



Mus Saib Qub Ntiaj Teb  
Wisconsin | p. 4



Tick Season | p. 8



Phau ntawv tshuaj xyuas: *Parting lub Dej* | p. 11



Peb nyob hauv Facebook!  
UWRA-Madison



# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## UA NEWS

### Cov neeg sib tw rau UWRA Pawg Thawj Coj tau tshaj tawm

Los ntawm ESTHER OLSON, Thawj Tswj Hwm, NOMINATING COMMITTEE

Tnws nominated committee nthuav tawm cov nram qab no slate ntawm cov neeg sib tw rau lub Tsis Hlis kev xaiv tsa.



**Thawj Tswj Hwm: Tom Bromanso** haujlwm hauv 2017 tom qab 30 xyoo ntawm kev pabcuam hauv Tsev Kawm Qib Siab Cov Ntawv thiab Kev Tshawb Fawb, Department of History of Science. Nws tau koom nrog UWRA hauv 2017. Tom tau koom nrog kev pabcuam hauv tsev kawm ntawm ntau qib, suav nrog lub rooj zaum hauv chav haujlwm, tus thawj coj ntawm Science thiab

Technology Studies, kws qhia ntawv senator, thiab cov kws qhia ntawv sawv cev rau UWS thiab lub Board of Regents. Thaum so haujlwm, Tom ua haujlwm ua tus thawj coj ntawm Lub Tsev Haujlwm Saib Xyuas Keeb Kwm Wisconsin 101, ib lub vev xaib, thoob plaws lub xeev txoj haujlwm keeb kwm. Tom tab tom ua tiav 3 xyoos ntawm UWRA Board ua tus kws qhia ntawv

tus neeg sawv cev thiab tus thawj coj ntawm UWRA Partnership & Engagement Committee.

**Thawj Tswj Hwm-xaiv: Laurie Mayberry** so haujlwm xyoo 2019 los ua tus pab lwm tus provost, tswj cov kev pab cuam uas pab kws qhia ntawv, cov neeg ua haujlwm, thiab cov tub ntxhais kawm. Nws tsim thiab coj tus



Dual-Career Couple Assistance Program, koom tes nrog cov kws qhia ntawv khoom plig (national thiab thoob plaws lub tsev kawm ntawv), thiab tswj hwm ntau hom kev kawm. Laurie tau ua haujlwm rau ntau txoj kev tswj hwm sib koom (xws li Kev Sib Tham, Nominating) thiab pawg thawj coj hauv tsev kawm ntawv nrog rau qhov muag rau ntau haiv neeg thiab suav nrog. Nws tab tom ua tiav 3-xyoos raws li cov neeg ua haujlwm kev kawm sawv cev ntawm UWRA Pawg Thawj Coj thiab tam sim no ua haujlwm ntawm Pawg Neeg Saib Xyuas Nyiaj Laus thiab Kev Koom Tes thiab Kev Koom Tes. Nws yog tus *Phau Ntawv Cim* column coordinator rau *Tus Sifter*.

**Secretary: Jane Richard** so haujlwm los ntawm Lub Chaw Haujlwm Tus Tuav Ntaub Ntawv ntawm Kws Qhia Ntawv (OSO)F) thaum lub caij ntuj sov xyoo 2022, tom qab ua tus tuav ntaub ntawv ntawm tus kws qhia ntawv tau cuaj xyoo. OSO)F yog



lub luag haujlwm rau cov kws qhia ntawv Senate thiab txog 30 pawg tswj hwm sib koom. Ua ntej OSO)F, nws yog ib tus neeg nyeem ntawv rau 25 xyoo ntawm Wisconsin Library Services ua tus kws qhia / tus kws pab tswj yim thiab ntawm Wisconsin Historical Society ua tus sau phau ntawv. Jane tau koom nrog UWRA thaum so haujlwm.

### Pawg Thawj Coj, 3-xyoo Terms

**Jordan Hanson (University Staff Rep)** so haujlwm thaum Lub Yim Hli 2022 los ntawm Lub Chaw Haujlwm ntawm Tus Lwm Thawj Saib Xyuas Haujlwm rau University Relations. Thaum nws 15+



**UA NEWS**

**Pawg Neeg Sib Tw, txuas ntxiv**

xyoo ntawm UW-Madison, nws tuav lub luag haujlwm hauv Lub Chaw Haujlwm Saib Xyuas Menyuum Yaus thiab Tsev Neeg Kev Pabcuam, Lub Chaw Haujlwm Saib Xyuas Haujlwm, thiab Tsev Kawm Qib Siab. Nws tau koom nrog UWRA tom qab so haujlwm thiab tos ntsoov yuav koom nrog ntau lub sijhawm muaj.

**Cathy Middlecamp (Faculty Rep)retired hauv 2021**



tom qab 40+ xyoo ntawm kev ua haujlwm hauv Nelson lub koom haum rau Environmental Studies (tus xibfwb) thiab hauv Department of Chemistry (tus thawj coj, Chemistry Learning Center). Nws txoj kev mob siab rau ib txwm yog los qhia, koom nrog cov tub ntxhais kawm hauv kev kawm, ncau cuag cov neeg tawm tsam nrog chemistry, thiab pom cov tub ntxhais kawm ua tiav hauv qhov dav.

ntau yam hauj lwm. Cathy koom nrog UWRA kom nyob nrog UW cov npoj yaig.



**Kevin J. Niemi (Academic Staff Rep)**so haujlwm xyoo 2021 tom qab 24 xyoo nrog WISCIENCE (Wisconsin Lub koom haum rau Science Education thiab Community Engagement), raws li kev nthuav qhia thiab kev koom tes hauv zej-zog-ment director / outreach program manager III. Tam sim no, Kevin koom tes nrog Wisconsin Society

ntawm Cov Xib Fwb Kev Tshawb Fawb, ua nws tus thawj saib xyuas nyiaj txiag txij li xyoo 2015. Nws tau ua tiav ib xyoo los ua tus thawj tswj hwm ntawm Kiwanis Club ntawm Downtown Madison thiab tseem yog ib tug tswv cuab ntawm lawv pawg tswj hwm. Kevin koom nrog UWRA ua ntej nyiaj laus.-

**BREAKFAST NTAWM ELIE'S CAFE**  
 909 E. Broadway, Monona, WI  
 9:00-10:30 AM Kev sib sau ua ke  
**TUESDAY, May 23**

Koom nrog UWRA cov tswv cuab rau noj tshais txhua hli thiab kev sib tham zoo. Tsis xav tau kev tso npe.

**Los ntawm EXECUTIVE DIRECTOR'S DESK**

**Kev ua tswv cuab txuas ntxiv pib pib!**

Los ntawm SANDI HAASE

**A**Koj puas xav paub yog tias koj qhov kev ua tswv cuab tag rau xyoo no? Koj tuaj yeem pom koj hnuv rov ua dua tshiab hauv ntau qhov chaw. Thawj yog nyob rau hauv email koj tau txais nrog qhov txuas mus rau cov ntawv digital *Tus Sifter*. Qhov thib ob yog ntawm koj tus tswv cuab profile rau [UWRAMadison.org](http://UWRAMadison.org) . Yog koj



sau npe yuav luam tawm ntawm *Tus Sifter*, koj hnuv rov ua dua tshiab yog nyob ntawm koj daim ntawv xa ntawv. Tsis tas li ntawd, ob qho tib si email ceeb toom thiab koj tus tswv cuab profile qhia koj qib kev ua tswv cuab tam sim no. Yog tias koj daim ntawv xa ntawv, email ceeb toom, lossis qhov profile qhia tias xyoo 2023, nws yog lub sijhawm los txuas ntxiv!

UWRA muaj ob hom kev koom tes tshwj xeeb uas koj xav tau los txiav txim siab: Kev Lag Luam thiab Lub Neej. Txhua tus tswvcuab tuaj yeem ua kom zoo dua ntawm kev sib tham "rau xyoo rau tus nqi ntawm tsib" tus nqi thiab txuag cov hassle thiab xa ntawv ntawm kev rov ua dua tshiab txhua xyoo. Kev ua tswv cuab lub neej kuj muaj yog tias koj lossis koj tus txij nkawm / tus khub tau txais Wisconsin Retirement System nyiaj xyoo.

Koj tuaj yeem rov pib dua sai dua thiab yooj yim dua hauv online! Muaj peb txoj kev rov ua dua tshiab:

- Txuas ntxiv online thiab them nyiaj online
- Txuas ntxiv online, tsim ib daim ntawv xa nyiaj, thiab them los ntawm daim tshev
- Rov ua dua tshiab nrog kev xa ntawv-hauv daim ntawv rov ua dua tshiab thiab daim tshev.

Txawm hais tias muaj kev sib tw, UWRA tau muaj kev vam meej heev. Koj yuav tsis xav nco cov kev sib tham zoo kawg uas tau npaj rau xyoo 2022-23. Koj qhov kev koom tes txuas ntxiv tseem ceeb heev rau peb thiab txaus siab heev.

**Daim ntawv thov kev ua tswv cuab / daim ntawv txuas ntxiv muaj nyob rau ntawm p. 3 ntawm qhov teeb meem no.**Thov txuas ntxiv koj txoj kev ua tswv cuab hnuv no thiab khaws koj tus kheej rau hauv daim ntawv xa ntawv kom koj tsis txhob nco ib qho kev sib txuas lus UWRA.-

**WRS, SWIB, ETF**

**Wisconsin Coalition ntawm**

**Annuitants Lub Roj Sib Tham Txhua Xyoo**

Tnws Wisconsin Coalition of Annuitants yuav tuav ob lub roj sib tham txhua xyoo-zoom-thiab txhua tus Wisconsin Retirement System cov neeg so haujlwm raug caw tuaj koom.



Ntawm lub roj sib tham thawj zaug, teem rau hnuv Thursday, Tsib Hlis 11, Lub Xeev Wisconsin Investment Board tus thawj coj thiab tus thawj coj ua lag luam Edwin Denson yuav tham txog yuav ua li cas WRS tau nqis peev thiab tiv thaiv rau yav tom ntej thiab yuav teb cov lus nug. Kuj tseem hais lus yuav yog J. Michael Collins ntawm UW-Madison Center for Financial Security, School of Human Ecology, thiab La Follette School of Public Affairs. Collins yuav tham txog cov xwm txheej hauv kev lag luam, vaj tse, kev saib xyuas kev noj qab haus huv, thiab cov teeb meem cuam tshuam thiab me ntsis txog nws txoj haujlwm nrog Social Security Administration.



Ntawm qhov kev sib tham thib ob rau hnuv Thursday, Tsib Hlis 18, Lub Tsev Haujlwm Saib Xyuas Cov Neeg Ua Haujlwm Trust Funds Tus Tuav Haujlwm John Voelker yuav muab qhov hloov tshiab txog WRS thiab teb.

cov neeg tuaj saib cov lus nug txog qhov system lossis bene-

haum. Ua raws li Tus Tuav Haujlwm Voelker yuav yog Dr. Ed Weisbart uas yog tus tuav ntaub ntawv hauv tebchaws thiab Missouri tshooj tus kws kho mob rau National Health Program. Nws cov lus hais yog "Medicare Advantage: Dab tsi yog nws tiag tiag thiab vim li cas peb yuav tsum saib xyuas?"

Ob qhov kev sib tham yuav muaj nyob ntawm Zoom thiab khiav thaum 9:30 teev sawv ntxov txog 12:00 teev tsaus ntuj Kev sau npe yog dawb. Mus rau npe, mus saib [wicoa.org/2023conference.html](http://wicoa.org/2023conference.html) .-

**TSEEM CEEB RAU LUB SIJ HAWM**

**INFLATION REDUCTION ACT**

**Tsib Hlis 10** Online Webinar  
[UWRAMadison.org/event-5041455](http://UWRAMadison.org/event-5041455)

**# UW-MADISON NTAWM SOCIAL MEDIA**

**Tsib Hlis 2** Online Webinar  
[UWRAMadison.org/event-5092539](http://UWRAMadison.org/event-5092539)

**FOOD PANTRY CONTRIBUTIONS**

Kuvn 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 ntxhais 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/](http://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.-

**UW-Madison Retirement Association Daim ntawv thov ua tswv cuab thiab daim ntawv rov ua dua tshiab (Thov Luam)**

Lub npe		Tus txij nkawm/tus khub npe	
Email		Tus txij nkawm/tus khub Email	
Koj puas tau so haujlwm? ___ Yog ___ Tsis yog	Xyoo koj so haujlwm?	Koj puas tau so haujlwm? ___ Yog ___ Tsis yog	Xyoo koj so haujlwm?
Tawm ntawm? (Lub Tsev Haujlwm)		Tawm ntawm? (Lub Tsev Haujlwm)	
Kev faib tawm ___ Cov Neeg Ua Haujlwm Kev Kawm ___ Cov Neeg Ua Haujlwm Kev Kawm ___ Faculty (limited) ___ Faculty (limited) ___ Cov neeg ua haujlwm hauv University		Kev faib tawm ___ Cov Neeg Ua Haujlwm Kev Kawm ___ Cov Neeg Ua Haujlwm Kev Kawm ___ Faculty (limited) ___ Faculty (limited) ___ Cov neeg ua haujlwm hauv University	
Xov tooj hauv tsev	Txawb xov tooj	Txawb xov tooj	
Txoj Kev Chaw Nyob		Lub nroog/State	Zip Code + 4
MEMBERSHIP LEVEL OPTIONS. Txhua qib suav nrog daim ntawv theej hluav taws xob <i>Tus Sifter</i> uas tau luam tawm txhua lub hlis Cuaj Hlis - Lub Rau Hli. ___ Txhua xyoo\$30 ___ Nqis(6 xyoo) \$150 ___ Lub neej\$400 ___ Tseem Tsis Tau Retired\$15 Ntawm 535xx, 537xx, 539xx: ___ \$15 (1 xyoo) lossis ___ \$75 (6 xyoo)			<b>NYIAJ</b>

**Koj raug txhawb kom koom nrog hauv online! Mus ntsib UWRAmadison.org**

- Koj tuaj yeem:
- Koom nrog thiab them nyiaj online
  - Koom nrog online thiab them nyiaj los ntawm daim tshev them rau UWRA
  - Koom nrog los ntawm kev xa daim foos no thiab daim tshev them rau UWRA rau UW-Madison Retirement Association, 21 N. Park Street, Room 7205, Madison, WI 53715-1218



TRAVEL

# Old World Wisconsin Excursion rau lub Rau Hli 20

Ttaug kev ua ke dhau lub sij hawm thiab paub txog lub ntiaj teb ntawm Wisconsin yav dhau los. UWRA koom tes nrog Verona Senior Center taug kev mus rau Old World Wisconsin kom paub txog lub ntiaj teb ntawm Wisconsin cov neeg tuaj txawv teb chaws thaum ntxov. Koom nrog peb thiab nkag mus rau hauv lub neej niaj hnuv ntawm cov neeg uas hu ua lub ntiaj teb no lub tsev.

Old World Wisconsin yog qhov chaw ua si keeb kwm nyob qhov twg Wisconsin Historical Society thiab nws cov neeg txhais lus uas tau hnav khaub ncaws nthuav tawm ntau tshaj li ib puas xyoo ntawm peb lub xeev keeb kwm. Lub tsev kawm ntawv suav nrog 60 lub tsev qub qub qub qub, ua liaj ua teb, khw muag khoom, thiab chaw ua haujlwm, ntau lub vaj nrog lub sijhawm. Qhov sib ntxiv tsis ntev los no yog Brewhouse, qhov twg cov neeg tuaj saib tuaj yeem pom brewers ntawm kev ua haujlwm thiab coj mus kuaj cov khoom.

Cov neeg koom yuav tau txais ib qho token uas yuav txhiv tau rau ib qho kev paub hauv Ntiaj Teb Qub, xws li ua ib qho hlau nuv ntawm lub khw muag khaub ncaws lossis ib lub hnav tawv tawv ntawm lub khw muag khau.

Lub tsheb npav yuav tawm ntawm Verona Senior Center nrog chaw nres tsheb ntawm West Towne Mall (Dave & Buster's, yav tas los Sears), thiab Dutch Mill Park thiab Caij (East lot). Thaum sau npe, qhia koj qhov chaw tuaj tos. Rooj zaum yog txwv, yog li sau npe hnuv no!

### Teem caij thiab Pick-up/Drop-off Points

- 9:00am Tawm hauv Verona Senior Center, 108 Paoli Street
- 9:15 hnu Tawm hauv West Towne (ze Dave & Buster's)
- 9:45 hnu Tawm ntawm Dutch Mill Park & Caij (East lot)
- 11:00 Nws Tuaj txog Old World Wisconsin
- 3:45 pm ua Depar t Old World Wisconsin
- 5:00 pm ib Tuaj txog Dutch Mill Park & Caij
- 5:30 p.m Tuaj txog West Towne Mall
- 5:45 pm ua Tuaj txog Verona Senior Center



**LUB NTIAJ TEB WISCONSIN LUB NTIAJ TEB**  
**Tuesday, Lub Rau Hli 20**  
 9:00 AM – 5:45 PM Hauv Tus Neeg

**Daim ntawv thov Deadline: tav su, Lub Rau Hli 1**  
 Yuav tsum sau npe ua ntej. Sau npe online ntawm:  
[UWRAMadison.org/event-5232862](http://UWRAMadison.org/event-5232862) **Tus nqi**  
**sau npe suav nrog kev thauj mus los,**  
**cov lus qhia tsav tsheb, nqi nkag, thiab noj su.**

(Koj tuaj yeem sau npe los ntawm kev xa ntawv nrog daim tshev. Luam tawm daim ntawv sau npe hauv online nplooj ntawv sau npe.)

Cov lus nug? Hu rau UWRA chaw ua haujlwm ntawm  
 608-262-0641 ib.

### Txoj cai them rov qab

UWRA rov qab them tus nqi koom nrog yog tias tus neeg koom nrog tshem tawm ua ntej hnuv kawg rau npe. Cov nyiaj rov qab tuaj yeem ua tiav tom qab hnuv kawg ntawm kev sau npe, tab sis tsuas yog tias tus neeg sau npe tos tuaj yeem tuaj koom. Cov nyiaj rov qab yog ua los ntawm daim tshev.-

**WEBINAR RECAP**

**Estate Planning Series, Ntu 3: Kev Tswj Xyuas thiab Kev Txiav Txim ntawm Vaj tse**

Los ntawm JACK SORENSON, tus thawj tswj hwm, thiab KATY ZWEIFEL, tus tswv cuab, COMMITTEE ntawm cov teeb meem nyiaj txiag hauv kev so haujlwm

Tntawm no yog qhov sib txawv tseem ceeb hauv kev tswj hwm thiab kev rhuav tshem lub siab nyiam thiab kev ntseeg siab. Tus Kws Lij Choj Peter C. Osman txawj ntse thiab succinctly coj UWRA cov neeg tuaj saib los ntawm kev sib koom ua ke thiab qhov sib txawv ntawm txoj cai tswj hwm cov cuab yeej no, thiab cov teeb meem kom zam dhau. Tsis tas li ntawd, peb txaus siab rau Osman nqis los ntawm kev ceeb toom luv luv los ua qhov kev nthuav qhia no thaum tus thawj hais lus tsis muaj.

"Probate" yog cov txheej txheem hauv tsev hais plaub pej xeeb uas cov ntsiab lus ntawm qhov kev xav tau ua pov thawj tias siv tau lossis tsis raug, thiab cov cuab yeej hloov pauv tom qab tus tswv tsev tuag. Tus neeg sawv cev ntawm tus kheej tuaj yeem raug pom zoo los ntawm tus neeg tuag, tab sis kev teem caij tsis tau txais kev pom zoo, vim cov neeg txaus siab tuaj yeem tawm tsam txoj haujlwm. Yog tias qhov kev xav tau sib tw, cov txheej txheem tuaj yeem ntev, ob peb xyoos lossis ntau dua.

Ib qho kev ntseeg siab yog tswj hwm los ntawm tus neeg tuav pov hwm, uas muaj npe los ntawm tus thawj tswj hwm, ua raws li kev cai lij choj, thiab saib xyuas kev faib cov cuab tam tom qab tus thawj tswj hwm tuag raws li lawv xav tau. Cov tsev hais plaub thiab pej xeeb feem ntau tsis koom nrog kev rhuav tshem kev ntseeg.

Lub luag haujlwm ntawm tus neeg sawv cev ntawm tus kheej thiab tus neeg saib xyuas muaj ntau heev thiab tuaj yeem xav tau kev pab kws tshaj lij. Cov haujlwm tseem ceeb suav nrog cov txheej txheem kev cai lij choj, kev tswj hwm cov cuab yeej cuab tam, txheeb xyuas thiab them cov neeg qiv nyiaj, ua cov ntawv xa se yuav tsum tau ua, thiab ua qhov kawg faib rau cov neeg tau txais txiaj ntsig.

Hauv nws qhov kev nthuav qhia, Osman tau ntxiv ntau cov lus qhia txog cov ncauj lus xws li leej twg yuav tsum ua tus saib xyuas lossis tus neeg sawv cev; cov teeb meem tshwm sim hauv vaj tse nyob; xav tau cov nqi ntawm kev tswj hwm vaj tse; thiab, poob los ntawm kev tswj tsis tau zoo. Yog tias koj tab tom txiav txim siab tsim lub siab nyiam lossis kev ntseeg siab thiab tsis paub meej tias qhov sib txawv yog dab tsi, qhov no yog qhov

cov peev txheej zoo heev los pib txheej txheem.-

*Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](http://UWRAMadison.org)) tom qab ntawd xaiv Resources/Presentations/2022-23 Jan-Jun to find a video and a PDF of this presentation.*

**WEBINAR RECAP**

**Dab tsi tshwm sim rau Republican Party: Reagan los ntawm Trump Xyoo**

Los ntawm TOM EGGERT, MEMBER, RETIREMENT COMMITTEE



David Canon los ntawm UW Kev Tshawb Fawb Kev Tshawb Fawb Txog Kev Tshawb Fawb tau tham txog kev hloov pauv ntawm Republican Party, tsom tshwj xeeb rau kev txheeb xyuas ntawm cov tib neeg uas yog Republicans. Ib qho kev txaus siab tshwj xeeb: Canon tsis lees paub qhov kev xav tias tus naj npawb ntawm Republican cov neeg pov npav poob qis, ua rau peb nco txog cov ntau ntawv tawm mus rau 2020 kev xaiv tsa.

Canon tseem ceeb toom peb txog ntau pawg neeg hauv pawg Republican tam sim no, txij li Txoj Cai Populist mus rau Ambivalent Right. Kuj tseem muaj ib lub npe hu ua Kev Ntseeg thiab Chij Kev Saib Xyuas uas feem ntau pom tias tsis lees txais kev sib faib ntawm pawg ntseeg thiab lub xeev. Saib tshwj xeeb ntawm Trump tus thawj tswj hwm, Canon piav qhia yuav ua li cas Donald Trump tau tawg los ntawm Republican orthodoxy hauv nws txoj kev cais tawm thiab kev ntxub ntxaug rau cov phooj ywg txoj haujlwm, nrog rau hauv nws txoj cai tiv thaiv kev nkag tebchaws. Nws qhov kev tawg loj tshaj plaws los ntawm cov kev xav ntawm Republican ib txwm yog nws qhov kev tawm tsam ntawm Big Lie thiab ntawm qhov ua tsis tiav hauv kev xaiv tsa.

Raws li Canon, kev sib cav sib ceg txog kev pov npav yog qhov tshwm sim tsis ntev los no. Cov uas kawm txog kev xaiv tsa xav tias ob tog Republicans thiab Democrats tuaj yeem cuam tshuam tsis zoo thaum Republicans dhau txoj cai ua rau nws nyuaj rau kev pov npav.-

*Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](http://UWRAMadison.org)) tom qab ntawd xaiv Resources/Presentations/2022-23 Jan-Jun to find a video and a PDF of this presentation.*

UA NTEJ UA TSAUG

# Purging, Organizing, Sorting!

Los ntawm DONNA HALLERAN, UWRA tus tswv cuab



**Kuv**tau nrog University nyob rau hauv ib txoj kev los yog lwm yam txij li thaum 1978. Kuv pib ua ib tug me nyuam kawm ntawv, tau txais BA nyob rau hauv economics thiab MS hauv kev lag luam. Kuv thawj txoj hauj lwm tom qab kawm tiav tau nrog UW, thiab kuv tsis tau tso tseg

tsev kawm ntawv rau qhov seem ntawm kuv txoj hauj lwm 36 xyoo. Kuv pib hauv Internal Audit, tsiv mus rau Cov Kev Pabcuam Nyiaj Txiag, tom qab ntawd mus rau Nyiaj Txiag thiab tus thawj koj nyiaj txiag rau Cov Chaw, Kev Npaj, thiab Kev Tswj Xyuas (FP&M). Kuv ua tiav kuv txoj haujlwm ua tus thawj koj ntawm Kev Tshawb Fawb Kev Ua Haujlwm Pabcuam. Txawm tias tom qab so haujlwm ob xyoos dhau los, kuv tau tswj hwm qhov kev sib txuas hauv tsev kawm ntawv, thawj zaug ua tus kws pab tswv yim nrog UW Xovxwm thiab tam sim no ua tus thawj koj ua lag luam ib nrab hnuv rau Cov Phooj Ywg ntawm Arboretum (FOA). Kuv txoj hauj lwm ntawm FOA yog ua kom kuv txuas nrog cov phooj ywg UW cov neeg so haujlwm uas ua haujlwm pab dawb lossis tuaj koom peb cov lus qhia noj su txhua hli.

Txawm li cas los xij, kuv nyiam lub luag haujlwm yog pog rau peb tus ntxhais xeeb ntxwv, Elena, uas yuav muaj ob xyoos hauv lub Tsiab Hlis. Peb muaj cai saib nws ib hnuv txhua lub lim tiam. Yog tias koj xav nyob hauv hluas thiab nquag, siv ib hnuv nrog tus menyuam me!

Kev so haujlwm thaum kawg tau muab sijhawm rau kuv los ua haujlwm ntawm cov haujlwm loj uas kuv tau tso tseg rau xyoo: kev hloov kho hauv tsev, kho dua tshiab, thiab kev tu kom huv ntawm "khoom" uas peb tsis xav tau ntxiv lawm. Ob txoj haujlwm tshwj xeeb yog cuam tshuam nrog kuv ob yam haujlwm nyiam - kev yeas duab thiab ua noj.

Kuv qhov project loj tshaj plaws yog purging, npaj, txheeb xyuas, scanning, thiab khaws cia ntau txhiab tus duab thiab yeeb yaj kiab ntawm tsev neeg, phooj ywg, thiab kev mus ncig. Ib txhia yog peb

feem ntau muaj nuj nqis nco, thiab lwm yam tsis tsim nyog khaws cia. Tau kawg, kuv nyiam ntxiv cov duab thiab yeeb yaj kiab tshiab rau kev sib xyaw, tshwj xeeb ntawm peb tus ntxhais xeeb ntxwv.

Kuv qhov project loj thib ob yog npaj cov zaub mov rau hauv tsev neeg cookbook. Ntxiv nrog rau peb tsev neeg nyiam, kuv tau sau ntau yam zaub mov txawv rau xyoo nrog txoj kev npaj "ib hnuv" muab rau lawv sim. "Ib hnuv" thaum kawg ntawm no, thiab kuv tau sim ntau yam ntawm cov zaub mov txawv. Kuv txaus siab rau kev sim nrog lawv thiab nrhiav tau ob peb lub pov haum.

Kuv tus txiv Scott thiab kuv kuj nyiam mus ncig, tshwj xeeb tshaj yog nyob sab nraum zoov. Txij li thaum kuv so haujlwm, peb tau mus rau Mt. Rainier, Yellowstone, thiab Grand Tetons National Parks. Peb qhov kev mus tom ntej yuav mus rau Kings Canyon thiab Sequoia National Parks hauv California. Peb kuj tseem ua lub luag haujlwm mus xyuas txhua lub xeev Wisconsin lub tiaj ua si thiab twb tau mus yuav luag tag nrho nyob rau yav qab teb ib nrab ntawm lub xeev. Thaum Scott so haujlwm, peb tab tom tos ntsoov mus ncig ntev dua, xws li Alaska thiab Europe. Sab saum toj ntawm kuv daim ntawv teev npe thoob yog txoj kev mus ncig ntawm Lake Superior Circle Ncig Saib.-

### Peb Hlis 1-31, 2023

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

**Kenneth Kudsk***Kev phais*  
**Debra Rihn**, *UWHC, East*  
*Madison Hospital*

**Roger Schultz**, *Public*  
Kev noj qab haus huv  
**Kathleen Schultz**

### Koj puas paub?

**T**Nov yog ob txoj hauv kev los nrhiav thiab saib cov yeeb yaj kiab ntawm UWRA kaw cov rooj sib tham. Ntxiv rau kev nrhiav cov ntaub ntawv kaw tseg ntawm UWRA lub vev xaib— [UWRAMadison.org/Cov](http://UWRAMadison.org/Cov) peev txheej / Kev nthuav qhia / tom qab ntawd hnuv thiab lub npe-koj tuaj yeem mus ncij qha rau UWRA YouTube channel ntawm [youtube.com/@uwramadison8563/videos](http://youtube.com/@uwramadison8563/videos). Videos yos rov qab los 2020 ib a **rov post**.-

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



**ACTIVITIES nyob rau hauv so**

**Ntsuj Plig, Tsev Neeg, thiab Kev Pabcuam Zej Zog**

Los ntawm JACOB (JAKE) BLASCZYK, UWRA MEMBER



**My tseem ceeb** cov haujlwm so haujlwm poob rau hauv peb pawg: sab ntsuj plig, family, thiab commu-kev pabcuam.

Meditation, kev koom ua ke-nyob rau hauv Buddha txoj kev qhia-nrog Unitarian Universalism, thiab Qigong, yog thawj qeb. Nrog kuv

tus poj niam, Ann, thiab peb

tus ntxhais, Emily, kuv tau rov qab mus rau Madison xyoo 1986 rau Tsev Kawm Ntawv Kev Kawm Tshaj Lij qhia ob lub koom haum ntsuam xyuas thoob plaws lub xeev. Xyoo 1990, peb tau koom nrog First Unitarian Society (FUS), thiab tsis ntev kuv tau kawm FUS kev xav. Kuv tam sim no-txhua hnuv xyaum ua kom xav tau pib. Thaum so haujlwm, kuv kawm paub ntau ntxiv txog kev ntseeg thiab kev xav hauv online, nyeem ntawv, thiab pab pawg hauv zos. Kuv tsis tu ncuva mus koom kev xav tawm, ntau tus txhawb nqa los ntawm Madison Insight Meditation Group

[madisonmeditation.org](http://madisonmeditation.org) .

Tom qab ntawd, cov kev kawm FUS tau qhia kuv txog Qigong, ib feem ntawm cov tshuaj suav tshuaj. Kev qeeb qeeb ua kom zoo zog hauv lub cev, lub siab, thiab ntug. Kuv ua Qigong txhua hnuv, tob zuj zus los ntawm cov lus qhia los ntawm Steve Spiro ntawm Madison Tai Chi Center. Kev ntseeg, kev xav, thiab Qigong tau tob rau kuv sab ntsuj plig thaum muab kev nkag siab txog kuv lub neej. Lwm cov txiaj ntsig yog cov phooj ywg tshiab, qhov chaw nkaum ntawm lub sijhawm muaj kev kub ntxhov, thiab kev tawm dag zog.

Kuv kuj yog kuv tsev neeg keeb kwm. Tom qab so haujlwm, Ann thiab kuv tau xam phaj kuv cuaj tus kwv tij nyob. Kuv tau tsim 10 CDs zaj dab neeg rau tsev neeg rov sib ntsib. Cov no muaj nyob rau ntawm Wisconsin Historical Society. Ntawm qhov siab ntawm tus kab mob kis thoob qhov txhia chaw, kuv khaws ib lub hli ntev ntev rau WHS.

Kuv qhov kev pabcuam hauv zej zog tau nthuav dav thiab. kuv coj

cov neeg ua haujlwm pab dawb saib xyuas lub vaj paj ntawm Southwest Commuter Path. Saib kuv blog, [vaj zaub-pect.blogspot.com](http://vajzaubpect.blogspot.com) . Thaum xyoo 2021-2022, kuv tau coj cov neeg tuaj yeem pab dawb ua cov kev kawm dej nag hauv zej zog, tau nyiaj los ntawm UW Arboretum. Peb tau teeb tsa lub vaj los nag hauv Tsev Kawm Ntawv Wingra thiab muaj kev tshwm sim Vilas Park nrog Ho Chunk zaj dab neeg Andi Cloud thiab 25 lub koom haum sib koom kev coj ua dej nag. Peb tuav ob qho kev taug kev hauv zej zog, ib qho kev txhawb nqa nrog Catholic Multicultural Center. Qee zaum ntawm kuv txoj kev taug kev txhua hnuv, kuv nyob ntawm UW Campus uas muaj cov tub ntxhais kawm. Kuv nkag siab tias Impermanence, ib txoj cai ntawm kev ntseeg, thaum ua tsaug uas kuv tseem nyob hauv tsev kawm ntawv raws li cov tub ntxhais kawm thiab cov neeg laus.-

**WEBINAR RECAP**

**Nuclear Fais Fab & Kev Nyab Xeeb Hloov**

Los ntawm TOM EGGERT, MEMBER, RETIREMENT COMMITTEE

**Richard Steeves** (emeritus, UW Medical School) thiab Tom Eggert (emeritus, Nelson Institute for Environmental Studies), tau sib tham txog lub luag haujlwm yav tom ntej ntawm nuclear fais fab. Ob leeg pom zoo tias qhov kev hem thawj ntawm kev hloov pauv huab cua ua rau nrhiav lwm txoj hauv kev rau cov roj carbon-based fuels (coal, oil, petroleum) tseem ceeb heev, tab sis lawv tsis pom zoo txog seb cov reactors nuclear yuav tsum yog ib feem ntawm kev daws teeb meem. Steeves tau sib cav tias nuclear reactors muaj kev nyab xeeb, muaj txiaj ntsig, thiab tsis muaj carbon. Eggert tau sib cav hais tias nuclear technology yog kim heev thiab siv sijhawm. Nws tau sau tseg tias tsuas yog ib lub tshuab hluav taws xob tshiab tau tsim nyob rau hauv 30 xyoo dhau los, thiab lub tshuab hluav taws xob ntawd (tseem teem sijhawm pib tsim hluav taws xob hauv 2023) yog rau xyoo lig thiab \$ 25 billion dua li pob nyiaj siv. Steeves tau tawm tsam tias cov thev naus laus zis tshiab tshiab yuav phee yig dua thiab siv sai dua, tab sis Eggert teb tias,-

*Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](http://UWRAMadison.org)) tom qab ntawd xaiv Resources/Presentations/2022-23 Jan-Jun to find a video and a PDF of this presentation.*

## KEV SIB THAM

# Tick Tock:

## Nws yog Tick Sijhawm!



Los ntawm David M. DECI MD, UWRA MEMBER

**A**pril da dej nqa May paj thiab hordes ntawm zuam! Wisconsin muaj qhov sib txawv ntawm qhov tseem ceeb rau tus kab mob Lyme. Thaum peb txaus siab rau sab nraum zoov dua, cia peb tshuaj xyuas qee qhov tseeb txog zuam thiab seb peb yuav tiv thaiv cov kab mob uas lawv muaj li cas.

Ticks yog 8-legged arachnids (zoo li kab laug sab thiab mites). Lawv noj cov ntshav ntawm tus tswv tsiaj thiab tom qab ntawd tuaj yeem thauj mus rau hauv tsev los ntawm tib neeg thiab tsiaj. Cov zuam tuaj yeem nqa ntau yam kab mob uas cuam tshuam rau tib neeg xws li anaplasmosis, babesiosis, ehrlichiosis, thiab Rocky Mountain pom kub taub hau. Ntawm no peb yuav tsom mus rau Lyme Disease.

Lyme Disease yog tshwm sim los ntawm cov kab mob *Borrelia burgdorferi*: koj puas xav tau ntau tus thwjtim thiab kis tau mus rau tib neeg los ntawm kev tom ntawm cov mos lwj dub-legged zuam. Vim tias hom tsiaj no me me (2-5 hli) thiab tsis mob tom, ntau qhov txuas rau peb lub cev tuaj yeem mus nrhiav tsis tau ntau teev rau hnuv. Qhov kev pheej hmoo ntawm kev kis kab mob nce ntxiv nrog kev txuas mus ntev thiab kev sib koom ua ke ntawm zuam nrog ntshav.

Deer zuam nyiam hav zoov lossis txhuam ib puag ncig xws li buckthorn thickets. Mov thiab nas ua lub luag haujlwm hauv kev ua kom lawv lub neej mus ntev. Txawm hais tias cov zuam mos lwj tau pom thoob plaws hauv Wisconsin, qhov xwm txheej loj tshaj plaws tshwm sim rau sab qaum teb thiab sab hnuv poob ntawm txoj kab ntawm La Crosse mus rau Green Bay. Yog tias koj siv sijhawm sab nraum zoov hauv North Woods, nrog koj tus kws kho mob tham txog kev tiv thaiv tshuaj rau doxycycline uas tuaj yeem noj yog tias muaj kev kis mob.

Qhov kev zuam loj tshaj plaws tshwm sim thaum lub caij ntuj sov; Txawm li cas los xij, cov zuam neeg laus pib tshwm sim thaum qhov kub siab tshaj 40° F. Ib Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv thiab Tib Neeg txoj kev tshawb fawb hauv Wisconsin xyoo 2016-2017 pom tias, qhov nruab nrab, 15-20% ntawm cov zuam sau tau nqa cov kab mob ua rau tus kab mob Lyme. Tsis ntev los no CDC kwv yees qhia tias muaj 20,000–40,000 tus neeg mob Lyme Disease hauv Wisconsin ib xyoo. Hmoov zoo, feem ntau mob me me los yog mus nrhiav tsis pom.

Cov tsos mob ntawm tus kab mob Lyme muaj xws li mob taub hau, mob leeg thiab mob pob qij txha, ua npaws, thiab qaug zog. Ib qho pob liab liab hu ua *erythema migrans* tshwm sim nyob rau hauv 70-80% ntawm cov neeg mob thiab tshwm sim nyob rau hauv hnuv rau lub lis piam tom qab. Nws pib raws li lub tiaj, ncig, liab pob liab uas loj tuaj sai sai thiab tuaj yeem tshwm sim hauv thaj chaw deb ntawm qhov zuam txuas. Feem ntau, nws muaj "bull's-eye muag" saib.

Yog tias koj muaj mob xws li mob khaub thuas thaum lub caij ntuj sov, tshwj xeeb tshaj yog muaj pob liab liab, nrhiav kev ntsuam xyuas sai. Tus kab mob teb zoo rau ntau yam tshuaj tua kab mob. Kev rov qab tsis muaj peev xwm tiv thaiv tau, txawm li cas los xij; cov tib neeg tuaj yeem kis tus kab mob ntxiv nrog kev kis tus kab mob tshiab. Tus kab mob Lyme Chronic Lyme tam sim no tau lees paub tias yog ib qho tseem ceeb ua rau mob plawv, neurologic, thiab teeb meem sib koom ua ke.

Kev tiv thaiv kev kis tus zuam yog qhov tseem ceeb los txo koj txoj kev pheej hmoo ntawm kab mob:

- Liberly siv cov tshuaj tua kab uas muaj 20% lossis ntau dua ntawm DEET.
- Tsis txhob muaj zuam cov kab mob.
- Hnav cov tsho ntev, lub teeb xim thiab cov ris ntev. Tuck ris ob txhais ceg rau hauv thom khwm los ua ib qho kev thaiv rau zuam txuas.
- Da dej tam sim ntawd tom qab tawm nraum zoov.
- Ua cov zuam txhua hnuv. Tshawb xyuas txhua qhov chaw, suav nrog cov tawv taub hau. Siv daim iav los saib thaj tsam tom qab thiab qhov chaw mos.
- Muab cov khaub ncaws qhuav rau ntawm qhov kub kom tsawg li 10 feeb kom tua cov zuam uas tej zaum tau nqa tuaj rau hauv koj lub tsev.
- Siv zuam dab tshos ntawm koj tus dev thiab miv.

Tshem cov zuam tam sim ntawd. Siv cov tweezers zoo; rub ncaj nraim nrog lub zog qeeb, khov kho. Tsis txhob twisting txav uas tuaj yeem tawm ntawm lub qhov ncauj tom qab. Ntxuav qhov tom nrog dej cawv los yog xab npum thiab dej.

UW Department of Entomology muaj pub dawb "Tick App" muaj nyob hauv App Store lossis Google Play. Nws tuaj yeem pab pom kev txheeb xyuas hom zuam. thiab muaj cov ntaub ntawv hais txog kev tiv thaiv.-

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



**WEBINAR RECAP**

**Assistive Technology: Access to Independence**

Los ntawm JIM VANNES, tus tswv cuab, ELECTRONIC TECHNOLOGY COMMITTEE

**A**nkag mus rau Independence ([accessind.org](https://www.accessind.org)) yog ib lub koom haum nonprofit uas pab Dane, Dodge, Columbia, thiab Green counties. Nws cov kev pabcuam pub dawb thiab nws txhais ntawm kev xiam oob qhab yog qhov dav heev. Cov neeg ua haujlwm nkag mus muab cov ntaub ntawv, cov peev txheej, thiab xa mus rau ib tus neeg hauv zej zog txog cov ncauj lus xws li vaj tse, tsheb thauj mus los, kev txhawb nqa hauv zej zog, kev pab qiv nyiaj txiag, thiab lwm yam. Lawv tuaj yeem pab cov neeg tau txais kev pab kawm paub daws qhov kev tsis taus, txhim kho cov txuj ci tshiab rau kev ua neej nyob ywj pheej, thiab xyaum kev tawm tswv yim rau tus kheej.

Kev cob qhia txuj ci tuaj yeem suav nrog kev siv nyiaj txiag, ua noj ua haus, thiab koom haum. Nkag mus rau cov kev pab cuam hloov pauv txhawb kev xaiv ntawm zej zog thiab kev pab nyob, nrog rau cov tub ntshais hluas uas muaj kev tsis taus tawm hauv tsev kawm theem nrab. Lawv kuj muab kev txhawb pab txhawb rau cov cai tsis taus. Cov kev pab qiv nyiaj muaj rau cov

cov tub uas muaj kev tsis taus thiab tuaj yeem siv tau rau kev pabcuam kev siv tshuab, hloov tsev, hloov tsheb, lossis kev pabcuam rau kev ua haujlwm. Ntau tshaj 1000 cov khoom siv thev naus laus zis uas tuaj yeem sim dawb, suav nrog lub rooj zaum muaj log, cov neeg taug kev, cov pas nrig, cov xov tooj nthuav dav, cov cuab yeej hauv chav ua noj, thiab lwm yam. Saib daim ntawv teev tag nrho ntawm [wisconsinat4all.com](https://www.wisconsinat4all.com).

Wisconsin Council for the Blind & Visually Impaired ([wcblind.org/](https://www.wcblind.org/)) muaj kev tawm tswv yim, kev pom kev, thiab kev kawm los txhawb Wisconsinites uas tsis pom kev. Cov tswv yim rau kev siv thev naus laus zis thiab kev txawj ntse los txhim kho kev nkag tau suav nrog kev teeb pom kev ua haujlwm, kev nthuav dav, kov cues, txhim kho qhov sib txawv, thiab suab. Cov xov tooj tshiab tshiab thiab cov ntsiav tshuaj suav nrog ntau yam ntawm cov yam ntawv no. Daim ntawv teev tag nrho ntawm kev siv tshuab muaj nyob ntawm [store.wcblind.org/store](https://store.wcblind.org/store).

*Mus ntsib UWRA lub vev xaib ([UWRAMadison.org](https://www.UWRAMadison.org)) tom qab ntawd xaiv Resources/Presentations/2022-23 Jan-Jun to find a video and a PDF of this presentation.*

**Lub Sijhawm Rov Ntxiv lossis Pib Kev Sau Npe rau Cov Ntawv Luam Tawm ntawm Tus Sifter**

Cov xim puv xim digital ntawm UWRA's *Sifter* Cov ntawv xov xwm tau xa email dawb rau txhua tus tswv cuab. Txawm li cas los xij, yog tias koj xav pib lossis txuas ntxiv kev them nyiaj rau cov xim dub thiab dawb *luam tawm*, tam sim no yog lub sijhawm ua li ntawd. Daim ntawv luam tawm txhua xyoo yog \$ 15, uas suav nrog tus nqi luam tawm thiab xa ntawv kaum qhov teeb meem (Lub Cuaj Hli 2023-Lub Rau Hli 2024). Koj tuaj yeem sau npe los ntawm kev nkag mus rau [UWRAMadison.org](https://www.UWRAMadison.org) thiab nyem rau ntawm "KEV," lossis ua kom tiav daim ntawv teev npe hauv qab no thiab xa mus rau UWRA Office. Thov nco ntsoov tias tsis muaj kev tso npe ntau xyoo.-

**Subscription Order Form for the Print Edition of *Tus Sifter***

- Cov ntawv luam tawm luam tawm ib txhij nrog kev ua tswv cuab UWRA Cov Nyiaj Txiaj Xyoo (Lub Xya Hli 1-Lub Rau Hli 30)
- Kev tso npe yuav raug txuas ntxiv txhua xyoo
- Kev tso npe ntau xyoo tsis muaj nyob rau lub sijhawm no
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## REFLECTIONS

### Ua Txoj Kev rau Cov Neeg Ncig Tebchaws!

Los ntawm MARY BARNARD RAY

**O**na cruise lub Ob Hlis Ntuj dhau los, kuv tau kawm ib zaug ntxiv tias kev mus rau qhov chaw yuav muaj kev lom zem ntau dua li qhov chaw nws tus kheej. Thiab dua, nws yog kev paub nrog cov neeg tsav tsheb hauv zos nyob ntawd uas ua pov thawj zoo siab. Peb qhov chaw nyob rau lub sijhawm no yog qhov chaw nyob hauv roob ntawm cov Islands tuaj ib ncig ntawm South China Sea - hauv Indonesia thiab Philippines. Nyob rau hauv txhua rooj plaub, peb tau nyob rau thawj cov neeg tuaj ncig tebchaws caij nkoj mus txog rau



qhov chaw nyob hauv peb xyoos, txij li ua ntej COVID. Kev txais tos peb tau txais ntawm txhua qhov chaw yog lub siab sov so; nyiaj daus las neeg mus ncig ua si tau ntws rov qab thaum kawg! Txawm hais tias qhov zoo sib xws, ob lub teb chaws txawv qhov sib txawv, thiab qhov sib txawv ntawd tau tshwm sim hauv txoj hauv kev kom tau txais

tourists los ntawm point A mus rau point B.

Peb cov lus qhia hauv Indonesian tau paub txog kev tsim kho thiab ua nrog rau yam uas muaj. Piv txwv li, peb yuav tsum tau caij plaub-log tsav mus txog qhov chaw nkag mus rau Mt. Bromo, lub roob hluav taws kub ntawm Java. Tom qab lapse nyob rau hauv cov nyiaj mus ncig ua si, nrhiav kom txaus tsheb yuav tsum tau ua pov thawj me ntsis nyuaj. Peb lub tsheb tau nkag los ntawm tsuas yog ib nraub ntawm lub nraub qaum, vim tias ib lub qhov rooj tsis ua haujlwm. Qhov no yuav tsum muaj qee qhov kev sib tw ntawm kuv, thiab kuv txaj muag lees paub tias kuv tau nyam tawm lub sijhawm kawg thiab xav tau kev pab!

Tus tsav tsheb, uas hais tsis tau lus Askiv (lossis ua txuj tsis ua), yog hluas, txawj ntse, thiab ua siab ntev. Thiab savvy - qhov ntsuas ntsuas ntsuas tau raug tshem tawm ntawm lub xov tooj, yog li peb tsis tuaj yeem tawm tswv yim rau qhov ntawd! Nws hla cov neeg tsav tsheb qeeb, wove skillfully nruab nraub ntawm cov scooters ubiquitous ntawm txoj kev, thiab tsuas yog tswj kom tsis txhob muaj cov neeg taug kev los ntawm txoj kev. Thaum peb mus txog peb qhov chaw nres tsheb tom ntej, qhov chaw uas peb hloov mus rau kev caij ponies, peb tau ntseeg siab tias qhov nyuaj tshaj plaws ntawm txoj kev taug kev yog qab peb.

Cov neeg Filipinos uas peb tau ntsib tau coj ib txoj hauv kev sib txawv thaum peb ncig saib yuav tsum tau mus los ntawm Manila tsheb thiab nce mus txog ob txoj kev taug kev mus txog lub roob hluav taws me tshaj plaws hauv ntiag teb ntawm Tagatay. Qhov kev mus ncig yuav siv sijhawm txhua lub sijhawm peb nyob hauv qhov chaw nres nkoj, yog li tsis muaj leeway rau kev ncuu sijhawm.

### Nkag mus rau Philip-ntoo maus taus patrol, nrog ob hluas-tab sis-experimaus taus

tub ceev xwm pab los ntawm

qee lub sijhawm saib xyuas

tsheb. Kuv yeej tsis tau ntsib dua-

nyob rau hauv lub tsheb tseem

ceeb tshaj plaws nyob rau



txoj kev. Peb puas tau ntsib teeb liab? Tsis txhob xav li cas, tub ceev xwm nres tsheb thiab peb lub npav loj loj tau hla kev sib tshuam. Puas yog cov tsheb khiav rov qab mus rau peb cov kev taw qhia? Tsis muaj teeb meem, cov tub ceev xwm maus taus tsuas yog tsav tsheb mus rau cov tsheb thauj mus los, waving lawv ib sab rau ntawm lub xub pwg nyom lossis txoj kev taug kev kom peb tuaj yeem taug kev hauv txoj kev uas yuav los txog thaum peb dhau qhov kev thaub qab. Puas yog txoj kev dheev pom ntawm sab xis? Zoo, cov tub ceev xwm tsuas yog yoj peb mus rau sab xis thiab peb yuav hla mus rau txoj kab ntawd. Tsav ntawm lub xub pwg nyom? Qhov ntawd yog ib qho kev xaiv thiab. Leej twg paub tias koj tuaj yeem slalom hauv tsheb npav ntawm txoj kev tsis khoom? Tsuas yog kom peb tsis txhob xis nyob nrog lub caij swerving no, txhua lub sijhawm tam sim no thiab tom qab ntawd tus neeg muag khoom lub laub lossis cov neeg taug kev yuav tshwm sim los ntawm kev nres tsheb mus rau hauv peb txoj kev, ua rau tus neeg tsav tsheb npav nres nres.

Thaum peb mus txog qhov chaw—ib lub chaw zoo nkauj uas pom lub roob me me ntawm lub roob hluav taws nyob hauv nruab nraub ntawm lub pas dej—peb muaj peev xwm ua tsis taus pa. Thaum noj su, peb txawm muaj hmoo txaus los zaum peb tus kheej nrog ob tus tub ceev xwm maus taus, yog li peb nug lawv txog lawv txoj haujlwm. Escorting VIPs yog lawv txoj haujlwm nyiam! Pom tau tias tsav tsheb mus rau cov tsheb thauj mus los thaum waving rau kev mloog tau zoo siab rau lawv li nws yog rau peb. Peb qhuas qhov zoo nkauj ntawm lub roob hluav taws me me, ua pa tob tob, thiab caij tsheb npav rau kev rov qab los.-

**BOOK MARKS**

**Kev faib cov Dej**

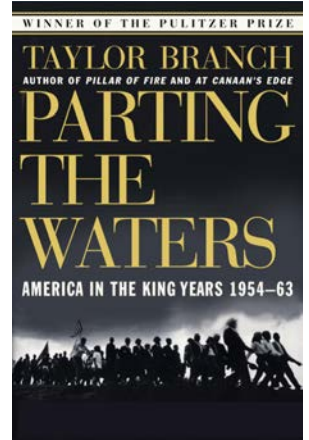
REVIEWED NTAWM KENNETH SHAPIRO, UWRA MEMBER

**P**arting the Waters: America in the King Years, 1954-63 los ntawm Taylor Branch (Simon & Schuster) yog thawj zaug hauv trilogy txog kev txav mus los thaum ntxov. Nws qhia txog kev ua siab loj ntawm cov neeg tawm tsam ntsib kev tawm tsam hnyav. Nws nthuav tawm kev sib tw thiab kev koom tes ntawm cov thawj coj Dub thiab laww cov koom haum (NAACP, SCLC, SNCC); txoj cai tswjfw m kev sib npaug tau sim los ntawm Kennedys nyob rau hauv lub ntsej muag ntawm kev thov rov hais dua los ntawm huab tais thiab lwm tus; thiab lub luag haujlwm tsis zoo ntawm FBI mus yos hav zoov rau cov neeg communist thiab cov neeg nyiam sib deev hauv kev txav mus los.

Lub hom phiaj ntawm phau ntawv yog nyob rau Martin Luther King, Jr., thiab Sab Qab Teb, tshwj xeeb tshaj yog Alabama, tab sis nws tseem suav nrog lwm tus neeg ua yeeb yam tseem ceeb thiab cov ntsiab lus dav hauv cheeb tsam thiab lub teb chaws. Nws qhia txog qhov kev nce siab ntawm MLK, tshiab los ntawm nws Boston University Ph.D. thiab tsuas yog ib xyoos rau nws thawj tus xibhwb txoj haujlwm hauv 1955 thaum Rosa Parks raug ntes. Huab tais tau raug thawb rau hauv kev coj noj coj ua ntawm Montgomery tshab npav boycott. Phau ntawv tuav lub hwj chim ntawm Vaj Ntxwv txoj kev hais lus thiab nws txoj kev txawj ntse thiab lub zog txhawb nqa kev tawm tsam rau ntau tshaj ib xyoos txawm tias muaj kev foob pob thiab raug ntes. Tus sau qhia peb luv luv nrog qhov no: "Nws muaj nees nkaum rau thiab tsis muaj kaum ob xyoos thiab plaub lub hlis los ua neej nyob."

Tus nyeem ntawv tau txais ntau tshaj Wikipedia cov ntsiab lus. Peb mloog hauv kev sib tham, rooj sib tham, thiab kev sib tham thoob plaws sab qab teb thiab hauv Washington, DC Peb pom cov kev cob qhia thiab kev tawm tsam ntawm kev tsis ua phem. Peb ua tim khawv txog kev ntshai ntawm kev ywj pheej

cov neeg caij tshab khiav tawm ntawm cov tshab npav tua hluav taws tsuas yog raug ntaus los ntawm cov yeeb nkab-wielding Dawb pawg neeg; plaub tug ntxhais nyob rau hauv Birmingham lub tsev teev ntuj hauv qab daus, tag nrho cov hnab dawb, zoo siab tos txais cov kev pabcuam rau Hnub Hluas Txhua Xyoo, tiam sis tsis yog raug foob los ntawm foob pob; cov tub ntxhais kawm zaum ntawm lub rooj noj su raug ntaus los ntawm cov neeg dawb ceev thaum tub ceev xwm nyuam qhuav saib. Cov xwm txheej ntawm kev ua siab loj



nyob rau hauv lub ntsej muag ntawm savagery feem ntau tshuav kuv tuav kuv lub taub hau. Vim li cas cov neeg tawm tsam tau rov qab los dua los ntsib cov neeg coob coob uas npau taws? Vim li cas cov neeg Dawb thiaj npau taws txog kev tua neeg thiab kev dag ntxias? Thiab tshuav pes tsawg?

Cov ntsiab lus loj heev marshalled los ntawm tus sau tau muab tso rau kev siv zoo, muab lub neej rau cov neeg thiab cov xwm txheej ntawm kev txav mus los. Qee lub sij hawm nws dhau los ua ib nploog ntawv compulsive-turner. Tab sis tag nrho cov ntsiab lus no kuj yog ib qho shortcoming. Nrog ntau tus neeg qhia, nws nyuaj rau nco ntsoov tias leej twg yog leej twg. Phau ntawv xaus rau xyoo 1963, nrog rau John Kennedy kev tua neeg, tsib xyoos ua ntej Vaj Ntxwv rau tua.

Taylor ceg tau txais Pulitzer nqi zog rau keeb kwm hauv 1989 thiab National Book Critics Circle Award hauv 1988 rau *Kev faib cov Dej*.

*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](mailto:laurie.mayberry@wisc.edu).*

**- UW-Madison Retirement Association Hnub tim-**

Mus saib lub [UWRAMadison.org](http://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)

- 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
- Tuesday, May 23 9:00-10:30 AM dr hab
- Tuesday, Lub Rau Hli 20 9:00 AM – 5:45 PM

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) UWRA Noj tshais txhua hli ntawm Elie's Cafe (IP) Old World Wisconsin Excursion (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](http://UWRAMadison.org).



# LUBSIFTER

UWRAMadison.org

UW-Madison Retirement Association c/o

Division of Continuing Studies 21 North  
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## Tsiv los yog Tsiv?

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

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## NTAWM NO

UWRA Board Cov neeg sib tw **p. 1**

Los ntawm Thawj Tswj Hwm; Noj tshais txhua hli **p. 2**

Wisconsin Coalition of Annuitants Meeting **p. 3**

Tseem Lub Sijhawm Sau Npe rau Webinar **p. 3**

UWRA Renewal Membership Form **p. 3**

Old World Wisconsin Excursion **p. 4**

Webinar Recaps: Estate Planning 3, Republican Party **p. 5**

Event Recap: Capital Brewery Ncig saib **p. 5**

Ntsib ib tug tswv cuab: Donna Halleran; Cov tswv cuab tshiab **p. 6**

Kev Ua Haujlwm Hauv Kev Soj Ntsuam: Kev Ntseeg, Tsev Neeg, & Kev Pabcuam Zej Zog **p. 7**

Webinar Recap: Nuclear Power Debate **p. 7**

Kev Noj Qab Haus Huv Matters: Nws yog Lub Sijhawm Tickl **p. 8**

Webinar Recap: Assistive Technology **p. 9**

Lub Sijhawm Txuas Ntxiv rau Subscriptions rau Luam Ntawv ntawm *Tus Sifter* **p. 9**

*Kev xav* Kem: Ua Txoj Kev rau Cov Neeg Ncig Tebchaws! **p. 10**

Phau Ntawv Marks: Parting the Waters **p. 11**

UWRA Calendar **p. 11**