

The SIFTER

A NEWSLETTER OF THE UW-MADISON RETIREMENT ASSOCIATION

on the web at UWRAmadison.org

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

Editor: Mary B. Ray Layout: Colleen McCabe



Retirement Association
UNIVERSITY OF WISCONSIN-MADISON

March 2020

Hear the host and producer talk about *To the Best of Our Knowledge*

by Susan Fischer, Co-chair, Retirement Challenges and Opportunities Committee

Those of us (and there are many!) who listen to public radio might wonder how our favorite shows find their unusual topics and guests and keep their listeners riveted, even at the wee hours of the morning. *To the Best of Our Knowledge* is one of these programs.

We are fortunate to be offered a peek behind the scenes with this award-winning National Public Radio show produced right here in Madison. Our presenters, **Anne Strainchamps** and **Steve Paulson**, originated the show. Anne is the host; Steve is the executive producer and principal interviewer. In this program, they will play selections from some of their favorite radio pieces and talk about learning how to listen. What changes when you take in the world through your ears, rather than using your eyes? What can sound teach us about the natural world and the environment? How can listening be a moral and spiritual practice?

Behind the scenes with *To the Best of Our Knowledge*

Thursday, April 2, 10:00-11:30 a.m.

Oakwood Village University Woods

Center for Arts and Education

6205 Mineral Point Road

Registration deadline: Thursday, March 26

To the Best of Our Knowledge is a nationally syndicated, Peabody award-winning radio show where long-form interviews help us dive deeper into ideas. There are conversations with novelists and poets, scientists and software engineers, journalists and historians, filmmakers and philosophers, artists and activists—anyone with a big idea and the passion to have a creative and engaging conversation about it. **This presentation will be videotaped.**

Parking

Enter Oakwood at the traffic light at Island Drive and Mineral Point Road. Take the left fork and then the second driveway on the right to enter visitor underground parking. Push the button for assistance. Park in any

visitor or non-reserved stall; take elevator to first floor lobby where signs or a receptionist will help you. When you exit the underground parking, the garage door opens automatically. You may also park in a surface visitor spot (marked spaces along the drive and up the hill toward the large lot).

On foot, enter Heritage, 6205 Mineral Point Road, at its main entrance (third driveway on the right, at stop sign) or enter the auditorium doors directly from the lower drive. To link to the Oakwood campus map, use tinyurl.com/y6zaugvm.

If taking the bus, Madison Metro Bus Routes 14 and 67, stop on Mineral Point Road in front of Oakwood, if traveling easterly, or across Mineral Point Road from Oakwood, if traveling westerly.

Food pantry contributions

Both cash and checks payable to Mt. Zion Baptist Church Food Pantry will be accepted.

Registration

Advance registration is required. Visit uwramadison.org/event-3710308 to register online. If you have not registered, we cannot guarantee that there will be enough handouts available. If you or your companion registered for this seminar but cannot attend, please contact the UWRA Office.



It's not too late to register



Join us when **Jeff Kersten** from the Wisconsin Bureau of Consumer Protection discusses the different types of identity theft, how to recognize it, and how to prevent it, including information about fraud alerts and security freezes. **This presentation will not be videotaped.**

Identity theft: protect and prevent

Tuesday, March 17, 10:00 a.m.-noon
Oakwood Village University Woods
Center for Arts and Education
6205 Mineral Point Road

Registration deadline: Tuesday, March 10

Registration

Advance registration is required. Visit uwramadison.org/event-3654327 to register online. If you have not registered, we cannot guarantee that there will be enough handouts available. If you or your companion registered for this seminar but cannot attend, please contact the UWRA Office.

How does a trust benefit me or my heirs?

by Marian Fisher, Member, Committee on Financial Matters in Retirement

In January, Joe Maier, Director of Wealth Strategy, Johnson Financial Wealth Group, and Park Drescher, Vice President, Director of Trust and Estate Services, BMO Bank, each made presentations and then answered audience questions for an hour.

An estate plan is a strategy to accomplish your goals. It enables you to take care of the people you care about at the right time and in the right way to maximize their happiness and yours. If you die without a will in the State of Wisconsin, laws of intestacy will govern how all your assets are distributed, and this may not accomplish your goals. If your estate plan is determined only by your will, then Probate Court oversight is required. If you set up a trust, however, you can specify who will make the decisions and when. With a revocable living trust, you can even be the trustee while you are alive. Many options and common situations were highlighted in the presentations. The question session was wide ranging and often cited personal experiences that were answered with general guidelines.

The presentation was recorded; you can access the video and slides on the UWRA website under Presentations / 2019-2020 (Jan-June).

April 14: Modern genomics and DNA

Come learn the latest about the uses and abuses of DNA sequence data from **Pilar N. Ossorio**, law professor and Ph.D. More information about this program will be posted on the website soon and will be published in the next *Sifter*. Online registration is open.

Modern genomics and the surveillance state: using DNA to identify and track people

Tuesday, April 14, 10:00 a.m.-noon
Oakwood Village University Woods
Center for Arts and Education
6205 Mineral Point Road

Registration deadline: Friday, April 10

Registration

Advance registration is required. **Register early since the deadline may come before you get another *Sifter*.** Visit uwramadison.org/event-3730426 to register online. If you have not registered, we cannot guarantee that there will be enough handouts available. If you or your companion registered for this seminar but cannot attend, please contact the UWRA Office.

Supporting Partners in Giving in retirement

by Gianna Taylor, Manager Special Projects, Division of Continuing Studies

Did you participate in the annual combined campaign Partners in Giving (PinG) when you were working? Did you know that we can continue to participate even after retirement? The University Combined Campaign Committee would like to ensure that those retirees who want to continue to participate know that there is still time to “Give Hope” as part of the 2019-2020 campaign.

The 2019-2020 campaign theme, “Give Hope,” emphasizes the powerful opportunity we each have, through charitable giving, to offer others one of the most valuable gifts possible: hope. We invite you to consider the impact of your generosity on inspiring hope for individuals in our community and around the world. We hope you will review this year’s campaign materials and join your former colleagues and fellow UW retirees by participating. A wide range of pre-screened charitable causes are available, funding everything from diabetes research to the protection of endangered species.

Retirees can choose to give in one of two ways: online (credit card) or by paper pledge form (check or IRA distribution). Visit giving.wi.gov to view the 2019-2020 campaign booklet and donate online. To request a paper campaign booklet and pledge form for this or future campaigns, please visit giving.wi.gov/about-us/giving-in-retirement/, email carli.freidel@uwdc.org, or call (608) 246-5482.

April financial seminar

by Kay Reuter-Krohn, Joan Gillman, and Karen Stauffacher,
Members, Committee on Financial Matters in Retirement

More than 630,000 people look to the Wisconsin Retirement System (WRS) to help provide for their retirement. The State of Wisconsin Investment Board (SWIB) is the state agency responsible for investing the assets of the retirement system. **David Villa**, SWIB's Executive Director and Chief Investment Officer, and **Rochelle Klaskin**, Deputy Executive Director and Chief Administrative Officer, will explain the challenges facing SWIB and WRS, the impact investment volatility can have on WRS participants, SWIB's investment strategy, and other initiatives SWIB is implementing to protect the WRS investments.



and Chief Administrative Officer, will explain the challenges facing SWIB and WRS, the impact investment volatility can have on WRS participants, SWIB's investment strategy, and other initiatives SWIB is implementing to protect the WRS investments.

Annual ETF and SWIB update

Tuesday, April 21, 10:00 a.m.-noon
Oakwood Village University Woods
Center for Arts and Education
6205 Mineral Point Road

Registration deadline: Tuesday, April 14

The Wisconsin Department of Employee Trust Funds (ETF) is the state agency administering retirement, insurance, and other benefit programs for active state and local employees and for retirees participating in the WRS. **Robert Donlin**, ETF Secretary, will provide projections for future Core and Variable fund annuity adjustments, and highlights of the design elements that keep the WRS strong and fully funded. Robert will also share some results of the recent member engagement survey and what ETF is doing to meet the needs of members. **This presentation will be videotaped.**



Parking (see page 1)

Food pantry contributions

Both cash and checks payable to UW Foundation with "Open Seat Food Pantry" on the memo line will be accepted.

Registration

Advance registration is required. Visit uwramadison.org/event-3679555 to register online. If you have not registered, we cannot guarantee that there will be enough handouts available. If you or your companion registered for this seminar but cannot attend, please contact the UWRA Office.

Tech Clinic helps you travel

by Kathy Christoph, Co-Chair, Electronic Technology Committee

Our smartphones and tablets are becoming an essential item to pack for our travels. Hundreds of apps allow us to map a driving route, check traffic, book flights and hotels, locate unique restaurants, track luggage, and much more. In this session, we will introduce a few popular travel apps and tell how we use them. We will also encourage you to share your favorite apps. Bring your tablet or phone to download and try travel apps on the spot.

Tech Clinic: travel apps

Thursday, April 23, 2:30-4:00 p.m.
Oakwood Village University Woods
Nakoma/Westmorland Room
6205 Mineral Point Road

Registration deadline: Thursday, April 16

Parking

Enter Oakwood at the traffic light at Island Drive and Mineral Point Road. Take the left fork and then the second driveway on the right to enter visitor underground parking. Push the button for assistance. Park in any visitor or non-reserved stall; take elevator to first floor lobby where signs or a receptionist will help you. When you exit the underground parking, the garage door opens automatically. You may also park in a surface visitor spot (marked spaces along the drive and up the hill toward the large lot).

On foot, enter Heritage, 6205 Mineral Point Road, at its main entrance (third driveway on the right, at stop sign). To link to the Oakwood campus map, use tinyurl.com/y6zaugvm. The Westmorland Room is directly behind the reception desk at the Heritage main entrance.

If taking the bus, Madison Metro Bus Routes 14 and 67, stop on Mineral Point Road in front of Oakwood, if traveling easterly, or across Mineral Point Road from Oakwood, if traveling westerly.

Registration

Advance registration is required. Visit uwramadison.org/event-3679579 to register online. If you have not registered, we cannot guarantee that there will be enough handouts available. If you or your companion registered for this seminar but cannot attend, please contact the UWRA Office.

No more no shows, please

We have noticed an increase of no shows at programs. Just a friendly reminder: if you or your companion registered for a seminar but cannot attend, please call the office at 262-0641 and leave a message, or email retireasn@mailplus.wisc.edu.

Electronic Technology Committee highlight

by Kathy Christoph and Louise Robbins, Co-chairs

The Electronic Technology Committee (ETC) helps UWRA members make sense of and effectively use many varieties of technology. Just like technology, we have evolved our means of connecting to UWRA membership over time. We currently offer programs and Tech Clinics. These programs are presentation style. The Tech Clinics are the third iteration of our informal offerings. We started with Bug Extermination sessions, moved with Getting IT Done (GITD) sessions, and very recently incorporated the hands-on aspect in Tech Clinics.

Recent and upcoming programs include the following: (1)What kinds of computing devices should I be using?; (2)The sounds and sightings of nature apps (co-sponsored with the Retirement Challenges and Opportunities Committee); and (3)Identity theft: protect and prevent.

Tech Clinics are interactive and encourage participants to bring laptops, tablets and smartphones to experiment during the sessions. Recent and upcoming Tech Clinics include the following: (1)Streaming TV—cutting the cord; (2)What’s a podcast and why should I care?; and (3)Google photos II; (4)Travel apps.

The ETC membership is intentionally diverse. Our members are techies, novices, and everything in between. We believe the mix helps us get a handle on the needs of the broader UWRA community. If you are curious about technology and want a friendly group with which to share your ideas and questions, feel free to join us the fourth Thursday of the month, 1:00-2:30 p.m., for our committee meeting. To make it convenient for committee members and others interested in the committee, Tech Clinics follow the committee meeting at 2:30-4:00 p.m. Check the UWRA website calendar or *The Sifter* for meeting location details.

The committee also wants to hear your ideas for future programs or Tech Clinics. Regarding the device(s) you use—PC, Mac, smartphone, tablet, or in your home or automobile—do you have questions about how to use it more effectively or securely? Are there some new technologies that you’d like to hear more about? Email your suggestions for topics anytime to uwra.tech@gmail.com.



*ETC Committee, pictured (left to right)
First row: Judy Craig, Louise Robbins (co-chair),
Carol Graham, Rachel Baker
Back row: Ann Wallace, Karen LaMere, Orv Jordahl*

*Members missing: Kathy Christoph (co-chair), Marcy Doelp,
John Helgeson, Diane Kravetz, Paul Reichel, Tom Stevens,
Millard Susman*

Do I care about podcasts?

by Judy Craig, Member, Electronic Technology Committee

Despite a morning snowstorm, some fifty UWRA members gathered on January 23 for a Tech Clinic presented by Louise Robbins and others from the ETC. The topic was “Podcasts: What are they? Why should I care?” Although the plethora of people on the street connected to headphones appears to suggest that everybody must know how to do this, the assembled group seemed to appreciate this basic description of the kinds of information podcasts provide and the step-by-step instructions for how to find and listen to them.

Individual podcasts of news programs, sports talk shows, book chapters, and so on are often found through apps that are most securely downloaded through the Google Play Store or the Apple App Store, which will suggest apps such as Podcast Player or Pocket Casts. These, in turn, suggest topics, book titles, top ten lists, and even networks to choose from. While some of these can be accessed through YouTube, using YouTube may not allow the downloading that makes it possible to listen offline. Offline listening, useful also for driving with maps, saves battery power and allows one to listen while on an airplane, driving, cooking, taking a fitness or pleasure walk, and so forth. The clinic setting provided ample opportunity for questions and individual problem-solving. The session handout can be found on the UWRA website under Resources / Presentations / 2019-2020 (Jan-June) / UWRA GITD-Tech Clinic.

2020 UWRA Annual Membership Meeting, luncheon, speaker, and tours

Tuesday, May 12

Memorial Union Tripp Commons

Check-in begins at noon, with lunch served at 12:45 p.m.

Cost: \$18.00 per person

**Registration deadline with guaranteed parking:
Monday, April 20**

We are doing something different this year! As retirees from the University of Wisconsin, we thought it was time to take this event home—back to campus, to the newly renovated Memorial Union. Our invited speaker is Associate Vice Chancellor and Director of the Wisconsin Union **Mark Guthier**. Mark will share all the improvements and enhancements made at the Memorial Union.

We have planned an eventful afternoon. The afternoon will start with registration check-in at noon followed by lunch, speaker, and annual business meeting. To round out the rest of the afternoon, members may then choose one of two guided tours: either a tour of Alumni Park or a “behind-the-scenes” tour of Memorial Union. After the tours, we invite you to join your friends and colleagues while enjoying a beverage or ice cream on the Terrace.

New Member table: If you are new to UWRA or have attended one or two UWRA luncheons or events, we welcome you. There will be a special luncheon table for new attendees to meet board members who will welcome you to UWRA and answer any of your questions or concerns. Look for the table tent labelled “New Member Table.”

Luncheon buffet menu: Mixed greens, greek tofu, tequila lime chicken, chimichurri grilled flank steak, corn and avocado salad, watermelon feta salad, corn tortilla chips, pica de gallo, cookie. Beverage choice: coffee, tea, milk, iced tea.

Pantry contributions: Cash and checks payable to Goodman Community Food Pantry will be accepted.

Parking: The UWRA is covering the cost for the half day parking in Helen C. White Garage (HCW-Lot 6) adjacent to Memorial Union. However, you must sign up for parking when registering to ensure you will have a space. See “Registration” below for further details.

Due to this special parking arrangement, emeriti parking passes will not be allowed in HCW-Lot 6 garage. Emeriti parking passes will work in other approved lots based on availability. Other parking within walking distance is available at your expense at the City of Madison-Lake Street Ramp, UW Lot 7 (Grainger Garage), or UW Lot 46 (Lake and Johnson Ramp).

Registration: Early registration to guarantee a parking space, must be received by UWRA **no later than noon on Monday, April 20**. The vehicle driver’s name is required. Registrations without parking will continue to be accepted until Thursday, April 30. You are encouraged to register online at uwramadison.org/event-3470301. Mailed reservations and checks are also accepted.

2020 UWRA Annual Membership Meeting, luncheon, speaker, and tours

Name (please print)	Check which one is the driver	Parking HCW Lot 6 garage		Select your guided tour	
		Yes	No	“Behind the scenes”	Alumni Park
		Yes	No		
		Yes	No		

Dietary restriction? _____

I am a guest because I currently serve on the Board of Directors or a UWRA committee

New member free lunch. Each new member may enjoy one free lunch during your first year of membership. If choosing this option, do not pay. Your registration will be taken care of administratively.

Payment processing. Complete form. Make check payable to UWRA. Mail to UW-Madison Retirement Association, 21 N. Park St., Room 7205, Madison, WI 53715-1218.

Refund policy. UWRA refunds an event fee if cancelled prior to the registration deadline. Refunds are only processed after the registration deadline if a wait-listed registrant can attend.

Windows 7 end of life: what to do?

by Rachel Baker, Member, Electronic Technology Committee

We wrote about this issue in the December *Sifter*, but now we want to share information about what to do if this issue affects you. Windows 7 is no longer receiving security updates or patches. Incentive for hackers to continue to exploit Windows 7 computers will now be greater than ever.

Windows 7 users should do one of the following soon.

Replace your old computer with a newer Windows 10 computer.

This is a straightforward option that will still take some planning and time. To move your existing data files from the old PC to the new one, **back up those files** on an external hard drive or cloud storage and later copy or download them to the new PC. Find your application software media and license keys (such as Microsoft Office) and reinstall on the new computer, or purchase new versions. After you are sure that everything you need is migrated to the new computer and working successfully, take care to securely erase your old hard drive before recycling your old computer.

Upgrade to Windows 10 on existing hardware.

It may be possible to upgrade to Windows 10 on your existing hardware. Check with the Microsoft website to determine hardware requirements. Verify that older programs or hardware accessories, such as printers or scanners, will work with Windows 10. Find your application software media and license keys to reinstall on the upgraded system, or purchase new versions.

Purchase a Windows 10 license and media from the Microsoft Store for \$139. You can upgrade in place, which means that Windows 10 will attempt to replace Windows 7 while preserving your data files, but a better option is to do a clean install. That is, allow the installation process to erase your hard drive and start with new software. Whether you choose upgrade in place or clean install, **back up all your data files** first to another medium, whether external drive or cloud storage. After installing Windows 10, restore any missing files, reinstall application software, and test accessory devices to make sure they work as expected.

Stop using Windows entirely.

Take this opportunity to assess your actual computing needs and activities. If nearly everything you do with that computer is web based, consider replacing your Windows computer with a Chromebook (laptop) or a Chromebox (desktop). These devices can provide a familiar environment and most basic computing functions without the complexity, maintenance, and security problems associated with Windows. And often this option comes at a lower hardware cost.

Adjusting to retirement

by Tracy Wiklund, UWRA member

I recently retired after a 32-year career at UW-Madison, with most of that time spent as a department administrator in the School of Medicine and Public Health. Much of that work involved managing finances and human resources; as a retiree, I now only have myself to manage!

I enjoyed art while in school and planned to get back to it eventually, probably after retiring. However, when a colleague suddenly died before getting to the things on his retirement bucket list, waiting seemed foolish. So I enrolled in a Saturday morning painting class.

Since retiring, I've increased my travel and art time. I still take that Saturday morning painting class through UW Continuing Studies, and I am signed up for a life drawing class through Madison College. I've also dusted off wood-working tools given to me by my carpenter-dad, and I now frame my own paintings.

Learning is addictive and fun, and practice does make a difference. Over the past few years, I've had paintings juried into local, Midwestern, and national exhibits, and I had my first solo show this past October (see photo). I've even sold some paintings, so now I'm learning how to pay sales tax to the State of Wisconsin. You can see my paintings at wiklundart.blogspot.com.

If you're looking for something creative to do, consider taking a Continuing Studies art class. Fellow students are supportive, teachers are awesome, and you may be surprised how skills from your career can translate into a wonderful, creative retirement adventure.



New members January 10 to February 5

Timothy Browning	Jim Pavelko
Mei-Hao Chen	Gary Pine
Colleen Dunlavy	Shiela Reaves
Christopher Green	Brian Rust
Richard Hamby	Jacque Rust
John Heiner	Paul Rutecki
Elizabeth Heiner	Nancy Schultz
Linda Hogle	Dennis Schultz
Vicki Kalscheur	Virginia Waddick
Karen Mier	Gay Wiebe
Lori O'Neill	Donald Wiebe
Dave O'Neill	Willie Wilson

The last word: anticipation

by Mary Barnard Ray, Editor

Are you also waiting for spring? Did the February program on rehabilitating wildlife get you watching for new birds in your backyard? If you are getting impatient, let the UWRA programs for March help get you through this time of anticipation. If you've signed up for the "sounds of nature" program on March 4, you can spend some time acquainting yourself with these nature apps, so you are ready to use them in April. If you've been occupying yourself with Facebook, YouTube, or other electronic diversions, you can learn how to protect your privacy while you surf at our program on March 17. You can learn more about how to protect your privacy in the session on government uses of DNA on April 7. Before you know it, the crocus and daffodils will be sprouting through that mud, and spring will be upon us!

Monthly reminders

East Side breakfasts

Tuesday, March 10; Wednesday, April 15; and Thursday, May 14, at 8:30 a.m. at Elie's Café, 909 East Broadway, Monona.

West Side breakfasts

Tuesday, March 3; Monday, April 6; and Friday, May 8, at 8:30 a.m. at Sofra, 7457 Elmwood Avenue, Middleton.

Reservations are not needed, and you are welcome to attend either or both breakfasts wherever you live.

Wisconsin Coalition of Annuity (WCOA) Conference set for May 15

by Sandy Drew, President WCOA and UWRA member

The WCOA annual conference is set for Friday, May 15, at the American Family Insurance headquarters in Madison. Wisconsin Retirement System retirees have an opportunity to meet State of Wisconsin Investment Board and Department of Employee Trust Funds leaders as well as learn more about the pension system. Other session topics include financial security and wellbeing in retirement. The cost is \$25, which includes a continental breakfast and buffet lunch. The WCOA is composed of organizations representing retired state and local government employees and serves as a watchdog to assure the retirement funds are used solely for the benefit of WRS participants.

For more information about the conference including registration deadlines, go to wicoa.org/2020conference.php.

Attic Angel programs

The Attic Angel programs are open to the public and are held each Monday morning at Attic Angel Place, 8301 Old Sauk Road, Middleton, WI. Coffee is served at 10:00 and the program begins at 10:30 a.m. There is no charge, and no reservation is required.

Monday, March 2, "Native American health care issues," Danielle Yancey, Director for the Native American Center for Health Professions, School of Medicine and Public Health, UW-Madison.

Monday, March 9, "Update on the expansion plans for the Historical Society," Christian Overland, Director, Wisconsin Historical Society.

Monday, March 16, "Criminal justice reform in the state's crowded prison system," Frank Davis, Past President of MOSES (Madison Organizing in Strength, Equality, and Solidarity for Criminal Justice Reform).

Monday, March 23, "Taliesin Story + New News," Cate Boldt, Taliesin docent.

Monday, March 30, "What we know and what we can do about the literary crisis," Kim Feller-Janus.

New on the website

February *Sifter*

Resources—Presentations

GITD/Tech Clinic Podcast handouts

GITD/Tech Clinic Streaming TV handout

Wisconsin wildlife rehabilitation: caring for sick and injured animals

About - Organizational Documents

Milwaukee Brewers Baseball Game vs. World Series Champions Washington Nationals Thursday, April 30

Cost: \$65 per person **Registration deadline: Friday, March 27**
Space is limited. Registrations are accepted on a first-come basis.
University League and PLATO members may register if space is available.

Join us for a day at Miller Park in Milwaukee with a 12:30 p.m. game against the 2019 World Series Champions, the Washington Nationals. A block of excellent tickets for our group has been reserved in first baseline Section 110. Our Section 110 seats are not in the same area of the ballpark as the school groups participating in the day's weather activities.

We will be arriving well before the 12:30 game time, so you can enter Miller Park at your leisure. If you would like, bring a cooler and a chair to enjoy tailgating in the lot before the game. Lunch items can also be purchased from any of the stadium vendors. The \$65 cost includes bus transportation, driver gratuity, Section 110 game ticket, light snack, and water for the return trip to Madison.

This is also Weather Day at Miller Park, so you may want to enter the ballpark early to check out the Weather Day Science Fair exhibits that will be set up starting at 11:00 a.m. For more information about Weather Day at Miller Park, see tinyurl.com/ugjmd46.

Departure and return times

8:30 a.m. West Towne former Sears parking area
9:15 a.m. East Towne Sears/Planet Fitness Lamp Post #10.

5:15 p.m. East Towne
5:45 p.m. West Towne

These are estimated return times, which may vary significantly depending on game length. Plan accordingly.

Questions: Sue Adams 219-2628 or UWRA office 262-0641.

You are encouraged to register online at uwramadison.org/event-3738770. Mailed in reservations using the form below and checks are also accepted. Registrations must be received by UWRA by noon on Friday, March 27.

Milwaukee Brewers Baseball Game Travel - Thursday, April 30

Name (Please print)	Boarding bus: East/West	Affiliation: UWRA, PLATO, Univ. League

Cost: \$65 per person. Amount enclosed: _____

Payment Processing: Complete form. Make check payable to UW-Madison Retirement Association.
Mail to UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218.

Refund Policy: UWRA refunds an event fee if cancelled prior to the registration deadline. Refunds are only processed after the registration deadline if a wait-listed registrant can attend.

Got books?

Libby Theune, Administrator, Friends of UW-Madison Libraries

The Friends of UW-Madison Libraries is a volunteer organization that includes many retired UW employees. They host a biannual used book sale and create events that feature authors, library collections, or scholars.

The Friends also provide a free book-disposal service. As people in the Madison area downsize, retire, or move, they often part with portions of their cherished literary collection. Donating books to the Friends offers an environmentally friendly way to unload unwanted items. Donors appreciate knowing their materials will benefit campus libraries and could find new homes with someone else. The Friends are proud to have provided this sustainable solution to the well-read citizens of Madison for over 25 years.

To deal with the 80,000+ donated books that pour into the basement of Memorial Library annually, faithful volunteers receive, sort, evaluate, and organize them. The library bibliographers get first crack at all donations to fill holes in the campus collections. Items not selected are then boxed for the sale or offered to public library book sales, the Rotary Club, Better World Books, and other nonprofit organizations to ensure that as many books as possible find their way to new homes.

The Friends of UW-Madison Libraries use the income from the sales to offer events and lectures to promote the visibility of our remarkable academic libraries. All UWRA members are encouraged to check out these free opportunities.

Legislative update from PROFS

PROFS, the Public Representation Organization of the Faculty Senate at UW-Madison, is a nonprofit advocacy organization of UW-Madison faculty. Formed by the Faculty Senate and governed by the University Committee, PROFS provides a voice to faculty, allowing them to communicate directly with the governor, legislators and members of Congress.

The UWRA Committee on Partnership and Engagement (CPE) has engaged representatives of PROFS to identify areas where the two organizations might partner. While the UWRA does not take a position on any particular issue, it does provide information to members. In light of this, PROFS' Legislative Update (profs.wisc.edu/?p=8724) may provide information of interest to you. These updates are provided monthly at meetings of the Faculty Senate, and this update was for the February 3 meeting. Further information about PROFS, as well as future legislative updates, can be found at their website, profs.wisc.edu.

Senior exercise; Is it too late?

by Laura Hunt, Program Coordinator, Physical Activity for Lifelong Success (PALS)

Physical activity is important during all periods of life. However, some may argue that the older one gets, the more important physical activity is. There are numerous benefits of being active in later years, including reduced risk for cardiovascular disease, diabetes, metabolic syndrome, certain cancers, high cholesterol, high blood pressure, and chance of falls. In addition, being active increases muscle and bone strength, mental health, mood, ability to perform activities of daily living (ADL), sleep quality and quantity, and chances for living longer. Being active can lead to improvements in some medical conditions, including dementia, heart disease, diabetes, constipation, high blood pressure, high cholesterol, obesity, and inability to sleep.

Looking for a way to start being active? Check out the PALS program! PALS is an evidence-based program developed by Dr. Kimberlee Gretebeck that is specifically designed for older adults (60+) who are active less than 60 minutes per week to help them become and stay physically active. The next ten-week PALS session will start on March 9 at the Madison Senior Center. The class meets Mondays, Tuesdays, and Thursdays at 9:30 a.m. for one hour, with an additional 45 minutes on Tuesday after class. This is being offered to seniors free of charge, thanks to a grant from the Wisconsin Institute for Healthy Aging. But registration is required, so please call 266-6581 to register.

Support social justice at the Social Justice Hub

We invite you to be involved in the Social Justice Hub, a new program of the Wisconsin Union located at Union South. The Social Justice Hub provides "purposeful out-of-classroom education through direct experience where students, staff and faculty can develop their social justice work skills and help improve the quality of life for all." The Hub has a very active voting team that has registered over 2,000 students since fall. A dialogue-based workshop series has been developed. A criminal justice team is now being formed.

Consider sharing your variety of skills with this organization a few hours this semester. For example, you might share your connections, advise students on ways to achieve goals, edit documents, help with marketing, help bring *Just Mercy* to campus, write grants, or help in other ways. Just email Jim.Rogers@wisc.edu or call 890-1313.

The Sifter
<https://UWRAMadison.org>
UW-Madison Retirement Association
c/o Division of Continuing Studies
21 North Park Street, Room 7205
Madison, WI 53715-1218

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UW-Madison Retirement Association calendar dates

Tuesday, March 3	8:30 a.m.	West Side breakfast at Sofra
Wednesday, March 4	10:00 a.m.	Sounds of nature apps
Tuesday, March 10	8:30 a.m.	East Side breakfast at Elie's Café
Tuesday, March 17	10:00 a.m.	Identity theft: protect and prevent
Thursday, April 2	10:00 a.m.	<i>To the Best of Our Knowledge</i>
Monday, April 6	8:30 a.m.	West Side breakfast at Sofra
Tuesday, April 14	10:00 a.m.	Modern genomics and DNA
Wednesday, April 15	8:30 a.m.	East Side breakfast at Elie's Café
Tuesday, April 21	10:00 a.m.	SWIB and ETF annual update
Thursday, April 23	2:30 p.m.	Tech Clinic: travel apps
Tuesday, April 28	10:00 a.m.	Phil Hands, political cartoonist
Thursday, April 30	8:30 a.m.	Brewers versus Washington Nationals
Tuesday, May 12	12:00 p.m.	Annual membership meeting and luncheon
Friday, May 15	9:00 a.m.	WCOA annual conference
Tuesday, May 19	10:00 a.m.	Financial and health care powers of attorney

For information on upcoming PLATO trips, visit platomadison.org/page-18561. For information on Board and Committee meetings and deadlines for *The Sifter*, see the UWRA website at UWRAMadison.org.