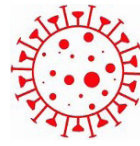




Ncig Tebchaws Kev Mus Rau Tuscan
Zos Toj Siab | **Pg. 10**



Boomers rau Zoomers:
Kawm muas xoom | **Pg. 5**



Dane County Cov Thawj Coj
ntawm Kev Sib Tw | **Pg. 4**



Peb Nyob Hauv Facebook!
UWRA-Madison



THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

UA LICAS LOS SAWV DAWS WEBINAR

Kev Muaj Noj Qab Nyob Zoo Yog Kev Txawj

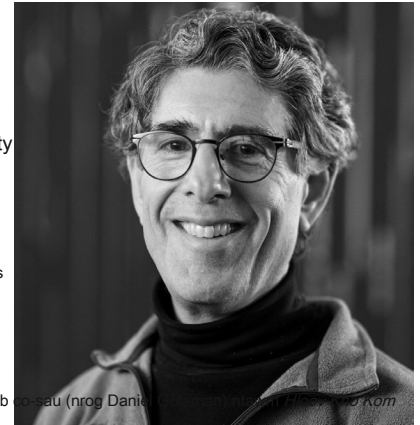
LOS NTAWM TXOJ KEV COJ, TXOJ KEV, TSO CAI LOS NTAWM
COV CHAW UA HAUJ LWM

Join peb li Richard J. Davidson nthuav qhia lub moj khaum rau kev nkag siab zoo thiab nws yuav ua kom muaj zog npaum li cas. Lub moj khaum tau tsim nyob rau tsib xyoos dhau los ntawm UW-Madison Center for Health Minds. Nws yuav tham txog:

- plaub tug ncej ntawm kev zoo-ras txog, kev sib txuas, kev pom, thiab lub hom phiaj
- li cas cov plaub lub ntsiab no tuaj yeem nurtured los ntawm kev qoj ib ce yooj yim
- qhov tseeb ntawm Lub Chaw haujlwm ua haujlwm thiab lub luag haujlwm no rau kev sib kis thoob ntiatj teb tam sim no
- coj kev coj ua uas tuaj yeem tso rau hauv peb lub neej txhua hnub. n

Richard J. Davidson

yog William James thiab Vilas Tshawb Fawb Xib fwb ntawm Psychology thiab Psychiatry hauv University of Wisconsin-Madison thiab tus tsim thiab tus thawj coj ntawm UW Qhov Chaw rau Kev Noj Qab Nyob Zoo. Nws luam tawm dav dav thiab yog tus kws sau ntawv (nrog Sharon Begley) ntawm Emotional Life ntawm koj lub Hlwb thiab sau (nrog Daniel Goleman) ntawm Zoo: Kev Qhia Txog Kev Tshawb Fawb Txog Kev Hloov Meditation Hloov Koj Lub Siab, Lub Hlwb, thiab Lub Cev.



Yog tias koj muaj lus nug ua ntej rau tus neeg hais lus, thov xa email rau lawv ua ntej mus rau tus kws pab saib xyuas txoj haujlwm Wendy Way ntawm wlway@wisc.edu los ntawm **Kaum Ib Hlis 11, 2020.**

Kev Koom Tes Ua Pantry



Cov koom tes rau UW Foundation nrog kev pab pub dawb rau UWRA, 21 North Park Street, Chav 7205, Madison, WI 53715-1218.

WELL-BEING YOG IB TUG YEEM

Cov tshooj lus rau lub Tus Kab Mob Pandemic

Hnub Wednesday, Kaum Ib Hlis 18, 2020

10:00 AM – TSIS MUAJ

Kev Kawm Ntawv Online

Hnub Rau Npe Sau Npe: Lub Kaum Ib Hlis 13

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

UWRAmadison.org/event-3934454

Koj tuaj yeem hu lossis email lub Chaw Haujlwm Koom Tes nrog sau npe. Lub webinar txuas thiab cov ntaub ntawv hu yuav muaj nyob rau hauv kev pom zoo rau npe thiab rooj sib tham nco tau xa email rau neeg rau npe.

LOS NTAWM LWM TUS YEEM HAIS POV THAWJ DESKAS

Zoom Webinars Nqa Cov Neeg Koom Nrog Tshiab; “Phau Ntawv Cim” Ntiv taw qhia Kev Deb

BY SANDI HAASE



Kuv t muaj lawm tibneeg hu tauj coob lub caij nplooj zeeg. Kev tshuaj ntsuam xyuas ntawm cov tswv cuab txoj kev soj ntsuam tau pib ua tiav nrog daim ntawv qhia rau Pawg Thawj Coj thiab cov koom tes yuav tsum tau tshaj tawm ua ntej xyoo xaus. Kuv zoo siab tias UWRA muaj txhij txhua nrog kev nthuav qhia. Peb txhua tus tau kawm txog Zoom. Txawm hais tias lub presen-

tations tsis yog nyob rau hauv tus kheej, lawv zoo koom. Muaj cov tswvcuab koom nrog uas tsis tau mus koom cov kev sib tham yav dhau los. Peb tau mus txog ntau tus neeg! Kev tshaj lij ntawm peb cov neeg hais lus yog qhov tshwj xeeb. Kaus mom rau tag nrho cov pawg!

Hauv kev npaj los ua peb lub "East Meets West Breakfast" zoo li ntau dua li cov neeg tuaj koom ua ke uas peb txhua tus nyiam ua ntej muaj kabmob kis thoob plaws ntiaj teb, peb tau ncaws tawm los ua ke nrog kev sib tham ntawm "koj tau ua dab tsi lub caij ntuj sov no." Cov tswvcuab siv sijhawm ua teb ntau dua, lossis siv sijhawm los txhuam vaj tsev, ua si kom tawm dag zog thiab taug kev, lossis hloov kho Lub Neej Ledger. Ib qho ntawm cov haujlwm nrov tshaj plaws tau nyeem ntau phau ntawv, tshwj xeeb tshaj yog tom qab lub tsev qiv ntawv qhib rau kev tuaj tos. Peb tau sib tham ntev ntev txog nthuav nyeem.

Peb tau kawm los ntawm UWRA Kev Ua Tswv Cuab Kev Ntsuam Xyuas tias 12% ntawm cov neeg teb tau nyiam cov phau ntawv sib tham pab pawg. Qhov kev tshawb pom ntawd tau ua rau kab ntawv tshiab, "Ntawv Cim Cim," pib tshaj tawm nyob rau hauv phau ntawv no *Lub Sterter* ntawm nplooj 3. Tus Tswv Cuab ntawm Laurie Mayberry tau pom zoo rau kev koom tes ntawm kem. Yog li, dab tsi koj tau nyeem lately? Sau ib kab ntawv lossis ob kab txog phau ntawv uas koj nyiam ua

laurie.mayberry@wisc.edu Cov.

Kawg no, ua tsaug rau koj kev koom tes thiab kev txhawb nqa los ntawm Koom Haum. Nyob rau Wisconsin! n

UWRA XOY XWM

Daim Ntawv Qhia Txog Qhov Tshawb Nrhiab UWRA Cov Tswv Yim



Tnws Lub Tswvyim Npaj Haujlwm Pawg Neeg Soj Ntsuam muaj tau tibneeg hu tauj coob heev nyob rau ntau lub hlis dhau los. Txog tam sim no, koj tau txais thiab, peb cia siab, ua tiav

daim ntawv tshuaj ntsuam. Peb txaus siab qhia tawm tias peb tau koom nrog txoj kev nce qib 53%. Hauv kev sib pib, qhov nruab nrab ntawm cov lus teb tau ua ke rau txhua hom kev ntsuas yog 26-30%. Peb zoo siab ua tsaug rau nej txhua tus uas tuaj koom. Pawg Neeg Haujlwm tau nyob rau hauv tus txheej txheem ntawm kev txheeb xyuas cov ntau ntawv, uas yuav muab qhia rau cov txwj laus tswj hwm thiab cov tswvcuab. Saib rau yav tom ntej cov ntawv qhia nyob rau hauv *Lub Sterter*.

Pab Neeg Ua Haujlwm zoo siab los tshaj tawm tias cov neeg muaj yeej ntawm kev kos cov ntawv rau lub txiaj ntsig \$ 100 yog Robert Forsberg thiab Jason Blasczyk. Pab kev zoo siab! n

XAIV: TUS NEEG SIV TDS.NET THIAB CHORUS.NET

We tau pom tias muaj cov neeg xa email ntau zuj zus ntawm cov tswv cuab siv TDS thiab Chorus email sau npe. Cov email xa tsis tau muaj feem ua rau koj tsis tau txais cov ntawv them nqi, kev txheeb npe thiab kev ceeb toom, thiab hluav taws xob *Siv tshuaj phom sij*, tsis yog daim ntawv caw nrog URLs rau cov rooj sib tham thiab webinars ntawm Zoom. Los ntawm cov lus rov qab rov qab UWRA tau txais, cov neeg siv email no tau thaiv UWRA cov lus. Yog tias koj yog tus siv TDS lossis Chorus email rau, thov ntxiv UWRAmadison.org, retireasn@mailplus.wisc.edu ,

thiab admin@uwramadison.org rau koj cov npe "tus xa xov thiab thaj chaw nyab xeeb." Lwm txoj kev xaiv kom ntseeg tau tias tau txais UWRA email ntau dua yuav tsum tsum kom muaj G-mail account. Yog tias koj twb muaj G-mail account, peb hais qhia koj hloov kho koj tus tswv cuab cov ntau ntawv ntawm peb lub vev xaib kom siv qhov chaw nyob G-mail hloov chaw ntawm koj tus lej TDS.net lossis Chorus.net kom ntseeg tau tias koj tau txais peb cov kev sib txuas lus. n

Tej Yam TSHWJ XEEB NYOB RAU HAUV KEV

Aerial Seev Cev thiab Circus Kev Ua Yeeb Yam

BY HILDY FEEN, UWRA NCO

Kuv qhia ib-kis

tsawg-trapeze ya. Tom qab Kuv so los ntawm DoIT / Academic Technology hauv 2011, Kuv pib qhia ntawm Madison Circus Chaw ntawm chav kawm ib asthiv rau cov poj niam hnuv nyoog 50+. Kuv tseem qhia kev qhia ntawm ntiag tug thiab circus samplers rau menyuum thiab cov laus.



Duab los ntawm Mick McKiernan

Ua ntej COVID-19, Kuv tau kawm ntau chav kawm ib lim tiam, ob qho tib si ntawm Cycropia Aerial Dance thiab ntawm Madison Circus Chaw (MCS), thiab kuv tau qhia 2-3 chav kawm ib lim tiam ntawm MCS. Vim tias kev nkag mus rau rigging yog qhov tsim nyog, Kuv tsis tau xyaum nrog lwm tus li kuv xav thaum lub sijhawm muaj kev sib kis.

Kuv pib kawm kev seev cev aerial tom qab saib Cycropia ua yeeb yam ntawm tus qub Turner Hall thiab ntawm Orton Park ua yeeb yam txhua xyoo. Madison cheeb tsam txhawb nqa peb lub koom haum ua yeeb yam circus. Cycropia (cycropia.org) muaj cov kev kawm ua las voos rau cov neeg 16 thiab laus dua. Cov Chav Tsev Rumpus (therumpusroom.org)

qhia kev kawm ua yeeb yam, suav nrog kev sib dhos thiab dhia seev cev, feem ntau yog rau cov menyuum yaus. Madison Circus Chaw (madisoncircusspace.com) muaj cov chav kawm rau feem ntau cov hnuv nyoog hauv kev seev cev saum nruab ntug, kev siv lub nruas, thiab lub log German.

Aerial seev cev thiab kev ua yeeb yam circus muab kev lom zem, kev sib koom tes, thiab kev sib raug zoo hauv zej zog rau kuv, thaum tseem ua rau kuv lub cev thiab lub hlwb nyuaj. Ya los yog seev cev hauv huab cua yog qhov kev lom zem, kev ua haujlwm pub dawb, thiab kuv nyiam ua kom muaj zog. Kuv kuj nyiam qhia tib neeg, tshwj xeeb yog cov neeg ntseeg tias lawv laus dhau lawm los kawm qhov txuj ci tshiab xws li kev seev cev saum nruab ntug. Nws yog qhov zoo uas tau saib lawv txoj kev taug kev mus nrog huab cua nrog lawv ko taw tawm hauv av. [n](#)

PHAU NTAWV LAG LUAM

Classic Paub Tsis meej, Gripping Memoir rau kev nyeem ntawv ua kom lom zem

BY TSWV YIM SELTZER, UWRA NEEG

Kuv Kuv paub tseeb tias kuv muaj ntau lub tuam txhab thaum kuv hais tias kuv tau siv ntau lub sijhawm los nyeem ntau lub hlis dhau los. Kuv tau rov nyeem qee cov phooj ywg qub thiab pom cov kws sau ntawv tshiab thiab. Kuv muab cov ntawv txuas ntxiv hauv qab no rau koj qhov kev lom zem.

Yog tias koj yog tus kiv cua ntawm cov superb British paub tsis meej cov ntawv tseeb los ntawm Dorothy Sayers, tshwj xeeb tshaj yog cov tswv Peter Wimsey cov dab neeg luv luv thiab cov dab neeg luv luv, koj yuav tsis paub tias ntau xyoo tom qab Sayers tuag muaj cov tshiab Peter Peter Wimsey dab neeg kom txaus siab. Tus kws sau Jill Paton Walsh tau khaws cov dabneeg, thawj zaug los ntawm kev ua tiav ib zaj dab neeg tsis hais tiav Sayers, *Cov Vaj, Tuam* (1988). Paton Walsh kuj tau sau tseg

Kev Cia Siab Tias Muaj Kev Tuag (Xyoo 2002), *Cov Attenbury Emeralds* (2010) thiab *Tus Scholar Tom Qab* (2013). Hauv cov phau ntawv no, zaj dab neeg ntawm Peter thiab Harriet Vane tau nqa mus rau hauv kev ua txij ua nkawm thiab kev ua niam ua txiv, zoo heev tswj cov cim thiab lub suab ntawm tus sau thawj. Kuv zoo siab heev los nrhiav pom cov kev txuas ntxiv ntawm cov koob no, thiab koj yuav txaus siab rau lawv thiab. Yog tias koj tseem tsis tau paub nrog Dorothy Sayers, Kuv xav pom ib yam dab tsi ntawm nws tus Tswv Peter Wimsey cov dab neeg lossis cov ntawv sau dab neeg luv luv. *Uas Lub Cev?* yog thawj tus tshiab raws caij nyoog.

Kuv qhov kev xav tom ntej yog kev nco txog niaj hnuv. Tara Westover luam tawm *Kawm ntawv* hauv 2018. Nws yog nws tus kheej zaj dab neeg uas yog tus yau tshaj ntawm xya tus menyuum yug los rau cov niam txiv muaj sia nyob hauv Idaho. Nws tau soj ntsuam nws lub neej hauv tsev neeg uas muaj lub neej nyob nrog lwm tus, cais tawm ntawm tsoomfwv, kev kho mob tshiab, kws kho mob, tsev kho mob, tsev kawm ntawv, thiab kev tshaj tawm pej xeem. Nw nyuam qhuav kawm ntawv nyob hauv tsev, nrog nws yug los tsis rau npe mus txog thaum nws muaj cuaj xyoos, Westover muaj qhov muag pom txog qhov uas vim li cas nws thiaj tawm tsev, mus kawm thiab kawm tiav Brigham Young University, thiab tau txais Master's degree los ntawm University of Cambridge thiab cov kws kho mob qib siab los ntawm Trinity College, Cambridge. Raws li txoj kev, nws tawm tsam kom nkag siab thiab muaj zog hauv ib haiv neeg uas muaj neeg txawv teb chaws thiab txwv tsis pub. [n](#)

UA LICAS LOS SAWV DAWS WEBINAR

Dane County thiab Madison Cov Thawj Coj Chaw Nyob Pandemic nyuaj


LOS NTAWM TXOJ CAI A. KAUD THIAB MILLARD SUSMAN, NEEG, LUB
ROV SIB HAIS TXOG COV CAI

Dane Cov Thawj Coj hauv Nroog yuav nthuav tawm cov ntaub ntawv tam sim no txog cov kev ntsuas koj los tiv thaiv lub nroog cov neeg nyob ntawm COVID – 19 thiab txo kev txom nyem rau cov neeg laus. Cov neeg hais lus yuav yog Dane County Executive Joe Parisi, Janel Heinrich ntawm Public Health Madison & Dane County, Cheryl Rojman ntawm Dane County Cheeb Tsam Chaw Haujlwm ntawm Aging, thiab Jim Krueger ntawm NewBridge, pab pawg laus pab rau Madison thiab Monona. Cov thawj koj hauv zej zog yuav tham txog:

- cov teeb meem sib tw hauv Dane County thiab Madison cov thawj koj tau ntsib nrog daws qhov kev tiv thaiv cov kabmob NO – 19
- Muaj kev pab xwm txheej ceev rau cov neeg nyob hauv nroog
- Pej xeem kev noj qab haus huv cov lus qhia txog kev nyab xeeb thiab qhia tub ceev xwm
- yuav ua li cas cov kev noj qab haus huv ntawm cov pej xeem tuaj yeem tiv thaiv hauv qhov "tshiab li qub." n

Yog tias koj muaj lus nug ua ntej rau cov neeg hais lus, thov email rau lawv ua ntej mus rau tus pab cuam programmes Faisal A. Kaud ntawm fakaud@wisc.edu los ntawm Kaum Ib Hlis 24, _____ 2020.

Kev Koom Tes Ua Pantry

 **Cov "Qhib Chaw Rho" ntawm Ua Fondaxer Nroog** nyiaj pub dawb rau UWRA, 21 North Park Street, Chav Menyuum 7205, Madison, WI 53715-1218.

QHAB – 19 LUB CAIJ DAIM DUAB nrog Nroog Dane thiab Madison Cov Thawj Coj

Hnub Tuesday, Kaum Ob Hlis 1, 2020

10:00 AM – TSIS MUAJ

Kev Kawm Ntawv Online

Hnub Rau Npe Sau Npe: Lub Kaum Ib Hlis 27

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

UWRAmadison.org/event-3895986

Koj tuaj yeem hu lossis email lub Chaw Haujlwm Koom Tes nrog sau npe. Lub webinar txuas thiab cov ntaub ntawv hu yuav muaj nyob rau hauv kev pom zoo rau npe thiab

rooj sab laj nco tau xa email rau cov neeg sau npe.



Yawg Joe Parisi nws tau ua haujlwm hauv Dane County Executive txij li 2011. Nws tau ua haujlwm yav dhaus los hauv Xeev Pawg Neeg Sib Tham thiab ua Haujlwm Hauv Cheeb Tsam Dane County.

Janel Heinrich yog tus thawj koj ntawm Pej Xeem Noj Qab Haus Huv Nroog Madison & Dane County, lub luag haujlwm



rau cov teeb meem kev noj qab haus huv rau hauv ntau dua 60 lub nroog, zos, thiab nroog.

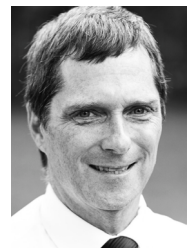


Cheryl Rojman yog tus tsuj lub

County Cheeb Tsam Lub Chaw Saib Xyuas Kev Laus, pab cov neeg uas muaj hnub nyooq 60 xyoo thiab tshaj saud thiab / lossis lawv cov neeg hauv tsev neeg hauv kev nkag tau txais kev pabcuam los pab cov neeg laus mus txuas ntiv nyob hauv lawv lub tsev thiab cov zej zog.

Jim Krueger qhia ncaj qha

NewBridge, ib lub koomhaum uas pab ua haujlwm ntev dua, muaj kev nyab xeeb thiab noj qab haus huv dua rau cov neeg laus hauv Madison thiab Monona los ntawm kev pab tswjwm, pab zaub mov, thiab cov neeg pab dawb uas pab ua haujlwm hauv tsev.



TSEEM CIA LI TSEEM LUB SIJHAWM REGISTER YAV TOM NTEJ LOS NTAWM KOJ COV DAIM PHIAJ, NROG BOB TURNER

4 Hnub Wednesday, Kaum Ib Hlis 11, 1: 00–3: 00 PM UWRAmadison.org/event-3963851

FAIS TECHNOLOGY

Boomers rau Zoomers: Kawm kom xoom!

BY KATHY CHRISTOPH,
CO-CHAIR, HAUV LUB ROOJ SIB THAM RAU HAUV

T nws Electronic Technology Pawg Neeg tsis pom koj ntawm peb qhov chaw sib tham Tech Tech txhua hli sib sau ua ke los qhia cov kev paub nrog ntau yam txuj ci siab. Peb tseem paub zoo txog kev hloov pauv peb txhua tus yuav ua rau peb cov kev npaj hnuv so. Tej zaum peb yuav tau noj hmo los yog ua kev zoo siab nyob deb. Peb xav pab koj kom npaj txhij.

Peb thov caw koj tuaj koom nrog peb hauv kev sib ntsib virtual los kawm qhov pib ntawm Zoom daim duab thov kev thaj duab thiab nws ntau yam ntawv. Zoom yog "app" uas koj rub tawm thiab nruab rau koj lub khoos phis tawj, ntsiav tshuaj, lossis xov tooj.

Qhov tshwm sim zoo li kev hu xov tooj, tab sis koj thiab lwm tus (cov) neeg tuaj yeem pom, zoo li tau hnov, sib. Coob tus neeg - tag nrho tseem neeg - tuaj yeem koom nrog! Yog tias koj muaj lub khoos phis tawj, ntsiav tshuaj, lossis xov tooj nrog lub koob yees duab thiab lub microphone, koj twb tau nruab. Yog tias koj tau siv koj lub cuab yeej rau FaceTime lossis Skype, koj kuj tseem tuaj yeem xoom.

Peb yuav ua haujlwm nrog koj ua ntej kev teem sijhawm sib tham kom ntseeg tau tias koj xis koom lub rooj sib tham Zoom. Tom qab cuv npe, koj yuav tau txais cov ntau ntawv ntawm yuav txuas li cas, cov lus qhia rau kev npaj rau kev sib koom ua ke, thiab kev pab ib leeg yog xav tau. Rau qhov saj ntawm qhov koj yuav ua tau

kev paub thiab kev kawm, saib [youtube.com/watch?v=kH-50kValdAY](https://www.youtube.com/watch?v=kH-50kValdAY) Cov.

Thaum lub rooj sib tham nws tus kheej, koj yuav tau ua hauv kev coj ua:

- hloov ntawm chav saib thiab hais lus saib
- kaw lub suab thiab yees duab
- xaiv lossis tsim keeb kwm yav dhau
- tsa koj txhais tes

TUAJ "ZOOM" NROG PEB Npaj rau Hnuv So

Hnuv Tuesday, Kaum Ib Hlis 17, 2020

1: 00–2: 30 PM

Kev Sib Tham Online

Cov Ntawv Tso Npe Kawg: Lub Kaum Ib Hlis 5

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

[UWRAmadison.org/event-4018508](https://uwr.amadison.org/event-4018508)

Koj tuaj yeem hu lossis email lub Chaw Haujlwm Koom Tes nrog sau npe.

Lub webinar txuas thiab cov ntau ntawv hu yuav muaj nyob rau hauv kev pom zoo rau npe thiab rooj sib tham

nco tau xa email rau neeg rau npe.

- sib tham nrog txhua tus, lossis nrog ib tus tuaj koom
- qhia koj npo
- tawm rooj sablaj.

Koj tom qab ntawd koj yuav npaj tuaj koom nrog cov rooj sib tham Zoom nrog tseem neeg thiab phooj ywg. Vim tias Tech Clinics tam sim no muaj kev txwv ntau heev los ntawm zej tsoom, thov tsis txhob ua siab deb uwra.tech@gmail.com

nrog cov lus nug ntawm cov thev naus laus zis txhua lub sijhawm. n

Yog tias koj muaj lus nug ua ntej rau cov lus tshaj tawm, thov email lawv ua ntej mus rau tus kws saib xyuas kev kawm

Kathy Christoph at kathy.christoph@gmail.com los ntawm

Lub Kaum Ib Hlis 10, 2020.

Cov ntawv qhia txog Zoom Txheej Xwm

Nrog UWRA cov rooj sib tham mus virtual lub caij nplooj zeeg no, muaj cov kev hloov pauv rau qhov yuav ua li cas tus neeg sau npe kawm ntawv tsis ceeb toom txog qhov Zoom URL / hu cov ntau ntawv. Zoo li yav dhau los, thaum koj rau npe, koj yuav tau txais ib tsab ntawv lees paub. Koj tseem yuav tau txais ob qho kev nco, xya hnuv thiab dua ob hnuv ua ntej ua ntej lub vev xaib. Thov nco tseg cov lus qhia tshwj xeeb ntawm cov ntawv nco. Nyob hauv qab ntawm txhua tus ceeb toom yuav yog nqe lus, "ZOOM HU RAU LUS QHIA." Hauv qab no nqe lus yuav yog txhua yam koj xav tau txuas rau lub webinar.

RAWS LI IB QHO UWRA

Taug Qab 6,500 Cov Pob Ntaus Pob

BY Gary (PRZYBYSZ) PRISBE



My qhov tseem ceeb yog Sharon Makowski, thiab kuv lub tsev yug menyuum yog Roscoe, hauv "Dakota Territory." Tus lub npe sau rau npe chaw sab saud yuav tau kuv lub xeem lub npe yog kuv txiv tsis kam hloov. Sim pronouncing nws!

Kuv tseem tsis tuaj yeem muab pov tseg...

tej yam uas yuav yog qhov qub tab sis tsis tawg. Kuv yuav liam kuv niam kuv txiv thiab lawv cov tiam rau qhov ntawd. Hauv Xyoo 1969, thaum Apollo 11 tsaws rau saum lub hli, Kuv tau ua haujlwm pabcuam tub rog Asmeskas ntawm Fort Lewis, Washington, tiv thaiv lub tebchaws los tawm tsam muaj peev xwm tiv thaiv Viet Cong kev ua tub rog. Kuv tseem nyiam mloog cov pob zeb thiab yob los ntawm 1960 thiab 70s, thaum cov kws ntaus nkauj tau ua si thiab hu nkauj lawv tau sau es tsis txhob dhia mus txog ntawm theem rau lub suab ua digitally. Yah, Kuv paub lub suab zoo li yog ib tug txiv neej yawg "Tshem tawm ntawm kuv cov nyom!" lus hais.

Thawj qhov uas kuv tau ua tom qab so haujlwm yog... tsis muaj dab tsi. Nws yog Lub Ib Hlis Ntuj hauv Wisconsin! Tam sim no kuv siv kuv lub sijhawm feem ntau ntawm kev ntaus golf, ua si lossis kev sib tw golf. Kuv txoj kev txaus siab rau kev sib hais plaub yog tsis ntseeg nrog kuv cov kev paub dhau los nrog rau cov cai.

Kuv tam sim no paub tias txhua yam ntawm kuv txoj haujlwm los ntawm kuv thawj zaug txog kuv lub xeem yog nyob rau hauv kev ua raws cai / kev txheeb xyuas cheeb tsam. Los ntawm USDA rau DILHR mus rau UW System Administration, Kuv tau ua raws li cov kev cai, feem ntau kuv tsis tau ua thiab qee qhov uas kuv tsis pom zoo. Thiab, tsis muaj, Nws tsis yog UWSA txwv koj qhov hmo noj rau \$ 20, txawm koj yuav noj hmo hauv Des Moines lossis New York City!

Qhov kuv nyiam tshaj plaws ntawm kev so haujlwm yog tias txhua hnuv zoo li Hnuv Saturday. Kuv tsis muaj dab tsi tiag tiag rau ntawm daim ntawv teev cov thoob, raws li kuv tau tsim nyog mus ntau qhov chaw thiab ua ntau yam nthuav, feem ntau cuam tshuam nrog kuv kev nyiam golf. Kuv ib txwm ib tus lej ua tsis taus, tab sis ntawm qhov poob qis,

Kuv tuaj yeem sau cia tias kuv tau tswj tuav ntau dua 6,500 qhov kev ncaws pob nyob rau hauv chaw kawm uas kuv tau ua ib tus tswv cuab rau 46 xyoo. Kuv txoj kev npaj taug kev txuas mus ntxiv suav nrog mus ntsib kuv tus tub thiab nws tsev neeg nyob hauv Sioux Falls ua si hauv "Priz Invitational" kev ncaws pob ntaus pob / kev sib tw, qhov kev tshwm sim uas kuv tau pib 40 xyoo dhau los no hauv Wisconsin thiab xyoo no tau dhau mus rau kuv tus tub khiav nrog nws phooj ywg nws muaj sia.

Qee yam uas yuav ua rau koj tsis txaus siab txog kuv yog qhov uas kuv yog tus hlub / tus tswv uas tau ua haujlwm nrog tshaj 3,000 tus dev thaum ua haujlwm pub dawb ntawm Dane County Humane Society. Lub neej thiab kev coj cwj pwm Kuv tau txais los ntawm cov dev ntau dua cov uas kuv tau sim muab.

Cov chaw uas kuv nyiam tshaj plaws nyob hauv tsev kawm ntawv yog Camp Randall thiab Memorial Union Terrace, thiab kuv qhov haujlwm UWRA nyiam yog tuaj koom cov kev sib tham zoo, tshwj xeeb tshaj yog cov nyiaj xiaj nthuav tawm los ntawm ETF / SWIB thiab CUNA. n

Cuaj Hlis 1-30, 2020

TSHIAB NEEG

Niam mab Liab Fahey	Donna Nyiaj
Eric Furness	Margaret Straub
Lawrence Hanrahan	Cai Richard Straub
Gloria Hawkins	Robert Washenko
David Rabago	Carol Woltmann
George Savage	

KEV NRHIAV

Norskies, Cov Basilicas, Pineries, thiab ntws dej

BY TED COLLINS, TUB NKEEG, LUB CAIJ NTUJ NO COJ

T nws yog theem thib ob ntawm Virtual Travel thooob plaws Wisconsin mus rau thaj chaw uas peb tau nyob, cov chaw uas peb tau muab tso tseg vim tias QHA-19, thiab cov chaw peb tseem tsis tau mus xyuas. Peb cia siab koj



txaus siab rau cov dab neeg ntawm peb phau ntawv qhia, Milwaukeee keeb kwm John Gurda, hauv kev ncig xyuas rau cov chaw hauv keeb kwm.

Lub hlis no, peb yuav tuaj xyuas Norskedalen, lub chaw pabcuam Hmoob hauv nroog Coulee Lub Tebchaws ntawm sab qab teb hnuv poob Wisconsin, thiab ob lub tsev so qis — Holy Hill thiab Saint Josaphat. Cov ntseeg Basilicas tau txais txiaj ntsig tshwj xeeb hauv lub Koom Txoos Catholic. Muaj tsuas muaj xya caum-plaub



hauv Meskas Kas, thiab Wis-lub tswv yim muaj ob tug. Ntxiv mus, peb mus saib Chippe-wa Poob

txhawm rau tshawb xyuas lub cajj ntawm Wisconsin pineries thiab cawv ntawm cov ntoo thuv ntawm cov keeb kwm ntawm sab qaum teb Wisconsin. Tom qab ntawd yuav cajj nkoj ncig Milwaukeee mus saib tus dej rov qab los ntawm tus kwj hauv kev lag luam mus rau vaj tsev rau cov tub txawg tub ntse thiab "cov zes tsis muaj dab tsi." Koj puas paub lub Xeev Wisconsin ib zaug npaj ua tsev pheebsub raws qhov dej ntws mus los?

Thaum kawg, peb ua raws Men Meneeee cov dej thiab kawm keeb kwm ntawm Qhov Chaw Sib Tw Ntawm Peb Lub Chaw Txuas Mus hauv Milwaukeee Menomonee Valley. Lub hav zoov qub no tau nyob hauv ob lub chaw tsim khoom lag luam, Liab Liab poov xab thiab tuam txhab Robert A. Johnston, cov chaw tsim khoom siv cov ncuav qab zib thiab chocolate.

Pib koj txoj kev mus ncig ua si ntawm <https://www.pbs.org/video/season-3-qhov-gurda-teev-oxfc1/n>

PIV TXWV

Khoom noj khoom haus rau Thanksgiving?

BY MARY BARNARD RAY LOS

No nug txog nws - cov hnuv so yuav txawv xyoo no. Dennis thiab kuv nyuam qhuav tau txais qhov saj ntawm qhov sib txawv thaum peb tus tub ntawg sib yuav ua si ntawm ib lub puam hauv Australia. Peb tau koom nrog txoj kab ke me me ntawm WhatsApp, zoo li tus nkauj nyab tsev neeg hauv Is Nrias teb. Nws yog lig rau hnuv Saturday nyob tebchaws Australia, yav sawv ntov ntov ntov nyob rau tebchaws India, thiab nyob rau hnuv Friday yav tsaus ntuj ntawm no. Txawm li cas los xij, peb tuaj yeem qhia peb tsev neeg (hauv peb qho chaw hauv Midwest) rau nws tsev neeg (hauv peb qhov chaw) thiab ntes tau me ntsis ua ntej kev ua koob tshiej. Raws li qhov tshwm sim, txawm tias peb cov ntxhais xeeb ntawv yau to taub tias lub ntiaj teb yeej puag ncig thiab nws yeej yog hnuv nyob rau lwm qhov ntawm lub ntiaj teb thaum nws nyob hmo ntuj. Txhua yam nyob rau hauv, nws tsis yog ib qho kev poob ntau ntau, zoo, txawv.

Tam sim no, raws li kuv xav txog seb kuv yuav tsum xaj cov qaib ntxhw tshiab lossis mus rau Cornish hens rau ob, Kuv sim tsum mus rau sab kev dim ntawm "txawv" es tsis yog nyob ntawm nws poob. Kuv tuaj yeem hla ci nqaij ntes thiab ua kom nqaij nyug. Kuv tsis tso cov kua zaub taub dag, tab sis kuv yuav tso cov qos yaj ywm npog cia kom txuag kuv tus kheej ib co calories thiab qee cov haujlwm tom kawg. Ntawv paib? Hmoo. Yog hais tias muaj ib lub sijhawm hais tias, "dab tsi thiab sim ua tej yam tsis txawv txav, nws yog 2020. Kuv xav tias kuv yuav mus tshawb txog ntu khoom noj khov thiab pom dab tsi muaj. Thiab cov txiv hmab txiv ntoo ntawd yuav ntxiv qee cov qauv nthuav kom pom ntawm lub rooj; koj tsis tuaj yeem mus yuam kev ntawm txiv ntoo. Txawm hais tias kuv ua, los yuav tsis muaj coob tus neeg nyob ib puag ncig yws txog nws.

Kuv yuav mus xaum pob khawm, ho. Tsis muaj dab tsi hloov cov khawm ntawd. n



WEBINAR ROV QAB

Covid-19: Ib Tug Txiv Neej Tshiab

LOS NTAWM MILLARD SUSMAN, LUB TUB ROG, RETIREMENT OPPORTUNITIES COMMITTEE

On Lub Kaum Hli 6, UW-Madison tus kws kho mob Dr. Dennis Maki, tus kws tshaj lij thoob ntiab teb hauv kev kis kab mob thiab kev kis mob thoob ntiab teb, tau nthuav tawm cov lus qhuab qhia zoo tshaj plaws uas hais txog keeb kwm thiab kev kis mob thoob ntiab teb uas ua rau KEVID-19, keeb kwm ntawm tus kabmob kis kis mob rau hauv Tebchaws Asmeskas, kev siv zog los tswj kev kis tus kabmob, biology ntawm tus kabmob, cov kab mob thiab kev kho kabmob, cov teeb meem tshwj xeeb uas cov kab mob no tsim rau cov neeg ua haujlwm kho mob, kev lag luam cuam tshuam los ntawm kev sib kis, kev ua haujlwm ua kev txhim kho cov tshuaj thiab cov tshuaj tiv thaiv los tiv thaiv tus kabmob, cov haujlwm uas yuav tsum tau ua kom kis tus kabmob kis tau, kev cia siab rau yav tom ntej, thiab cov lus nug sai uas tseem tsis tau teb.

Peb tau tshaj tawm Dr. Maki cov ntawv swb - 200 ntawm lawv — hauv UWRA lub vev xaib. Thov mus saib lawv! Qhov kev nthuav qhia no yog lub ntsiab lus zoo tshaj plaws ntawm kev puas tsuaj thiab kev ceeb ntshai ua kom muaj kev noj qab haus huv rau pej xeeb. [n](#)

Tshiab RAU LUB WEBSITE UWRAmadison.org

Cov Khoom Siv / Tshaj Tawm (Cuaj Hlis - Kaum Ob Hlis)

- Zawv zawg & Yeeb yaj kiab, Kev Tso Cai Fais Fab
- Cov swb, COVID-19 nrog Dr. Maki
- Swb, Nws Yog Koj Txoj Kev Xaiv
- Npleem, Txuag Koj Keeb Kwm

Saib Kom Paub Txuas Txuas

An Lub koom haum cov lus qhia: tsim ib tug ntawv tais ceev tseg nyob rau hauv koj tus email hu ua “Zoom Info.” Thaum cov ntawv ceeb toom kev qhuab qhia tuaj txog hauv koj lub inbox, hloov email rau daim ntawv ntawd. Hnub ntawm koj lub rooj sib tham Zoom / webinar, koj tuaj yeem qhib daim nplaub tshav thiab nrhiav tau qhov ceeb toom yooj yim. Tom qab lub rooj sib tham tiav lawm, rov qab mus rau ntawv tais ceev tseg thiab rho tawm cov lus ceeb toom ntawd rau lub rooj sib tham. [n](#)

4 SAU HNUB, NYIAJ SIB HLUB WEBINAR

**Kev Noj Qab Haus Huv ntawm Asmeskas
Kev Lag Luam nrog Steve Rick, Tus Thawj
Twm Nyiaj Txiag ntawm CUNA Mutual**

Kaum Ob Hlis 16, 10:00 AM — TSIS MUAJ

Tnws qhov teeb meem kev lag luam loj tshaj plaws txij li Kev Nyuaj Siab Loj tau hloov pauv kev lag luam, kev nom tswv, thiab nyiaj txiag, thiab nws tau hloov cov neeg siv khoom cwj pwm - tej zaum rau ntau tiam neeg tom ntej. Kev pauv hloov uas tau pib raws li kev kis thoob qhov dav yuav ua rau muaj kev cuam tshuam ntawm kev lag luam thiab kev lag luam nyiaj txiag. Steve Rick cov lus nthuav qhia yuav ntsuas seb cov kev hloov no yuav hloov pauv txoj kev lag luam yav tom ntej, cov paj laum thiab cov nqi pauv. Rau ntau de-

tails, saib UWRAmadison.org/event-3966917 Cov. [n](#)

WEBINAR ROV QAB

Dab Tsi Koj Lub Zog Loj?

BY RICK DALUGE, COV TUB NTXHAIS, NYEEM COV NYIAJ KHVV TAU LOS HAUV COV NEEG ROV LOS CWJ PWM

On Lub Cuaj Hli 15, kwv yees li tsib caug tus tswv cuab UWRA tau koom nrog peb thawj qhov Txheej Xwm Pab Nyiaj Txiag Nyiaj Txiag Pab Rau Xyoo. Tus Kws Lij Choj Mark Johnson ntawm Johnson-Tiegen, tus kws tshaj lij txoj cai lij choj laus, tau txheeb xyuas ntau yam kev tsim muaj hwj chim ntawm tus kws lij choj thiab lub hwj chim uas muaj feem hauv txhua yam, suav nrog “cov kws lij choj ruaj khov kho mob” . ”

Nov yog peb thawj zaug sim siv Zoom rau kev nthuav tawm, thiab ntau dua kaum lo lus nug tau xa los ntawm cov neeg mloog. Cov nplais tawm ntawm cov phiaj xwm muaj nyob hauv UWRA lub vev xaib ntawm Cov Ntawv Qhia / Cov Lus Qhia / 2020-2021 (Sep-Dec). Ib qho ntawm cov ntsiab lus tseem ceeb tshaj plaws yog lub hwj chim ntawm kws lij choj xaus thaum tus neeg uas tso lub hwj chim tuag tas. Tom qab kev tuag, cov cuab yeej cuab tam faib txoj cai yuav tsum tau nqa los ntawm tus kws kho lossis tus sawv cev tus kheej. Thiab, muab lub hwj chim ntawm kws lij choj rau ib tug neeg tsis txhais tau tias koj tsis tuaj yeem tswj hwm koj lub cuab tam thiab xwm txheej; Nws yog tiag tiag ib qho phiaj xwm ua tiav hauv qhov xwm txheej koj tsis tuaj yeem ua tus kheej. [n](#)

RAWS LI UWRA LUB KOOM HAUM

Tshiab ntawm Pawg Thawj Tswjhwm: Jack Sorenson

Kuv tsiv mus rau Madison xyoo 1969 mus kawm ntawv qib siab hauv UW Tsev Kawm Ntawv Kev Ua Lag Luam. Kuv niam sim hloov kuv lub siab thaum Sterling Hall kev tawm tsam ua rau nws ntseeg tias Madison yog ib qho chaw dhau lawm. Qhov hmoov zoo tsuas yog xav tau kev nyab xeeb, txawm tias nws tau taug kev txoj kev Charter Street dhau Sterling ntawm txoj kev rau Kev Lag Luam Chav Tsev nyob rau thawj hnuv ntawm cov chav kawm.

Thaum kawm tiav, Kuv tau txais txoj haujlwm tswj hwm nrog ib lub koom haum tshawb fawb hauv UW. Plaub caug plaub xyoos tom qab ntawd kuv tau so haujlwm tawm hauv Lub Chaw Haujlwm Saib Xyuas Kev Ua Haujlwm, tau ua tus saib xyuas chav haujlwm rau kaum xya xyoo. Hauv txhua qhov, Kuv tau ua haujlwm hauv peb txoj haujlwm tswj hwm sib txawv, hauv peb thaj chaw sib txawv, kev sib ntsib thiab ua haujlwm nrog ntau tus neeg zoo, muaj peev xwm. Ib qho ntxiv, Kuv paub nyiam Wisconsin tawm sab nraud thiab Madison Madison Cheeb Tsam. Qhov tsuas yog qhov kuv tsis tau txais yuav yog Wisconsin kev ua kis las ncaws pob. Kuv tau yug los, tau tsa, thiab kuv tseem yog Xyooj thiab Ntxuam Kab!

Rau lub sijhawm kaum cuaj xyoo, Tracy Wiklund thiab Kuv yog ib nkawm. Lub Xya Hli dhau los no peb ua kev zoo siab puv kaum xyoo. Peb tau hmoov zoo, thaum ntxov ntawm peb txoj kev sib raug, nrhiav pom kaum rau daim av ua liaj ua teb sab qab teb ntawm McFarland uas nyuam qhuav tau dhau los. Niaj hnuv no nws yog feem ntau ntawm thaj av nras, nrog ib evkawj ntawm kaum xya-xyoo-laus hardwoods tseem muaj kev sib tua kom muaj txawm tias tus mos lwj. Khaws tej nroj tsuag uas tsis zoo ntawd

nyob ntawm Bay ua rau peb tsis khoom, thiab yog tias tus mos lwj ya tsis dhau tuab nws zoo siab los tawm hauv qhov. Peb qhov kev lom zem ntxiv yog kev mus ncig. Peb nyiam lub nroog qub xws li Paris, Florence, thiab Sienna tab sis kuj nyiam qhov dav dav uas nkoj hla nkoj European muab.

Thaum kuv tseem yau, kuv tau ua ntau yam kis las ua si - ncaws pob, kov football, ntaus pob, ntaus pob ncaws pob, thiab lwm yam — tab sis ob pob qij txha hloov tau tag qhov ntawd. Nyob rau hauv nyiaj laus Kuv pib ua si golf nrog ob peb pob qub pob tawb. Rau ib tus neeg uas tau muaj qee lub peev xwm ua kis las, qhov no tau ua qhov zoo sib xws uas tau ua dua ib asthiv dhau ib asthiv.



Thaum kuv nyeem, Kuv xum xaj kev txiav txim thiab cov lus pom los sau tshawb pom; qhov teeb meem, tau kawg, yog tias kuv tsis tuaj yeem tso phau ntawv cia kom txog thaum nws ua tiav.

Kuv tau txaus siab rau kuv kev ua haujlwm pab dawb nrog Pab Pawg ntawm Cov Nyiaj Txiag Cov Nyiaj Txiag Nyiaj Pab Thaum Laus thiab tos ntsoov rau kev pabcuam ntawm UWRA Pawg Thawj Coj. [n](#)

KOOS LOOS THIAB KOOS LOOS TES TAW

**Nrhiav cov neeg ua haujlwm pab dawb thiab
Cov Tswv Yim: Muaj Sijhawm Los Txuas**

BY CHRIS KLEINHENZ, TUB NKEEG, PARTNERSHIP THIAB COV TUB NTXHAIS KOOM

N tshuav nyob hauv nws lub xyoo thib ob, Pawg Koom Tes Sib Koom Tes thiab Kev Koom Tes tab tom nrhiav rau cov tswv cuab tshiab thiab cov tswv yim tshiab. Lub hom phiaj ntawm pawg neeg yog los txhawb, tswj, thiab txhawb kev sib raug zoo sib koom ua ke ntawm UWRA nrog rau lwm pab pawg thiab cov pawg nyob hauv tsev kawm ntawv (piv txwv li, Division of Continuing Studies, Wisconsin Foundation thiab Alumni Association),

nrog rau lwm lub koom haum nyob hauv Madison thiab dhau ntawd. UWRA muaj kev koom tes txuas ntxiv nrog Madison Cheeb Tsam Tsev Kawm Hauv Nroog thiab nrog Dane County pantries cov khoom noj khoom haus. Txuas ntxiv, Pab Neeg no tsoom xyuas txoj haujlwm sib raug zoo thiab txhua tus neeg ntawm UWRA cov tswv cuab los txhawb UW-Madison lub luag haujlwm (Wisconsin Lub Tswv Yim) thiab ua lub hauv paus "thawj txuas" rau cov haujlwm thiab cov kev pib ua. Kuv puas tau piqued koj lub paj? Hu rau kuv

hnuv no ntawm ckleinhe@wisc.edu Cov. [n](#)

LUB CAIJ NTUJ CEEB TSHEEJ

Nrhiav Tuscany's Ncig Saib Toj Siab Nyob Toj Siab

BY ESTHER OLSON, CO-CHAIR, COJ MUS SAIB TXUJ CI

Tau ntau caum xyoo thiab ntau pua xyoo ua ntej Frances Mayes phau ntawv sau, *Raws Li Lub Hnub*, los ua tus muag khoom zoo tshaj plaws, Tuscany yog qhov kev nyiam tshaj tawm rau "cov neeg ncig xyuas" txhua hom. Cov kws kos duab thiab thaj duab, khoom noj khoom haus thiab oenophiles, keeb kwm thiab keeb kwm buffs, thiab aficionados ntawm cov ntawv nyeem, kos duab, kos duab, thiab suab paj nruag tuaj xyuas thaj chaw zoo nkauj ntawm Ltalís.

Coob tus neeg paub qee yam txog Tuscany lub peev, Florence (Firenze), nrog nws cov tsev khaws khoom zoo nkauj thiab kos duab ua yeeb yam, thiab kab tias lwm lub nroog nyob ze xws li Pisa thiab Lucca.

Tsawg-tsawg-paub

yog cov toj roob hauv pes muaj ntau leej, txhua tus muaj cov keeb kwm zoo sib xws thiab muaj kev nyiam kev lom zem.

Cov lus piav qhia nplua nuj no yuav qhia txog Tuscany tab sis yuav tsum tshwj xeeb tshaj yog nyob rau cov toj roob, ob qho loj (Siena, Cortona) thiab me me (San Gimignano, Montepulciano, Monteriggioni). Peb phau ntawv qhia, Chris Kleinhenz, yuav tshuaj xyuas cov keeb kwm ntawm cov nroog no thiab lawv txoj kev ua yeeb yam, keeb kwm, thiab keeb kwm kev ua neej. n

Yog tias koj muaj lus nug ua ntej rau tus neeg hais lus, thov xa email rau lawv ua ntej mus rau tus pab cuam txoj haujlwm Esther Olson ntawm emolson2@wisc.edu txog lub Kaum Ob Hlis 2, 2020.

Kev Koom Tes Ua Pantry



Cov Qhib Lub Rho ntawm UW Foundation Nrog

nyiaj pub dawb rau UWRA, 21 North Park Street,

Chav Menyuum 7205, Madison, WI 53715-1218.



Chris Kleinhenz qhia kev nyeem cov ntawv Italian nruab nrab hauv UW– Madison rau yuav luag plaub caug xyoo. Xib fwb emeritus ntawm Italian thiab tus yeej ntawm Chancellor Tus Tshaj Lij rau kev qhia, nws tau coj ntau txoj kev ncig mus rau Ltalís tau kev txhawb nqa los ntawm Division of Continuing Studies thiab UW Alumni Association. Nws tau nyob hauv Ltalís (Naples, Bologna, Perugia, Florence, thiab Rome) rau ntau lub sijhawm uas nws qhia thiab qhia txog UW kev kawm-

cov kev pab cuam txawv teb chaws. Nws tau muab cov duab piav qhia zoo tshaj tawm txog Ltalís rau UW – Madison Cov Laus Tawm Haujlwm Kev Ua Haujlwm thiab tam sim no ua haujlwm ua tus thawj coj UWRA.

TUSCAN HILL TOWNS

Keeb Kwm, Kos Duab, Ntaub Ntawv,
Taug Kev Ua Si Lom Zem

Hnub Wednesday, Kaum Ob Hlis 9, 2020

3: 00–4: 30 PM

Kev Kawm Ntawv Online

Hnub Rau Npe Sau Npe: Lub Kaum Ob Hlis 4

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

UWRAmadison.org/event-4007871

Koj tuaj yeem hu lossis email lub Chaw Haujlwm Koom Tes nrog sau npe.

Lub webinar txuas thiab cov ntaub ntawv hu yuav muaj nyob rau hauv kev pom zoo rau npe thiab rooj sib tham

nco tau xa email rau neeg rau npe.

HOW TO JOIN A UWRA ZOOM MEETING OR WEBINAR

Meeting reminders are sent to all registrants 7 days and 2 days prior to an event

ZOOM call information is located near the bottom of meeting reminders

ZOOM URL and Passcode (Take note of Passcode as it may be needed when connecting to the ZOOM event)

NOTE:

Depending on device, platform, and email system used, 'clicking' (or tapping) on the URL may or may not work.

If 'clicking' on the URL does not work, you will need to use the <COPY> command by highlighting the entire URL and <PASTE> the URL into a web browser.

SAMPLE BROWSER METHOD

<COPY> & <PASTE> URL into the browser you use (Google, Chrome, Firefox, etc.)

LOS NTAWM EDITOR LUB DUAB

Copyfitting, txij xyoo 1976 txog 2020

LOS SHEILA LEE, TXUJ CI EDITOR

Luam daim ntawv xov xwm tseem zoo ib yam li ua haujlwm yam uas yooj yim. Ib qho yuav tsum xav txog cov qauv duab thiab haum, tab sis kuj tseem ntsiab thiab ntsiab lus.

Thaum kuv xav tsis thoob txog cov ntsiab lus hauv lub hlis no cov teeb meem, kuv nco qab tias kuv tau ua haujlwm thaum lub caij ntuj sov hauv kuv tsev neeg cov ntawv xov xwm txhua lub lim tiam. Thaum kuv tseem yog menyuum yaus, daim ntawv tseem siv cov hla lead hom, txiav thiab tsim los ntawm cov kws tshaj lij txawj ua haujlwm. Tab sis, los ntawm kuv tus hluas thaum kuv pib ua haujlwm, cov xov xwm tau tawm hauv lub tshuab hluav taws xob hauv cov ntawv xov xwm ntev ntev.

Coj los ntawm cov poj niam uas nteg tawm xov xwm nyob ib puag ncig xyoo, Kuv txiav cov galleys nrog ib daim ntawv txiav, tom qab ntawd muab txau ua tej daim dhau ntawm tus xov paj kub. Siv quav ciab nyob sab nraum qab ntawm txhua zaj dab neeg, peb tuaj yeem ua kom haum rau ntawm cov nplooj ntawv loj loj nrog cov txheej txheem xiaiv, uas tau saib zoo tib yam li kuv cov khoom siv hluav taws xob InDesign nplooj ntawv niaj hnuv no. Ib rab riam X-Acto (aka qav-ntawv nplaum!) Yog qhov tseem ceeb rau kev ua zoo txiav kom dhia ib zaj dab neeg rau kab ntawv lossis nplooj ntawv tshiab. Tamsis no kuv nco qab txog lub cev kub lub cev kub. Tej zaum kuv yuav taws lub tswm ciab! n

n UW – Madison Cov Laus Tawm Haujlwm Lub Caij Xyoo n

Txuas ntxiv mus soj ntsuam cov UWRAmadison.org website rau ntxiv tshiab.

- Hnub Wednesday, Kaum Ib Hlis 4 10:00 AM – TSIS MUAJ
- Hnub Wednesday, Kaum Ib Hlis 11 1:00–3:00 PM
- Hnub Tuesday, Kaum Ib Hlis 17 1:00–2:30 PM
- Hnub Wednesday, Kaum Ib Hlis 18 10:00 AM – TSIS MUAJ
- Hnub Tuesday, Kaum Ob Hlis 1 10:00 AM – TSIS MUAJ
- Hnub Wednesday, Kaum Ob Hlis 9 3:00–4:30 PM
- Hnub Wednesday, Kaum Ob Hlis 16 10:00 AM – TSIS MUAJ
- Hnub Wednesday, Lub Ib Hlis 13 10:00 AM – TSIS MUAJ

Tus Tshiab Tawm nrog Ken Wundrow

Yav Tom Ntej ntawm Koj Cov Ntaub Ntawv Hneev Taw nrog Bob Turner

Cov Chaw Kho Mob Tech: *Yuav Ua Li Cas Zoom Kev Nyob Zoo yog*

Qhov Kev Txawj nrog Richard Davidson

KEV NPAJ-19 Txoj Kev Sib Tw nrog Joe Parisi li al.

Tuscan Hill Town nrog Chris Kleinhenz

Kev Noj Qab Haus Huv ntawm Asmeskas Kev Lag Luam nrog Steve Rick

Yus Tus Kheej nrog Jeff Kersten

Yog xav paub ntxiv txog kev mus ncig ua si nyob rau PLATO, mus saib platomadison.org/page-18561.

Yog xav paub ntxiv txog Pawg Thawj Saib Xyuas thiab Pab Pawg rooj sib tham thiab sijhawm tshaj rau Lub tshuaj phom sij, saib UWRA lub vev xaib ntawm UWRAmadison.org.

LUB S IFTER

UWRAmadison.org

UW – Madison Cov Laus Tawm Haujlwm

c / o Cov Kev Kawm Mus Ntxiv 21 North
Park Street, Chav 7205 Madison, WI
53715-1218

TSIS-LEEJ XEEB
ORGANIZATION
US POSTAGE
PA ID
Madison, Wisconsin
Daim Ntawv Tso Cai No. 658

Txav los yog Txav Mus Los?

Lub Sterter yuav tsis cia li

xa mus los ntawm Chaw Xa Ntawv. Thov siv

email, xa ntawv tsis tu ncuva,

lossis mus saib peb lub vev xaib muab peb chaw nyob

tshiab rau koj kom koj tuaj yeem tau txais ntxiv *Lub*

Sterter ua ntu zus.

LUB S IFTER

EDITOR • Sheila Leary

KHAWV KOOB • Niam Mab Liab Barnard Ray

SAWV DAWS TXIAS CO

Ntsib Ib Tus Tswv Cuab • Deb Lauder

Cov Haujlwm Tshiab Hauv Kev So Haujlwm • Bob Jokisch

Phau Ntawv Cim • Laurie Mayberry

UW AD MADISON KEV TSO CAI RAU LUB KOOM HAUM

Lub Vev Xaib: UWRAmadison.org

Xov Tooj: **608-262-0641**

Email: retireassn@mailplus.wisc.edu

LAWV PAWG NTSEEG • Sandi Haase

KOOB LO LUS PRESIDENT • Chris Kleinhenz

LUS XAIV-HAIV NEEG • Esther Olson

PAWG TUB HEEV • Niam Mab Liab Czyszczak-Lyne

TSWV YIM • Marian Fisher

TSO TSHAJ • Beth Zemp

LUS QHIA

Tom Broman • Paul DeLuca • Marcy Doelp Jane Dymond • Susan

Fischer • Karen LaMere Laurie Mayberry • Jack Sorenson • Wendy

Txoj Kev

NYOB RAU HAUV QHOV NO

Muaj Kev Txawj Ntse Yog Kev Txawj Ua Haujlwm **p. 1**

Los ntawm Tus Thawj Kav Xwm **p. 2**

UWRA Xov Xwm **p. 2**

Cov Haujlwm Tshiab: Kev Ua Si Seev Cev & Circus Kev Ua Si **p. 3**

Phau Ntawv Cim kem **p. 3**

Dane County Cov Thawj Coj ntawm Kev Tshaj Tawm Webinar **p. 4**

Boomers rau Zoomers: Kawm kom loj hlob **p. 5**

Ntsib Ib Tus Tswvcuab: Gary Prisbe **p. 6**

Ncig Wisconsin Virtual **p. 7. Peb muaj 7**

Khoom noj khoom haus rau Thanksgiving? **p. 7. Peb muaj 7**

Webinar Kev Rov Qab & Kev Pom Zoo Ua Ntej **p. 8. 8**

Tshiab ntawm Lub Vev Xaib **p. 8. 8**

Ntsib Pawg Neeg Thawj Coj Jack Sorenson **p. 9. 9**

Koom Nrog Koom Tes Nrog Koom Tes & Kev Koom Tes **p. 9. 9**

Tuscan Hill Towns Webinar **p. 10**

Kev Koom Tes Nrog ZoomWebinar **p. 11. 11**

Meem caij nyooq, Los ntawm Cov Thawj Ntawm Cov Rooj **p. 11. 11**