

The SIFTER

A NEWSLETTER OF THE UW-MADISON RETIREMENT ASSOCIATION

on the web at <http://uwra.wisc.edu>

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RETIREMENT
ASSOCIATION

University of Wisconsin-Madison

November 2015

Financial seminar: state of the US economy

by Kathleen Irwin, Co-Chair, Committee on Financial Matters in Retirement

Wednesday, November 18, 2:30 to 4:30 p.m.

CUNA International Theater, 5810 Mineral Point Road

The recent wild ride on the stock market has left most of us confused as to what's happening there. And many of us are wondering what, if any, effect the troubling fluctuations in the stock market will have on the overall health of our economy and what the various economic indicators are telling us. Fortunately, **Steve Rick**, director and chief economist for business development of the CUNA Mutual Group and one of our most popular speakers in past financial seminars, has agreed once again to give us an update on the health of the US economy and to offer his predictions on where we are headed.

The food pantry recipient for this event will be **St. Vincent de Paul**. Both cash and checks payable to St. Vincent de Paul will be accepted.

Registration

Advance registration is required. Contact the Association office (see masthead), by Friday, **November 13**, to register. If you or your companion registered for the seminar but cannot attend, please call 262-0641 by 1:00 p.m. on the day of the program to enable us to comply with our host's security requirements.

Financial seminars are offered free to UWRA members, and members may bring guests who are not members of the Retirement Association. Please indicate that you plan to bring a guest when you register.

Parking

CUNA International Commons is the round building in the center of the CUNA campus on the corner of Mineral Point and Rosa Roads. The entrance and parking are located on the north side of the building (not on the side facing Mineral Point Road). Parking is limited near the building, so carpooling is encouraged.

Additional parking is available in the Garner Park parking lot on Rosa Road. Please be aware that strict registration and security procedures need to be followed when entering the building. No food or beverages are allowed in the International Theater.

Second annual golf outing

by Jan Richardson, Chair, Social Committee

Eleven people participated in our second Association-sponsored 9-hole golf outing at Odana Hills Golf Course on September 30. Although the weather was on the cool side, feedback was positive indicating people would participate if we held a similar outing next year. Guests were welcome, and folks got together informally for lunch at the clubhouse after the game. Individuals suggested possibly scheduling the event earlier in September. Any other suggestions on how we could make it better are welcome!

Food trends and nutrition myths

by Jan Richardson, Chair, Social Committee

The second in the series of sessions on nutrition is being held at Capitol Lakes, 333 W. Main St., November 19 from 1:00 to 3:00, with the presentation starting at 1:30. Our speaker will be **Cassie Vanderwall** from UW Health who will explore healthy food habits and popular nutrition trends such as gluten-free diets, organic versus non-organic, and the debate surrounding GMOs, as well as many more! Learn how to debunk common myths and achieve a sound and sustainable dietary lifestyle.

Please register by emailing retireassn@mailplus.wisc.edu or calling the UW-Madison Retirement Association at 262-0641 by **November 12**. Free ramp parking is across the street. Enter off Washington Place (between W. Main St. and W. Washington Ave.). Push blue button to obtain ticket and park in spaces marked "Capitol Lakes Reserved." After the program the Capitol Lakes front desk will validate your ticket. If the gates are open, tickets will not be dispensed, and you will not need one in order to leave.

Support our schools

by Peg Davey, Member, Volunteering Committee

Last spring, at the end of the school semester, the Retirement Association office received a most welcome packet. In it were two dozen pages of student artwork, all neatly folded in half. A teacher created a page saying, "Dear UW-Madison Retirement Association. Thank you for supporting Midvale School! From [student names]." The students added their own crayon artwork. Two added "I love you" and two said "Thank you for the donashins."

Each year UWRA matches our members' contributions to Dane County public schools or the Foundation for Madison's Public Schools with a special grant. Once the contributions reported to the UWRA office reach \$1,000, we provide a check to either the Schools Foundation or, more often, to our partner school, Midvale Elementary, for needs outside the school's budget.

I particularly enjoyed presenting a check on behalf of UWRA to the Midvale principal, Rebecca Galvan, who received her BS in elementary education and Spanish from UW-Madison and who was wrapping up her first year. She had also received degrees from Portland State (MS - Educational Policy) and Edgewood College (EdD - Doctor of K-12 Educational Leadership). Before coming to Midvale, Rebecca was a dual-language immersion teacher in Portland, Oregon, and taught Spanish and humanities at the American Embassy School in New Delhi, India. I left our brief meeting feeling that Midvale is fortunate to have her as their leader and proud of still another UW-Madison grad!

We encourage you to continue supporting not only Midvale but all our public schools with contributions to any Dane County public school (reference the Principal's Discretionary Fund) or to the Foundation for Madison's Public Schools. Please report these donations to the Retirement Association office, retireasn@mailplus.wisc.edu, so they can be applied to our matching fund.

UWRA is further connected with Midvale by members who volunteer in classrooms. To **volunteer at Midvale or any Madison or Dane County public school**, contact the Madison Metropolitan School District office at <https://partnerships.madison.k12.wi.us/volunteer> or contact the school directly.

Breakfast at Sofra

Always 8:30, always interesting conversation, and good food. 7457 Elmwood in Middleton on dates shown in the calendar.

ETC report: seminar tells members about the benefits and risks of using social media

by Louise Robbins, Member, Electronic Technology Committee

Questions flew fast and furiously for presenter **Pete Valeo** of DoIT as he gave UWRA members an introduction to Facebook and Twitter. The well-received September 29 session was held in the Oakwood Auditorium with 63 in attendance.

Valeo described the vast exploding social media universe as including programs that allow sharing, publishing, discussing, gaming, networking, localization, and crowdsourcing, among others. He explained that social media entities make their money by data mining, or identifying and aggregating information about social media users, so that companies can better target advertising. More than 1.3 billion people now participate in Facebook, for example, making it a rich source of data.

After explaining Facebook's structure and demonstrating aspects of its use, Valeo responded to and demonstrated answers to questions on topics ranging from privacy, to blocking of posts or ads, to learning what pages exist, to creating an event, and even what happens to your Facebook site when you die. How to create a Twitter account or to follow someone on Twitter were also covered, although in less detail.

Welcome to these new members of the Association, 7-25-15 through 10-11-15

Michelene Belger
Bob Blitzke & Jane Grogan
Connie & Dick Brachman
Cathy Cuccia
Claire Dick
Tom & Rozellan Goldsworthy
Jane Grinvalsky
Laura Hunt
Vincel Jenkins & Stefanie Moritz
Joanne Jones
Leslie Ladd & Bill Hantke
Patricia McConnell
Madeline Morgan
Rick & Diana Myers
Frank & Sydell Power
Rolf Reitz
Jim Rogers
Kewal Saluja
Lynn Squire
Clark Thompson

Fall University Roundtable series

by Jake Smith, Deputy Secretary of the Academic Staff

Each semester, the University Roundtable features lunch programs with a talk by a member of the university community. Roundtable programs are open to members of the university community and their guests. Programs are in Varsity Hall in Union South from 11:45 a.m. until 1:00 p.m.

In the November 11 session, Professor Susan Cook, Director of the School of Music, will explore the intersection of music, dancing, and Progressivism at the turn of the 20th century in her presentation “Offensive, Objectionable, and Mad.” (To sign up for the November session, go to <http://go.wisc.edu/35nv2s>.)

On December 16, School of Human Ecology Professor Wei Dong will give participants a glimpse into the concepts behind—and the art of—Feng Shui. (To sign up for the December session, go to <http://go.wisc.edu/54x7fo>.)

Each luncheon costs \$10, and reservations can be made using the links above. For further details, please visit the University Roundtable page at <http://acstaff.wisc.edu/roundtables>.

2015 Partners in Giving Campaign

by Lori Berquam, Chair, University Coordinating Committee, Partners in Giving, and Dean of Students, UW-Madison

Did you know that retired former employees of the State of Wisconsin, University of Wisconsin-Madison, and UW Hospital & Clinics in Dane County can continue to support many of their favorite charitable organizations by contributing to the Partners in Giving campaign? Further information about giving in retirement is available at <http://giving.wi.gov/section.asp?linkid=1842&locid=17>.

To give by **cash or check**: Request a Partners in Giving **booklet and pledge form** from the campaign’s fiscal agent, United Way of Dane County, by contacting Carli Wilke, cwilke@uwdc.org, 608-246-5482. You also can access the campaign booklet at <http://www.secc.wi.gov/docview.asp?docid=26900&locid=17>.

Send the **white copy** of the completed pledge form with your cash or check (payable to “Partners in Giving”) to Partners in Giving, P.O. Box 7548, Madison 53707. Retain the **pink copy** of the pledge form for your records. You may discard the yellow copy.

To give by **credit card** using our secure server, visit the Partners in Giving website, https://www.givingnexus.org/_partnersingivingretiree/. Click on Register and follow the instructions.

Thanks for considering how you can support this important annual campaign. Every gift makes a difference!

Herbs!

by Sheila Leary, Vice President, Madison Herb Society

All things herbal will be celebrated at the thirty-third annual Herb Faire in Madison, sponsored by the Madison Herb Society, taking place Saturday, November 7, from 9:00 a.m. to 3:00 p.m. at Olbrich Botanical Gardens, 3330 Atwood Avenue. The Herb Faire features speakers and local vendors offering products from teas and baked goods to live plants, bath and body products, and herbal gifts. This year’s theme is “Herbal Wisdom,” and the Herb of the Year is sage. Admission is free. For more information visit <http://madisonherbsociety.org>.

Neighborhood House launches programs for older adults

by Andy Millman, Executive Director

Neighborhood House Community Center recently began programming for older adults. They have a social drop-in every Wednesday morning from 10:00 to noon, with treats and games. In addition, Neighborhood House is now a site for PLATO classes. Their first class, “Fiction Writing Workshop,” meets on Wednesday afternoons from 1:00 to 3:00. An “Ask the Tech” class, where people can learn about social media, including Facebook, Twitter, and Instagram, as well as working with all of the Google functions, meets on Thursday afternoons from 1:00 to 3:00. Neighborhood House is currently looking for volunteers to help plan and suggest additional programs.

If you’re interested in any of these programs, or in helping plan additional programs, please call 255-5337 or email andy@neighborhoodhousemadison.org. Neighborhood House is Madison’s oldest community center and is located at 29 South Mills in Madison.

The Sifter
<http://uwra.wisc.edu>
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UWRA Calendar

October 26	Retirement Challenges Committee	Program on swallowing
October 28	Social Committee	Nutrition for older adults
November 11	Luncheon Committee	Luncheon and morning program
November 16	Social Committee	Breakfast at Sofra
November 18	Financial Committee	State of the US economy
November 19	Social Committee	Food trends and nutrition myths
December 10	Social Committee	Breakfast at Sofra
December 16	Financial Matters Committee	Wisconsin state health insurance

For more about UWRA and for some program information, please visit our website at uwra.wisc.edu.