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# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION

## RETIREMENT OPPORTUNITIES WEBINAR

### Well-Being Is a Skill

BY WENDY WAY, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

Join us as Richard J. Davidson presents a framework for understanding well-being and how it might be cultivated. The framework has been in development for the past five years at UW-Madison's Center for Healthy Minds. He will discuss:

- four pillars of well-being—awareness, connection, insight, and purpose
- how these four pillars can be nurtured through simple mental exercise
- the relevance of the Center's work and this framework to the current pandemic
- guided practices that can be incorporated into our everyday lives. ■

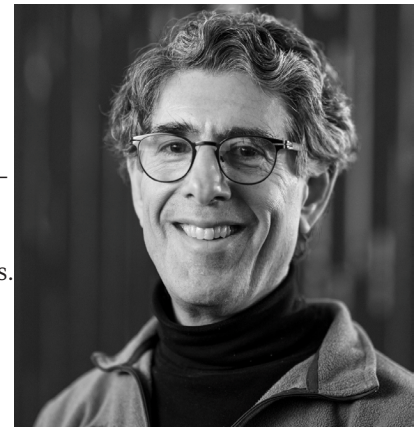
If you have preliminary questions for the speaker, please email them in advance to program coordinator Wendy Way at [wlway@wisc.edu](mailto:wlway@wisc.edu) by **November 11, 2020**.

### Food Pantry Contributions



Checks payable to UW Foundation, with "Open Seat" on the memo line. Mail donations to UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218.

**Richard J. Davidson** is the William James and Vilas Research Professor of Psychology and Psychiatry at the University of Wisconsin-Madison and founder and director of the UW's Center for Healthy Minds. He is widely published and is the co-author (with Sharon Begley) of *The Emotional Life of Your Brain* and co-author (with Daniel Goleman) of *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body*.



### WELL-BEING IS A SKILL Lessons for the Current Pandemic

**Wednesday, November 18, 2020**

10:00 A.M.–NOON

Online Webinar

**Registration Deadline: November 13**

Advance registration is required. Register online at:

[UWRAMadison.org/event-3934454](https://UWRAMadison.org/event-3934454)

You may call or email the Association Office to register. The webinar link and call information will be included in registration confirmations and meeting reminders emailed to registrants.

FROM THE EXECUTIVE DIRECTOR'S DESK

## Zoom Webinars Bring in New Participants; "Book Marks" Column Debuts

BY SANDI HAASE



It's been a busy fall. The analysis of the membership survey is well underway with a report to the Board and membership to be published before the end of the year. I am pleased that UWRA is in full swing with presentations. We have all been learning to Zoom. Although the present-

tations are not in person, they are well attended. There are members participating who have never attended sessions in the past. We are reaching more people! The expertise of our speakers is exceptional. Hats off to all the committees!

In an attempt to make our virtual "East Meets West Breakfast" seem more like the in-person gatherings we all enjoyed before the pandemic, we kicked off our gathering with a discussion of "what have you done this summer." Members spent more time gardening, or took the time to purge household clutter, increased exercise and walking, or updated their Living Ledger. One of the most popular activities has been reading more books, especially after the libraries opened for pick-ups. We had a long discussion about interesting reads.

We learned from the UWRA Membership Survey that 12% of respondents were interested in a book discussion interest group. That finding has prompted a new column, "Book Marks," launching in this issue of *The Sifter* on page 3. Board member Laurie Mayberry has graciously agreed to coordinate the column. So, what have you read lately? Email a paragraph or two about a book you've enjoyed to [laurie.mayberry@wisc.edu](mailto:laurie.mayberry@wisc.edu).

Lastly, thank you for your continued participation and support of the Association. On Wisconsin! ■

UWRA NEWS

## Survey Results Shape UWRA Strategies



The Strategic Framework Survey Workgroup has been very busy over the last many months. By now, you have received and, we hope, completed

the survey. We are pleased to share that we had a whopping 53% participation rate. In comparison, the average combined response rates for all types of surveys is 26–30%. Our heartfelt thanks to all of you who participated. The Workgroup is now in the process of analyzing the data, which will be shared with the board of directors and membership. Watch for future reports in *The Sifter*.

The Workgroup is pleased to announce that the winners of the random drawing for a \$100 gift card are Robert Forsberg and Jason Blasczyk. Congratulations! ■

**ATTENTION: TDS.NET AND CHORUS.NET USERS**

We have noticed an increased number of email delivery failures of members using TDS and Chorus email domains. These failed email deliveries result in your not receiving payment receipts, registration confirmations and reminders, and the electronic *Sifter*, nor the invitations with URLs for meetings and webinars on Zoom. From the bounce-back messages UWRA is receiving, these email clients are blocking UWRA messages. If you are a TDS or Chorus email user, please add [UWRAmadison.org](mailto:UWRAmadison.org), [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu), and [admin@uwramadison.org](mailto:admin@uwramadison.org) to your list of "safe senders and domains." Another option to ensure more consistent receipt of UWRA email would be establishing a G-mail account. If you already have a G-mail account, we advise that you update your member profile on our website to use that G-mail address instead of your TDS.net or Chorus.net account to ensure you receive our communications. ■

## NEW ACTIVITIES IN RETIREMENT

## Aerial Dance and Circus Arts

BY HILDY FEEN, UWRA MEMBER

I teach single-point low-flying trapeze. After I retired from DoIT / Academic Technology in 2011, I started teaching at the Madison Circus Space via a weekly class for women ages 50+. I also teach private lessons and circus samplers for kids and adults.



Photo by Mick McKiernan

Before COVID-19, I was taking several classes a week, both at Cycropia Aerial Dance and at Madison Circus Space (MCS), and I'd been teaching 2-3 classes a week at MCS. Because access to rigging is necessary, I have not been able to practice with others as much as I'd like to during the pandemic.

I started learning aerial dance after watching Cycropia perform at the old Turner Hall and at the annual Orton Park festival. The Madison area supports three circus arts organizations. Cycropia ([cycropia.org](http://cycropia.org)) offers aerial dance classes to people 16 and older. The Rumpus Room ([therumpusroom.org](http://therumpusroom.org)) teaches circus arts, including clowning and aerial dance, primarily to children. Madison Circus Space ([madisoncircusspace.com](http://madisoncircusspace.com)) has classes for most ages in aerial dance, object manipulation, and German wheel.

Aerial dance and the circus arts provide a fun, collaborative, and social community for me, while also challenging me physically and mentally. Flying or dancing in the air is a joyful, freeing experience, and I like being strong. I also love teaching people, especially people who believe they're too old to learn a new skill like aerial dance. It is wonderful to watch them experience moving through the air with their feet off the ground. ■

## BOOK MARKS

## Classic Mystery, Gripping Memoir for Reading Pleasures

BY ILENE SELTZER, UWRA MEMBER

I'm sure I have much company when I say that I have spent a lot of time reading over the past few months. I have revisited some old friends and found new authors too. I offer the following as possible books for your enjoyment.

If you are a fan of the superb British mystery fiction by Dorothy Sayers, especially the Lord Peter Wimsey novels and short stories, you may not know that many years after Sayers's death there are new Lord Peter Wimsey stories to enjoy. Author Jill Paton Walsh has picked up the saga, first by completing an unfinished Sayers novel, *Thrones, Dominations* (1988). Paton Walsh has also written *A Presumption of Death* (2002), *The Attenbury Emeralds* (2010) and *The Late Scholar* (2013). In these books, the story of Peter and Harriet Vane is carried into marriage and parenthood, excellently maintaining the characters and tone of the original author. I was very happy to find these additions to the series, and you may enjoy them too. If you are not already familiar with Dorothy Sayers, I would also recommend any of her Lord Peter Wimsey novels or short story collections. *Whose Body?* is the first novel chronologically.

My next suggestion is a modern memoir. Tara Westover published *Educated* in 2018. It is her own story as the youngest of seven children born to survivalist parents in Idaho. She traces her life in a family that lives an existence as separate as possible from mainstream society, deeply suspicious of any government entity, modern medicine, doctors, hospitals, public schools, and public media. Barely home schooled, with her birth not registered until she was nine years old, Westover offers an eye-opening narrative of how and why she left home, attended and graduated from Brigham Young University, and earned a Master's degree from the University of Cambridge and a doctorate from Trinity College, Cambridge. Along the way, she struggles to understand and thrive in a society that had been both foreign and forbidden. ■

RETIREMENT OPPORTUNITIES WEBINAR

# Dane County and Madison Leaders Address Pandemic Challenges


BY FAISAL A. KAUD AND MILLARD SUSMAN, MEMBERS, RETIREMENT OPPORTUNITIES COMMITTEE

**D**ane County leaders will present current information about measures taken to protect the county’s residents from COVID–19 and to alleviate hardships for elderly residents. The speakers will be Dane County Executive Joe Parisi, Janel Heinrich of Public Health Madison & Dane County, Cheryl Batterman of the Dane County Area Agency on Aging, and Jim Krueger of NewBridge, the senior services coalition for Madison and Monona. These community leaders will discuss:

- challenges Dane County and Madison leaders have encountered in dealing with the COVID–19 pandemic
- emergency services offered to county residents
- the Public Health department’s safety guidelines and case reporting
- how the health of residents can be protected in this “new normal.” ■

*If you have preliminary questions for the speakers, please email them in advance to program coordinator Faisal A. Kaud at [fakaud@wisc.edu](mailto:fakaud@wisc.edu) by November 24, 2020.*

## Food Pantry Contributions

 Checks payable to UW Foundation, with “Open Seat” on the memo line. Mail donations to UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218.

## COVID–19 PANDEMIC CHALLENGES with Dane County and Madison Leaders

**Tuesday, December 1, 2020**

10:00 A.M.–NOON

Online Webinar

**Registration Deadline: November 27**

Advance registration is required. Register online at:

[UWRAmadison.org/event-3895986](http://UWRAmadison.org/event-3895986)

You may call or email the Association Office to register. The webinar link and call information will be included in registration confirmations and meeting reminders emailed to registrants.



**Joe Parisi** has served as Dane County Executive since 2011. He previously served in the State Assembly and as Dane County Clerk.

**Janel Heinrich** is the director of Public Health Madison & Dane County, responsible



for public health issues in more than 60 cities, villages, and towns.

**Cheryl Batterman**

is manager of the county’s Area Agency on Aging, serving individuals who are age 60 and over and/or their family members in accessing services to help older adults continue living in their own homes and communities.



**Jim Krueger** directs

NewBridge, an agency that supports longer, safer, and healthier independent lives for seniors in Madison and Monona by providing case management, meal services, and volunteers who assist with home chores.



**THERE'S STILL TIME TO REGISTER THE FUTURE OF YOUR DATA FOOTPRINT, WITH BOB TURNER**

✓ Wednesday, November 11, 1:00–3:00 P.M. [UWRAmadison.org/event-3963851](http://UWRAmadison.org/event-3963851)



## ELECTRONIC TECHNOLOGY

## Boomers to Zoomers: Learn to Zoom!

BY KATHY CHRISTOPH,  
CO-CHAIR, ELECTRONIC TECHNOLOGY COMMITTEE

The Electronic Technology Committee misses seeing you at our monthly Tech Clinic gatherings to share experiences with various technologies. We are also well aware of the changes we will all be making to our usual holiday plans. Perhaps we will be dining or celebrating remotely. We would like to help you get ready.

We invite you to join us in a virtual session to learn basics of the Zoom videoconferencing application and its many features. Zoom is an “app” that you download and install on your computer, tablet, or phone.

The result is like a phone call, but you and the other person(s) can see, as well as hear, each other. Many individuals—the whole family—can participate! If you have a computer, tablet, or phone with a camera and microphone, you are already equipped. If you have been using your device for FaceTime or Skype, you are also able to Zoom.

We will work with you prior to the scheduled session to make sure you are comfortable joining a Zoom meeting. Following registration, you will receive information on how to connect, tips for preparing for the virtual get-together, and one-on-one assistance if needed. For a taste of what you will experience and learn, see [youtube.com/watch?v=kh-50kValdAY](https://www.youtube.com/watch?v=kh-50kValdAY).

During the meeting itself, you will be guided in practice to:

- switch between gallery and speaker view
- mute audio and video
- choose or create a background
- raise your hand

### COME “ZOOM” WITH US Prepare for the Holidays

**Tuesday, November 17, 2020**

1:00–2:30 P.M.

Online Meeting

**Registration Deadline: November 5**

Advance registration is required. Register online at:

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

You may call or email the Association Office to register. The webinar link and call information will be included in registration confirmations and meeting reminders emailed to registrants.

- chat with everyone, or with one participant
- share your screen
- leave a meeting.

You will then be ready to participate in Zoom meetings with family and friends. Because Tech Clinics are currently limited by social distancing, please don't hesitate to reach out to [uwra.tech@gmail.com](mailto:uwra.tech@gmail.com) with questions on any technology any time. ■

*If you have preliminary questions for the presenters, please email them in advance to program coordinator Kathy Christoph at [kathy.christoph@gmail.com](mailto:kathy.christoph@gmail.com) by **November 10, 2020**.*

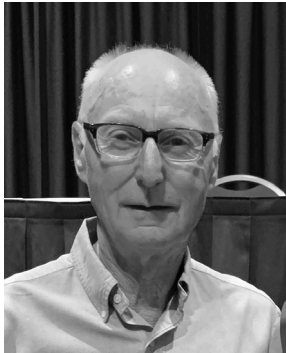
#### Notifications about Zoom Events

With UWRA meetings going virtual this fall, there are changes to how a registrant is notified of the Zoom URL / call information. As in the past, when you register, you will receive a confirmation. You'll also receive two reminders, seven days and again two days prior to the webinar. Please take special note of the reminders. On the bottom of each reminder will be the heading, “ZOOM CALL INFORMATION.” Below that heading will be all the information you need to link to the webinar.

**MEET A UWRA MEMBER**

# Tracking 6,500 Golf Balls

BY GARY (PRZYBYSZ) PRISBE



**M**y significant other is Sharon Makowski, and my hometown is Roscoe, in the “Dakota Territory.” The name listed in parentheses above would have been my surname had my dad not changed it. Try pronouncing it!

I still can’t throw away ... things that may be outdated but aren’t broken. I’ll blame my parents and their generation for that. In 1969, when Apollo 11 landed on the moon, I was serving in the U.S. Army at Fort Lewis, Washington, protecting the homeland against a potential Viet Cong invasion. I still enjoy listening to rock and roll from the 1960s and 70s, when the musicians actually played and sang songs they wrote instead of jumping around on stage to digitally produced sounds. Yah, I know that sounds like an old guy’s “Get off my lawn!” comment.

The first thing I did after retiring was ... nothing. It was January in Wisconsin! Now I spend most of my time on a golf course, either playing or officiating golf tournaments. My interest in officiating is no doubt connected to my experience with rules.

I now realize that all of my jobs from my first to my last were in a compliance/audit area. From the USDA to DILHR to UW System Administration, I was enforcing rules, most of which I didn’t make and some of which I didn’t agree with. And, no, it wasn’t UWSA that limited your dinner claim to \$20, whether you dined in Des Moines or New York City!

My favorite part of retirement is that every day seems like Saturday. I have really nothing on a bucket list, as I have been privileged to go many places and do many interesting things, mostly involving my passion for golf. I have always been a single digit handicapper, but on the downside, I can document that I have managed to lose more than 6,500 golf balls on the course where I’ve been a member for 46 years. My next travel plans include visiting my son and his family in Sioux Falls to play in “The Priz Invitational” golf outing/tournament, an event I started 40 years ago here in Wisconsin and just this year passed on to my son to run with his friends out there.

Something that might surprise you about me is that I’m a dog lover/owner who has worked with over 3,000 dogs while volunteering at Dane County Humane Society. The life and behavior lessons I received from those dogs exceeded those I tried to impart.

My favorite places on campus are Camp Randall and the Memorial Union Terrace, and my favorite UWRA activity is attending the wonderful seminars, particularly the financial ones presented by ETF/SWIB and CUNA. ■

**SEPTEMBER 1–30, 2020**

**NEW MEMBERS**

Mary Fahey	Donna Silver
Eric Furness	Margaret Straub
Lawrence Hanrahan	Richard Straub
Gloria Hawkins	Robert Washenko
David Rabago	Carol Woltmann
George Savage	

**{ The UWRA is your network in retirement! }**

TRAVEL

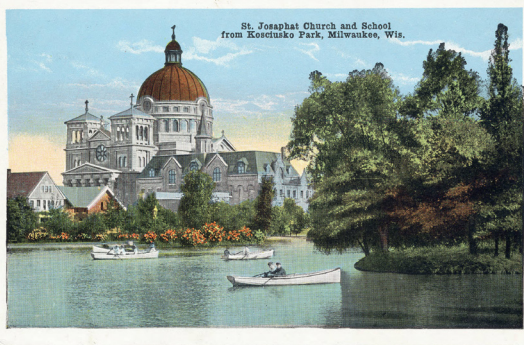
# Norskies, Basilicas, Pineries, and Rivers

BY TED COLLINS, MEMBER, TRAVEL COMMITTEE

This is the second installment of Virtual Travel around Wisconsin to places we have been, trips we cancelled because of COVID-19, and places we had not yet visited. We hope you enjoy the tales of our guide, Milwaukee historian John Gurda, in a virtual trip to historic locales.



This month, we will visit Norskedalen, a Norwegian heritage center in the Coulee Country of southwestern Wisconsin, and two basilicas—Holy Hill and Saint Josaphat. Basilicas are specially honored in the Catholic Church. There are only seventy-four



St. Josaphat Church and School from Kosciuszko Park, Milwaukee, Wis.

in the United States, and Wisconsin has two.

Next, we visit Chipewa Falls

to explore the era of the Wisconsin pineries and the influence of the pine on the history of northern Wisconsin. This will be followed by a boat trip down the Milwaukee River to view the rebirth of the river from industrial sewer to housing for young professionals and “empty-nesters.” Did you know the State of Wisconsin once planned to build a prison along this stretch of the river?

Finally, we follow the Menomonee River and learn the history of the Three Bridges Park area in the Milwaukee Menomonee Valley. This former industrial valley was home to two fragrant manufacturers, Red Star Yeast and the Robert A. Johnston Company, manufacturer of cookies and chocolate.

Start your trip at <https://www.pbs.org/video/season-3-the-gurda-hour-oxfqc1/> ■

REFLECTIONS

# Dragonfruit for Thanksgiving?

BY MARY BARNARD RAY

No question about it—the holidays will be different this year. Dennis and I just got a taste of the difference when our youngest son was married on a beach in Australia. We attended the small ceremony via WhatsApp, as did the bride’s family in India. It was late Saturday morning in Australia, very early Saturday morning in India, and Friday evening here. Nevertheless, we were able to introduce our family (in three Midwest locations) to her family (in three locations) and catch up a little bit before the ceremony. As a result, even our youngest granddaughter understands that the world really is round and it really is day on the other side of the world when it’s nighttime here. All in all, it wasn’t a loss so much as, well, different.

Now, as I contemplate whether I should order a fresh turkey or go for Cornish hens for two, I try to focus on the liberating side of “different” rather than dwell on its loss. I might skip roast fowl altogether and go for roast beef. I’m not giving up pumpkin pie, but I will give up mashed potatoes to save myself some calories and some last-minute work. Paper plates? Hmm. If ever there was a time to say, “what the heck?” and try something unconventional, it’s 2020. I think I’ll go explore the frozen food section and see what’s there. And that dragon fruit would add some interesting pattern to the table; you can’t go wrong with fruit. Even if I do, there will not be many people around to complain about it.

I’m going to miss the hugs, though. Nothing replaces those hugs. ■



**WEBINAR RECAP**

## Covid-19: A Novel Virus

BY MILLARD SUSMAN, MEMBER, RETIREMENT OPPORTUNITIES COMMITTEE

On October 6, UW–Madison’s Dr. Dennis Maki, a world-renowned expert in infectious diseases and epidemiology, presented a spectacular seminar that covered the origin and international spread of the novel coronavirus that causes COVID-19, the history of the pandemic in the United States, efforts to control the spread of the virus, the biology of the virus, the pathology and treatment of the disease, the special problems that this pathogen creates for healthcare workers, the economic impact of the pandemic, the work being done on the development of medications and vaccines to combat the disease, the actions that are needed to get the pandemic under control, prospects for the near future, and urgent questions that remain unanswered.

We have posted Dr. Maki’s slides—200 of them—on the UWRA website. Please take a look at them! This presentation was a remarkable overview of a complex and alarming public health catastrophe. ■

**New ON THE WEBSITE** [UWRAmadison.org](http://UWRAmadison.org)

**Resource/Presentations (September–December)**

- Slides & Video, Power of Attorney
- Slides, COVID-19 with Dr. Maki
- Slides, It’s Your Choice
- Slides, Saving Your History

## Keeping Track of Zoom Links

An organizational tip: create a folder in your email titled “Zoom Info.” When a seminar reminder arrives in your inbox, move the email to that folder. On the day of your Zoom meeting/webinar, you can open the folder and easily locate the reminder. After the meeting is over, go back to the folder and delete that meeting reminder. ■

**✓ SAVE THE DATE, FINANCIAL WEBINAR**

## Health of the U.S. Economy with Steve Rick, Chief Economist at CUNA Mutual

December 16, 10:00 A.M.—NOON

The greatest economic crisis since the Great Depression has changed the economic, political, and financial landscape, and it has altered consumer behavior—perhaps for generations to come. The shifts that began as the pandemic mounted will have enduring effects on the economy and financial markets. Steve Rick’s presentation will assess how these shifts may change the future economic path, interest rates, and stock prices. For more details, see [UWRAmadison.org/event-3966917](http://UWRAmadison.org/event-3966917). ■

**WEBINAR RECAP**

## What’s Your Super Power?

BY RICK DALUGE, MEMBER, FINANCIAL MATTERS IN RETIREMENT COMMITTEE

On September 15, approximately fifty UWRA members participated in our first Financial Matters Committee program of the year. Attorney Mark Johnson of Johnson-Tiegen, an elder law specialist, reviewed various power-of-attorney designations and the powers involved in each, including “durable power-of-attorney for healthcare” and the more common “financial power-of-attorney.”

This was our first attempt to use Zoom for a presentation, and more than ten questions were submitted from listeners. Slides from the program are available on the UWRA website at Resources/Presentations/2020-2021 (Sep–Dec). One of the most important points made is that power of attorney ends at the death of the person who granted the power. After death, estate distribution legally must be carried out by an executor or personal representative. And, granting a power of attorney to someone does not mean that you cannot still manage your assets and affairs; it is really a backup plan in the event you become unable to act on your own behalf. ■



**MEET A UWRA BOARD MEMBER****New on Board: Jack Sorenson**

I moved to Madison in 1969 to attend graduate school at the UW School of Business. My mother tried to change my mind when the Sterling Hall bombing convinced her Madison was “too radical” a place. Luckily just reassurance was needed, although it was eerie walking up Charter Street passing Sterling on the way to Commerce Hall on the first day of classes.

Upon graduation, I accepted an administrative job with a research institute within the UW. Forty-four years later I retired from the Department of Anesthesiology, having served as the Clinical Administrator for seventeen years. In total, I worked in three very different administrative positions, in three different areas, meeting and working with many wonderful, talented people. In addition, I learned to love the Wisconsin outdoors and the eclectic nature of Madison. The only thing I have not been able to adopt are Wisconsin professional sports. I was born, raised, and am still a Bears and a Cubs fan!

For the past nineteen years, Tracy Wiklund and I have been a couple. This past July we celebrated our tenth wedding anniversary. We were fortunate, early in our relationship, to find sixteen acres of farmland south of McFarland that had just been subdivided. Today it is primarily prairie, with an acre of seventeen-year-old hardwoods still fighting to exist despite the deer. Keeping invasive plants at bay keeps us busy, and if the deer flies aren't too thick it is enjoyable to be out in nature. Our other pleasure is travel. We love old cities like Paris, Florence, and Sienna but also like the broader exposure that European river cruises provide.

When I was younger, I played lots of recreational sports—basketball, touch football, racquetball, softball, etc.—but two hip replacements ended those activities. In retirement I started playing golf with a couple of old basketball buddies. For someone who used to have some sports ability, this has been a humbling experience that is repeated week after week.



When I read, I prefer action and detective novels; the problem, of course, is that I can't put the book down until it's finished.

I have enjoyed my volunteer work with the Committee on Financial Matters in Retirement and look forward to service on the UWRA Board of Directors. ■

**PARTNERSHIP AND ENGAGEMENT COMMITTEE****Seeking Volunteers and Ideas:  
An Opportunity to Connect**

BY CHRIS KLEINHENZ, MEMBER, PARTNERSHIP AND ENGAGEMENT COMMITTEE

Now in its second year, the Partnership and Engagement Committee is looking for new members and new ideas. The goal of the committee is to promote, maintain, and encourage mutually beneficial relationships of UWRA with other groups and units on campus (e.g., Division of Continuing Studies, Wisconsin Foundation and Alumni Association), as well as with other organizations in Madison and beyond. UWRA has continuing partnerships with the Madison Metropolitan School District and with Dane County food pantries. In addition, the committee aims to coordinate the collective and individual strengths of UWRA members to support the UW-Madison's mission (the Wisconsin Idea) and to serve as the “primary connector” for projects and initiatives. Have I piqued your interest? Contact me today at [ckleinhe@wisc.edu](mailto:ckleinhe@wisc.edu). ■

TRAVEL WEBINAR

# Discover Tuscany's Scenic Hill Towns

BY ESTHER OLSON, CO-CHAIR, TRAVEL COMMITTEE

For decades and even centuries before Frances Mayes' book, *Under the Tuscan Sun*, became a best seller, Tuscany was a major attraction for "tourists" of all sorts. Artists and photographers, foodies and oenophiles, history and science buffs, and aficionados of literature, art, architecture, and music visited this beautiful region of Italy.

Many people know something about Tuscany's capital, Florence (Firenze), with its numerous museums and art galleries, and perhaps other nearby cities such as Pisa and Lucca. Less well-known are the many hill towns, all of which have equally interesting histories and offer a wealth of pleasures.

This richly illustrated lecture will provide an overview of Tuscany but will focus especially on the hill towns, both large (Siena, Cortona) and small (San Gimignano, Montepulciano, Monteriggioni). Our guide, Chris Kleinhenz, will examine the history of these towns and their artistic, literary, and gastronomic heritage. ■

*If you have preliminary questions for the speaker, please email them in advance to program coordinator Esther Olson at [emolson2@wisc.edu](mailto:emolson2@wisc.edu) by December 2, 2020.*

## Food Pantry Contributions



Checks payable to UW Foundation, with "Open Seat" on the memo line. Mail donations to UWRA, 21 North Park Street, Room 7205, Madison, WI 53715-1218.



**Chris Kleinhenz** taught medieval Italian literature at the UW–Madison for almost forty years. Professor emeritus of Italian and winner of a Chancellor's Award for teaching, he has led many tours to Italy sponsored by the Division of Continuing Studies and the UW Alumni Association. He has lived in Italy (Naples, Bologna, Perugia, Florence, and Rome) on various occasions where he taught and directed UW study-abroad programs. He has given a number of illustrated presentations on Italy for the UW–Madison Retirement Association and currently serves as UWRA president.

## TUSCAN HILL TOWNS History, Art, Literature, Scenic Beauty

**Wednesday, December 9, 2020**

3:00–4:30 P.M.

Online Webinar

**Registration Deadline: December 4**

Advance registration is required. Register online at:

[UWRAmadison.org/event-4007871](https://UWRAmadison.org/event-4007871)

You may call or email the Association Office to register. The webinar link and call information will be included in registration confirmations and meeting reminders emailed to registrants.

**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)**

**SAMPLE MEETING REMINDER**

RETIRED ASSOCIATION  
University of Wisconsin-Madison

Hello Sandy,  
Your event registration has been completed. Thank you for registering!

**Pandemic COVID-19:**

When: October 5, 2020 10:00 AM Central Time (US and Canada)  
Where: Virtual Meeting

**ZOOM CALL INFORMATION:**  
When: Oct 5, 2020 10:00 AM Central Time (US and Canada)  
Topic: COVID-19 Virus & Pandemic with Dr. Dennis Maki

Please click the link below to join the webinar:  
<https://uwmadison.zoom.us/j/91602316004?pwd=VG1WYzZlQWVhbnF1b091a2pZz09>

Passcode: 414193

Or iPhone one-tap:  
US: +1312626799, 91602316004#...\_0#.414193# or  
+15292056099, 91602316004#...\_0#.414193#  
Or Telephone:  
Dial for higher quality, dial a number based on your current location)  
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**SAMPLE BROWSER METHOD**

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

**FROM THE EDITOR'S DESK**

**Copyfitting, from 1976 to 2020**

BY SHEILA LEARY, SIFTER EDITOR

Copyfitting a newsletter is a little like working a jigsaw puzzle. One has to think about shape and fit, but also theme and content.

As I puzzled through composition of this month's jam-packed issue, I recalled working in the summer at my family's weekly newspaper. When I was a child, the paper still used lead type, cut and set by expert craftsmen. But, by my teens when I began working, the news emerged from an electronic machine in long galleys of photographic paper.

Guided by the women who laid out the news year-round, I cut the galleys with a paper cutter, then fed the pieces through the hot waxer. With wax on the back of each story, we could fit them on large tagboard pages with blue guidelines, which looked much the same as my electronic InDesign template pages do today. An X-Acto knife (aka a frog-sticker!) was essential for doing fine trimming to jump a story to a new column or page. I miss the hot wax aroma now, though. Maybe I'll light a candle! ■

**■ UW-Madison Retirement Association Calendar Dates ■**

Continue to monitor the [UWRAMadison.org](http://UWRAMadison.org) website for further updates.

- Wednesday, November 4 10:00 A.M.–NOON *The New Normal* with Ken Wundrow
- Wednesday, November 11 1:00–3:00 P.M. *Future of Your Data Footprint* with Bob Turner
- Tuesday, November 17 1:00–2:30 P.M. Tech Clinic: *How to Zoom*
- Wednesday, November 18 10:00 A.M.–NOON *Well-Being Is a Skill* with Richard Davidson
- Tuesday, December 1 10:00 A.M.–NOON *COVID-19 Challenges* with Joe Parisi et al.
- Wednesday, December 9 3:00–4:30 P.M. *Tuscan Hill Towns* with Chris Kleinhenz
- Wednesday, December 16 10:00 A.M.–NOON *Health of the U.S. Economy* with Steve Rick
- Wednesday, January 13 10:00 A.M.–NOON *Identity Theft* with Jeff Kersten

For information on upcoming PLATO trips, visit [platomadison.org/page-18561](http://platomadison.org/page-18561).  
For information on Board and Committee meetings and deadlines for *The Sifter*, see the UWRA website at [UWRAMadison.org](http://UWRAMadison.org).



## THE SIFTER

UWRAmadison.org

**UW–Madison Retirement Association**

c/o Division of Continuing Studies

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*Meet a Member* • Deb Lauder

*New Activities in Retirement* • Bob Jokisch

*Book Marks* • Laurie Mayberry

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