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# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## RETIREMENT OPPORTUNITIES WEBINAR

### Gerrymandering: How Can You Tell That an Electoral Map Is Unfair?

BY MILLARD SUSMAN, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

**G**errymandering is one of the several ways in which our political system distorts the rule of “one person, one vote” to serve special interests. Drawing electoral maps is a complex math problem for which there is no single correct answer—and the



arguments over the acceptability of any given answer tend to be heated.

Fortunately, UW-Madison mathematician Jordan Ellenberg has given much thought to this issue and will present a webinar to help UWRA members

think about this problem. He will give an informal introduction to the rules governing the construction of electoral maps and criteria by which those maps can be judged. The session will allow plenty of time for Q&A, so please plan to ask questions. ■

*If you have preliminary questions for the speaker, please send them to program coordinator Millard Susman at [msusman@wisc.edu](mailto:msusman@wisc.edu) by Tuesday, October 25.*

**Jordan Ellenberg** is the John D. MacArthur and Vilas Distinguished Achievement professor of mathematics at UW-Madison and a Discovery Fellow at the Wisconsin Institutes for Discovery. He is the author of the acclaimed books *Shape: The Hidden Geometry of Information, Biology, Strategy, Democracy, and Everything Else* and *How Not to Be Wrong: The Power of Mathematical Thinking*.



#### GERRYMANDERING

**Tuesday, November 1, 2022**

2:00–4:00 P.M. Online Webinar

**Registration Deadline: October 28**

Advance registration is required. Register online at: [uwramadison.org/event-4882672](https://uwramadison.org/event-4882672)



Online registration for Zoom webinars is easy, but members may also email the UWRA office at [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu) or call 608-262-0641 to register for events.

Webinar links and call information is included in registration confirmations and reminders emailed to registrants 7 and 2 days prior to events.

**Need help with Zoom?**

Contact [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com)

FROM THE EXECUTIVE DIRECTOR'S DESK

## Happy Fall Everyone!

BY SANDI HAASE

I'm happy to share news of the return of the in-person Employee Benefit and Resource Fair. The 2022 fair is scheduled for Monday, October 3, 10:00 A.M.–4:00 P.M., at Union South.



Health, long-term care, vision, and dental insurance providers will have displays and representatives present to answer your questions.

Staff from the Employee Trust Funds, State of Wisconsin Investment Board, and other financial organizations that manage our 403(b) accounts and deferred compensation accounts will be on hand as well. Seminars are scheduled throughout the day so you can learn more about 2023 benefits. In addition, campus groups will offer information about their services, including Transportation Services.

UWRA will have a booth at the fair and present a panel discussion: "If I Knew Then What I Know Now." The panelists will provide their personal insights on factors that have helped, or perhaps hindered, the transition to retirement. The hour-long discussion will start at 11:45 A.M. in the Marquee. The fair is free, and no registration is needed. Be sure to stop by the UWRA booth to say hello!

As a reminder, UWRA is holding a "It's Your Choice—Health Insurance Update" webinar on Monday, October 10 (1:30–3:30 P.M.) Register at [uwramadison.org/event-4869234](http://uwramadison.org/event-4869234)

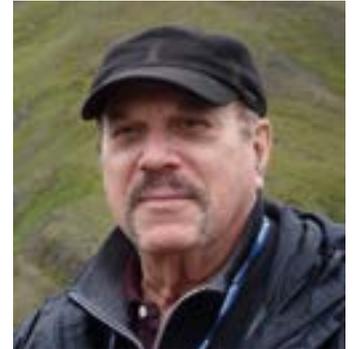
The 2022 Diversity Forum, "The Power of Remembering—Reclaiming Our Legacies to Imagine New Futures," will be held November 14–15 as a hybrid in-person and virtual conference. The Diversity Forum provides a platform for learning and exploration around issues of diversity, equity, inclusion, and social justice for members of the campus community and Wisconsin region. For more information, visit [diversityforum.wisc.edu/](http://diversityforum.wisc.edu/) ■

NEW ON BOARD

## Serving as UWRA President-Elect

BY ROB SELTZER

I grew up in Chevy Chase, Maryland, a suburb of Washington, D.C. I felt worldly at the time but, as I reflect back, I realize how parochial my upbringing really was. My wife grew up on a farm in Michigan, and we have wonderful stories about coming from different cultures. Her family would send me out to the vegetable garden to get some potatoes. I couldn't find them at all. For me, potatoes were wrapped in cellophane and came from the Chevy Chase market. Who knew they grew in the ground?



In graduate school, as I worked on my thesis and began my job search, I was hired in the admissions office at the University of Michigan as an admissions counselor. I finally completed my Ph.D. in 1992 while working full time. I loved college admissions work but wanted to move up to a director position. I applied for the director position at the University of Wisconsin–Madison and was offered the job, spending the next decade there.

After retiring from Wisconsin, I became associate vice president for enrollment management at Florida Atlantic University, responsible for admissions, financial aid, and the registrar's office. I loved the ocean, and living in Boca Raton wasn't bad either. My wife stayed in Wisconsin, where she had a good job as the head of student systems at Wisconsin.

We enjoy being retired and are keeping busy. I love to read, swim, and travel (Egypt, Alaska, Hawaii, Australia, New Zealand). I do a little private college admissions consulting. I am the past president of the Board of Trustees of the Middleton Public Library. We are also active in the UW–Madison Retirement Association, where I am a past president and am now president-elect. ■

**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

**P**olicy 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” was scheduled to be mailed by September 19. All information included in the Decision Guide and more information about the WEA Trust transition was available on the ETF website ([etf.wi.gov](http://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](mailto:msusman@wisc.edu) and Kathy Zweifel at [kazweife@wisc.edu](mailto:kazweife@wisc.edu) by Monday, October 3.*

**SWIB & WRS**

**Monthly Pension Podcasts**

**T**he State of Wisconsin Investment Board (SWIB) produces a monthly SWIB Podcast that can provide Wisconsin Retirement System (WRS) members with a deeper understanding of the work SWIB does to keep the state’s pension system strong and fully funded. Learn how robust and diverse investment strategies keep SWIB and WRS positioned for success. The most recent podcast is titled, “Mid-Year Market Update: Finding Stability in Volatility.” The podcasts are available on SWIB’s website, [swib.state.wi.us/podcasts](http://swib.state.wi.us/podcasts), and on most major podcast platforms including iTunes, Google Play, iHeart Radio, and Spotify. ■



Left: Walk. Right: Larson.  
No photo available for Brockman.



Below, left to right: Sieg,  
Wendt, White.



Presenters from the Department of Employee Trust Funds 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.

**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](http://UWRAmadison.org/event-4869234)

**DID YOU KNOW?**

The UWRA membership is 47% academic staff, 30.5% faculty, 22.3% university staff, and 3.2% non-UW retirees. UWRA is the only Big Ten Retirement Association that welcomes non-UW retirees.

11% of UWRA members are Life members, 45% are Bargain members (6 years for the price of 5), 37% are Annual members, and 7% are OOA (out of area) members.

Find more information for members at [UWRAmadison.org](http://UWRAmadison.org). ■

## 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 2:** This session will discuss creating records at the time of life events, along with skills to evaluate evidence, resources for locating records, and cautions and surprises along the way.

**Session 1: October 5 Family Research from the Very Beginning**

**Session 2: October 25 Climbing that Family Tree**

**Session 3: date tba, January 2023 Do Not Let the Family Tree Get Top Heavy**

If you missed Session 1, visit the UWRA website ([UWRAmadison.org](http://UWRAmadison.org)) then select Resources/Presentations/2022–23 July–Dec) to find information from the program. ■

*If you have preliminary questions for the speaker, please email them in advance to program coordinator Mary Beth Plane at [marybethplane@yahoo.com](mailto:marybethplane@yahoo.com) by Tuesday, October 18.*

## 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. ■



**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.

### GENEALOGY WORKSHOP 2

**Tuesday, October 25, 2022**

1:00–2:30 P.M. Online Webinar

**Registration Deadline: October 21**

Advance registration is required. Register online at: [UWRAmadison.org/event-4813124](http://UWRAmadison.org/event-4813124)

✓ **SAVE THE DATES**



### GENEALOGY WORKSHOP 3

**tba: rescheduled to January**

1:00–2:30 P.M. Online Webinar

Advance registration is required. Register online at:

[UWRAmadison.org/event-4813133](http://UWRAmadison.org/event-4813133)

### HEALTH OF THE US ECONOMY

**Wednesday, December 14, 2022**

10:00 A.M.–NOON Online Webinar

**Registration Deadline: December 9**

Advance registration is required. Register online at:

[UWRAmadison.org/event-4933337](http://UWRAmadison.org/event-4933337)

**Need help with Zoom?**

Contact [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com).

MEET A UWRA MEMBER

## Você Fala Português?

BY MARY L. DANIEL

**M**adison, Wisconsin is my hometown. I'm a three-time alumna of UW Madison: B.S. 1958 (education and Spanish); M.A. 1959 (Spanish); Ph.D. 1965 (Portuguese philology). I funded my undergraduate degree with a cello scholarship from the UW Music Clinic, which I had attended for four years while in senior high school.



My first full-time job was as an itinerant Spanish teacher in Key West, Florida. I circulated among four elementary schools, teaching oral-aural Spanish (no textbooks) to children in grades K-6. I lost my voice twice that year! The following year, I taught Spanish and English at a junior high school in Winter Park, Florida, before returning

to the UW for doctoral study. I spent 1965-1977 establishing a Portuguese program and teaching Portuguese at the University of Iowa.

Before retiring from UW-Madison in 1998, I was professor of Portuguese in the Department of Spanish and Portuguese (I am currently professor emerita). My favorite part of work was classroom teaching (both grad and undergrad). My favorite place on campus? The Bascom Hill and lakeshore path areas are "home" to me.

The first thing I did after retiring was devote more time to my traditional summer avocational activity (since 1972) of Portuguese technical translation in Brazil for Wycliffe Bible Translators. Now I spend full time translating technical (linguistic) volumes into Portuguese for the Brazilian Bible Society and Wycliffe Bible Translators, spending 6-7 hours daily at the computer.

I enjoy listening to classical music. I played cello in the Madison Symphony for several years, and in the performance area I'm especially fond of playing string quartets. I've also been trying to stay politically sane while reading recent memoirs authored by Washington D.C. insiders.

My favorite UWRA activity was the great series of nearly monthly double lectures/concerts, complete with lunch—I really miss those talks and lunches! My favorite restaurant in Madison was the now-closed Manna Café on North Sherman Avenue. My next travel plans include visiting Door County (a favorite spot) and northern Wisconsin.

Fun facts you might not know about me? I'm the daughter of immigrant parents from northeastern England (Lincolnshire) and have a teaching certificate in piano from the Sherwood School of Music (Chicago). ■

### BREAKFAST AT ELIE'S CAFE

909 E. Broadway, Monona, WI

**Tuesday, October 25, 2022**

9:00-10:30 A.M. In-person gathering

Join fellow UWRA members for breakfast (or a cup of coffee or tea) at Elie's Family Restaurant. Members gather once a month for breakfast and lively conversation. No registration needed.

### AUGUST 1-AUGUST 31, 2022

#### WE WELCOME NEW MEMBERS

**Marsha Callahan,**

*Advancement/School of  
Veterinary Medicine*

**Lisa Cervantes, Medicine**

**Kathryn Mazack, Identity  
and Inclusion**

**Kenneth Satyshur,**

*Bacteriology*

**Debra Schneider, CALS**

*Human Resources*

**Jay Schneider, CALS**

*Bacteriology*

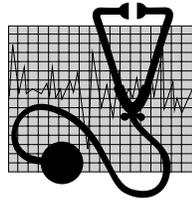
**Mary Tremaine, VCRGE/**

*GLBRC*

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

## WELLNESS MATTERS

# Making the Most of Your Healthcare Visit



BY DAVID M. DECI, MD, UWRA MEMBER

**L**et's face it. Visiting your healthcare provider can be confusing, time pressured, and anxiety provoking. I should know. For more than 40 years I sat across the desk from patients as a physician. Although times have certainly changed from the old days of paternalistic/maternalistic attitudes, many patients still leave their healthcare providers' offices feeling less than satisfied or informed.

So here are a few updated recommendations that will help improve your visits:

- Enroll in your health system's electronic patient portal. It makes accessing your health history much easier and allows you to review notes, laboratory results, and other diagnostic reports.
- Bring ALL of your medications to the visit. I like to call this the Ziploc approach to medication management. Your healthcare provider needs to know exactly what you are taking. That includes over the counter medications, vitamins, supplements, eye drops, nose sprays and inhalers. Especially include medications prescribed by other doctors. And please be honest about exactly how you are taking the medications.
- Bring a second pair of ears to the visit. Most physicians welcome friends and family members who can provide not just emotional support, but another means of remembering information that may be shared. Take notes and ask for written instructions.
- Prepare ahead and organize your concerns. Write down your symptoms and timeline of illness in bulleted form. You can enter this ahead of time into your electronic record and bring a printed copy for your provider to review. This saves time and allows your doctor to more quickly tailor the history and examination to your specific needs.
- Ask questions! Do not leave the encounter until

all of your concerns have been addressed. Remember, you are your own most important advocate.

- Complete and keep updated your Advance Directives, including contact information for your healthcare power of attorney.
- Make friends with your team's nurse or medical assistant. Between visits, they can be a vital link for getting questions answered, appointments scheduled, and prescriptions refilled.
- Finally, choose a physician or advanced nurse practitioner that best matches your personality and values. Many healthcare systems allow an initial "get to know you visit" that can help you to decide if this is the right leader for your healthcare team. ■

## ACTIVITIES IN RETIREMENT

# Seeking *Sifter* Submissions about Activities in Retirement

BY SCOTT AND LISA HILDEBRAND, COLUMN EDITORS

**S**ince late 2019, numerous UW–Madison retirees have shared fascinating stories about their post-retirement pursuits through *The Sifter's* "Activities in Retirement" column. These stories have generated many positive comments, and we are seeking submissions for upcoming issues.

The "Activities in Retirement" column highlights the wide range of UWRA member interests and showcases opportunities available around Madison and elsewhere. Recent columns have focused on garden education (September 2022), butterflying (June 2022), and science literacy (May 2022).

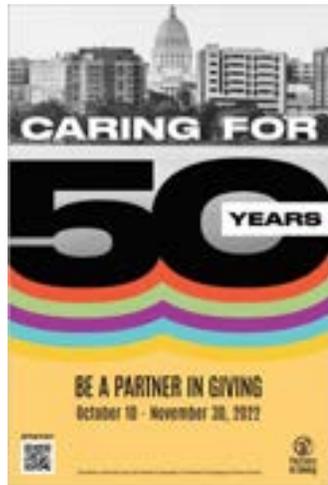
We realize that some retirees may feel uncomfortable writing for publication; however, we will work with you to tell your story! If you are interested in sharing a retirement activity with fellow retirees, please email [scott.h.hildebrand@gmail.com](mailto:scott.h.hildebrand@gmail.com). We'll send information about word count, deadlines, and photos along with a few questions to get you started. Previous articles have ranged from 250 to 400 words. ■

CAMPUS NEWS

## Partners in Giving Celebrates 50 Years!

BY GIANNA TAYLOR, UNIVERSITY COMBINED CAMPAIGN COMMITTEE

This year, our Partners in Giving (PinG) campaign theme is “Caring for 50 years”—a tribute to this incredible 50th anniversary milestone and the tremendous care for others and the community around them that donors have shown through their charitable gifts. Our collective contributions make a tremendous impact! We have now joined together for half a century to give much-needed support to the essential services and charitable work of the more than 500 local, state, national, and international organizations represented in the PinG campaign. Over the past 50 years, the campaign has collectively raised more than \$85 million, including almost \$2.1 million last year.



We hope you will once again join with UW-Madison to support the causes you care about most; however, the impact of charitable giving extends beyond the causes and organizations we choose to support. Giving impacts each of us directly, not only by strengthening our personal values, but also because it evokes

gratitude, makes us feel good (and studies suggest it may literally improve our physical and mental health), builds our sense of community connection, and could even offer you a tax benefit (consult your tax professional). The size of the contribution is not what earns us these rewards—it is the act of giving! For those who can participate, contributions of any size will help—even just \$1 per month.

### New This Year

You are invited to a new nine-part, virtual Charity Lunch & Learn series, occurring every Tuesday

through November 30. Join in to hear from charities who are making an impact locally, nationally, and internationally. Registration is open: [giving.wi.gov/charities/](https://giving.wi.gov/charities/)

We also invite you to visit [giving.wi.gov/](https://giving.wi.gov/) for more resources or to make a donation, or [giving.wi.gov/about-us/giving-in-retirement/](https://giving.wi.gov/about-us/giving-in-retirement/) to sign up for information on the campaign to be sent to your email or home address. To view all options for giving, visit [giving.wi.gov/options-for-giving/](https://giving.wi.gov/options-for-giving/). Contributions are welcomed through May 15, 2023. Your contributions have meant 50 years of caring for those most vulnerable, and—with your continued generosity and support—we look forward to another 50 years. ■

### UNIVERSITY ROUNDTABLE

## Roundtable Announces Fall 2022 Speakers

Each semester, the University Roundtable features three lunch programs with talks by a member of the UW-Madison community. Roundtable programs are open to members of the university community and their guests.

All programs are in Varsity Hall in Union South from 11:45 A.M. to 1:00 P.M. and each luncheon costs \$15. For further details, please visit the University Roundtable page at [acstaff.wisc.edu/programs/university-roundtable](https://acstaff.wisc.edu/programs/university-roundtable). With questions, email [roundtable@soas.wisc.edu](mailto:roundtable@soas.wisc.edu).

**October 26 Dietram Scheufele** will discuss how to communicate science in an increasingly polarized world.

**November 16 Anna Andrzejewski** will present on Marshall Erdman’s contributions to postwar architecture in Madison and beyond.

**December 14 Christy Remucal** will explore how per- and polyfluoroalkyl substances (PFAS) are impacting surface waters across the state of Wisconsin. ■

## PLATO

# Teach or Learn for the Joy of It

BY HEDY LUKAS, MEMBERSHIP AND COMMUNICATION CHAIR, PLATO

**A**s a member of PLATO (Participatory Learning and Teaching Organization), you can choose from more than 50 Madison-area discussion/lecture courses led by PLATO members on topics as diverse as *Refighting the Civil War*, *Buddhism: An Overview*, *We Love a Mystery*, and *Jazz*. In Fall 2022, we've added a course called *Truth Decay* by Jack Mitchell, retired professor and first producer of the NPR radio program *All Things Considered*, a *Writing Workshop* by published author Andy Millman, and *Non-dominant Hand Drawing* by Heather Williams, an artist whose goal is to help people use drawing to better understand themselves.



PLATO members who have a passion for a particular subject can develop and lead a course themselves. Most classes run six to ten weeks. There are no prerequisites, no grades, and no tests. Courses are held weekdays in-person at more than 20 convenient locations around greater Madison, and many courses are held virtually through online sessions.

Most of the Fall 2022 courses began in late September, but many can be joined at any time during the semester. Course coordinators can be contacted easily for more information by clicking on the Courses Tab on the PLATO website at [platomadison.org](http://platomadison.org).

PLATO members also enjoy trips to theaters and other venues in Milwaukee, Chicago, and Spring Green; visit gardens, museums, and areas of interest; participate in nature walks; and attend lectures

by Madison-area scientists, educators, and professionals. Currently scheduled October trips include a tour of the historic Pullman House in Chicago and the Milwaukee Repertory Theater to see *Titanic: The Musical*.

Because PLATO is a volunteer organization, annual membership fees for individuals are affordable at only \$60 per year, which covers participation in all courses. For special events that include such items as theater tickets or bus transportation, there may be additional fees. Some courses require the purchase of a resource book. For more information, visit [platomadison.org](http://platomadison.org). ■

## ATTIC ANGEL ASSOCIATION

# October Continuing Ed Speakers

**T**he 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 but capacity is 80 persons. Program attendees must screen at the front entrance and wear a health-grade mask.



**October 10 MSO's Path to the 100th Anniversary Season and Beyond** Robert A. Reed, executive director, Madison Symphony Orchestra

**October 17 UW Secrets, Mysteries, and Hidden Places** Preston Schmitt, senior writer, *On Wisconsin* magazine

**October 24 Build Your Brain Buffer: Steps to Reduce Risk of Dementia and Improve Wellbeing** Dr. Nathaniel Chin, medical director, Wisconsin Alzheimer's Disease Research Center

**October 31 Working the Business Side of Professional Baseball** Dick Hoffman, retired financial executive, Milwaukee Brewers. ■

**RSVP OF DANE COUNTY**

## Fall Volunteer Opportunities

BY JAN KARST, RSVP COMMUNITY CONNECTIONS COORDINATOR



**F**or 50 years, RSVP has been matching volunteers, primarily age 55 and older, with community service opportunities. In a typical year, nearly 1400 RSVP volunteers put in more than 175,000 hours of service across all 25 Dane County communities. To explore volunteering with RSVP, contact Jan Karst at [Jkarst@rsvpdane.org](mailto:Jkarst@rsvpdane.org) or 608-441-7891, or visit the website [rsvpdane.org](http://rsvpdane.org). Following are some current opportunities to volunteer.

**Braille Transcription Training** starts this fall. You can be trained as a Volunteer Braille Transcriber to prepare and provide books in braille. All transcribers take a one-year braille transcription course (weekly classes) that culminates in certification by the Library of Congress.

**Catholic Multicultural Center** needs Meal Servers and Cooks throughout the month. Free community meal serving is 3:30–5:30 P.M. weeknights and 9:30 A.M.–12:30 P.M. on weekends. Cook anytime but the meal must be done by 3:30.

**Habitat ReStore** Help sort and shelve used and new building materials and supplies, assist shoppers, and take sales at the cash register. Morning and afternoon shifts are available Tuesday–Saturday. Most current need is at the Eastside store on Monona Drive.

**SSM St. Mary's Hospital** needs help with their At Your Service program (escorting patients and families, delivering belongings, etc.), Patient Registration (welcoming patients and escorting them to their destination), and Surgical Waiting Area (supporting families with a loved one in surgery,

offering caring presence and support through touch and conversation).

**American Red Cross** Welcome donors, help them register, provide friendly support, and assist with refreshments as a Blood Donor Ambassador. Or, as a Red Cross Blood Transport driver, ensure that blood is available for patients in need in Wisconsin.

**Agrace Hospice Care** has kitchen volunteer opportunities including Small Batch Baker, Café Cashier, Nutrition Center Stocking, Soup Brigade, and Kitchen Prep to assist the Kitchen Team with small prep and recipe work.

**Nationwide Trophy Recycling Program (NTRP)** makes refurbished trophies and awards from donated old ones, supplying non-profits across the country. Help in the recycling workshop on Odana Road. Tasks include unpacking boxes of trophies, taking them apart with simple tools, sorting the pieces, and building new trophies. This is also a maker space that allows creative folks to make new items out of the trophy parts. Two-hour shifts available.

**Social Justice Center** This is a vibrant hub housing 14 local organizations critical to our community. It needs Front Desk Greeters to welcome visitors, answer questions, and maintain the front desk and reception area. Basic computer literacy, including typing, email, and searching the internet are helpful.

**Vets Helping Vets** Volunteer Drivers needed, starting now. Receive mileage reimbursement and extra liability coverage, and the satisfaction of taking fellow veterans to medical appointments. Hours are within the frame of 8:00 A.M.–4:00 P.M., Monday–Friday. Your service is greatly appreciated.

**Computer Buddies** This e-mail contact program between RSVP volunteers and elementary children in Dane County links caring older adults to students through electronic communication. The e-mails are of a friendly, “get-to-know-you” nature. During the school year, the Buddies become friends. ■

## REFLECTIONS

### Three, Two, One—Sit!

BY MARY BARNARD RAY

I relish autumn, but it does remind me of my own aging and the lost opportunities for some adventures. To all readers who have ever tried downhill skiing, I offer a salute. You have had an adventure I will never experience. I am at peace with that knowledge.



What has prevented me from skiing is not the fear of sliding downhill. It's the prospect of riding the lifts. Long ago I tried riding one of those little round metal disks that were used before T-bars, supposedly the easy way to get up the bunny hill. I was new to

skis and poles and unable to afford a skiing lesson. So it is no wonder that managing to hold that disk between my thighs while keeping two skis straight was far beyond my skill level. On my first attempt, I managed to get my long skis crossed and ended up pivoting sideways while being dragged a few feet up a slope before I successfully fell off that evil little metal stool. Grade school children waited patiently for me to clear the area so they could ride up the hill. Fortunately, cell phones did not yet exist, or my fall would still be on YouTube.

This memory came back to me a few months ago when, in the company of our grown daughter, I was riding a ski lift up Whitefish Mountain to see the view. The trip started successfully. A courteous young man, who appeared to be about 12 years old, told me where to stand as the chairlift came around. He even counted out "three, two, one—sit" at just the right time. I was on my way! At the top of the first hill, they stopped the lift so I could climb out of the park-bench-like chair. The second lift offered the option of a gondola; the young people there stopped the lift so we could climb into the enclosed car.

When it was time to come down the mountain, a crusty older man tried to talk me into taking the chair lift down instead of the gondola. Since the lift was probably 100 feet above the ground in places and the wind was blowing, I was not persuaded. Again, they stopped the lift at the top and the bottom of the hill so we could climb in and out of the gondola.

At the lower chairlift, we again got the instructions to stand in one place and "three, two, one—sit." My confidence was building. True, I did clutch the grab bar in front of me, but it was windy. All was going well until we reached the bottom of the hill, where the chair lift attendant, a young woman with a perky ponytail was talking with great animation on her cell phone. As the chair rounded the corner without stopping, my daughter got up gracefully and walked away ahead of the chair. I sat frozen in place. Thoughts of being knocked down by the moving bench filled my head. The pert little attendant was still focused on her phone. I resolved that I was about to ride up the hill again, because there was no way I was going to get off that moving chair.

Suddenly I saw a young man running toward me, leaping over a barricade like a practiced hurdler and coming to my rescue. He hit the appropriate red button and the lift gently stopped. I rose with what little grace I could muster and walked away, hoping I was looking more like Queen Elizabeth than a timid old lady. I complimented the young man on his hurdling skills, kept walking, and vowed that I would never regret foregoing downhill skiing. ■



**BOOK MARKS**

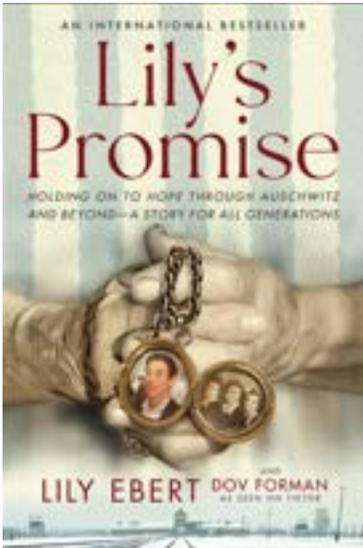
**Lily's Promise**

REVIEWED BY SANDI HAASE, EXECUTIVE DIRECTOR & UWRA MEMBER

The book *Lily's Promise: Holding on to Hope through Auschwitz and Beyond* by Lily Ebert and Dov Forman (Pan Macmillan UK, 2021), is a testament to the human spirit and an excellent read. What amazed me about this memoir was Ebert's lack of bitterness after all horror that she and her family endured during World War II. She promised herself that, if she survived Auschwitz, she would tell everyone the truth about the camp in the hope that it

would never happen again.

The memoir begins with her happy childhood in



Hungary before the war. She shares how her life and the lives of her family members change when they are herded into a cattle car and arrive at Auschwitz. Young Lily and two of her sisters were separated from her mother and two younger siblings, who were sent to the gas chambers. She recounts the months of work, exhaustion, starvation, and a death march across Germany, eventually meeting American soldiers who liberated them. A sympathetic G.I. gave her a banknote on which he had written, "Good luck and happiness."

For decades, Ebert didn't talk about her experiences. Ultimately, with the help of her great-grandson Dov Forman, she kept her promise. Her story gives us a peek into how Holocaust survivors coped with the horrors they experienced and at the impact on families.

Lily Ebert is a founding member of the Holocaust Survivor's Centre. She was awarded the British Empire Medal for services to Holocaust education in 2016. ■

Please email brief book reviews for Book Marks to column coordinator Laurie Mayberry at [laurie.mayberry@wisc.edu](mailto:laurie.mayberry@wisc.edu).

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

Continue to monitor the [UWRAmadison.org](http://UWRAmadison.org) website for further updates.

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

- |  |                 |   |
|--|-----------------|---|
| • Wednesday, October 5, 2022               | 1:00–2:30 P.M.  | Webinar <i>Family Research from the Very Beginning</i> (V)      |
| • Monday, October 10, 2022                 | 1:30–3:30 P.M.  | Webinar <i>2023 Update: It's Your Choice (health plans)</i> (V) |
| • Wednesday, October 12, 2022              | 4:30–6:00 P.M.  | <i>UWRA Fall Member Reception</i> (IP)                          |
| • Tuesday, October 25, 2022                | 9:00–10:30 A.M. | Breakfast at Elie's Cafe (IP)                                   |
| • Tuesday, October 25, 2022                | 1:00–2:30 P.M.  | Webinar <i>Climbing that Family Tree</i> (V)                    |
| • Tuesday, November 1, 2022                | 2:00–4:00 P.M.  | Webinar <i>Gerrymandering: When Is a Map Unfair?</i> (V)        |
| • Tuesday, November 22, 2022               | 9:00–10:30 A.M. | Breakfast at Elie's Cafe (IP)                                   |
| • Wednesday, December 14, 2022             | 10:00 A.M.–NOON | Webinar <i>Health of the U.S. Economy</i> (V)                   |
| • Tuesday, January 17, 2023                | 2:00–3:30 P.M.  | Webinar <i>Human-Robot Interaction and Teams</i> (V)            |
| • January date tba, check the UWRA website |                 | Webinar <i>Do Not Let the Family Tree Get Top Heavy</i> (V)     |

For information on upcoming PLATO trips, visit [platomadison.org/page-18561](http://platomadison.org/page-18561). For information on Board and Committee meetings and deadlines for **The Sifter**, see the UWRA website at [UWRAmadison.org](http://UWRAmadison.org).

## THE SIFTER

UWRAmadison.org

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c/o Division of Continuing Studies

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