



Electric Vehicles
Webinar | **p. 4**



UWRA Member
Reception | **p. 2**



UWRA President Jane
Dymond | **p. 3**



We're On Facebook!
UWRA-Madison



THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

FINANCIAL WEBINAR

Retiring Your Way: Navigating and Accessing Local Resources

BY FAISAL KAUD, MEMBER, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

Representatives from the Area Agency on Aging (Dane County Department of Human Services) will help UWRA members understand the vital network of services and support for older adults in Dane County. They will provide a broad overview of the system, the vast array of services available, the entry points for accessing these services, and opportunities for us to stay actively engaged on every level throughout retirement.

In the second part of this webinar, the manager of the Aging & Disability Resource Center of Dane County will present an overview of ADRC services for the beginning, middle, and end of your retirement journey. Your local ADRC is the single entry point for publicly funded long-term care, and staff can explain the functional and financial eligibility for publicly funded programs. You will leave with a better understanding of where to start your retirement journey. ■

If you have preliminary questions for the speakers, please send to program coordinators Faisal Kaud at fakaud@wisc.edu and Jack Sorenson at jwsoren1@gmail.com by Monday, September 12.



Angela Velasquez is the new division administrator of Disability & Aging Services for the Department of Human Services of Dane County. Previously, she was a specialist in the Area Agency on Aging of Dane County, with primary responsibility for programs including senior nutrition, healthy aging, and caregiver support.



Sridevi Mohan is the manager for the Area Agency on Aging (AAA) of Dane County. Before joining the AAA, she worked as an epidemiologist and aging lead at Public Health Madison & Dane County.



Jennifer Fischer is the manager of the Aging and Disability Resource Center of Dane County. Prior to working at the ADRC, Jennifer was the supervisor of the Long-Term Support Unit for Dane County. She is the vice president of the Aging and Disabilities Professional Association of Wisconsin.

RESOURCES FOR RETIRING, YOUR WAY

Monday, September 19, 2022

10:00 A.M.–NOON Online Webinar

Registration Deadline: September 16

Advance registration is required. Register online at:
UWRAmadison.org/event-4869221

FROM THE EXECUTIVE DIRECTOR'S DESK

Welcome to the 2022–23 UWRA Year!

BY SANDI HAASE



As I write this first column of the year, I am in Evanston, Illinois, about to attend the Big 10 Retiree's Association Annual Meeting on the Northwestern University campus. It is my pleasure to represent UWRA at the first in-person Big 10 meeting in two years. It is great to

reconnect with the other association representatives to hear what they are doing and get ideas for what we might implement in Wisconsin. I am most interested in a discussion of "What is your new normal in our almost post-pandemic world?" As you may know, UWRA will be hosting the Big 10 group in July 2023. During the coming year, you will hear more about our plans.

Have you had a chance to visit our website lately at UWRAmadison.org? The Committees have been working throughout the summer to plan another terrific year of programs.

UWRA will continue using Zoom for delivery of the seminars thru December 2022. The delivery method for programs starting in January 2023 will be reviewed later this year. Although zooming our programs is not ideal for everyone, we have reached many more members outside the greater Madison Area who cannot attend in person.

To start bringing members together, UWRA will host a Fall Member Reception on Wednesday, October 12. There is an early registration deadline, so check out the details on this page. Please be assured that we will comply with any campus/county health guidelines. I hope you can join us.

I want to welcome new board members Michael Bernard-Donals, Scott Hildebrand, Ramona Gasper, and president-elect Rob Seltzer who are joining president Jane Dymond, immediate past president Esther Olson, secretary Marian Fischer, treasurer

Beth Zemp, and directors Marc Fink, Jurgen Patau, Mary Czyszak-Lyne, Jim Stratton, Tom Broman, and Laurie Mayberry.

Last, I want to welcome all the new members who have joined the association in recent months and extend heart-filled thanks to each and every member who renewed their membership this year. Your continued support of the UW Madison Retirement Association is appreciated. UWRA continues to move ahead. Our Association has a lot to be proud of. On Wisconsin! ■

UWRA FALL MEMBER RECEPTION Gather and Connect with Friends

Wednesday, October 12, 2022
4:30–6:00 P.M.

Gordon Dining & Event Center
770 West Dayton Street

Location map: map.wisc.edu/s/lkas03dm

Light hors d'oeuvres and cash bar with beer, wine, and non-alcoholic beverages.

\$18.00 per person

Parking is available in Lot 46 (across the street) at your own cost, or with an emeritus parking pass.

Registration Deadline: Monday, September 19

Advance registration is required. This is a hard deadline. Room capacity is limited, so register early!

Register online at:

UWRAmadison.org/event-4915318

Online registration is encouraged, but for a printable registration form visit:

tinyurl.com/ypbbvkra

NOTE: We will follow all UW–Madison health guidelines. If the event is cancelled or postponed, registrants will be notified.

UWRA NEWS

President Jane Dymond's Welcome to Members

Welcome to a new year with the University of Wisconsin Retirement Association. During the last two years, the UWRA has addressed operational questions never before encountered.

Due to the excellent leadership of UWRA executive director Sandi Haase, president Esther Olson, former president Chris Kleinheinz, strategic framework coordinator Mary Czynszak-Lyne, and UWRA committee chairs, we enter this new year stronger than ever. Our virtual programs have made it possible for members living outside Dane County and the state of Wisconsin to attend and to feel part of the organization.

Annual committee reports for 2021–22 are posted on the UWRA website, UWRAmadison.org. I encourage you to visit and read those reports, both to see the committees' extensive work this past year and to see which committee you might wish to join. New ideas are part of the UWRA tradition!

As the UWRA created new ways of doing things, the Business Office and Operations Team (BOOT) has worked closely with executive director Sandi Haase to make them happen online. Thank you, Barbara Rust and Larry Winkler, for your expertise and creativity!

As you know, the Retirement Association has an exemplary newsletter—*The Sifter*, edited by Sheila Leary. Sheila works tirelessly every month to organize the articles submitted by committee members and *Sifter* columnists into a polished professional publication.

We are all grateful for the excellent financial guid-



ance and record-keeping that is provided by treasurer Beth Zemp. She keeps the Association solvent and sensible.

We will be spending this year engaged in the process of hiring and transitioning to a new executive director. When Sandi Haase began her tenure in 2017, she committed to serve through the Big 10 Retirement Association's annual meeting in 2023. She is professional, knowledgeable, and proactive, as well as a constant calm and creative presence and guide.

As I look forward to this new year for our association, I am optimistic that we will continue to innovate and make the UWRA even more inclusive. While we will continue to offer virtual programs, we will also host a Fall Reception as we did last year, at which members will be able to visit with one another in person.

I look forward to working with all of you during the next year. Thank you for creating this vibrant forward-looking retirement association. ■

✓ Reminders about Registering for UWRA Events

Advance registration is required for UWRA programs, whether those are in-person events or online (virtual) presentations using Zoom. You are encouraged to register online at the UWRA website (UWRAmadison.org). If you need to register by phone or email, call the Association office at 608-262-0641 or email retireasn@mailplus.wisc.edu. If you or your guest registered for a seminar but cannot attend, please cancel your registration online, or email/call the UWRA office.

For online programs, the weblink and virtual call information will be included in meeting reminders that registrants receive via email.

Need help with Zoom? Contact UWRA.tech@gmail.com. ■

TRAVEL EXCURSION

Behind-the-Scenes Tour of American Players Theatre

BY ESTHER OLSON, CHAIR, TRAVEL COMMITTEE

Have you ever wondered what it takes to produce and perform a live play? What is needed to get the scenery ready? What equipment is used? Who makes the costumes? Where do they get the props? Do you want to find out?



Join us for a “behind the scenes” tour of the American Players Theatre near Spring Green, Wisconsin, one of the most acclaimed regional repertory theaters in

the United States. Expert guides will take us backstage at the Hill Theatre, the Touchstone Theatre, and all the shops that make everything needed to produce a play—the wood shop, the costume shop, the design shop, and more.

This is an in-person event. For the safety of our members, it is a self-drive day trip (no bus). If you are comfortable carpooling, you may want to do that. The tour is limited to 30 people and the registration deadline is September 2, so register now!

The fee of \$34.00 per person includes the tour, tips, and a box lunch. Find driving directions, lunch options, and disability information at the registration link. ■

If you have further questions, please contact trip coordinator Esther Olson at emolson2@wisc.edu or the UWRA Office at retireassn@mailplus.wisc.edu.

APT BEHIND THE SCENES

Tuesday, September 20, 2022

10:00 A.M.–2:00 P.M. In person

Registration Deadline: September 2

Advance registration is required. Register online at: UWRAmadison.org/event-4914542

RETIREMENT OPPORTUNITIES WEBINAR

Electric Vehicles 101

BY TOM EGGERT, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

Join us for a presentation by Jane McCurry, executive director at Clean Fuels Michigan, an organization created to accelerate the transition to clean transportation. One of its focus areas is promoting adoption of electric vehicles (EVs). McCurry will talk about both the vehicles and the state of the infrastructure to support EVs. If you have questions about electric vehicles—their range, how much time it takes to charge



them, how long do batteries last, etc.—be sure to attend.

McCurry will discuss the lifetime operating costs of EVs versus cars with internal combustion engines, how long EVs can be driven, and how long they hold their value. She’ll also talk about the comparative carbon footprint of EVs. She has owned a Tesla and can talk about the pros and cons of Teslas (including how they do in our climate). Finally, she’ll talk about the changes happening in Wisconsin and across the Upper Midwest to create infrastructure for re-charging EV batteries. ■

If you have preliminary questions for the speaker, please email them in advance to program coordinator Tom Eggert at tleggert@wisc.edu by Tuesday, September 20.

ELECTRIC VEHICLES 101

Tuesday, September 27, 2022

10:00 A.M.–NOON Online Webinar

Registration Deadline: September 23

Advance registration is required. Register online at: UWRAmadison.org/event-4812071

RETIREMENT OPPORTUNITIES WEBINAR

Family Research Genealogy Workshop Series

BY DIANE HART DECI, UWRA MEMBER



This three-part series demonstrates ways to search for family histories, with Diane Hart Deci. Deci has been exploring her own and other’s family histories for 45 years. An introduction to genealogy, the talk will also offer valuable information for those who have already

begun their research.

Session 1 will discuss goals, a basic path and general knowledge to begin your search, research skills, formatting and organizational techniques, free research sites, and helpful links.

- Session 1: October 5 Family Research from the Very Beginning**
- Session 2: October 25 Climbing that Family Tree**
- Session 3: November 16 Do Not Let the Family Tree Get Top Heavy ■**

If you have preliminary questions for the speaker, please email them in advance to program coordinator Mary Beth Plane at marybethplane@yahoo.com by Wednesday, September 28.

Diane Hart Deci is a 45-year family researcher, WS DAR State Registrar, and a member of several lineage societies. She has taken genealogical courses through the Wisconsin Historical Society, Georgia Genealogical Society, and the Daughters of the American Revolution. Diane is retired from administrative work at Edgewood College.

FINANCIAL MATTERS WEBINAR

“It’s Your Choice” for 2023: What’s New in Health Insurance?

BY KATHY ZWEIFEL AND MILLARD SUSMAN, MEMBERS, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

Policy advisors from the Office of Strategic Health Policy at the Wisconsin Department of Employee Trust Funds (ETF) will present a webinar on health care coverage options and plan changes that will affect UW employees and retirees in 2023. The program will focus on the departure of WEA Trust, ETF’s vendor for three regional health plans as well as its state- and nation-wide health insurance offerings. Premium changes for 2023, new health plan options, and a review of vaccine coverage for people on Medicare are also on the agenda.

The 2023 open enrollment period will be from September 26 through October 21, 2022. The “It’s Your Choice 2023 Decision Guide” is scheduled to be mailed by September 19. All information included in the Decision Guide and more information about the WEA Trust transition will be available on the ETF website (etf.wi.gov) on September 19. ■

If you have preliminary questions for the speakers, please send to program coordinators Millard Susman at msusman@wisc.edu and Kathy Zweifel at kazweife@wisc.edu by Monday, October 3.

Presenters will include **Renee Walk**, Programs & Policy Unit Director; **Sara Brockman**, Communications Manager; **Arlene Larson**, Federal Program and Policy; **Tricia Sieg**, Pharmacy Benefit Program; **Douglas Wendt**, Health Policy Advisor; and **Korbey White**, Health Program Manager.

GENEALOGY WORKSHOP

Wednesday, October 5, 2022

1:00–2:30 P.M. Online Webinar

Registration Deadline: September 30

Advance registration is required. Register online at: UWRAmadison.org/event-4813096

2023 UPDATE: IT'S YOUR CHOICE

Monday, October 10, 2022

1:30–3:30 P.M. Online Webinar

Registration Deadline: October 7

Advance registration is required. Register online at: UWRAmadison.org/event-4869234

MEET A UWRA MEMBER

Offering Medical Outreach to the Homeless

BY DAVID M. DECI, MD

Starting this month, I am writing the Wellness Matters column for *The Sifter*.



I joined the faculty of the UW–Madison Department of Family Medicine in 2009 and served as director of medical student education, with a clinical teaching practice in Belleville, until my retirement in July 2020. I remain engaged in both

classroom and clinical teaching of medical students with an emphasis on professionalism, community outreach, and advocacy.

I earned my undergraduate degree in biology and chemistry at Florida State University and graduated from the University of Florida College of Medicine. I completed my residency in family medicine at the University of North Carolina Mountain Area Health Education Center in Asheville, North Carolina. After 17 years of private practice in rural North Carolina and Virginia, I joined the faculty at West Virginia University in Morgantown, West Virginia in 2000. While there, I served as clerkship director and as founder of both the Rural Scholars Program and MUSHROOM—a student-driven multidisciplinary outreach to unsheltered homeless.

After moving to Wisconsin, I served as president and chair of the Board of the Wisconsin Academy of Family Physicians. I was a founding board member of the Street Medicine Institute, an international organization supporting the development and sustainability of community based medical outreach to the unsheltered homeless. I continue to serve on that board. I am also a volunteer physician with MACH ONE Health, a Madison orga-

nization that provides direct health care and social services to persons living on the streets.

I live in Fitchburg with my wife Diane. We have two adult sons. My interests include travel, gardening, reading, cooking, and volunteerism. ■

✓ SAVE THE DATE

INDIAN MOUNDS, GUIDED WALK
with Teri Venker, UWRA member

Wednesday, October 19
(rain date: Wednesday, October 26)
10:10 A.M. – NOON (1 hr 50 min)

Sponsored by the UWRA Travel Committee

Registration Deadline: October 10
Advance registration is required and limited to 30 attendees. Register online at:
UWRAmadison.org/event-4889695



FOOD PANTRY CONTRIBUTIONS

In lieu of registration fees for UWRA programs, donations are encouraged to the Open Seat food pantry that serves food-insecure UW students. 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. ■

{ The UWRA is your network in retirement! }

WEBINAR RECAP

The Bucket Strategy for Investing

BY PAUL REICHEL, MEMBER, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

In May, Christine Benz, director of personal finance and retirement planning at Morningstar, presented the bucket strategy for investing. Benz has been a strong advocate for this type of investment strategy and has done more than anyone to refine and popularize it over the years.

The bucket approach essentially places portfolios into three categories (or buckets). Bucket #1 holds stable assets from which to draw spending money

while buckets #2 and #3 hold assets that help to ensure long-term growth and don't have to be sold during down markets.

Benz defined the bucket approach, its advantages, potential drawbacks (and pushbacks on the drawbacks), and practical considerations when implementing a bucket strategy. She emphasized the need for periodic bucket maintenance, or rebalancing between buckets and perhaps within buckets. Benz included examples of in-retirement bucket portfolios in her presentation. ■

Visit the UWRA website (UWRAmadison.org) then select Resources/Presentations/2021-22 Jan-Jun to find a PDF of the presentation slides and a video recording of the program.

MAY 1–JULY 31, 2022

WE WELCOME NEW MEMBERS

James Beduhn, *EH&S, Chemical Safety Dept*

Deanna Blanchard, *School of Nursing*

Jon Blanchard

Colleen Brabender, *Statistics*

Gary Brown, *Facilities Planning & Management*

Richard Cates Jr, *Soil Science; Integrated Agricultural Studies*

Bridget Catlin, *Population Health Institute*

Jonathan Cooper, *Wisconsin Historical Society*

Thomas Cox, *Agricultural Economics*

Ian Coxhead, *Ag & Applied Economics*

Linda Crubaugh, *Entomology*

Tamra Dagnon, *DoIT*

Ann Dodge, *Department of Pediatrics*

Karen Early, *Division of Extension*

Ed Eloranta, *Meteorology*

Jeanne Eloranta, *Steenbock*

Colleen Godfriaux, *Nelson Institute for Environmental Studies*

Stan Godfriaux

Deborah Gurke, *Office of Strategic Consulting*

Paul Hayes, *UW Health Finance*

Dean Helwig, *Wisconsin State Laboratory of Hygiene*

Bruce Hermann, *UW Housing*

David Hillmer

Nancy Hilmanowski, *Animal & Dairy Sciences*

Ronald Hilmanowski

Mary Holmes

Kathleen Horning, *School of Education*

Daniel Langer, *Business Services*

Man Lee, *Athletic Department*

Christine Lee, *UW System Administration*

Nella Lucia, *School of Medicine, Family Medicine*

David Marcouiller, *Planning & Landscape Architecture*

Lynne Miguel, *Bacteriology*

Ken Mount, *School of Medicine, Public Health Admin*

Larry Nesper, *Anthropology*

Donna Peterson, *Extension*

Barbara Prigge, *Letters & Science*

Jane Radue, *UWSA Board of Regents*

Jane Richard, *Office of the Secretary of the Faculty*

Tami Rogers

David Rosol, *West Madison Ag Rec. Station*

Sharon Rosol

Roger Roth

Kathrine Roth, *Medicine*

Jennifer Schienle, *DoIT*

Jeanette School

Charlene Sime, *Philosophy*

Mark Taylor

Jim Wedde

Sally Wedde, *SMPH-ICTR*

Nancy Wilson, *Pathology and Lab Medicine–AVRL*

Julie Zachman, *School of Medicine & Public Health*

ACTIVITIES IN RETIREMENT

Farm to School: A Lifelong Passion for Garden Education

BY AMY J. FORD, UWRA MEMBER

I retired from my career as a pediatric clinical nutritionist at UW–Madison’s Waisman Center in July 2019. I remain a registered dietitian/nutritionist, and retirement has allowed me to further my lifelong passion for strengthening community health through garden education.



As pandemic concerns eased last summer, I began looking for a garden education service opportunity. My daughter, an AmeriCorps alumna, forwarded recruitment information about an AmeriCorps Farm to School opportunity within the Madison Metropolitan School District (MMSD). I applied with Rooted (a local nonprofit organization) and was connected to a thriving school garden community.

During my part-time service year, I have volunteered in two MMSD elementary schools to support engaging, hands-on learning opportunities that emphasize respectful awareness of self, community, and nature while exploring the lifecycle of edible plants, emphasizing the importance of eating a variety of fruits and vegetables, discovering where our food comes from, and empowering possibilities of growing and eating one’s food.

A third grader taught me that nurturing edible plants in the classroom can promote social and emotional growth. After seed-planting, sprouting, and caretaking phases, we moved on to harvest. I instructed students to gently cut the microgreen seedlings’ stems. This young scholar responded in shock, “What, you mean you want me to cut my plant? No, no way I’m doing that!”

This led to an open conversation around the emotional connections we have to our food. He eventually harvested his microgreens and added them to the classroom salad—thoroughly enjoying every bite! Afterward, his teacher said the project improved classroom connections and enthusiasm, as scholars eagerly checked on and cared for their plants daily.

I encourage you to investigate AmeriCorps and/or participating in a local school, community, or food pantry garden. Here are some options:

AmeriCorps: americorps.gov/about

AmeriCorps Farm to School Program: dpi.wi.gov/school-nutrition/farm-to-school/ameriCorps

Rooted: www.rootedwi.org/

MMSD: madison.k12.wi.us/partnerships/volunteering ■

UNIVERSITY LEAGUE

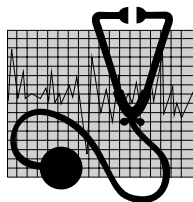
New Olbrich Botanical Gardens Director to Speak

BY JOANNE CANTOR, UNIVERSITY LEAGUE

Tanya Zastrow, hired as director of the Olbrich Botanical Gardens less than a year ago, will speak at the University League Fall Coffee on “The Olbrich Botanical Gardens: Past, Present, and Future.”

The event is Wednesday, September 14, 10:00 A.M., at the Maple Bluff Country Club and is open to the public. Breakfast is included in the \$20 registration fee. Register by September 7 at univleague.wisc.edu/programs.

A Wisconsin native and UW–Madison alumna, Zastrow has been director of programs at the Lady Bird Johnson Wildflower Center at the University of Texas–Austin, supervisory education specialist and volunteer/intern program coordinator at the U.S. National Arboretum, an environmental education volunteer with the Peace Corps in Nicaragua, and a participant in the national initiative, Cities Connecting Children with Nature (CCCN). ■

WELLNESS MATTERS**Quarterbacking Your Healthcare Team**

BY DAVID M. DECI, MD

Fall is upon us and, if you are like most of us, our attention turns to football. Have you considered what makes a good football team great? Most often, it is the skill and talent of the quarterback.

This principle also applies to our healthcare. Let's face it, the US healthcare system is complex and difficult to navigate. Complicated insurance plans, preauthorization requirements, Medicare guidelines, and a myriad of clinical specialists can cost us time, worry, and expense. When you add the stress of illness or injury, it is no wonder that we can feel overwhelmed.

So, who do we select as our quarterback? Multiple studies have shown that having a primary care provider (PCP) such as a family physician, general internist, geriatrician, or advanced nurse practitioner improves health outcomes on both an individual and population basis.

Just like a quarterback, the primary care provider knows all the healthcare players and the medical landscape. Most important, that person knows you as an individual within the context of family and community. We are more than just our blood pressure or our potassium level! We are multidimensional human beings with nuanced needs, desires, and fears. We need someone to serve as educator, interpreter, supporter, and advocate.

Well trained PCPs can treat "90% of the problems 90% of the time." And, when it comes to the other 10%, PCPs are adept at determining which specialist is most appropriate for further evaluation and care. In addition, the primary care physician is the center of healthcare information flow, coordinating and interpreting diagnostic results and consultant reports to provide context and meaning for you.

Next month we will explore the best ways to work with your primary care provider to ensure better health. ■

ATTIC ANGEL ASSOCIATION**Public Lectures Announced for September 2022**

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.

September 5 No Program: Labor Day

September 12 "Miracles Do Happen," Bill Schultz, founder and executive director, Miracle League of Dane County

September 19 "The Civilian Conservation Corps in Dane County," Bob Moore, author and consulting historian, Mt. Horeb Historical Society and Pope Farms Conservancy, Middleton

September 26 "Forward Garden: Cultivating New Partnerships at the Pope Farm Homestead to Improve Local Nutrition Security," Matt Lechmairer, farmer, environmental educator and Forward Garden Farm Manager ■

UW-MADISON ARCHIVES**UW System Merger Remembered**

BY TROY REEVES, ORAL HISTORIAN, UW-MADISON ARCHIVES & RECORDS MANAGEMENT

The Oral History Program (OHP) at the UW-Madison Archives and Records Management recently created a webpage for interviews conducted nearly 40 years ago. The project documented the reasons behind, and the then-recent aftermath, of the 1970-71 UW System Merger. The OHP thanks the UW System for funding this oral history website.

Visit library.wisc.edu/archives/exhibits to see this and similar oral history projects. For more information about this project or about the OHP, contact Troy Reeves at troy.reeves@wisc.edu. ■

REFLECTIONS

A Grizzly Encounter

BY MARY BARNARD RAY

It was the first day of our annual trip together. My grownup daughter and I had just paused on a small wooden bridge to admire a burbling mountain stream in the Jewel Hiking Basin of Montana's breathtaking Mission Mountains.



We chatted off and on as we continued hiking through the lush forest beyond that stream when my daughter stopped abruptly and held up her right hand. There, about fifteen feet in front of us, was the big, light brown, fuzzy hind end of a grizzly bear who was demolishing a rotten log, gobbling up termites.

Judging from its size, it was probably a two-year-old who had recently begun living on its own, away from its mother. It was so involved in its log that it wasn't aware of our presence, yet. Without a word we turned and walked calmly but quickly back down the path, crossing the stream without stopping to admire it, and fled back to our rental car. We didn't speak until we were inside the car with the windows closed.

Sometimes fear happens in retrospect. When you face a dangerous situation that requires urgent action, you may just react and escape it without much physical alarm. But later, when you reflect on the event, the fear grips you. That's what happened to me. My daughter had been in front of me, the first one in line for an attack.

Any parent of a child in danger probably recognizes my feeling at that time. Your knees go weak and your legs feel like jelly. Your stomach knots up and threatens to vault out of your throat. You feel simultaneously faint and ultra-aware. Your lower back muscles contract. Your whole body tightens until you feel like you are two inches shorter than you were. It's the feeling you get when your child is

in danger, and you can't prevent it.

We took the right action and got back to our car without injury. We did not stop to take a selfie! We did not try making loud noises, which might scare away a black bear, but would only anger a grizzly. Yes, we were carrying bear spray, but the bear had been so close that, if it had turned to attack us, we wouldn't have had time to use it. We were just fine.

But I was not fine and, even as I write this, I am not quite fine. I still can see that grizzly bear's hips, with every golden-brown hair in focus. And when I do, I feel an echo of my fear throughout my body. I have been reminded how precarious life can be and how precious it always is.

You have already guessed that I hugged my daughter more often after that encounter, and that I cherished her company all the more for the rest of our trip. There were two rewards for my fear: a renewed appreciation of life and a new story to tell. ■

Marc Fink to Be Featured Soloist with Madison Symphony

Marc Fink, a member of the UWRA Board of Directors, will be featured soloist in the opening concerts of the Madison Symphony Orchestra this season. He will be performing the Concerto for Oboe and Orchestra in C Major, KV 314 by Wolfgang Amadeus Mozart.

Marc was principal oboist of the Madison Symphony for 32 years before retiring last December, and faculty oboist at the Mead-Witter School of Music for 40 years, teaching oboe, chamber music, and music in performance, and performing in the Wingra Woodwind Quintet.

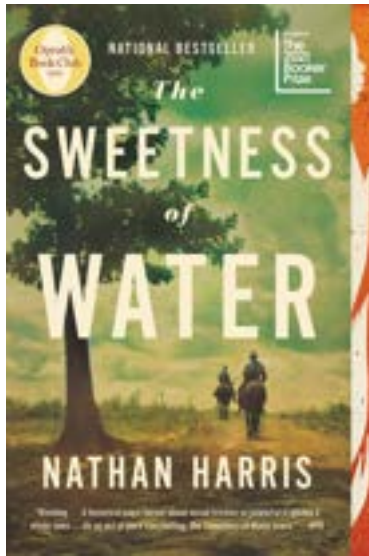
The Madison Symphony performances will be held in Overture Hall on Friday, September 23 at 7:30 P.M., Saturday, September 24 at 8:00 P.M., and Sunday, September 25 at 2:30 P.M. Also on the program is Beethoven's Ninth Symphony. For ticket information see the Madison Symphony Orchestra website at madisonsymphony.org. ■

BOOK MARKS

The Sweetness of Water

REVIEWED BY SHEILA LEARY, **SIFTER** EDITOR

The American Civil War has just ended, and two brothers, newly freed from enslavement, are eager for a new life but uncertain how to begin it.



Two defeated young soldiers come home with secrets to their shattered Georgia town. Two land-owners, one who owned slaves and one who did not, are flummoxed by the profound transformations around them. Two businessmen try to negotiate the risks and opportunities of an economy in chaos. A weary (and wary)

Union general governs an uneasy populace. Two middle-aged women find strength in friendship. An

abandoned mother and child maintain their dignity in wretched circumstances. Slighted and disempowered men look for vengeance. Good-hearted souls seek some kind of justice and peace.

This is the seething milieu that Nathan Harris creates in his lyrical, profound first novel, which the *Washington Post* called “a miraculous debut.” Ron Charles of the *Post* further writes that Harris “explores this liminal moment in our history with extraordinary sensitivity to the range of responses from Black and White Americans contending with a revolutionary ideal of personhood. ... All of this is drawn with gorgeous fidelity to these cautious characters, struggling to remake the world, or at least this little patch of it. ... Harris stacks the timbers of this plot deliberately, and the moment a spark alights, the whole structure begins to burn hot.”

Forget *Gone with the Wind*; read this. ■

Please email brief book reviews for Book Marks to column coordinator Laurie Mayberry at laurie.mayberry@wisc.edu.

■ UW-Madison Retirement Association Calendar Dates ■

Continue to monitor the UWRAmadison.org website for further updates.

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

- Monday, September 19, 2022 10:00 A.M.–NOON Webinar *Local Resources for Retiring Your Way* (V)
- Tuesday, September 20, 2022 10:00 A.M.–2:00 P.M. Tour *Behind the Scenes at American Players Theatre* (IP)
- Tuesday, September 27, 2022 10:00 A.M.–NOON Webinar *What You Need to Know about Electric Vehicles* (V)

- Wednesday, October 5, 2022 1:00–2:30 P.M. Webinar *Family Research from the Very Beginning* (V)
- Monday, October 10, 2022 1:30–3:30 P.M. Webinar *2023 Update: It's Your Choice (health plans)* (V)
- Wednesday, October 12, 2022 4:30–6:00 P.M. *UWRA Fall Member Reception* (IP)
- Wednesday, October 19, 2022 10:00 A.M.–1:00 P.M. Tour *Indian Mounds Guided Walk* (IP) **POSTPONED TO SPRING**
- Tuesday, October 25, 2022 1:00–2:30 P.M. Webinar *Climbing that Family Tree* (V)

- Tuesday, November 1, 2022 2:00–4:00 P.M. Webinar *Gerrymandering: When Is a Map Unfair?* (V)
- Wednesday, November 16, 2022 1:00–2:30 P.M. Webinar *Do Not Let the Family Tree Get Top Heavy* (V)

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.

THE SIFTER

UWRAmadison.org

UW-Madison Retirement Association

c/o Division of Continuing Studies
21 North Park Street, Room 7205
Madison, WI 53715-1218

Nonprofit
Organization
US Postage
PAID
UMS

Moved or Moving?

The Sifter will not automatically be forwarded by the Postal Service. Please use email, regular mail, or visit our website to give us your new address so that you can continue to receive *The Sifter* on a regular basis.

THE SIFTER

EDITOR • [Sheila Leary](#)

COLUMNIST • [Mary Barnard Ray](#)

COLUMN COORDINATORS

Meet a Member • [Crescent Kringle](#)

Activities in Retirement • [Scott & Lisa Hildebrand](#)

Book Marks • [Laurie Mayberry](#)

Wellness Matters • [David Deci](#)

UW-MADISON RETIREMENT ASSOCIATION

Website: UWRAmadison.org

Phone: **608-262-0641**

Email: retireassn@mailplus.wisc.edu

EXECUTIVE DIRECTOR • [Sandi Haase](#)

BOARD PRESIDENT • [Jane Dymond](#)

PRESIDENT-ELECT • [Rob Seltzer](#)

PAST PRESIDENT • [Esther Olson](#)

SECRETARY • [Marian Fisher](#)

TREASURER • [Beth Zemp](#)

DIRECTORS

[Mike Bernard-Donals](#) • [Tom Broman](#) • [Mary Czyszak-Lyne](#) • [Marc Fink](#) • [Ramona Gasper](#) • [Scott Hildebrand](#) • [Laurie Mayberry](#) • [Jurgen Patau](#) • [Jim Stratton](#)

IN THIS ISSUE

Webinar: Resources for Retiring, Your Way **p. 1**

From the Executive Director, Fall Member Reception **p. 2**

New President's Welcome to Members **p. 3**

How to Register for Events **p. 3**

Travel: Tour of American Players Theatre **p. 4**

Webinar: Electric Vehicles 101 **p. 4**

Webinar Series: Family Genealogy Workshops **p. 5**

Webinar: "It's Your Choice" Health Insurance Update **p. 5**

Meet a Member: David Deci **p. 6**

Save the Dates for Coming Programs **p. 6**

Welcome New Members, & Webinar Recap **p. 7**

Activities in Retirement: Garden Education; Olbrich Gardens' New Director to Speak to University League **p. 8**

Wellness Matters **p. 9**

Attic Angel Fall Events, & News from UW Archives **p. 9**

Reflections: Grizzly Bear! & Concert News **p. 10**

Book Marks: *The Sweetness of Water* **p. 11**

UWRA Calendar **p. 11**