



SWIB & ETF

Hloov tshiab | p. 2



Cov ntaub ntawv tsis tseeb | p. 5



Cov phooj ywg ntawm Chaw Ua Si  
thiab Thaj Chaw Ntuj | p. 4



Peb nyob hauv Facebook!  
UWRA-Madison



# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## TRAVEL WEBINAR

### Apostle Islands Virtual Hike

Los ntawm ALLEN LIEGEL, tus tswv cuab, TRAVEL COMMITTEE

Ktam sim no rau laww sculpted kev zoo nkauj thiab scenic toj roob hauv pes, tus Thwj Tim Cov Islands tuaj hauv Lake Superior yog kuj geologically zoo kawg li.

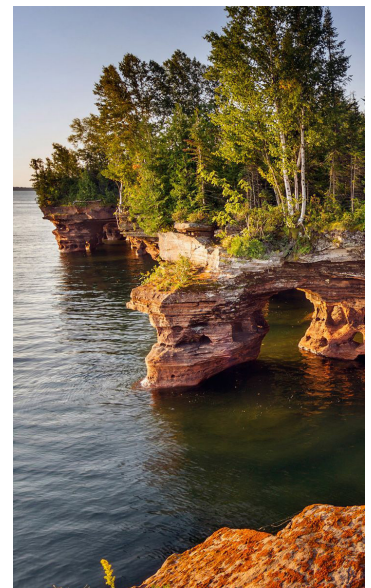


Tsev rau ntiat teb no vistas, txawv pob zeb formations, thiab keeb kwm lighthouses, lub archipelago no muaj 21 Islands tuaj raws 12 mais ntawm lub mainland shore, tam sim no tiv thaiv raws li lub Apostle Islands National Lakeshore.

Koom nrog qhov kev taug kev virtual no (thiab kayak!) coj los ntawm Brooke Norsted, tus thawj coj ntawm UW-Madison Geology Tsev khaws puav pheej, txhawm rau tshawb txog keeb kwm ntawm cov roob hluav taws, dej hiav txwv, thiab cov dej khov nyob ntawm no hauv Upper Midwest. Ua kev paub lub npe nrov liab sandstone hiav txwv qhov tsua, dej ntshiab ntshiab, thiab cov saib zoo nkauj uas qhia txog kev ua neej nyob ntawm txhua qhov chaw nres tseeb, tsuas yog tawm ntawm ntug dej hiav txwv ntawm Bayfield thiab Red Cliff.

Koj tseem yuav muaj sijhawm los ua ib tus neeg koom nrog los qhia koj tus kheej cov kev paub ntawm thaj chaw zoo nkauj ntawm Wisconsin no.

Brooke Norsted yog tus pab thawj coj ntawm UW-Madison Geology Tsev khaws puav pheej, qhov twg nws lub luag haujlwm tseem ceeb suav nrog kev sib koom tes kev tshaj tawm cov kev paub cuam thiab tswj cov kev sau. Raws li ib feem ntawm UW zej zog, nws muaj kuj tau ua haujlwm rau lwm cov haujlwm sib koom tes suav nrog Darwin Day (ib hnub-ntev evolution symposium) thiab Expanding Your Horizons (ib qho kev tshwm sim txhawb cov ntxhais junior-highs xav txog kev ua haujlwm hauv science, technology, thiab lej).



*Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov coj laww mus rau tus kws saib xyuas haujlwm Al Liegel ntawm [arliegel@wisc.edu](mailto:arliegel@wisc.edu) ib los ntawm Wednesday, Plaub Hlis 20.*

**VIRTUAL APOSTLE ISLANDS**  
**Hnub Wednesday, Plaub Hlis 27, 2022**  
10:00–11:30 AM Online Webinar

**Daim ntawv thov Deadline: Lub Plaub Hlis 22**  
Yuav tsum sau npe ua ntej. Sau npe online ntawm:  
[UWRAMadison.org/event-4680526](https://UWRAMadison.org/event-4680526)

**Tseem muaj sijhawm rau npe rau lwm lub Plaub Hlis webinars thiab cov roj sib tham. Saib pp. 2, 4, 5 kom paub meej.**

Los ntawm EXECUTIVE DIRECTOR'S DESK

# Heartfelt Ua tsaug thiab txais tos

Los ntawm SANDI HAASE

Stxij li lub caij nplooj ntoo hlav xyoo 2020, Bob Jokisch tau koom tes nrog *Sifter's* "Cov Kev Ua Si hauv Kev Soj Ntsuam "kem, a



Cov yeeb yam nrov uas tau hais los ntawm Mary Metz hauv 2019. Raws li nws txoj kev saib xyuas peb tau txuas ntxiv mus ntsib ntau yam ntawm UWRA cov tswv cuab thiab kawm txog lawv qhov kev nyiam ua haujlwm thaum lawv so haujlwm. Kuv paub tseeb tias koj tau kawm cov ntau ntawm los ntawm kab ntawv no uas ua rau koj xav tsis thoob thiab zoo siab. Ua tsaug

koj, Bob, rau kev ua tus saib xyuas kab ke thiab peb xav kom koj muaj hmoo ntawm koj qhov kev lom zem tshiab. Peb paub tias Sun Prairie nyob hauv tes zoo nrog koj qhov kev xaiv tsa tsis ntev los no rau pawg thawj koj hauv nroog. Nrog koj zoo siab!

Thaum peb hais tias "ntev heev!" rau Bob, thov koom nrog kuv tos txais Scott thiab Lisa Hildebrand ua tus thawj tswj hwm tshiab rau kab ke Kev Ua Si. Koj tuaj yeem ntsib Hildebrands hauv lawv cov lus ncaws tawm hauv qhov teeb meem no. Ua tsaug rau koj, Scott thiab Lisa, rau kev sib koom ua haujlwm ntawm txoj haujlwm no.

Yog tias Scott lossis Lisa ncav tes thiab thov kom koj qhia koj zaj dab neeg, kuv vam tias koj yuav hais tau. Nws yog ib txoj hauv kev zoo los ntsib peb cov neeg koom tes thiab nrhiav seb lawv siv sijhawm li cas hauv cov nyiaj laus. Kev vam meej ntawm UWRA yog qhov tshwm sim ncaj qha los ntawm kev koom tes ntawm nws cov neeg tuaj yeem pab dawb sib koom lawv lub sijhawm, kev txawj ntse, thiab kev txawj ntse. Ua tsaug rau Bob, Scott, thiab Lisa ntxiv rau kev qhia koj lub sijhawm rau peb txhua tus.-

**ANNUAL MEETING, noj su, ncig saib**  
**Wednesday, May 18, 2022**

Hnub kawg ntawm kev sau npe nrog chaw nres tsheb: **Plaub Hlis 18**  
Hnub kawg rau npe tsis muaj chaw nres tsheb: **Plaub Hlis 27**

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

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

**EAST-WEST VIRTUAL BREAKFAST**  
**Hnub Thursday, Plaub Hlis 14, 2022**  
9:00-10:00 AM Kev Sib Tham Online

**Daim ntawv thov Deadline: Plaub Hlis 11**  
Yuav tsum sau npe ua ntej. Sau npe online:  
[UWRAMadison.org/event-4606241](http://UWRAMadison.org/event-4606241)

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

Sau npe rau peb daim ntawv tshaj tawm txhua xyoo los ntawm Wisconsin Department of Employee Trust Funds (ETF), uas tswj hwm Wisconsin Retirement System, thiab Xeev Wisconsin Investment Board (SWIB), uas saib xyuas kev nqis peev ntawm peb cov nyiaj laus. Peb cov neeg hais lus yuav tshuaj xyuas qhov ua tau zoo ntawm peb cov peev nyiaj hauv xyoo dhau los thiab yuav qhia peb tias yuav xav li cas rau yav tom ntej.

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

**Koj puas paub...**

Puas yog koj tuaj yeem tau txais kev zam ib xyoos ntawm koj li UWRA cov tswv cuab them nqi? Nws yooj yim - tsuas yog nrhiav ib lossis ntau tus tswv cuab UWRA tshiab thiab koj tsim nyog. Thaum cov tswvcuab raug xaiv them lawv cov nuj nqis thiab txheeb xyuas koj li lawv tus neeg ua haujlwm nrog kev ceeb toom rau Lub Chaw Haujlwm Pabcuam, koj cov tswvcuab yuav raug ncuab ib xyoos. Koj tuaj yeem tau txais qhov zam yog tias koj nrhiav ib tus tswv cuab qub UWRA uas nws cov tswv cuab tau dhau mus ntau dua ib xyoos. Ib tug tswv cuab tuaj yeem tau txais kev zam ib xyoos nkaus xwb. Nrog rau kev ua tswv cuab tshiab nyob ib ncig ntawm lub ces kaum, tsis txhob tos kom tau txais qhov kev zam thiab nrhiav tus tswv cuab tshiab hnub no. Cia li xav, yog tias txhua tus neeg tau txais cov tswv cuab tshiab, peb yuav ua ob npaug ntawm peb cov tswv cuab!-

## KEV SIB THAM

### Xyaum Kev Noj Qab Haus Huv

Los ntawm STEPHANIE EHLE, MS, CWP, CPT

**Kuv**f koj raug nug kom piav qhia koj txoj kev noj qab haus huv niaj hnuv no, koj yuav hais li cas? Rau qee tus, hnuv no yuav yog hnuv zoo. Rau lwm tus tej zaum tsis. Ob xyoo dhau los no tau nyuaj heev los hais qhov tsawg kawg nkaus, yog li kuv tsis tuaj yeem qhia txaus qhov tseem ceeb ntawm kev saib xyuas tus kheej. Nyob rau ob peb qhov teeb meem tom ntej no, peb yuav tshawb xyuas kev saib xyuas tus kheej siv xya qhov kev noj qab haus huv. Kuv mam li muab zaub mov rau kev xav nrog rau qee qhov "kev xyaum hauv tsev" - cov tswv yim los pab tswj lossis txhim kho koj tus kheej txoj kev noj qab haus huv rau txoj kev ua neej zoo.

Thaum peb pib peb txoj kev tshawb nrhiav, kuv xav ceeb toom koj tias kev noj qab haus huv yog ib qho txheej txheem nquag. Nws ebbs thiab ntws txhua hnuv raws li txhua yam ua hauv ntiab teb. Thaum koj saib hauv koj tus kheej, xav txog koj txoj kev xav thiab cia lawv khiav lawv txoj kev kawm. Ua siab ntev, maj, thiab ncaj ncees rau koj tus kheej.

### Lub Tsheb Zoo

Xav txog txhua qhov dimension ntawm kev noj qab haus huv raws li ib tug hais ntawm lub tsheb kauj vab log. Thaum koj hnob zoo nyob rau hauv txhua qhov ntev, koj lub log



rolls nrog zoo. Txawm li cas los xij, thaum koj tawm tsam hauv qee thaj chaw (tej zaum koj lub cev kev noj qab haus huv vim yog lub caij nplooj zeeg), qhov hais tau raug puas tsuaj ib ntus thiab koj lub tsheb kauj vab yuav tsis zoo. Qhov no tsis txhais hais tias koj tawg! Xwb, thaj tsam ntawm kev noj qab haus huv xav tau kev saib xyuas: so, kho, lossis kev tawm dag zog, piv txwv li. Kev noj qab haus huv yuav saib thiab xav txawv rau peb txhua tus. Qhov zoo tshaj plaws txog kev noj qab haus huv yog tias koj tuaj yeem kho koj "lub log" raws li koj xav tau thiab nyiam. Koj tswj koj tus kheej txoj kev noj qab haus huv!

**Kev Noj Qab Haus Huv**txhais tau tias yog lub peev xwm los tsim thiab txhawb nqa kev sib raug zoo nrog tsev neeg, phooj ywg, phooj ywg, thiab cov neeg paub. Kev loj hlob ntawm peb txoj kev noj qab haus huv txhais tau hais tias tsim kom muaj kev sib raug zoo hauv cov kev sib raug zoo no los tsim kev sib raug zoo, kev xav ntawm kev txhawb nqa, kev sib raug zoo, thiab kev phooj ywg. Kev sib txuas lus zoo, chaw nyob-

nyob rau hauv cov teeb meem uas invariably tshwm sim nyob rau hauv kev sib raug zoo, thiab ua hauj lwm los ntawm lawv nrog cov phooj ywg thiab tsev neeg tag nrho sawv cev rau maturing social cwj pwm.

**Kev xyaum hauv tsev:**Sau 1-3 tus neeg kom hu rau ob lub lis piam tom ntej. Hu, Zoom, lossis ntsib tus neeg.

**Intellectual Wellness**suav nrog kev paub tias kev kawm yog lub neej ntev. Tus yuam sij yog kom loj hlob thiab hloov pauv, txuas ntxiv teb rau lub ntiab teb nyob ib puag ncig peb. Ua kom muaj kev xav tsis thoob thiab xav paub (thiab txhawb koj txoj kev txawj ntse) kom txhawb nqa lub neej tseem ceeb ntev mus rau lub neej. Muaj tib neeg lub siab xav ua kom muaj tswv yim thiab tshiab. Tau txais kev txawj ntse tshiab, tsim cov tswv yim tshiab, thiab txhais lus thiab qhia qhov koj tau kawm tag nrho yuav pab txhawb kev txawj ntse.

**Kev xyaum hauv tsev:**Koj ib txwm xav kawm ntxiv txog dab tsi? Tshawb nrhiav cov ncauj lus ntawd hauv phau ntawv, online, los ntawm kev kawm hauv chav kawm, lossis los ntawm kev ncaj cuag tus kws tshaj lij.

Hauv qhov teeb meem tom ntej, peb yuav tshawb nrhiav ntau "hais lus" hauv koj lub log kev noj qab haus huv. Txog thaum ntawd, txaus siab rau koj txoj kev tshawb nrhiav thiab qhia koj tus kheej ib co kev hlub.

## VIM LI CAS THIAJ LI

### Henry Vilas Zoo Seeks Volunteers

**M**adison's Zoo tab tom nrhiav cov neeg nyiam hauv zej zog los ua haujlwm pub dawb thaum lub caij 2022 (Lub Peb Hlis txog Lub Kaum Hli). Cov neeg ua haujlwm pab dawb yog qhov tseem ceeb los xyuas kom cov qhua tuaj yeem txuas thiab muaj kev paub zoo nrog peb cov tsiaj. Qhov kev cog lus yam tsawg kawg nkaus yog 2 ua haujlwm ib hlis (kwv yees li 4-6 teev tag nrho, nyob ntawm tus neeg ua haujlwm pab dawb), thiab kev teem sijhawm yog hloov tau. Txhua qhov kev cob qhia yog muab. Cov neeg ua haujlwm pab dawb txaus siab rau cov luv nqi thiab caw rau cov xwm txheej tshwj xeeb.

Cov neeg ua haujlwm pab dawb tam sim no xav tau ntawm lub tsheb ciav hlau thiab carousel (Hnuv Saturday, 1:00-4:00 PM), raws li cov rooj sib tham tos txais, thiab tom tsev tshis. Lub rooj vag thiab tshis txoj haujlwm tuaj yeem ua rau tus menyuam muaj hnuv nyoog 10 txog 13 xyoo tuaj yeem ua haujlwm pub dawb nrog niam txiv, pog yawg, lossis tus saib xyuas. Kawm ntxiv ntawm [www.henryvilaszoo.gov/volunteer](http://www.henryvilaszoo.gov/volunteer) .-

## LUB SIJ HAWM NTAWM LUB WEINAR

### Cov phooj ywg ntawm Madison Parks thiab Natural Areas

Los ntawm TOM EGGERT, MEMBER,  
RETIREMENT COMMITTEE

**Kuv**n kev hwm ntawm 52nd hnuv tseem ceeb ntawm thawj Hnuv Ntiaj Teb, thiab vim tias lub caij nplooj ntoo hlaw yuav nyob ntawm no, peb yuav tig peb lub hom phiaj rau lub hlis no rau qhov xwm txheej thiab cov pab pawg hauv peb lub zej zog uas ua lub zeem muag ntawm Hnuv Ntiaj Teb.

Yuav luag tag nrho peb cov chaw ua si loj thiab thaj chaw ntuj tsim muaj "cov phooj ywg" pab pawg uas npaj cov suab txhawb nqa, tau txais lawv txhais tes qias neeg saib xyuas cov tiaj ua si thiab thaj chaw ntuj, qhia cov tswv cuab ntawm cov pej xeeb thaj av, thiab nrhiav nyiaj txiaj rau cov txiaj ntsig. cov chaw no.

Koj yuav kawm txog cov chaw ua si thiab thaj chaw ntuj uas feem ntau tsis pom lub pov haum uas nyob hauv qhov yooj yim ncav cuag ib tus neeg hauv Dane County. Koj yuav raug qhia rau cov kws saib xyuas kev noj qab haus huv, tus kws tshaj lij naturalists, thiab cov kws tshaj lij tawm tswv yim rau peb cov chaw ua si thiab thaj chaw ntuj. Tsis tsuas yog lawv yuav muab cov duab ntawm lawv cov tiaj ua si thiab thaj chaw ntuj, tab sis koj tseem yuav muaj sijhawm los koom nrog cov no lossis lwm pab pawg phooj ywg.-

*Yog tias koj muaj lus nug ua ntej rau cov neeg hais lus, thov koj lawv mus rau tus kws saib xyuas haujlwm Tom Eggert ntawm [tleqqert@wisc.edu](mailto:tleqqert@wisc.edu) ib los ntawm Wednesday, Plaub Hlis 13.*



— Kev sau npe online rau webinars yog ib qho yooj yim, tab sis cov tswv cuab kuj tuaj yeem xa email mus rau UWRA chaw ua haujlwm ntawm [retireasn@mailplus.wisc.edu](mailto:retireasn@mailplus.wisc.edu) lossis hu rau 608-262-0641 txhawm rau sau npe rau cov xwm txheej. Webinar txuas thiab hu xov tooj yog suav nrog kev lees paub kev sau npe thiab kev ceeb toom xa email rau cov neeg sau npe 7 thiab 2 hnuv ua ntej cov xwm txheej.



**Sheila Leary** yog ib tug tswvcuab ntawm UWRA, pawg thawj coj ntawm Cov Phoojywg ntawm Cherokee Marsh, thiab Wisconsin Master Naturalist. Nws nyob ntawm ntug dej Yahara Upper Yahara saib mus rau Cherokee Marsh. **Tim Astfalk** tau ua haujlwm ob tenures ntawm lub Rooj Tswjhwam Saib cov phooj ywg ntawm Hoyt Park thiab tam sim no tus thawj coj ntawm cov phooj ywg ntawm Hoyt Park Natural Areas Committee. Nws yog ib tug engineer civil ntawm Mead & Hunt. **Hans Hilbert** yog tus thawj tswj hwm ntawm Cov phooj ywg ntawm Pheasant Branch Conservancy. Nws kawm tiam qib siab los ntawm UW–Stevens Point College of Natural Resources hauv kev npaj siv av thiab tam sim no ua haujlwm rau Dane County Planning thiab Development. Yug hauv Middleton, nws tau siv nws lub neej tshawb nrhiav kev txuag.

**Cov phooj ywg ntawm MADISON PARKS**  
**Hnuv Wednesday, Plaub Hlis 20, 2022**  
10:00 AM – NOON Online Webinar

**Daim ntawv thov Deadline: Plaub Hlis 15**  
Yuav tsum sau npe ua ntej. Sau npe online ntawm:  
[UWRAMadison.org/event-4623836](https://UWRAMadison.org/event-4623836)



### FOOD PANTRY CONTRIBUTIONS

Checks them rau UW Foundation, nrog "Open Seat" ntawm kab ntawv sau cia, tuaj yeem xa mus rau UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218.-

**ELECTRONIC TECHNOLOGY WEBINAR**

**Digital Disinformation thab Election Integrity**

Los ntawm HUGH SCHMIDT, LOUISE ROBBINS, THIAB KATHI CHRISTOPH, cov tswv cuab, ELECTRONIC TECHNOLOGY COMMITTEE

Tnws Lub Ib Hlis 6 Capitol kev tawm tsam hauv Washington DC tau hais txog qhov cuam tshuam ntawm kev tshaj tawm xov xwm tsis tseeb hauv kev tshaj xov xwm. Xibfwb Young Mie Kim txoj kev tshawb fawb tshawb fawb txog kev sib raug zoo ntawm kev coj noj coj ua ntawm kev nom kev tswv, nthuav tawm cov ntau ntawm tsis tseeb, thiab cov neeg pov npav kev ntseeg siab hauv kev xaiv tsa. Nws tsab xov xwm, "Lub Stealth Media? Pawg thiab Cov Hom Phiaj Tom Qab Kev Sib Tham Txog Kev Sib Tham hauv Facebook," tshaj tawm Lavxias kev cuam tshuam hauv 2016 US tus thawj tsuj hwm xaiv tsa thiab tau txais International Communication Association's 2018 khoom plig rau cov ntawv zoo tshaj plaws ntawm lub xyoo hauv kev sib txuas lus nom tswv. Nws txoj kev tshawb fawb tam sim no, Project DATA (Digital Ad Tracking & Analysis), empirically soj ntsuam cov neeg txhawb nqa, cov ntsiab lus, thiab lub hom phiaj ntawm cov phiaj xwm kev nom kev tswv digital thooob plaws ntau lub platform nrog cov neeg siv khoom raws sijhawm, sijhawm tiag tiag,

Kim qhov kev nthuav qhia rau UWRA tseem yuav hais txog kev tsuj hwm txoj cai cuam tshuam rau kev ua haujlwm ntawm kev ywj pheej. Nws pom tias kev tsuj hwm qhov tsis txaus ntseeg ua rau muaj kev sib cais ntawm cov phiaj xwm uas cov pab pawg tsis qhia npe ua los ntawm cov xov xwm digital.-

*Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa email rau lawv ua ntej mus rau tus neeg saib xyuas kev pab cuam Hugh Schmidt ntawm [hfschmidt@wisc.edu](mailto:hfschmidt@wisc.edu) kev , 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 hnuv Thursday, Plaub Hlis 21.*



**Young Mie Kim** yog ib tug xibfwb ntawm kev sau xov xwm, kev sib txuas lus loj, thiab kev tshawb fawb txog nom tswv hauv University of Wisconsin-Madison. Nws tau ua tim khawv ntawm Tsoom Fwv Teb Chaws Kev xaiv tsa Pawg Neeg Saib Xyuas Kev Ncaj Ncees ntawm kev txiav txim rau kev sib txuas lus hauv internet tsis lees paub thiab nthuav tawm cov lus qhia luv luv ntawm Congressional cuam tshuam kev xaiv tsa hauv kev tshaj xov xwm. Nws kev tshawb fawb txog kev xaiv tsa Lavxias

Kev cuam tshuam hauv Teb Chaws Asmeskas kev xaiv tsa thawj tsuj hwm tau hais los ntawm Senate Select Committee on Intelligence.

**LUB SIJ HAWM TSEEM CEEB RAU INVESTING IN RETIREMENT**  
**Tuesday, May 10, 2022**  
 10:00 AM – NOON Online Webinar

Christine Benz, tus thawj coj ntawm tus kheej nyiaj txiag thiab kev npaj nyiaj laus rau Morningstar, yuav nthuav qhia nws lub sijhawm ntev thiab hwm lub thooob tswv yim rau peev nyiaj tau los. Lub tswv yim muab cov nyiaj tau los tam sim no (yog tias xav tau), cov nyiaj tau los nrog kev tiv thaiv kev nce nqi, thiab kev tiv thaiv ntev / kev loj hlob mus ntev. Los ntawm kev txiav tawm ib txoj haujlwm nyiaj ntsuab hauv cov ntau ntawv khaws cia thiab rho tawm ntawm nws, tus neeg so haujlwm tuaj yeem tau txais daim tshev nyiaj ruaj khov. Kev saib xyuas lub thooob ib ntus los ntawm kev sib npaug ntawm ib lub thooob mus rau lwm qhov yog pom zoo kom tsuj hwm tus neeg txoj kev faib khoom tsim nyog.



**Christine Benz** yog tus sau, tus tswv tsev ntawm Morningstar podcast *Saib Ntev*, thiab dav hais tawm hauv xov xwm suav nrog *New York Times* thiab *Wall Street Journal*. Hauv xyoo 2021, *Barron's* cov npe nws ua ib qho ntawm 10 tus poj niam muaj hwj chim tshaj plaws hauv kev tsuj hwm nyiaj txiag.

**Daim ntawv thov Deadline: May 6**  
 Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-4522654](https://UWRAMadison.org/event-4522654)

*Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa mus rau tus kws saib xyuas haujlwm Paul Reichel ntawm [paulreichel806@gmail.com](mailto:paulreichel806@gmail.com) thiab Faisal Kaud at [fakaud@wisc.edu](mailto:fakaud@wisc.edu) , los ntawm hnuv Tuesday, Tsib Hlis 3.*

**DIGITAL DISINFORMATION**

**Hnuv Thursday, Plaub Hlis 28, 2022**

1:00-3:00 PM Online Webinar

**Daim ntawv thov Deadline: Plaub Hlis 25**

Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-4623841](https://UWRAMadison.org/event-4623841)

## UA NTEJ UA NTEJ

# Electronics, Inventions, thiab Button Accordion

Los ntawm BRUCE BEIHOFF

Spirit River, Wisconsin, yog kuv lub zos thiab tom Milwaukee. Kuv thawj txoj haujlwm yog ua tus kws tshaj lij hluav taws xob ntawm Allis Chalmers hauv Milwaukee. Kuv tau nyob ntawm kuv qhov kev kawm ua haujlwm hauv Allis Chalmers Engineering Building hauv 1969 thaum Apollo 11 tsaws rau lub hli.



Ua ntej so haujlwm, kuv yog tus thawj coj ua haujlwm ntawm Wisconsin Energy Institute thiab Grainger Institute rau Engineering rau yim xyoo. Qhov kuv nyiam tshaj plaws ntawm kev ua haujlwm yog cov kev sib tw ua haujlwm thiab ua haujlwm nrog cov tub ntshais kawm.

Thawj qhov kuv ua tom qab

Kuv retired yog decompress. Tam sim no kuv siv ib feem ntawm kuv lub sijhawm ua tus kws pab tswv yim, thiab lub sijhawm so kuv ua haujlwm hauv tsev ua haujlwm hauv woodworking thiab electronics, nyeem tob tob, thiab ua haujlwm pub dawb. Kuv tseem tab tom tsim cov khoom uas kuv ib txwm xav ua haujlwm.

Qhov kuv nyiam tshaj plaws ntawm kev so haujlwm yog muaj sijhawm nyeem ntawv, xav txog cov teeb meem, thiab siv sijhawm nrog tsev neeg. Qhov kuv nyiam tshaj plaws ntawm kev so haujlwm yog ua haujlwm tsis txaus. Cov khoom saum toj kawg nkaus tseem nyob hauv kuv daim ntawv teev npe yog coj kuv tus poj niam Marylou (Mary) mus saib qee qhov chaw uas kuv nyiam tshaj plaws. Kuv cov phiaj xwm taug kev tom ntej no suav nrog cov phooj ywg mus ncig sab hnub tuaj.

Yog tias kuv yuav tsum tso npe rau qhov chaw nyiam uas kuv nyiam nyob hauv UW-Madison lub tsev kawm ntawv, nws yuav nyob ze ntawm Lincoln saib hauv Bascom Hill. Kuv nyiam lub tsev noj mov hauv Madison cheeb tsam yog Cento, rau Italian cuisine.

Kuv tau nyeem dab tsi tsis ntev los no? *Republic of*

*Ntawv, International Economics: Txoj Cai thiab Txoj Calos* ntawm Paul Krugman, Maurice Obstfeld, thiab Marc Melitz; thiab yuav luag tsis muaj qhov kawg ntawm kev tshaj tawm txuj ci / kev tshawb fawb.

Qhov kev lom zem ntawm koj yuav tsis paub txog kuv yog tias kuv ib zaug yog ib tus neeg ua haujlwm hauv Midwest thiab sab hnub poob. Ib yam dab tsi uas yuav ua rau koj xav tsis thoob yog tias kuv ua si Irish khawm accordion.-



### Lub Ob Hlis 1-28, 2022

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

**Sandra Arfa, *Lus Askiv***  
**Bruce Baranski**

*Tshuaj kho mob*

**Elizabeth Coleman,**  
*Pathology & Laboratory*

*Tshuaj kho mob*

**Cheryl Deering, *CALS-***

*Kev tshawb fawb Division*

**Sean Faib, *Kho mob***  
*Physics*

**Linda Fox**

**Barry Fox, *Tsev Kawm Ntawv Kho***

*Mob & Pej Xeem Kev Noj Qab Haus*

*Huv Brian Koob, *DOIT-ADI**

**Lisa Hildebrand,**  
*LaFollette School of Public Affairs*

**Celeste Jend,**  
*Ophthalmology*

**Susan Jensen, *Center for Healthy Minds***

**David Musolf, *Secretary of Kws qhia ntawv***

**Roger Packard,**  
*Chemical thiab Biological Engineering*

**Stevens Smith, *uas Tshuaj kho mob***

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

**ACTIVITIES nyob rau hauv so**

**Khaws ib phau ntawv**

Los ntawm SCOTT HILDEBRAND, UWRA tus tswv cuab

"Tnws tsis yog qhov kuv xav tau thaum kuv so haujlwm ze li peb lub hlis dhau los. " Kuv tsis paub me ntsis thaum kuv tau sau cov lus no hauv phau ntawv xov xwm thaum Lub Plaub Hlis 3, 2020, tias kuv tab tom pib ua kev ua si uas yuav dhau los ua ib qho tseem ceeb thiab zoo siab ntawm kuv lub neej thaum so haujlwm. Txawm hais tias lub ntsiab lus tseem ceeb uas kuv tau muab thawj phau ntawv sau nkag - "Ib Daim Ntawv Ceeb Toom Txog Tus Kab Mob Coronavirus" - qhia tias kuv tsis muaj kev npaj mus ntev los txuas ntxiv.

Kev tshoov siab los ntawm cov ntawv uas txhawb kom tib neeg sau lawv cov haujlwm txhua hnuv thaum lub sijhawm COVID-19 kis thooob qhov txhia chaw, kuv tau sau. Thiab khaws cia. Txog niaj hnuv no, kuv tau sau ntau dua 86,000 lo lus (171 nplooj ntawv ntawm Word document) txog tus kabmob kis thooob ntiaj teb thiab kev pom dav dav ntawm lub neej txij li kuv tau so haujlwm ntawm kuv txoj haujlwm ua tus pabcuam tshwjkeeb rau Tus Lwm Thawj Saib Xyuas Nyiaj Txiag thiab Kev Tswj Xyuas. Raws li kuv qhia rau cov phooj ywg ib ntus, phau ntawv xov xwm yuav ua rau kev nyeem ntawv txaus siab rau ib hnuv, txawm tias tsuas yog rau kuv thiab kuv tsev neeg xwb.

Kuv qhov kev sau ntxov tshaj plaws tau tsom mus rau kev sib kis loj thiab cuam tshuam txog kev sib raug zoo-kev ntxub ntxaug uas peb muaj nrog rau kev siv zog tiv thaiv tus kab mob thiab cov pej xeem cov lus teb rau lawv. Thaum kuv luam theej kuv cov ntawv sau cia, kuv nco txog qhov mob hnyav ntawm cov xwm txheej tshwm sim, kev tu siab uas kuv tau poob kuv cov phooj ywg zoo tshaj rau tus kab mob, thiab kev xyiv fab ntawm cov tsev neeg tseem ceeb xws li kev tshoob kos thiab kawm tias peb yuav yog pog yawg. Kuv kuj tau sau txog cov ncauj lus uas tau hais hauv ob zaug-lub lim tiam Zoom zaug nrog ib pab pawg phooj ywg. Koj tuaj yeem hu xov tooj rau phau ntawv qhia no, vim tias cov duab nrog ntau yam ntawm kuv nkag.

Muaj ob peb lub sijhawm, kuv tau xav tias, "tseem txaus," thiab txiav txim siab nrhiav lwm qhov tseem ceeb nrhiav. Tab sis, raws li ib tug neeg uas tau sau ntau heev rau kev ua neej nyob thaum muaj hnuv nyoog 42 xyoos, kuv tau xaus lus tias cov kws sau ntawv yuav tsum sau - txawm tias nws yog rau daim tshev nyiaj lossis ua haujlwm ntawm kev hlub.

**Tshiab Coordinators rau cov dej num hauv Retirement Column**

Los ntawm SCOTT thiab Lisa HILDEBRAND

STxij li thaum lig 2019, ntau UW-Madison cov neeg so haujlwm tau tshaj tawm cov dab neeg zoo siab txog lawv cov haujlwm tom qab so haujlwm los ntawm *Sifter tus* "Cov Kev Ua Si hauv Cov Nyiaj Laus" kem. Cov dab neeg no tau tsim ntau cov lus pom zoo, thiab peb zoo siab los txuas ntxiv ua haujlwm zoo ntawm tus neeg sawv cev sab nrauv Bob Jokisch hauv kev hais txog peb cov phooj ywg so haujlwm.

Peb ob leeg pib peb txoj haujlwm tshaj lij ua cov neeg sau xov xwm ntawm lub *Green Bay Press-Gazette*. Scott yog tus kws sau ntawv zoo dua, Lisa yog tus kws kho kom zoo dua, yog li peb ua pab pawg zoo!

Scott (BA '78) tau koom nrog UW-Madison's Office of the Vice Chancellor for Finance and Administration hauv 2009 ua tus pab tshwj xeeb rau Darrell Bazzell. Scott so haujlwm thaum Lub Ib Hlis 2020. Lisa tau koom nrog nws cov nyiaj laus thaum kawg ntawm 2021 tom qab ze li rau xyoo ua tus thawj coj hauv kev sib txuas lus rau La Follette Tsev Kawm Ntawv ntawm Public Affairs hauv tsev kawm ntawv.

Yog tias koj txaus siab koom nrog koj cov haujlwm so haujlwm (xws li, woodcarving, sau paj huam, ua haujlwm pub dawb, pleev xim dej, caij nkoj) nrog lwm tus ntawm *Sifter*, thov email [scott.hildebrand@gmail.com](mailto:scott.hildebrand@gmail.com) . Peb yuav xa cov ntaub ntawv hais txog cov lus suav, hnuv kawg, thiab cov duab tshwj xeeb nrog rau ob peb nqe lus nug kom koj pib. Cov kab lus dhau los muaj li ntawm 250 txog 400 lo lus.

Yog xav pom lwm tus tau sau dab tsi, mus saib hauv *Sifter* Cov ntaub ntawv rau xyoo 2021-2022, 2020-2021, thiab 2019-2020 ntawm [UWRAMadison.org](http://UWRAMadison.org). Peb tos ntsoov yuav pab koj qhia koj cov dab neeg txog kev txaus siab nrhiav hauv kev so haujlwm!



## WEBINAR RECAP

### Hlub Koj Lub Siab: Ua Ntej thiab Cov Tswv Yim rau Kev Noj Qab Haus Huv Lub Plawv

Los ntawm WENDY txoj kev, cov tswv cuab, cov sijhawm so haujlwm COMMITTEE

Stxij li xyoo 1964, Lub Ob Hlis yog Lub Hli Lub Plawv Asmeskas, txhawb kev tsom tsis yog rau hnuab valentines tab sis ntawm kev noj qab haus huv plawv. Thaum Lub Ob Hlis 14, Dr. Adam Gepner tau muab lub rooj cob qhia online uas tsim los ua qhov ntawd.

Kab mob plawv yog qhov ua rau tuag ntawm cov neeg laus hauv Tebchaws Meskas. Ob qho ntawm cov kev pheej hmoo loj tshaj plaws uas tuaj yeem daws tau los ntawm kev tiv thaiv yog kub siab (siab ntshav siab) thiab dyslipidemia (cov roj cholesterol siab). Cov tswv yim zoo tshaj plaws:

- Saib xyuas ntshav siab tsis tu ncuab thiab raug, zoo dua nyob hauv tsev nrog rau ntawm tus kws kho mob lub chaw ua haujlwm.
- Kom tau txais txiaj ntsig zoo tshaj plaws, muab koj lub zais zis tso rau hauv ntsiag to ib ntus ua ntej koj ntsuas ntshav siab, tuav koj txhais caj npab hauv qab lub cuff, thiab tsis txhob tham thaum ntsuas.
- Ua kom lub siab systolic qis dua 120 thiab diastolic qis dua 80. Yog tias xav tau, koj tus kws kho mob tuaj yeem sau tshuaj los yog koj tuaj yeem hais txog kev rog, noj zaub mov, haus cawv, thiab tawm dag zog.
- Xyuas kom meej tias cov roj cholesterol yuav tsum tau saib xyuas tsis tu ncuab thiab ua kom hloov txoj kev ua neej yog tias xav tau kom nce HDL-C (cov roj cholesterol zoo) thiab txo LDL (cholesterol tsis zoo).
- Noj cov zaub mov uas zoo rau lub plawv, tawm dag zog tsawg kawg yog 150 feeb hauv ib lub lis piam, poob phaus yog tias xav tau, thiab haus dej cawv hauv qhov nruab nrab.
- Cov tshuaj Statin kom txo cov roj cholesterol ua haujlwm tshaj 5-10 xyoo, tsis yog tam sim ntawd. Tsis muaj ntau cov ntaub ntawv zoo ntawm kev ua tau zoo ntawm statins rau cov neeg muaj hnuab nyooq tshaj 75 xyoo.
- Sib tham txog kev ua neej nyob thiab kev xaiv tshuaj nrog koj tus kws kho mob tsis yog ib qho me me, tab sis nyob rau hauv cov ntsiab lus dav dav ntawm koj cov keeb kwm ntawm cov hlab plawv, kev ntsuas kev noj qab haus huv tam sim no, cov tshuaj tam sim no, thiab cov hom phiab thiab kev nyiam.-

Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](http://UWRAMadison.org)) tom qab ntawd xaiv Resources/Presentations/2021-22 Jan-Jun) txhawm rau nrhiav PDF ntawm cov kev nthuav qhia slides thiab kaw video ntawm qhov kev pab cuam.

## WEBINAR RECAP

### Ua Koj Cov Nyiaj Them Nqi Ntev npaum li koj ua

Los ntawm Karen C. HOLDEN, tus tswv cuab, COMMITTEE ntawm cov teeb meem nyiaj txiaj hauv kev so haujlwm

Tnws kev nthuav qhia los ntawm Scott LaMontagne yog qhov thib ob txoj haujlwm hauv

Cajj nplooj ntoos hlab 2022 CFMR series, npaj rau

txhawb cov neeg so haujlwm ' kev tswj hwm lawv peev nyiaj txiaj.

LaMontagne txoj haujlwm

hauv kev nyiaj txiaj suav nrog cov haujlwm ob qho tib si hauv Xeev Wisconsin Investment Board thiab ua tus kws pab tswv yim nyiaj txiaj ntawm Edward Jones, ib qho kev sib koom ua ke zoo tshaj plaws rau kev qhia rau cov neeg tau txais nyiaj laus hauv Xeev Wisconsin cov nyiaj laus txog cov tswv yim peev. Nws qhov kev nthuav qhia tau ncaj qha thiab ncaj qha, tab sis nws tau pom tseeb hauv Q&As, qhia txog kev nkag siab vim li cas cov lus nug raug nug. Nws tau hais tias tsis muaj leej twg yuav tsum raug cuam tshuam los ntawm kev nrhiav cov lus qhia tshaj lij vim tias cov ntaub ntawv tsis tshua muaj. Kev tawm tswv yim txog nyiaj txiaj tsis yog rau cov neeg muaj nyiaj xwb.

LaMontagne tau muab cov ntsiab lus tseem ceeb uas tswj hwm cov tswv yim ntawm txhua them, txawm tias koj nrhiav kev tawm tswv yim lossis tswj hwm (qee yam) koj tus kheej. Thiab, nws tau teev cov kauj ruam los ntsuas koj cov tswv yim peev hauv qhov pom ntawm koj qhov kev cia siab rau kev siv nyiaj laus.

### Cov Cai Tswj Nyiaj Txiaj

- Tsim Koj Lub Hom Phiab: Dab tsi yog qhov tseem ceeb tshaj rau koj? Sau koj lub hom phiab.

• Nkag siab txog kev pheej hmoo: Kev pheej hmoo ntau npaum li cas ua rau muaj kev nkag siab?

- Diversify rau lub hauv paus ruaj khov: Nws yog qhov sib xyaw uas tseem ceeb.

• Ua raws li qhov zoo: Cov hauv paus ntsiab lus, Tsis txhob ncaiv cuag cov txiaj ntsig.

• Kev nqis peev rau Lub Sijhawm Ntev: Lub Sijhawm Hauv Kev Ua Lag Luam, Tsis Siv Sijhawm Ua Lag Luam.

- Muaj kev cia siab tiag tiag: Kuv xav tau dab tsi rov qab?

• Tswj koj qhov nyiaj tshuav: Cov txiaj ntsig ntawm kev sib npaug.





**Txuas ntxiv los ntawm p. 8**

- Npaj rau qhov Tsis Tau Txais: Tsim kom muaj lub hauv paus tsim nyog, Hais txog kev pheej hmoo thaum lawv tshwm sim.
- Tsom ntsoov rau qhov koj tuaj yeem tswj tau: Tsis txhob cia siab rau kev txiav txim siab, tsom mus rau lub tswv yim.
- Saib xyuas koj lub tswv yim tsis tu ncu: Nyob ntawm chav kawm, Ntau tshaj li kev nqis peev.

**Ua Koj Cov Nyiaj Txiag Kawg, Npaj rau Qhov Kev Xav Tau thiab Tsis Tau Txais**

- Nws Yuav Nqi Li Cas? Cov nuj nqis tsim nyog, Cov nuj nqis txiav txim siab, se
- Nyiaj yuav los qhov twg? Cov nyiaj tau los, Txuag, thiab kev nqis peev
- Cov Nyiaj Tau Los: Nruab nrab ntawm cov nuj nqis thiab cov nyiaj tau los ruaj ntseg (SSA & Pensions); qhov sib txawv yuav tsum tau them los ntawm kev txuag nyiaj thiab kev nqis peev, ntau dua rau kev lag luam hloov pauv
- Muaj peev xwm ua lag luam tawm: Txo kev siv nyiaj, ncu sij hawm so haujlwm, ua haujlwm ib nrab hnuv, hloov pauv
- Cov kev xaiv rau Account rau Long Life Expectancy: Kev siv nyiaj tsawg dua, suav nrog cov nqi kho mob hauv pob nyiaj siv, xav txog kev pov hwm kev noj qab haus huv ntxiv, kev saib xyuas mus sij hawm ntev / kev pov hwm lub neej
- Hloov mus rau Kev Loj Hlob Tsawg: raws li koj muaj hnuv nyoog, nqis peev ntau kom txuag tau nyiaj tsawg dua
- Khaws Koj Cov Nyiaj Them Nqi: Sib npaug cov nyiaj tau los thiab cov nyiaj tau los tas li, muab koj cov ntau ntawv khaws tseg rau ob qho tib si xav tau thiab tsis xav txog
- Tham nrog tus kws pab tswv yim tsis tu ncu: Thiab tau txais kev xav thib ob los ntawm lwm tus kws pab tswv yim nyiaj txiag.
- Ua kom yoog tau thiab hloov tau: ua kom lub siab xav tawm ntawm kev nqis peev.

Txhawm rau kom txaus siab rau LaMontagne cov lus hais, peb xav kom koj saib qhov kev nthuav qhia raug cai thiab Q&A tag nrho. Caw koj cov phooj ywg, cov nus muag, cov menyuum yaus, thiab/lossis cov xeeb ntxwv loj tuaj koom koj. Nws yeej tsis ntev dhau rau lawv pib xav txog lawv tus kheej lub neej yav tom ntej. Tab sis, qhov tseem ceeb tshaj plaws, koj puas xav txog tias koj cov peev txheej yuav kav ntev npaum li cas?-

Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](http://UWRAMadison.org)) tom qab ntawd xaiv Resources/Presentations/2021-22 Jan-Jun) txhawm rau nrhiav cov yeeb yaj kiab kaw ntawm qhov program.

**ELECTRONIC TECHNOLOGY**

**Yuav Ua Li Cas Pib Nrog Lub Tshuab Tshiab**

Los ntawm ORV JORDAHL, ELECTRONIC TECHNOLOGY COMMITTEE

**Kuv** yog lub sijhawm ntawd thaum kawg koj muaj lub khoos phis tawj tshiab, ntsiav tshuaj, smartphone, los yog lwm yam ntaus ntawv, thiab koj xav tias, "OK, kuv yuav ua li cas tam sim no?" los yog "Qhov twg phau ntawv?" Teb: Nws nyob hauv internet! Nov yog qee cov lus qhia yuav ua li cas thiaj nrhiav tau yam koj xav tau.



**Mus saib cov chaw tsim khoom lub vev xaib, pib txwv li, [www.apple.com](http://www.apple.com), [www.samsung.com](http://www.samsung.com).**

1. Nrhiav ib qhov txuas hu ua "Support."
2. Tej zaum koj yuav tau qhia lossis kos ib daim ntawv teev npe rau koj cov khoom tshwj xeeb.
3. Nrhiav Tus Neeg Siv Qhia thiab rub tawm, lossis yog tias koj tsis pom ib qho, nrhiav qhov txuas rau kev sib tham, xov tooj, lossis email nug.

**Yog tias koj txaus siab tshawb nrhiav hauv internet:**

1. Qhib lub qhov rai tshawb nrhiav (peb pom zoo [www.duckduckgo.com](http://www.duckduckgo.com))
2. Qhov tseem ceeb hauv qee yam xws li "(npe ntawm koj cov khoom) yuav pib li cas"
3. Tshawb xyuas los ntawm cov txiaj ntsig kom pom qee yam uas zoo li cov chaw tsim khoom lub vev xaib, lossis lub npe nrov ntawm cov khoom xov xwm, xws li PCMag, Zdnet, lossis CNET.

Los yog, nrhiav YouTube video uas zoo li teb koj cov lus nug. Muaj feem tau yog tias koj yuav pom ntau yam. YouTube tam sim no yog qhov chaw nrhiav kev qhia yuav ua li cas zoo heev, qee qhov tsim nyog luag.

Yog tias koj tsis tau txais cov ntau ntawv koj xav tau, hu rau [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com) . Peb saib xyuas koj cov lus nug vim lawv pab peb kawm thiab!-

Mus saib [UWRAMadison.org](http://UWRAMadison.org) tom qab ntawd xaiv Cov Kev Pabcuam kom pom cov ncauj lus kom ntxaws ntxiv ntawm tsab xov xwm Tech Tip no.

## REFLECTIONS

# Thaj Av Hauv Qab

Los ntawm MARY BARNARD RAY

**A**s Kuv sau kab ntawv no nyob rau lub Ob Hlis, Kuv tab tom npaj rau lub Plaub Hlis Fool thaum ntxov rau kuv tus kheej. Kuv tab tom ntim cov kev taug kev hauv qab los txhawb kuv txoj kev taw qhia tseem ceeb rau lub ntiag teb. Lawm, kuv dhau lawm



zoo siab tau pom peb tsev neeg Aussie tom qab ob xyoos, tab sis kuv kuj paub tias kuv yuav tsum tau npaj rau lub jolt rau kuv lub siab uas nyob rau yav qab teb hemisphere coj.

Rau kuv, nws yuav dhau mus dhau lub caij ntuj no mus rau lub caij ntuj sov; kuv lub hauv paus orientation rau lub ntiag teb no yuav

hloov. Nws yog disorienting, tab sis kuj exciting. Nws yog kuv lub sij hawm kom paub meej tias lub ntiag teb no yeej ib puag ncig thiab muaj ntau txoj hauv kev los taug kev hauv lub neej.

Dav hlau lag txawv thaum koj hla txoj kab hnuv thoob ntiag teb. Txawm hais tias koj tab tom taug kev sab hnuv poob, qhov koj pom thaum koj tuaj txog yog tias koj yog 7 teev ua ntej hnuv tshaj li koj lub cev xav, yog li koj muaj lub dav hlau lag luam uas koj xav tau yog tias mus rau sab hnuv tuaj. (Qhov ntawd yog qhov tseem ceeb ntawm Australia yog nyob rau nruab hnuv txuag lub sij hawm thaum peb tsis yog.) Tab sis nws yog ib hnuv tom qab. Koj tab tom taug kev mus rau yav tom ntej ntawm daim ntawv qhia hnuv, tab sis rov qab rau lub sijhawm ntawm koj lub cev moos. Qhov ntawd yog hom tshiab ntawm "rov qab mus rau yav tom ntej."

Thaum kuv tawm hauv tshav dav hlau, kuv yuav ntsib ib qho kev sib tw ua rau lub neej tiag tiag uas muaj nyob hauv tebchaws Australia: hla txoj kev. Vim li cas lawv thiab yuav tsum tsav tshab ntawm lwm sab ntawm txoj kev? Ntau xyoo dhau los, thawj zaug kuv tawm hauv tshav dav hlau hauv Sydney, kuv yuav luag raug ntaus thaum kuv tawm hauv pem hauv ntej ntawm lub tsheb, ua tib zoo saib sab laug raws li kuv tau kawm ua txij li hnuv preschool. Cov tub ceev xwm sim - lawv pleev xim rau "saib sab xis" ntawm txoj kev taug kev, tab sis qhov ntawd tsis tas yuav kov yeej ntau xyoo ntawm cov leeg nqaij.

Nyob ntawm huab cua hnuv ntawd, kuv yuav hnov cua txias los ntawm sab qab teb lossis cua kub

los ntawm sab qaum teb. Lub hnuv ci vaj huam sib luag yog tipped rau sab qaum teb, thiab ntxoov ntxoo ntawm cov vaj tse poob rau sab qab teb. Sab qab teb sib npaug txias thiab sab qaum teb sib npaug kub. Ua ntej mus ntsib Australia, kuv tsis paub tias kuv lub siab xav tau them nyiaj ntau heev rau kev taw qhia ntawm lub hnuv, cua, thiab huab cua.

Muaj qee qhov tseeb ntawm kab lis kev cai uas yuav xav tau kev hloov pauv. Tsis muaj pancakes rau puas tshais, ntsev rau khoom noj txom ncauj, lossis cherry-flavored cola. Gelatin yog "jelly," tav su yog "arvo," thiab catsup tsis muaj; nws yog "txiv lws suav" thiab nws saj zoo li peb cov txiv lws suav. Tab sis cov no yog qhov sib txawv me me hauv kev sib piv rau qhov tseem ceeb reorientation xav tau thaum koj saib hmo ntuj thiab nrhiav tsis tau lub hnuv qub qaum teb.

Lub sijhawm reorientation loj tshaj plaws rau kuv yuav tuaj thaum tsaus ntuj thaum lub hli puv puv, ci ntsa iab thiab loj heev hla dej hiav txwv Pacific. Thaum ntawd kuv pom tsis tau tus txiv neej hauv lub hli. Ntawm Australia lub kaum sab xis, lub hli lub ntsej muag zoo li qaij, thiab tam sim ntawd cov toj roob hauv pes paub zoo li txawv teb chaws. Nws yog lub sijhawm ntawd kuv paub, rau qhov tob ntawm kuv lub neej, tias kuv yeej nyob hauv qhov sib txawv ntawm qhov zoo kawg nkaus, lub pob puag ncig peb hu rau tsev.-

## WEBINAR UA TSAUG

### Blockchain thiab Kev Ua Phem?

Los ntawm TOM EGGERT, tus tswv cuab, COMMITTEE ntawm cov teeb meem nyiaj txiag hauv kev so haujlwm

**A**t Lub Ib Hlis Lub Ib Hlis webinar "Cryptocurrencies thiab Blockchain Technology," muaj cov lus nug txog kev ua txhaum cai siv cryptocurrency thiab blockchain thev naus laus zis. Peb tsis tuaj yeem teb cov lus nug no thaum lub sijhawm, tab sis TED tham los ntawm Kathryn Haun, tsoomfwv tus kws lij choj nrog US Department of Justice tham txog kev siv blockchain los ntawm ob tus neeg ua txhaum cai thiab tub ceev xwm. Nws qhia li cas Asmeskas cov kws lij choj siv Bitcoin blockchain los kaw Txoj Kev Silk - lub vev xaib tsaus muag muag khoom tsis raug cai. Txawm tias nthuav ntau dua, DOJ siv qhov hloov tsis tau ntawm blockchain los tsoo qee cov neeg ua haujlwm hauv tsoomfwv. Haun kuj pom zoo lwm yam kev siv rau blockchain thev naus laus zis rau cov ntaub ntawv pej xeem thiab ntiag tug. Saib cov lus ntawm [youtube.com/watch?v=507wn9VcSAE](https://www.youtube.com/watch?v=507wn9VcSAE) .-

**BOOK MARKS**

# Kuv Tsis Nco Nkoj

REVIEWED los ntawm SANDI HAASE, EXECUTIVE DIRECTOR & UWRA MEMBER

**Kuv**txaus siab heev los ntawm Lea Tran zaj dab neeg - tom qab saib nws qhov kev nthuav qhia virtual ntawm Verona Senior Center - uas kuv tau khaws nws phau ntawv tam sim ntawd, *Kuv Tsis Nco Nkoj: Memoir of Vietnam Hoa Refugee* (Suncoast Digital Press, Inc., 2020).

Tom qab kev ua tsov ua rog ntau xyoo, cov tub rog Nyab Laj qaum teb tau tawm tsam South Nyab Laj, koom ua ke lub teb chaws hauv xyoo 1975. Rau qee qhov, nws yog ib qho kev yeej loj heev vim tias Asmeskas cov tub rog raug ntiab tawm ntawm cov teb chaws Asia. Rau lwm tus, nws yog ib qho kev swb loj vim cov communists ntawm North Nyab Laj tau tswj hwm tag nrho lub tebchaws. Tsev neeg Ong, nrog rau ntau lwm tus, raug ntes nyob nruab nrab.

Tran's memoir nco qab txog lub neej ntawm nws tsev neeg thiab yuav ua li cas cov communist tyranny tsav lawv mus rau pheed hmoo rau lawv lub neej nyob rau hauv ib tug epic taug kev raws li ib feem ntawm "neeg nkoj" tsiv teb tsaws. Nws pab peb nkag siab txog kev poob ntawm tib neeg txoj sia uas tau ntsib los ntawm cov neeg hu ua Nyab Laj tsev.

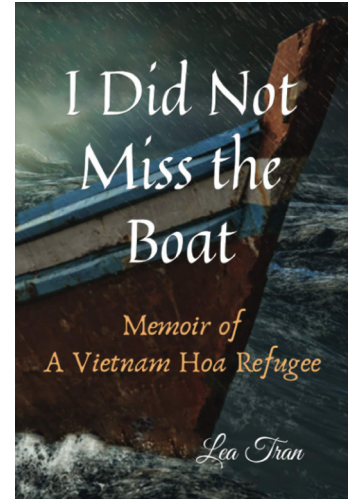
Tran piav qhia txog kev tawm tsam thiab kev phom sij uas tau ntsib hauv kev tawm hauv tsev, tuaj txog hauv lub tebchaws tshiab uas tsis muaj kev txawj lus Askiv, thiab kev siv zog thiab tsav tsheb mus rau

ciaj sia.

Xav txog tias tawm ntawm koj tsev nyob hauv huab cua sov thiab ntub dej kom txog thaum huab cua coj txawv txawv thiab hnyav ntawm Minnesota lub caij ntuj no uas koj tsis tuaj yeem sib tham nrog lwm tus.

Los ntawm kev ua siab zoo ntawm cov zej zog me me ntawm Onamia, Minnesota, lub Oongs' journey in Amer-

ica txuas ntxiv mus. Cov kev nyuaj siab uas tsev neeg tau nyiaj dhau yog daunting. Lawv qhov kev txiav txim siab, kev ua siab ntev, thiab kev daws teeb meem ua rau lub siab ntawm cov neeg tawg rog "cov neeg hauv nkoj."



*Yog xav paub ntxiv txog Lea Tran thiab nws zaj dab neeg, saib nws TEDx tham, "Kuv Tsis Nco Lub Nkoj" ntawm [youtube.com/watch?v=z9kPGAZ-hGQ](https://www.youtube.com/watch?v=z9kPGAZ-hGQ) thiab/los yog mus ntsib [www.LeaTran.com](http://www.LeaTran.com).*

*Thov xa email rau cov ntawv txheeb xyuas luv luv rau Phau Ntawv Cim rau kab ke tus kws saib xyuas Laurie Mayberry ntawm [laurie.mayberry@wisc.edu](mailto:mayberry@wisc.edu).*

## - UW-Madison Retirement Association Hnub tim-

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

- |                                       |                   |   |
|---------------------------------------|-------------------|---|
| • Hnub Tuesday, Plaub Hlis 12, 2022   | 1:00–3:00 IB      | <i>Ib xyooos ib zaug SWIB thiab ETF Hloov Tshiab East ntsib</i>   |
| • Hnub Thursday, Plaub Hlis 14, 2022  | 9:00–10:00 IB     | <i>West Virtual Breakfast Cov phooj ywg ntawm Madison</i>         |
| • Hnub Wednesday, Plaub Hlis 20, 2022 | 10:00 AM – NOOB   | <i>Chaw Ua Si thiab Thaj Chaw Ntuj Apostle Islands Virtual</i>    |
| • Hnub Wednesday, Plaub Hlis 27, 2022 | 10:00 AM – NOOB   | <i>Hike thiab Kayak Digital Disinformation thiab Kev Xaiv</i>     |
| • Hnub Thursday, Plaub Hlis 28, 2022  | 1:00–3:00 IB      | <i>Tsa Kev Ncaj Ncees</i>   |
| • Tuesday, May 10, 2022               | 10:00 AM – NOOB   | <i>Lub Tswv Yim Thoob Ntiaj Teb rau Kev nqis peev hauv Kev so</i> |
| • Hnub Thursday, Tsib Hlis 12, 2022   | 9:00–10:00 IB     | <i>nyiaj laus East ntsib West Virtual Breakfast</i>               |
| • Wednesday, May 18, 2022             | 12:30–4:00 dr hab | <i>Kev Sib Tham Txhua Xyoo, Noj su, hais lus, ncig saib</i>       |

*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) .*

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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* ntu zus.

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## NTAWM NO

Webinar: Apostle Islands Virtual Hike **p. 1**

Los ntawm Thawj Tswj Hwmp **p. 2**

UWRA Lub Rooj Sib Tham Txhua Xyoo, Tseem Lub Sijhawm Sau Npe **p. 2**

*Kev noj qab haus huv Matters* Kem: Xyaum Kev Noj Qab Haus Huv **p. 3**

Henry Vilas Zoo Seeks Volunteers **p. 3** Webinar: Cov phooj ywg ntawm

Madison Parks **p. 4**

Webinar: Digital Disinformation and Election Integrity **p. 5**

Txuag Hnub: Lub Tswv Yim Thoob Ntiaj Teb rau Kev Lag Luamp **p. 5**

*Ntsib ib tug tswv cuab UWRA* Kem: Bruce Beihoff **p. 6** Zoo siab txais

tos, Cov Neeg Tshiab **p. 6**

*Cov dej num hauv Kev Soj Ntsuam* kab ntawv: Journaling **p.**

**7** Webinar Recaps **p. 8-9**

Yuav Ua Li Cas Pib Nrog Lub Tshuab Tshiab **p. 9**

*Kev xav* Kem: Lub Av Hauv Qab **p. 10** Webinar

Follow-up: Blockchain thiab Kev Ua Phem? **p. 10**

*Phau Ntawv Cim* kem: *Kuv Tsis Nco Nkoj* **p. 11**

UWRA Calendar **p. 11**