



State of Wisconsin Group Health Insurance Program

It's Your ChoiceHealth Insurance
Update | **Pg. 8**Welcome Message | **Pg. 3**A Taste of Africa | **Pg. 4**We're On Facebook!
UWRA-Madison

THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

FALL MEMBER RECEPTION

A Time to Gather and Connect with Friends!

The UWRA Board of Directors is excited to invite you and your guest to our Fall Member Reception. This is our chance to get acquainted (or reacquainted) and enjoy each other's company after a prolonged period of social distance. We will gather at Carson Gulley Center, Upper Gulley, for conversation and light hors d'oeuvres. There will be a cash bar with beer, wine, and nonalcoholic beverages.

The Carson Gulley Center is accessible for all. There is an elevator to the event space on the second floor.

Parking is available at no charge after 4:30 pm in Lot 34 adjacent to the Carson Gulley Center. Find a map here showing Lot 34: map.wisc.edu/s/vjj2iv03

- Cost is \$10.00 per person.
- Advance registration is required.
- Registration deadline is Friday, October 1. *This is a hard deadline.*
- Room capacity is limited, so register early!
- You are encouraged to register online.
- If you would prefer to register by mail with a check, go to the online registration page and scroll down to find a link for a printable PDF of the Registration Form.



Find a campus map with the location of the Carson Gulley Center at map.wisc.edu/s/al5owofb

We will follow all UW-Madison COVID guidelines. If the event is cancelled or postponed, registrants will be notified. ■

Questions? Call the Association at 608-262-0641 or email retireasn@mailplus.wisc.edu

FALL MEMBER RECEPTION**Wednesday, October 20, 2021**

5:00–7:00 P.M.

Registration Deadline: October 1

Advance registration is required.

UWRAmadison.org/event-4421948

FROM THE EXECUTIVE DIRECTOR'S DESK

Welcome to the 2021–22 UWRA year!

BY SANDI HAASE



Greetings, everyone. I hope you have been well and enjoyed your summer. A year ago, we were wondering about the “new normal.” We are now starting to see what it may look like. One thing for sure, it appears that masks will be with us for a while.

The Committees have been working throughout the summer to plan another terrific program year. This issue is filled with a wide variety of offerings that I hope you will be able to attend. The Board approved our September–December programs to be delivered using Zoom. We are investigating what is the best method of delivery for programs in 2022. While zooming our programs may not be ideal, we have reached many more members outside the greater Madison area. It is not unusual to have members who live on the west coast and the east coast regularly attend the programs. In fact, one of our members who lives in Israel has been able to attend!

Instead of a fall luncheon, the Luncheon Committee is planning a member reception on October 20. As of this writing, it is likely that masks will be required for all attendees. Let’s keep our fingers crossed that no further health guidelines/mandates prevent us from holding the event.

I’m looking forward to seeing many of you there—masks and all!

With the start of the year, I want to welcome the new board members Marc Fink, Jurgen Patau, Mary Czynszak-Lyne, and Jim Stratton who are joining president Esther Olson, president-elect Jane Dymond, immediate past president Chris Kleinhenz, secretary Marian Fisher, treasurer Beth

Zemp, and directors Millard Susman, Marcy Doelp, Jack Sorenson, Tom Broman, and Laurie Mayberry.

As I look back over the last 18 months, UWRA continued to move ahead. Although it looked different, we didn’t miss a beat. Our Association has a lot to be proud of! On, Wisconsin! ■

MEET A BOARD MEMBER

New on Board: Marc Fink

Marc Fink served as faculty oboist in the School of Music for 40 years until his retirement in 2013. He also served as associate director of the School and as a member of the Wingra Quintet, the faculty ensemble in residence. He continues to perform as principal oboist of the Madison Symphony Orchestra.



Marc will be the featured soloist with the Madison Symphony Orchestra in the Mozart Concerto for Oboe and Orchestra in their upcoming concerts, September 24, 25, 26 at the Overture Center. He joined the orchestra upon his arrival in Madison in 1973 and has served as principal oboist of the orchestra since 1988 under music directors Roland Johnson and John DeMain.

During Marc's tenure with the Madison Symphony Orchestra, he has performed with world-class soloists including Itzhak Perlman, Andre Watts, Olga Kern, Josh Bell, and Gil Shaham, to name just a few. He has also held the position of principal oboe with the Madison Opera. For ticket information, visit the Madison Symphony Orchestra website at madisonsymphony.org

Marc's hobbies include travel, tennis, golf, and rooting for the Wisconsin Badgers and Chicago Cubs. He joined UWRA in 2014 and is the Board liaison on the UWRA Luncheon Committee. ■

FROM THE UWRA PRESIDENT

President's Welcome

BY ESTHER OLSON, 2021-22 UWRA PRESIDENT



Welcome to a new year, a new world, a new way of running an organization, and a new way of interacting and communicating with our fellow members. I recall our outgoing president Chris Kleinhenz's welcome message where he expressed hope that we were near the end of our restricted activity

period but that he was mindful that the road ahead could still be difficult to navigate with all the "pot-holes" and other uncertainties. Boy, was he right about that!

I extend a special welcome to our new members and a big thank you to our continuing members who stayed steady throughout the pandemic and kept our organization on course. Not only did we weather the storm but we came through stronger than ever, in large part because of the heroic efforts of our past two presidents, our capable executive director, and our committees.

The Board of Directors and the various UWRA committees have been working over the summer to plan activities for the coming year. Programs include a wide range of topics, from financial seminars and retirement opportunities to luncheons and travel. Our committees work hard to provide interesting and engaging events, whether in person or virtual.

I invite you, as members, to become involved in our various committees and activities.

This is your organization, and the mission is to provide members with a variety of enjoyable and beneficial events and opportunities.

Past president Mary Czyszczak-Lyne will continue leading our Association in its strategic planning

initiative, coordinating the various projects begun two years ago. This is an opportunity for members to provide input into the direction and activities of the organization, so consider lending your ideas and suggestions by joining the Strategic Framework Group.

As I look forward to the new year, I am thankful for the enormous amount of work that has been done by the past presidents, the board members, and the committees. I'm committed to upholding that strong work ethic.

So, on behalf of the UWRA Board, I welcome you ALL to a new year and new activities. And in the spirit of our state motto, let us go *FORWARD!* ■



Did you know?

To register for a program or committee meeting, go to the UWRA home page at UWRAmadison.org, find the event for which you would like to register, and click on the link. On the event page, click on the "register" button. The registration system will pre-populate your contact information. If you have a guest, scroll down to the "add guest" button. Click the button and enter their name. If you have no guest, simply click the "next" button, on the next screen. Then click "confirm," and you are registered! The registration system will email you a confirmation. Your confirmation and event reminders will include the Zoom call information. ■

EAST-WEST VIRTUAL BREAKFAST

Thursday, September 9, 2021

9:00-10:00 A.M. Online Meeting

Registration Deadline: September 6

Advance registration is required. Register online at: UWRAmadison.org/event-4439425

TRAVEL WEBINAR

A Taste of Africa

BY ESTHER OLSON, CO-CHAIR, TRAVEL COMMITTEE

Jambo! Jambo! Greetings!

Come take a virtual trip with Bernard Easterday and Esther Olson through Kenya, Rwanda, and Tanzania, and share our experiences as we visit, live, and work surrounded by wild animals, contrasting landscapes, shy but proud and interesting people, and wildly divergent temperatures.

Marvel at some of the close-up photographs of the many different species of animals and birds that live in the area, including mountain gorillas in Rwanda. View Oldupai Gorge, one of the most important prehistoric archaeological sites on earth, where Louis and Mary Leakey first discovered the fossilized teeth and skull of one of our earliest ancestors. Learn about Easterday's research on diseases of livestock in Kenya that were and still are a potential threat to the U.S. livestock industry. ■

*If you have preliminary questions for the speakers, please email them in advance to program coordinator Esther Olson at emolson2@wisc.edu by **September 14**.*



Six-month-old Mountain Gorilla.

In Wisconsin, **Bernard Easterday** is best known as professor and dean emeritus of the University of Wisconsin School of Veterinary Medicine. In Kenya, the Maasai call him "Leshan," which translates to "born during the rains," and they honor him as a village elder. In 2021 he celebrates 60 years of activity on the University of Wisconsin campus.



KENYA, RWANDA, TANZANIA

Monday, September 20, 2021

1:00–3:00 P.M. Online Webinar

Registration Deadline: September 16

Advance registration is required. Register online at:
UWRAmadison.org/event-4412547

Food Pantry Contributions



Open Seat Food Pantry is the sole designated UWRA food donation recipient for 2021–22.

Open Seat (asm.wisc.edu/the-open-seat/) is a student-run food pantry on campus that strives to alleviate food insecurity for students. It is a vital service provided by Associated Students of Madison (ASM). Consider making a donation to Open Seat with a check payable to UW Foundation, with "Open Seat" on the memo line. Mail donations to UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218. ■



FINANCIAL MATTERS IN RETIREMENT WEBINAR

Can We Afford Retirement as We Age?

BY RICK DALUGE, MEMBER, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

Join us for this informative webinar. Helen Marks Dicks of the American Association of Retired People (AARP) will discuss how to best spend our “bonus” years and where to find help. John Sauer of Leading Age Wisconsin will discuss trends in elder-care facilities, such as the rate of cost increases, the direction of skilled nursing care as part of residential communities, access and capacity for assisted-living care in the state, and other trends. Our final speaker, Tim Schiefelbein of the UW Credit Union, will discuss how best to plan financially for the future. Each speaker will present for 20 minutes, and we will use the second hour to answer questions from the audience. ■

*If you have preliminary questions for the speakers, please email them in advance to program coordinator Rick Daluge at rdaluge@wisc.edu by **September 21**.*

RETIREMENT OPPORTUNITIES WEBINAR

Update on the COVID-19 Pandemic



BY MILLARD SUSMAN, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

The Centers for Disease Control’s recommendations regarding the COVID-19 pandemic do change over time, because they are based on science. The better we understand this new viral pest, the better we can control it. Tom Friedrich of the UW–Madison School of Veterinary Medicine, who studies COVID-19, will give us an update on the well-received seminar he presented to UWRA members in March. The content of the webinar will depend to some extent on scientific developments between now and then. Topics might include circulation of the Delta variant and other variants and their impact on vaccine effectiveness; updates on vaccine

CAN WE AFFORD RETIREMENT?

Tuesday September 28, 2021

10:00 A.M.–NOON Online Webinar

Registration Deadline: September 24

Advance registration is required. Register online at: UWRAmadison.org/event-4438113



Helen Marks Dicks is the associate state director, and director of state issues advocacy, for AARP Wisconsin. **John Sauer** is the chief executive officer of Leading Age Wisconsin, a consortium of 500 not-for-profit facilities in the state providing continuum of care. **Tim Schiefelbein** is a financial consultant with UW Credit Union specializing in long term and retirement savings and estate plans.

COVID-19 UPDATE

Thursday October 7, 2021

10:00 A.M.–NOON Online Webinar

Registration Deadline: October 1

Advance registration is required. Register online at: <https://uwramadison.org/event-4438063>

Thomas Friedrich is professor of virology at the UW–Madison School of Veterinary Medicine. His laboratory studies how such pandemic viruses as HIV, influenza, Zika, and SARS-CoV-2 evolve to emerge, spread, and cause disease.

policy, including authorizations for children under 12 and potential use of booster shots; and forecasting the next issues in pandemic response. ■

*If you have preliminary questions for the speakers, email them in advance to program coordinator Millard Susman at msusman@wisc.edu by **September 30**.*

MEET A UWRA MEMBER

Medicine and Music in Paradise

BY STAN INHORN, UWRA MEMBER



I retired from the UW in 1998 after 39 years as a professor in the Departments of Pathology and Laboratory Medicine and Preventive Medicine (now called Population Health Science). I was also director/medical director of the Wisconsin State Laboratory of Hygiene. I grew up in

Cleveland and went to Western Reserve University (now Case Western Reserve University), majoring in chemistry.

One summer I was a delegate from Reserve to the organizing meeting of the National Student Association held at the University of Wisconsin's Memorial Union. I thought that I was in paradise and, if I ever had a chance, I would come back to Madison. Following college, I went to Columbia University's Medical School, and then my dream came true. I was matched to intern and serve my residency at the UW Hospital.

During my internship I met Shirley, who was a graduate student in Physiological Chemistry. We were married seven months later and recently celebrated 66 years together. We both have musical interests; Shirley is a pianist, and I am a violinist. In the late 1960s and early 1970s, I played in the Madison Symphony Orchestra. My most vivid memory is performing the Messiah during December at the UW Stock Pavilion, the largest venue in Madison at the time, with amazing acoustics.

During my working days, I served on boards of many nonprofit organizations, especially in the field of music. I am still active with the Wisconsin Youth Symphony Orchestras and the Madison Symphony Orchestra as well as the Association of Public Health Laboratories.

For the past ten years, Shirley and I have been living at the Oakwood Village–University Woods. We enjoy the wide variety of programs available there and still attend many concerts and performances offered by Madison's many wonderful music and theater organizations. Restaurants come and go, but our favorite is Porta Bella, which has great ambience (plus the delicious Porta salad).

Another place we enjoy when our children and grandchildren come to town is the beautiful lake-front setting at the Memorial Union Terrace. In the old days, salaries at UW were not that great, so we recruited potential faculty in the summer to take advantage of the Terrace. It was said the experience was worth at least \$10,000. You could say that Madison has it all. That's what has kept me here since 1953. ■

CALL FOR ARTICLES

Tell Us about Your Own New Activities in Retirement

You may have read about retirees' discovery of engaging new interests in recent editions of the *Sifter*. We invite you to contribute a similar account. This column (see p. 7) highlights the impressive array of interesting activities members are involved in and gives us all insight into how retirees can develop new, varied, and exciting passions after retirement.

Bob Jokisch coordinates this series and can be reached at bobjokisch@gmail.com.

Guidelines In 250 words or less, describe:

- what you do and its relationship (if any) to what you did before retirement
- where you have a chance to do it and with whom
- how you found your way into the activity—and how others might also
- what results you have experienced (pleasures and drawbacks of the pursuit).

If possible, also submit a photo related to your new activity. ■

MAY-AUGUST, 2021

WE WELCOME NEW MEMBERS

- | | |
|---|---|
| B. Lynn Allen-Hoffmann , <i>Medical School-Pathology</i> | Marilyn Kay , <i>DOVS</i> |
| Diane Agans , <i>Wisconsin Public Media</i> | Gisela Kutzbach , <i>College of Engineering</i> |
| Margaret Baker , <i>DoIT Digital Publishing & Printing</i> | Gabriele Lubach , <i>Psychology</i> |
| Leonelo Bautista | Kirk Malnor , <i>Center for Educational Opportunity</i> |
| Bruce Beihoff , <i>Grainger Institute for Engineering-COE</i> | Cynthia May , <i>Law</i> |
| Linda Endlich , <i>SOE</i> | Gary Mier , <i>Housing</i> |
| Gail Geib , <i>Engineering-Professional Development</i> | Kalen Nichols |
| Richard Glines , <i>DoIT</i> | Yvonne Schofer , <i>General Library System</i> |
| Ana Guaracao , <i>State Lab of Hygiene, CDD</i> | Tim Sparks , <i>ICTR-SMPH</i> |
| Gary Hammersley , <i>MB/MV</i> | Karen Stephens , <i>Chemistry</i> |
| Georgia Hammersley | Gary Stephens |
| David Hildner , <i>Spanish and Portuguese</i> | Jeffrey Strobel , <i>Extension Marketing & Communication</i> |
| Carol Hillmer , <i>CALS-Human Resources</i> | Elizabeth Tryon , <i>Morgridge Center for Public Service</i> |
| Cindy Huber , <i>Donate Life</i> | Michael Voves , <i>DoIT Digital Publishing & Printing</i> |
| Daniel Iyama-Kurtycz , <i>Pathology</i> | Robert Woods , <i>Chemistry</i> |
| Christina Iyama-Kurtycz | Patricia Zingsheim |

NEW ACTIVITIES IN RETIREMENT

Collecting Historic Blue and White China Ware

BY MICHELE BURR MICKELSON, UWRA MEMBER

As a child, I fell in love with my blue and white dishes and with my grandmother’s deep, inky blue plates. That’s why sitting down to a table with such china brings back memories. I retired as assistant dean emerita of Student Academic Affairs in the School of Human Ecology, and I served as co-chair of the UWRA Retirement Opportunities Committee (ROC). I’ve always been interested in antique blue and white china, but now I enjoy researching it.



You’ve probably seen transferware turkey plates for Thanksgiving. Those designs look photographic. Flow Blue patterns, in contrast, look like the color blurred or “flowed” during firing in the kiln. My husband and I joined the Flow Blue International Collectors’ Club (FBICC) and Transferware International Collectors Club (TICC) to learn more.

A study tour of “The Potteries” in Stoke-on-Trent, England, introduced us to the manufacture of china—the clay, transfer of design from copper plate to tissue paper, glazing, and firing. When we looked at old paper pattern books, we wore white gloves to prevent damage. The Zoom classes I have taken through the Victoria & Albert Museum and the Royal Worcester Museum in England have been wonderful resources. One highlight presented was the reconstruction of 566 china teapots and plates from shards unearthed around London homes.

I’m excited to join the FBICC board this year, a new opportunity to learn more about my “treasures.” I encourage you to take your own family china out of the cupboard to enjoy the colors, the patterns, the stories, and the memories. ■

{ The UWRA is your network in retirement! }

FINANCIAL MATTERS WEBINAR

"It's Your Choice" for 2022

What's New in Health Insurance for Wisconsin Employees and Retirees?

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

A team led by Eileen Mallow, director of the Office of Strategic Health Policy at the Wisconsin Department of Employee Trust Funds, will present a webinar on the health care coverage options available to UW employees and retirees in 2022.

The presentation will include an overview of major programs and the changes to these programs for 2022, with a focus on the GIB Strategic plan, changes to supplemental benefits, Wellness program update, Medicare update, vaccine update, and other 2022 benefit changes.

The 2021 Wisconsin Group Health Insurance open enrollment period will be from September 27 through October 22.

The *It's Your Choice 2022 Decision Guide* is scheduled to be mailed by September 20 but might not be delivered until later that week. However, all information included in the *Decision Guide* will be available on the ETF website (etf.wi.gov) as of September 20. ■

If you have preliminary questions for the speaker, please email them in advance to program coordinators Millard Susman and Kathy Zweifel at msusman@wisc.edu and kazweife@wisc.edu by October 5.

IT'S YOUR CHOICE, 2022

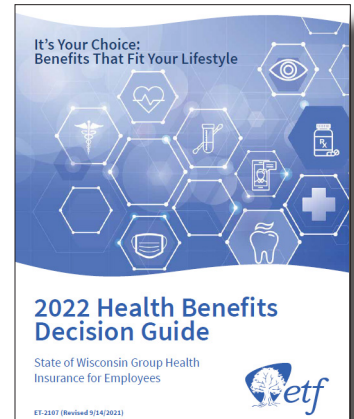
Tuesday, October 12, 2021

10:00–NOON Online Webinar

Registration Deadline: October 9

Advance registration is required. Register online at: UWRAmadison.org/event-4437779

The presenters include **Tricia Sieg**, Pharmacy Benefit Program; **Renee Walk**, Policy Advisor; **Molly Heisterkamp**, Disease Management and Wellness Program; **Korbey White**, Health Program; **Eileen Mallow**, Strategic Health Policy; **Douglas Wendt**, Health Policy Advisor; and **Arlene Larson**, Federal Program and Policy.



✓ SAVE THE DATE, TECHNOLOGY WEBINAR

Discover How UW–Madison Students Are Learning in Ways You Might Never Imagine with New Technology

Remember lightboards in your business courses? Virtual bags of clinical items and data in your nursing courses? Interactive maps and texts in your course on medieval culture? Neither do we!

On October 29, from 10:00 to noon, come discover with us how UW–Madison faculty and instructional staff use innovative technologies to expand what and how students learn.

Watch the UWRA website and the October *Sifter* for further details about the speakers who will offer this presentation. The registration deadline is Tuesday, October 26. See UWRAmadison.org/event-4449285



BOOK MARKS

Entangled Life

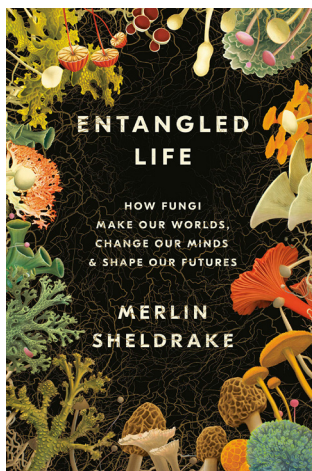
BY MILLARD SUSMAN, BOARD OF DIRECTORS & UWRA MEMBER

Merlin Sheldrake, the author of *Entangled Life: How Fungi Make Our Worlds, Change Our Minds, And Shape Our Futures* (Random House, 2020), writes that “I never behave more like a fungus than when I am investigating them.”

He means that as a compliment. When Sheldrake is studying fungi, he is at his best—in high gear to network with colleagues, scrounge grant money, hypothesize, create, and commune with moldy nature. Sheldrake sees fungi as a nurturing presence, almost invisible to us but pervading our world and doing much of the housekeeping work that makes life possible.

Here’s a bit of his introduction to the book: “As you read these words, fungi are changing the way that life happens, as they have done for more than a billion years. They are eating rock, making soil, digesting pollutants, nourishing and killing plants, surviving in space, inducing visions, producing food, making medicines, manipulating animal behavior, and influencing the composition of the Earth’s atmosphere.”

Sheldrake takes the reader on a beautifully written tour of the fungal world, ranging from the seductive truffle through consciousness-changing “magic mushrooms” to the tinder fungus that can be processed into a felt-like material called amadou, suitable for making hats. He describes the soil fungi whose fibrous tendrils (mycelia) caress the roots of plants. More than 90% of plants rely on these mycorrhizal fungi to help them acquire water and nourishment from the soil. The vast mat of soil



fungi can serve as a sort of community organizer to promote interactions among the diverse plants—and even soil bacteria—with which they share habitat. Sheldrake documents the rock-eating and soil-making activities of fungi and explains their role in recycling the corpses of plants and animals. He rejoices in the power of fungi to transform fruits and seeds into alcoholic drinks and tells stories of his own adventures in fermentation, including the production of cider from apples he filched from the descendants of Newton’s original apple tree.

The book is illustrated with charming Coprinus-ink drawings in addition to many exotic color photographs.

Entangled Life was named on *Time* magazine’s list of the 100 Must-Read Books of 2020, *The Telegraph* list of the 50 Best Books of 2020, and chosen as one of the best nature books of 2020 by *The Times* (London). Sheldrake is a biologist with a Ph.D. in tropical ecology from Columbia University, a writer, a musician, and a fermenter. ■

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

UNIVERSITY LEAGUE

Director of Chazen Museum of Art to Speak Wednesday, September 22, at 10:00 A.M.

The University League welcomes Amy Gilman, director of the Chazen Museum of Art, as speaker for its Fall Coffee. Gilman will discuss the role of university art museums and how the Chazen adjusted its focus and operations during the COVID-19 pandemic, as well as ongoing changes in the museum field as museums respond to pressing national issues. Gilman has served as director of the Chazen Museum since 2017.

The presentation will take place at Blackhawk Country Club. A continental breakfast will be served. The event is open to the public, and the admission charge is \$20. For registration information, visit univleague.wisc.edu/programs. ■

WEBINAR RECAP

Tribal Relations and Teaching and Learning in Higher Ed

BY LAURIE MAYBERRY, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

Aaron Bird Bear, inaugural director of tribal relations for the University of Wisconsin–Madison, gave an overview of the history of tribal relations as it relates to higher education. While many of us know that the 1862 Morrill Act provided land for the creation of UW–Madison, we may not be aware that the 30 land-grant institutions created by the act were funded by revenues from lands taken from indigenous people through treaty, cession, or seizure. You also may not know that UW–Madison is located on what may be the most archaeologically rich campus in the country.

Bird Bear mentioned that 80% of Americans have little or no knowledge about Native Americans. I was fortunate to have taken a history course in high school that covered some Native American history and what Bird Bear called “settler colonialism.” The goal of settler colonialism was to replace indigenous societies (for example, in Australia, Canada, New Zealand, and United States). The U.S. government worked to eradicate Native American culture and language until as recently as 1975.

A university position supporting tribal relations with higher education in Wisconsin is relatively new, compared to other states. At the UW–Madison, the role of the Director of Tribal Relations is to lead strategic engagement opportunities, special projects, and initiatives with the Native Nations of Wisconsin and affiliated organizations. We are grateful for Aaron Bird Bear’s time and informative presentation. For more information about this relationship, I encourage you to check out the slides for this presentation. They also cover curriculum and indigeneity and first-year learning goals for new students at UW–Madison. ■

Slides from this webinar can be viewed at [WRAMadison.org](https://www.wisconsin.edu/WRAMadison.org), then see Resources/Presentations/2020–21 Jan–Jun.

WEBINAR RECAP

The Master Gardener Program

BY BOB JOKISCH, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

In June, Ed Meachen presented a webinar on the Wisconsin Master Gardener program. Ed became a Master Gardener in 2013 following his retirement as associate vice president for Learning and Information Technology at UW System Administration.

The Master Gardener program began in 1973 in Washington State and now operates in all 50 states. Participants in Wisconsin receive training and education in science-based horticulture from the UW–Madison’s Division of Extension. Upon successful completion of an examination, they are certified as Master Gardeners. To maintain certification, each year Master Gardeners must complete ten hours of continuing education and 24 hours of volunteer service that supports public gardens and Extension’s mission to bring horticulture education to the public. Ed has served as president of the Madison Area Master Gardeners’ Association since 2014.

In 1997, Ed bought a farm and learned a lot by planting trees and flowers, often in the wrong places. After retirement in 2013, he took courses through the Master Gardener program because he wanted to know more about gardening. The classes are a half day every other week throughout the summer.

Well over 50% of Master Gardeners are retired. In 2019, Master Gardeners provided 169,000 hours of volunteer service in Wisconsin. Many of the volunteers work with elementary and middle school gardens, answer questions at farmers’ markets, or work on the UW–Extension Horticulture Hotline.

To learn more about the Master Gardener program, visit [mastergardener.extension.wisc.edu](https://www.mastergardener.extension.wisc.edu). ■

This webinar was recorded and can be viewed at [WRAMadison.org](https://www.wisconsin.edu/WRAMadison.org), then see Resources/Presentations/2020–21 Jan–Jun.

REFLECTIONS

Housework Haka!

BY MARY BARNARD RAY



I do not enjoy cleaning house. I enjoy a clean house, of course, but joy in the process eludes me. I change up the routine for variety, sometimes cleaning room by room, sometimes doing everything that requires the use of one particular tool or cleaning product. Having a favored cleaning tool helps a little. For example, I get a little psyched now that I know my vacuum is the same brand they use to clean the county jails. It is a tough machine—I’ve had it since 1978, accidentally vacuumed up nails with it, and it’s still going strong. I liked my collapsible dish rack because I could clean it in the dishwasher, until it collapsed forever. Listening to the radio while working is helpful; Larry Meiller’s “Garden Talk” program on Wisconsin Public Radio is a favorite. Thinking positively about the exercise I am getting just doesn’t work at all. Thinking about ice cream as a reward helps, but ... those calories!

What works the best for me, so far, is doing a Maori haka dance. I discovered this option while visiting a Maori cultural site in New Zealand, where I saw a live haka performance. I promised myself I would have to try that someday. Now, I search out hakas online—especially the ones done by the New Zealand rugby teams. It’s almost impossible for me to watch one without feeling compelled to do the arm and face actions, at a minimum.

In part, doing the haka this way is healthy because it makes me laugh at myself, but also it really does energize me and make me feel fierce. There’s nothing like sticking out your tongue as far as it will go and opening your eyes as wide as possible to wake you up. Slamming a fist against the opposite elbow does feel powerful, and squatting while you do it wakes up your lower extremities. If you haven’t seen a haka, check out ones by the New Zealand rugby team, the All Blacks. Here is a link to a sample to get you started: tinyurl.com/uwhaka. Now that I’ve watched it, I think I’ll go scrub out my tub! ■

■ UW-Madison Retirement Association Calendar Dates ■

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

• Thursday, September 9	9:00–10:00 A.M.	East-West Virtual Breakfast
• Monday, September 20	1:00–3:00 P.M.	<i>A Taste of Africa</i>
• Tuesday, September 28	10:00 A.M.–NOON	<i>Can We Afford Retirement as We Age?</i>
• Thursday, October 7	10:00–NOON	<i>COVID-19 Update</i>
• Tuesday, October 12	10:00 A.M.–NOON	<i>It’s Your Choice, 2022 Update</i>
• Thursday, October 14	9:00–10:00 A.M.	East-West Virtual Breakfast
• Wednesday, October 20	5:00–7:00 P.M.	Fall Member Reception at Carson Gulley Center
• Tuesday, October 26	1:00–3:00 P.M.	<i>Madison’s Sister City Program</i>
• Tuesday, October 29	10:00–NOON	<i>Discover How UW-Madison Students Are Learning</i>
• Thursday, November 11	9:00–10:00 A.M.	East-West Virtual Breakfast
• Tuesday, November 16	10:00 A.M.–NOON	<i>Taxes and More</i>
• Thursday, December 9	9:00–10:00 A.M.	East-West Virtual Breakfast
• Wednesday, December 15	10:00 A.M.–NOON	<i>The Health of the U.S. Economy</i>

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

THE SIFTER

UWRAmadison.org

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IN THIS ISSUE

Fall Member Reception **p. 1**

From the Executive Director **p. 2**

New on Board: Marc Fink **p. 2**

President's Welcome **p. 3**

East-West Virtual Breakfast **p. 3**

Webinar: A Taste of Africa **p. 4**

Webinar: Can We Afford Retirement as We Age? **p. 5**

Webinar: COVID-19 Pandemic Update **p. 5**

Meet UWRA Member Stan Inhorn **p. 6**

Call for Articles: New Activities in Retirement **p. 6**

New Members **p. 7**

New Activities in Retirement: Historic China **p. 7**

Webinar: "It's Your Choice" update for 2022 **p. 8**

Book Marks Column: *Entangled Life* **p. 9**

Chazen Museum of Art Director to Speak **p. 9**

Webinar Recap: Tribal Relations & Higher Ed **p. 10**

Webinar Recap: Wisconsin Master Gardeners **p. 10**

Reflections Column & UWRA Calendar **p. 11**