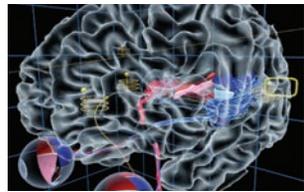




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# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## UWRA NEWS

### Register Now for Music and Tour at Hamel Event in March

Join fellow UWRA members for a very special live concert, tour, and reception at the Hamel Music Center on the UW-Madison campus on Saturday, March 9.

Marc Fink, emeritus professor of music and UWRA board member, will present a 30-minute oboe recital of music by Haydn, J.S. Bach, Poulenc, and Mozart. Performing with Fink will be emeritus professor Karlos Moser, piano, longtime director of University Opera. A tour of the beautiful Hamel Center and a catered reception will follow. Sponsored by the UWRA, the cost of the event is \$10.00 per person.

- 1:00–1:30 Recital for Oboe and Piano, featuring Marc Fink, oboe, and Karlos Moser, piano, Collins Recital Hall in the Hamel Music Center
- 1:30–2:00 Tour of the Hamel Music Center
- 2:00–3:00 Catered reception in the lobby

Register online or by mail, but in either case the registration and payment must be received no later than Monday, February 19, 2024.

**Please note** that parking for this event will be in scarce supply due to the recent closing of the city's Lake Street Ramp. Consult the campus parking maps for options at:

[transportation.wisc.edu/campus-maps/#parkingmaps](https://transportation.wisc.edu/campus-maps/#parkingmaps).

Nearby parking facilities include Grainger Hall (7), Fluno Center (83), W. Johnson and Lake Street (46), Helen C. White Hall (6), and Frances Street (public). Consider carpooling, public transportation, or taxi services.

Contact Marc Fink at [mdfink@wisc.edu](mailto:mdfink@wisc.edu) with any questions about this event. ■

**Marc Fink** is a retired faculty member of the Mead Witter School of Music at UW-Madison, where for 40 years he taught oboe, chamber music, and music in performance. He performed for many years in the faculty Wingra Quintet and as principal oboist in the Madison Symphony Orchestra. He has also performed in music festivals around the world, including in Moscow, Tokyo, Chengdu, Granada, Paris, Buenos Aires, Rio de Janeiro, and Banff.



### OBOE RECITAL, HAMEL MUSIC CENTER TOUR, & UWRA RECEPTION

**Saturday, March 9**

1:00–3:00 P.M. | In Person | \$10.00

Hamel Music Center | 740 University Avenue

**Registration Deadline: February 19**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5544133](https://UWRAmadison.org/event-5544133)

**DAY TRIP**

## Magnificent Milwaukee: Harley-Davidson Museum and Mitchell Park Domes

BY SANDI HAASE, MEMBER, UWRA TRAVEL COMMITTEE

Two of Milwaukee's top attractions are the Harley-Davidson Museum complex and the botanical delights of the Mitchell Park Domes. Now you can visit both with ease on Monday, March 18: take our bus, no parking fuss! Pick-up and drop-off sites will be in Verona and on the east side of Madison.



The Harley-Davidson site, on 20 acres of Milwaukee riverfront with views of the city's skyline, includes the Museum, two all-new retail stores, an enhanced experience gallery, and restaurant. Our tour guide will explain how this famous motorcycle brand evolved and became iconic in America over its 100+ years of manufacturing.

Discover culture and history through stories and interactive exhibits, with an unrivaled collection of Harley-Davidson® motorcycles and memorabilia on two floors of exhibits. There will be ample time after the tour to wander through the museum collections and gift shop before lunch in the H-D Motor® Bar and Restaurant.

Following lunch, we'll continue to the Mitchell Park Horticultural Conservancy, better known as "the Domes," for a 1.5 hour visit, including a guided tour



of the Arid and Tropical collections. In the Floral Show Dome, the annual Winter Train Show will be in full swing, with 600 feet of toy train tracks. Miniature trains will chug through more than 4,000 plants, creating a stunning display.

The cost of this day trip is \$110 per person and includes transportation, lunch, fees, and gratuities. Visit the registration page for details of pick-up/drop-off times and locations, luncheon choices, and the refund policy.

This trip is in partnership with and co-sponsored by the Verona Senior Center. Seating is limited, so register promptly online. If you register by mail, your check must be received no later than noon on Wednesday, February 28, 2024.

*If you have questions, contact trip coordinator Sandi Haase at [sandi.haase@wisc.edu](mailto:sandi.haase@wisc.edu) or the UWRA office at 608-262-0641. ■*

### **MAGNIFICENT MILWAUKEE**

**Monday, March 18**

8:00 A.M.–5:30 P.M. | In Person

**Registration Deadline: Noon, February 28**

Advance registration is required. Register online at:

[UWRAmadison.org/event-5516692](https://UWRAmadison.org/event-5516692)

**ELECTRONIC TECHNOLOGY WEBINAR**

**Human Brains, Artificial Brains, 50,000 Brains: Fascinating New Uses of Technology in Teaching and Learning at UW-Madison**

BY BRAD HUGHES, KATHY CHRISTOPH, AND CATHY MIDDLECAMP, MEMBERS, AND BRUNO BROWNING, CO-CHAIR, ELECTRONIC TECHNOLOGY COMMITTEE

**A**re you curious about how faculty across UW-Madison are helping students learn with new technologies, including artificial intelligence (AI), virtual reality, and learning analytics? Are you interested in how you might use these technologies in the future? Do you want to be able to talk with young people about how they are learning now?

Please join us as three fabulous teachers from UW-Madison introduce these technologies and describe their use in fascinating ways you might not imagine. We will also learn how the campus is fostering a strong culture to support this kind of innovative learning for its 50,000 students.

The vice provost for teaching and learning, John Zumbrunnen, will highlight trends in technology used by instructors to enhance learning and discuss the university’s approach to leveraging teaching and learning data to support educational practices. Laura Grossenbacher will talk about incorporating new generative AI tools like Chat-GPT into a technical communication course, teaching undergraduate engineering students to think critically about both the potential and limitations of powerful text generators. Karen Schloss will discuss the UW Virtual Brain Project, an innovative approach to teaching functional neuroanatomy in the undergraduate classroom through immersive virtual reality.

*If you have preliminary questions for the speakers, please email them to program coordinator Brad Hughes at [bthughes@wisc.edu](mailto:bthughes@wisc.edu) by Monday, February 19. ■*

**John Zumbrunnen** is senior vice provost for academic affairs, vice provost for teaching and learning, and professor of political science at UW-Madison.



**Laura Grossenbacher** is director of technical communication and director of undergraduate program review in the College of Engineering at UW-Madison.



**Karen Schloss** is associate professor in the Department of Psychology and the Wisconsin Institute for Discovery at UW-Madison.

**HUMAN BRAINS, ARTIFICIAL BRAINS,  
50,000 BRAINS**  
**Wednesday, February 21**  
 10:00–11:30 A.M. | Online Webinar  
**Registration Deadline: February 20**  
 Advance registration is required. Register online at:  
[UWRAmadison.org/event-5529732](https://UWRAmadison.org/event-5529732)

**FOOD PANTRY CONTRIBUTIONS**

**I**n lieu of registration fees for most UWRA webinars and programs, members are encouraged to donate to the Open Seat Food Pantry that serves food-insecure UW students. The pantry is a project of ASM, Associated Students of Madison, and strives to provide healthy, accessible sources of food, household products, and personal-care goods to any enrolled student in need.

Learn more about it at [asm.wisc.edu/the-open-seat/](https://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. ■

## RETIREMENT OPPORTUNITIES WEBINAR

# UW–Madison West Campus Long-Range Development Plan

BY SCOTT HILDEBRAND, CO-CHAIR, RETIREMENT OPPORTUNITIES COMMITTEE

**P**aul Seitz will discuss the long-range plan for reimagining and redesigning the university’s west campus.

The plan’s goals include fueling the university’s teaching and research mission; enhancing the quality, livability, and sustainability of this area; and investing in university strategic priorities through additional funding sources. The project team has held over 150 stakeholder meetings since the summer of 2022 to share and gather feedback about the needs and priorities of west campus users.

*If you have preliminary questions for the speaker, please email them to program coordinator Scott Hildebrand at [scott.h.hildebrand@gmail.com](mailto:scott.h.hildebrand@gmail.com) by Monday, February 12.* ■



**Paul Seitz** is the director of strategic initiatives in the Office of the Vice Chancellor for Finance and Administration at UW–Madison.

## AROHE WEBINAR SERIES

# Reimagining Retirement Series Continues

**R**eimagining Retirement: Exploring Your Life Plan is a three-part virtual learning series hosted by the Association of Retirement Organizations in Higher Education (AROHE) and Fidelity Investments®. It will explore the social, psychological, and emotional aspects of transitioning to, and living in, retirement. The series is geared toward faculty and staff in higher education who are contemplating retirement, or who are already retired. It will encourage attendees to clarify their goals and embrace the changes that occur in life’s next chapter.



The first presentation in the series took place in January 2024, but two will occur in February.

UWRA is a member of AROHE and encourages retirees and those contemplating retirement to register for the series. Everyone is welcome to register, and there is no charge to attend.

### February 13 Reimagining Your Personal Plan

After a long career of academic and workplace achievement, retirees can examine next-phase opportunities, define goals, and make plans based on values—drawing upon existing social networks and developing new social connections.

### February 27 Rebuilding Your Network

For some, the giddy glow of retirement’s freedom wears off as they try to adjust to unstructured days. Learn strategies for rebuilding networks, developing new connections, and identifying resources to find new purpose. ■

### WEST CAMPUS DEVELOPMENT PLAN

**Wednesday, February 14**

10:30 A.M.–NOON | Online Webinar

**Registration Deadline: February 9**

Advance registration is required. Register online at:  
[UWRAmadison.org/event-5531000](https://UWRAmadison.org/event-5531000)

### REIMAGINING RETIREMENT

**Wednesday, February 13 & 27**

NOON Central Time | Online Webinar

Advance registration is required. Register online at:  
[UWRAmadison.org/event-5515598](https://UWRAmadison.org/event-5515598)

**FINANCIAL MATTERS WEBINAR**

**Assisted Living, Retirement Home Contracts, and Estate Planning: What to Know**

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

**A**re you considering moving to an assisted living community or retirement home? Have you considered how to pay for these costs? Stephanie Thompson will discuss:

- how assisted living and retirement home fees will be paid
- when to ask an attorney to review the language in a retirement home contract prior to signing
- clauses or terms in some contracts that might conflict with your estate plan interests
- what options, if any, are available when your assets are fully depleted.

Become aware of, and learn how to eliminate, any potential conflict with the administration of your estate before making an assisted care living/retirement home commitment.

*If you have preliminary questions for the speaker, please email them to program coordinator Jack Sorenson at [jwsoren1@gmail.com](mailto:jwsoren1@gmail.com) by Monday, February 19. ■*

**Stephanie Thompson** is an attorney and owner of the Law Offices of Krueger, Hernandez and Thompson, SC.



**RETIREMENT OPPORTUNITIES WEBINAR**

**Editorial Cartooning with Phil Hands of the *Wisconsin State Journal***

BY SCOTT HILDEBRAND, CO-CHAIR, RETIREMENT OPPORTUNITIES COMMITTEE

**P**hil Hands, editorial cartoonist for the *Wisconsin State Journal*, will discuss his creative process and techniques and the approach to his work in an election year.



Hands draws illustrations and four to five cartoons each week for the *State Journal's* opinion page. The *Wisconsin*

*State Journal* is the last newspaper in Wisconsin to employ a staff cartoonist.

*If you have preliminary questions for the speaker, please email them to program coordinator Scott Hildebrand at [scott.h.hildebrand@gmail.com](mailto:scott.h.hildebrand@gmail.com) by Friday, March 1. ■*

**Phil Hands** has a master's degree in journalism and mass communication from UW-Madison. He has won several state awards for editorial cartooning and was the 2012 recipient of the Society of Professional Journalists Sigma Delta Chi award for editorial cartooning for circulation under 100,000.



**RETIREMENT HOME CONTRACTS & ESTATE PLANNING**

**Tuesday, March 5**

10:00 A.M.–NOON | Online Webinar

**Registration Deadline: March 1**

Advance registration is required. Register online at: [UWRAmadison.org/event-5395054](http://UWRAmadison.org/event-5395054)

**PHIL HANDS, EDITORIAL CARTOONIST**

**Thursday, March 7**

10:00–11:30 A.M. | Online Webinar

**Registration Deadline: March 4**

Advance registration is required. Register online at: [UWRAmadison.org/event-5555199](http://UWRAmadison.org/event-5555199)

## WEBINAR RECAP

# The U.S. Economic Outlook

BY JOAN GILLMAN AND KAY REUTER-KROHN, MEMBERS, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

In December, Steve Rick, director and chief economist at TruStage (formerly CUNA Mutual Group), presented a very extensive webinar on what was happening in the U.S. economy in 2023 and what he expects in 2024.

To fight inflation this past year, the Federal Reserve raised interest rates at the fastest pace in 40 years, from 0.07% to 5.35%. He predicts that interest rates will stay at this rate through spring of 2024 and then start reducing in the summer. Currently inflation is trending down (3.1%), with a long-term inflation target of 2.5%. The higher inflation we have experienced in our economy is bringing down consumer confidence.

Even though the inverted yield curve has predicted recessions since the second World War, Rick predicts “this time is different,” and there will not be a recession in 2024. He highlighted that inflation rates are continuing to trend down, the service sector is doing very well, and the stock market rose in December to record levels—all indicators to support the prediction of no recession.

The current unemployment rate is low at 3.7%, with a full employment target of 4.5%. This means that labor demand is greater than labor supply. This year will continue to see labor shortages and bargaining power shifting to employees. Labor turnover will continue to be higher with more job

openings that will contribute to higher wages and lower labor productivity.

In summary, Rick’s forecast for the economy for 2024 is:

- slow economic growth
- a falling inflation rate for the next two years
- the unemployment rate will rise to the natural rate of 4.5%
- short-term interest rates will stay above long-term interest rates.

UWRA is very grateful for this timely and excellent presentation by Steve Rick on our economic outlook in the coming year. His webinar provided us with a better understanding of the many factors that affect the future of the U.S. economy.

Overall, his prediction was a positive view of how our economy is on a path to avoid a recession in 2024. ■

Visit the UWRA website ([UWRAmadison.org](http://UWRAmadison.org)) then select Resources/Presentations/2023–24 Sep–Dec to find a video and a PDF of the slides for this presentation.

**Online registration for UWRA in-person events and Zoom webinars** is easy, but members may also email the UWRA office at [retireasn@mailplus.wisc.edu](mailto:retireasn@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)

✓ **SAVE THE DATE**

**UWRA ANNUAL MEMBERSHIP MEETING, RECEPTION, & SPEAKER**

**Thursday, June 6**

4:00–5:30 P.M. | In Person

**UW–Madison Arboretum**



**PARTNERS IN GIVING**

**Thank You for Being Part of Something Bigger**

BY GIANNA TAYLOR, PARTNERS IN GIVING UNIVERSITY COMBINED CAMPAIGN COMMITTEE

On behalf of the Partners in Giving campaign, I once again offer my sincere thanks to the UWRA community. As of January 3, UW-Madison (including UWRA donors) had already generously contributed almost \$1.1M to this year’s campaign, and near \$1.9M when combined with our State and UW Health partners. A significant part of the success of our annual campaign hinges on the participation of retirees—we couldn’t do it without you!

There is still time to give, and the new year is a great time to participate. Contributions are welcomed through May 14, 2024. As little as \$1/month can support vital services that our neighbors depend on for food, health care, housing, jobs, mental health services, and more. You choose where to direct your dollars, supporting only the causes and organizations you care about most.



The website, [giving.wi.gov](http://giving.wi.gov), allows you to:

- donate online with a credit or debit card (click Retirees below DONATE NOW, top right)
- sign up to receive campaign information directly to your email or home (click About, then Giving in Retirement or [giving.wi.gov/about-us/giving-in-retirement](http://giving.wi.gov/about-us/giving-in-retirement))
- learn about the charities your gift supports (click Charities)
- learn about the impact your donation can have (click Why Donate)
- view all options for giving, including by mailed check (click How to Give).

Thank you for your generous support of Partners in Giving. Best wishes you and your families for happiness and good health in the new year. ■

**UNIVERSITY ROUNDTABLE**

**Roundtable Speaker Will Address Climate Change in Wisconsin**

BY LESLEY FISHER, OFFICE OF THE SECRETARY OF THE ACADEMIC STAFF

How is climate changing in Wisconsin? How will it impact us? And, what is Wisconsin doing to prepare for future climate change?

The Wisconsin Initiative on Climate Change Impacts (WICCI) has been helping Wisconsin answer these questions for nearly 17 years. Daniel Vimont, professor of atmospheric and oceanic sciences and co-director of WICCI, will provide an overview of some of WICCI’s work and its nationally recognized strategy for bringing communities together to identify and advance solutions in the face of our changing climate.



This University Roundtable luncheon and talk will be held in Varsity Hall in Union South, 11:45 A.M.–1:00 P.M. on April 10. The registration fee is \$15 and includes lunch. Registration and payment must be received in advance; there will be no day-of registration. The registration deadline is March 26. Register at:

[talent.wisc.edu/Catalog/Default.aspx?CK=77420](http://talent.wisc.edu/Catalog/Default.aspx?CK=77420)

If you have ideas for speakers for the University Roundtable or questions about the program, contact Lesley Fisher at [roundtable@soas.wisc.edu](mailto:roundtable@soas.wisc.edu) or 608-263-1011. ■

**VOLUNTEER OPPORTUNITY**

Oakwood Village University Woods (a Madison senior continuum-of-care community) welcomes volunteer musicians, volunteer transporters to assist our residents in getting to and from programming across campus, and volunteers to help with some light office work. If you or someone you know may be interested, contact volunteer coordinator Kim Viney at 230-4238 or [kim.viney@oakwoodvillage.net](mailto:kim.viney@oakwoodvillage.net). More opportunities are available, as well. ■

MEET A UWRA MEMBER

## Health Care Advocacy

BY ANN DODGE

I was born in Seattle and grew up in Madison. My first job was as a short-order grill cook at age 15 at Schwoegler's Bowling Alley. After receiving my Bachelor of Science degree in nursing at Duke University in 1980, I worked in pediatric intensive care at the University of Minnesota Hospital. I was part of the pediatric emergency air transport team, serving a five-state area including underserved Native American reservations. I then served for 12 years as a pulmonary/asthma-allergy clinical research nurse coordinator at the University of Wisconsin/American Family Children's Hospital. In 2009, I completed a Master of Science in the Pediatric Nurse Practitioner Program at the UW-Madison School of Nursing. My NP role was in pediatric preventive cardiology. Our patients were at a greater risk of cardiovascular disease than their peers because of family history, including tobacco use; medical conditions, such as abnormal lipids, diabetes, or familial hypercholesterolemia (FH); or obesity. I also dedicated time to teaching students in the UW-Madison Nurse Practitioner program about pediatric lipid disorders, as well as precepting them in clinical practice.

One in five children already have elevated blood lipids. Lipid screening also identifies the one in 250 kids who have the genetic condition FH early enough to prevent the harm—often an early heart attack—that FH often causes. The American Academy of Pediatrics (AAP) published guidelines for lipid screening of children in 2011, which resulted in more parents bringing their children to the Pediatric Preventive Cardiology Clinic (PPCC). Our research group under Dr. Amy Peterson published more than 25 papers on pediatric lipid disorder topics.

Since retirement I continue to work in health



advocacy. I am serving as chair of the American Heart Association's Wisconsin Advocacy Committee on such issues as tobacco control funding, mandatory CPR training for high school students, and 911 dispatcher training for CPR. I have also accepted a role as patient care navigator for the worldwide Family Heart Foundation, where I will help patients and families recently diagnosed with life threatening genetic cholesterol conditions navigate their way through finding a specialist, explaining the disease process, screening other family members, and helping with medication care plans. Additionally, I am mentoring a UW-Madison undergraduate nursing student.

As I watch my 94-year-old mother with severe Alzheimer's, I am also intent on changing advance medical directives to allow people to make choices in the way they are cared for in case of severe dementia. More choices relevant to dementia in an advance medical directive, such as the choice to refuse hand feeding, would prevent enormous suffering.

The best part of my retirement is spending more time with family including our first grandchild! The frosting on my retirement cake is pickleball! Something that would surprise you about me is that I was on the competitive synchronized swim team at Duke University. ■

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

**ACTIVITIES IN RETIREMENT**

**Share Your Passion!**

The Activities in Retirement column is taking a break this month, but we'd love to hear about YOUR hobby, volunteer work, or other pursuits in retirement. If you are interested in sharing information about a retirement activity with fellow retirees, please email column co-editor [scott.h.hildebrand@gmail.com](mailto:scott.h.hildebrand@gmail.com). We will send you information about word count, deadlines, and photos along with a few questions to get you started. We look forward to helping you tell your stories about interesting activities in retirement! ■

**December 1–31, 2023**

**WE WELCOME NEW MEMBERS**

**Nancy Depcik**  
**McSean McGee**, Great Lakes Bio-energy Research Center  
**Sandy Roof**, Nursing  
**Wendi Speed**, Agricultural and Life Sciences

**Diane Thomson**, Great Lakes Bio-energy Research Center  
**Diane Turner**, Pediatrics  
**Mark Wetter**, Botany

**DAY TRIP RECAP**

**Jersey Boys at the Fireside Theater**

BY ELAINE ROSENBLATT, UWRA MEMBER



What a delightful day we had on January 4th! We were greeted at the park & ride and given our name tags. When our bus arrived at the Fireside Theater in Fort Atkinson, we were escorted to our lunch seats and then had time to shop or have a drink at the fun bar. I can report that both the meal and service were great.

The theater space is in the round, with an amazing stage that can move up and down. The production was *Jersey Boys*, which brought back memories. The show was amazing—great voices, great costumes, beautiful staging. This was my third time seeing *Jersey Boys*, including the original on Broadway, and I was impressed by the performance.

The whole trip was organized so well, even ensuring that our shopping bags made it back to the bus. Kudos to UWRA and the Verona Senior Center for partnering, planning, and organizing this trip. I'll definitely be checking out future trips! ■

**Retired and Senior Volunteer Program of Dane County**

*Where Volunteers make a Difference*



**RSVP helps Dane County thrive:**

- Recruiting and personally placing volunteers, ages 55 and older, who deliver priority services to people of all ages.
- Connecting volunteers to meaningful work in up to 70 nonprofits, agencies and schools across Dane County.
- Providing rides and delivering meals to seniors and veterans.

Each year over 1,200 RSVP volunteers contribute more than 143,000 hours of service!

**Help create a new tomorrow...  
 Join the volunteer force making a difference in Dane County**

**Call 608-441-7891 or visit [rsvpdane.org](http://rsvpdane.org) today**



REFLECTIONS

# If at First You Don't Succeed, Forget that You Didn't!

BY MARY BARNARD RAY

**M**any months ago, I mentioned in this column that I was having trouble adjusting to the new format for Sudoku in the newspaper. Happily, I eventually overcame the obstacles and can complete the puzzles again—except that I have to copy the hardest ones onto paper so I have more space to work. Persistence, or stubbornness, sometimes pays off. But overcoming these obstacles has left me wondering what was so difficult for me in the first place.



That seems to be a persistent phenomenon: something seems impossibly hard until you figure it out, and then you are left wondering why it seemed so hard. Our oldest son, who loved the Mario Brothers game back in the day, used to complain about difficult levels until he conquered them. From then on, he referred to those levels as “simps.” A similar example is childbirth. Birthing that oldest son was extremely difficult and, it turned out, quite dangerous for him. But after he arrived safely and we both recovered from our infections, I forgot all about that experience apparently, because my husband and I went on to have two more children. I am guessing that childbirth forgetfulness is common, or there would be many more single-child families in the world.

Forgetfulness, it turns out, is likely a useful mechanism for enjoying life. Without it, I would have never learned to like pizza, because the first pizza I tried, back in the early 60s, was truly awful. Quite a few of my friendships have survived over the years because of strategic forgetfulness, and not just on my part. Forgetting the first try at something has given me the enjoyment of snorkeling, mushrooms, spreadsheets, and broccoli. But not



peas. Still can't tolerate peas. And I never did give downhill skiing a second try.

Nevertheless, I am going to start thinking of forgetfulness as a potential asset. As I get older, I seem to be getting more forgetful, so I need all the advantages I can get. ■

ATTIC ANGEL ASSOCIATION

## February Talks at Attic Angel

**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.

**February 5 Minimizing Falls and Making Home Safer to Reduce Risk** Tina Heikens, Therapy Coordinator, Attic Angel Community

**February 12 Trauma-Informed Teaching: Responding to the Pandemic** Joan Lampert, MSW, Ed. D., adjunct faculty, Divisions of Education & Child Life, Edgewood College

**February 19 What Does Lake Ice Seasonality Tell Us About Climate Change?** John Magnuson, professor emeritus, Department of Integrative Biology and director emeritus, Center for Limnology, UW–Madison

**February 26 Creating College Possibilities for Students with Disabilities** Marissa Blackmore, Cutting-Edge Practicum Coordinator, Edgewood College ■

**BOOK MARKS**

## Join a UWRA Book Club?

BY LAURIE MAYBERRY, BOOK MARKS COLUMN COORDINATOR

There are many kinds of book clubs, often organized according to such categories as genre, adaptations, theme, classics, traditional, virtual, or author. I happen to belong to two types. One is traditional and meets in person at one of the coordinator’s homes (except during the pandemic when we met online) and includes a social time, book discussion, and dinner. The other is a private Facebook group that I was invited to join during the height of COVID.

The Facebook group is a “Reading Challenge” book club. Each year the organizer sends out 12 categories for each member to find books, read them, and provide a short summary to post to the Facebook group. It’s generally easy to find books based on one’s own interests, but looking for a book in a category not previously explored is both a challenge and an excellent means to discover new authors, subjects, and genres of books. For example, a few

of the categories that were listed recently were: a book with a family tree; a book with a song lyric as its title; and a book about someone leading a double life.

UWRA is filled with members who read in all genres, and some of you have written reviews for the Book Marks column over the past three years. If you have a good book that you’d like to share, please consider reviewing it for *The Sifter*.

If you would like to participate in creating a UWRA Facebook reading group, please email me at [laurie.mayberry@wisc.edu](mailto:laurie.mayberry@wisc.edu). Happy reading! ■

### BREAKFAST AT ELIE'S CAFE

909 E. Broadway, Monona, WI

9:00–10:30 A.M. In-person gathering

**Tuesday, February 27**

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



## ■ UW–Madison Retirement Association Calendar Dates ■

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

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

- |                          |                     |   |
|--------------------------|---------------------|---|
| • Wednesday, February 14 | 10:30 A.M.–NOON     | Webinar: <i>Long-Range Development Plan, West Campus</i> (V)    |
| • Wednesday, February 21 | 10:00–11:30 A.M.    | Webinar: <i>Innovative Uses of Instructional Technology</i> (V) |
| • Tuesday, February 27   | 9:00–10:30 A.M.     | UWRA Breakfast at Elie’s Cafe (IP)                              |
| • Tuesday, March 5       | 10:00 A.M.–NOON     | Webinar: <i>Estate Planning &amp; Assisted Living</i> (V)       |
| • Thursday, March 7      | 10:00–11:30 A.M.    | Webinar: <i>Phil Hands, WSJ Editorial Cartoonist</i> (V)        |
| • Saturday, March 9      | 1:00–3:00 P.M.      | Concert, Tour, & Reception at UW Hamel Music Center (IP)        |
| • Monday, March 18       | 8:00 A.M.–5:30 P.M. | Day Trip: Harley Davidson Museum & Mitchell Park Domes (IP)     |
| • Tuesday, March 26      | 9:00–10:30 A.M.     | UWRA Breakfast at Elie’s Cafe (IP)                              |
| • Thursday, April 11     | 10:00 A.M.–NOON     | Webinar: <i>Annual ETF &amp; SWIB Update</i> (V)                |
| • Thursday, June 6       | 4:00–5:30 P.M.      | Annual Members Meeting, Reception, & Speaker (IP)               |
| • Friday, August 30      | 9:00 A.M.           | Departure of <i>Discover the Colorado Rockies</i> Trip (IP)     |
| • Sunday, October 27     | 9:00 A.M.           | Departure of <i>Discover Sunny Portugal</i> Trip (IP)           |

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

For information on upcoming PLATO trips, visit [platomadison.org/page-18561](http://platomadison.org/page-18561).

## THE SIFTER

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