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UWRA-Madison



# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## ELECTRONIC TECHNOLOGY WEBINAR

### Assistive Technology: Access to Independence

BY JIM VANNES, MEMBER, ELECTRONIC TECHNOLOGY COMMITTEE

Assistive technology can help you stay comfortably in your home during retirement by providing support in various aspects of daily life, including home automation, mobility aids, medication management, home safety, and communication aids.

What types of challenges can I expect to face in retirement? Who can advise me as to which assistive technologies will best help me now and in the future? Where can I get this equipment? These and other topics will be discussed by representatives from Access to Independence Inc. and the Wisconsin Council for the Blind & Visually Impaired.

*If you have preliminary questions for the speaker, please send to program coordinator Jim Vannes at [jjvannes@wisc.edu](mailto:jjvannes@wisc.edu) by Tuesday, March 7.*



**Rebecca Patterson** has been working as an independent Living Specialist at Access to Independence for several years during two different periods. She started the first time in 2002 after receiving her MA in Psychology. **Mary Rodwell** received her bachelor's degree in psychology in 2019. She has been working at Access to Independence since 2022. **Denise Jess** has served as executive director of the Wisconsin Council of the Blind & Visually Impaired since 2016. The Council's mission is to promote the dignity and empowerment of Wisconsinites living with vision loss through advocacy, education, and vision rehabilitation services.

**ASSISTIVE TECHNOLOGY**  
**Tuesday, March 14**  
2:00–3:30 P.M. Online Webinar  
**Registration Deadline: March 10**  
Advance registration is required. Register online at:  
[UWRAmadison.org/event-5092459](https://UWRAmadison.org/event-5092459)

✓ **STILL TIME TO REGISTER**  
**Genealogy Series, Part 3**  
**DON'T LET THE FAMILY TREE GET TOP HEAVY**  
**Monday, March 13**  
10:00 A.M.–NOON Online Webinar  
**Registration Deadline: March 9**  
Advance registration is required. Register online at:  
[UWRAmadison.org/event-5147848](https://UWRAmadison.org/event-5147848)

FROM THE EXECUTIVE DIRECTOR'S DESK

## Take My Great Job!

BY SANDI HAASE

On page 3 of this issue, you will read that *the best volunteer position ever* will become vacant in June 2023, and applications are due in mid-April. I have decided that, after six and a half years as UWRA executive director, it is time to actually retire!



As we continue to craft our “new normal,” the UWRA executive director position is a wonderful opportunity to:

- sharpen your technology skills and knowledge, with the help of colleagues, as the Association continues to adapt its processes for registration, payments, communications, program delivery, and more.
- meet so many interesting UWRA members and stay in touch with many former colleagues. This position truly attests to our motto, “UWRA is your network in retirement!”
- encourage our committees as they plan and deliver top-notch programs and communications for all of us. You can facilitate the quality and the quantity of programs UWRA sponsors.
- work closely with the board of directors; participate in discussions and decisions that will continue to propel UWRA into the future.
- work flexibly from home or at the UWRA office, housed in the Division of Continuing Studies at 21 North Park Street.

This truly is an opportunity that can be shaped to become a perfect fit for the person doing the job.

Sound interesting? Have I piqued your interest? Want to chat? Do not hesitate to reach out to me at [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu) or 608-262-0641. This is a unique, stimulating, and fun opportunity that I hope you will consider. ■

UWRA NEWS

## New on Board: Ramona Gasper

I retired in February 2020 after 34 years of service as an administrative assistant with the University of Wisconsin System. The last position I held was in the UW School of Veterinary Medicine dean’s office. Previously I worked in UW–Madison schools and departments as well as in UW–Extension and UW Colleges. Upon my retirement I proudly received emerita status from UW–Madison.

Giving back to the UW community and enacting the Wisconsin Idea has always been important to me. I was involved in many committees, including shared governance and search and screen committees for UW–Extension, as well as fundraising and outreach committees for Wisconsin Public Radio.

One of the accomplishments I am most proud of is my participation in the year-long UW–Extension and UW Colleges Academy for Leadership and Innovation in 2014. It was a very positive, honorable experience to learn about the statewide impact of the Wisconsin Idea. During the program we traveled to several UW campuses and explored how they support their learners and communities.



Currently I volunteer for the Wisconsin Book Festival, Wisconsin Film Festival, and PBS Wisconsin. My family—daughter, son, and two young granddaughters—have blessed me with a very active retirement. Traveling is my great joy. I visited Paris and Provence in 2022 and plan another European adventure in 2023. Other hobbies include knitting, crocheting, collecting Mona Lisa ephemera, browsing second-hand stores, and supporting performing and visual arts.

I am a member of the UWRA Luncheon and Big Ten 2023 Planning committees. I am looking forward to participating in the many opportunities and experiences UWRA has to offer. I value public service and am pleased to represent University Staff on the UWRA Board of Directors. ■

**UWRA NEWS**

**Looking for Leaders: The Search for Our Next UWRA Executive Director Is On!**

BY MARY CZYNSZAK-LYNE, PROJECT LEAD, EXECUTIVE DIRECTOR TRANSITION

**A**re you someone—or do you know someone—who is looking for a unique challenge, and who would be excited to work with the amazing community of University of Wisconsin retirees? The UW Retirement Association is looking for candidates to become our next volunteer executive director. The expected start date is June 2023, with retiring executive director Sandi Haase serving as a mentor/trainer for up to six months.


We’re looking for candidates who are self-motivated, enthusiastic, willing to accept and initiate new projects, and can recognize opportunities. We seek positive, strong communication skills, independent problem solving, and critical and conceptual thinking. Does this sound like you, or someone you know? We’d love to hear from you.


If you might be interested in serving as the executive director for this forward-looking dynamic retirement association, or if you know someone who might be interested in serving, please contact Mary Czyszczak-Lyne, project lead for the search, at [mary.czynszaklyne@wisc.edu](mailto:mary.czynszaklyne@wisc.edu).

Candidates should enjoy serving for three to five years in this role. The deadline for applications is April 17, 2023. A full position description can be found at the top of the UWRA website home page, [UWRAmadison.org](http://UWRAmadison.org). Click on “View PD.” ■

**BREAKFAST AT ELIE'S CAFE**  
 909 E. Broadway, Monona, WI  
 9:00–10:30 A.M. In-person gathering  
**TUESDAY, MARCH 28**

Join fellow UWRA members for breakfast (or a cup of coffee or tea) once a month for lively conversation. No registration needed.



 **SAVE THE DATES**

**POTENTIAL IMPACT OF STATE BUDGET**  
**APRIL 18** Online Webinar  
[UWRAmadison.org/event-5125499](http://UWRAmadison.org/event-5125499)

**HOW THE UW USES SOCIAL MEDIA**  
**MAY 2** Online Webinar  
[UWRAmadison.org/event-5092539](http://UWRAmadison.org/event-5092539)


**INDIAN MOUNDS GUIDED WALK**  
**MAY 9** In Person  
[UWRAmadison.org/event-5072252](http://UWRAmadison.org/event-5072252)

**THE INFLATION REDUCTION ACT: WHAT HOMEOWNERS SHOULD KNOW**  
**MAY 10** Online Webinar  
[UWRAmadison.org/event-5041455](http://UWRAmadison.org/event-5041455)



**FOOD PANTRY CONTRIBUTIONS**

**I**n lieu of registration fees for UWRA programs, donations are encouraged to the Open Seat Food Pantry that serves food-insecure UW students. The pantry is a project of ASM, Associated Students of Madison. Learn more about it at [asm.wisc.edu/the-open-seat/](http://asm.wisc.edu/the-open-seat/) 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. ■

 **UWRA ANNUAL MEETING SET FOR MAY 18**

**T**he 2023 annual member meeting and reception will be Thursday, May 18, 2023, 3:30–5:30 PM at the UW Arboretum. Watch for details in an upcoming *Sifter* and on the UWRA website. Mark your calendar! ■



**RETIREMENT OPPORTUNITIES WEBINAR**

## What's Happened to the Republican Party? The Reagan through Trump Years (1980–2020)

BY TOM EGGERT, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE



**T**he Republican Party has changed over the last 40 years, perhaps to the astonishment of many long-time Republicans. Join us to hear Professor David Canon talk about this evolution, what caused it, and what the future may hold. Are there parallels to the role of the John Birch Society in the 1960s? What has driven the party to take the positions that they are currently taking? How much of the change is because of Donald Trump, or was he simply responding to and then magnifying broader social forces? What does the future hold, especially looking toward the 2024 presidential race? Canon is the author of several books, including *American Politics Today*. He has a unique perspective on the Republican Party and the role it might play in our politics of the future. ■

*If you have preliminary questions for the speaker, please send them to program coordinator Tom Eggert at [tleggert@wisc.edu](mailto:tleggert@wisc.edu) by Tuesday, March 14.*



**David Canon** is professor of political science at the University of Wisconsin–Madison and editor of *Election Law Journal*. His book *Race, Redistricting, and Representation* won the Richard F. Fenno Award for best book on legislative politics.

**RETIREMENT OPPORTUNITIES WEBINAR**

## Nuclear Power and Climate Change: A Point/Counterpoint Presentation

BY TOM EGGERT, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

**N**uclear power has been held out as one of the best options for a carbon-free future and as one of the biggest busts of our energy past. Join Richard Steeves, emeritus faculty at the UW School of Medicine and Public Health, and Tom Eggert, emeritus faculty at the Nelson Institute for Environmental Studies, as they debate the future of nuclear power.

Steeves heads up the local group “Rethinking Nuclear” ([rethinkingnuclear.org](http://rethinkingnuclear.org)) and has been an advocate for an expanded role for nuclear power, both in the US and worldwide. Eggert taught classes on systems thinking and sustainability and has spoken against a broader role for nuclear power. They share a concern about the risk of climate change, both now and in the future, but they diverge on whether nuclear should be included in the answer. Come listen to a new spin on the old argument of whether nuclear power deserves to be included in the future energy mix. ■

*If you have preliminary questions for the speaker, please send them to program coordinator Tom Eggert at [tleggert@wisc.edu](mailto:tleggert@wisc.edu) by Thursday, March 16.*



### WHAT'S HAPPENED TO REPUBLICANS?

**Tuesday, March 21**

1:00–3:00 P.M. Online Webinar

**Registration Deadline: March 17**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5069123](http://UWRAmadison.org/event-5069123)

### NUCLEAR POWER & CLIMATE CHANGE

**Thursday, March 23**

1:00–3:00 P.M. Online Webinar

**Registration Deadline: March 20**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5061315](http://UWRAmadison.org/event-5061315)

**ELECTRONIC TECHNOLOGY WEBINAR**

**Solar and Sustainable Energy:  
The Sky's the Limit!**

BY SCOTT R. SPRINGMAN, MEMBER, ELECTRONIC TECHNOLOGY COMMITTEE

**H**ave you wondered about installing solar panels for energy generation on homes and other sites? What are the societal and personal benefits? What are the key points to consider if you or your family are “going solar?” Join us on an informative journey with representatives from the Wisconsin Energy Institute, RENEW Wisconsin, the Couillard Solar Foundation, and a local solar installer. ■



*If you have preliminary questions for the speaker, please send them to program coordinator Scott Springman at [srspring@wisc.edu](mailto:srspring@wisc.edu) by Wednesday, April 5.*



**Scott P. Williams** is research and education coordinator for the Wisconsin Energy Institute. **Sam Dunaiski** is executive director at RENEW Wisconsin and formerly worked as an operational meteorologist.



**Jackie Harrison-Jewell** is executive director at the Couillard Solar Foundation. **Justin Arneson** of All Energy Solar has helped more than 400 homeowners, businesses, and nonprofits make the switch to solar.

**SOLAR & SUSTAINABLE ENERGY**

**Wednesday, April 12**

1:00–3:00 P.M. Online Webinar

**Registration Deadline: April 7**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5041493](http://UWRAmadison.org/event-5041493)

**FINANCIAL MATTERS WEBINAR**

**2023 ETF and SWIB Update**

BY MILLARD SUSMAN AND MEL MORGENBESSER, MEMBERS, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

**M**ore than 648,000 members, including current state and local government employees and retirees, look to the Wisconsin Retirement System (WRS) to help provide for their retirement. The State of Wisconsin Investment Board (SWIB) is the independent state agency responsible for investing the assets of the retirement system. Join us as WRS and SWIB leaders give us their annual update. ■

*If you have preliminary questions for the speaker, please send to program coordinators Millard Susman at [msusman@wisc.edu](mailto:msusman@wisc.edu) and Mel Morgenbesser at [mmorgenb@wisc.edu](mailto:mmorgenb@wisc.edu) by Thursday, April 6.*

**Edwin Denson** is the executive director and chief investment officer at SWIB. Before joining SWIB in 2018, he was a managing director at the Canada Pension Plan Investment Board (CPPIB). **Rochelle Klaskin**, deputy executive director and chief administrative officer at SWIB, first joined the agency in 2015 as its chief legal counsel. **John Voelker** is the ETF Secretary, with more than 30 years of public service at ETF and the Wisconsin court system.

**ETF & SWIB ANNUAL UPDATE**

**Thursday, April 13**

10:00 A.M.–NOON Online Webinar

**Registration Deadline: April 10**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5020296](http://UWRAmadison.org/event-5020296)

Online registration for UWRA 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 are 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)

MEET A UWRA MEMBER

# Construction Instruction

BY LEROY STUBLASKI, UWRA MEMBER

I have been working all my life! Sometimes it seems longer. My hometown is Sturtevant, Wisconsin. Growing up on a small family farm, I learned a good work ethic. As the youngest of nine, I didn't get special treatment and learned early on that putting in the work brought rewards.

During my teen years I learned woodworking with my father and brothers and began to understand the value and rewards of building. My brother Tom suggested architectural school. After high school, I worked second shift in a factory welding machine parts and saved enough money for school. I graduated from the architectural/engineering program at the University of Illinois in Chicago.

After graduation I worked in the Bridge and Building Department for the Milwaukee Road Railroad. Not my ideal job! Two years later I started as project architect for Perkins and Will Architects and Engineers for high-rises in downtown Chicago, First National Bank, Standard Oil, the Ritz Carlton Hotel at Water Tower Place, and others.

I was offered several positions in downtown Manhattan but, unwilling to leave the Chicago area, I began a position in manufacturing as VP and general manager of an international company. This brought me to live in North Carolina, Ohio, and ultimately back to Wisconsin. I joined the State of Wisconsin Department of Commerce as advanced engineering consultant for the Wisconsin Uniform Dwelling Code. I trained thousands of building inspectors and general contractors for residential home and building construction.

When I retired as a state employee in 2010, I started Architecture Plus, LLC. Having my own business gave me the chance to make my own schedule and stay active enough to be involved

with teaching and projects with homeowners.

In 2015, my wife Jeanne retired from the UW School of Medicine. We started traveling in and beyond the United States. In July of 2023 we will travel to Alaska for a third time, bringing our youngest son and his family. We also plan to tour Greece with a cruise to the Islands and Turkey. I still want to do a world cruise in the future.

I have also returned to my farming roots with a garden plot outside my home that grows larger every year. A little-known fact about me is that I have developed a love for cooking and my favorite books to read now are cookbooks! ■



**JANUARY 1-31, 2022**

**WE WELCOME NEW MEMBERS**

- |  |  |
|--|--|
| <b>Mary Banovetz</b> , <i>Psychiatry</i>                           | <b>Manuela Romero</b> , <i>College of Engineering</i>      |
| <b>Steve Banovetz</b>  | <b>Laurie Seifert</b> , <i>Pediatrics</i>                  |
| <b>Eric Berg</b> , <i>Dermatology</i>                              | <b>Mary Sesto</b> , <i>Medicine</i>                        |
| <b>Nancy Crevier</b> , <i>Extension, Health &amp; WB Institute</i> | <b>Carlene Shifflet</b> , <i>Cardiology</i>                |
| <b>Sarah Gatz</b> , <i>Grad School</i>                             | <b>Craig Stevens</b> , <i>Registrar/Bursar's Office</i>    |
| <b>Kathleen Haas</b> , <i>Extension</i>                            | <b>Jennifer Stevens</b> , <i>Obstetrics and Gynecology</i> |
| <b>Kathryn Hendricks</b> , <i>School of Veterinary Medicine</i>    | <b>Matilde Urrutia</b> , <i>Soil Science</i>               |
| <b>Leah Leighty</b>  | <b>Amy Whitehead</b>                                       |
| <b>Susan Lueloff</b> , <i>Plant Pathology</i>                      | <b>Marvin Wickens</b> , <i>Biochemistry</i>                |
| <b>Dan Machkovech</b>  |  |
| <b>Angela Normington</b> , <i>Astronomy</i>                        |  |

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



**ACTIVITIES IN RETIREMENT**

**And One Man in His Time Plays Many Parts ...**

BY BRIAN GOFF, UWRA MEMBER

**D**ating back to 1983, I have worn many hats during my daily IT “vocation,” most recently as a senior project manager for the UW’s Department of Information Technology (DoIT). The one constant throughout that time has been my avocation: community theater.

The Latin root of avocation is vocare—a calling away from one’s work, or a distraction. Today, we use the word to refer to a serious hobby. I have been involved in children’s theater and community theater for over 50 years, so I would call that a serious hobby! In retirement, I plan to put my passion into high gear.

I am in my fifth year as president of the Sun Prairie Civic Theatre board of directors, on which I have served several times since 1985. My partner in crime and wife of 40 years, Livvia Goff, (also a UW–Madison employee) has been with me all along. We met when she was the tender age of 5 and I was 7, when we started involvement with the Davenport Park Board Junior Theater. Ever since, we have been hooked on theater of all sorts.

Although I have been on stage as an actor several times, my real passion is designing and building sets. Sun Prairie Civic Theatre (SPCT) produces numerous large musicals, small musicals, and non-musicals throughout the year. It also is the ninth chapter of The Penguin Project. Now in its seventh year, the Penguin Project of SPCT allows differently abled children to fully participate in live theater. All roles are filled by young people with special needs, including Down syndrome, cerebral palsy, autism, intellectual and learning disabilities, visual and hearing impairment, and other neurological disorders. It is a joyous and rewarding program.

Throughout my 37 years with SPCT, I have performed just about every production job with the exceptions of director and costuming. SPCT, which has operated continuously for 51 years, recently

launched a long-range planning effort for the next 25 to 50 years. I am leading a team of six and using the project management skills I honed at DoIT.

Since retiring in January 2022, I am blessed with abundant free time. I can take on additional duties and tasks to relieve some of the daily pressures that others in the group have been managing. ■



To learn more please visit: [sunprairiecivictheatre.com](http://sunprairiecivictheatre.com) and [sunprairiecivictheatre.com/the-penguin-project.html](http://sunprairiecivictheatre.com/the-penguin-project.html). For more information on SPCT or getting involved, please contact Brian Goff at [info@sunprairiecivictheatre.com](mailto:info@sunprairiecivictheatre.com)

**UNIVERSITY LEAGUE**

**Actor Sarah Day to Speak at Luncheon**

BY BETTY ZEPS, PROGRAM COMMITTEE AND JOANNE CANTOR, PUBLICITY COMMITTEE, UNIVERSITY LEAGUE

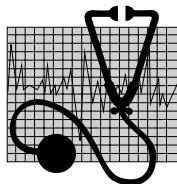
**S**arah Day, best known as an American Players Theater core company member, is the speaker at the University League spring luncheon taking place at the Blackhawk Country Club (3606 Blackhawk Drive, Madison, WI 53705) on Thursday, March 23rd at 11:00 A.M. Day, a Madison native and UW graduate, is also a founding member of Madison’s Forward Theater Company.

For more information, including menu and registration, see [univleague.wisc.edu/programs](http://univleague.wisc.edu/programs). The \$30 fee includes lunch. Both registration and payment must be received by March 15th. ■

WELLNESS MATTERS

## Update on Bone Health

BY DAVID M. DECI MD, UWRA MEMBER



*“To thrive in life you need three bones.  
A wishbone. A backbone. And a funny bone.”  
—Reba McIntire*

**W**ell, of course, our bodies are a bit more complex than this adage. The bones that make up our skeleton provide physical support for our muscles, give our bodies shape and movement, and host the blood-making properties of bone marrow. Our bones are dynamic and constantly reshape and remodel in response to injury or overuse.

With age, our bones lose the ability to heal and repair themselves. New bone formation can lag and be surpassed by bone loss. This condition is commonly referred to as osteoporosis. At one time, it was called “brittle bones.” As the bone structure becomes lighter and more delicate, it is prone to breaking. For older adults, this results in fractures especially of the hips, wrists, and spine. The one-year mortality after surgical repair of a hip fracture in persons over 65 is 21%. Thus, identification of risk and prevention of falls is of utmost concern.

We now know more about the causes and risks for osteoporosis. The list is extensive but includes:

- Parental history of osteoporosis
- BMI less than 20, or weight less than 127 pounds
- Smoking
- Drinking 3 or more servings of alcohol per day
- Sedentary lifestyle
- Diabetes (both types 1 and 2)
- Early menopause
- Surgical removal of ovaries
- Prednisone therapy for chronic diseases
- Chemotherapy
- Female sex

A major tool in the screening for osteoporosis is a specialized x-ray called DEXA. It measures bone

mineral density and predicts risk of fracture. The density of a patient’s bone at points in the wrist, lower spine, and hip are measured and compared to young, healthy bone. Results are calculated and reported as positive (bone is stronger) or negative (bone is weaker) than normal. A result of -2.5 or less indicates osteoporosis.

DEXA scanning is quick, painless, and readily available. It is a 100% covered service under Medicare Part B. Guidelines recommend that all women should undergo DEXA scanning at age 65. Men and women under 65 should be screened if they have significant risk factors. Repeat scanning is not recommended for another four to eight years, since improvement in bone density is slow, even with treatment.



Treatment options have evolved greatly over the past ten years. All efforts should begin with lifestyle changes including quitting smoking, reducing alcohol use, and increasing weight-bearing exercise, including resistance weight training.

Providing the bones with building blocks for increasing bone formation is the reason that calcium and vitamin D are widely recommended. The recommendations relating to Vitamin D and Calcium replacement have recently become more focused, based upon age. The National Academy of Medicine in November 2022 recommended the following:

Vitamin D: 600 units daily for persons younger than 70

Vitamin D: 800 units for persons 70 and older

Calcium: 1000 mg daily for persons younger than 50

Calcium: 1200 mg daily for persons 50 and older.

Prescription medications for osteoporosis include bisphosphonates, parathyroid hormone, raloxifene, and several newer immunological agents. These all come with varying side effects and newer treatments can be quite expensive. As with any health-care recommendation, it is essential to consult with your personal primary care physician before screening and treatment are considered. ■



## WEBINAR RECAP

## Estate Planning Series, Session 1

BY JACK SORENSON, CO-CHAIR, AND KAREN HOLDEN, MEMBER, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

This first webinar in a three-part series on estate planning was intended to introduce attendees to the broad WHY and WHAT—to provide the structure that the next two speakers will build on. Stephanie Thompson and Sadie Minobe, both of the Law Offices of Krueger, Hernandez and Thompson, SC, explained what is required to protect traditional and other assets, how to fully protect your interests and the interests of your heirs, and how traditional estate plans may fall short.

What is an estate? All property and assets make up an estate. An interesting discussion (and audience questions) discussed protection of memories and future income from art and publications. Traditional plans generally focus on the accumulation of wealth while maintaining control over the post-death distribution of these assets. Many traditional plans fail because they are poorly documented, don't have timely updates, lack funding, lack nursing home protection, and other factors. Non-physical assets, family legacies, and priorities are often not captured.

In contrast, the speakers advocated for an approach called "Legacy Wealth Planning." In their practice a team interacts with the client in forming an estate plan, including an accountant, investment advisor, trust officer, and estate-planning attorney. Clients are central to the process, providing information about their assets, objectives, and personal and financial information; making all critical decisions; and having the final say. The team guides and assists in ensuring the final plan meet a client's objectives. A plan is not static, though. It is imperative the plan be reviewed regularly and updated as needed. ■

Visit the UWRA website ([UWRAmadison.org](http://UWRAmadison.org)) then select Resources/Presentations/2022-23 Jan-Jun to find a video and a PDF of this presentation.

## ATTIC ANGEL ASSOCIATION

## March Programs at Attic Angel

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

**March 6 Learn about Polo and Its Contribution to Madison Sports** Ruth Dumesk, former president, Madison Polo Club

**March 13 Community Caring and Laughter through Cancer** Lannia Stenz, executive director, Madison Gilda's Club

**March 20 Ancient Canoes in Lake Mendota** James Skibo, state archaeologist, Wisconsin Historical Society

**March 27 Ups and Downs of Land Management** Tim Eisele, freelance outdoor writer/photographer, and Linda Eisele, professional consultant to Wisconsin After-school Network ■

## FRIENDS OF UW-MADISON LIBRARIES

## Spring Book Sale, March 29–April 1

BY LIBBY THEUNE, FRIENDS ADMINISTRATOR

Donating books to the Friends of UW-Madison Libraries is an environmentally friendly choice. To donate books, see: [library.wisc.edu/friends/book-donations-semiannual-sale](http://library.wisc.edu/friends/book-donations-semiannual-sale). Or, replenish your shelves at our book sale! We have thousands of books, LPs, and DVDs. Prices drop daily. Come early for the best selection; come later for the best prices! The event is at Memorial Library, 728 State Street, Madison.

**March 29** Preview Sale (\$5 entry) 4:00-8:00 P.M.

**March 30–31** Sale 10:30 A.M.–7:00 P.M. (no entry fee)

**April 1** \$5 Bag Sale 9:00 A.M.–1:00 P.M.  
Remaining books & items are free, 1:05–2:00 P.M. ■

## REFLECTIONS

# Marching through Mud Month

BY MARY BARNARD RAY

Initially, all I meant to do was verify that the word “march” does not come from the same root as the name of the month, “March.” But a search for “etymology of the word ‘march’” led me down a rabbit hole, as etymologies are wont to do. Thus, I learned that “march” can also mean a boundary or frontier and that in middle English it meant “loud” or “flashy” or sometimes “stinky.” I couldn’t help myself—I had to share that last definition. Thus ends my report on the meanings of the word.



What I want to share about “marching” is the feeling that March is indeed a month that benefits from the attitude of marching on, despite setbacks or disappointments. I confess: it is my least favorite month of the year. It’s not really spring yet here in Wisconsin but not winter either. If March brings late snowfall, it’s usually wet and defies the efforts of the snow blower, requiring shoveling and sore backs. If March brings early warmth, I worry about the early blossoms getting nipped by frost, so I don’t really enjoy the greening process. In New England, some people refer to March as the “mud month,” and maybe muddy gardens are the best thing to hope for in March.

“Marching,” though, is fun to watch, so that’s the focus I am choosing instead of weather. Although I am not suited either by temperament or ability to marching, I am in awe of the skill it requires. Wisconsin’s marching band comes to mind first, with its precision and physicality. All you need to do to appreciate them is try pausing mid-step with one leg up and the knee bent at a precise angle. Oh my! Make sure you are holding onto something if you try that! I think the band members’ physical endurance and ability must rival that of the football players.

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The marchers that have astounded me most, though, are the Greek soldiers who guard the tomb of the unknown soldier in Athens, the Evzones. They can pause with one leg in the air, but they can also do that while holding one arm high, straightening the leg, pointing the toe, and swishing the leg back and forth. The balance and muscle control they must have to do this is beyond my imagining. To see an example of their prowess, check out this video of the changing of the guard: [youtube.com/watch?v=k5ef4qKUSdU](https://www.youtube.com/watch?v=k5ef4qKUSdU). Every move in their march is filled with symbolism. Raising the leg symbolizes kicking the enemy in combat. The foot pointing forward salutes the dead. The sweeping back of the leg symbolizes sweeping away 400 years of slavery. Stamping the ground is done to remind the dead that they are not forgotten. The touching of legs of the two soldiers symbolizes the unification of Greece.



Just reminding myself of the strength and meaning of the Evzones’ performance brushes away any hesitations I may have about facing the month of March. I am inspired and ready for all the month has to offer. ■

## FRIENDS OF UW-MADISON LIBRARIES

### *History, Disrupted* Lecture Set

The public is invited to a lecture, book signing, and reception with public historian Jason Steinhauer. His book, *History, Disrupted: How Social Media and the World Wide Web Have Changed the Past*, discusses the inundation of the public sphere with historical information, misinformation, and disinformation, changing what we know about our history and history as a discipline.

**March 28** 4:30 talk; reception and book signing at 5:30 P.M. 330 N. Orchard Street, De Luca Forum, Discovery Building, UW-Madison.

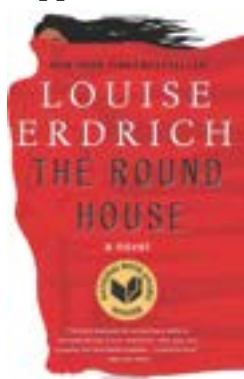
No registration is required, but to receive reminders and a post-event recording, you may register at [go.wisc.edu/6husfi](https://go.wisc.edu/6husfi). ■

**BOOK MARKS**

**The Round House**

REVIEWED BY ESTY DINUR, UWRA MEMBER

**T**he Round House is a place of ceremony, built long ago on the Ojibwe reservation in North Dakota by elders. It is also the place where a terrible crime was committed against the mother of 13-year-old Joe Coutts. Prior to the attack, Joe lived a good life with his father, tribal Judge Bazil Coutts, and his mother, Geraldine, who was a tribal enrollment specialist. Geraldine is traumatized by the crime against her and does not want to reveal what happened to the authorities or to her husband.



Tired of waiting for justice to come through the FBI, tribal or county police, and the judicial system, Joe and his friends try to find the person responsible for the crime and mete revenge.

While reading this engaging novel, told in Joe's voice, we learn what life is like on a reservation, the crimes by

white men against Indian women, the injustices of American law as it pertains to Native Americans,

and some of the history of native peoples in this country.

*The Round House* by Louise Erdrich (HarperCollins, 2012) is a fascinating book, and Erdrich's writing is beautiful. It is only recently that crimes against Native women have come into the view of the mainstream, if only for a moment, after the murder of Gabby Petito by her boyfriend. The widespread concern for the well-being of Petito, who was white, raised the question of why we are not as concerned for the many indigenous women who are sexually assaulted, murdered, and disappeared by men who are mostly white and don't pay the price for their crimes. Often, we don't even read or hear about these assaults and murders in the news. This reality goes back all the way to the colonization of the Americas. Read the book and weep.

Louise Erdrich has received many awards including the National Book Award for Fiction (2012) and the Minnesota Book Award for Novel and Short Story (2013). She was a finalist for the Andrew Carnegie Medal for Excellence in Fiction (2013). ■

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 ■**

Visit the [UWRAmadison.org](http://UWRAmadison.org) website for updates and additional future events.

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

- |                       |                 |   |
|-----------------------|-----------------|---|
| • Wednesday, March 1  | 1:30–3:00 P.M.  | Webinar <i>Electronic Health Records</i> (V)                    |
| • Tuesday, March 7    | 10:00 A.M.–NOON | Webinar <i>Planning for the Dissolution of Your Estate</i> (V)  |
| • Thursday, March 9   | 2:30–4:00 P.M.  | Capital Brewery Tour & Tasting (IP)                             |
| • Monday, March 13    | 10:00 A.M.–NOON | Webinar: <i>Don't Let Your Family Tree Get Top Heavy</i> (V)    |
| • Tuesday, March 14   | 2:00–3:30 P.M.  | Webinar <i>Assistive Technology: Access to Independence</i> (V) |
| • Tuesday, March 21   | 1:00–3:00 P.M.  | Webinar <i>What's Happened to the Republican Party?</i> (V)     |
| • Thursday, March 23  | 1:00–2:30 P.M.  | Webinar <i>Nuclear Power and Climate Change</i> (V)             |
| • Tuesday, March 28   | 9:00–10:30 A.M. | Breakfast at Elie's Cafe (IP)                                   |
| • Wednesday, April 12 | 1:00–3:00 P.M.  | Webinar <i>Solar/Sustainable Energy</i> (V)                     |
| • Thursday, April 13  | 10:00 A.M.–NOON | Webinar: <i>2023 Annual ETF and SWIB Update</i> (V)             |
| • Tuesday, April 18   | 10:30 A.M.–NOON | Webinar: <i>Possible Impact of State Budget</i> (V)             |
| • Tuesday, April 25   | 9:00–10:30 A.M. | Breakfast at Elie's Cafe (IP)                                   |
| • Tuesday, May 2      | 10:00 A.M.–NOON | Webinar: <i>How the University Uses Social Media</i> (V)        |
| • Tuesday, May 9      | 10:00 A.M.–NOON | Walking Tour: <i>Indian Mounds Guided Walk</i> (IP)             |

For information on Board and Committee meetings and deadlines for **The Sifter**, visit [UWRAmadison.org](http://UWRAmadison.org).



# THE SIFTER

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