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UWRA-Madison



# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## TRAVEL WEBINAR

### Kev vam meej nyob rau hauv Italis los ntawm Antiquity mus rau tam sim no: Txhua txoj kev coj mus rau Rome

Los ntawm CHRIS KLEINHENZ, UWRA tus tswv cuab

**Kuv**taly paub zoo txog nws cov toj roob hauv pes zoo nkauj, nws cov kab lis kev cai nplua nuj, nws cov chaw zoo heev hauv nroog, thiab nws keeb kwm variegated. Rau ntau tshaj li ob thiab ib nrab xyoo txhiab, Ltalis yog qhov kev sib tshuam ntawm Mediterranean thiab lub tsev ntawm ntau haiv neeg sib txawv, txhua tus tau tso lawv cov cim.

Qhov kev piav qhia zoo nkauj no los ntawm Chris Kleinhenz yuav pib nrog ntau lub ntsej muag ntawm Ltalis: nws qhov chaw sib txawv, lub nroog thiab cov nroog, qhov sib txawv hauv cheeb tsam, thiab cov kab lis kev cai hauv zos. Peb mam li xav txog cov kab lis kev cai mosaic ntawm Italis los ntawm Antiquity mus rau tam sim no, saib ntau tshaj kaum tsib kev vam meej uas tau vam meej ntawm Italian av.

Thaum kawg, peb yuav tsom mus rau Rome, tshuaj xyuas thawj qhov cuam tshuam - "Roman imprint" - uas Lub Nroog Nyob Mus Ib Txhis muaj nyob rau hauv lub ntiag teb Mediterranean loj dua thiab dhau mus, thiab tom qab ntawd keeb kwm ntawm lub nroog raws li pom los ntawm nws ntau yam monuments, pawg ntseeg, tej hauj lwm zoo heev. ntawm kev kos duab, qhov chaw pej xeem, thiab ntau yam kev lom zem.-

*Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa mus rau tus kws saib xyuas kev pabcuam Esther Olson ntawm [emolson2r@wisc.edu](mailto:emolson2r@wisc.edu) los ntawm Lub Peb Hlis 17.*



**Chris Kleinhenz** qhia medieval Italian cov ntaub ntawm ntawm UW-Madison tau yuav luag plaub caug xyoo. Nws tau coj ntau yam kev ncig xyuas mus rau Ltalis uas tau txhawb nqa los ntawm Division of Continuing Studies thiab UW Alumni Association thiab tau nyob hauv tebchaws Ltalis (Naples, Bologna, Perugia, Florence, thiab Rome) nyob rau ntau lub sijhawm uas nws tau qhia thiab qhia UW kev kawm-tawm txawv tebchaws. Nws tau muab ntau qhov kev nthuav qhia ntawm Ltalis rau UWRA.

### CIVILIZATIONS IN ITALY

**Hnub Thursday, Lub Peb Hlis 24, 2022**

2:00-4:00 PM Online Webinar

**Daim ntawv thov Deadline: Lub Peb Hlis 18**

Yuav tsum sau npe ua ntej. Sau npe online ntawm:  
[UWRAMadison.org/event-4498433](https://UWRAMadison.org/event-4498433)

**Tseem muaj sijhawm rau npe rau lwm lub MARCH webinars thiab cov rooj sib tham. Saib pp. 8-9 kom paub meej.**

Los ntawm EXECUTIVE DIRECTOR'S DESK

# Health and Wellness Matters

Los ntawm SANDI HAASE

Lthiab kuv pib lub hli tsab xov xwm no los ntawm kev txuas ntxiv ua tsaug rau koj cov neeg siv sijhawm los qhia



tawm tswv yim txog UWRA cov ntawv tshaj tawm thiab cov haujlwm. Koj cov lus qhia muab UWRA nrog invaluable kev taw qhia rau yav tom ntej kev taw qhia. Qhov no yog koj lub koom haum, thiab koj cov kev xav yeej txais tos!

Thaum koj nyeem qhov teeb meem no, koj yuav pom ib kab tshab uas hais txog kev noj qab haus huv thiab kev noj qab haus huv.

ness, muab peb cov cuab yeej thiab cov tswv yim los txhim kho peb tus kheej kev noj qab haus huv, tiv thaiv kab mob, thiab txhim kho peb lub neej zoo thiab kev noj qab haus huv. Peb tab tom ncaws tawm qhov tshwj xeeb no nrog cov qhua kab los ntawm Stephanie Ehle MS, CWP, cPT.

Cov ntsiab lus kev noj qab haus huv thiab kev noj qab haus huv yog qee zaum siv sib hloov, tab sis lawv yog ob lub ntsiab lus sib txawv. Lub Koom Haum Ntiaj Teb Kev Noj Qab Haus Huv (WHO) txhais kev noj qab haus huv yog "lub xeev ntawm kev noj qab haus huv ntawm lub cev, lub hlwb, thiab kev noj qab haus huv, thiab tsis yog qhov tsis muaj kab mob lossis mob." WHO txhais kev noj qab haus huv yog "qhov zoo tshaj plaws ntawm kev noj qab haus huv ntawm tib neeg thiab pab pawg," thiab kev noj qab haus huv tau qhia tias yog "txoj kev zoo rau kev ua neej." Txawm hais tias koj tsis tuaj yeem xaiv koj lub xeev kev noj qab haus huv, koj tuaj yeem txiav txim siab xaiv kev noj qab haus huv los ntawm kev ua koj lub neej muaj kev lav phib xaub thiab ua cov kauj ruam zoo rau koj txoj kev noj qab haus huv.

Koj puas muaj kev txaus siab rau kev noj qab haus huv? UWRA tab tom nrhiav ib tus tswv cuab (lossis ob) txaus siab los ua tus saib xyuas kab ke los tsim qhov Sifter ntxiv. Lub luag haujlwm yuav suav nrog kev hu xov tooj rau cov qhua tuaj yeem sau cov ntawv luv luv ntawm cov ncauj lus hais txog lub cev, kev txawj ntse, kev xav, ib puag ncig, kev sib raug zoo, kev ua haujlwm, kev ua haujlwm, thiab kev noj qab haus huv ntawm sab ntsuj plig; tshuaj xyuas cov ntawv los xyuas kom meej tias lawv ua tau raws li Sifter editorial cov lus qhia; thiab xa mus raws sij hawm ntawm cov ntawv kawg rau Sifter editor rau kev tshaj tawm. Lub hom phiav yog tshaj tawm ib kab hauv txhua

qhov teeb meem (September-June). Tus neeg saib xyuas lub luag haujlwm tuaj yeem faib los ntawm ob tus neeg. Thov kev cog lus ib xyoos. Yog tias koj txaus siab, thov email rau kuv [ntawmretireassn@mailplus.wisc.edu](mailto:ntawmretireassn@mailplus.wisc.edu).

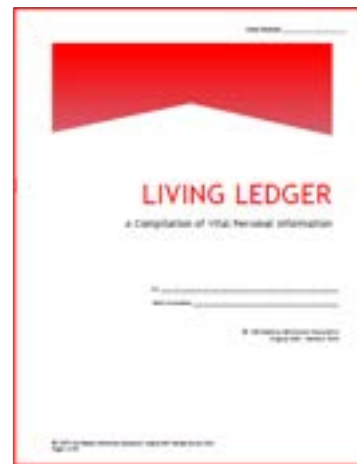
## Nug rau koj cov tswv yim

LOS NTAWM FAISAL KAUD, CHAWER, LIVING LINGER REVIEW COMMITTEE

TnwsNyob LedgerPawg Neeg Saib Xyuas yog nyob rau hauv tus txheej txheem ntawm kev tshuaj xyuas tam sim noNyob Ledger( 2019) los soj ntsuam seb puas yuav hloov pauv, ntxiv, qhia meej, lossis hloov tshab yog xav tau. Daim ntawv no tau tsim los rau koj, cov tswv cuab ntawm

UWRA! Peb paub tias cov ntaub ntawv tsis zoo tag nrho thiab tsis tuaj yeem hais txog txhua tus nyiaj txiag duab. Txawm li cas los xij, nws yog peb lub hom phiav los ua cov ntaub ntawv no suav nrog thiab pab tau raws li qhov ua tau.

Peb caw koj los qhia koj cov lus qhia. Dab tsi yog qhov tsis meej pem, ploj lawm, tsis tu ncua, xav tau ntxiv kev piav qhia, yog lo lus tsis zoo-los yog, koj nyiam dab tsi? Peb xav khaws cov khoom zoo, thiab.Nyob Ledgeryog siv tau rau ntawm[UWRAMadison.org](http://UWRAMadison.org) los ntawm nyem rau ntawm Cov Khoom Siv / Nyob Ledger.-



Thov xa koj cov lus nug, cov lus pom, thiab cov lus qhia rau [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu) los ntawm hnuv Monday, Peb Hlis 21.

## UA-MADISON ARCHIVES

Tam sim no Online: Cov Keeb Kwm Hais Lus los ntawm Cov Neeg Ua Haujlwm Kev Kawm Txuj Ci

Stxij li xyoo 2016, UW Oral History Program tau koom tes nrog Tus Tuav Ntaub Ntawv ntawm Lub Tsev Haujlwm Saib Xyuas Kev Kawm Txuj Ci los sau txog Cov Neeg Ua Haujlwm Kev Kawm Txuj Ci tau txais txiaj ntsig cov keeb kwm thiab kev paub ua haujlwm hauv University. Cov ncauj lus keeb kwm tam sim no online ntawm [www.library.wisc.edu/archives/exhibits/](http://www.library.wisc.edu/archives/exhibits/) -

UA NEWS

## Kev ua tswv cuab yuav tsum tau nce lub Cuaj Hlis 2022

Los ntawm ESTHER OLSON, UWRA PRESIDENT

**Kuv** Lub Plaub Hlis 2021 Sifter ([tinyurl.com/285t5ktyua](https://tinyurl.com/285t5ktyua)), Pawg Thawj Coj Tus Thawj Coj Tus Thawj Coj Mary Czyszak-Lyne tau tshaj tawm tias Lub Koom Haum tau pib Theem 2 ntawm 2020-2025 Lub Tswv Yim Txheej Txheem. Lub hom phiaj tseem ceeb ntawm Theem 2 yog txhawm rau tshawb nrhiav qhov xav tau, thiab kev ua tau zoo ntawm, kev nce nqi ntxiv.

UWRA tau tsim muaj nyob rau xyoo 1999. Pawg charter tau tsim cov ntaub ntawv tswj hwm thiab cov qauv kev ua haujlwm uas tau raug tshuaj xyuas ib ntus thiab hloov kho kom tau raws li cov kev xav tau hloov pauv ntawm lub Koom Haum. Txawm li cas los xij, nyob rau hauv ntau tshaj li ob xyoo caum txij li UWRA tau tsim, kev tshuaj xyuas dav dav thiab kev tshuaj xyuas ntawm lub koom haum kev noj qab haus huv tsis tu ncuat tsis tau ua.

Yuav luag tag nrho ntawm UWRA cov nyiaj tau los yog los ntawm cov tswv cuab them, thiab cov nqi tsis tau hloov txij li Lub Koom Haum tau tsim 22 xyoo dhau los. Thaum cov nyiaj tau los vim kev ua tswv cuab kev loj hlob tau nce hauv 22 xyoo, kev siv nyiaj tau nce nrawm dua. Tam sim no kev tshuaj xyuas tag nrho ntawm cov nyiaj tau los thiab cov nuj nqis yog qhov tsim nyog.

Lub caij nplooj zeeg dhau los, Pawg Neeg Saib Xyuas Kev Ua Haujlwm Zoo tau sib sau los kawm txog kev xav tau kev ua haujlwm thiab kev ruaj ntseg nyiaj xtiag mus ntev ntawm UWRA. Txoj kev tshawb no suav nrog kev tshuaj xyuas cov peev nyiaj yav dhau los thiab tam sim no, cov ntaub ntawv nyiaj xtiag, thiab qib kev koom tes. Pab Pawg tau txiav txim siab tam sim no thiab kwv yees cov nqi khiav lag luam thiab cov nyiaj tau los. Nyob rau hauv xyoo tas los no, cov nyiaj tau los ntawm kev nce cov tswv cuab thiab cov nyiaj hauv cov nyiaj khaws cia tau txaus los txhawb cov nqi nce. Kev tshuaj xyuas xaus tias qhov no tsis muaj tseeb lawm.

Yog tias cov nuj nqis tau nce ntxiv, qhov nce yuav zoo li cas? Saib ntawm Bureau of Labor Statistics 'Consumer Price Index (CPI) Inflation Calculator, kev yuav lub zog ntawm cov tswv cuab ib xyoo tam sim no ntawm \$ 20 hauv 1999 (xyoo UWRA tau tsim) yog sib npaug rau

yuav lub zog ntawm \$ 33.94 hauv 2021.

Pab Pawg cov lus thov zaum kawg ntawm kev nce nqi me me rau txhua qib ua tswv cuab thiab lub sijhawm ua haujlwm tau nthuav tawm thiab pom zoo los ntawm UWRA Pawg Thawj Coj hauv Lub Ib Hlis 2022.

Lub koom haum Retirement yuav nce cov tswv cuab rau lub Cuaj Hlis 1, 2022. Rau xyoo 2022-23 kev ua tswv cuab (kho dua tshiab pib txij lub Tsib Hlis 2022), cov nqi ua tswv cuab yuav nyob li qub.

Nyob lossis tom qab lub Cuaj Hlis 1, 2022, cov tswvcuab tshiab thiab cov tswvcuab tshiab yuav tau them tus nqi ua tswvcuab ntau dua. Nov yog cov ntsiab lus ntawm cov nuj nqis ntawd nce.

Pib nrog cov nqi them tau txais los yog tom qab lub Cuaj Hlis 1, 2022:

- **Cov nqi them txhua xyoo yuav nce ntawm \$20 mus txog \$30**
- **Cov nqi sib tw (6 xyoo rau tus nqi ntawm 5) yuav nce ntawm \$100 txog \$150**
- **Kev ua tswv cuab lub neej yuav nce ntawm \$300 txog \$400**
- **Tseem Tsis Tau Nyiaj Laus yuav nce ntawm \$10 mus txog \$15**
- **Tawm ntawm Cheeb Tsam \* yuav nce ntawm \$10 mus txog \$15**
- **Tawm ntawm Cheeb Tsam \* Kev Lag Luam yuav nce ntawm \$50 txog \$75.**

*\* Tawm ntawm Cheeb Tsam (OOA) qib siv rau cov tswv cuab nyob sab nraud 535xx, 537xx, thiab 539xx zip codes*

Puas yog koj xav paub thaum koj cov nuj nqis them rov qab? Yog tias koj tab tom nyeem tsab xov xwm no hauv online, daim npog email qhia txog koj qib kev ua tswv cuab thiab hnuv rov ua dua tshiab saum toj saud. Yog tias koj yog tus sau npe rau Sifter hauv daim ntawv, saib koj daim ntawv xa ntawv. Nyob rau sab xis ntawm koj lub npe, koj yuav pom hnuv uas qhia txog lub xyoo uas koj cov tswvcuab tau nce rau kev rov ua dua tshiab. Koj tseem tuaj yeem nrhiav hnuv ntawm koj qhov kev rov ua dua tshiab los ntawm kev mus rau koj qhov profile ntawm kev ua tswv cuab [UWRAMadison.org](https://UWRAMadison.org).

Peb nkag siab tias koj yuav muaj lus nug thiab lus pom, uas tuaj yeem xa email rau [retireasn@mailplus.wisc.edu](mailto:retireasn@mailplus.wisc.edu).

UWRA tab tom tuav ob lub rooj sib tham hauv nroog-hom Zoom ntawm lub ncauj lus no rau hnuv Tuesday, Peb Hlis 15, 2-3 teev tsaus ntuj thiab Thursday, Lub Peb Hlis 17, 10-11 AM Cov xwm txheej no tau tshaj tawm hauv lub vev xaib. Thov sau npe ntawm [UWRA-madison.org](https://UWRAMadison.org).

UA NEWS

Lub rooj sib tham txhua xyoo, noj su, Hais lus, thiab ncig saib, Tsib Hlis 18

We tab tom ua qee yam txawv xyoo no! Raws li cov neeg laus los ntawm University of Wisconsin, peb xav tias nws yog lub sijhawm los koj qhov kev tshwm sim no los tsev—rov qab mus rau tsev kawm ntawv, mus rau Memorial Union tshiab. Peb tus neeg hais lus caw yog Mark Guthier, tus lwm thawj koj saib xyuas thiab tus thawj koj ntawm Wisconsin Union. Nws yuav qhia rau peb txhua qhov kev txhim kho thiab kev txhim kho tau ua hauv Memorial Union.



Mark Guthier

Peb tau npaj ib qho kev tshwm sim yav tav su, pib nrog kev txheeb xyuas thaum 12:30 teev tsaus ntuj tom qab noj su, peb tus neeg hais lus, thiab lub rooj sib tham ua lag luam txhua xyoo. Cov tswv cuab tuaj yeem xaiv ib qho ntawm ob qho kev ncig xyuas: ncig xyuas Alumni Park lossis "tom qab-the-scenes" ncig saib ntawm Memorial Union. Tom qab kev ncig xyuas, peb caw koj tuaj koom nrog koj cov phooj ywg thiab cov npoj yaig thaum nyiam haus dej haus lossis dej khov rau ntawm Terrace.

tuaj rau koj ntawm UWRA thiab teb koj cov lus nug lossis kev txhawj xeeb. Saib rau lub rooj tsev pheb suab uas cim "Tsab Neeg Tshiab".

Chaw nres tsheb

Kev npaj tshwj xeeb rau kev nres tsheb ib nrab hnuv, pib tsis muaj ntov tshaj li tav su, muaj nyob rau ntawm Grainger Garage (Lot 7) thiab Helen C. White Garage (Lot 6). Txhawm rau kom muaj chaw nres tsheb, sau npe rau chaw nres tsheb thaum sau npe.

UW Transportation cov neeg ua haujlwm yuav ua haujlwm ntau ntau, xyuas koj hauv, thiab muab daim ntawv tso cai nres tsheb uas xav tau kom nkag mus thiab tawm ntawm qhov ntau. Xav txog qhov chaw nres tsheb hauv Lot 7 yog tias koj tuaj yeem taug kev. Lot 6 muaj qhov txwv tsis pub muaj rau cov tswv cuab uas muaj teeb meem txav mus los.

Chaw nres tsheb yuav yog thawj zaug. Saib "Registration" ntawm p. 5 kom paub meej ntiv. Vim qhov kev npaj nres tsheb tshwj xeeb no, emeriti qhov chaw nres tsheb yuav tsis raug qhuas hauv ob qho tib si. Cov chaw nres tsheb Emeriti yuav ua haujlwm hauv lwm qhov chaw pom zoo, raws li qhov muaj. Lwm qhov chaw nres tsheb nyob rau hauv taug kev deb muaj nyob ntawm koj tus nqi ntawm lub nroog Madison's Lake Street Ramp, lossis UW Lot 46 (Lake thiab Johnson Ramp).

Khoom noj khoom haus Pantry pab

Ob qho nyiaj ntsuab thiab cov tshev uas them rau UW FOUNDATION yuav raug lees txais. Thov sau "Open Seat Food Pantry" ntawm kab ntawv sau tseg.

Kev xaiv zaub mov

Rau kev noj qab haus huv thiab kev nyab xeeb, cov khoom noj su hauv thawv yuav raug muab. Txhua lub thawv noj su yuav suav nrog cov zaub ntsuab sib xyaw, hnab khaub ncaws balsamic, kettle chips, chocolate chip ncuav qab zib thiab ntau yam dej haus txias, thiab koj xaiv:

- Haus luam yeeb qaib ntshw, caj nplooj ntoos hlav lettuce mix, lws suav kis, Havarti cheese, croissant
- Ham, Swiss cheese, Dijon aioli, caj nplooj ntoos hlav lettuce mix, rye qhob cij
- Butternut squash kis, zaub ci, zaub ntsuab, spinach tortilla
- Tsis noj su

Lub Rooj Sib Tham Txhua Xyoo, txuas ntxiv rau p. 5

**ANNUAL MEETING, noj su, ncig saib**

**Hnub Wednesday, Tsib Hlis 18, 2022**

**Tripp Commons ntawm Memorial Union**

Kev nkag mus pib thaum 12:30 teev tsaus ntuj

Noj su thaum 12:45 teev tsaus ntuj

Nqe: \$18.00

**Nrog tus hais lus Mark Guthier ntawm Wisconsin Union thiab ncig xyuas Alumni Park OR Memorial Union**

**Hnub Kawg rau npe rau Guaranteed Parking:**

Tau txais los ntawm Hnub Monday, Plaub Hlis 18

Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-4545408](http://UWRAMadison.org/event-4545408)

New Member Table

Yog tias koj yog tus tshiab rau UWRA lossis tau tuaj koom tsuas yog ib lossis ob lub UWRA noj su lossis cov xwm txheej, peb zoo siab tos txais koj. Yuav muaj lub rooj noj mov tshwj xeeb rau cov neeg tuaj koom tshiab los ntsib cov tswv cuab ntawm pawg thawj koj, uas yuav zoo siab.



Cov Lus Qhia Txhua Xyoo Lub Rooj Sib Tham, txuas ntxiv los ntawm p. 4

## Kev sau npe

Yuav tsum sau npe ua ntej. Kev sau npe ntxov (kom lav qhov chaw nres tsheb) **yuav tsum tau txais los ntawm UWRA tsis pub dhau tav su rau hnuv Monday, Plaub Hlis 18.** Yuav tsum muaj tus neeg tsav tsheb lub npe. Cov ntawv sau npe (*tsis muaj* chaw nres tsheb tshwj xeeb) yuav txuas ntxiv mus txog thaum tav su hnuv Wednesday, Plaub Hlis 27.

Koj raug txhawb kom sau npe online ntawm [UWRAMadison.org/event-4545408](http://UWRAMadison.org/event-4545408). Sau npe los ntawm xa nrog daim tshev, siv Daim Ntawv Sau Npe ntawm p. 10 ntawm qhov teeb meem no *Sifter*.

### Yog xa koj cov nyiaj them poob haujlwm

Txhawm rau kom tau txais daim ntawv raws li hnuv kawg, ua daim tshev them rau *UWR* Athiab xa mus rau: UW-Madison Retirement Association, c/o Sandi Haase, 5 Dinauer Court, Madison, WI 53716-1969.

### Txoj cai them rov qab

UWRA rov qab them cov nqi kev tshwm sim yog tias cov neeg sau npe tshem tawm ua ntej hnuv kawg rau npe. Tom qab lub sijhawm kawg, cov nyiaj rov qab tsuas yog muab yog tias tus neeg sau npe tos tuaj yeem tuaj koom.

### Yog qhov tshwm sim ntawm tus kheej raug muab tso tseg

Yog tias qhov kev tshwm sim ntawm tus kheej raug muab tso tseg vim qhov xwm txheej tsis tau pom dua, Lub Rooj Sib Tham Txhua Xyoo yuav raug tuav ntawm Zoom (ib hnuv, tib lub sijhawm). Mark Guthier yuav koom nrog



lub rooj sib tham Zoom thiab qhia txog kev txhim kho thiab kev txhim kho tau ua rau Memorial Union. Ua raws li tus neeg hais lus, lub rooj sib tham ua lag luam txhua xyoo yuav muaj, raws li kev cai lij choj ntawm UWRA. Txhua tus neeg sau npe yuav tau txais kev ceeb toom ntawm qhov kev hloov pauv.

## Kev ua raws li COVID-19

Qhov kev tshwm sim no yuav ua raws li cov lus txiav txim los ntawm UW-Madison [COVID-19 Teb](#) thiab los ntawm [Public Health Madison / Dane County](#) .-

## KEV SIB THAM

### Kev noj qab haus huv yog dab tsi?

Los ntawm STEPHANIE EHLE, MS, CWP, CPT

**W**ellness yog ib txoj hauv kev uas tib neeg paub txog, thiab xaiv rau, muaj kev vam meej dua. Los ntawm kev siv cov qauv hauv qab no, peb paub ntau ntxiv txog peb txoj kev noj qab haus huv thiab tuaj yeem ua cov kauj ruam mus rau kev vam meej kev laus.

### Lub xya dimen-

kev noj qab haus huv yog kev sib raug zoo, kev txawj ntse, Emotional, ib puag ncig-kev xav, kev ua haujlwm / kev ua haujlwm, spiritus, thiab lub cev.



Qhov no holistic qauv piav qhia:

- Ib tug neeg li cas pab txhawb rau lawv ib puag ncig thiab zej zog, thiab yuav ua li cas los tsim kom muaj chaw nyob zoo dua thiab kev sib raug zoo
- Kev txhawb nqa lub neej los ntawm kev ua haujlwm thiab nws txoj kev sib raug zoo rau kev ua neej thiab kev ua si
- Kev txhim kho cov txheej txheem kev ntseeg, kev muaj txiaj ntsig, thiab tsim lub ntiaj teb kev pom
- Cov txiaj ntsig ntawm kev ua lub cev tsis tu ncuva, kev noj zaub mov zoo, lub zog thiab lub zog, nrog rau lub luag haujlwm ntawm tus kheej, kev saib xyuas tus kheej, thiab thaum twg mus nrhiav kev kho mob
- Kev hwm tus kheej, kev tswj tus kheej, thiab kev txiav txim siab raws li kev nkag siab ntawm kev coj
- Muaj tswv yim thiab txhawb kev xav thiab qhia koj cov khoom plig rau lwm tus.

Kev siv lub tswv yim kev noj qab haus huv tuaj yeem pab tau txhua yam hauv peb lub neej. Kev noj qab haus huv kuj yog kho tau thiab tuaj yeem siv kom haum rau peb txoj kev ua neej thiab kev xav tau. Ob peb lub hlis tom ntej no, peb yuav nkag mus rau txhua qhov kev noj qab haus huv thiab peb yuav siv nws li cas kom ncav cuag peb lub peev xwm.-

## UA NTEJ UA NTEJ

### Lub neej nyob rau hauv Creative Arts

Los ntawm ESTY DINUR, UWRA tus tswv cuab

**B**ua ntej kuv so haujlwm, kuv yog tus thawj coj ntawm kev lag luam, kev sib txuas lus, thiab kev sib raug zoo hauv zej zog (ntau yam tsim) ntawm Wisconsin Union Theatre nrog rau tus thawj coj kos duab thiab tus saib xyuas ntawm Madison World Music Festival. Kuv nyiam ib feem ntawm kev ua haujlwm yog coj cov kws ua yeeb yam zoo nkauj los ntawm thoob plaws lub ntiaj teb mus rau kev ua koob tsheej. Qhov ntawd tsuas yog ib feem ntawm txoj haujlwm uas kuv nco.

Thawj qhov uas kuv tau ua tom qab kuv so haujlwm yog ua pa loj! Tom qab ntawd kuv pib mus pw-thiab sawv-tom qab. Tam sim no kuv siv kuv lub sijhawm tsis muaj kev ntxhov siab! Zoo kawg li uas tau zaum ntawm kuv lub sam thiaj, haus ib khob tshuaj yej rau 30 feeb thaum saib thiab mloog cov noog, cov ntoo, thiab lub ntuj hloov. Qhov kuv nyiam tshaj plaws ntawm kev so haujlwm yog: tsis muaj qhov ntawd! Nws tsis tau muaj dab tsi tab sis zoo siab. Txhua lub sijhawm muaj nuj nqis.

Thaum muaj hnuv nyoog 14 xyoos, kuv pib kuv thawj txoj haujlwm faib roj rau cov tsheb hauv kuv lub nroog Haifa, Israel. Kuv raug rho tawm haujlwm vim kuv nyeem phau ntawv nyob nruab nrab ntawm lub tsheb. Kuv nyob qhov twg xyoo 1969 thaum Apollo 11 tsaws saum lub hli? Qhov tseeb, siv kuv thaum yau nyob rau hauv kibbutz hauv Ixayees, kuv lub sijhawm tseem ceeb thaum tseem hluas tau raug coj mus rau sab nraud thaum hmo ntuj los saib Soviet Sputnik thaum nws tua rau hauv qhov chaw. Nyob rau hauv kuv 20s, kuv siv ob peb xyoos ntawm txoj kev, mus ncig teb chaws Europe thiab lub US. Tej yam uas yuav ua rau koj xav tsis thoob txog kuv yog tias kuv yog ib tus kws ua las voos niaj hnuv. Tom qab ntawd kuv kawm ua yeeb yaj kiab thiab TV thiab tuaj rau Tebchaws Meskas los ua haujlwm ua yeeb yaj kiab hauv Hollywood.

Tsis ntev los no kuv tau nyeem phau ntawv los ntawm Richard Powershis masterpiece *Lub Overstory*, ces *Kev ntxhov siab* (feem ntau yog teem rau ntawm UW-Madison), thiab tam sim no *Tus Echo Maker*. Kuv pov tsis tau dab tsi? Kuv tus ntxhais thiab tus vauv tuaj xyuas ob peb hlis



dhau los thaum kuv raug mob ko taw, thiab ua ke, peb tau txais ntau ntau pov thiab muab pov tseg. Nws xav tias feem ntau zoo heev. Kuv cov phiaj xwm taug kev tom ntej no suav nrog mus xyuas California thiab Oregon kom siv sijhawm nrog kuv cov menyuum thiab cov menyuum yaus.-

### Lub Ib Hlis 1-31, 2022

#### Peb zoo siab txais tos cov tswv cuab tshiab

**Ivy Corfis** *Spanish & Portuguese*

**Steven Cramer**, *Civil Engineering, CoE Dean's Office, Office of the Vaj Qhia*

**Louis Friedland**, *ib. Kev sau xov xwm & Mass Kev sib txuas lus*

**David Furumoto**, *Ua Yeeb Yam & Yeeb Yam*

**Daniel Greenspan**, *Cell & Regenerative Biology*

**Constance Grogan**  
**E. Wayne Grogan**, *Tshuaj kho mob*

**Gerianne Holzman**: 5 Lab tus kiv cua tos koj rau Webtalk!  
**Veterinary tshuaj**

**Ella Matsumura**,

*Kev lag luam*  
**Carolyn Polodna**: 5 Lab tus kiv cua tos koj rau Webtalk! *UW*

*Cov Tsev Kawm Ntawv Qib Siab-Fond du Lac, Kev Lag Luam & Kev Lag Luam*

**Michael Roszkowski**  
*Ua*

**Bassam Shakhshiri**, *Chemistry*

**Victoria Szewczyk**, *Tshuaj kho mob*

**Craig Tiedemann**, *Wisconsin Union*

**Lisa Tiedemann**, *Chaw ua haujlwm ntawm Human Resources*

**Kam-Wah Tsui**, *Kev txheeb cais*

**UWRA yog koj lub network hauv kev so haujlwm!**

**ACTIVITIES nyob rau hauv so**

**Kev cog lus rau kev nkag mus rau txhua tus**

Los ntawm LOUISE STEVENS ROBBINS, UWRA tus tswv cuab

**Kuv**coj mus rau UW-Madison los ntawm Ada, Oklahoma, muaj kev txaus siab rau kev ua nom ua tswv, kev ua haujlwm, thiab kev koom tes hauv cov teeb meem ntawm haiv neeg thiab kev ncaj ncees. Raws li tus thawj koj ntawm tam sim no iSchool, Kuv tau saib kom suav nrog ntau haiv neeg, kev ncaj ncees, thiab kev koom nrog hauv peb cov ntaub ntawv kawm thiab nrhiav neeg ua haujlwm ntawm cov kws qhia ntawv thiab cov tub ntxhais kawm. Txij li thaum so haujlwm, kuv tau nthuav kuv lub lens kom pom cov kev nthuav dav los pab txhawb rau zej zog sab nraum tsev kawm ntawv.

Tsuas yog ua ntej kuv so haujlwm, kuv tau pab cov tub ntxhais kawm pib kawm ntawm Pawg Tsev Qiv Ntawv, Archives, thiab Tsev khaws puav pheej, uas tau tsim los rau hauv kev sib raug zoo nrog Red Cliff Band ntawm Lake Superior Chippewa (Ojibwe), tam sim no hauv nws xyoo 14th. Txawm hais tias kuv tau mus rau Red Cliff tsuas yog ib zaug hauv lub xyoo dhau los-nruab nrab ntawm COVID surges-Kuv tseem koom nrog kev thum cov lus pom zoo, teb cov lus nug, thiab txhawb nqa rau cov neeg ua haujlwm hauv tsev qiv ntawv. Kuv kuj tau pab Bad River Band tus thawj koj saib xyuas kev kawm nrog cov khoom siv tsis tu ncu nte thiab muaj kev puas tsuaj. Kuv txuas ntxiv mus cob qhia cov tub ntxhais kawm qib uas tau muab rau Red Cliff.

Nyob ze rau tsev, kuv yog ib tug neeg ua haujlwm pab dawb nrog Simpson Street Free Press, qhov kev pab cuam sab nrauv uas pab cov tub ntxhais kawm los ntawm cov tsev kawm ntawv cheeb tsam-cov tub ntxhais kawm xim xim-los txhim kho kev nyeem ntawv thiab kev sau ntawv. Cov tub ntxhais hluas li xya xyoo thiab laus li cov neeg laus hauv tsev kawm ntawv them siab tshawb fawb thiab sau lawv cov ntawv raws li lawv tau kawm. Tam sim no, peb ua haujlwm nyob deb, sib qhia Google docs thiab sib tham hauv xov toj. Xyoo 2022, kuv vam tias peb tuaj yeem rov qab los ntawm South Towne chaw ua haujlwm.

Tau ntau xyoo kuv tau ua haujlwm hauv Pab Koomtes ntawm Cov Poj Niam Pov Npav ntawm Dane County. Kuv lub luag haujlwm tseem ceeb tau ua tus thawj koj sib tham hauv phau ntawv, tsom mus rau cov phau ntawv nyob ib puag ncig cov ntsiab lus ntawm ntau haiv neeg, kev ncaj ncees, thiab kev suav nrog. Kuv kuj ua haujlwm hauv pab pawg pab cuam rau kev sib raug zoo thiab kev sib raug zoo ntawm haiv neeg.

Kuv muaj rau ntau xyoo tau koom nrog PLATO pab pawg neeg sau ntawv uas tau ntsib txhua lub lim tiam ob peb teev. Thaum kuv daim calendar LWVDC tau dhau lawm, kuv tau so, tab sis muaj hmoo kuv yuav rov qab los rau lub caij ntuj sov lossis lub caij nplooj zeeg 2022.



Tau kawm muaj kev mus ncig: mus rau Ltalis nrog WPR; mus rau Kazakhstan nrog UW's Nazarbayev University pab pawg; nrog tsev neeg nyob rau lub nkoj Danube; nrog cov phooj ywg ntawm Caribbean caij nkoj thiab mus rau Cuba; mus rau Scotland nrog cov tsev qiv ntawv; thiab rov qab mus rau Tuam Tshoj, qhov twg kuv ntau zaus tau pab Evergreen Education Foundation txhawb cov tsev kawm ntawv nyob deb nroog thiab cov tsev qiv ntawv.

Kuv tau ua ib tug tswv cuab ntawm Pawg Neeg Siv Tshuab Hluav Taws Xob ntawm UWRA tau ntau xyoo, ib qho haujlwm uas tseem loj hlob ntawm kuv lub neeg ua ntej so haujlwm. Txhua yam qhia txog kuv txoj kev hlub ntawm phau ntawv, tsev qiv ntawv, kev nkag mus rau cov ntaub ntawv-thiab ntau haiv neeg, kev ncaj ncees, thiab kev suav nrog.

**Cov phooj ywg ntawm UW-MADISON LIBRARIES**

**Spring Book Sale Lub Peb Hlis 30-Lub Plaub Hlis 2**

**D**onating phau ntawv, LPs, thiab DVDs rau Cov Phooj Ywg ntawm UW-Madison Libraries Book Sale muaj txoj hauv kev zoo rau ib puag ncig los faib khoom rau lwj tus. Cov nyiaj tau los pab ntxiv dag zog, nthuav dav, khaws cia, thiab muab kev pom zoo rau cov peev txheej thoob ntiaj teb ntawm University of Wisconsin-Madison Libraries. Txhawm rau pub koj cov khoom tsis xav tau, siv daim foos no:[tinyurl.com/2c4xyaz3](https://www.library.wisc.edu/friends/bookdonations-semiannual-sale/book-sale/)

Tom qab ntawd, rov ntxiv koj cov txee ntawm qhov muag! Tuaj ntxov rau qhov kev xaiv zoo tshaj plaws; tuaj tom qab rau tus nqi zoo tshaj. Teem sijhawm thiab cov ntsiab lus ntawm qhov chaw nyob ntawm no: <https://www.library.wisc.edu/friends/bookdonations-semiannual-sale/book-sale/>

## ELECTRONIC TECHNOLOGY WEBINAR

# Hidden Digital Gems hauv UW-Madison Libraries

Los ntawm BRAD HUGHES, LOUISE ROBBINS, THIAB KATHI CHRISTOPH, cov tswv cuab, ELECTRONIC TECHNOLOGY COMMITTEE

**U**W-Madison cov tsev qiv ntawv yog ib qho ntawm cov khoom plig zoo nkauj ntawm lub tsev kawm ntawv, nrog cov ntawv sau loj, ntau yam muaj nyob hauv online. Nyob rau hauv lub webinar no, tshwj xeeb tshaj yog tsim los rau UWRA cov tswv cuab, cov kws txawj los ntawm lub tsev qiv ntawv yuav qhia peb txog ib co ntawm cov fascinating zais zais gems nyob rau hauv lub collections, piav qhia yooj yim yuav ua li cas peb cov neeg so haujlwm tuaj yeem nkag mus rau lawv, thiab muab kev nkag mus rau hauv qhov tsis pom kev ua haujlwm hauv cov tsev qiv ntawv ua. ua kom cov khoom siv nkag mus rau lawv cov zej zog.

Raws li ib feem ntawm lub vaj huam sib luag, cov neeg hais lus yuav qhia txog kev ua haujlwm ntawm UW's Digital Collections Center thiab nthuav qhia qee qhov ntawm nws cov khoom muaj txiaj ntsig zoo, thiab lawv yuav muab peb ncig xyuas ntawm Daim Ntawv Qhia Lub Tsev Qiv Ntawv cov ntaub ntawv zoo kawg nkaus ntawm cov duab dav hlau ntawm Wisconsin, rov qab mus rau xyoo 1930s. Tsis txhob plam lub sijhawm zoo no los tshawb txog qee qhov chaw zoo nkauj digital hauv UW-Madison Libraries online—txhua yam los ntawm kev yooj yim hauv tsev.-

*Yog tias koj muaj lus nug ua ntej rau cov neeg hais lus, thov xa email rau lawv ua ntej mus rau tus kws saib xyuas haujlwm Brad Hughes ntawm [bthughes@wisc.edu](mailto:bthughes@wisc.edu) ib , Louise Robbins ntawm [louise\\_robby@sbcglobal.net](mailto:louise_robby@sbcglobal.net) , thiab Kathy Christoph ntawm [kathy.christoph@gmail.com](mailto:kathy.christoph@gmail.com) los ntawm Tuesday, Peb Hlis 22.*

### DIGITAL GEMS hauv UW LIBRARIES

**Tuesday, Peb Hlis 29, 2022**

10:00 AM – NOON Online Webinar

**Daim ntawv thov Deadline: Lub Peb Hlis 25**

Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-4623702](https://uwramadison.org/event-4623702)

## BOOK MARKS

**O**ur txhua hli phau ntawv tshuaj xyuas feature hauv lub *Sifter* yuav rov qab rau lub Plaub Hlis. Peb tau khiav tawm ntawm chav hauv qhov teeb meem no!



Panelists, tag nrho los ntawm UW-Madison Libraries, yog **Lisa R. Carter**, Vice Provost rau Cov Tsev Qiv Ntawv thiab University Librarian; **Jaime Martindale**, Daim Ntawv Qhia thiab Geospatial Data Librarian; **Jesse Henderson**, Digital Collections thiab Library Technology Group Project Manager; thiab **Elizabeth Lightfoot**, Sau Cov Tswv Yim.

## WEBINAR RECAPS

### Tsis nco txog UWRA Webinar Tsis ntev los no? Nrhiav Txhua Cov Ntaub Ntawv ntawm UWRA Lub Vev Xaib

**Kuv** Yog tias koj tsis tau txais cov kev pab cuam no, thov mus saib hauv UWRA lub [vev xaib \(UWRAMadison.org\)](https://uwramadison.org) ces xaiv Resources/Presentations/2021–22 Jan–Jun to find descriptive program recaps, videos of tag nrho cov kev pab cuam, thiab/ los yog web links rau slides los yog PDFs.

**UW's Public History Project**, nthuav tawm los ntawm Kacie Lucchini Butcher

**Quantum Computing yog dab tsi thiab Vim Li Cas Kuv Yuav Tsum Saib Xyuas?**, nthuav tawm los ntawm Mark Saffman

**Cryptocurrencies thiab Blockchain Technology, piav qhia**, nthuav tawm los ntawm Brad Chandler thiab Shailesh Shah.-

## UNIVERSITY LEAGUE

### Lub Peb Hlis 23 Luncheon Teeb: Keeb Kwm thiab Tsis Paub ntawm Edmund Fitzgerald

**O**cwj mem rau pej xeeb, \$30 rau kev qhuab qhia thiab noj su ntawm Blackhawk Country Club. Reserve los ntawm Lub Peb Hlis 14. Cov ntsiab lus ntawv, hloov tshiab, thiab cov ntaub ntawv sau npe ntawm <https://univleague.wisc.edu/programs> .-



**NYIAJ WEBINAR**

**Txhua xyoo SWIB thiab ETF hloov tshiab**

More ntau dua 648,000 tus tswvcuab, suav nrog lub xeev tam sim no thiab toomfwv hauv nroog cov neeg ua haujlwm thiab cov neeg so haujlwm, saib Wisconsin Retirement System (WRS) los pab txhawb lawv cov nyiaj laus. Lub Xeev Wisconsin Investment Board (SWIB) yog lub koom haum ywj pheej hauv lub xeev lub luag haujlwm rau kev nqis peev rau cov cuab tam ntawm cov nyiaj laus. Koom nrog peb rau SWIB thiab ETF hloov tshiab txhua xyoo. Panelists yuav hais txog qhov tsis txaus ntseeg hauv kev lag luam nyiaj txiag, kev cuam tshuam mus sijhawm ntev rau Wisconsin Retirement System, thiab kev kwv yees rau kev hloov pauv nyiaj xyoo tom ntej.-

**Edwin Denison** yog lub Xeev Wisconsin Investment Board thawj coj thiab tus thawj saib xyuas kev nqis peev, **Rochelle Klaskin** yog tus thawj coj ntawm tus thawj coj thiab tus thawj coj saib xyuas, thiab **John Voelker** yog tus tuav ntaub ntawv ntawm Employee Trust Fund.

*Yog tias koj muaj lus nug ua ntej rau cov neeg hais lus, thov xa mus rau tus kws saib xyuas haujlwm Kay Reuter-Krohn ntawm [kreuterkrohn@gmail.com](mailto:kreuterkrohn@gmail.com) yog thiab Millard Susman ntawm [msusman@wisc.edu](mailto:msusman@wisc.edu) los ntawm hnub Tuesday, Plaub Hlis 5.*

**WISCONSIN RETIREMENT SYSTEM**

**SWIB tshaj tawm 2021 Kev Xa Rov Qab Ua Ntej**

Los ntawm CHRIS PREISLER, STATE OF WISCONSIN INVESTMENT BOARD

2021 pom muaj zog rov qab los rau cov nyiaj tau los tag nrho, \$147 billion Wisconsin Retirement System.

Cov Nyiaj Txiag Tseem Ceeb, qhov loj dua ntawm ob qhov kev ntseeg siab ntawm WRS, xaus lub xyoo nrog cov nyiaj rov qab ua ntej ntawm 16.89% thiab ua ntej tsib xyoo thiab kaum xyoo rov qab net ntawm tus thawj tswj hwm sab nraud ntawm 12.47% thiab 10.10%, feem. SWIB ua tau zoo dua li nws qhov kev ua tau zoo rau txhua lub sijhawm no. Cov Nyiaj Tsis Tau Los xaus rau lub xyoo nrog kev xa rov qab ua ntej ntawm 19.95% thiab ua ntej tsib- thiab kaum xyoo rov qab net ntawm tus nqi saib xyuas sab nraud ntawm 15.52% thiab 13.75%, feem.

Kev hloov pauv nyiaj xyoo yuav raug tshaj tawm hauv lub Peb Hlis, tab sis xav tias yuav nce ntxiv. Kev koom tes rau xyoo 2023, rau cov neeg ua haujlwm thiab cov chaw ua haujlwm, yuav raug teeb tsa

**SWIB AND ETF UPDATE Hnub Tuesday, Plaub Hlis 12, 2022**  
1:00-3:00 PM Online Webinar

**Daim ntawv thov Deadline: Plaub Hlis 8**  
Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-4548278](https://UWRAMadison.org/event-4548278)

**- TAM SIM NO THIAJ LI NTAUB NTAWV**

**EAST-WEST VIRTUAL BREAKFAST**  
**Hnub Thursday, Lub Peb Hlis 10, 2022**  
9:00-10:00 AM Kev Sib Tham Online  
**Daim ntawv thov Deadline: Lub Peb Hlis 7**  
Yuav tsum sau npe ua ntej. Sau npe online: [UWRAMadison.org/event-4606233](https://UWRAMadison.org/event-4606233)

**YUAV UA LI CAS PORTFOLIO**  
**Tuesday, Feb Hlis 15, 2022**  
10:00 AM – NOOB  
Online Webinar

**Hnub kawg rau npe: Peb Hlis 11**  
Yuav tsum sau npe ua ntej. Sau npe online: [UWRAMadison.org/event-4522634](https://UWRAMadison.org/event-4522634)



**UWRA TOWN HALLS**  
Yuav tsum sau npe ua ntej. Saib p. 3 rau cov ntaub ntawv keeb kwv yav dhau.

**Tuesday, Feb Hlis 15, 2022**  
2:00-3:00 PM Kev Sib Tham Online Sau npe online: [UWRAMadison.org/event-4689339](https://UWRAMadison.org/event-4689339)

**Hnub Thursday, Lub Peb Hlis 17, 2022**  
10:00-11:00 AM Online Sib Tham Sau npe online: [UWRAMadison.org/event-4689387](https://UWRAMadison.org/event-4689387)

Lub Rau Hli. Nyeem ntxiv ntawm [www.swib.state.wi.us/press-releases](http://www.swib.state.wi.us/press-releases).

Thov sau npe rau Lub Rooj Sib Tham Txhua Xyoo, Noj su, thiab Ncig Saib Online ntawm [UWRAMadison.org/event-4545408](http://UWRAMadison.org/event-4545408) los yog xa hauv daim ntawv hauv qab no.



**Retirement Association**  
UNIVERSITY OF WISCONSIN-MADISON

*Koj lub network hauv kev so haujlwm*

## Xa ntawv nrog Daim Ntawv Sau Npe Sau Npe

- EVENT:** 2022 UWRA Lub Rooj Sib Tham Txog Kev Ua Tswvcuab Txhua Xyoo, noj su, hais lus, thiab ncig saib
- EVENT DATE:** Wednesday, May 18, 2022
- Tus nqi:** \$18.00 Nws
- Hnub Kawg:** Hnub Monday, Plaub Hlis 18 **nrog chaw nres tshab**. Yuav tsum tau txais los ntawm tav su Wednesday, Plaub Hlis 27 **tsis muaj chaw nres tshab**. Yuav tsum tau txais thaum tav su
- TXOJ CAI TSHIAB:** 110
- QUESTIONS:** Hu rau Mary Czyszak-Lyne, Luncheon Chair ntawm [czyszaklyne@gmail.com](mailto:czyszaklyne@gmail.com) los yog UWRA chaw ua haujlwm ntawm [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu)

| Lub Npe (Thov Luam) | Tshab xyuas             | Chaw nres tshab |           | Boxed Lunch Choice |               |                     | Coj ncig saib         |               |
|---------------------|-------------------------|-----------------|-----------|--------------------|---------------|---------------------|-----------------------|---------------|
|                     | Tshab<br>Tus tsav tshab | Ntau<br>7       | Ntau<br>6 | Qalb ntxhw         | Ham/<br>Swiss | Neeg tsis noj nqalj | Alumni<br>chaw uas si | Qab<br>scenes |
|                     |                         |                 |           |                    |               |                     |                       |               |
|                     |                         |                 |           |                    |               |                     |                       |               |
|                     |                         |                 |           |                    |               |                     |                       |               |

Kev txwv kev noj haus? \_\_\_\_\_

Tus nqi uas nyob ze \_\_\_\_\_

### Kev them nyiaj yug

- Ua kom tiav daim ntawv
- Ua daim tshab them rau UW-Madison Retirement Association
- Txhawm rau kom tau txais daim ntawv tsis pub dhau hnub kawg, xa daim foos no mus rau: UW-Retirement Association, c/o Sandi Haase, 5 Dinauer Court, Madison, Wisconsin 53716-1969

### TXOJ CAI TSHIAB

UWRA rov qab them tus nqi kev tshwm sim yog tias muab tso tseg ua ntej hnub kawg ntawm kev sau npe. Cov nyiaj rov qab tuaj yeem ua tiav tom qab hnub kawg ntawm kev sau npe tsuas yog tus neeg tos-sau npe tuaj yeem tuaj koom hauv koj tus sawv cev.

REFLECTIONS

**Qhia Koj Cov Dab Neeg, Thaum Koj Ua Tau!**

Los ntawm MARY BARNARD RAY

**Kuv**xav tias kev laus ua rau peb txhua tus paub tias peb ib txwm nyob hauv lub sijhawm keeb kwm, tsis hais qhov xwm txheej twg. Peb yuav tsum tsis txhob tso tseg peb lub neej niaj hnuv ua qhov tsis tseem ceeb. Yog li ntawd, xav txog kev sau koj cov memoirs. Tej zaum koj yuav xav tias koj cov nyuam yuav tsis txaus siab—tab sis koj cov xeeb ntxwv lossis cov xeeb ntxwv yuav pom cov kev nco muaj nuj nqis. Tej zaum koj yuav xav tias koj lub neej tau niaj hnuv ua, tab sis tsis muaj leej twg paub tias lub neej ntawd zoo li cas.

Kuv paub txog qhov no vim yog peb tus phooj ywg. Ib qho, Harry Gordon, tau dim ntawm qhov chaw pw hav zoov thaum tseem hluas. Thaum nws nyob hauv tsev kho mob rov zoo, nws tau sau nws txoj kev nco txog qhov kev paub hauv Yiddish thiab muab cov ntawd tso rau hauv ib lub thawv yam tsis tau nyeem lawv. Nyob rau hauv nws 80s, nws kawm tau hais tias nws cov me nyuam xav paub nws zaj dab neeg tab sis nyeem tsis tau Yiddish. Nws nyeem nws cov nplooj ntawd thiab qhia kuv zaj dab neeg ua lus Askiv, thaum kuv ntaus nws cov lus. Ua tsaug rau nws

khaws cov nplooj ntawd no, vim tsis yog nws cov nyuam tuaj yeem hnov nws zaj dab neeg, tab sis nws kuj tau luam tawm raws li *Duab ntxoov ntxoo tuag*.

Ib tug phooj ywg thib ob, uas loj hlob hauv Fabkis ntawm lub vaj txiv hmab txiv ntoo, xav tias tsis muaj leej twg nyiam nws lub neej. Tab sis kuv tau nug txog nws cov kev paub dhau los ntawm email, thiab kuv khaws nws cov lus teb. Ob peb lub hlis tom qab, nws tau xa qee cov email rau nws tsev neeg thiab pom tias lawv txaus siab heev rau nws zaj dab neeg. Thaum lub sijhawm muaj kev sib kis kis thoob qhov txhia chaw, sau cia nws nco tau dhau los ua kev xyiv fab txhua hnuv rau nws, nws tsev neeg, thiab kuv.

Tus phooj ywg thib peb yog Thora Baker, ib tug poj niam uas kuv ntsib thaum nyob hauv Montana. Thora yog ib tug tub txib tus me nyuam uas tau tsiv mus rau Great Falls, Montana, thaum cov pab pawg neeg hauv zos tseem muaj lawv cov tepees hauv cheeb tsam. Nws pom lawv ua siab dawb siab zoo, tab sis nws pom lawv txav mus deb thaum lub nroog loj tuaj. Thora tsis tau sau nws cov kev nco, tab sis, thiab cov dab neeg zoo kawg nkaus tau ploj mus rau peb vim li ntawd. Yog li-sau koj cov dab neeg! Ib tug neeg nyob ntawd tos nyeem lawv.

**- UW-Madison Retirement Association Hnuv tim-**

Txuas ntxiv mus saib xyuas cov [UWRAMadison.org](http://UWRAMadison.org) lub vev xaib rau kev hloov tshiab ntxiv.

- |  |                   |   |
|--|-------------------|---|
| • Hnub Thursday, Lub Peb Hlis 10, 2022 | 9:00 – 10:00 AM   | <i>East ntsib West Virtual Breakfast</i>  |
| • Tuesday, Peb Hlis 15, 2022           | 10:00 AM – NOOB   | <i>Tsim cov ntaub ntawv sau cia rau qhov rov qab zoo tshaj plaws thiab tsawg kawg yog qhov kev pheet hmoo UWRA Hall Rooj Sib Tham 1</i>   |
| • Tuesday, Peb Hlis 15, 2022           | 2:00 – 3:00 p.m   | <i>UWRA Lub Rooj Sib Tham Hauv Nroog 2</i>  |
| • Hnub Thursday, Lub Peb Hlis 17, 2022 | 10:00 – 11:00 AM  | <i>Kev vam meej hauv Italis los ntawm Antiquity mus rau tam sim no Hidden Digital Gems hauv UW-Madison Libraries</i>  |
| • Hnub Thursday, Lub Peb Hlis 24, 2022 | 2:00 – 4:00 p.m   |   |
| • Tuesday, Peb Hlis 29, 2022           | 10:00 AM – NOOB   |   |
| • Hnub Tuesday, Plaub Hlis 12, 2022    | 1:00–3:00 IB      | <i>Ib xyoos ib zaug SWIB thiab ETF Hloov Tshiab East ntsib West Virtual Breakfast Cov phooj ywg ntawm Madison Parks thiab Natural Areas Apostle Islands Virtual Hike thiab Kayak Lub Luag Haujlwm ntawm Digital Media</i> |
| • Hnub Thursday, Plaub Hlis 14, 2022   | 9:00 – 10:00 AM   |   |
| • Hnub Wednesday, Plaub Hlis 20, 2022  | 10:00 AM – NOOB   |   |
| • Hnub Wednesday, Plaub Hlis 27, 2022  | 10:00 AM – NOOB   |   |
| • Hnub Thursday, Plaub Hlis 28, 2022   | 1:00–3:00 IB      |   |
| • Tuesday, May 10, 2022                | 10:00 AM – NOOB   | <i>Ib txoj hauv kev thoob plaws rau Kev nqis peev sab hnub tuaj ntsib West Virtual Breakfast</i>  |
| • Hnub Thursday, Tsib Hlis 12, 2022    | 9:00 – 10:00 AM   | <i>Kev Sib Tham Txhua Xyoo, Noj su, hais lus, ncig saib</i>   |
| • Wednesday, May 18, 2022              | 12:30–4:00 dr hab |   |

Yog xav paub ntxiv txog PLATO mus ncig ua si, mus saib [Platomadison.org/page-18561](http://Platomadison.org/page-18561) .Rau cov ntaub ntawv ntawm Board thiab Cov rooj sib tham hauv Pawg Neeg Saib Xyuas thiab cov hnub kawg rau Tus Sifter, saib UWRA lub vev xaib ntawm [UWRAMadison.org](http://UWRAMadison.org) .

# LUBSIFTER

UWRAMadison.org

UW-Madison Retirement Association c/o

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

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## Tsiv los yog Tsiv?

*Tus Sifter* yuav tsis cia li xa mus los ntawm Postal Service. Thov siv email, xa ntawv tsis tu ncu, lossis mus saib peb lub vev xaib kom muab koj qhov chaw nyob tshiab rau peb kom koj tuaj yeem tau txais txuas ntxiv *Tus Sifter* ua ntu zus.

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