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# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## Join Us for the UWRA Annual Meeting and Reception

BY MARY CZYNSZAK-LYNE, BOARD OF DIRECTORS

The UWRA Board of Directors invites you and your guest to the annual membership meeting on Thursday, June 6, 2024, at the University of Wisconsin Arboretum Visitor Center from 4:00 to 5:30 P.M. Parking is free.

Brenda González, UW-Madison's director of Community Relations, is our invited speaker. She serves as the university's primary point of contact with local community and nonprofit organizations and is responsible for developing strategies to ensure the university is engaged with these organization and the broader community.



Following remarks by González, the UWRA annual

business meeting will include elections of board members and the approval of the 2024-25 budget. Please see agenda below.

If you are new to UWRA or have attended just a few events, we welcome you to join us at the New Member Table. Board members will be available to answer questions or concerns. ■

### MEETING AGENDA

Welcome to members and guests  
Speaker: Brenda González, UW director of Community Relations

Annual business meeting:

- Special rules of order for annual and special membership meetings
- 2023-24 year in review
- Member recognition and thanks
- 2023 annual membership meeting minutes
- 2023-24 board record of action (ROA)
- 2023 audit report
- 2024-25 operating budget
- Amendment to the UWRA bylaws
- Nominating committee report
- Nominations from the floor and election
- New president's remarks
- Adjournment

### UWRA ANNUAL MEETING & RECEPTION

**Thursday, June 6**

4:00-5:30 P.M. | In Person

UW Arboretum, 1207 Seminole Highway, Madison

\$19.00 per person

**Registration Deadline: May 19, 2024**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5505404](https://UWRAmadison.org/event-5505404)



FROM THE UWRA PRESIDENT'S DESK

## Spring Musings

BY TOM BROMAN



I have often joked to friends that spring in the Midwest is never as nice as it ought to be. Given the brutality of our long, cold, snowy winters, to me spring typically flits by all too quickly, oscillating between bursts of late-season snow and miserable, 50° days of rain. Those really nice, 60° days filled with sunshine seem all too uncommon for my liking.

Of course, this winter has upended that moral calculation entirely. Apart from one 10-day stretch of pretty unbearable sub-zero temperatures, it barely felt like winter at all. As I write these words, it is early March; astronomically speaking we are still in winter. Nothing suggests that spring will not come very early this year, as has become customary in the past decade or more. UWRA members are old enough to know what traditional midwestern winters felt like for our grandparents, yet we have lived long enough to experience the long-term effects of climate changes as well.

A UWRA-sponsored webinar a few weeks ago on long-term planning for the western “district” of the UW campus put me in mind of these changes. During my 30+ years in Madison, the western part of campus has transformed dramatically. It is now crowded with new facilities dedicated to everything from medicine to sports and “wellness”—as the enormous new structure on the site of the old Natatorium proclaims—to undergraduate residence halls, and much more. What impresses me about the plan, though, is the goal that it establishes to preserve and upgrade the Lakeshore Nature Preserve and Willow Creek.

Noteworthy too in the plan is its promise to acknowledge the UW campus as sitting on Ho-Chunk land. Needless to say, talk is cheap, and we will

have to see if the UW’s leaders carry through on their ambitions, or if the intention remains merely the empty promises of glossy marketing materials. But done thoughtfully and with the active collaboration of members of the Ho-Chunk, the entire campus could become an open-air setting for teaching students, staff, and visitors what this place once was. That would be something worth celebrating—with a springtime stroll in March, perhaps! ■

✓ **THERE IS STILL TIME TO REGISTER**

### ANNUAL ETF/SWIB UPDATE

**Thursday, April 11**

10:00 A.M.–NOON | Online Webinar

**Registration Deadline: April 8**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5557007](https://UWRAmadison.org/event-5557007)



### FOOD PANTRY CONTRIBUTIONS

In lieu of registration fees for most UWRA webinars and programs, members are encouraged to donate 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.

An estimated 12% or 5,438 UW–Madison students are food and resource insecure. With this dramatic increase comes an equally dramatic rise in the pantry’s need for financial support. In 2022–23, UWRA members contributed \$2635 to Open Seat. As of March 2024, we’ve collected only \$930. Please donate if you can.

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. ■

**FINANCIAL MATTERS WEBINAR**

# Plan Today! Don't Leave Your Heirs Picking up the Pieces

BY SANDI HAASE AND TOM EGGERT, MEMBERS, FINANCIAL MATTERS IN RETIREMENT COMMITTEE



**P**lanning and making end-of-life choices are hard and not something most of us want to talk about. After all, when we are gone, we no longer need

to make any decisions, nor can we care about the “correctness” of those decisions. We’ve fought all our lives to be responsible, but death allows us to escape any further responsibility. But, someone needs to make decisions after we’re gone.

By some estimates, there are 150 different decisions that need to be made by survivors after a death, some economic and some not. It would be thoughtful of us to provide some guidance to those future decisionmakers regarding our wishes. These wishes might include what will happen with our bodies, what kind of memorial service we want, wording for an obituary, who should be notified, and how we want to be remembered.

Additionally, there are financial issues connected to the passing of a loved one. How does one prepare for end-of-life costs, and how do our assets pass on to our heirs? What are the pros and cons of a prepaid funeral, a separate end-of-life fund, burial insurance, life insurance, making provisions in a will or trust, or giving money to the individual who is expected to manage your affairs?

Join us for a discussion with Melissa Theisen, advanced planning and aftercare specialist, Gunderson Funeral Homes. and attorney Peter Osman of Borakove Osman, LLC, as they address some of the 100+ decisions that accompany the passing of a loved one.

*If you have preliminary questions for the speakers, please send them to program coordinators Sandi Haase at [sandi.haase@wisc.edu](mailto:sandi.haase@wisc.edu) and Tom Eggert at [tleggert@wisc.edu](mailto:tleggert@wisc.edu) by Monday, May 6. ■*

**Attorney Peter C. Osman** is a partner at and cofounder of Borakove Osman LLC, a boutique estate planning and business planning law firm in Madison. He focuses his practice in the areas of estate planning, elder planning, business planning, and estate administration.



**Melissa Theisen** is an advanced planning and aftercare specialist with Gunderson Funeral Homes. She assists families making important decisions in advance about their final arrangements. Her career has included work as director of development and communications with the Alzheimer’s & Dementia Alliance of Wisconsin, sales and marketing specialist with Trails Media Group, and executive director for the Mount Horeb Area Chamber of Commerce.



**END OF LIFE PLANNING**  
**Monday, May 13**  
 1:00–3:00 P.M. | In Person  
 Oakwood Village, University Woods  
 6205 Mineral Point Rd, Madison (room tba)

**Registration Deadline: May 10, 2024**  
 Advance registration is required. Register online at:  
[UWRAmadison.org/event-5587797](https://UWRAmadison.org/event-5587797)

**Online registration for UWRA in-person events and 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)

TRAVEL

## Day Trip to See *Beautiful: The Carole King Musical*

BY SANDI HAASE, MEMBER, TRAVEL COMMITTEE

The inspiring true story of Carole King's journey from teenage songwriter to the Rock and Roll Hall of Fame is a Tony and Grammy Award-winning musical phenomenon. Join this all-day bus excursion to the Fireside Theatre in Fort Atkinson, which includes lunch and the performance.



Before she was hitmaker Carole King, Carole Klein was a spunky young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trail-blazing success with her album *Tapestry*, *Beautiful: The Carole*

*King Musical* takes

audiences back to where it all began. Featuring such unforgettable classics as "You've Got a Friend," "One Fine Day," "Take Good Care of My Baby," "You've Lost That Lovin' Feeling," and "Natural Woman," the show is filled with the songs you remember and a story you'll never forget.

The UWRA and the Verona Senior Center are partnering on this travel opportunity. Seating is limited, so register promptly. Registrations must be received no later than noon on Friday, April 26, 2024.

The bus will make two pickups: 8:45 A.M. at the Verona Senior Center and 9:15 A.M. at the Dutch Mill Park & Ride on the east side of Madison. The return times are 5:00 P.M. to Dutch Mill and 5:30 P.M. to Verona.

The cost of the trip is \$143 per person and includes bus transportation, driver tip, admission fees,

lunch, taxes, and gratuities. Meal details and the refund policy are on the registration web page.

If you have questions, contact trip coordinator Sandi Haase at [sandi.haase@wisc.edu](mailto:sandi.haase@wisc.edu) or the UWRA office at 608-262-0641. ■

### BEAUTIFUL: THE CAROLE KING MUSICAL

Friday, May 17

8:45 A.M.–5:30 P.M. | In Person | \$143.00  
Fireside Theatre, Fort Atkinson

**Registration Deadline: April 26 (noon)**

Advance registration is required. Register online at:  
[UWRAmadison.org/event-5580702](https://UWRAmadison.org/event-5580702)

TRAVEL

## Check UWRA Website for More Summer Day Trips, Overnights, & Travel Abroad

The UWRA and Verona Senior Center travel committees recently partnered to offer day trips and longer tours, even foreign travel. Both organizations have benefited—filled buses, a plethora of activities, and new people to meet.

On [UWRAmadison.org](https://UWRAmadison.org), travel is now listed under "Activities." Upcoming opportunities include:

- Charming Galena, Illinois, June 12
- Adventures in Dubuque, August 4–5 (overnight)
- Discover the Colorado Rockies, August 30–September 7
- Apple Holler, September 24
- Discover Sunny Portugal, October 27–November 5

Other activities in the works that will be posted soon include: June 26 Brewers Game, American Players Theatre, Betty Lou Cruise, International Crane Foundation, a lavender farm, a candy factory, overnight in Minocqua, and more. Visit the UWRA website often for trip details and registration deadlines. Mark your calendars for enjoyable spring, summer, and fall activities. ■

**UWRA NEWS**

# Join the Committee on Financial Matters in Retirement

BY JACK SORENSON AND JURGEN PATAU, CO-CHAIRS, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

The Committee on Financial Matters in Retirement (CFMR) offers a variety of programs and opportunities to help UWRA members better understand financial, economic, and investment issues, as well as state and federal benefits in retirement. The committee seeks to understand the needs and interests of our membership and then respond to those interests with experts that we can draw from the University of Wisconsin, state officials, and our broader contacts.

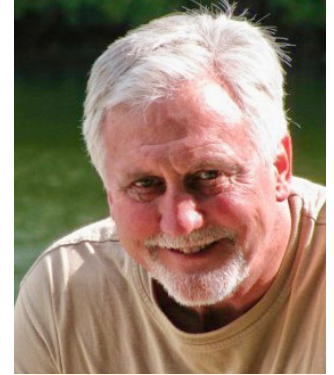


The CFMR has organized seminars and webinars on such topics as U.S. economic forecasts, tax updates for seniors, trusts and wills, ETF and SWIB health and

pension benefits, life insurance in retirement, end-of-life planning, retirement living facilities, and investing.

The committee's activities are not restricted to organizing seminars. Over the past several years, specific topics of interest have led to the creation of subcommittees to research, codify, and present information through CFMR seminars. Two such instances, which speak to the dedication of individual CFMR members, have been very well received by the UWRA membership:

- A study of senior living and care communities (SLCCs). The subcommittee studied the most comprehensive SLCCs in the greater Madison area and compiled information about types/number of housing units available, levels of service, costs, ratios of staff to residents, etc. The research was presented in seminars over two successive years.



- *Living Ledger* is a tool for identifying and locating personal documents that heirs, executors, and agents with power-of-attorney may need when handling financial resources, real or virtual property, and end-of-life issues. *Living Ledger* is available for download on the UWRA website and for purchase (paper version) at the UWRA Store.

The CFMR welcomes fellow retirees with interests in financial, economic, and investing topics and a willingness to help coordinate a program or two along with the rest of the team.

The CFMR meets the first Friday of each month, September through May, 10 A.M. to noon. Interested UWRA members may visit a committee meeting before making a commitment. Meetings are posted on the UWRA website under the "Committee" heading.

For additional information about the CFMR, please contact us at [jwsoren1@gmail.com](mailto:jwsoren1@gmail.com) or [jrpatau@wisc.edu](mailto:jrpatau@wisc.edu). ■

## BREAKFAST AT ELIE'S CAFE

**Tuesday, April 23**

9:00–10:30 A.M. | In Person  
909 E. Broadway, Monona, WI

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



MEET A UWRA MEMBER

## Social Wasps and Birkebeiners

BY BOB JEANNE

I grew up in Garden City, New York, a bedroom community on Long Island. It was through a fortuitous alignment of summers in rural New Hampshire and influential biology teachers in high school and college that I ended up earning a PhD in biology under Edward O. Wilson at Harvard, based on fieldwork along the Lower Amazon in Brazil.

After short stints on the faculties of biology at the University of Virginia and Boston University, I joined the Department of Entomology at UW–Madison in the fall of 1976. I was hired to teach introductory entomology and an advanced course in insect behavior. The latter was particularly fun, with the nearly endless diversity of insects providing plenty of material to illustrate the myriad fascinating ways they have evolved to survive and reproduce.

Within months of arriving in Madison, my wife, Louise, and I bought a small “starter” home on the west side of town. By the time we had our two boys in the early 1980s, mortgage rates had surged to 18%, so we stayed put and added on to our house.

In addition to teaching, I pursued a research program focused on insect social behavior, mainly on social wasps, both tropical and temperate. I continued fieldwork mainly in Brazil and then Costa Rica. Other countries I visited, both to attend meetings and for fieldwork, include Mexico, Suriname, Venezuela, Peru, Australia, India, Japan, Russia, and various parts of Europe.

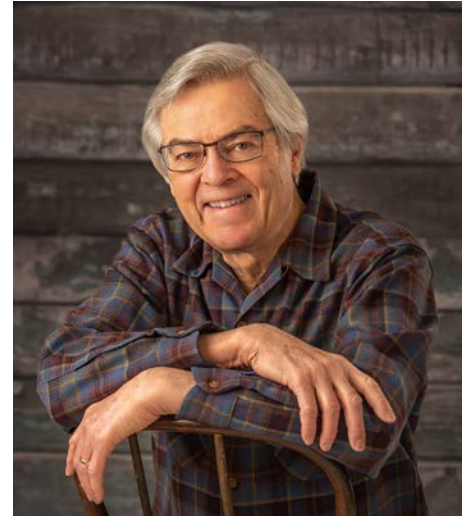
Since retiring at the end of 2009, I continue with backyard gardening (mostly vegetables). I built a wine cellar in our basement and have also developed my photography skills. Louise and I have gotten into foreign travel (for pleasure, not to attend meetings), with two-to-three-week trips

to the Greek islands, Italy, Portugal, Spain, southern Africa, the Galapagos islands, and Patagonia.

I have particularly enjoyed documenting these experiences with detailed photo books.

We also travel every summer to New Hampshire, where we have a summer home.

Two of the best decisions Louise and I have ever made were to take up cross-country skiing and to join a gym. I have completed 32 50-km American Birkebeiner cross-country ski races in Hayward, Wisconsin, and continue to do the shorter 15-km race. I play a central role in AFC (Academic Fellowship Club), a UW faculty dinner group that meets monthly. A fun fact about me: I have reached the tops of both Mt. Fuji and Mt. Kilimanjaro. ■



February 1–29, 2024

### WE WELCOME NEW MEMBERS

**Jack Cox**  
**Cecilia Ford**, *English & Sociology*  
**Kurt Hansen**, *Medicine*

**Maria Muniagurria**,  
*Economics*  
**Bruce Schweiger**, *CALS–Agricultural Research Stations*

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

**ACTIVITIES IN RETIREMENT**

**The Madison Herb Society**

BY SHEILA LEARY, UWRA MEMBER

Since sometime in the 1990s, I have been a member of the Madison Herb Society (MHS). Although some wags arch an eyebrow and make marijuana jokes, the MHS is a nonprofit organization dedicated to educating members and the public about using a vast array of herbs and spices for cooking, crafts, wellness, horticulture, household cleaning, skin care, and more. We're all about the parsley, sage, rosemary, and thyme ... and the ashwagandha, mullein, nettle, and calendula as well!

My initial interests were in growing and cooking with herbs, but over time I have learned to make wreaths and swags, create my own herbal tea blends, make moth-repellant pouches to place with stored woolens, and apply fresh aloe sap to a burn. I've also developed an interest in history and folklore about herbs. There are many clever English folk songs about thyme and time.



Sheila Leary (far left) and some members of the Madison Herb Society, touring a lavender farm.

The MHS ([madisonherbsociety.org](http://madisonherbsociety.org)) was founded more than 40 years ago by local enthusiasts who helped Olbrich Botanical Gardens establish its herb garden. The group also decided to create a public event, with speakers and vendors, to promote inter-

est in using herbs. In November 2023, MHS held its 42nd annual Madison Herb Fair at Olbrich Botanical Gardens in Madison. The society meets monthly to hear speakers, make excursions, or partake in fabulous potluck teas or dinners. For speakers, we typically meet at Olbrich Gardens, though occasionally we meet virtually. Excursions are usually to gardens and herb farms, nurseries, apothecaries, and specialty food shops.

As a volunteer for MHS, I've served on the board for many years. Since my professional work was with the University of Wisconsin Press, in retirement I have applied career skills to serve the MHS as newsletter editor, Herb Fair publicist, and (past) society president.

What are my favorite herbs? Lemon verbena (for its scent), sorrel (for its flavor and garden hardiness), and witch hazel (for skin care). I typically grow more than 40 plant varieties with herbal uses in my gardens or indoors, from aloe and anise hyssop to stevia and wood violets. ■

**VOLUNTEER OPPORTUNITY**

**Help Seniors Stay Independent**

BY GALE BARBER, UWRA MEMBER

Consider volunteering for the Seniors Program at WayForward Resources, Inc. (formerly Middleton Outreach Ministry). WayForward provides access to nutritious food for people throughout Dane County and support that helps people stay in their homes in Middleton, Cross Plains, and west Madison.

The Seniors Program offers a ride service taking seniors to a variety of appointments. Drivers sign up for rides to meet their schedules. The seniors are so appreciative of the service and enjoy the interactions with drivers. Drivers also enjoy these interactions!

To learn more, visit [wayforwardresources.org/volunteer/volunteer-driver-rides/](http://wayforwardresources.org/volunteer/volunteer-driver-rides/) or contact Volunteer Program Manager Pam Higham at [pam@wayforwardresources.org](mailto:pam@wayforwardresources.org) or by phone at 608-826-3409. ■

BOOK MARKS

## Ahab's Wife

REVIEWED BY CRESCENT KRINGLE, COORDINATOR,  
MEET A MEMBER COLUMN

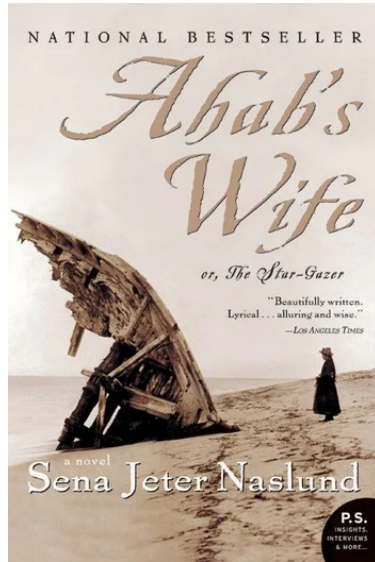
I read Herman Melville's *Moby Dick* for one of my English classes at UW–Madison in the 1970s. A few years later, I was happy to trade it to my neighbor for a copy of Boris Pasternak's *Doctor Zhivago*.

You certainly don't need to be familiar with *Moby Dick* to read *Ahab's Wife: Or, the Star-Gazer* by Sena Jeter Naslund (Harper Collins, 1999). But if you are, you will recognize the references to Melville's novel. The first sentence—"Captain Ahab was neither my first husband nor my last"—is as intriguing as the first sentence of *Moby Dick*: "Call me Ishmael."

The narrator of Naslund's historical novel is Una Spenser. We find out in the book from her mother, "I named you from Spenser's *Faerie Queene*, because I wanted you to be brave and true like Una."

Una spends her early life in Kentucky with her parents. When Una is 12, her mother sends her north to live in a lighthouse on an island with Una's aunt, her husband, and their young daughter. It is there that Una begins to see what life is like away from her strict (and sometimes violent) religious father, who punishes her for her lack of Christian belief. After arriving at the lighthouse, she says "The Lighthouse itself became my church, my single tall tree trunk, my faith in stone and earth, and, eventually, my conduit to the sky."

Religion is just one of the themes Naslund addresses as Una experiences the sea, the sky, friendships, love, marriage, madness, death, and loss. Her relationships with family, as well as a variety of



individuals who come from diverse backgrounds (including Captain Ahab), are central to the book. She also encounters (and sometimes befriends) some famous nineteenth-century characters whom you are sure to recognize. As the story evolves, Una becomes a woman who is admired for her tolerance and resilience.

I would encourage you to also check out two of my other favorite Naslund books: *Abundance: A Novel of Marie Antoinette*; and *The Fountain of St. James Court: Or, Portrait of the Artist as an Old Woman*.

By the way, a couple of years ago, I saw a tiny copy of *Moby Dick* at a used bookstore. I was drawn to it by its small size and gold edges. ... I read it again! ■

### UWRA NEWS

## Password Access to UWRAmadison.org

The UWRA recently was asked about the requirement for a password to access some areas of the [UWRAmadison.org](http://UWRAmadison.org) website. When the website was designed, there was a decision to protect the identity of our members, secure materials directly related to the business of the association, and ensure that direct membership benefits are available only to members. The website is designed with a public section and a members-only section.

To access materials meant only for members, log in using your email and password. The members-only section includes the membership directory, board of directors' materials and minutes, association financial reports, etc. This section also includes the UWRA Store, with access to a significant membership benefit: *Living Ledger*, a document to help you complete information to assist your heirs in settling your estate. Additionally, you will find the subscription order form for the print edition of *The Sifter*.

Are you thinking you don't have a password or can't remember it? Easily establish or change your password by going to [UWRAmadison.org](http://UWRAmadison.org), enter your email, and click on "forgot password." You'll receive an email with instructions to reset your password. Check out the members-only resources today! ■



**ELECTRONIC TECHNOLOGY**

**Digitizing Memories: Your Participation Requested!**

BY JANE RICHARD, KATHY CHRISTOPH, BRAD HUGHES, AND SCOTT SPRINGMAN, MEMBERS, ELECTRONIC TECHNOLOGY COMMITTEE

The Electronic Technology Committee is planning a program for Fall 2024 about saving digital memories. We need your help designing a program that will meet your interests.

If you have photos, home movies, cassette tapes, etc., in a closet, a box under the bed, or on a thumb drive in a drawer calling for your attention, your experience is invaluable to us! If you'd like to learn more about preserving and organizing these memories in digital form, please participate in our \*short\* survey, which will be open until May 31, 2024, at [go.wisc.edu/erxf90](http://go.wisc.edu/erxf90).



If you are reading the print edition of *The Sifter*, to get the link in your email (or to get a paper copy of the survey), please send a message to [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com). Or, mail a request to: UWRA, 21 N. Park St., Room 7205, Madison, WI 53715-1218. ■

**UWRA NEWS**

**Home Page Reorganized**

BY THE BUSINESS OFFICE & OPERATIONS TEAM (BOOT)

Have you visited the UWRA homepage lately? The previous heading "Programs" has been separated into two separate listings—Seminars and Activities. The Seminar section lists speaker-led presentations (whether in person or virtual). The Activities section lists gatherings, trips, tours, and receptions. Dates to Remember are listings of recurring events such as the monthly UWRA Breakfast gatherings.

BOOT welcomes your thoughts and suggestions about the UWRA website. Please send them to Sandi Haase, webmaster, at [sandi.haase@wisc.edu](mailto:sandi.haase@wisc.edu). ■

**WEBINAR RECAP**

**Innovative Uses of Instructional Technology at UW-Madison**

BY BRUNO BROWNING, CO-CHAIR, ELECTRONIC TECHNOLOGY COMMITTEE

This February the Electronic Technology Committee sponsored a webinar on how UW-Madison is helping students learn with new technologies, including artificial intelligence, virtual reality, and learning analytics.

The webinar featured three thought leaders on these subjects: John Zumbrunnen (vice provost for Teaching and Learning) talked about evolving trends in course modalities, data-empowered educational practices, and campus-level approaches to the opportunities and challenges that the burgeoning field of artificial intelligence bring.

Laura Grossenbacher, director of the Technical Communication Program in the College of Engineering, talked about integrating ChatGPT into a technical communications course and helping students think critically about when and how to use such tools—and when not to.

Karen Schloss (associate professor of psychology) discussed the UW Virtual Brain Project, which takes a novel—and evolving—approach to teaching functional neuroanatomy to undergraduates both in the classroom/lab setting and otherwise.

The three presentations were followed by an interesting question-and-answer session that touched on, among other things, the future directions that artificial intelligence may take.

If you were not able to attend the live webinar, we encourage you to take a look at the recording. We think you'll find it fascinating and rewarding.

Visit the UWRA website ([UWRAmadison.org](http://UWRAmadison.org)) then select Resources/Presentations/2023-24 Jan-Jun to find a video of this presentation. ■

## REFLECTIONS

# Here Comes the Sun

BY MARY BARNARD RAY



I've said it before—I like the change of seasons we have here in the middle of North America. Even though climate change is making it more unpredictable in terms of when the change will occur, we do still have change.

Perhaps the most obvious change we see is in the deciduous trees, which show us a minimum of four different looks every year.

I love this sense of change so much that I've painted a banged-up old cream can to help me honor each season. The dents in the cream can reminded me of trees with their branches, so I painted trees on the dents, dressing each one in a different phase of growth. As the season progresses from the first emergence of spring blossoms to fully leafed trees to the first changing fall colors, I turn the can around to show the appropriate tree. The seam on the can stands between the snows of winter and the first growth of spring. From year to year, the time when I turn the can changes, depending on how early spring comes or the timing of the first hard frost.



The more reliable marker of the annual sweep of time is the sun itself. Situated as we are, just a little closer to the equator than to the North Pole, the swing of the sun as it rises and sets grounds me daily in my sense of time. Our house faces due north, and my office is in the west end of the house, so every afternoon I am able to observe the slow march of the sun as it sets. In December, it sets behind my neighbor's back yard. In mid-Feb-

ruary it begins to shine in my eyes through the west window. As February and March progress, the sunset moves farther from left to right, but still shines in my eyes. By April it will be no longer shining in my eyes as it sets. By June, its beams will be slanting through the north window of my office and sending an hour or so of direct sunlight onto the plants in my front bay window.

Then the sun begins its march back toward the south, spending a few months shining in my eyes again until it reaches my neighbor's backyard. If I pay close attention, I can sense the daily change and, with it, I sense the very movement of the earth around the sun. Amid the worrying change in global weather patterns, at least we have this comforting rhythm that remains predictable. ■

## ATTIC ANGEL ASSOCIATION

### April 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.

**April 1** No program.

**April 8 *The Luckiest Boy in the World*** Patrick McBride, cardiologist and author, shares experiences as a batboy for the Brewers, on the bench with the 1971 Bucks, and with the Packers in his youth.

**April 15 *A New Wisconsin State Historical Society Building on the Capitol Square*** Christian Øverland, the Ruth and Hartley Barker Director, Wisconsin State Historical Society.

**April 22 *Overture's 20th Anniversary Celebration*** Emily Gruenewald, vice president of development, Overture Center for the Arts.

**April 29 *Human Trafficking*** Marlene Sorenson, Zeteo Community; McKenzie Valenza, certified peer specialist with Project Respect; and Dave Mahoney, former Dane County sheriff. ■

**MADISON SENIOR CENTER**

**April Classes for Seniors**

**Laughing Bodies, Dancing Minds**

**Tuesdays, 2:30–3:30 P.M., April 2–May 21**

Come to the Madison Senior Center for a movement class with the remarkable Li Chiao-Ping. Her classes focus on warm-up techniques, strength and stretching exercises, core work, breathing, and energy flow. No prior dance experience needed.

Li Chiao-Ping is the Sally Banes Professor of Dance and Vilas Research Professor with the UW-Madison Dance Department. She is also the artistic director of Li Chiao-Ping Dance. She has a special interest in working with older adults and demonstrating that dance is beautiful and rewarding at any age.

Meets at the Madison Senior Center, 330 W. Mifflin St. The 8-week session is \$54. Financial assistance is available. To register, call MSC at 608-266-6581.

**Learn to Fall Safely**

**Wednesdays, 1:30–2:30 P.M., April 3–24**

Learn to fall safely and get back up without injury. Falls are a leading cause of death for older adults

in Wisconsin. We will use thick “crash mats” for practicing. Classes are progressive, and attending all four classes is recommended.

Meets at the Madison Circus Space, 2082 Winnebago St. Fee is \$15 per class. Financial assistance is available for adults age 55 and older. To register, call MSC at 608-266-6581.

**Brain & Body Fitness**

**Thursdays, 1:00–2:15 P.M., April 4–25**

Changes in brain health, such as Alzheimer’s disease and dementia, are one of the greatest health and societal challenges facing Wisconsin communities. The Brain and Body Fitness program aims to provide free, research-informed education on maintaining brain health and engaging in brain and physical exercises.

Meets at the Madison Senior Center, 330 W. Mifflin St. These classes are free of charge to adults age 55 and older. To register, call MSC at 608-266-6581. ■



**■ UW-Madison Retirement Association Calendar Dates ■**

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

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

- |                         |                     |   |
|-------------------------|---------------------|---|
| • Thursday, April 11    | 10:00 A.M.–NOON     | Webinar: <i>Annual ETF &amp; SWIB Update</i> (V)                        |
| • Tuesday, April 23     | 9:00–10:30 A.M.     | UWRA Breakfast at Elie’s Café (IP)                                      |
| • Monday, May 13        | 1:00–3:00 P.M.      | Seminar: <i>End of Life Planning</i> (IP)                               |
| • Friday, May 17        | 8:45 A.M.–5:30 P.M. | Day Trip: <i>Beautiful</i> , Carole King Musical, Fireside Theatre (IP) |
| • Tuesday, May 21       | 1:00–3:00 P.M.      | What’s It Worth? UWRA Appraisal Fair (IP)                               |
| • Tuesday, May 28       | 9:00–10:30 A.M.     | UWRA Breakfast at Elie’s Café (IP)                                      |
| • Thursday, June 6      | 4:00–5:30 P.M.      | Annual Members Meeting, Reception, & Speaker (IP)                       |
| • Wednesday, June 12    | 8:45 A.M.–5:30 P.M. | Day Trip: Charming Galena, Illinois (IP)                                |
| • Sun–Mon, August 4–5   | 8:00 A.M.–5:00 P.M. | Overnight Trip: Adventures in Dubuque, Iowa (IP)                        |
| • August 30–September 7 | 9:00 A.M.–5:00 P.M. | Week-long Trip: Discover the Colorado Rockies (IP)                      |
| • October 27–November 5 | 9:00 A.M.–5:00 P.M. | Week-long Trip: Discover Sunny Portugal (IP)                            |

For information on events, 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).

## THE SIFTER

UWRAmadison.org

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c/o Division of Continuing Studies

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