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Peb nyob hauv Facebook! UWRA-Madison



THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

UWRA ANNUAL MEETING & txais tos

Arboretum los tuav UWRA Sib sau ua ke hauv lub Tsib Hlis

Pdaim ntawv xauj tsev tuaj koom peb hnuv Thursday, Tsib Hlis 18, thaum UWRA cov tswv cuab tuaj sib sau ua ke ntawm qhov zoo nkauj thiab keeb kwm UW-Madison Arboretum. Xyoo no, UWRA tau koom nrog lub rooj sib tham txhua xyoo nrog cov tswv cuab txais tos. Nrog rau kev tshwm sim yav tav su ntawm qhov chaw uas muaj ntau qhov chaw nres tsheb dawb, qhov chaw rau kev sib raug zoo, thiab lub caij nplooj ntoo hlav zoo nkauj, peb tab tom tos ntsoov yuav pom koj ntau. Yuav muaj sijhawm ntau los mus xyuas nrog cov tswv cuab. Cov khoom noj tshiab yuav muaj los ntawm UW Housing, nrog rau cov nyiaj ntsuab.

Charles Hoslet, UW-Madison tus lwm thawj koj ntawm kev sib raug zoo hauv tsev kawm ntawv, yog peb tus neeg hais lus caw. Nws yog lub luag haujlwm rau kev koj noj koj ua hauv tsev kawm ntawv ntsig txog kev sib txuas lus, kev lag luam, thiab cov tswv yim lag luam, nrog rau kev sib cuam tshuam nrog cov neeg muaj feem cuam tshuam nrog rau tsoomfww, xeev, hauv nroog, thiab pawg thawj koj ntawm tsoomfww, cov koom haum hauv zej zog, kev lag luam thiab

kev lag luam, thiab visitors mus campus.

Tom qab Vice Tus Chancellor Hoslet cov lus, yuav muaj ua lub rooj sib tham ua lag luam kom suav nrog

Kev xaiv tsa ntawm UWRA pawg thawj koj saib xyuas thiab kev pom zoo ntawm 2023-23 pob nyiaj siv.



New Member Table

Yog tias koj yog tus tshiab rau UWRA lossis tau tuaj koom tsuas yog ib lossis ob lub koom txoos UWRA, peb zoo siab tos txais koj tuaj koom peb ntawm Lub Rooj Sib Tham Tshiab. Cov tswv cuab hauv pawg thawj koj yuav muaj los teb koj cov lus nug thiab kev txhawj xeeb.-

MEETING AGENDA

- Zoo siab txais tos cov tswv cuab thiab cov qhua
- Tus Hais Lus: Charles Hoslet, Tus Lwm Thawj Koj ntawm Kev Sib Raug Zoo ntawm University
- Lub rooj sib tham ua lag luam txhua xyoo
- Cov cai tshwj xeeb ntawm kev txiav txim rau cov rooj sib tham txhua xyoo thiab tshwj xeeb ntawm cov tswv cuab
- 2022-23 xyoo nyob rau hauv tshuaj xyuas
- Kev lees paub thiab ua tsaug
- 2022 cov lus qhia ua tswv cuab txhua xyoo
- 2022-23 board record of action (ROA)
- 2022 audit report
- 2023-24 kev siv nyiaj txiag
- Nominated Committee report
- Kev xaiv tsa hauv pem teb thiab kev xaiv tsa
- Dhau ntawm qhov muab
- Thawj Tswj Hwm tshiab cov lus hais
- Kev ncu

UWRA ANNUAL MEETING & txais tos

Thursday, Tsib Hlis 18

4:00 – 5:30 p.m

UW Arboretum, 1207 Seminole Highway, Madison

\$19 rau ib tus neeg

Daim ntawv thov Deadline: Plaub Hlis 28

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

UWRAMadison.org/event-5181604

ELECTRONIC TECHNOLOGY

Yuav Tiv Thaiv Koj Cov Cai Digital Li Cas

Los ntawm SANDEE SEIBERLICH, tus tswv cuab, ELECTRONIC TECHNOLOGY COMMITTEE

Have koj xav paub dab tsi yuav tshwm sim rau koj cov ntaub ntawv online thaum koj tuag lossis tsis muaj peev xwm? Tom qab lub sijhawm tsis ua haujlwm, qee qhov nyiaj thaum kawg yuav raug tshem tawm, tab sis ntau ntawm koj cov ntsiab lus yuav nyob yog tias cov neeg muab kev pabcuam tsis raug ceeb toom. Nws tsis yog sai dhau los tsim cov phiaj xwm digital legacy los ntawm kev ua raws ob peb kauj ruam tseem ceeb.

Xaiv tus thawj tswj hwm online thiab muab cov lus qhiaKoj yuav tsum tau sau npe rau tus thawj tswj hwm online thiab sau cov lus qhia rau tus neeg no piav qhia txog yuav ua li cas nkag mus thiab lis txhua yam uas cuam tshuam rau koj cov hneev taw digital. Feem ntau hu ua digital will, cov lus qhia no tseem ceeb heev, vim tias tsis muaj lawv, koj cov neeg koj hlub yuav raug tso tseg los cuam tshuam nrog koj cov nyiaj hauv online, piv txwv tias lawv tuaj yeem nrhiav thiab nkag mus rau lawv.

Txheeb xyuas koj tus lej nyiaj thiab cov ntawv sau npe suav nrog kev tshaj xov xwm, digital cia, email nyiaj, nrog rau cov nqi hauv online,



airline/credit card cov ntsiab lus, nrog rau kev tso npe rau streaming, digital khaws cia, luam ntawv, thiab lwm yam. Koj tseem yuav tau suav nrog koj tus passwords, nrog rau cov lej rau

qhib koj lub computer, xov tooj, thiab lwm yam khoom siv. Qhov no yooj yim dua yog tias koj siv tus tswj tus password, xws li LastPass. Ib qho kev xaiv los tsim cov khoom lag luam digital yog los ntawm kev ua tiav UWRA Living Ledger, uas yog cov khoom muaj nqis uas muaj rau cov tswv cuab UWRA. Saib uwramadison.org/Living-Ledger rau cov ntsiab lus ntawm Living Ledger.

Koj tuaj yeem xav siv cov cuab yeej cuab tam digital online app, uas yuav coj koj los ntawm kev nkag mus rau koj cov khoom muaj nqis. MyWishes (app.mywishes.co.uk) yog pub dawb thiab siv tau yooj yim, nrog rau My Online Accounts feature los ntes koj cov cuab tam. Txhua daim ntawv thov online tuaj yeem siv ua ke nrog UWRA

Nyob Ledger lossis koj cov ntaub ntawv qub txeeq qub teg uas twb muaj lawm.

Paub koj tus kheej nrog Post-Death Account ManagementPiv txwv li, Facebook tso cai rau koj los tsim ib txoj hauv kev sib cuag los tswj koj tus account yog tias koj xaiv kom nco qab, lossis koj tuaj yeem muaj tus lej rho tawm, thaum Instagram xav tau daim ntawv pov thawj tuag los hloov pauv tus lej.

Tsis txhob xav tias koj muaj koj cov ntsiab lus digital. Cov nyiaj qiv nyiaj, cov ntsiab lus, thiab cryptocurrency feem ntau hloov mus rau koj cov qub txeeq qub teg. Cov tsos, suab paj nruag, xov tooj apps, thiab email account feem ntau tsis hloov tau.

Tom qab ua tiav cov kauj ruam no, hloov kho koj cov ntaub ntawv txhua xyoo, thiab qhia koj lub siab nyiam nrog koj tsej neeg, tus kws lij choj lossis tus phooj ywg ntseeg siab. Qhia rau lawv tias qhov kev npaj no yog rau txhua tus neeg txoj kev thaj yeeb ntawm lub siab thaum nws xav tau.-

UNIVERSITY LEAGUE

"Ua Tus Band" nrog Corey Pompey

Tnws University League lub caij nplooj ntoos hlav noj su thiab lub rooj sib tham txhua xyoo yuav feature Dr. Corey Pompey, sib tham nws qhov kev paub coj lub koob meej UW-Marching Band



thiab nqis mus rau hauv cov khaus ntawm cov legendary Mike Leckrone. Pompey muab kev saib sab hauv ntawm lub koom haum hlub uas tau sib koom suab paj nruag nrog cov neeg hauv Wisconsin txij li xyoo 1885.

Kev noj su yuav muaj hnuv Wednesday, Tsib Hlis 10, 2023, ntawm Blackhawk Country Club hauv Madison. Hnuv kawg ntawm kev teem sijhawm yog hnuv Wednesday, Tsib Hlis 3, 2023. Yog xav paub ntxiv, mus saib univleague.wisc.edu/programs/. -

LUB SIJ HAWM NTAWM LUB WEINAR

2023-25 State & University Cov Nyiaj Txiag

Los ntawm SCOTT HILDEBRAND, Tus Tswv Cuab, Lub Sijhawm Saib Xyuas Kev Noj Qab Haus Huv

Cystal Potts, UW–Madison tus thawj coj ntawm lub xeev kev sib raug zoo, yuav tham txog qhov cuam tshuam ntawm 2023–25 lub xeev txoj kev npaj nyiaj txiag rau lub xeev thiab UW–Madison. Nws yuav qhia nws txoj kev xav txog cov txheej txheem nyiaj txiag hauv lub xeev thaum lub sijhawm muaj kev faib tsoomfwm hauv Wisconsin (Democratic Governor, Republican-controlled legislature) thiab nws yuav cuam tshuam rau lub xeev thiab tsev kawm ntawv li cas.

Potts muaj BA hauv kev tshawb fawb txog kev nom kev tswv thiab Suav los ntawm UW-Madison, thiab nws ua haujlwm hauv Tsev Kawm Qib Siab rau kev sib raug zoo ntawm tsoomfwm hauv xeev, suav nrog tus tswv xeev lub chaw haujlwm, lub xeev cov cai lij choj, thiab cov koom haum hauv xeev.-

Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa lawv mus rau tus kws saib xyuas haujlwm Scott Hildebrand ntawm scott.h.hildebrand@gmail.com los ntawm hnuv Tuesday, Plaub Hlis 11.



Crystal Potts yog tus thawj coj ntawm xeev kev sib raug zoo rau UW-Madison. Nws yav dhau los yog tus thawj coj ntawm cov neeg ua haujlwm rau Wisconsin lub xeev senator Howard Marklein (R-Spring Green) thiab cov neeg ua haujlwm hauv Senate tau coj cov teeb meem se thiab tsoomfwm hauv nroog. Ua ntej hauv nws txoj haujlwm, nws tau ua tus pab tshawb fawb thiab cov neeg ua haujlwm ua haujlwm rau Pawg Neeg Saib Xyuas Txoj Kev & Txhais Lus.

ELECTRONIC TECHNOLOGY WEBINAR

UW–Madison ntawm Social Media

Los ntawm BRAD HUGHES, SCOTT SPRINGMAN, THIAB KATHI CHRISTOPH, cov tswv cuab, ELECTRONIC TECHNOLOGY COMMITTEE

Kuv social media muaj txiaj ntsig rau lub tsev kawm ntawv qib siab? Yog lawm! Txawm hais tias kev hloov pauv hloov pauv thiab cov txheej txheem tuaj yeem ua rau muaj kev cuam tshuam, ntawm nws cov kev tshaj tawm tseem ceeb yog qhov kev sib txuas lus muaj txiaj ntsig zoo rau lub tsev kawm ntawv qib siab. Xws li cov platforms xws li Facebook, Twitter, Instagram, thiab LinkedIn muab UW-Madison nrog cov kev sib qhia kev txawj ntse, kev tshawb fawb, thiab kev ua tnav ntawm peb cov kws qhia ntawv, cov tub ntxhais kawm, thiab cov tub ntxhais kawm ntawv. Lawv kuj nthuav qhia cov cib fim los nthuav cov suab lus, tsim kom muaj kev sib koom tes ntawm peb lub zej zog hauv tsev kawm ntawv, thiab ncav cuag cov neeg tuaj saib tshiab.

Koom nrog peb kom kawm paub tias UW muaj txiaj ntsig zoo li cas, tsim kev tawm tswv yim, thiab tswj cov kev tshaj tawm hauv zej zog raws li kev txuas ntxiv digital ntawm tsev kawm ntawv. (Tsis muaj kev paub txog kev tshaj xov xwm yog xav tias yog rau cov neeg tuaj koom ntawm qhov webinar no.) #OnWisconsin-

Yog tias koj muaj lus nug ua ntej rau tus hais lus, thov xa lawv mus rau tus kws saib xyuas kev pabcuam Brad Hughes ntawm bthughes@wisc.edu , Kathy Christoph at kathy.christoph@gmail.com , thiab Scott Springman ntawm srspring@wisc.edu los ntawm hnuv Tuesday, Plaub Hlis 25.

Jennifer Koppelman

Matteson yog tus saib xyuas kev tshaj xov xwm ntawm lub chaw ua haujlwm ntawm University Kev sib txuas lus ntawm UW-Madison.



STATE & UNIVERSITY BUDGETS

Tuesday, Plaub Hlis 18

10:30 AM – NOON Online Webinar

Daim ntawv thov Deadline: Plaub Hlis 14

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

UWRAMadison.org/event-5125499

UW-MADISON NTAWM SOCIAL MEDIA

Tuesday, May 2

10:00–11:30 AM Online Webinar

Daim ntawv thov Deadline: Plaub Hlis 28

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

UWRAMadison.org/event-5092539

NYEEM NTXIV WEBINAR

Txoj Cai txo nqi nce nqi (IRA): Txhua tus tswv tsev yuav tsum tau ua dab tsi Paub

Los ntawm TOM EGGERT, tus tswv cuab, nyiaj txiag teeb meem hauv LUB SIJ HAWM COMMITTEE



Tnws 2022 Inflation Reduction Act (IRA) yog tsoomfwm loj tshaj plaws

kev nqis peev hauv huab cua hauv keeb kwm, thiab ob feem peb ntawm cov nyiaj yog cov nyiaj se se rau cov lag luam, tsev neeg, thiab - thawj zaug - cov koom haum zam se.

Koom nrog peb thaum Lub Tsib Hlis 10 thaum Kathy Kuntz tham txog txhua txoj hauv kev uas koj tuaj yeem siv nyiaj IRA rau huab cua hauv tsev, hluav taws xob hauv tsev, cov phiaj xwm hluav taws xob tauj dua tshiab, thiab kev yuav tsheb hluav taws xob.-

Yog tias koj muaj lus nug ua ntej rau tus neeg hais lus, thov xa lawm mus rau tus kws saib xyuas haujlwm Tom Eggert ntawm tleggert@wisc.edu los ntawm Wednesday, Tsib Hlis 3.



Kathy Kuntz yog tus thawj coj ntawm Dane County Office of Energy & Kev hloov pauv huab cua. Kawm ntxiv txog cov DCOECC ntawm <http://www.kev tiv thaiv kev nyab xeeb.org/>.

EVENT RECAP

Capital Brewery Ncig saib

Los ntawm Karen SCHWARZ, MEMBER, TRAVEL COMMITTEE

Fpeb kaum ntawm peb tau ntsib ntawm Capital Brewery hauv Middleton rau "kev ncig xyuas thiab saj" qhov kev tshwm sim thaum Lub Peb Hlis 9. Peb tau kawm ntau yam txog dab tsi mus rau hauv brewing (zoo heev, hauv kuv lub tswv yim) npias. Peb qhov kev ncig xyuas yog coj los ntawm Tanner Brethorst (ib tug UW kawm tiav), uas yog tus kws qhia ntawv ntawm Capital. Nws muab peb cov ncauj lus kom ntxaws txog qhov chaw thiab dab tsi mus rau hauv kev ua npias loj thiab me me, suav nrog ntau hom npias li cas brewed kom ua tiav ntau yam flavors.

Peb mam li mus rau Bier Stube (qhov chaw bar), qhov chaw uas peb tau muab cov qauv ntawm xya lub npias sib txawv ntawm peb tus kheej xaiv, lub sijhawm zoo heev los sib piv saj ntawm cov beers sib txawv! Nws yog ib qho kev kawm zoo.-

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 ntawmretireassn@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 hnuv ua ntej cov xwm txheej.

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

Koj puas paub?

TNov yog ob txoj hauv kev los nrhiav thiab saib UWRA kaw cov rooj sib tham. Ntxiv rau kev nrhiav cov ntaub ntawv kaw tseg ntawm UWRA lub vev xaib—UWRAMadison.org / Cov peev txheej / Kev nthuav qhia / tom qab ntawd hnuv thiab lub npe koj tuaj yeem mus ncaj qha rau UWRA YouTube channel ntawm youtube.com/@uwramadison8563/ cov yeeb yaj duab . Кадры из видео Nkauj ntseeg tawm tshiab 2020.-

INFLATION REDUCTION ACT
Wednesday, May 10
10:00 AM – NOON Online Webinar
Daim ntawv thov Deadline: Tsib Hlis 5
Yuav tsum sau npe ua ntej. Sau npe online ntawm:
UWRAMadison.org/event-5041455

INDIAN MOUND GUIDED Taug kev
Tuesday, May 9
TAG NRHO! 10:00-11:15 AM dr hab

UA NTEJ UA TSAUG

Anatomy ntawm Kev Ua Haujlwm

Los ntawm EDWARD BERSU, UWRA tus tswv cuab

Kuv kuv tsis paub meej li cas *Tus Sifterkhaws* kuv los hais ob peb lo lus ntawm kuv tus kheej, tab sis kuv txaus siab sim. Kuv yug thiab loj hlob hauv Duluth, Minnesota. Ob leeg kuv niam kuv txiv tuag thaum kuv muaj 12 xyoos thiab kuv tau tsa los ntawm tus phauj, lwm cov txheeb ze, thiab tag nrho ntawm sab hnuv poob ntawm Duluth. Muaj ib lo lus hais tias Hillary Clinton siv los ua phau ntawv lub npe-"Nws yuav siv ib lub zos los tsa ib tug me nyuam" - thiab tsis muaj ib nqe lus tseeb tshaj qhov ntawd!

Kuv thawj zaug tuaj Madison xyoo 1968 los pib kawm tiav kev kawm hauv lub cev ntawm UW-Madison Tsev Kawm Ntawv Tshuaj, tab sis txiv ntxawm Sam muaj lwm yam tswv yim. Kuv tau ua haujlwm hauv Tub Rog Tub Rog tau plaub xyoos, rov qab los rau UW-Madison xyoo 1972, thiab tsis tau tawm mus, tsis muaj kev khuv xim!

Kuv keeb kwm ua hauj lwm yog luv luv. Txoj hauj lwm #1 tau ua hauj lwm rau ntawm ib qho chaw noj mis nyuj thiab nplej ua liaj ua teb nyob rau sab qaum teb Minnesota, qhov chaw kuv tau khiav los ntawm lub tsheb laij teb thawj hnuv thiab kuv tseem muaj sia nyob los tham txog nws. Txoj hauj lwm #2 tau ua haujlwm ua tus pab qhia biology ntawm University of Minnesota-Duluth. Kuv thiab lwm tus khub yog "thawj" ntawm UMD. Txoj hauj lwm #3 yog nyob rau hauv UW-Madison Anatomy Department los ntawm 1976 txog 2014 thiab tom qab ntawd muaj tsib xyoos stint ua tus kws qhia hauv Department of Biomedical Engineering.

Qhov nyiam tshaj plaws ntawm txoj haujlwm no yog nrog cov tub ntxhais kawm. Kuv nyob nrog ntau ntawm lawv. Lawv yog kuv cov phooj ywg zoo tshaj plaws!

Txij li thaum lub sijhawm so haujlwm, kuv "txoj hauj lwm" loj tau txheeb xyuas los ntawm txhua yam khoom uas tau sau hauv ob qhov chaw ua haujlwm nyob rau lub sijhawm 49+ xyoo. Ib yam uas kuv yuav nco ntsoov dai rau yog Wisconsin State Journal tsab xov xwm ntawm 1982 uas tshaj tawm cov kws qhia ntawv uas ua tiav txoj haujlwm. Nws yog nyob rau hauv kuv qhov kev ruaj ntseg deposit box.

Feem ntau ntawm kuv tsev neeg nyob hauv Norway, yog li tam sim no kuv nyiam ib feem ntawm kev so haujlwm yog mus xyuas lawv ntau li ntau tau. Kuv nyiam haunt hauv tsev kawm ntawv yog qhov qub

tsev kawm ntawv kho mob
tsev rau
University
Avenue.
Kuv ob-
nyiam kawg
ntawm nyiaj laus
yog kev sib tham
nrog kws qhia ntawv
thiab cov neeg ua haujlwm uas
tseem txaus siab
qhov qub tag nrho
tus kws kho mob anatomist
kev nkag siab.



Kev tawg los ntawm yav dhau los: Ed Bersu qhia chav kawm anatomy. Duab los ntawm Mary Langenfeld.

kuv kuj muaj
rov qab mus rau kuv cov hauv paus hniav ua liaj ua teb nrog ib lub vaj teb sab nraum kuv lub tsev uas loj hlob txhua xyoo. Qhov tseeb me ntsis txog kuv yog tias kuv tau tsim kev hlob rau kev ua noj thiab kuv cov ntawv nyiam nyeem tam sim no yog phau ntawv ua noj!

Lub Ob Hlis 1-28, 2022

Peb zoo siab txais tos cov tswv cuab tshiab

Chuck Czuprynski

Pathobiological Sciences

Valeria Davis-Humphrey

Terry Durrer

Patricia Fenner

Elizabeth Kelly, *Kev lag luam William*

Kelly Jr, *Tsev Kawm Ntawv Kev Lag*

Luam

Emily Lewis, *SMPH-*

Xov tooj cua

Susan Martin Zernicke,

Chemistry

Catherine Masi

Manuela Romero: koj puas xav tau ntau tus

thwjtim? College of Engineering

Susan Schaefer, *Surgical Sciences*

Kay Steiner, Cov ntaub ntawv,

Kev Npaj Kev Kawm &

Institutional Research

Annette Stratman-Durrer
Ua

Abbas Yaghmaian, *UW-*

Oshkosh, Academic Support of

Inclusive Excellence

Margaret Yog

James Zernicke, *Chemistry*

UWRA yog koj lub network hauv kev so haujlwm!

ACTIVITIES nyob rau hauv so

Textile Art Portfolio nthuav dav thaum so haujlwm

Los ntawm LINDA NEUSEN, UWRA MEMBER

"Nws siv sijhawm ntev npaum li cas los ua?"

Ayog tus kws kos duab textile, kuv tau nug qhov no txhua lub sijhawm. Tab sis txij li quilting yog kuv lub siab nyiam thiab tsis yog "ua haujlwm" rau kuv, kuv yeej tsis paub cov lus teb! Feem ntau, lub txaj txaj yuav siv li ntawm 40 thiab 80 teev. Art quilts siv sijhawm txog 200 teev, nyob ntawm qhov loj thiab qhov nyuaj. Txij li thaum so haujlwm xyoo 2017 los ua tus pab saib xyuas kev tshawb fawb hauv UW-Madison's College of Letters & Science, kuv cov ntaub ntawm tau nthuav dav.

Kuv tau xaws txij li muaj cuaj xyoos thiab quilting rau 40 xyoo. Kuv muaj bachelor's degree hauv kev sau xov xwm thiab Ph.D. nyob rau hauv textile tsim thiab chemistry, nrog me me hauv kev txheeb cais, los ntawm UW-Madison. Nrog rau ntau yam kev txaus siab, kuv cov kev kawm kos duab muaj xws li kev kawm xim nrog kev tshawb fawb txog kev kawm hauv qab-



pinnings rau intricate fabric recreations ntawm kuv nyiam cov duab.

Ib lub studio loj ntawm kuv lub tsev hauv Ixayees, qhov chaw uas kuv nyob nrog kuv tus txiv, Ido, tau ntim tag nrho ntawm cov ntaub, xov, thiab ntau lub teeb ntuj. Ido thiab kuv tau sib yuav tau rau xyoo. Tam sim no, kuv yog

kev tshoov siab los ntawm Mediterranean kab lis kev cai, thiab kuv qhov tseeb series ntawm kos duab quilts yog raws li cov duab kuv koj hauv kuv lub tiaj nraum qaum tsev.

Kuv siv lub khoos phis tawj los pab tsim kuv cov qauv tsim kom yooj yim ua haujlwm ntawm qhov loj thiab xim / tus nqi sib cais. Los ntawm qhov ntawd, kuv feem ntau siv lub rooj teeb, lub teeb hluav taws xob uas siv hluav taws xob, cov hlau, riam ntse heev thiab txiab, thiab ob lub tshuab xaws. Thiab kev ua siab ntev - Ntau lub siab ntev.

Kuv kuj txaus siab rau qhov yooj yim txheeb ze ntawm xaws ib txwm txaj quilts, uas kuv feem ntau muab khoom plig rau

phooj ywng thiab tsev neeg. Rau kuv, nws zoo li muab lub khawm uas tsis muaj qhov xaus.

Madison muaj ob peb daim duab kos duab kos duab, ib qho yog Madison Contemporary Fiber Artists (MCFA), www.madisonfiberartists.com/. Cov pab pawg ntsib txhua hli, tsis tu ncuu theem

ua pov thawj nyob ib ncig ntawm cheeb tsum, thiab zoo siab txais tos cov pib tshiab thiab cov tuaj tshiab. Ntau pab pawg thiab cov peev txheej, suav nrog cov kws qhia ntawm thoob ntiaj teb, kuj tseem muaj cov kev kawm online zoo heev ntawm ntau yam kev qhia plat-daim ntawm.



Koj tuaj yeem pom kuv txoj haujlwm ntawm www.antidotart.com.-

ATTIC ANGEL ASSOCIATION

Lub Plaub Hlis Programs ntawm Attic Angel

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 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 tuaj koom txoj haujlwm yuav tsum tau tshuaj xyuas ntawm lub hauv ntej nkag thiab hnav daim npog qhov ncauj qhov ntswg.

Plaub Hlis 3 Edwin thiab Phyllis Young: Kev Kawm Yog Lub Neej Nws tus kheej Barb Bielec, tus ntxhais ntawm yav dhau los UW tus thawj tswj hwm thiab thawj UW System tus thawj tswj hwm Edwin Young

Plaub Hlis 10 Tsis muaj qhov program

Plaub Hlis 17 Paj huam Gigs thiab Omega School Oscar Mireles, yav dhau los tus kws sau paj huam Madison thiab tus thawj koj kev kawm ntawm Omega School

Plaub Hlis 24 Yog tsoob ntoo tuaj yeem tham: Wisconsin Keeb Kwm los ntawm Tsoob Ntoo Stories Dr. Bruce Allison, Wisconsin arborist, tus kws sau ntawm, tus kws tshaj lij UW so haujlwm, tus kws tshawb fawb ntawm USDA Forest Products Lab, yav dhau los tus thawj tswj hwm ntawm Lub Tsev Haujlwm Saib Xyuas Kev Ruaj Ntseg Hauv Nroog, yav dhau los tus tswv cuab ntawm Wisconsin Council on Forestry-

KEV SIB THAM

Peb Lub Sij Hawm Biological Yog Ticking: Leej twg tuaj yeem pab rov qab lawv?



Los ntawm David M. DECI MD, UWRA MEMBER

"Thov kom koj ib txwm ua siab loj, sawv ntsug thiab muaj zog, thiab thov kom koj nyob mus ib txhis." - **Bob Dylan**

When yog zaum kawg uas koj xav tias hluas? Tej yam hauv peb lub siab, peb yeej tsis muaj hnuv nyoog! Thiab ces, peb saib hauv daim iav. ... Txawm hais tias peb siv zog ua tau zoo tshaj plaws, peb lub cev tau nce siab hauv kev ua tau zoo thiab muaj zog qee zaum hauv peb lub xyoo tom qab 20s. Qhov kev poob qis yog qhov sib txawv thiab cuam tshuam los ntawm tsev neeg caj ces thiab ib puag ncig. Tab sis txawm tias muaj kev noj qab nyob zoo thiab kev cob qhia lub cev nruj, qhov kev poob qis yuav tshwm sim.

Tshaj li 50 xyoo dhau los, kev nce qib hauv cov tshuaj, cov txheej txheem kho mob, kev txhaj tshuaj tiv thaiv kab mob, thiab kev phais mob tau tso cai rau cov neeg mob thiab laus tshaj plaws ntawm peb nyob ntev dua. Tab sis, feem ntau cov neeg Amelikas laus muaj ntau yam teeb meem kho mob ntev thiab noj ntau yam tshuaj. Raws li koj xav tau, qhov no ua rau muaj kev xav tau kev kho mob ntxiv.

Kuv feem ntau nug tias "Dab tsi yog hom kws kho mob zoo tshaj plaws los saib xyuas kuv tus kwv tij laus?" Kuv cov lus teb yog tus kws kho mob tshwj xeeb hauv koj. Cov kev tshawb fawb rov ua dua tau pom tias cov neeg mob ua tau zoo dua thiab ua neej nyob ntev dua thaum lawv muaj pab pawg kws kho mob uas tuaj yeem muab kev saib xyuas zoo, tsis tu ncu, tib neeg nyob nruab nrab, thiab cov pov thawj raws li. Qhov no txhais tau hais tias kev ntseeg siab thiab kev sib txuas lus tau tsim tau zoo. Qhov no yuav tsum tau muaj sijhawm los ntawm tus kws kho mob thiab kev nkag siab ntawm tus neeg mob hauv cov ntsiab lus ntawm tsev neeg thiab zej zog.

Hauv lub Cuaj Hlis 2022 qhov teeb meem ntawm *Tus Sifter*, peb tau tshawb nrhiav qhov xav tau kom muaj tus kws kho mob thawj zaug ua lub quarterback rau peb cov kev kho mob. Tus tib neeg ntawd yog tus neeg zoo tshaj plaws los saib xyuas ntxiv thaum peb muaj hnuv nyoog, tsuav yog koj txaus siab rau kev sib raug zoo. Kev kho mob rau cov neeg laus laus yog muab los ntawm cov kws kho mob hauv tsev neeg, thiab cov kws kho mob geriatricians. Pab neeg saib xyuas kev noj qab haus huv kuj tseem suav nrog cov kws muag tshuaj, kws kho mob, tus kws kho mob

cov neeg pab, thiab cov neeg ua haujlwm sib raug zoo tau kawm tshwj xeeb hauv kev saib xyuas cov neeg laus.

Cov kws kho mob hauv tsev neeg raug cob qhia los saib xyuas cov tib neeg ntawm txhua theem ntawm lub neej, suav nrog cov menyuum yaus thiab cov poj niam cev xeeb tub. General internists txwv lawv txoj kev saib xyuas rau cov neeg laus > 18 xyoo. Geriatricians yog cov kws kho mob hauv tsev neeg lossis cov kws kho mob dav dav uas ua tiav ib xyoos ntxiv ntawm kev cob qhia kho mob tsom rau cov kev xav tau thiab kev hloov pauv ntawm lub cev ntawm cov neeg laus.

Yog tias kuv laus muaj teeb meem kev noj qab haus huv ntau, kuv puas yuav hloov cov kws kho mob mus rau ib tus kws kho mob geriatrician? Kuv cov lus teb yuav yog "tej zaum" thiab "zoo hmoo!" Yog tias koj twb muaj tus kws kho mob thawj zaug uas koj nyiam thiab ntseeg siab, nyob nrog nws.

Thaum nws los nrhiav ib tus kws kho mob geriatrician, xav txog cov txheeb cais no. Raws li US Census Bureau, tag nrho cov me nyuam boomers yuav laus dua 65 los ntawm 2030. Qhov ntawd yuav txhais tau tias 73 lab tus tib neeg xav tau kws kho mob. Twb yog, 18% ntawm Wisconsinites muaj 65 xyoos lossis laus dua.

Lub koom haum American Geriatric tau tshaj tawm tias tam sim no muaj 7,300 tus kws kho mob pom zoo hauv Asmeskas. Nws kwv yees tias ntau dua 32,000 tus kws kho mob geriatricians ntxiv yuav tsum tau ua kom tau raws li qhov xav tau hauv xya xyoo. Tus lej ntawd yog sib npaug rau ob xyoos tus nqi ntawm cov tsev kawm kho mob kawm tiav tshwj xeeb rau hauv daim teb no! Muab lwm txoj hauv kev, Tebchaws Asmeskas tam sim no muaj ib tus kws kho mob rau txhua tus neeg laus 2,263. Qhov zoo tshaj plaws piv yog ib txog 700 tus neeg laus.

Rau ib tus ntawm peb uas tau siv peb cov kab ke kev noj qab haus huv, koj paub sai sai tias txawm tias nws yog qib siab heev, nws kim heev, tsis muaj txiaj ntsig, thiab nyuaj rau kev taug kev. Ib tug tuaj yeem yooj yim xav tias nyob ib leeg, tsis meej pem, thiab txawm tso tseg. Yog li ntawd, tsim kom muaj kev sib raug zoo nrog tus kws kho mob uas ntseeg siab tau yog qhov tseem ceeb heev.

Muaj ntau lub moos lom neeg tawm muaj ticking. Nws puas yog lub suab xav tau los txhawb kev kawm thiab kev hloov kho lub cev los daws qhov kev xav tau ntawm peb cov neeg laus?-

David M. Deci yog ib tug kws kho mob hauv tsev neeg so haujlwm thiab ib tug tswv cuab ntawm UWRA.

ELECTRONIC TECHNOLOGY

Lwm txoj rau Cable TV

Los ntawm SCOTT SPRINGMAN, tus tswv cuab, ELECTRONIC TECHNOLOGY COMMITTEE

Options rau kev noj video thiab audio media hauv koj lub tsev tau hloov pauv ntau dhau ob peb lub xyoo dhau los. Cable TV tau hloov pauv huab cua (OTA) TV tshaj tawm rau ntau tus neeg. Thiab tsis ntev los no, kev siv Internet thiab kev pabcuam streaming tau muab txoj hauv kev ntxiv kom tau txais cov ntsiab lus lom zem. Qee tus neeg tau txiav txim siab ua piv txwv "txiav qaum" ntawm cable TV thiab nws cov nqi cuam tshuam, tau txais lawv cov kev pab cuam nkaus xwb lossis feem ntau hauv internet.

Tej zaum koj yuav tau hnov txog Smart TVs thiab cov khoom siv xws li Android TC, Apple TC, Hluav Taws TC, Xbox, thiab ntau ntxiv. Tej zaum koj yuav tau hnov txog cov yeeb yaj kiab thiab cov yeeb yaj kiab uas koj tuaj yeem saib tsuas yog hauv cov kev pabcuam streaming -Netflix, Hulu, Disney+, Prime Video, thiab lwm yam. Tej zaum koj yuav paub tias koj nyiam PBS cov kev pab cuam kuj tuaj yeem saib raws li qhov xav tau, ntawm koj qhov yooj yim, ntawm lawv cov kev pabcuam streaming, PBS Passport. Tej zaum koj twb tau siv qee yam ntawm cov cuab yeej tshiab thiab cov kev pabcuam no, tab sis tej zaum nws yog qhov tsis paub!

Kab lus no tshuaj xyuas qee qhov kev txiav txim siab los hloov-lossis ntxiv-tus qauv cable TV. Txoj hauv kev nkag mus rau ntau yam xov xwm, thiab cov kev pabcuam uas muab rau lawv, txuas ntxiv hloov pauv sai.

Muaj ntau yam xav txog, tab sis ntawm no yog cov ntsiab lus:

- Koj yuav tsum tau them nyiaj (nrog nyiaj, lossis nrog koj lub sijhawm hauv kev saib cov ntawv tshaj tawm) rau kev nkag mus rau kev tshaj tawm, cov lus qhia kev pab cuam, kev muaj peev xwm sau cia, thiab khoom siv. Koj them tsawg dua yog tias koj lees txais ntau tshaj tawm. Cable los nrog ob peb ntxiv "nickel-thiab-dime" tus nqi uas tuaj yeem yog qhov tseem ceeb.
- Koj tuaj yeem tau txais TV hauv zos hauv huab cua dawb, tom qab yuav lub kav hlau txais xov, lub thawv kaw, thiab cov lus qhia them nyiaj. Cov ntaubntawv povthawj siv thiab cov lus qhia yuav xav tau kev siv internet.
- Koj cov kev xaiv rau kev tshaj tawm yog txwv tsis pub muaj kev them nyiaj hauv tsev hauv internet ntawm cable, fiberoptic, lossis satellite.

- Ib tug literal showtopper yuav ua tau koj internet ceev. Download tau Qhov ceev ntawm 25 Mbps yog qhov tsawg kawg nkaus rau broadband internet. **Tsis txaus ceev**



tej zaum yuav tiv thaiv koj los ntawm streaming video rau ntau tshaj ib lub TV. Ceev dua yog zoo dua. Tsis tas li ntawd, puas yog tag nrho cov ntaub ntawv koj siv tau txwv los ntawm koj qhov kev pabcuam hauv internet lossis mobile ntaus ntawv?

- Muaj ntau lub vev xaib muaj txiaj ntsig piav qhia txog cov kev pabcuam streaming, tab sis lub vev xaib muaj kev sib tham thiab sib tham uas qhia txog tus nqi thiab cov channel rau cov chaw muab kev pabcuam nrov yog xav.tv/tv. (Hint: ua ntej, xaiv cov channel uas koj xav tau nyob rau sab laug ntawm lub vijtsam.)
- Nyob ntawm koj qhov kev nyiam, koj tuaj yeem nkag mus rau hauv xov xwm ntawm ib lossis ntau lub TV, khoos phis tawj, xov tooj, ntsiav tshuaj, lossis lwm yam khoom siv.
- Ib cag ntawm cov nqi thiab kev xaiv tshaj tawm, koj qhov kev txaus siab tag nrho nrog rau txhua lub tswv yim tshiab yuav nyob ntawm koj txoj kev nplij siab nrog txhua qhov kev teeb tsa, kev tshaj tawm, thiab koj thiab koj tsev neeg tuaj yeem hloov kho rau cov lus qhia tshiab interface.

Xav paub ntau ntxiv? Kuv tau sau ib tsab xov xwm 15-nploo ntawm cov ncauj lus no, suav nrog cov ntsiab lus ntawm cov ntsiab lus, cov lus nug tseem ceeb uas yuav tsum tau xav txog thaum xav txog koj qhov kev saib TV, cov nqi, thiab cov txheej txheem nyuaj, thiab cov ncauj lus kom ntxaws ntxiv txog cov ncauj lus tshwj xeeb. Koj tuaj yeem saib daim ntawv qhia tag nrho ntawm tinyurl.com/yc8vpvcz . Muaj cov ntaub ntawv tseem ceeb nrog cov lus pom zoo tshwj xeeb thiab txuas rau ntau lub vev xaib.-

Koj puas xav tau kev pab rau cov no lossis lwm yam cuab yeej technology? Hu rau UWRA.tech@gmail.com .

REFLECTIONS

Deleting lub Detritus!

Los ntawm MARY BARNARD RAY

April 1 yog Hnub Xyoo Tshiab nyob rau hauv qee qhov tam sim no-tsis muaj daim ntawv qhia hnuv, yog li kuv tau siv lub hli no los ua qhov kev daws teeb meem rau Xyoo Tshiab: Kuv yuav txiav thiab npaj kuv cov duab! Kuv muaj ntau txhiab tus duab - cov qhab nia ntawm cov duab albums, kaum ob ntawm cov duab sib luag ntawm cov slides, thiab suav tsis txheeb cov duab ntawm kuv lub computer. Tsis muaj leej twg xav pom ntau daim duab, tej zaum tsis yog kuv.



Ib feem ntawm qhov kuv muaj ntau cov duab yog tias kuv nyiam thaj duab me ntsis tsis saib xyuas-ly, tsis xav ntau dhau. Kuv tsis xav kom tau muab qhwv rau hauv kev thaj duab uas kuv nco qhov kev paub tiag tiag, txawm kuv xav tau

sau nws. Yog li ntawd, tam sim no hais tias peb tsis muaj nqi ntawm zaj duab xis, kuv tsuas taw tes thiab snap. Thaum kawg ntawm hnuv, kuv mus dhau cov duab thiab tshem tawm tag nrho cov duds thiab redundances. Qhov ntawd pab tau me ntsis. Thaum kawg ntawm qhov kev mus ncig, kuv txiav dua, uas pab ntau dua.

Txawm li cas los xij, kuv tseem muaj duab ntau dhau lawm; Kuv ntshai tsam kuv cov me nyuam yuav ntxhov siab thiab cia li muab pov tseg tag nrho ib hnuv, ib yam li lawv muaj peev xwm mus pov tseg kuv lub tshoob zoo nkauj Tuam Tshoj. Yog li, me ntsis los ntawm me ntsis, kuv tab tom saib cov duab no thiab nug kuv tus kheej tias kuv puas xav tau rov pom dua. Nws yog ib qho kev paub nyuaj, ib zaug nostalgic, lom zem, thiab sobering. Tsis yog sobering li ua tawm ib lub siab nyiam, tab sis nyob rau hauv lub ballpark.

Kuv yuav tsum tau txais tus cwj pwm breezier. Tej zaum kuv yuav tsum pov tag nrho cov duab uas kuv khaws cia rau cov ntaub ntawv, xws li cov duab ntawm cov cim qhia txog cov chaw keeb kwm lossis duab toj roob hauv pes tho txawv. Yog tias kuv tsis nco qab cov ntsiab lus, kuv tuaj yeem ua qee yam. Tej zaum nws yog lub sijhawm pov tseg tag nrho cov kev txhaj tshuaj ntawm cov nceb ntawm cov cav ntoo lossis cov paj ntoo zoo nkauj uas kuv tau sim ua kom zoo nkauj. Kuv tsis yog tus kws yees duab zoo. Cov duab ntawm kuv ua ib tug me nyuam pouting ntawm lub koob yees duab? Kuv tsuas yog zaum xwb

xav tau ib los yog ob ntawm cov ntawd. Unflattering duab ntawm kuv nyob rau hauv zoo nkauj zos? Cov no twb dhuav lawm! Cov duab zoo nkauj noj hmo? Yeej rho tawm cov. Thiab muaj cov vis dis aus ntawd ntawm kuv koom nrog Chilean pej xeem seev cev uas koom nrog ntau lub wiggling ntawm derriere. Tus ntawd txaj muag heev! Txawm li cas los xij, tej zaum yog ib qho uas yuav txaus siab rau peb cov xeeb ntxwv!-

WEBINAR RECAP

Wills thiab Trusts

Los ntawm TOM EGGERT, cov tswv cuab, cov teeb meem nyiaj txiag hauv COMMITTEE cov nyiaj laus

On Lub Ob Hlis 7th, Peter Osman qhia UWRA

cov neeg koom nrog rau lub ntiaj teb kev xav thiab kev ntseeg. Qhov no yog qhov kev sib tham thib ob hauv Kev Npaj Vaj Tsev uas nthuav tawm los ntawm Pawg Neeg Saib Xyuas Nyiaj Txiag hauv Pawg Neeg Saib Xyuas Nyiaj Laus.



Osman yog ib tus khub hauv ib lub tuam txhab kev cai lij choj uas tshwj xeeb hauv kev npaj vaj tsev, tsom tshwj xeeb rau kev ntseeg siab. Nws tau tham txog kev siv ntau yam kev ntseeg siab thiab yuav ua li cas lawv txawv ntawm qhov xwm txheej thiab cov tib neeg uas yuav los ua cov neeg ntseeg. Kev tsim cov kev ntseeg siab pib nrog kev nkag siab txog lub hom phiaj rau kev ntseeg siab (tsis txhob ua txhaum cai thiab cov ntawv ceeb toom rau pej xeem, cov txiaj ntsig se, kev tswj hwm cov khoom muaj nqis tom qab tuag, thiab lwm yam) thiab feem ntau suav nrog cov neeg ntseeg siab uas tau nqis los ntawm kev tuag ntawm cov neeg muab khoom plig. ntseeg.

Osman kuj tau tham txog kev siv lub siab nyiam thiab "them them rau kev tuag" lossis "hloov rau kev tuag" kev xaiv. Feem ntau, kev ntseeg siab yog nrog los ntawm "kev tso siab rau" uas npog txhua yam uas tej zaum yuav yuam kev tawm ntawm kev ntseeg siab. Raws li Osman, lub sijhawm siv sijhawm ntau tshaj plaws (tab sis tseem ceeb) txoj haujlwm yog rov ua cov cuab tam hauv lub npe ntawm kev ntseeg siab. Ib lub tuam txhab kev ntseeg siab zoo yuav pab hauv qhov kev sim no.-

Mus ntsib UWRA lub vev xaib (UWRAMadison.org) tom qab ntawd xaiv Resources/Presentations/2022-23 Jan-Jun nrhiav ib daim vis dis aus thiab PDF ntawm qhov kev nthuav qhia no.

BOOK MARKS

Dab tsi Grandkids Nyeem

REVIEWED los ntawm JANE DYMOND, UWRA PRESIDENT

My plaub tug xeeb ntxwv hlub phau ntawv, tsev qiv ntawv, thiab khw muag ntawv. Lawv ib txwm tham txog yam lawv nyeem thiab phau ntawv lawv xav nyeem tom ntej.

Cuaj-xyoo-laos Coraline tau nyeem phau ntawv Harry Potter los ntawm JK Rowling ob peb zaug thiab tshwj xeeb tshaj yog nyiam kev npau suav thiab taug txuj kev nyuaj. Nws pib nyeem cov *Cornelius* hluav tawsseries ntawm 15 phau ntawv los ntawm Tui T. Sutherland thaum nws nyob qib peb thiab hais tias nws tshwj xeeb tshaj yog nyiam cov dab neeg ntawm ntau yam



zaj thiab tsiaj thiab lawv txawv li cas. Ib tug ntawm nws cov phooj ywg qiv nws thawj phau ntawv nyob rau hauv daim ntawv ntawm cov duab tshiab, uas nws tsis txaus siab ntau npaum li nyeem phau ntawv qub. Cov duab tshiab tau piav qhia tsawg dua.

Xyoo no, nyob rau qib plaub, Coraline txaus siab rau peb series los ntawm Erin Hunter: *Cov tub rog*; *Cov neeg nrhiav*, thiab *Bravelands*, uas yog sau los ntawm kev xav ntawm cov tsiaj. (Erin Hunter yog ib lub npe sau ua ke siv los ntawm cov kws sau ntawv Victoria Holmes, Kate Cary, Cherith Baldry, Clarissa Hutton, Inbali Iserles, Tui T. Sutherland, thiab Rosie Best.)

Coraline tus tij laug muaj xya xyoo Madison yog tus kiv cua loj ntawm lub *Txiv laum huab xeeb* phau ntawv los ntawm Charles Schulz. Nws tos ntsoov nyeem qhov thib kaum ib *Tus txiv neej dev* graphic novel los ntawm Dav Pilkey, *Nees nkaum txhiab fleas hauv qab hiav txwv*. Cov phau ntawv uas nws nqa los ntawm lub tsev qiv ntawv feem ntau suav nrog a *National Geographic* phau ntawv; tam sim no nws txaus siab rau kev kawm txog dej.



Madison tus npawg, Martin, kuj muaj xya xyoo. Martin kuj yog tus kiv cua loj ntawm lub *Tus txiv neej dev* nraaj dab neeg. Nws kuj txaus siab rau *Magic Tsoob Ntoob Tse* series ntawm cov phau ntawv los ntawm Mary Pope Osborne, thiab cov *Kuv ciaj si* phau ntawv los ntawm Lauren Tarshis, uas hais txog ntau yam kev puas tsuaj.

Martin tus tij laug muaj plaub xyoo, Sullivan, nyiam cov duab kos hauv *Pokemon: Phau Ntawv Qhia rau Thaj Chaw Galar*, thiab cov *Pokemon Adventures* cov phau ntawv kub thiab nyiaj. *Transformer Rescue Bots Nyeem Ntawv Taug txuj kev nyuaj* suav nrog rau phau ntawv uas nws nyiam saib. Sully tseem nyiam nyeem ntawv, tab sis yeej tos ntsoov yuav ua tau nws tus kheej nyeem ntawv.

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

- UW-Madison Retirement Association Hnub tim-

Mus saib lub UWRAMadison.org lub vev xaib rau kev hloov tshiab thiab cov xwm txheej yav tom ntej ntxiv.

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

- Wednesday, Plaub Hlis 12 1:00–3:00 IB
- Hnub Thursday, Plaub Hlis 13 10:00 AM – NOOB
- Tuesday, Plaub Hlis 18 10:30 AM – NOOB
- Tuesday, Plaub Hlis 25 9:00–10:30 AM dr hab
- Tuesday, May 2 10:00 AM – NOOB
- Tuesday, May 9 10:00 AM – NOOB
- Wednesday, May 10 10:00 AM – NOOB
- Thursday, Tsib Hlis 18 4:00 – 5:30 p.m

Webinar *Hnub Ci/Sustainable Zog* (V) Webinar: 2023 Txhua Xyoo ETF thiab SWIB Hloov Kho (V) Webinar: 2023-25 State & University Cov Nyiaj Txiag (V) Noj tshais ntawm Elie's Cafe (IP)

Webinar: #UW-Madison ntawm Social Media (V) Taug kev ncig xyuas: Indian Mounds Coj Taug Kev (IP) Webinar: Txoj Cai txo nqi nce nqi, rau cov tswv tsev (V) UWRA Lub Rooj Sib Tham Txhua Xyoo & Kev Txais Tus Tswv Cuab (IP)

Rau cov lus qhia ntawm Pawg Thawj Coj thiab Pawg Thawj Coj cov rooj sib tham thiab hnub kawg rau Tus Sifter, mus saib UWRAMadison.org.

Yog xav paub ntxiv txog PLATO mus ncig ua si, mus saib Platomadison.org/page-18561.

LUBSIFTER

UWRAMadison.org

UW-Madison Retirement Association c/o

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

Nonprofit
Organization
US Postage

PAID
UMS

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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