BARNARD RAY

It doesn't take a round of Auld Lang Syne to get me nostalgic at this time of year. It's natural for all sorts of good memories to come back to me, and



not just mental memories. There's the muscle memory of taking down the Christmas tree and putting away the ornaments and sweeping up the fallen needles, the taste of leftover pumpkin pie, and the crinkling of wrapping paper getting shoved into the recycle

bin. Perhaps the deepest memories are triggered by the smell of the Christmas tree's needles, reminding me of the live trees I've enjoyed for 75 years.

But it's not just holiday memories that carry a punch. Just a whiff of the pine 2x4s at a lumber yard will always take me back to my childhood when I walked beside my father as he checked out the quality of the wood and ordered the amount needed to frame up the house he was building for our family. And it was not just the smell of the wood, but also the feel of the worn wooden floor in the hardware portion of the store, and the sight of the endless little bins holding every sort of nail, screw, washer, and fastener that I could imagine. I loved watching the salesperson weighing out the nails into a paper bag, and I was careful to keep the bag closed as I carried it to our dark green Chevy for the ride home.

Those memories are why I love to find an excuse to go to the hardware store on Williamson Street, where I can still find the worn wooden floors and the rows and rows of little bins of nails, even though the lumber isn't there. Even when I just need a coil of wire to use to hang pictures, I take the time to wander down the aisles and venture over into the adjacent storefront to check out the small tools and knives with hardwood handles. I marvel at the array of items packed into that little

space and contemplate starting a small building project for a few minutes before returning to the reality of my energy and skill set. A child in a toy store could not be filled with more wonder and longing than I feel at that point.

Other friends get nostalgic about other locations: Farm and Fleet is a popular choice, or kitchen remodel displays, or sporting goods stores. For me, though, it's the hardware store or lumber yard that sets me dreaming. Who needs a beach or a fancy resort to get through the winter? I just need the smell of lumber and the feel of nails. ■



## ATTIC ANGEL ASSOCIATION

### January Talks at Attic Angel

The Continuing Education Programs of the Attic Angel Association, open to the public, are held Monday mornings at Attic Angel Place, 8301 Old Sauk Road, in Middleton. Coffee is served at 10:00 A.M. and the program begins at 10:30 A.M. There is no charge, and no reservation is required.

#### January 8 Spirituality in African American Lives

Carlotta Calmese, minister, Fountain of Life Church and former dean at Madison College

#### January 15 Wisconsin Latinx Communities

Armando Ibarra, Vilas Professor of Labor Studies & Chican@ Latin@ Studies, UW-Madison

#### January 22 From the Holocaust to Civil Rights

Chris Halverson, Debbie Konkol, & Joanne Weinberg, granddaughters of a Holocaust victim

#### January 29 Sleep, Health and Aging

Steve Barczi, MD, acting director of the Geriatric Research, Education, & Clinical Center, Madison VA Hospital. ■

**MADISON PARKS**

## Nature Activities & Walks for Seniors Start in January

Starting in 2024, monthly nature activities for seniors will be based at Warner Park Community Recreation Center (WPCRC) on Madison’s north side. Dubbed “Madison FUN Senior Adventures,” the events will take place on the second Thursday of each month, from noon to 1:00 P.M. This program is organized by Madison Friends of Urban Nature (FUN) and NewBridge.

The Senior Adventures are free to all and no registration is required. Naturalist leaders will provide an indoor talk or activity in the WPCRC senior lunch room from October to March. From April to September, they will offer outdoor nature walks or activities in adjacent Warner Park, with use of the indoor lunch room if weather is inclement. Walks and activities are typically led by volunteer Wisconsin Master Naturalists or other nature experts.

The WPCRC has accessible restrooms and drinking fountains. Paths in Warner Park are paved and accessible, and the park includes a wheelchair-



accessible pier overlooking a lagoon (as well as a new wheelchair-accessible playground.)

Seniors have the option to register with WPCRC for a free lunch (optional \$4.50 donation) served from 11:30 to noon, or to arrange for free transportation if needed, by calling 608-512-0000 ext 4006 in advance of the event.

Also, for active people of all ages, 90-minute guided outdoor nature walks are offered every Saturday and Sunday in various Madison parks. Find details of those times, locations, and topics at:

[cityofmadison.com/parks/events/bird-nature.cfm](http://cityofmadison.com/parks/events/bird-nature.cfm). ■

### ■ UW–Madison Retirement Association Calendar Dates ■

Visit the [UWRAMadison.org](http://UWRAMadison.org) website for updates and many additional future events.

**Virtual events (V), In-Person events (IP)**

- |                          |                     |                                                                 |
|--------------------------|---------------------|-----------------------------------------------------------------|
| • Thursday, January 4    | 9:00 A.M.–5:30 P.M. | <i>Jersey Boys</i> at the Fireside Theater (IP)                 |
| • Wednesday, January 10  | 1:00–2:30 P.M.      | Tech Clinic: <i>Personal Fitness Devices</i> (IP)               |
| • Tuesday, January 23    | 9:00–10:30 A.M.     | UWRA Breakfast at Elie’s Cafe (IP)                              |
| • Tuesday, January 23    | 2:00– 4:00 P.M.     | Webinar: <i>Life Insurance in Retirement: Is It Needed?</i> (V) |
| • Wednesday, February 14 | 10:30 A.M.–NOON     | Webinar: <i>Long-range Development Plan. West Campus</i> (V)    |
| • Tuesday, February 27   | 9:00–10:30 A.M.     | UWRA Breakfast at Elie’s Cafe (IP)                              |
| • Tuesday, March 5       | 10:00 A.M.–NOON     | Webinar: <i>Estate Planning and Assisted Living</i> (V)         |
| • Monday, March 18       | 8:00 A.M.–5:30 P.M. | Day Trip: Harley Davidson Museum & Mitchell Park Domes (IP)     |
| • Tuesday, March 26      | 9:00–10:30 A.M.     | UWRA Breakfast at Elie’s Cafe (IP)                              |
| • Thursday, June 6       | 4:00–5:30 P.M.      | Annual Member Meeting (IP)                                      |

For information on Board and Committee meetings and deadlines for **The Sifter**, visit [UWRAMadison.org](http://UWRAMadison.org).

For information on upcoming PLATO trips, visit [platomadison.org/page-18561](http://platomadison.org/page-18561).

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UW–Madison Retirement Association

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### UW–MADISON RETIREMENT ASSOCIATION

Website: [UWRAmadison.org](http://UWRAmadison.org)

Phone: 608-262-0641

Email: [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu)

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