

The SIFTER

A NEWSLETTER OF THE UW-MADISON RETIREMENT ASSOCIATION

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

phone 608-262-0641 or email retireassn@mailplus.wisc.edu

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RETIREMENT
ASSOCIATION
University of Wisconsin-Madison
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UWRA benefits the whole community

by Steve Bauman, Member, Volunteering Committee

Public Schools and Food Pantries have been a central focus for the volunteer efforts of the Retirement Association over the past few years. As an organization, we have made significant financial contributions and promoted individual gifts from our members in each of these areas. In addition, some of our members are volunteering in area schools and pantries. Two and a half years ago, I began volunteering at the St. Vincent de Paul food pantry on Fish Hatchery Road in Madison. I have found my experience at St. Vincent compelling and rewarding, and at the same time I think I have helped St. Vincent fulfill its mission of food distribution in the community. My work has mostly involved guidance for families in selecting their groceries (we are referred to as hosts), a bit of gentle shelf stocking, and some sorting of diapers (a popular commodity) for distribution.

I have learned lots about the breadth and diversity of the people served by this pantry. I have read about the plight of being poor and facing hunger in America, and working at the pantry supplies a vivid portrayal of the problem. I have hosted families of all configurations, single and two parents, few and many children. I have interacted with many single people from teens to older adults and a number of students from schools in the area. My few words of Spanish have increased, and I was able to help a lady from Ethiopia who spoke no English with a lot of pointing.

My interest in cooking has helped with my hosting. There are so many people unfamiliar with so many foods. I have talked with clients about cooking squash, using leeks, endive, and the joys of hummus and roasting beets. Even getting people to try different kinds of breads is an adventure. A few months ago I helped a homeless man choose his groceries. He had no teeth and could not easily heat things or use a can opener. It was a challenge, but I helped him load his supplies into a plastic bag that he slung over his shoulder. He took off on foot to his home in the woods where he was currently living.

I urge you to support local food pantries. Hunger is a deep-rooted problem, and there is never enough food or supplies to go around. Diapers are not often donated and must be bought by the pantries. They are in great demand, and I have dealt with families whose entire monthly food allocation has essentially gone to diapers. I recommend that if possible you also try to find time to volunteer at a pantry. I would be glad to talk to you about my St. Vincent experience. My email is sbauman007@gmail.com, and a good direct contact at the pantry would be Jennifer Troia, 442-7200 Ext. 424, jenni@svdpmadison.org.

Hands-on Facebook follow up

by Louise Robbins, Member, Electronic Technology Committee

Following the well-attended introduction to social media, a number of attendees requested a hands-on workshop that would enable UWRA members to weigh the pros and cons of, or become more comfortable with, using Facebook and would answer their questions in a more informal setting. On December 10 from 2-4 p.m. at the Fitchburg Public Library, two graduates of the School of Library and Information Studies, assisted by a few members of the Electronic Technology Committee, will try to fill that need. If there is time, we may even get to touch on Instagram and Twitter.

Presenter **Robin Amado** (MLS '13) is currently a Library Media Technology Specialist (Librarian) at Memorial High School in Madison. She helps teachers and students every day to use technology, except Facebook, which isn't allowed during school. Outside of work, she loves staying connected to friends and family on Facebook.

Presenter **Jenny McBurney** (MLS '14) is the Resident Librarian for Reference, Educational Technology, and Instruction at MERIT Library, which serves the UW-Madison School of Education. At MERIT, she teaches technology and information literacy classes and runs MERIT's social media presence on Facebook, Twitter, and Instagram. She loves trying out new technology and sharing what she learns. *(continued on page 3)*

Financial seminar

by Millard Susman, Co-Chair; Committee on Financial Matters in Retirement

State of Wisconsin health insurance: what's happening?

Wednesday, December 16, 10:00 a.m. to noon, CUNA International Theater, 5810 Mineral Point Road

Health insurance is a vital interest of Retirement Association members. We are all aware of recent changes in the health insurance plans that are available to us through ETF, and most of us are aware that the Segal Group has recently conducted a study of additional changes and submitted its report to the Wisconsin Group Insurance Board of ETF on November 17. **Lisa Ellinger**, Director of the Office of Strategic Health Policy at ETF, will bring us up to date on recent and proposed health insurance changes that would affect retirees. You won't want to miss this seminar.

Food pantry contribution

The food pantry recipient for this event will be Mt. Zion Baptist Church. Both cash and checks payable to Mt. Zion will be accepted.

Registration

Advance registration is required. Contact the Association office (see masthead), by Friday, December 11, to register. If you or your companion registered for the seminar but cannot attend, please call 262-0641 by 8:30 a.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.

Photo contest for 2016

by Millard Susman and Rose Barroilhet, Members, Social Committee and Electronic Technology Committee

Last year's photo contest was an experiment. We didn't get a tremendous number of entries, but the pictures that were submitted were splendid! So we decided once again to offer UWRA members an opportunity to show off their skills at photography, and we hope to get a more bountiful response this year. The logistics have been changed a bit to make participation easier both for contestants and for voters.

We will be accepting entries in three categories:

1. People
2. Cityscapes/Landscapes
3. Nature/Wildlife

This year, all UWRA members will be able to vote online for the picture in each of the three categories that they like best. The three winners will be announced at the annual meeting at the end of the academic year. The winner in each category will receive a framed certificate and a high-quality print of their photograph, thanks to the generosity of The Camera Company.

Here are the rules:

1. The photograph must be uploaded to the UWRA website between January 4 and February 29, 2016.
2. Online voting will take place between March 1 and March 15, 2016.
3. Each member may submit as many as three photos. These may be distributed among the three categories in any way you like.
4. The photo must have been taken by the person submitting it.
5. The person submitting the photo must provide a title and information on the date and location of the picture.

Further details will be provided on the upload website: uwra.wisc.edu/photoupload/UploadForm.html.

Breakfast at Sofra

Join fellow UWRA members for breakfast at Sofra, 7457 Elmwood Avenue in Middleton, on December 10 at 8:30. The food is tasty and reasonably priced, and the conversation is lively and unpredictable. Come and learn why some members won't miss this monthly event. Watch *The Sifter* in January for news about new east-side breakfasts.

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The session is limited to 35 participants, who must register in advance, preferably by emailing retireasn@mailplus.wisc.edu or by calling the UWRA office at 608-262-0641 no later than December 4. Participants must bring their own wireless laptops or tablets and should have several photographs in their computer files ready for uploading if desired. If you already know a question you would like answered during the session, please email it to Louise Robbins at louise_robby@sbcglobal.net. Include “Facebook” in the subject line.

The Fitchburg Public Library is at 5530 Lacy Road. To get there, go south on Fish Hatchery Road and turn east on Lacy Road. The library will be on your left. There is plenty of free parking.

Free one-year membership opportunity

by Debbie Lauder, Co-Chair, Membership Committee

Recruit one or more new UWRA members and your membership dues are waived for one year!

To qualify, contact the UW-Madison Retirement Association Office (see masthead) to let Ann Wallace know you have recruited a new member and ask the recruit to make a notation on the membership form that you recruited the individual. The membership form has been revised to ask, “Did someone recruit you to join UWRA, and if so, whom may we thank?” That will remind the new member to mention you so you receive credit for your recruitment. For purposes of this recruitment program, if a former member has a lapsed membership of more than one year, the person may be considered a new recruit and you would get credit for the returning member.

This program will end on June 30, 2016, so recruit those new members as soon as you can.

Welcome to these new members of the Association, 10-12-15 through 11-6-15

Patricia Flatley Brennan
Linda Bruce
Ted & Barbara Cochrane
Jaci Hausman & Jeff Korenic
Karen Julesberg
Gerald Kulcinski
Janice and George Rice
Willeen & John Tretheway
Mary-Ann Twist

We are all migrants now!

by Sheila Spear, Co-Chair, Electronic Technology Committee

Over the summer months, UWRA members joined other members of the UW-Madison community in switching our email accounts to a new system. For those still using their “wisc.edu” accounts, there was a whole new interface to learn, and there was also the matter of migrating past history into the new software.

Being on the tail end of the process, we had the benefit of all that the DoIT and departmental IT experts had learned in helping faculty, staff, and students to make the change. And how helpful they have been – we owe them a big thank you. With their help, UWRA’S Electronic Technology Committee (ETC) arranged a number of advising sessions. Well over one hundred people registered for these sessions, conducted in small groups, on three days in July and October. As far as we know, all those who wanted to have made the switch.

However, as is always the case with new software, there are and will continue to be lingering concerns. If you have concerns, here are three ways to proceed.

1. If you have questions or items that aren’t working the way you expect and would like to be walked through the process, call (608-264-4357) or email (help@doit.wisc.edu) the DoIT Help Desk.
2. To get a stronger handle on all that can be done with the new program, click on the link: kb.wisc.edu/41233 for Learn to Use Office 365.
3. If you prefer more hands-on group help, let UWRA/ETC know that you would be interested in a follow-up workshop in the spring.

Thanks to all those who made sure that the older members of the community were able to keep in step in the new age.

Attic Angel continuing education

The Continuing Education Programs of the Attic Angel Association are held each Monday morning at Attic Angel Place, 8301 Old Sauk Road, Middleton. The programs are open to the public. Coffee is served at 10 a.m., and the program begins at 10:30 a.m. There is no charge, and no reservation is required.

Monday, December 7: “Remembering Pearl Harbor,” by Michael Telzrow, Director, Wisconsin Veterans Museum.
Monday, December 14: “Yuletide Greetings from the Angel Choir,” by the Attic Angel Choir.

Caringbridge: getting by with a little help from your friends

by Louise Robbins, Member, Electronic Technology Committee

While I wouldn't wish on anyone an illness or accident such as the one that sent me to the Caringbridge website, I heartily recommend this site to UWRA members who need to keep in touch with a number of people during one's own or a loved one's illness.

When my husband Robby suffered a traumatic brain injury in 2009, there were a lot of people who needed to be kept informed of his condition. Of course, relatives who didn't use computers still needed phone calls, but my son Patrick and niece Denise—herself a liver transplant recipient who keeps us up to date on her condition using Caringbridge—established a Caringbridge site so that we wouldn't have to call many people every day to let them know what was going on. It also helped our family to see that people were thinking of us and supporting us in many ways. We used the site until about a year after Robby's death.

To start a site, simply go to Caringbridge at www.caringbridge.org and click on "Start a Site." You will be guided through the process, including how to upload photos and updates. You can set privacy settings so that only those you invite can see your page, or anyone can see it. There is no advertising, and Caringbridge does not share your information with any vendors.

Those who log in can read your updates and post responses in a guestbook. All entries are dated, so you can tell who posted when. There is an excellent page where you can get answers to questions about how to use the site, whether you are the creator or a visitor.

One of Caringbridge's best features is that it provides the ability to print your entire site as a book. Once logged in, you can save your site as a PDF and either store it on your computer or print it. You can also write additional copy, which was important for us. The book includes all journal and guestbook entries, as well as photos you choose to add, which was also important to me. You can also get the whole site burned to a CD. Of course, there is a cost to getting the bound print and CD copies, about \$65, as I recall.

Strangely enough, being reminded of the support from family and friends around the country and world and seeing pictures of Robby and of his memorial event are still both comforting. In case you want to look at Robby's now-closed site to see the possibilities, go to www.caringbridge.org/visit/robbierobbins.

Living well today and tomorrow

by Lynn Tarnoff, Program Director of Visual Arts and Living Well, UW-Madison Division of Continuing Studies

Learn how to become more focused and better able to manage your mood and stress. Living Well courses offer insights and best practices for living in the moment while planning for the future. Join us for our upcoming spring classes. See continuingstudies.wisc.edu/living-well to register. Here are two class options that you may enjoy.

Don't worry, be happy!

Friday, February 5, 9 a.m.-4 p.m., \$165

Can you learn to be happier? The answer, according to the latest scientific research, is "Yes, you can!" Come explore the 12 activities proven to elevate your happiness set point. In this day-long workshop, learn which happiness enhancers can help you understand and access your innate potential for sustained peace and happiness and how to make choices that will contribute to your health and wellness.

Color my world: tools for creative communication at work and play

Wednesdays, February 10-March 16, 10 a.m.-12 p.m., \$195

Explore techniques for sharing your personal color wheelhouse with family, friends, and business colleagues in this six-week course. Increase your empathy for others by understanding their color culture, including preconceptions, preferences, motivators and more. Learn to lead and play with color. Prerequisites: Knowledge of color theory and color trends or Color my Life. Supplies required.

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UWRA Calendar

December 10	Social Committee	Breakfast at Sofra
December 10	Electronic Technology Committee	Hands-on Facebook workshop
December 16	Financial Committee	Wisconsin state health insurance
January 14	Social Committee	Breakfast at Sofra
January 19	Financial Committee	Roles of powers of attorney
January 20	Travel Committee	Museums and state capitol
February 12	Social Committee	Breakfast at Sofra
February 29	Social/ETC Committees	Photo contest deadline

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