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Peb nyob hauv Facebook!  
UWRA-Madison



# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## NYEEM NTXIV WEBINAR

### Kev Npaj Vaj Tsev Series Wills vs Trusts

Los ntawm TOM EGGERT thiab RICK DALUGE, cov tswv cuab, pawg thawj coj saib xyuas nyiaj xtiag hauv kev so haujlwm

**E**Lub xeev txoj kev npaj yog ib txoj haujlwm tseem ceeb rau txhua tus neeg uas xav paub tseeb tias lawv cov cuab tam raug faib raws li lawv qhov kev xav tau tom qab lawv tuag nrog kev saib xyuas kev cai lij choj thiab nqi tsawg. Koom nrog peb ua tus kws lij choj Peter Osman tham txog kev xav thiab kev ntseeg siab, suav nrog qhov tshwj xeeb ntawm txhua tus, lawv cov txiaj ntsig txheeb ze thiab qhov tsis txaus, thiab yuav txiav txim siab li cas koj xav tau.

Osman txoj kev xyaum tshwj xeeb suav nrog kev npaj vaj tse, kev npaj ua lag luam, kev tswj hwm vaj tsev thiab kev sib hais haum, thiab txoj cai laus. Cov kws lij choj ntawm Borakove/Osman LLC tsom rau lawv cov kev coj ua ntawm kev pab cov neeg siv khoom ntawm txhua theem ntawm kev npaj vaj tse thiab tau tsim cov tswv yim kho kom haum rau cov neeg siv khoom xav tau ntawm ntau qib kev pab cuam thiab nqe lus. Lub hom phiaj yog los xyuas kom meej tias txhua tus neeg siv khoom tau txais cov phiaj xwm vaj tsev uas tsim nyog rau lawv tsev neeg, lawv lub hom phiaj, thiab lawv cov peev nyiaj.-

*Yog tias koj muaj lus nug ua ntej rau tus neeg hais lus, thov xa lawv mus rau tus kws saib xyuas haujlwm Tom Eggert ntawm [tleggert@wisc.edu](mailto:tleggert@wisc.edu) thiab Rick Dalug ntawm [rhдалuge@wisc.edu](mailto:rhдалuge@wisc.edu) los ntawm Wednesday, Lub Ob Hlis 1.*

**Peter C. Osman** yog ib tug khub thiab cofounder ntawm Borakove/Osman LLC, boutique vaj tsev npaj thiab kev lag luam lub tuam txhab kev cai lij choj npaj hauv Madison, Wisconsin. Nws yog ib tug kawm tiav ntawm University of Wisconsin Law School.



**Nws tsis tu ncu**a kev cob qhia kev kawm ntawm kev npaj vaj tse thiab rau cov kev xav tau tshwj xeeb, siv lub siab nyiam thiab kev ntseeg siab,

Charitable Planning, Medicaid qualification, Probate, Kev txiav txim siab txog vaj tse, kev tswj xyuas kev ntseeg siab, thiab kev npaj rau cov vaj tse uas tau them se. Nws yog ib tug tswv cuab ntawm WealthCounsel, LLC, kev sib koom tes, thoob plaws lub teb chaws ntawm cov kws lij choj kev npaj tswv yim sab saum toj, nrog rau Madison Estate Counsel.

### YOG VS. Kev ntseeg

**Hnuv Tuesday, Lub Ob Hlis 7, 2023**

2:00-4:00 PM Online Webinar

**Daim ntawv thov Deadline: Lub Ob Hlis 3**

Yuav tsum sau npe ua ntej. Sau npe online ntawm:

[UWRAMadison.org/event-5041479](https://UWRAMadison.org/event-5041479)

**Tseem muaj sijhawm los sau npe rau JANUARY webinars thiab cov rooj sib tham. Saib p. 4 kom paub meej.**

## Los ntawm EXECUTIVE DIRECTOR'S DESK

### Nplhaib nyob rau xyoo tshiab!

Los ntawm SANDI HAASE

#### My Lub Ib Hlis Ntuj xyoo tas los tau twv koj



qhib thawj nplooj ntawm ntawm 365 nplooj ntawm dawb paug rau koj sau koj zaj dab neeg 2022. Raws li koj xav txog xyoo 2022, Kuv vam tias nws yog qhov zoo siab thiab tus neeg muag khoom zoo tshaj plaws!

Tam sim no nws yog lub sijhawm kaw phau ntawm ntawd thiab pib koj zaj dab neeg tshiab rau xyoo 2023.

Thov kom lub xyoo tshiab koj koj ntau lub cib fim zoo kawg nkaus, lub sijhawm zoo nkauj, thiab kev zoo siab.

Thov kom koj qhov kev ua zoo thiab tus cwj pwm zoo txhawb lwm tus.

Thov kom koj ua siab tawv txaus los ua thiab kov yeej cov kev nyuaj uas muaj nqi zog.

Thov kom koj pom koj tus kheej hauv siab thiab noj qab nyob zoo.

Thov kom koj hlub tag nrho koj lub siab thiab nrhiav kev thaj yeeb nyab xeeb txawm tias thaum muaj kev kub ntshov tshaj plaws.

Thov kom txoj kev hlub uas koj muab rau ib txwm pom nws txoj kev rov qab los rau koj ntau ntxiv.

Thiab thov kom koj mus tas li muaj kev cia siab thiab lub zog tsim nyog los ua kom koj txoj kev npau suav muaj tseeb.

Koom nrog kuv ua kev zoo siab rau xyoo tom ntej thiab ua 2023 qhov zoo tshaj plaws puas tau.

Nyob zoo Xyoo Tshiab sawv daws!-



## PARTNERS IN GIVING

### Ua Tsaug Rau Kev Saib Xyuas 50 Xyoo

Los ntawm GIANNA TAYLOR, cov koom tes hauv GIVING UNIVERSITY COMBINED CAMPAIGN COMMITTEE

On sawv cev ntawm Cov Neeg Koom Tes hauv Kev Sib Koom Tes, Kuv thov ua tsaug rau UWRA zej zog. Raws li lub Kaum Ob Hlis 5, UW-Madison (xws li UWRA cov neeg pub dawb) twb tau ua siab dawb tau pab ntau tshaj \$ 1M rau 50 xyoo kev sib tw, nrog yuav luag



\$1.7M tau tsa thaum koom nrog peb lub Xeev thiab UW Health koom tes. Ib feem tseem ceeb ntawm kev ua tiav ntawm peb txoj kev sib tw dhau los ib nrab xyoo dhau los cuam tshuam txog kev koom tes ntawm cov neeg so haujlwm. Peb ua tsis tau yog tsis muaj koj!

Kev koom tes rau tag nrho txhua xyoo yog txais tos mus txog lub Tsib Hlis 15, 2023. Yog tias koj txaus siab, lub xyoo tshiab yog lub sijhawm zoo los koom. Tsawg li \$1/hli tuaj yeem txhawb nqa cov kev pabcuam tseem ceeb uas peb cov neeg nyob sib ze vam khom rau zaub mov, kev kho mob, vaj tse, haujlwm, thiab lwm yam. Vim li cas thiaj ua tus khub hauv kev muab? Nov yog 10 yog vim li cas:

[it.wisc.edu/partners-in-giving/10-vim-li-cas-to-be-a-tus-khub-hauv-muab/](http://it.wisc.edu/partners-in-giving/10-vim-li-cas-to-be-a-tus-khub-hauv-muab/).

Los ntawm kev mus saib lub vev xaib, [muab.wi.gov/](http://muab.wi.gov/), koj tuaj yeem:

- pub dawb online nrog daim npav rho nyiaj (nias *Cov laus* hauv qab DONATE tam sim no, sab xis sab xis)
- sau npe kom tau txais cov ntaub ntawv phiaj xwm ncaj qha rau koj tus email lossis tsev (nias *Txog, ces Muab nyob rau hauv Retirement* los yog [Give.wi.gov/about-us/giving-in-retirement/](http://Give.wi.gov/about-us/giving-in-retirement/))
- kawm txog cov kev pab cuam uas koj gif t txhawb nqa (nias *Char cov*)
- Kawm txog qhov cuam tshuam ntawm koj qhov nyiaj pub dawb (nias *Vim li cas pub dawb*)
- saib cov kev xaiv rau muab (nias *Yuav muab li cas*).

Ib zaug ntxiv, ua tsaug rau koj qhov kev txhawb nqa siab t. Peb thov kom koj thiab koj tsev neeg muaj kev zoo siab thiab noj qab nyob zoo nyob rau hauv lub xyoo tshiab.-

**WEBINAR UA TSAUG**

**Xam RMDs rau cov neeg them se ib leeg thiab cov txij nkawm**

Los ntawm Paul SWANSON, PRESENTER, THIAB CFMR cov tswv cuab FAISAL KAUD thiab DON MINER

**Kuv**n Kaum Ib Hlis 2022, Paul Swanson tau nthuav tawm lub vev xaib ntawm kev npaj se nyiaj tau los. Ib tus neeg tuaj saib, hauv kev ntsuam xyuas tom qab webinar, tau hais tias nws yuav muaj txiaj ntsig los muab cov rooj rau Qhov Yuav Tsum Muaj Tsawg Tshaj Tawm (RMD) los ntawm Tus Kheej Cov Nyiaj Laus (IRAs).

Txhawm rau txiaj txim siab RMD rau 2022, coj tus nqi ntawm cov nyiaj tshuav ntawm lub Kaum Ob Hlis 31, 2022, thiab faib nws los ntawm lub neej expectancy ntawm tus neeg (raws li tau txiaj txim los ntawm Internal Revenue Service, los yog IRS).

IRS "Uniform Lifetime Table" yog siv los ntawm cov neeg them se ib leeg, cov neeg them se uas muaj txij nkawm uas lawv cov txij nkawm tsis tshaj kaum xyoo, thiab cov neeg them se sib yuav uas cov txij nkawm tsis yog ib tus neeg tau txais txiaj ntsig ntawm lawv IRA. Cov lus tiav muaj nyob hauv IRS Pub 590-B. Ntawm no yog ib feem ntawm lub rooj.

Hnub nyoog	Lub Sijhawm Tshaj Tawm	Hnub nyoog	Lub Sijhawm Tshaj Tawm
84	16.8 ib	72	27.4 ib
85	16.0 Nws	73	26.5 ib
86	15.2	74	25.5 ib
87	14.4 ib	75	24.6 ib
88	13.7 ib	76	23.7 ib
89	12.9 ib	77	22.9 ib
90	12.2	78	22.0 Nws
91	11.5	79	21.1
92	10.8	80	20.2
93	10.1	81	19.4 ib
94 ib	9.5 ib	82	18.5 Nws
95	8.9 ib	83	17.7 ib

Piv txwv li, xav txog ib tus neeg muaj hnub nyoog yim caum xyoo uas nws IRA tus nqi ntawm \$ 100,000 thaum Lub Kaum Ob Hlis 31, 2022. Los ntawm lub rooj, lub neej expectancy yog 20.2 xyoo. Yog li, faib \$100,000 los ntawm 20.2 kom tau \$4950. Yog li RMD rau lub xyoo yog li \$4950.



Ib "Single Lifetime Table" rau siv los ntawm cov neeg tau txais txiaj ntsig tsim nyog tau txais txiaj ntsig kuj pom muaj nyob hauv IRS Pub 590-B [irs.gov/pub/irs-dft/p590b--dft.pdf](https://irs.gov/pub/irs-dft/p590b--dft.pdf).

Tsis tas li ntawd nyob rau hauv IRS Pub 590-B yog "Kev Sib Koom Lub Neej thiab Lub Sij Hawm Kawg Kev Cia Siab" rau cov neeg koom nrog uas nws tus txij nkawm muaj hnub nyoog qis dua kaum xyoo thiab yog tib tus neeg tau txais txiaj ntsig ntawm lawv IRS. Tag nrho peb lub rooj tau hloov kho rau kev faib khoom pib xyoo 2022.

**Lwm Txoj Cai RMD**

- Txiaj txim RMD rau txhua IRA, tab sis tag nrho cov nyiaj tau los ntawm ib qho lossis ntau dua IRA cov nyiaj.
- Txiaj txim RMD rau txhua tus 403(b) tab sis tag nrho cov nyiaj tau los ntawm ib qho lossis ntau dua 403(b) nyiaj.
- RMDs los ntawm 401(k) thiab 457(b) yuav tsum tau muab cais tawm ntawm txhua qhov kev npaj nyiaj txiaj.
- RMD cov cai rau Annuities tsis zoo ib yam li IRAs. Saib IRS Pub 575 kom paub meej: [irs.gov/forms-pubs/about-publication-575](https://irs.gov/forms-pubs/about-publication-575).

Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](https://UWRAMadison.org)) ces xaiv Resources/Presentations/2022-23 Sep-Dec to find a video and a PDF of Paul Swanson's tag nrho November presentation on Income Tax Preparation.-

## TSEEM CEEB RAU LUB SIJ HAWM

Tseem muaj sijhawm los sau npe rau Lub Ib Hlis webinars.

Kev sau npe online rau UWRA Zoom webinars yog ib qho yooj yim, tab sis cov tswv cuab kuj tuaj yeem xa email mus rau UWRA chaw ua haujlwm ntawm [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu) los yog hu 608-262-0641 rau npe rau cov xwm txheej.

Webinar txuas thiab cov ntaub ntawv hu tau suav nrog Kev lees paub kev sau npe thiab kev ceeb toom xa email rau cov neeg sau npe 7 thiab 2 hnub ua ntej cov xwm txheej.

### Xav tau kev pab nrog Zoom?

Hu rau [UWRA.tech@gmail.com](mailto:UWRA.tech@gmail.com)

## Tsis txhob cia koj

### TSEV KAWM NTAWV NTAWM HAIV NEEG

**Hnub Monday, Lub Ib Hlis 9, 2023**  
10–11:30 AM Online Webinar

#### Daim ntawv thov Deadline: Lub Ib Hlis 6

Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-4813133](https://UWRAMadison.org/event-4813133)



### YUAV UA LI CAS YUAV UA LI CAS?

**Hnub Thursday, Lub Ib Hlis 12, 2023**  
1:00-3:00 PM Online Webinar

#### Daim ntawv thov Deadline: Lub Ib Hlis 10

Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-5028148](https://UWRAMadison.org/event-5028148)

## HUMAN-ROBOT INTERACTIONS THIAB TEAM

**Hnub Tuesday, Lub Ib Hlis 17, 2023**  
2:00–3:30 PM Online Webinar

#### Daim ntawv thov Deadline: Lub Ib Hlis 13

Yuav tsum sau npe ua ntej. Sau npe online ntawm: [UWRAMadison.org/event-4966043](https://UWRAMadison.org/event-4966043)

## FOOD PANTRY CONTRIBUTIONS

**Kuv** n lieu ntawm cov nqi sau npe rau UWRA cov kev pab cuam, kev txhawb nqa pub dawb rau Open Seat Food Pantry uas pab cov tub ntshais kawm ntawv tsis muaj zaub mov tsis ruaj ntseg UW. Lub pantry yog ib qhov project ntawm ASM, Associated Students of Madison. Kawm ntxiv txog nws ntawm [asm.wisc.edu/the-open-seat/](https://asm.wisc.edu/the-open-seat/)

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.-

## COV CHAW UA HAUJ LWM

### Txavis siab rau Kev Sib Tham Txawv Tebchaws?

Los ntawm RAY WILLIAMS, MADISON COMMITTEE NTAWM FOREIGN RELATIONS

**T** nws Madison Pawg Neeg Saib Xyuas Kev Sib Tham Txawv Tebchaws tau mob siab rau kev kawm txuas ntxiv txog kev sib raug zoo ntawm ib tus neeg lub teb chaws, ntau haiv neeg kev sib raug zoo / kev nom kev tswv / kev ntseeg, thiab cov kev txhawj xeeb thoob ntiag teb xws li kev hloov pauv huab cua, kev nyab xeeb, kev lag luam, peev txheej, thiab kev noj qab haus huv. Peb coj cov neeg hais lus suav nrog cov neeg ua haujlwm tam sim no lossis yav dhau los ntawm tsoomfwv Meskas cov koomhaum, cov kws lis haujlwm txawv tebchaws, thiab cov kws tshaj lij los ntawm txawv tebchaws thiab cov tsev kawm qib siab hauv tebchaws thiab cov koom haum txoj cai.

Peb muaj kwv yees li xya qhov xwm txheej txhua xyoo. Cov xwm txheej ntawm tus kheej tshwm sim ntawm Madison Club, suav nrog kev noj hmo nrog cawv ua ntej kev nthuav qhia thiab lub sijhawm rau kev sib tham ntawm cov neeg tuaj koom. Cov ntsiab lus hais txog peb lub koom haum, kev ua tswv cuab, kev kos npe rau kev tshwm sim thiab cov nqi, cov ncauj lus nthuav qhia, thiab cov neeg hais lus bios yog txhua yam muaj nyob hauv peb lub vev xaib ntawm [mcf.info](https://mcf.info). Cov xwm txheej yav tom ntej yog: \_\_\_\_\_

**Lub Ob Hlis 15 Muab Hong Kong nyob rau hauv cov ntsiab lus dav dav ntawm Tuam Tshoj sim tswj cov lus piav qhia txog Tuam Tshoj**(Virtual)

**Peb Hlis 23 Latin American Lithium Sourcing: Qhov Kev Cia Siab Tom ntej, lossis Npau Suav Npau Suav?** (hauv tus neeg)

**Plaub Hlis 27 Qhov twg yog Lub Ntiag Teb COVID-19 Cov Txheej Txheem, lossis Kev Cia Siab rau Kev Nyab Xeeb Ntiag Teb**(Hauv tus kheej)

**Tsibkom tshaj tawm.-**



## TRAVEL

## Coj Tsev Neeg Ntxiv, Thov!

Los ntawm COLLEEN MCCABE, MEMBER, TRAVEL COMMITTEE

Do koj xav koj tag nrho tsev neeg mus rau qhov chaw so tshiab, tab sis tsis paub tseeb tias yuav them nyiaj li cas rau ntau lub hnuv nyooq thiab poj niam txiv neej hauv koj pab pawg? Txoj kev daws yog ib lub tsev xauj los ntawm [Airbnb.com](https://www.airbnb.com) los yog [VRBO.com ua](https://www.vrbo.com) (Vacation Rentals By Owner). Yog tias tsis muaj dab tsi ntxiv, lawv cov vev xaib hauv online muab kev lom zem zoo rau lawv tus kheej. Koj tuaj yeem siv ob qhov chaw; Muaj ntau yam khoom muaj npe hla ntawm ob qho tib si, tab sis qee qhov yuav tshwj xeeb rau ib qhov chaw.

Txhawm rau pib, mus rau lub vev xaib thiab ntaus hauv qhov chaw thiab hnuv ntawm koj qhov chaw nyob, tus naj npawb ntawm cov qhua, tus naj npawb ntawm chav pw thiab chav dej koj xav tau, tag nrho lub tsev vs. condo lossis chav tsev, thiab lwm yam khoom siv uas koj xav tau (pool, chaw nres tsheb, kub tub, ntxhua khaub ncaws / tshuab ziab khaub ncaws, WiFi, grill, thiab lwm yam). Ces, tos rau tag nrho cov possibilities uas tshwm sim. Koj yuav xav tsis thoob.

Xyoo dhau los, mus ncig nrog kuv tus tub laus thiab nws ob tug hluas nkauj, peb nyob ntawm peb lub tsev xauj—hauv San Diego, Costa Rica, thiab Evergreen, Colorado. Txhua tus muaj txhua yam peb xav tau, xws li 3-4 chav pw thiab 2-3 chav dej, nyob ze rau lub puam hauv SD, lub pas dej ua ke hauv CR, thiab lub tsev nyob hauv CO foothills. Cov duab hauv online pom peb txhua chav. Nyob rau hauv txhua rooj plaub rau peb, cov chav ua noj tau muab tag nrho, ntxiv rau muab cov staples ib txwm koj yuav pom hauv tsev. Txhua tus muaj kas fes thiab kas fes!

Yog tias koj pom qhov chaw txaus nyiam, nco ntsoov nyeem cov kev tshuaj xyuas - txhua tus ntawm lawv. Nug cov lus nug ntawm tus tswv / tus thawj koj ntawm lub cuab yeej. Txiv txim seb lawv sib txuas lus zoo npaum li cas vim qhov no yuav yog qhov tseem ceeb. Feem ntau qhov chaw tsuas muaj keypad nkag, vim tus tswv yuav tsis nyob ib puag ncig. Ua daim ntawv tshwj xeeb ntawm txoj cai tshem tawm. Ib txhia muab koj latitude ntau, lwm tus tsis.

Ntau qhov chaw muab cov lus qhia rau kev ncig xyuas thiab kev paub hauv lawv cheeb tsam, thiab koj tuaj yeem ua kev tshwj tseg rau cov neeg hauv online. Qhov ntawd ua haujlwm zoo rau peb hauv Costa Rica. Peb xaiv tsis xauj tsheb, yog li cov tsheb thauj neeg ncig tebchaws tuaj tos peb ntawm peb "villa."

Tsis ntev los no txoj cai tshiab yuav xav kom cov khoom hauv Asmeskas qhia tag nrho tus nqi, suav nrog tag nrho cov nqi ntxiv, xws li cov nqi tu thiab kev lav phib xaub. Yog lawm, cov khoom muaj cai, yog li npaj ua raws li lawv mus rau tsab ntawv. Koj yuav tsum tau tawm ntawm qhov chaw ntau npaum li koj pom lawv. Cov neeg ua haujlwm tu tsev tuaj nyob nruab nrab ntawm cov neeg xauj tsev kom nqus tsev, ua cov txaj, ntxuav hauv pem teb, thiab chav dej huv. Tej zaum koj yuav raug hais kom khiav lub tshuab ntxuav tais diav thaum koj tawm mus thiab ntxuav cov ntawv thiab phuam. Qee lub sijhawm, tsuas yog teev nyob nruab nrab ntawm cov qhua, cov kev cai no pab txhua tog.

Txawm hais tias koj txiv txim siab tsis siv cov tsev xauj tsev, ua tib zoo saib cov khoom muaj nyob hauv cov chaw txawv. Nws yog kev lom zem heev, thiab tej zaum koj yuav tsis muaj peev xwm tiv taus!

### WEBINAR RECAP

## Ib tug neeg Asmeskas nyob hauv Gascony

Los ntawm ESTHER OLSON, Thawj Tswj Hwm, TRAVEL COMMITTEE

**Kuv** n Kaum Ib Hlis, UWRA cov neeg koom tau hnov txoj kev nyob hauv thaj chaw Fabkis keeb kwm ntawm Gascony nyob rau sab qab teb sab hnuv poob ntawm Fab Kis, qhov twg Pyrenees Toj siab tuaj yeem pom nyob deb. Emeritus xibfwb Ullrich Langer, uas so haujlwm ntawm Lub Tsev Haujlwm Fab Kis Fab Kis & Italian xyoo 2020, yuav ib lub tsev hauv Gascony xyoo 1996. Txij thaum ntawd los, nws tau faib nws lub sijhawm ntawm Madison thiab lub nroog Lectoure, raws li txoj kev taug kev nto moo mus rau Santiago de Compostela.

Langer tau muab peb tus kheej pom ntawm lub neej hauv Fab Kis, suav nrog kev zoo nkauj ntawm lub teb chaws, kev lag luam qub qub thiab cov chav da dej sov ntawm Lectoure, muaj ntau lub sijhawm los koom nrog cov koom haum hauv zej zog, yuav khoom noj khoom haus thiab thaj chaw Armagnac brandy, thiab saib ntau pua xyoo. cov tsev. Nws qhia cov ntau ntawv hais txog kev yuav khoom thiab kho lub tsev qub, taug kev hauv cov tsheb thauj mus los, them se, Fabkis txoj kev nom kev tswv thiab kev saib xyuas tus nqi qis, thiab kawm ua ib tus neeg nyob ze zoo.

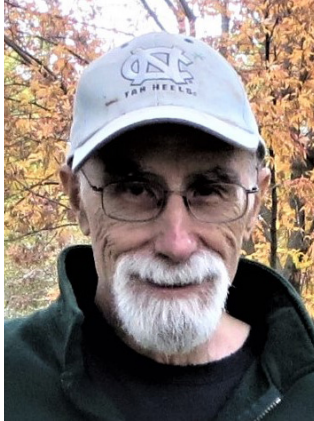
*Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](https://www.uwramadison.org)) ces xaiv Resources/ Presentations/2022-23 Sep-Dec kom pom ib daim vis dis aus ntawm tag nrho cov kev pab cuam.-*

UA NTEJ UA TSAUG

# Txais Kev Kawm Mus Ib Tthis

Los ntawm KEN SHAPIRO

My hometown yog Long Beach, New York. Kuv thawj txoj haujlwm puv sijhawm yog tus neeg ua haujlwm rau New York City Department of Welfare.



Ua ntej so haujlwm ntawm UW-Madison xyoo 2012, kuv yog ib tug xibfwb ntawm kev ua liaj ua teb thiab kev siv nyiaj txiag (AAE); Associate dean thiab tus thawj coj ntawm CALS International Programs; thiab department Chair ntawm AAE. Ib feem ntawm kuv txoj haujlwm nyiam yog cov neeg zoo uas kuv tau ua haujlwm nrog. Nws suab trite, tab sis nws muaj tseeb. Kuj: I

nyiam mus xyuas cov neeg ua liaj ua teb hauv cov zos me hauv Africa, Is Nrias teb, thiab Tuam Tshoj, thiab ua kom muaj cib fim rau lwm tus kws qhia ntawv UW thiab cov neeg ua haujlwm ua ib yam li qhia lawv cov kev txawj ntse.

Thawj qhov uas kuv tau ua tom qab kuv so haujlwm (tom qab taug kev mus rau Hawaii) yog tus kws qhia nyeem ntawv rau cov tub ntxhais kawm thib ob thiab thib peb ntawm Gompers Elementary School thiab lej ntawm Blackhawk Middle School. Tam sim no kuv siv kuv lub sij hawm soj ntsuam cov kev kawm hauv tsev kawm ntawv-feem ntau yog keeb kwm, nrog rau kev kawm txog nom tswv, agronomy, Shakespeare, geology, philosophy, thiab keeb kwm kos duab-kwv yees li 20-25 chav kawm txog tam sim no txij li thaum kuv so haujlwm. Kuv pom zoo kom Senior Guest Auditor program ([acsss.wisc.edu/senior-guest-auditors/](https://acsss.wisc.edu/senior-guest-auditors/)). Kuv kuj tseem nyiam noj tshais thaum kuv nyeem cov ntawv nrog kuv tus poj niam Mary, siv sijhawm ntau rau kev tawm dag zog thiab taug kev, thiab tsis muaj kev ntxhov siab.

Kuv qhov kev nyiam UWRA yog nyeem ntawv *Tus Sifter!* Qhov tsawg tshaj plaws-nyiam UWRA cov dej num yog cov lus tshaj tawm uas liam cov txiaj ntsig ntawm Medicare Advantage cov kev pab cuam (xws li United Health) yam tsis tau tham txog kev iab liam ntawm lawv qhov tsis raug cai ntawm kev thov thiab

overcharge Medicare (saib New York Times cov lus 10/13/18 thiab 10/8/22).

Cov phau ntawv kuv nyuam qhuav tas los yog kuv tseem nyeem yog:

- Ruth Conniff, *Mis nyuj*, hais txog kev sib raug zoo ntawm Wisconsin cov neeg ua liaj ua teb noj mis nyuj thiab cov neeg ua haujlwm tsis muaj ntau ntawv Mexican tsiv teb tsaws chaw, tsis muaj leej twg Wisconsin kev lag luam mis nyuj yuav nyob ntawm nws lub hauv caug
- Caroline Elkins, *Imperial reckoning*, hais txog Askiv raug kaw, tsim txom, thiab tua neeg ntawm Kenya's Kikuyu, nrog rau Elkins ' *Txoj Cai Ntawm Kev Ua Phem*, saib ntau dua ntawm Askiv cov kev ua phem ua phem thoob plaws lub tebchaws
- Taylor ceg, *Parting the Waters: America in the King Xyoo*, daim duab granular ntawm lub siab tawv rau pej xeev txoj cai tawm tsam tawm tsam kev phem kev phem nyob rau sab qab teb
- Walter Russell Mead, *Lub Arc of a Covenant*, qhov kev pom ntev heev ntawm US kev nom kev tswv hauv tebchaws thiab txawv teb chaws txoj cai zoo li US-Israel kev sib raug zoo.

Kuv cov phiaj xwm taug kev tom ntej no suav nrog pom peb cov menyuum yaus hauv Seattle thiab Virginia. Tom qab mus xyuas ntau tshaj 50 lub teb chaws, feem ntau yog rau kev ua haujlwm, kuv txoj kev mus ncig yog tsawg heev.-

**Lub Kaum Ib Hlis 1-30, 2022**

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

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<b>Martine Debaisieux,</b> <i>Fabkis &amp; Italian</i>	<b>Charles Prissel, Msn-</b> <i>Division of Extension</i>
<b>Harold Hill Goldsmith, thiab</b> <i>L&amp;S Psychology</i>	<b>Christopher Schappel ,</b> <i>Department of kis las</i>
<b>Jeffrey Hanson</b> <i>Jordan Hanson, IB Tsev kawm ntawv kev sib raug zoo</i>	<b>Thomas Szalkucki Center</b> <i>for Dairy Research</i>
<b>Susan Heidrich, Tsev Kawm Ntawv</b> <i>Nursing</i>	<b>Richard Wolman,</b> <i>Anesthesiology, SMPH</i>

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

**ACTIVITIES nyob rau hauv so**

**Keu txaus siab txuas ntxiv hauv Tsev Kho Kom Zoo Nkauj**

Los ntawm LUCY WALL, UWRA MEMBER

While tsis ntev los no rov nyeem cov ntawv sau hauv kuv phau ntawv 4-H cov ntaub ntawv, kuv tau kawm tias kuv qhov kev txaus siab rau kev kho kom zoo nkauj hauv tsev tau pib rov qab los, thaum tab tom nrhiav kom muab tus kheej kov ntawm kuv niam kuv txiv lub tsev. Kuv qhov project 4-H hu ua "cov khoom vaj khoom tsev" tau pab kuv kawm qee cov hauv paus ntsiab lus nrog kuv thawj qhov project ntawm kev tsim cov ntaub pua rooj thiab cov ntaub so ntswg. Nws pab tau tias kuv niam tau kawm tiav kev lag luam hauv tsev.

Tau ntau xyoo, kuv tau nyob hauv ntau lub tsev thiab ib txwm muaj nyiam ua lawv calming thiab txais tos los ntawm kev siv ntawm fabrics, colors yog, kev ntxhib los mos, thiab kev npaj.

Kuv xaws peev xwm pub kuv txaus siab rau tsev kho kom zoo nkauj li Kuv craft windows kev kho mob, plua plav ruffles, pov hauv ncoo, thiab dab tsi yog xav tau-



ed. Kuv pleev xim phab ntsa, ua kom tiav ntoo, thiab ntxiv cov khoom siv uas cuam tshuam txog lub neej thiab cuab yeej cuab tam ntawm kuv tsev neeg. Kuv tshwj xeeb tshaj yog nyiam ua tablescapes raws caij nyooog.

Kuv tau nthuav tawm qhov kev txaus siab no hauv kev kho kom zoo nkauj hauv tsev kom suav nrog kev kawm txog thiab siv ntoo, cog ntoo, thiab teeb pom kev zoo. Tom qab kuv so haujlwm ua tus pab saib xyuas kev nkag mus rau Tsev Kawm Ntawv Tshuaj thiab Kev Noj Qab Haus Huv, kuv tus txij nkawm thiab kuv tau tsim peb lub tsev tam sim no. Peb xaiv tag nrho cov khoom siv niaj hnub, xim, thiab cov khoom siv ua ntej xaiv qhov kev kho qhov rais, ntaub pua plag, accessories, thiab lwm yam khoom siv. Landscaping yog ib feem tseem ceeb ntawm qhov project thiab.

Txhua yam pib nrog lub zeem muag, thiab qhov ntawd yog qhov kuv nyiam tshaj plaws: pom lub tsev tag nrho hauv ib qho chaw. Thiab yog, peb kuj muaj tsev neeg lub tsev nyob uas qhia txog ntau qhov kev hloov pauv ntawm kuv txoj kev xav ntawm kev tawm mus kom raug - sab hauv thiab sab nraud!-

**ATTIC ANGEL ASSOCIATION**

**Lub Ib Hlis Kev Kawm Txuas Ntxiv Kev Kawm Slated**

Tnws Kev Kawm Txuas Ntxiv ntawm Attic Angel Association, qhib rau pej xeeb, muaj nyob rau hnub 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 zov me nyuam pib thaum 10:30 AM Tsis muaj nqi, thiab tsis xav tau kev tshwj tseg tab sis muaj peev xwm yog 80 tus neeg. Cov neeg koom nrog qhov program yuav tsum tshuaj ntsuam nyob rau pem hauv ntej nkag thiab hnav daim npog qhov ncauj noj qab haus huv.



**Lub Ib Hlis 9Kev Tshawb Fawb Txog Koj Cov Kev Xav Tau Zoo Tshaj Plaws (Dab tsi ntawm Koj Lub Hlwb Koj Siv Feem Ntau?)**Bob Darula, tus lwm thawj ntawm cov tub ntxhais kawm so haujlwm, Fox Valley Technical College, tus kws qhia so haujlwm, tus neeg nyob hauv AAP

**Lub Ib Hlis 16Tau ntsib US Civil Rights Trail: Txoj Cai ntawm Cov Neeg Hloov Keeb Kwm**Don Schott, tus kws lij choj laus laus hauv Wisconsin thiab tus neeg txiav txim plaub ntug rau US Tsev Hais Plaub Plaub Ntug, Xya Circuit Court

**Lub Ib Hlis 23Lub Koom Haum Hmoob: Ib Tsoom Haiv Neeg Ntseeg, Txhawb Zej Zog**Mai Zong Vue, board president, the Hmong Institute

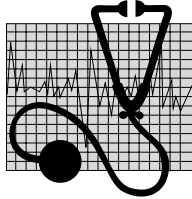
**Lub Ib Hlis 30Bayview Rising thiab keeb kwm ntawm daim duab peb sab Neighborhood**Alexis London, tus thawj coj ntawm Bayview Foundation.-

## KEV SIB THAM

# Jack poob thiab tsoo nws lub kaus mom: zam kev ntog

Los ntawm David M. DECI MD, UWRA MEMBER

Most ntawm peb tau paub txog cov lus qhuab qhia hauv chaw zov me nyuam txog Jack thiab Jill, uas nws cov lus Askiv keeb kwm rov qab mus rau nruab nrab-18th caug xyoo. Nyob rau hauv thawj nqe, "Jack poob thiab tsoo nws lub kaus mom, thiab Jill tuaj tom qab." Cov duab zoo nkauj txaus ntshai, txawm tias cov neeg laus.



Kev raug mob thaum lub caij nplooj zeeg muaj kev cuam tshuam rau peb txoj kev noj qab haus huv thiab kev noj qab haus huv. Kuv xav tsis thoob thaum kawm paub tias, raws li Lub Chaw Tiv Thaiv Kab Mob, 42,114 Asmeskas cov neeg tuag vim yog kev sib tsoo hauv xyoo 2020. Tus lej ntawd tau tshaj 2,000 tus neeg tsav tsheb tuag. Peb nquag siv kev ntsuas los ua kom lub tsheb thiab tsav tsheb nyab xeeb dua, peb puas xav txog txoj hauv kev los txo cov kev pheej hmoo poob?

Tsis tas li ntawd, kev ntog cuam tshuam rau cov neeg laus tsis sib xws. Cov hnuv nyoog ntsig txog yam uas ua rau muaj kev pheej hmoo no suav nrog:

- txo cov leeg nqaij
- qeeb reflexes
- kev tsis pom kev thiab kev nkag siab tob
- Kev puas siab puas ntsws hauv ko taw (neuropathy)
- poob ntawm kev sib npaug-tswj vim kev mob stroke yav dhau los thiab/los yog tus kab mob Parkinson
- kiv taub hau vim siv tshuaj
- rhiab heev rau cawv
- Cov pob txha tsis muaj zog vim yog pob txha pob txha.

Wisconsin Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv tau tshaj tawm tias qhov kev raug mob poob rau Wisconsinites nce mus txog qhov nruab nrab hauv lub tebchaws. Txawm li cas los xij, tus nqi tuag los ntawm kev poob hauv peb lub xeev yog ob npaug ntawm lub teb chaws nruab nrab, ib qho kev txheeb xyuas uas tau lees paub ua.

Qhov xwm zoo yog tias muaj pov thawj-raws li kev cuam tshuam uas tuaj yeem txo qhov kev pheej hmoo ntawm kev ntog thiab raug mob tom qab. Thaum peb pib xyoo tshiab, kuv

cam peb txhua tus los ntsuas cov kev ntsuas uas tuaj yeem pab ua kom peb muaj kev nyab xeeb dua.

**Tau txais kev ntsuam xyuas kev noj qab haus huv**  
Medicare suav nrog cov kev ntsuam xyuas hauv chaw ua haujlwm yooj yim xws li "nce thiab mus" qhov kev xeeb uas muaj txiaj ntsig zoo rau kev pheej hmoo poob. Kev teem caij kho lub cev tuaj yeem nthuav tawm cov xwm txheej uas cuam tshuam rau kev mus thiab sib npaug. Tham nrog koj tus kws kho mob tham txog cov tshuaj uas yuav ua rau txo qis ntshav siab thaum koj sawv los yog yuav ua rau qaug zog lossis kiv taub hau. Lwm cov tshuaj yuav muaj. Kuj nug txog kev kuaj thiab kho pob txha. Ib ooj ntawm kev tiv thaiv yog tsim nyog ib phaus kho.

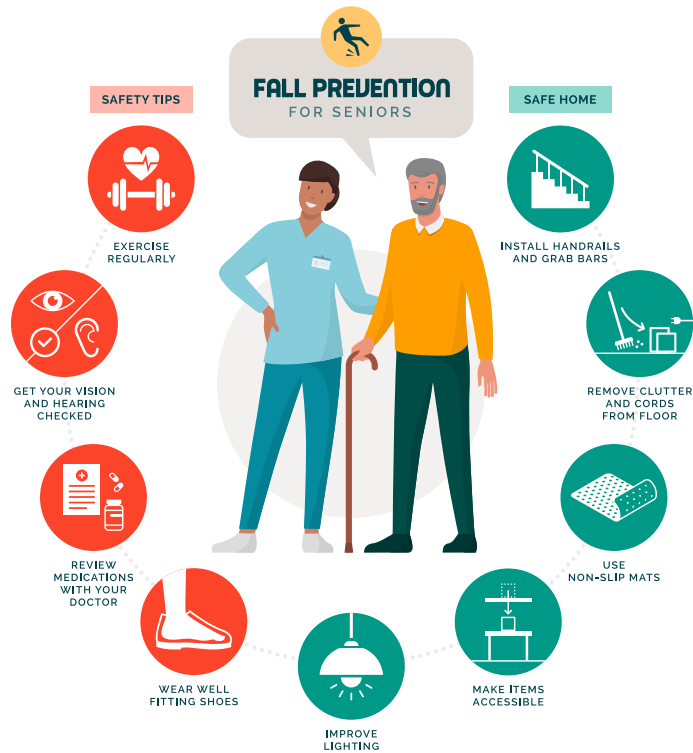


**Ua kev ntsuam xyuas kev nyab xeeb hauv tsev**  
Kev ntog feem ntau tshwm sim hauv tsev, tshwj xeeb tshaj yog hauv chav dej lossis chav ua noj. Tshem tawm cov ntaub pua plag, txo cov clutters, txhim kho cov tuav nyob ze ntawm lub chav dej thiab da dej, xav txog kev hloov cov tubs nrog cov da dej uas tsis tshua muaj teeb meem, hnav cov khau kom haum nrog cov tread zoo, thiab siv lub teeb hmo ntuj kom pom kev zoo. Muab ob npaug rau xyuas kom paub meej tias cov ntaiv muaj cov tes tuav ruaj khov. Tsis txhob siv cov ntaiv lossis cov kauj ruam, thiab tsis txhob nce lub rooj zaum kom ncav cuag cov khoom siab dua. Txhim kho koj qhov chaw ua haujlwm kom ze rau qib qhov muag, thiab siv "grabbers" los pab khaws cov khoom. Tsis txhob tawm mus sab nraum zoov thaum qhov chaw ntub dej lossis dej khov.

*(Saib ntxiv ntawm p. 9)*



(Txuas ntxiv ntawm p.8)



**Ua haujlwm los txhim kho koj qhov sib npaug thiab ruaj khov** Kev tshawb fawb pom tau hais tias kev siv cov nqaij ntshiv mus ntev mus rau kev txo qis kev poob. Wisconsin Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv thiab Kev Laus muaj ib txoj haujlwm xya-lub lim tiam hu ua Stepping On uas tau ua rau 31% txo qis ntawm cov neeg tuaj koom. Tai Chi kuj tau pom tias muaj txiaj ntsig zoo hauv kev txhim kho kev sib npaug thiab txo qis kev pheed hmoo ntawm kev raug mob poob. Tsis tas li ntawd, kev siv cov canes uas tsim nyog, cov neeg taug kev, thiab cov rollators tuaj yeem ua rau muaj txiaj ntsig zoo. (Tab sis lawv ua haujlwm tsuas yog tias koj siv lawv!)

**Npaj rau qhov npaj txhij txog** Peb yeej tsis paub thaum twg peb yuav poob. Xav txog txoj hauv kev los hu kev pab thaum lub caij nplooj zeeb. Cov khawm hu xov tooj thaum muaj xwm ceev, lub dab teg, thiab cov pendants tuaj yeem cawm txoj sia thiab yog ib qho kev nqis peev zoo. Ntau lub koom haum thiab cov tuam txhab xov tooj muab cov kev pabcuam no.

Cov peev txheej los tshawb nrhiav:

**Kauj Ruam**

[wihealthyaging.org/programs/falls-prevention-programs/stepping-on/](https://wihealthyaging.org/programs/falls-prevention-programs/stepping-on/)

**Medical Alert Systems**

[usnews.com/360-reviews/services/medical-alert-system](https://usnews.com/360-reviews/services/medical-alert-system)

Kev Nyab Xeeb Hauv Tsev

[cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf](https://cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf)

**Ntsuas Mobility** [youtube.com/watch?v=VUq6IqQAVJM](https://youtube.com/watch?v=VUq6IqQAVJM)

Cia peb txhua tus txiav txim siab Xyoo Tshiab los ua kom peb tus kheej thiab peb cov neeg hlab muaj kev nyab xeeb!

**BREAKFASTS ntawm ELIE's Cafe**  
 909 E. Broadway, Monona, WI  
 9:00–10:30 AM Kev sib sau ua ke

Koom nrog UWRA cov tswv cuab noj tshais (los yog khob kas fes lossis tshuaj yej) ntawm Elie Tsev Noj Mov. Cov tswv cuab sib sau ib hlis ib zaug noj tshais thiab kev sib tham zoo. Tsis xav tau kev tso npe.

**Hnub Tuesday, Lub Ib Hlis 24**  
**Tuesday, Lub Ob Hlis 28**  
**Tuesday, Peb Hlis 28**

**WEBINAR RECAP**

**Tsov rog nyob rau hauv Ukraine: Yuav ua li cas tshwm sim, thiab yuav ua li cas tshwm sim tom ntej?**

**P**rofessor Mark Johnson tau koom nrog Tom Eggert rau kev sib tham txog kev ua tsov rog hauv Ukraine. Pib nrog cov keeb kwm luv luv, Johnson tau piav qhia txog kab lis kev cai, keeb kwm, thiab kev lag luam yav dhau los rau kev cuam tshuam ntawm Lavxias thaum ntsov 2022. Pom tau tias yuav muaj yeej sai sai (raws li Lavxias tus thawj tsuj hwm Vladimir Putin tau ua tiav hauv Crimea), cov tub rog Lavxias hloov mus rau kev txhawb nqa thiab txhawb nqa Ukrainian. kev tawm tsam thiab kev sib koom ua ke West txhawb nqa Ukraine. Lub neej yav tom ntej tsis meej heev, vim Putin tsis tuaj yeem thim tsis tau yam tsis muaj kev poob ntsej muag. Txawm li cas los xij, Johnson tau kwv yees tias kev ua tsov rog yuav xaus rau xyoo 2023 vim tias Russia tsis tuaj yeem them tus nqi txuas ntxiv.-

*Yog tias koj plam qhov webinar, koj tuaj yeem saib nws los ntawm kev mus xyuas UWRA lub vev xaib ([UWRAMadison.org](https://UWRAMadison.org)) thiab xaiv Resources/Presentations/2022-23 Sep-Dec.*

REFLECTIONS

# Pedal rau Hlau!

Los ntawm MARY BARNARD RAY

**Kuv**txaus siab tsav tsheb; nws nyob hauv kuv cov ntshav. Kuv los ntawm ob peb tiam ntawm cov poj niam uas nyiam tsav tsheb. Kuv pog, yug xyoo 1879, siv sijhawm ntau ntawm nws lub neej tsav ib pab neeg ntawm nees tab sis koj mus tsav tsheb sai li sai tau thaum lawv tau txais.

Ib tug kws tshaj lij nees yug, kuv yawg muaj peev xwm pauv nws Morgan mare rau lawv thawj lub tsheb, qhov kev txiav txim siab nws feem ntau tu siab thaum nws pom li cas



tus tswv tshiab tau kho nws tus maum zoo nkauj. Nws tau hais tias "Nws tsis raug tsim los siv rau lub plav," nws hais. Txawm li cas los xij, raws li kuv pog thiab lawv tsib tus ntxhais piav qhia rau nws, lawv txhua tus tuaj yeem caij tsheb, thaum tsuas yog ib tus neeg tuaj yeem caij nees.

Kuv txiv yuav luag tag nws txoj hauv kev los yuav kuv niam thaum, thaum tsav tsheb nce toj ntawm txoj kev pob zeb, nws muaj lub siab ntev kom dhau kuv pog thaum nws tsav tsheb. Qhov ntawd tsis tau zaum zoo nrog nws, txawm tias nws tau tsav tus qauv T nrog lub nra hnyav ntawm cov ntxhais thaum kuv txiv tsuas muaj kuv niam-rau-nyob hauv nws lub tsheb. Kuv niam kuv txiv tseem tab tom qhia zaj dab neeg no rau xyoo 1979, ntev tom qab kuv pog tau tas sim neej lawm.

Kuv niam, yug xyoo 1913, tau txais nws daim ntawv tsav tsheb sai li sai tau thaum nws laus txaus. Tsis tas yuav xeeb tsav tsheb; koj tsuas sau daim foos thiab them tus nqi xwb. Nws kawm tsav tsheb los ntawm nws niam, yog li tsis muaj leej twg tuaj yeem nrog nws ntawm txoj kev pob zeb. Nws tsis yog tus ceev, tab sis nws tsav tsheb nrog kev ntseeg siab thiab tsis ua siab ntev rau lollygaggers.

Yawg tsav tsheb ntau zaus vim nws txoj haujlwm ua haujlwm rau Missouri Unemployment Division tau koom nrog tsav tsheb txhua lub limtiam hla lub nroog mus thov. Tib lub sijhawm uas nws muaj teeb meem tswj xyuas tom qab lub log yog tsav tsheb mus tsev hauv cov cua daj cua dub. Nws me ntsis liab VW Beetle swb rau hauv ib

nqhis dej. Rau-

unately, ob lub tsheb thauj khoom

tsav tsheb nres thiab ua ke nqa lub

me Beetle thiab muab nws maj mam rov qab rau ntawm txoj kev. Thaum nws tsav tsheb, tsis ntshai li puas tau.



Yees duab credi t: Ryan Fletcher / Shut terstock.com

## Kuv pib kawm

tsav nyob rau hauv tib lub Beetle, nrog ib tug plaub-rau-the-pem teb stick hloov. Kuv txiv tau koj kuv mus rau txoj kev ntxhab tshaj plaws hauv lub tiaj ua si hauv zos thiab ua rau kuv nres thiab pib lub tsheb nruab nrab ntawm lub roob tsis tau rov qab los rau saum toj. Thaum kuv ua tau li ntawd, nws pom tias kuv yuav luag npaj tsav kuv tus kheej.

Lub caij no, hauv kev kawm tsav tsheb, kuv tau kawm tsav tus qauv nrog lub iav hloov ntawm kab, uas yog qhov kuv yuav tsum tau siv thaum kawm mus rau qhov chaw nres tsheb sib npaug. Ua kom tiav kuv txoj kev kawm, kuv kuj tau tsav kuv txiv lub tsheb, uas yog ib qho tsis siv neeg nrog lub zog nres thiab lub kauj. Qhov ntawd yog Chrysler, uas peb hu ua Sampson. Liab Beetle yog, ntawm chav kawm, Delilah.

Thaum nws los txog rau peb peb tug me nyuam, yog kuv tig los qhia tsav tsheb. Peb muaj tus qauv hloov tsheb thiab tsis siv neeg lub sijhawm, yog li lawv tau kawm ntawm ob qho tib si. Kuv tau qhia lawv ib txwm paub tias lawv lub log nyob qhov twg, vim koj tsis xav khiav mus rau hauv qhov kwj dej thaum tig los ntawm txoj kev pob zeb. Lawv kawm paub yuav ua li cas tuav lub clutch yam tsis tau ua lub tsheb chug ua ntej kuv txawm cia lawv tig lub cev muaj zog: "ceev, tawm qeeb" Kuv yuav hu nkauj raws li lawv xyaum. Txog rau thaum xaus ntawm lawv txoj kev kawm, lawv tau kawm mus rau qhov chaw nres tsheb sib npaug ntawm cov tsheb sib tw thaum kuv sawv qhov twg lub tsheb tom ntej yuav nyob. Cov chav kawm tsav tsheb tsis txaus ntshai rau lawv tom qab ntawd. Peb tus ntxhais nyob hauv Chicago tam sim no, thiab nws tuaj yeem sib dhos ua si ntawm ob sab ntawm txoj kev ib txoj kev yooj yim.

Tam sim no kuv muaj peb tug xeeb ntxwv, tiam thib tsib, uas yuav kawm tsav sai sai. Kuv ntseeg hais tias lawv niam lawv txiv yuav ua rau lawv dhau mus. Nws yog tsev neeg kev lig kev cai.-

**BOOK MARKS**

**Peb Tsis Paub Peb Tus Kheej**

REVIEWED los ntawm TOM BROMAN, BOARD OF DIRECTORS & Chair, PARTNERSHIP THIAB COMMITTEE

*We Tsis Paub Peb Tus Kheej* (Lub taub hau ntawm Zeus, 2021) los ntawm cov neeg sau xov xwm thiab cov neeg thum Fintan O'Toole piav qhia txog kev hloov pauv loj hauv tebchaws Ireland txij li xyoo 1950, thaum lub sijhawm ib lub tebchaws tau hais los ntawm kev tawm tsam Askiv haiv neeg, kev saib xyuas kev noj qab haus huv, thiab kev ntseeg Catholic maj mam thiab mob siab dhau los ua lub xeev European niaj hnuv .

O'Toole zaj dab neeg pib xyoo 1958. Ireland tau dhau los ua neeg nyob deb nroog thiab txom nyem, yog lub teb chaws tsim kho tsawg tshaj plaws nyob rau hauv cov teb chaws Europe tsis yog Communist. Nws ob qho tseem ceeb xa tawm yog nqaij nyuj thiab nws cov neeg, uas emigrated nyob rau hauv coob. Qee 40% ntawm tag nrho cov neeg yug hauv Ireland xyoo 1930-40 tau tawm hauv lub tebchaws. Cov uas tseem nyob pom tsis muaj kev cia siab rau yav tom ntej zoo dua. (Ireland txoj kev sib yuav hauv 1958 yog ib qho qis tshaj plaws hauv ntiab teb.)

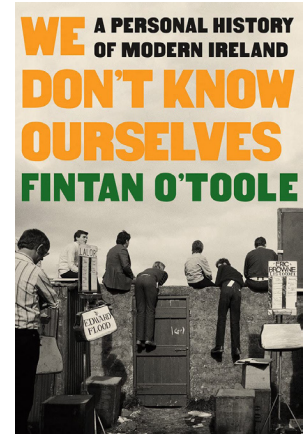
Nyob nruab nrab ntawm qhov tsaus ntuj no ob peb lub noob ntawm kev hloov pauv tau cog. Xyoo 1958, Ireland pib sib tham txog kev koom nrog hauv European Common Market tshiab, cov txheej txheem ntev uas thaum kawg yuav ua tiav xyoo 1972. Txawm tias ua ntej ua tswv cuab hauv EU, lwm qhov kev hloov pauv nyiaj txiag tau siv los rhuav tshem Ireland txoj kev lag luam yuav luag feudal.

O'Toole thov tias kev hloov kho Ireland kuj tseem

yuav tsum demolishing ob tug conservative ncej ntawm Irish haiv neeg. Ib qho yog Fianna Fáil, pawg nom tswv uas tau kav tebchaws Ireland yuav luag tsis muaj kev so txij li xyoo 1920, thaum Irish Free State tau ua tiav kev ywj pheej los ntawm UK. Lwm qhov yog lub Koom Txoos Catholic, uas nationalistically tshaj tawm nws tus kheej lub tsev sab ntsuj plig ntawm sab hnuv poob

Catholicism. O'Toole cov lus hais txog yuav ua li cas ob lub koom haum tau tawg los ntawm kev noj nyiaj txiag, kev ua siab phem, thiab kev tshwm sim ntawm kev ua phem phem thiab kev tsim txom kev sib deev hauv lub tebchaws lub tsev kawm ntawv, ua haujlwm los ntawm Cov Kwv Tij Christian, yog qhov tseem ceeb ntawm nws cov lus piav qhia. Northern Ireland tseem ua lub luag haujlwm tseem ceeb, raws li rau lub nroog uas tsis kam koom nrog Lub Xeev Dawb tau ua rau Irish haiv neeg thiab radicalized nws txoj kev nom kev tswv.

Phau ntawv tau txais ob qho khoom plig Irish Phau Ntawv (Cov Phau Ntawv Zoo Tshaj Plaws ntawm Lub Xyoo thiab *Ib qho Post* Phau Ntawv Xyoo) xyoo 2021 .-



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

**- 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.

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

- Hnuv Monday, Lub Ib Hlis 9, 2023 10:00-11:30 AM dr hab
- Hnuv Thursday, Lub Ib Hlis 12, 2023 1:00-3:00 IB
- Hnuv Tuesday, Lub Ib Hlis 17, 2023 2:00 – 3:30 p.m
- Hnuv Tuesday, Lub Ib Hlis 24, 2023 9:00-10:30 AM dr hab
- Hnuv Tuesday, Lub Ob Hlis 7, 2023 2:00 – 4:00 p.m
- Hnuv Tuesday, Lub Ob Hlis 28, 2023 9:00-10:30 AM dr hab
- Hnuv Wednesday, Lub Peb Hlis 1, 2023 1:30-3:00 IB
- Tuesday, Peb Hlis 7, 2023 1:00-3:00 IB
- Tuesday, Peb Hlis 21, 2023 1:00-3:00 IB
- Tuesday, Peb Hlis 23, 2023 1:00-3:00 IB

Webinar *Tsis txhob cia Tsev Neeg Ntoo Hnyav* (V) Webinar *Kev npaj vaj tsev yog dab tsi? Thiab Vim Li Cas Ua Nws* (V) Webinar *Human-Robot Kev Sib Tham thiab Pab Pawg* (V) Noj tshais ntawm Elie's Cafe (IP) Webinar *Wills vs Trusts* (V) Noj tshais ntawm Elie's Cafe (IP) Webinar *Electronic Health Records* (V)

Webinar *Kev Npaj rau Kev Txiav Txim ntawm Koj Cov Vaj Tsev* (V) Webinar *Dab tsi tshwm sim rau Republican Party* (V) Webinar *Nuclear fais fab tuag thiab kev hloov huab cua* (V)

*Rau cov lus qhia ntawm Pawg Thawj Coj thiab Pawg Thawj Coj cov rooj sib tham thiab hnuv kawg rau Tus Sifter, mus saib [UWRAMadison.org](http://UWRAMadison.org) .*

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*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 ntiv *Tus Sifter* ntu zus.

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