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Peb nyob hauv Facebook!
UWRA-Madison



THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

NYIAJ WEBINAR

Retiring Your Way: Navigating and Accessing Local Resources

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

RCov neeg sawv cev los ntawm Lub Chaw Haujlwm Saib Xyuas Kev Laus Hauv Cheeb Tsam (Dane County Department of Human Services) yuav pab UWRA cov tswv cuab nkag siab txog lub network tseem ceeb ntawm cov kev pabcuam thiab kev txhawb nqa rau cov neeg laus hauv Dane County. Lawv yuav muab cov ntsiab lus dav dav ntawm cov kab ke, ntau yam kev pabcuam muaj, cov ntsiab lus nkag rau kev nkag mus rau cov kev pabcuam no, thiab lub sijhawm rau peb kom muaj kev koom tes hauv txhua qib thaum so haujlwm.

Nyob rau ntu thib ob ntawm qhov webinar no, tus thawj tswj hwm ntawm Lub Chaw Pabcuam Kev Laus & Kev xiam oob khab ntawm Dane County yuav nthuav qhia cov ntsiab lus ntawm ADRC cov kev pabcuam rau qhov pib, nruab nrab, thiab kawg ntawm koj txoj kev so haujlwm. Koj lub ADRC hauv zos yog ib qho chaw nkag rau kev saib xyuas mus sijhawm ntev, thiab cov neeg ua haujlwm tuaj yeem piav qhia txog kev tsim nyog tau txais txiaj ntsig thiab nyiaj txiag rau cov kev pab cuam nyiaj txiag rau pej xeem. Koj yuav tawm mus nrog kev nkag siab zoo txog qhov twg yuav pib koj txoj kev so haujlwm.-

Yog tias koj muaj lus nug ua ntej rau cov neeg hais lus, thov xa mus rau tus kws saib xyuas haujlwm Faisal Kaud ntawm.

fakaud@wisc.edu thiab [Jack Sorenson ntawm](mailto:Jack.Sorenson@wisc.edu) wsoren1@gmail.com ib los ntawm hnuv Monday, Cuaj Hlis 12.



Angela Velasquez yug tus thawj coj tshiab ntawm Disability & Aging Services rau Department of Human Services ntawm Dane County. Yav dhau los, nws yog tus kws tshaj lij hauv Lub Chaw Haujlwm Saib Xyuas Kev Noj Qab Haus Huv ntawm Dane County, nrog lub luag haujlwm tseem ceeb rau cov haujlwm suav nrog kev noj zaub mov zoo, kev laus noj qab haus huv, thiab tus neeg zov me nyuam.



Sridevi Mohanyog tus thawj coj ntawm Lub Chaw Haujlwm Saib Xyuas Kev Laus Hauv Cheeb Tsam (AAA) ntawm Dane County. Ua ntej koom nrog AAA, nws tau ua haujlwm ua tus kws kho mob kis kabmob thiab cov laus laus ntawm Public Health Madison & Dane County.



Jennifer Fischeryog tus thawj coj ntawm Lub Chaw Pabcuam Kev Laus thiab Kev Tsis taus ntawm Dane County. Ua ntej ua haujlwm ntawm ADRC, Jennifer yog tus saib xyuas ntawm Lub Tsev Pabcuam Sijhawm Ntev rau Dane County. Nws yog tus lwm thawj coj ntawm Aging and Disabilities Professional Association of Wisconsin.

QHOV CHAW UA HAUJ LWM HAUJ LWM, koj txoj kev
Hnuv Monday, Cuaj Hlis 19, 2022
10:00 AM – NOON Online Webinar

Daim ntawv thov Deadline: Cuaj hlis 16
Yuav tsum sau npe ua ntej. Sau npe online ntawm:
[UWRAMadison.org/event-4869221](https://www.uwramadison.org/event-4869221)

Los ntawm EXECUTIVE DIRECTOR'S DESK

Txais tos rau xyoo 2022-23 UWRA!

Los ntawm SANDI HAASE



As Kuv sau thawj kab ntawv no ntawm lub xyoo, Kuv nyob hauv Evanston, Illinois, txog kev mus koom Big 10 Retiree's Association Lub Rooj Sib Tham Txhua Xyoo ntawm Northwestern University lub tsev kawm ntawv. Kuv zoo siab los sawv cev UWRA ntawm thawj tus neeg hauv Big 10 lub rooj sib tham hauv ob xyoos. Nws yog qhov zoo rau

rov txuas nrog lwm tus neeg sawv cev koom haum kom hnob qhov lawv tab tom ua thiab tau txais cov tswv yim rau qhov peb yuav siv tau hauv Wisconsin. Kuv txaus siab tshaj plaws hauv kev sib tham ntawm "Dab tsi yog koj li ib txwm tshiab hauv peb lub ntiat teb tom qab kis thooob qhov txhia chaw?" Raws li koj paub, UWRA yuav tuav lub Big 10 pawg hauv Lub Xya Hli 2023. Lub xyoo tom ntej, koj yuav hnob ntau ntxiv txog peb cov phiat xwm.

Koj puas muaj sijhawm los mus saib peb lub vev xaib tsis ntev los no ntawm UWRAMadison.org ? Pawg Neeg Saib Xyuas tau ua haujlwm thooob plaws lub caij ntuj sov los npaj lwm lub xyoo zoo kawg nkaus ntawm cov haujlwm.

UWRA yuav txuas ntxiv siv Zoom rau kev xa khoom ntawm cov rooj sib tham txog lub Kaum Ob Hlis 2022. Txoj kev xa khoom rau cov kev pab cuam pib thaum Lub Ib Hlis 2023 yuav raug tshuaj xyuas tom qab xyoo no. Txawm hais tias kev nthuav dav peb cov kev pab cuam tsis zoo rau txhua tus, peb tau mus txog ntau tus tswv cuab nyob sab nraud Madison cheeb tsam uas tsis tuaj yeem tuaj koom nrog tus kheej.

Txhawm rau pib koj cov tswv cuab tuaj koom ua ke, UWRA yuav tuav lub Caij Nplooj Ntoos Zeeg Rau Hnub Wednesday, Lub Kaum Hli 12. Muaj hnub kawg rau npe ntxov, yog li xyuas cov ntsiab lus ntawm nplooj ntawv no. Thov nco ntsoov tias peb yuav ua raws li cov lus qhia txog kev noj qab haus huv hauv tsev kawm ntawv/county. Kuv vam tias koj tuaj yeem koom nrog peb.

Kuv xav txais tos cov tswv cuab tshiab Michael Bernard-Donals, Scott Hildebrand, Ramona Gasper, thiab tus thawj tswj hwm xaiv Rob Seltzer uas koom nrog tus thawj tswj hwm Jane Dymond, tam sim no tus thawj tswj hwm yav dhau los Esther Olson, tus tuav ntaub ntawv Marian Fischer, tus tuav ntaub ntawv

Beth Zemp, thiab cov thawj koj Marc Fink, Jurgen Patau, Mary Czyszak-Lyne, Jim Stratton, Tom Broman, thiab Laurie Mayberry.

Thaum kawg, kuv xav txais tos txhua tus tswv cuab tshiab uas tau koom nrog lub koom haum nyob rau lub hlis tsis ntev los no thiab ua rau lub siab ua tsaug rau txhua tus thiab txhua tus tswvcuab uas tau txuas ntxiv lawv cov tswv cuab xyoo no. Koj qhov kev txhawb nqa txuas ntxiv ntawm UW Madison Retirement Association tau txais txiaj ntsig zoo. UWRA txuas ntxiv mus tom ntej. Peb lub koom haum muaj ntau yam txaus siab rau. Nyob Wisconsin!

UWRA FALL MEMBER RECEPTION Sau thiab txuas nrog phooj ywg

Hnub Wednesday, Kaum Hli 12, 2022
4:30 – 6:00 p.m

Gordon Dining & Event Center
770 West Dayton Street

Daim ntawv qhia chaw:map.wisc.edu/s/lkas03dm

Lub teeb hors d'oeuvres thiab nyiaj ntsuab bar nrog npias, wine, thiab dej cawv tsis muaj cawv.

\$18.00 rau ib tus neeg

Chaw nres tsheb muaj nyob rau hauv Lot 46 (dhau txoj kev) ntawm koj tus kheej tus nqi, los yog nrog ib tug emeritus chaw nres tsheb hla.

Daim ntawv thov Deadline: Hnub Monday, Cuaj Hlis 19

Yuav tsum sau npe ua ntej. Qhov no yog lub sijhawm nyuaj. Chav muaj peev xwm yog txwv, yog li sau npe ntxov!

Sau npe online ntawm:

UWRAMadison.org/event-4915318

Kev sau npe online tau txhawb nqa, tab sis rau ib qho printable daim ntawv sau npe mus ntsib:

ib.tinyurl.com/ypbbvkra

CEEB TOOM: Peb yuav ua raws li UW-Madison cov lus qhia txog kev noj qab haus huv. Yog tias qhov kev tshwm sim raug muab tso tseg lossis tom qab-poned, cov neeg sau npe yuav raug ceeb toom.

UA NEWS

**Thawj Tswj Hwm Jane Dymond Zoo
Siab Txais Tos Rau Cov Tswv Cuab**

Wtxais tos a xyoo tshiab nrog University of Wisconsin Retirement Koom haum. Thaum Ob xyoos dhau los, UWRA tau hais txog kev ua haujlwm lus nug yeej tsis ua ntej ntsib.



Vim muaj kev coj noj coj ua zoo heev
UA Executive Director Sandi Haas, president

Esther Olson, yav tas los tus thawj tswj hwm Chris Kleinheinz, tus thawj tswj hwm lub tswv yim tswv yim Mary Czyszczak-Lyne, thiab UWRA pawg thawj coj, peb nkag mus rau lub xyoo tshiab no muaj zog dua puas tau. Peb cov kev pabcuam virtual tau ua rau cov tswvcuab nyob sab nraud Dane County thiab lub xeev Wisconsin tuaj koom thiab xav tias yog ib feem ntawm lub koomhaum.

Pawg Neeg Saib Xyuas Kev Tshaj Tawm Txhua Xyoo rau 2021-22 tau tshaj tawm rau ntawm UWRA lub vev xaib, UWRAMadison.org . Kuv yaum kom koj mus xyuas thiab nyeem cov ntawv tshaj tawm, ob qho tib si saib cov pawg neeg ua haujlwm ntau xyoo dhau los no thiab saib pawg neeg twg uas koj xav koom nrog. Cov tswv yim tshiab yog ib feem ntawm UWRA kev lig kev cai!

Raws li UWRA tau tsim txoj hauv kev tshiab ntawm kev ua haujlwm, Pab Pawg Kev Lag Luam thiab Kev Ua Haujlwm (BOOT) tau ua haujlwm ze nrog tus thawj coj ntawm Sandi Haase kom ua rau lawv tshwm sim hauv online. Ua tsaug rau Barbara Rust thiab Larry Winkler, rau koj qhov kev txawj ntse thiab kev muaj tswv yim!

Raws li koj paub, Lub Koom Haum Saib Xyuas Kev Noj Qab Haus Huv muaj ib tsab ntawv xov xwm zoo- *Tus Sifter*, kho los ntawm Sheila Leary. Sheila ua haujlwm tsis tu ncu txhua lub hlis los npaj cov khoom xa los ntawm pawg neeg ua haujlwm thiab *Sifter* columnists rau hauv polished kev tshaj tawm.

Peb txhua tus ua tsaug rau cov lus qhia nyiaj txiag zoo heev-

ance thiab cov ntaub ntawv khaws cia uas yog muab los ntawm tus kws khaws nyiaj txiag Beth Zemp. Nws tuav lub Koom Haum hanyav thiab tsim nyog.

Peb yuav siv lub xyoo no los koom nrog cov txheej txheem ntiav thiab hloov mus rau tus thawj coj tshiab. Thaum Sandi Haase pib nws txoj haujlwm xyoo 2017, nws tau cog lus los ua haujlwm dhau los ntawm Big 10 Retirement Association lub rooj sib tham txhua xyoo hauv 2023. Nws yog tus kws tshaj lij, paub zoo, thiab ua haujlwm zoo, nrog rau kev ua siab ntev thiab muaj tswv yim thiab qhia.

Raws li kuv tos ntsoov rau lub xyoo tshiab no rau peb lub koom haum, kuv zoo siab tias peb yuav txuas ntxiv kev tsim kho tshiab thiab ua rau UWRA ntau ntxiv. Thaum peb tseem yuav muab cov kev pabcuam virtual, peb tseem yuav tuav lub Caij Nplooj Ntoos Zeeg raws li peb tau ua xyoo tas los, uas cov tswvcuab yuav tuaj yeem tuaj ntsib nrog ib leeg ntawm tus kheej.

Kuv tos ntsoov yuav ua haujlwm nrog koj txhua tus nyob rau xyoo tom ntej. Ua tsaug rau koj tsim lub koom haum saib xyuas nyiaj laus zoo li no. -

**- Nco ntsoov txog
Sau npe rau UWRA Cov Txheej Txheem**

Advance cuv npe yog yuav tsum tau rau UWRA cov kev pab cuam, txawm tias cov xwm txheej ntawm tus kheej lossis hauv online (virtual) nthuav qhia siv Zoom. Koj raug txhawb kom sau npe online ntawm lub **UWRA website** (UWRAMadison.org). Yog koj yuav tsum tau sau npe hauv xov toj lossis email, hu rau Lub Chaw Haujlwm Pabcuam ntawm 608-262-0641 lossis email retireassn@mailplus.wisc.edu . Yog tias koj lossis koj tus qhua tau sau npe rau lub rooj sib tham tab sis tsis tuaj yeem tuaj koom, thov thim koj qhov kev tso npe online, lossis email / hu rau UWRA lub chaw haujlwm.

Rau cov kev pab cuam hauv online, lub weblink thiab cov ntaub ntawv hu xov toj virtual yuav suav nrog hauv lub rooj sib tham ceeb toom uas cov neeg sau npe tau txais los ntawm email.

Xav tau kev pab nrog Zoom? Hu rau UWRA.tech@gmail.com .-

TRAVEL EXCURSION

Rov qab-the-Scenes ncig saib ntawm American Players Theatre

Los ntawm ESTHER OLSON, Thawj Tswj Hwm, TRAVEL COMMITTEE

HPuas yog koj puas tau xav paub dab tsi nws yuav siv los tsim thiab ua si ua si? Dab tsi yog xav tau los npaj qhov scenery? Cov cuab yeej siv dab tsi? Leej twg ua cov khaub ncaws? Lawv tau cov khoom siv nyob qhov twg? Koj puas xav paub?



Koom nrog peb rau "tom qab scenes" ncig saib ntawm Asmeskas Cov Neeg Ua Si Theatre ze lub cajj nplooj ntoos hlaw Ntsuab, Wisconsin, ib qho ntawm feem ntau qhuas lub regional repertory theatre hauv

Tebchaws Meskas. Cov kws tshaj lij yuav coj peb rov qab rau ntawm Hill Theatre, Touchstone Theatre, thiab txhua lub khw uas ua txhua yam uas xav tau los tsim kev ua si - khw ntoo, khw muag khaub ncaws, khw tsim, thiab lwm yam.

Qhov no yog qhov tshwm sim ntawm tus kheej. Rau kev nyab xeeb ntawm peb cov tswv cuab, nws yog kev tsav tsheb ib hnuv rau tus kheej (tsis muaj tsheb npav). Yog tias koj nyiam carpooling, koj yuav xav ua li ntawd. Kev ncig xyuas yog txwv rau 30 tus neeg thiab hnuv kawg rau npe yog lub Cuaj Hlis 2, yog li sau npe tam sim no!

Tus nqi ntawm \$34.00 rau ib tus neeg suav nrog kev ncig xyuas, cov lus qhia, thiab ib lub thawv noj su. Nrhiav cov lus qhia tsav tsheb, kev xaiv noj su, thiab cov ntaub ntawv kev tsis taus ntawm qhov txuas rau npe.-

Yog tias koj muaj lus nug ntxiv, thov hu rau tus kws saib xyuas kev mus ncig Esther Olson ntawm emolson2@wisc.edu ib los yog UWRA Office ntawm retireassn@mailplus.wisc.edu .

APT tom qab qhov xwm txheej
Hnuv Tuesday, Cuaj Hlis 20, 2022
10:00 AM – 2:00 PM Nyob rau hauv neeg

Daim ntawv thov Deadline: Cuaj hlis 2
Yuav tsum sau npe ua ntej. Sau npe online ntawm:
UWRAMadison.org/event-4914542

LUB SIJ HAWM NTAWM LUB WEINAR

Hluav taws xob tsheb 101

Los ntawm TOM EGGERT, MEMBER, RETIREMENT COMMITTEE

Join peb rau kev nthuav qhia los ntawm Jane McCurry, tus thawj coj ntawm Clean Fuels Michigan, ib lub koom haum-



zation tsim los ua kom nrawm hloov mus rau kev thauj mus los huv. Ib qho ntawm nws qhov chaw tsom mus yog txhawb nqa kev siv tsheb fais fab (EVs). McCurry yuav tham txog ob lub tsheb thiab lub xeev ntawm cov txheej txheem los txhawb EVs. Yog tias koj muaj lus nug txog lub tsheb fais fab - lawv qhov ntau npaum li cas, nws yuav siv sij hawm npaum li cas los them

lawv, roj teeb kav ntev npaum li cas, thiab lwm yam - nco ntsoov tuaj koom.

McCurry yuav tham txog cov nqi khiav lag luam hauv lub neej ntawm EVs piv rau cov tsheb nrog cov tshuab hluav taws xob sab hauv, EVs tuaj yeem tsav tau ntev npaum li cas, thiab lawv tuav lawv tus nqi ntev npaum li cas. Nws tseem yuav tham txog kev sib piv cov pa roj carbon hneev taw ntawm EVs. Nws muaj Tesla thiab tuaj yeem tham txog qhov zoo thiab qhov tsis zoo ntawm Teslas (xws li lawv ua li cas hauv peb cov huab cua). Thaum kawg, nws yuav tham txog cov kev hloov pauv uas tshwm sim hauv Wisconsin thiab hla Upper Midwest los tsim cov txheej txheem rau rov them cov roj teeb EV.-

Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa email rau lawv ua ntej mus rau tus kws saib xyuas haujlwm Tom Eggert ntawm tleggert@wisc.edu los ntawm hnuv Tuesday, Cuaj Hlis 20.

ELECTRIC VEHICLES 101

Hnuv Tuesday, Cuaj Hlis 27, 2022
10:00 AM – NOON Online Webinar

Daim ntawv thov Deadline: Cuaj hlis 23
Yuav tsum sau npe ua ntej. Sau npe online ntawm:
UWRAMadison.org/event-4812071

LUB SIJ HAWM NTAWM LUB WEINAR

Family Research Genealogy Rhiav Series

Los ntawm DIANE HART DECI, UWRA tus tswv cuab



Tnws cov yeeb yam peb ntu qhia txog txoj hauv kev los tshawb nrhiav tsev neeg keeb kwm, nrog Diane Hart Deci. Deci tau tshawb nrhiav nws tus kheej thiab lwm tus neeg hauv tsev neeg keeb kwm rau 45 xyoo. Kev taw qhia txog caj ces, kev hais lus kuj tseem yuav muab cov ntaub ntawv tseem ceeb rau cov uas twb muaj lawm

pib lawv txoj kev tshawb fawb.

Ntu 1 yuav tham txog cov hom phiaj, txoj hauv kev yooj yim thiab kev paub dav dav los pib koj txoj kev tshawb fawb, kev tshawb fawb kev txawj ntse, kev tsim qauv thiab kev koom ua ke, cov chaw tshawb fawb dawb, thiab cov kev sib txuas muaj txiaj ntsig.

Ntu 1: Lub Kaum Hli 5 Tsev Neeg Kev Tshawb Fawb los ntawm Pib Pib

Nqe 2: Lub Kaum Hli 25 Nce toj Tsev Neeg Tsob Nto
Ntu 3: Kaum Ib Hlis 16 Tsis txhob cia Tsev Neeg Nto Hnyav-

Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa email rau lawv ua ntej mus rau tus kws saib xyuas kev pabcuam Mary Beth Plane ntawm marybethplane@yahoo.com los ntawm Wednesday, Cuaj Hlis 28.

Diane Hart Deci yog 45-xyoo tsev neeg tshawb fawb, WS DAR State Registrar, thiab ib tug tswv cuab ntawm ntau haiv neeg. Nws tau kawm txog keeb kwm keeb kwm los ntawm Wisconsin Historical Society, Georgia Genealogical Society, thiab Cov Ntxhais ntawm American Revolution. Diane tau so haujlwm los ntawm kev tswj hwm ntawm Edgewood College.

NYEEM NTXIV WEBINAR

"Nws Yog Koj Xaiv" rau 2023: Dab tsi tshiab hauv Kev Pov Hwm Kev Noj Qab Haus Huv?

Los ntawm KATHY ZWEIFEL thiab MILLARD SUSMAN, cov tswv cuab, COMMITTEE ntawm Cov Nyiaj Txiag Nyiaj Txiag hauv Kev so haujlwm

P Cov kws pab tswv yim olicy los ntawm Lub Chaw Haujlwm Saib Xyuas Kev Noj Qab Haus Huv Txoj Cai ntawm Wisconsin Lub Tsev Haujlwm Saib Xyuas Cov Neeg Ua Haujlwm Trust Funds (ETF) yuav nthuav qhia lub vev xaib ntawm kev xaiv cov kev pab them nqi kho mob thiab cov phiaj xwm kev hloov pauv uas yuav cuam tshuam rau UW cov neeg ua haujlwm thiab cov neeg so haujlwm hauv 2023. Qhov kev zov me nyuam yuav tsom mus rau kev tawm mus. WEA Trust, ETF tus neeg muag khoom rau peb lub phiaj xwm kev noj qab haus huv hauv cheeb tsam nrog rau nws lub xeev- thiab thoob ntiag teb kev pov hwm kev noj qab haus huv. Kev hloov pauv hwm rau xyoo 2023, cov kev xaiv kho mob tshiab, thiab kev tshuaj xyuas cov tshuaj tiv thaiv rau cov tib neeg ntawm Medicare kuj tseem nyob rau hauv cov txheej txheem.

Lub sijhawm qhib rau npe kawm xyoo 2023 yuav yog txij lub Cuaj Hlis 26 txog Lub Kaum Hli 21, 2022. Daim Ntawv Qhia "Nws Yog Koj Qhov Kev Xaiv 2023 Daim Ntawv Qhia Txog Kev Txiaj Txim" tau teem sijhawm xa tuaj ua ntej lub Cuaj Hlis 19. Txhua cov ntaub ntawv suav nrog hauv Daim Ntawv Qhia Kev Txiaj Txim thiab cov ntaub ntawv ntxiv txog WEA Trust kev hloov pauv yuav muaj nyob rau ntawm ETF lub vev xaib (etf.wi.gov) Lub Cuaj Hlis 19.- _____

Yog tias koj muaj lus nug ua ntej rau cov neeg hais lus, thov xa mus rau tus kws saib xyuas kev pabcuam Millard Susman ntawm msusman@wisc.edu ib thiab Kathy Zweifel ntawm kazweife@wisc.edu los ntawm hnuv Monday, Kaum Hli 3.

Presenters yuav suav nrog **Renee Taug kev**, Programs & Policy Unit Director; **Sara Brockman**, Tus Thawj Saib Xyuas Kev Sib Txuas Lus; **Arlene Larson**, Tsoom Fwv Teb Chaws Txoj Haujlwm thiab Txoj Cai; **Tricia Sieg**, Pharmacy Benefit Program; **Douglas Wendt**, Tus Kws Pab Tswv Yim Txog Kev Noj Qab Haus Huv; thiab **Korbey Dawb**, Tus Thawj Saib Xyuas Kev Noj Qab Haus Huv.

GENEALOGY CHAW UA HAUJ LWM

Hnuv Wednesday, Kaum Hli 5, 2022
 1:00–2:30 PM Online Webinar

Daim ntawv thov Deadline: Cuaj hlis 30

Yuav tsum sau npe ua ntej. Sau npe online ntawm: UWRAMadison.org/event-4813096

2023 Hloov tshiab: Nws yog koj txoj kev xaiv

Hnuv Monday, Kaum Hli 10, 2022
 1:30-3:30 PM Online Webinar

Daim ntawv thov Deadline: Lub Kaum Hli 7

Yuav tsum sau npe ua ntej. Sau npe online ntawm: UWRAMadison.org/event-4869234

UA NTEJ UA TSAUG

Muab Kev Tshaj Tawm Txog Kev Kho Mob rau Cov Neeg

Tsis Muaj Tsev Nyob

Los ntawm David M. DECI, MD

Starting lub hlis no, Kuv tabtom sau cov kab lus Wellness Matters rau *Tus Sifter*.



Kuv tau koom nrog cov kws qhia ntawm ntawm UW-Madison Department ntawm Tsev Neeg Tshuaj hauv 2009 thiab tau ua tus thawj coj ntawm kev kawm kho mob cov tub ntxhais kawm, nrog kev qhia kho mob hauv Belleville, txog thaum kuv so haujlwm thaum Lub Xya Hli 2020. Kuv tseem koom nrog ob qho tib si

chav kawm thiab kev qhia kho mob ntawm cov tub ntxhais kawm kho mob nrog rau kev qhia txog kev tshaj lij, kev tshaj tawm hauv zej zog, thiab kev tawm tswv yim.

Kuv tau txais kuv daim ntawv kawm tiav qib siab hauv biology thiab chemistry ntawm Florida State University thiab kawm tiav los ntawm University of Florida College of Medicine. Kuv ua tiav kuv qhov chaw nyob hauv tsev neeg tshuaj hauv University of North Carolina Mountain Area Health Education Center hauv Asheville, North Carolina. Tom qab 17 xyoo ntawm kev ua haujlwm ntiag tug nyob deb nroog North Carolina thiab Virginia, kuv tau koom nrog cov kws qhia ntawv ntawm West Virginia University hauv Morgantown, West Virginia xyoo 2000. Thaum nyob ntawd, kuv tau ua tus thawj coj ua haujlwm thiab ua tus tsim ntawm ob Txoj Haujlwm Pabcuam Hauv Nroog thiab MUSHROOM—a Cov tub ntxhais kawm-tsav ntau txoj kev qhuab qhia rau cov neeg tsis muaj tsev nyob.

Tom qab tsiv mus rau Wisconsin, kuv tau ua tus thawj tswj hwm thiab tus thawj tswj hwm ntawm Wisconsin Academy of Family Physicians. Kuv yog ib tug tswv cuab ntawm pawg thawj coj saib xyuas ntawm Street Medicine Institute, ib lub koom haum thoob ntiag teb txhawb kev txhim kho thiab kev ruaj ntseg ntawm zej zog raws li kev kho mob mus rau cov neeg tsis muaj tsev nyob. Kuv tseem ua haujlwm rau lub rooj tsavxwm ntawd. Kuv kuj yog ib tug kws kho mob pab dawb nrog MACH ONE Health, Madison orga-

nization uas muab kev saib xyuas kev noj qab haus huv ncaj qha thiab kev pabcuam kev sib raug zoo rau cov neeg nyob ntawm txoj kev.

Kuv nyob hauv Fitchburg nrog kuv tus poj niam Diane. Peb muaj ob tug tub hlob. Kuv qhov kev nyiam muaj xws li mus ncig, ua teb, nyeem ntawv, ua noj, thiab ua haujlwm pub dawb.-

- TXOJ CAI TSHIAB

INDIAN MOUNDS, GUIDED WALK
nrog Teri Venker, tus tswv cuab UWRA

Wednesday, Kaum Hli 19
(hnyob los nag: Wednesday, Kaum Hli 26)
10:00 AM - NOON Nyob rau hauv-tshuaj

Txhawb nqa los ntawm UWRA Rawg Neeg Ncig Tebchaws

Daim ntawv thov Deadline: Lub Kaum Hli 10
Kev sau npe ua ntej yog xav tau thiab txwv rau 30
cov neeg tuaj koom. Sau npe online ntawm:
UWRAMadison.org/event-4889695



FOOD PANTRY CONTRIBUTIONS

Kuvn lieu ntawm cov nqi sau npe rau UWRA cov kev pab cuam, cov nyiaj pub dawb tau txhawb nqa rau Open Seat food pantry uas pab cov tub ntxhais kawm ntawv tsis muaj zaub mov tsis ruaj ntseg UW. Cov tshev uas 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.-

— UWRA yog koj li

ua haujlwm hauv nyiaj laus!

WEBINAR RECAP

Lub Bucket Strategy rau Kev nqis peev

Los ntawm PAUL REICHEL, tus tswv cuab, COMMITTEE ntawm Cov Nyiaj Txiag Nyiaj Txiag hauv Kev so haujlwm

Kuv n Tej zaum, Christine Benz, tus thawj coj ntawm tus kheej nyiaj txiag thiab kev npaj nyiaj laus ntawm Morningstar, tau nthuav tawm lub thoob lub tswv yim rau kev nqis peev. Benz tau yog ib tus neeg tawm tswv yim zoo rau hom kev nqis peev no thiab tau ua ntau tshaj li ib tus neeg los kho kom zoo thiab ua kom nrov rau ntau xyoo.

Lub thoob qhov tseem ceeb muab cov ntaub ntawv tso rau hauv peb pawg (lossis thoob). Lub thoob # 1 tuav cov cuab tam ruaj khov los ntawm kev kos nyiaj siv nyiaj

thaum lub thoob # 2 thiab # 3 tuav cov cuab tam uas pab kom muaj kev loj hlob mus ntev thiab tsis tas yuav raug muag thaum lub lag luam poob.

Benz tau txhais lub thoob mus kom ze, nws qhov zoo, muaj peev xwm drawbacks (thiab pushbacks ntawm lub drawbacks), thiab cov tswv yim xav txog thaum siv lub thoob lub tswv yim. Nws hais txog qhov yuav tsum tau muaj kev saib xyuas thoob lub sijhawm, lossis kev sib npaug ntawm cov thoob thiab tej zaum hauv cov thoob. Benz suav nrog cov piv txwv ntawm cov ntaub ntawv nyiaj laus hauv lub thoob hauv nws qhov kev nthuav qhia.

Mus ntsib UWRA lub vev xaib (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.

Peb Hlis 1-31, 2022

Peb zoo siab txais tos cov tswv cuab tshiab

James Beduhn, *EH&S, Chemical Safety Dept*

Deanna Blanchard, *Tsev Kawm Ntawv Kho Mob Jon Blanchard*

Colleen Brabender: koj puas xav tau ntau tus thwjtim?. Kev txheeb cais

Gary Brown, *Facilities Planning & Management*

Richard Cates Jr, *Av Science; Integrated Agricultural Studies*

Bridget Catlin, *Population Health Institute* **Jonathan Cooper**,

Wisconsin Historical Society **Thomas Cox**, *Agricultural Economics*

Ian Coxhead, *Ag & Applied Economics* **Linda Crubaugh**,

Entomology **Tamra Dagnon**, *Ua*

Ann Dodge, *Department of Pediatrics*

Karen Thaum Ntxov, *Division of Extension*

Ed Eloranta, *Meteorology* **Jeanne Eloranta**,

Steenbock

Colleen Godfriaux: koj puas xav tau ntau tus thwjtim?. Nelson Institute for Environmental Studies Stan Godfriaux: koj

puas xav tau ntau tus thwjtim?

Deborah Gurke, *Office of Strategic Consulting*

Paul Hayes, *UW Health Finance*

Dean Helwig, *Wisconsin State Laboratory of Hygiene*

Bruce Hermann, *UA Housing* **David Hillmer**

Nancy Hilmanowski, *Tsija & Dairy Sciences*

Ronald Hilmanowski

Mary Holmes

Kathleen Horning, *Tsev Kawm Ntawv Kev Kawm* **Daniel Langer**

, *Kev Pabcuam Lag Luam* **Man Lee**, *Athletic Department*

Christine Lee, *UW System Administration* **Nella Lucia**, *Tsev*

Kawm Ntawv Tshuaj, *Tsev Neeg Tshuaj* **David Marcouiller**,

Planning & Toj roob hauv pes Architecture **Lynne Miguel**, *Kab*

mob

Ken Mount, *Tsev Kawm Ntawv Kho Mob, Public Health*

Admin **Larry Nesper**, *Anthropology* **Donna Peterson**,

Extension **Barbara Prigg**, *Ntawv & Kev Tshawb Fawb* **Jane**

Radue, *UWSA Board of Regents*

Jane Richard, *Office of the Secretary of the Kws qhia ntawv*

Tami Rogers

David Rosol, *West Madison Ag Rec. Chaw nres tshab*

Sharon Rosol

Roger Roth

Kathrine Roth, *Tshuaj kho mob*

Jennifer Schienle, *Ua Tsev*

kawm ntawv **Jeanette**

Charlene Sime, *Philosophy*

Mark Taylor

Jim Wedde

Sally Wedde, *SPH-ICTR*

Nancy Wilson, *Pathology and Lab Medicine-AVRL* **Julie**

Zachman, *Tsev Kawm Ntawv Tshuaj & Kev Noj Qab Haus Huv*

ACTIVITIES nyob rau hauv so

Ua liaj ua teb mus rau tsev kawm ntawv: Kev mob siab rau lub neej rau kev kawm vaj

Los ntawm AMY J. FORD, UWRA tus tswv cuab

Kuvso tawm ntawm kuv txoj hauj lw m ua tus kws kho mob rau menyuum yaus ntawm UW–Madison's Waisman Center thaum Lub Xya Hli 2019. Kuv tseem yog tus kws qhia noj zaub mov / noj zaub mov, thiab cov nyiaj laus tau tso cai rau kuv ntxiv kuv txoj kev mob siab rau kev noj qab haus huv hauv zej zog los ntawm kev kawm vaj.



Raws li kev txhawj xeeb thoob ntiav teb eased lub cajj ntuj sov dhau los, kuv pib nrhiav kev pab qhia vaj lub sijhawm. Kuv tus ntxhais-ter, ib AmeriCorps alumna, xa mus

Cov ntaub ntawv nrhiav neeg ua haujlwm-tion txog Ameri-Corps Farm to School lub sijhawm nyob rau hauv Madison Metropolitan Tsev kawm ntawv District (MMSD). Kuv tau thov nrog Rooted (lub zos tsis muaj txiaj ntsig koom haum) thiab yog

txuas mus rau lub tsev kawm ntawv vaj tsev zoo nkauj.

Thaum lub sijhawm kuv ua haujlwm ib nrab hnuv, kuv tau ua haujlwm pub dawb hauv ob lub tsev kawm ntawv theem pib MMSD los txhawb kev koom tes, kev sib koom tes ntawm kev kawm uas hais txog kev hwm tus kheej, zej zog, thiab xwm txheej thaum tshawb nrhiav lub neej ntawm cov nroj tsuag noj tau, hais txog qhov tseem ceeb ntawm kev noj mov. ntau yam txiv hmab txiv ntoo thiab zaub, nrhiav pom qhov twg peb cov zaub mov los ntawm, thiab txhawb kom muaj peev xwm loj hlob thiab noj ib qho khoom noj.

Ib tug tub ntxhais kawm thib peb tau qhia kuv tias kev tu cov nroj tsuag uas noj tau hauv chav kawm tuaj yeem txhawb kev loj hlob ntawm kev sib raug zoo thiab kev xav. Tom qab sowing noob, sprouting, thiab saib xyuas theem, peb tsiv mus rau sau. Kuv qhia cov tub ntxhais kawm kom maj mam txiav cov microgreen seedlings stems. Tus tub kawm ntawv hluas no teb tias, "Koj txhais li cas koj xav kom kuv txiav kuv cov nroj tsuag? Tsis yog, tsis muaj txoj hauv kev uas kuv ua li ntawd!"

Qhov no ua rau muaj kev sib tham qhib ib ncig ntawm kev sib txuas ntawm kev xav uas peb muaj rau peb cov zaub mov. Thaum kawg nws tau sau nws cov microgreens thiab ntxiv rau hauv chav kawm zaub xam lav - zoo siab rau txhua qhov tom! Tom qab ntawd, nws tus kws qhia ntawv tau hais tias txoj haujlwm no tau txhim kho kev sib txuas hauv chav kawm thiab kev txuas siab, raws li cov kws tshawb fawb tau mob siab rau tshuaj xyuas thiab saib xyuas lawv cov nroj tsuag txhua hnuv.

Kuv txhawb kom koj tshawb xyuas AmeriCorps thiab/lossis koom nrog hauv ib lub tsev kawm ntawv hauv zos, zej zog, lossis vaj zaub mov pantry. Nov yog qee qhov kev xaiv:

Asmeskas:americorps.gov/about

AmeriCorps Farm to School Program:dpi.wi.gov/school-nutrition/farm-to-school/ameri-corps

Rooted:www.rootedwi.org/

MMSD:madison.k12.wi.us/partnerships/volunteering -

UNIVERSITY LEAGUE

Tshiab Olbrich Botanical Gardens Tus Thawj Coj los Hais

Los ntawm JOANNE CANTOR, UNIVERSITY LEAGUE

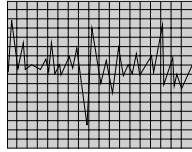
Tanya Zastrow, ntiav ua tus thawj coj ntawm Olbrich Botanical Gardens tsawg dua ib xyoos dhau los, yuav hais lus ntawm University League Fall Coffee ntawm "Olbrich Botanical Gardens: Yav dhau los, Tam sim no, thiab yav tom ntej."

Qhov kev tshwm sim yog hnuv Wednesday, Cuaj Hlis 14, 10:00 AM, ntawm Maple Bluff Country Club thiab qhib rau pej xeem. Noj tshais yog suav nrog tus nqi sau npe \$20. Sau npe los ntawm lub Cuaj Hli 7 ntawm univleague.wisc.edu/programs .

Ib tug neeg nyob hauv Wisconsin thiab UW-Madison alumna, Zastrow tau ua tus thawj coj ntawm cov kev pab cuam ntawm Lady Bird Johnson Wildflower Center ntawm University of Texas-Austin, tus kws saib xyuas kev kawm tshwj xeeb thiab tus neeg ua haujlwm pab dawb / tus neeg ua haujlwm pabcuam ntawm US National Arboretum, ib qho kev kawm ua haujlwm pab dawb nrog Peace Corps nyob rau hauv Nicaragua, thiab ib tug koom nyob rau hauv lub teb chaws teg num, Lub Nroog Txuas Cov Me Nyuam nrog Xwm (CCCN).-

KEV SIB THAM

Quarterbacking Koj Pab neeg kho mob



Los ntawm David M. DECI, MD

Ftxhua yam yog nyob ntawm peb thiab, yog tias koj zoo li peb feem ntau, peb cov xim tig mus rau football. Koj puas tau xav txog dab tsi ua rau pab pawg football zoo? Feem ntau, nws yog kev txawj thiab txuj ci ntawm lub quarterback.

Txoj ntsiab cai no kuj siv tau rau peb txoj kev kho mob. Cia peb fim nws, Teb Chaws Asmeskas txoj kev kho mob nyuaj thiab nyuaj rau kev taug kev. Cov phiaj xwm kev tuav pov hwm nyuaj, qhov yuav tsum tau tso cai ua ntej, Medicare cov lus qhia, thiab ntau tus kws kho mob tshwj xeeb tuaj yeem ua rau peb lub sijhawm, txhawj xeeb, thiab siv nyiaj. Thaum koj ntiv qhov kev ntshov siab ntawm kev mob lossis kev raug mob, nws tsis xav tias peb tuaj yeem ntshov siab.

Yog li, peb xaiv leej twg ua peb lub quarterback? Ntau qhov kev tshawb fawb tau pom tias muaj tus kws kho mob thawj zaug (PCP) xws li kws kho mob hauv tsev neeg, kws kho mob dav dav, kws kho mob laus, lossis tus kws kho mob qib siab pab txhim kho cov txiaj ntsig kev noj qab haus huv ntawm tus kheej thiab cov pej xeem.

Ib yam li lub quarterback, tus kws kho mob tseem ceeb paub txhua tus kws kho mob thiab thaj chaw kho mob. Qhov tseem ceeb tshaj plaws, tus neeg ntawd paub koj zoo li ib tus neeg hauv lub ntsiab lus ntawm tsev neeg thiab zej zog. Peb muaj ntau tshaj li peb cov ntshav siab lossis peb qib potassium! Peb yog cov tib neeg uas muaj ntau yam kev xav tau, kev ntshaw, thiab kev ntshai. Peb xav tau ib tus neeg los ua tus kws qhia ntawv, tus neeg txhais lus, tus txhawb nqa, thiab tus neeg tawm tswv yim.

PCPs uas tau kawm zoo tuaj yeem kho "90% ntawm cov teeb meem 90% ntawm lub sijhawm." Thiab, thaum nws los txog rau lwm qhov 10%, PCPs tau paub zoo txog kev txiav txim siab tus kws kho mob twg yog qhov tsim nyog tshaj plaws rau kev ntsuam xyuas ntiv thiab kev saib xyuas. Tsis tas li ntawd, tus kws kho mob tseem ceeb yog qhov chaw nruab nrab ntawm cov ntau ntawv kho mob ntw, sib koom tes thiab txhais cov txiaj ntsig kev kuaj mob thiab cov kws pab tswv yim qhia kom muab cov ntsiab lus thiab lub ntsiab lus rau koj.

Lub hlis tom ntej peb yuav tshawb nrhiv txoj hauv kev zoo tshaj los ua haujlwm nrog koj tus kws kho mob thawj zaug kom muaj kev noj qab haus huv zoo dua.-

ATTIC ANGEL ASSOCIATION

KeV Tshaj Tawm Tshaj Tawm rau pej xeem rau lub Cuaj Hlis 2022

Tnws Kev Kawm Txuas Ntxiv ntawm Attic Angel Association, qhib rau pej xeem, muaj nyob rau hnuv Monday sawv ntxov ntawm Attic Angel Place, 8301 Old Sauk Road, hauv Middleton. Kas fes tau txais kev pab thaum 10:00 AM thiab qhov kev pab cuam pib thaum 10:30 AM Tsis muaj nqi, thiab tsis tas yuav tsum tau.

Cuaj hlis 5Tsis Muaj Txoj Haujlwm: Hnuv Ua Haujlwm

Cuaj hlis 12"Miracles Do Happen," Bill Schultz, tus tsim thiab tus thawj koj, Miracle League ntawm Dane County

Cuaj hlis 19"Lub Koom Haum Saib Xyuas Neeg Pej Xeem hauv Dane County, "Bob Moore, tus sau thiab tus kws paub txog keeb kwm, Mt. Horeb Historical Society thiab Pope Farms Conservancy, Middleton

Cuaj hlis 26"Forward Garden: Cultivating New Partnerships at the Pope Farm Homestead to improve Local Nutrition Security, "Matt Lechmaier, neeg ua teb, ib puang ncig educator thiab Forward Garden Farm Manager-

UA-MADISON ARCHIVES

UW System Kev sib koom ua ke Nco ntsoov

Los ntawm TROY REEVES, ORAL HISTORIAN, UW-MADISON ARCHIVES & RECORDS MANAGEMENT

Tnws Qhov Kev Pab Cuam Keeb Kwm (OHP) ntawm UW-Madison Archives and Records Management nyuam qhuav tsim ib lub vev xaib rau kev xam phaj ua ze li 40 xyoo dhau los. Qhov project tau sau cov laj thawj tom qab, thiab tom qab ntawd-tsis ntev los no tom qab, ntawm 1970-71 UW System Merger. OHP ua tsaug rau UW System rau kev pab nyiaj rau lub vev xaib keeb kwm ntawm qhov ncauj.

Mus saib library.wisc.edu/archives/exhibits kom pom qhov no thiab cov phiaj xwm keeb kwm ntawm qhov ncauj zoo sib xws. Yog xav paub ntxiv txog qhov project no lossis hais txog OHP, hu rau Troy Reeves ntawm troy.reeves@wisc.edu ib .-

REFLECTIONS

Ib Grizzly ntsib

Los ntawm MARY BARNARD RAY

Kuv yog thawj hnuv ntawm peb lub xyoo mus ncig ua ke. Kuv tus ntxhais hlob thiab kuv nyuam qhuav nres ntawm tus choj ntoo me los qhuas lub roob kwj deg nyob rau hauv Jewel Hiking Basin ntawm Montana lub Hom Phiaj Zoo Tshaj Plaws.



Peb sib tham tawm thiab mus thaum peb tseem taug kev hla hav zoov lush dhau qhov dej ntawd thaum kuv tus ntxhais nres

sai sai thiab tuav nws sab tes xis. Nyob ntawd, txog kaum tsib ko taw nyob rau pem hauv ntej ntawm peb, yog lub loj, lub teeb xim av, fuzzy hind kawg ntawm ib grizzly dais uas yog

demolishing lub cav rotten, gobbling termites.

Txiav txim siab los ntawm nws qhov loj me, tej zaum nws yog ib tug me nyuam muaj ob xyoos uas nyuam qhuav pib nyob ntawm nws tus kheej, nyob deb ntawm nws niam. Nws tau koom nrog hauv nws lub cav uas nws tsis paub txog peb lub xub ntiag, tseem. Tsis muaj ib lo lus peb tig thiab taug kev ntsiag to tab sis sai sai rov qab los ntawm txoj kev, hla tus kwj deg tsis nres kom qhuas nws, thiab khiav rov qab mus rau peb lub tsheb xauj. Peb tsis tau hais lus kom txog thaum peb nyob hauv lub tsheb nrog lub qhov rais kaw.

Qee zaum kev ntshai tshwm sim hauv kev rov qab los. Thaum koj ntsib qhov xwm txheej txaus ntshai uas yuav tsum tau ua sai sai, koj tsuas yog hnov qab thiab khiav nws yam tsis muaj lub tswb nrov. Tab sis tom qab ntawd, thaum koj xav txog qhov xwm txheej, kev ntshai tuav koj. Qhov ntawd yog qhov tshwm sim rau kuv. Kuv tus ntxhais tau nyob pem hauv ntej ntawm kuv, thawj tus nyob hauv kab rau kev tawm tsam.

Ib leej niam leej txiv ntawm ib tug me nyuam nyob rau hauv txaus ntshai tej zaum yuav paub txog kuv lub siab nyob rau lub sij hawm ntawd. Koj lub hauv caug tsis muaj zog thiab koj ob txhais ceg zoo li jelly. Koj lub plab knots thiab hem kom vault tawm ntawm koj caj pas. Koj xav tias ib txhij faint thiab ultra-paub. Koj cov leeg sab nraub qaum cog lus. Koj tag nrho lub cev nruj kom txog rau thaum koj xav tias zoo li koj yog ob ntv tes luv dua koj. Nws yog qhov kev xav uas koj tau txais thaum koj tus menyuam nyob

nyob rau hauv txaus ntshai, thiab koj yuav tiv thaiv tsis tau nws.

Peb tau ua qhov raug cai thiab rov qab mus rau peb lub tsheb yam tsis muaj kev raug mob. Peb tsis tau tso tseg kom thaj duab selfie! Peb tsis tau sim ua suab nrov, uas tej zaum yuav hem tus dais dub, tab sis tsuas yog npau taws rau grizzly. Yog lawm, peb nqa dais txau, tab sis tus dais tau ze heev, yog tias nws tig los tua peb, peb yuav tsis muaj sijhawm siv nws. Peb tsuas zoo xwb.

Tab sis kuv tsis zoo thiab, txawm tias kuv sau qhov no, kuv tsis zoo heev. Kuv tseem tuaj yeem pom tias grizzly dais lub duav, nrog txhua cov plaub hauv daj-xim av ua kom pom tseeb. Thiab thaum kuv ua li ntawd, kuv hnov ib qho kev ntshai ntawm kuv lub cev. Kuv tau raug ceeb toom tias lub neej tsis xwm yeem yuav ua li cas thiab muaj nuj nqis npaum li cas ib txwm muaj.

Koj twb tau twv tias kuv puag kuv tus ntxhais ntau zaus tom qab ntawd ntsib, thiab kuv tau hlub nws lub tuam txhab ntau dua rau peb qhov kev mus ncig. Muaj ob qhov khoom plig rau kuv qhov ntshai: kev txaus siab rau lub neej tshiab thiab zaj dab neeg tshiab los qhia.-

Marc Fink los ua Tus Neeg Soloist nrog Madison Symphony

Marc Fink, ib tug tswv cuab ntawm UWRA Pawg Thawj Coj ntawm Pawg Thawj Coj, yuav yog tus ntaus suab paj nruag hauv kev qhib kev hais kwv txhiaj ntawm Madison Symphony Orchestra lub caij no. Nws yuav ua Concerto rau Oboe thiab Orchestra hauv C Major, KV 314 los ntawm Wolfgang Amadeus Mozart.

Marc yog tus thawj coj ntawm Madison Symphony rau 32 xyoo ua ntej so lub Kaum Ob Hlis Ntuj tas los, thiab kws qhia ntawv oboist ntawm Mead-Witter School of Music rau 40 xyoo, qhia oboe, chamber music, thiab suab paj nruag hauv kev ua yeeb yam, thiab ua yeeb yam hauv Wingra Woodwind Quintet.

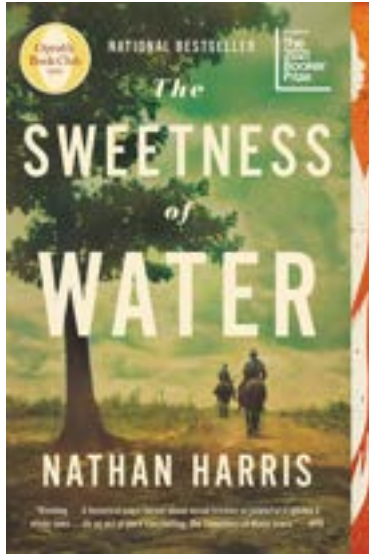
Madison Symphony kev ua yeeb yam yuav muaj nyob rau hauv Overture Hall rau hnuv Friday, Cuaj Hlis 23 thaum 7:30 teev tsaus ntuj, Hnuv Saturday, Cuaj Hlis 24 thaum 8:00 teev tsaus ntuj, thiab Hnuv Sunday, Cuaj Hlis 25 ntawm 2:30 PM Tsis tas li ntawm qhov program yog Beethoven's Ninth Symphony. Yog xav paub txog daim pib mus saib Madison Symphony Orchestra lub vev xaib ntawm madisonsymphony.org .-

BOOK MARKS

Dej Qab Zib

REVIEWED los ntawm SHEILA LEARY, SIFTER Editor

Tnws Asmeskas Kev Tsov Rog Thoob Ntiaj Teb tau xaus, thiab ob tug kwv tij, tshiab tawm ntawm kev ua qhev, tau mob siab rau lub neej tshiab tab sis tsis paub yuav pib li cas.



Ob tug hluas cov tub rog los tsev nrog secrets rau lawv tawg Georgia

lub nroog. Ob lub teb chaws - tus tswv, ib tus uas muaj qhev thiab tus uas tsis tau, yog flummoxed los ntawm kev hloov pauv loj heev-tions nyob ib ncig ntawm lawv.

Ob tug neeg ua lag luam sim los sib tham txog qhov txaus ntshai thiab lub cib fim ntawm kev lag luam hauv chaos. Ib tug nkees (thiab ceev faj)

Union general tswj cov neeg tsis txaus siab. Ob tug poj niam hnuv nyoog nruab nrab pom muaj zog hauv kev phooj ywg. Ib

niam thiab tus me nyuam tso tseg lawv lub meej mom nyob rau hauv tej xwm txheej phem. Cov txiv neej me me thiab tsis muaj zog nrhiav kev ua pauj. Cov neeg siab zoo nrhiav tej yam kev ncaj ncees thiab kev thaj yeeb.

Qhov no yog qhov tsis txaus ntseeg uas Nathan Harris tsim nyob rau hauv nws cov lus nkauj, thawj qhov tshiab, uas Washington *Tshaj tawm* hu ua "ib tug miraculous debut." Ron Charles ntawm tus *Tshaj tawm* sau ntxiv tias Harris "xav txog lub sijhawm liminal no hauv peb keeb kwm nrog kev nkag siab zoo tshaj plaws rau ntau cov lus teb los ntawm cov neeg Asmeskas Dub thiab Dawb tau sib cav nrog lub tswv yim hloov pauv ntawm tus kheej. ... Tag nrho cov no yog kos nrog gorgeous fidelity rau cov cim ceev faj, tawm tsam kom remake lub ntiaj teb no, los yog tsawg kawg no me me thaj ntawm nws. ... Harris stacks cov ntoo ntawm cov phiaj xwm no txhob txwm tshaj tawm, thiab lub sijhawm lub teeb taws, tag nrho cov qauv pib kub hnyiab. "

Tsis nco qab *Mus nrog Cua*; nyeem qhov no.-

Thov xa email luv luv kev tshuaj xyuas Phau Ntawm Cim rau kab ke tus kws saib xyuas Laurie Mayberry ntawm laurie.mayberry@wisc.edu .

- UW-Madison Retirement Association Hnuv tim-

Txuas ntxiv mus saib xyuas cov UWRAMadison.org lub vev xaib rau kev hloov tshiab ntxiv.

Cov xwm txheej virtual (V), Cov xwm txheej hauv tus neeg (IP)

- Hnuv Monday, Cuaj Hlis 19, 2022 10:00 AM – NOOB Webinar *Cov Kev Pabcuam Hauv Zos rau Kev Soj Ntsuam Koj Txoj Kev(V)* Ncig saib *Tom qab Scenes ntawm American Players Theatre(IP)* Webinar *Yam Koj Yuav Tsum Paub Txog Cov Tsheb Hluav Taws Xob(V)*
- Hnuv Tuesday, Cuaj Hlis 20, 2022 10:00 AM – 2:00 PM
- Hnuv Tuesday, Cuaj Hlis 27, 2022 10:00 AM – NOOB
- Hnuv Wednesday, Kaum Hli 5, 2022 1:00 – 2:30 p.m Webinar *Tsev Neeg Kev Tshawb Fawb los ntawm Pib Pib(V)* Webinar 2023
- Hnuv Monday, Kaum Hli 10, 2022 1:30–3:30 dr hab *Hloov Kho: Nws Yog Koj Qhov Kev Xaiv (kev npaj khomob)(V)* UWRA *Caij Nplooj Ntoos Zeeg Txais Txais(IP)*
- Hnuv Wednesday, Kaum Hli 12, 2022 4:30 – 6:00 p.m
- Hnuv Wednesday, Kaum Ib Hlis 19, 2022 10:00 AM – 1:00 PM Ncig saib *Indian Mounds Coj Taug Kev(IP)* **POSTPONED rau caij nplooj ntoos hlav**
- Tuesday, Kaum Ib Hlis 25, 2022 1:00 – 2:30 p.m Webinar *Nce toj Tsev Neeg Tsob Ntoa(V)*
- Tuesday, Kaum Ib Hlis 1, 2022 2:00 – 4:00 p.m Webinar *Gerry mandering: Thaum twg Daim Ntawm Qhia Tsis Ncaj Ncees(V)* Webinar *Tsis txhob cia Tsev Neeg Ntoos Hnyav(V)*
- Wednesday, Kaum Ib Hlis 16, 2022 1:00-2:30 PM

Yog xav paub ntxiv txog PLATO mus ncig ua si, mus saib Platomadison.org/page-18561 . Yog xav paub ntxiv txog Board thiab Cov roj sib tham hauv Pawg Neeg Saib Xyuas thiab Hnuv Kawg rau Tus Sifter, saib UWRA lub vev xaib ntawm 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 ncuu, 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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NTAWM NO

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