



Botswana Safari  
| Pg. 11



Meet a Member:  
John Dillon | Pg. 6



Embracing Change: All  
of It! | Pg. 10

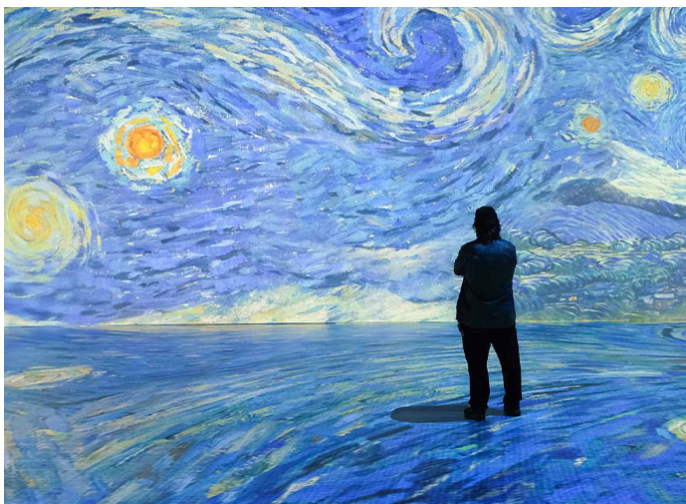


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# THE SIFTER

NEWSLETTER OF THE UNIVERSITY OF WISCONSIN-MADISON RETIREMENT ASSOCIATION



**TRAVEL**

## Go Beyond Van Gogh

BY COLLEEN MCCABE, MEMBER, TRAVEL COMMITTEE

Immerse yourself this summer in the fabulous world and works of Vincent Van Gogh. The highly regarded national tour of "Beyond Van Gogh" is coming to Milwaukee's Wisconsin Center from July 10 to September 19. This immersive multimedia production will show the famous works of Van Gogh as you hear his words set to a symphonic score. Entrances are timed every 15 minutes and will allow six feet between attendees. Some dates and times are already sold out, but there are still many slots available. For seniors (65+), admission is \$39, which includes a \$6 ticketing fee. ■

Go to [vangoghmilwaukee.com](http://vangoghmilwaukee.com) for more information and to purchase tickets.

**TRAVEL**

## Online Gallery Tours

BY COLLEEN MCCABE, MEMBER, TRAVEL COMMITTEE

A worldwide pandemic shut down travel and even some museums, but that's no reason you can't enjoy the experience from the safety of your home. Most of the major international (and local!) galleries have online tours, some better than others. Here are three that I think are special.

**Van Gogh Museum (Amsterdam)** [vangoghmuseum.nl/en/visit/enjoy-the-museum-from-home](http://vangoghmuseum.nl/en/visit/enjoy-the-museum-from-home)

The virtual tour includes some 200 paintings and more than 500 drawings. If you would prefer a 13-minute tour with music, watch the 4K YouTube version that is listed.

**Picasso Museum (Barcelona)** [classroom.ricksteves.com/videos/barcelona-s-picasso-museum](http://classroom.ricksteves.com/videos/barcelona-s-picasso-museum)

Rick Steve's video classroom series provides good background information and interesting facts about Picasso's changing styles, with examples of the artwork. This is a brief overview, but there are links to explore further.

**Natural History Museum (London)** [nhm.ac.uk/visit/galleries-and-museum-map/hintze-hall.html](http://nhm.ac.uk/visit/galleries-and-museum-map/hintze-hall.html)

Scroll to the audio-guided tour of Hintze Hall, the largest public gallery, narrated by David Attenborough. A magnificent blue whale skeleton is suspended from the ceiling, surrounded by specimens ranging from mammals to meteorites, representing the history of our planet. ■

FROM THE EXECUTIVE DIRECTOR'S DESK

# Endings and Beginnings

BY SANDI HAASE

Please join me in welcoming the newly elected officers and board of directors: president-elect Jane Dymond, and directors Mark Fink, Jim Stratton, Jurgen Patau, Mary Czyszczak-Lyne. They join new president Esther Olson, past president Chris Kleinhenz, treasurer Beth Zemp, secretary Marian Fisher, and directors Marcy Doelp, Jack Sorenson, Millard Susman, Tom Broman, and Laurie Mayberry.



president-elect Jane Dymond, and directors Mark Fink, Jim Stratton, Jurgen Patau, Mary Czyszczak-Lyne. They join new president Esther Olson, past president Chris Kleinhenz, treasurer Beth Zemp, secretary Marian Fisher, and directors Marcy Doelp, Jack

At the annual meeting, we bid farewell to outgoing board members. We offer our sincerest thanks to directors Susan Fischer, Karen LaMere, and Wendy Way, who leave the Board. All have made positive and unique contributions to the Association.

We are an all-volunteer association with more than 2,000 members. The success of UWRA is due to all the work that is done by our committees. There are over 70 members who volunteer their time and serve on our committees. The work you see most often is done by the Electronic Technology Committee, Committee on Financial Matters in Retirement, Luncheon Committee, Retirement Opportunities Committee, and Travel Committee, which in the last year sponsored nearly 30 virtual programs and 12 virtual breakfast gatherings. Our other committees (that do not plan programs) include Membership and the Committee on Partnership and Engagement.

If you are interested in greater involvement in the Retirement Association, joining a committee would be a good place to start. You can learn more about each committee by visiting [UWRAmadison.org](http://UWRAmadison.org). Please consider joining a committee and sharing your skills, talents, and interests today!

Lots of plans are in the works for an exciting lineup of fall programs. Note that *The Sifter* takes a break

during the summer. The next *Sifter* will be the September issue. We will continue to use the "announcements block" on the [UWRAmadison.org](http://UWRAmadison.org) home page for news updates. Continue to stay well. We will see you in the Fall! ■

## Did you know...?

You can download an electronic copy of *The Sifter* to your computer. Go to [UWRAmadison.org/Sifter](http://UWRAmadison.org/Sifter), find the issue you'd like, and open it (double click). Once it is open, right-click to open a little window with a "save" option. Clicking on "save" opens a window showing your file structure. Select the location where you want to save the file. ■

## Madison Crossing Guard Job Openings

Stay fit and healthy working as a Madison School Crossing Guard. Starting pay is \$17.91/hour (approximately \$700+ per month) with regular raises and earned sick leave. Are you responsible, dependable, and enjoy kids and the outdoors? Then we want you! Work Monday–Friday with no weekends, evenings, or holidays. Enjoy time off during the school day. In late June/early July 2021, a job application will be available at [cityofmadison.com/HR/employment/JobOpenings.cfm](http://cityofmadison.com/HR/employment/JobOpenings.cfm). Search "hourly" positions for the crossing guard link. Please contact Traffic and Engineering, Crossing Guard Supervisors at 266-4703 with questions. ■



### EAST–WEST VIRTUAL BREAKFAST

**Thursday, June 10, 2021**

9:00–10:00 A.M.

Online Meeting

**Registration Deadline: June 7**

Advance registration is required. Register online at:

[UWRAmadison.org/event-4085594](http://UWRAmadison.org/event-4085594)

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.

**UW-Madison Retirement Association Membership Application and Renewal Form**

**(Please Print)**

Name		Spouse/Partner Name	
Email		Spouse/Partner Email	
Are you retired? <input type="checkbox"/> Yes <input type="checkbox"/> No	Year you retired?	Are you retired? <input type="checkbox"/> Yes <input type="checkbox"/> No	Year you retired?
Retired from? (Department)		Retired from? (Department)	
Classification <input type="checkbox"/> Academic Staff <input type="checkbox"/> Academic Staff (limited) <input type="checkbox"/> Faculty <input type="checkbox"/> Faculty (limited) <input type="checkbox"/> University Staff		Classification <input type="checkbox"/> Academic Staff <input type="checkbox"/> Academic Staff (limited) <input type="checkbox"/> Faculty <input type="checkbox"/> Faculty (limited) <input type="checkbox"/> University Staff	
Home phone	Mobile phone	Mobile phone	
Street Address		City/State	Zip Code +4
MEMBERSHIP LEVEL OPTIONS. All levels include a digital edition of <i>The Sifter</i> which is published monthly September–June.			AMOUNT
<input type="checkbox"/> Annual \$20 <input type="checkbox"/> Bargain (6 yrs.) \$100 <input type="checkbox"/> Life \$300 <input type="checkbox"/> Not Yet Retired \$10 <input type="checkbox"/> Outside of 535xx, 537xx, 539xx: <input type="checkbox"/> \$10 (1 yr.) or <input type="checkbox"/> \$50 (6 yrs.)			

**You are encouraged to join online! Visit [UWRAmadison.org](http://UWRAmadison.org)**

- You can:
- Join and pay online
  - Join online and pay by check payable to UWRA
  - Join by mailing this form and a check payable to UWRA to UW-Madison Retirement Association, 21 N. Park Street, Room 7205, Madison, WI 53715-1218

## A Silver Lining of the Past Year’s Isolation: Inclusivity

BY SUSAN FISCHER, CO-CHAIR, RETIREMENT OPPORTUNITIES COMMITTEE

For many of us, this past year has been one of learning new technologies and new ways of accomplishing such familiar tasks as grocery shopping, banking, visiting with friends, and doctor visits. For this relatively low-tech soul, it has NOT been a cake walk!

That said, UWRA leadership (especially but not limited to our wonderful executive director Sandi Haase) has done a phenomenal job of pivoting our association from an almost totally in-person experience to a completely virtual one in an amazingly short period of time; this has been Pivot with a capital P! This transition to virtual has happened in record time with almost no change in the number of program presentations and opportunities. We do miss seeing each other in person and look forward to the day when some events can be held in person. But it is likely that virtual programming and meetings will continue.

So, what about that so-called silver lining? All of you members who live outside of Dane County, outside of Wisconsin—heck, even outside of the USA—have been able to access our programs and news-

letters. And, now you can also serve on UWRA committees. Committees have been meeting via Zoom and are likely to continue that for the foreseeable future! No need to be here in person; just adjust to the time change if you are not in the Central Time zone. Expanding the geography within the committees would be enriching for the teams and benefit the entire UWRA. One of our members on the RCO committee (Tom Eggert) Zooms in from a cabin in Rhinelander, so I get to see Tom every month. Delightful!

UWRA committees include the Financial Matters in Retirement (CFMR), Electronic Technology (ETC), Retirement Challenges and Opportunities (RCO), Travel, Luncheons, Membership, Partnership and Engagement (CPE), and Business Office and Operations (BOOT). These groups provide an impressive array of programs, activities, and service. Committee descriptions are listed at [UWRAmadison.org/](http://UWRAmadison.org/) under About/Committees, and meetings are listed on the home page under Events/Committee Meetings with links to upcoming meetings.

All UWRA members are invited to join a committee and participate from the comfort of your own home. You may not live in or around Madison any longer, but we would love to have you join us! ■

## UNIVERSITY LEAGUE

### 2021–22 Programs Feature Museums, Savoyards, Shipwrecks, Climate Change

The University League invites you to join us at the programs planned for the 2021–22 year.

#### Old World Wisconsin

A special summer program (virtual) on Thursday, July 29, 2021, 11:00 A.M., features Dan Freas, director of Old World Wisconsin. He will talk about how this outdoor museum originated, the current visitor's experience, and the newest projects, including a brewpub and 1930s tavern.

#### Chazen Museum

For the Fall Coffee, the morning of Wednesday, September 22, 2021, Amy Gilman, director of the Chazen Museum, will discuss how the museum has fared during the pandemic and its prospects for the future.

#### Madison Savoyards

At the December Candlelight Concert on the evening of Friday, December 3, 2021, the Madison Savoyards will perform songs from their repertoire.

#### The Wreck of the *Edmund Fitzgerald*

On Tuesday, March 22, 2022, at the Spring Luncheon, newspaper columnist and author Rochelle Pennington will present "The Sinking of the *Edmund Fitzgerald*."

#### Annual Meeting and Climate Change Talk

The keynote speaker for the League's annual meeting on the morning of May 10, 2022, will be Stanley Temple, Beers-Bascom professor emeritus in conservation at UW–Madison. He will present "Aldo Leopold, Phenology, and Climate Change."

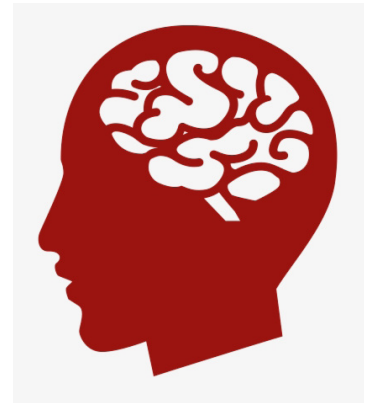
Future programs might be either virtual or at a location to be determined. ■

For more information about programs of the University League, visit [univleague.wisc.edu](http://univleague.wisc.edu).

## WISCONSIN ALZHEIMER'S DISEASE RESEARCH CENTER

### Diet and Nutrition Talk for People Living with Mild Cognitive Impairment

Join Dr. Michelle Braun, a national leader in the field of brain health, on Friday, June 18, 9:30–11:30 A.M. for "Healthy Living with Mild Cognitive Impairment: Nutrition in Action." This class will be held virtually on Zoom.



Braun is the author of the book *High-Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's*. She will offer attendees science-backed strategies to improve brain health through diet and nutrition, as well as information on mindful eating and creative options for integrating healthy foods into your diet.

The talk is part of the quarterly lecture series, "Healthy Living with MCI." This series is designed to support and educate people living with a diagnosis of mild cognitive impairment (MCI), an intermediate stage between the expected cognitive decline of normal aging and the more pronounced decline of dementia. Classes are free and open to the public.

The series is sponsored by the Wisconsin Alzheimer's Disease Research Center and the Alzheimer's Association Wisconsin Chapter. ■

Learn more and register at [adrc.wisc.edu/mci](http://adrc.wisc.edu/mci).

### Summer Reading?

Please email your book reviews for the Book Marks column in next year's *Sifter* to column coordinator Laurie Mayberry at [laurie.mayberry@wisc.edu](mailto:laurie.mayberry@wisc.edu).

REFLECTIONS

## Good Neighbors

BY MARY BARNARD RAY

**L**ike so many of you out there, I live in a great neighborhood! Recently we experienced an example of that, but you need some background information to understand it.

A few weeks ago, I decided to learn to be a Madison “master recycler.” This entailed attending two Zoom classes and doing a project to share recycling information with the community. I am partway through this process. After attending the classes, I realized that I had been making a basic mistake by crushing my plastic containers and cans; the complex sorting technology used for our recycling works better if the plastic containers are all kept as bubbles (caps on and not crushed) so they can be blown by bursts of air out of the mass of unsorted material. The cans—aluminum and other metals—also go through the system better if not smashed flat. If you want to see how the system works, check out the video at [youtube.com/watch?v=Vwch1g-wUgQk](https://youtube.com/watch?v=Vwch1g-wUgQk). And that, friends, is your first recycling tip from me!

How is that relevant to my neighborhood? Well, we requested a larger recycling bin to accommodate these better habits, and that meant that we had to leave our current bin out on the street to be picked up and replaced. But we have the kind of helpful neighbors who will roll our bins up to our garage if we forget to do it. In fact, one neighbor does this as a hobby and service to the rest of us. We did tell that neighbor that our recycling bin needed to stay out until it was replaced. However, he is not the only helpful neighbor we have! We had to move the recycling bin back out to the street several times, waiting for the city to exchange it.

I suppose one could complain about this neighborly help as an inconvenience, but to me it is a touching indication of good neighbors. No one complained about the bin. No one was nosy enough to call and ask why we were leaving it out. They were just moved to help out as they walked by. That’s the kind of neighborhood it is—not nosy,

not intrusive, but always ready to help out when a need is seen. That is also why everyone tends to stay out cleaning their driveways after the snowplow comes through, helping others until everyone’s driveway entrance is cleared. And that is why every single neighbor pitched in to provide food for weeks after one neighbor suffered an aneurysm. Finally, that is why no one really moves out of this neighborhood until assisted living is needed.

Here’s hoping you have such wonderful neighbors and that you have an opportunity to help them out and appreciate them this summer. And, of course, you have the wonderful friends from UWRA, too, to keep you company this summer. See you in September! ■



BOOK MARKS

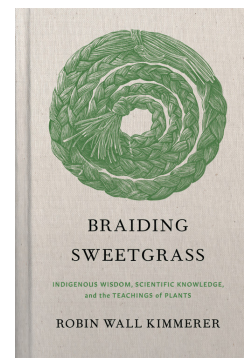
## Braiding Sweetgrass

BY SHEILA LEARY, *SIFTER* EDITOR

**I** was delighted when my neighborhood book club chose to read the essay collection *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Robin Wall Kimmerer.

Kimmerer braids together her experiences as a botanist, university teacher, Potawatomi woman, mother, storyteller, culture-bearer, and gardener to reflect on plants as our oldest teachers and on the Earth as an endlessly generous mother.

In gorgeous prose that engagingly conveys scientific knowledge and traditional wisdom, she shows us paths to living sustainably in the modern world with all beings, whether lily pads or beetles. ■

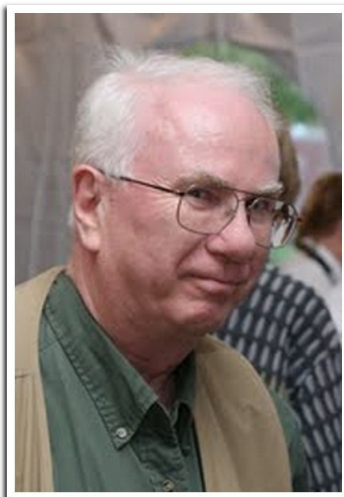


MEET A UWRA MEMBER

## Libraries and Librarianship

BY JOHN DILLON, UWRA MEMBER

**M**uch of my early life was spent amid the dairy farms and woodlots of rural Summit, Rhode Island. It was there, thanks to my mother’s service on the board of the local public library and to her friendships with two very able State Librarians, that I had my first introduction to what later became a career in libraries and librarianship.



My academic background is in Classics (degrees from Yale and from Duke). While still in graduate school I enlisted in the Army under pressure of the draft. After studying German at the Defense Language Institute’s famous West Coast branch in Monterey, California, I served as a plain-clothes investigator in the Army’s anti-black market unit in Germany. Perhaps misled by stereotypes, some people are surprised to learn that I was once a sergeant in the Military Police.

A sharp contraction in entry-level positions in Classics in the mid-1970s caused me to rethink my career plans. Favorably influenced by role models at Duke, I moved into academic librarianship (degree from the University of North Carolina at Chapel Hill). After nine years at SUNY Binghamton, I came to UW–Madison in 1986. My wife Mary Ann, who had been running the library at the corporate headquarters of New York State Electric and Gas, came two years later. We’ve resided in Madison ever since.

At the UW I served chiefly as the General Library

System’s subject specialist for a basket of humanities disciplines with a largely Western European focus, providing collection management, specialized reference, and library instruction in these disciplines, and acting as the Libraries’ liaison with a broad array of pertinent departments and programs.

I retired in 2012 as Distinguished Academic Librarian emeritus. Since then, I have been active in the Friends of the UW–Madison Libraries. I’m also a sort of class secretary for an informal group of veterans of my Army unit in Germany. Until the pandemic hit, I’d been doing a fair amount of travel. Now Mary Ann and I are spending more time closer to home. Favorite places for getting out and about include the UW Arboretum, Goose Pond, and Nine Springs. ■

April 1–May 5, 2021

### WE WELCOME NEW MEMBERS

- |  |   |
|--|---|
| <b>William Burlingham,</b><br><i>Surgery</i>   | <i>Sciences</i>   |
| <b>Stuart Churchill-Hoyer,</b><br><i>Enrollment Management</i>                                 | <b>Pamela Kostle,</b><br><i>Environment Health and Safety</i>                     |
| <b>Richard Cornwell,</b><br><i>Medicine</i>  | <b>John Kostle</b>  |
| <b>Diane Elson,</b><br><i>SMPH Medicine</i>  | <b>Pam Lewis,</b><br><i>Waisman Center</i>  |
| <b>Barbara Hamel,</b> <i>General Library System</i>  | <b>John McDermott,</b><br><i>Diagnostic Radiology</i>                             |
| <b>Raymond Hamel,</b><br><i>General Library System</i>   | <b>Catherine Middlecamp,</b><br><i>Nelson Institute for Environmental Studies</i> |
| <b>Scott Hildebrand,</b> <i>Office of the Vice Chancellor for Finance &amp; Administration</i> | <b>Diane Norback,</b><br><i>Pathology and Laboratory Medicine</i>                 |
| <b>Carol Jenkins-Espinosa,</b><br><i>Center for Limnology</i>                                  | <b>Marianne Smukowski,</b><br><i>Center for Dairy Research</i>                    |
| <b>Linda Keller,</b><br><i>Atmospheric &amp; Oceanic</i>                                       | <b>Ann Stewart,</b> <i>School of Veterinary Medicine</i>                          |

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

**UWRA ACTIVITIES**

**UWRA Matching Grant for Madison Public Schools**

If you make a donation to a local public school, the UWRA provides up to \$1000 each year in a matching grant to the Foundation for Madison’s Public Schools for all donations made by our members to any Dane County public school. Please remember to report your donations to public schools to the Association office at [retireassn@mailplus.wisc.edu](mailto:retireassn@mailplus.wisc.edu) so that they can be credited for our matching grant.

Thank you for your past donations, which have allowed us to continue to provide the full amount of our matching grant in support of our fantastic public schools. ■

 **SAVE THE DATE**

**UWRA MEMBERSHIP RECEPTION**  
**Carson Gulley Center, UW-Madison**  
**Wednesday, October 20, 2021**  
 5:00–7:00 PM

The UWRA Board of Directors is excited to announce that plans are underway for a membership reception at the Carson Gulley Center on campus in October. This will be our chance to get reacquainted and enjoy each other’s company. Light hors d’oeuvres will be served. Watch for more details about registration and parking in the September 2021 *Sifter* and on the UWRA website. Mark your calendars today!

**Visiting campus soon?**

A UW-Madison Transportation Services web page lists real-time availability of parking spaces in campus lots. This dynamic site can be refreshed to provide the most up-to-date counts of vacant stalls. It's a great tool. Visit [transportation.wisc.edu/parking-lots/lot-occupancy-count/](https://transportation.wisc.edu/parking-lots/lot-occupancy-count/)

**WEBINAR RECAP**

**Putin’s Russia and the Redefinition of Power**

BY SUSAN FISCHER, CO-CHAIR, RETIREMENT OPPORTUNITIES COMMITTEE

**D**avid M. McDonald, the Alice D. Mortenson / Petrovich Distinguished Professor of History, provided us with a glimpse of Russia’s quest for world power under the leadership of Vladimir Putin. It became clear to me that the political system and attitudes in Russia (in current form and as the former Soviet Union) are quite different from our American experiences and are difficult to compare.

**{ Russia is seeding misinformation, distrust, and confusion throughout the world. }**

One key takeaway was that, whereas in the past Russia/Soviet Union used physical might as the main means to achieve domination, it now uses the more fiscally effective power of technology to seed misinformation, distrust, and confusion throughout the world. There were some questions and discussion about influences on the U.S. presidential elections in 2016 and 2020. If my understanding is correct, McDonald suggested that direct interference by Russia in the actual election process was not likely, but Russian activity in influencing, confusing, and sowing division among the American public was most certainly happening, and we can expect that to continue.

The story of Putin’s Russia is a tangled and intriguing one. Russia is a country with which we have shared a contentious relationship over decades.

If you missed listening to this lecture and are interested in learning more, I highly recommend accessing the recording of this webinar. ■

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*Find a video recording and the slide deck from this webinar at [UWRAmadison.org](https://UWRAmadison.org) under Resources / Presentations / 2020–2021 (Jan–Jun).*

## WEBINAR RECAP

### What Happened to My Classroom? Online Teaching and Learning

BY BRAD HUGHES, MEMBER, ELECTRONIC  
TECHNOLOGY COMMITTEE

This engaging and informative webinar presented what online teaching and learning at the University looked like in Spring 2021. It featured an outstanding undergraduate student and four creative, dedicated faculty and academic staff from an intentionally wide array of disciplines and kinds of instruction.

Janet Batzli described how she and colleagues adapted lab courses in the Biocore Program for online and hybrid environments, with some distanced in-person field-research instruction. Student Haania Khan explained how well the online synchronous instruction worked for her in Biocore courses while acknowledging how much some students have lost from limited lab experiences and how limited a few of her asynchronous video classes feel when they do not include any discussion or other interaction among students and with the instructor.

Alicia Lee, professor of clarinet, helped us understand how creatively studio-music students and faculty have adapted to online learning and how Zoom has improved audio quality for musical instruments, though originally optimized for speech. She spoke poignantly of what's been lost as student ensembles have not been able to perform.

Dianna Murphy of the Language Institute spoke of the many complications of online teaching and learning in small, oral-intensive language courses and the many losses to study-abroad programs. She also highlighted the silver linings of bringing the outside world into online language and culture courses.

Giving a Provost's Office view of how students have responded to online learning campus-wide, John Zumbrennen, vice provost for teaching and learning, also explained how students in his political science course have done effective small-group work online. He also made powerful points about

how learning to teach online years ago forced him to think intentionally about all aspects of teaching.

UWRA member Millard Susman, who attended this webinar, thought that "this was such a broad and well-presented account of an unsought adventure in education that it should be of interest to a campus-wide audience." ■

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Find video recordings of these webinars at [UWRAmadison.org](https://UWRAmadison.org) under Resources / Presentations / 2020–2021 (Jan–Jun).

## WEBINAR RECAP

### Devil's Lake State Park Virtual Hike

BY ALLEN R. LIEGEL, MEMBER, TRAVEL COMMITTEE

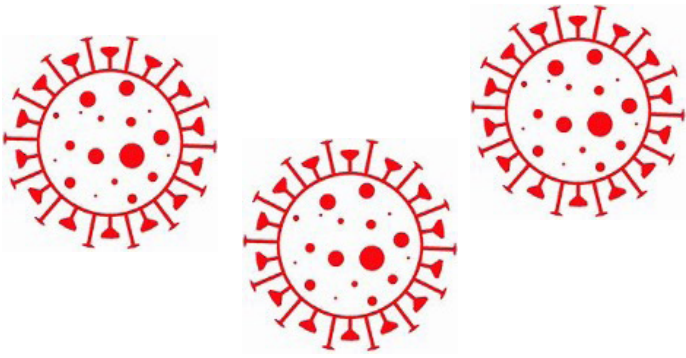
What a treat it was to have Brooke Norsted, assistant director of the UW–Madison Geology Museum, lead us on a virtual hike through Devil's Lake State Park. We saw views of the park and the beautiful landscape, with a focus on the south shore of the lake. Our hike included views of Baraboo Quartzite, a very hard rock with pink coloration. One cubic foot of this rock weighs 165 pounds.

The trails we followed had been cut through this rock by the Civilian Conservation Corps (CCC), which had a camp at Devil's Lake State Park from 1933 to 1942. Heat and pressure on the sand in this area over many, many years fused the sand grains, converting sandstone into quartzite.

Norsted explained that the potholes that we saw on the Potholes Trail were formed when a hard rock got caught up in an eddy, drilling down through softer rock to form the hole. The Grottos Trail was flat and lined with cold air sinks called grottos. You could descend about ten feet in these grottos to sit and rest, or even picnic. The grottos are about ten degrees cooler than the trail above.

Norsted also took us past the Bird Mound, one of the ten effigy mounds that are in the park. The Ho-Chunk Nation has a relationship with Devil's Lake State Park and holds events there each year that are open to the public. ■





**WEBINAR RECAP**

**COVID-19 Virology and Vaccines**

BY ESTHER OLSON, CO-CHAIR, TRAVEL COMMITTEE

**T**om Friedrich shared with us his perspective on the COVID-19 virus and vaccines. A professor of virology at the UW–Madison School of Veterinary Medicine, he and his lab colleagues study how pandemic viruses including HIV, influenza, Zika, and SARS-CoV2 evolve to emerge, spread, and cause disease.

He explained how the COVID virus enters the body to damage cell functions—especially the cells of the lower respiratory tract. He showed us how vaccines work and why the COVID-19 vaccines could be developed rapidly, drawing on 20 years of research on other corona viruses. He noted that, although the Pfizer and Moderna vaccines differ from the Johnson & Johnson and Astra-Zeneca vaccines, all were developed from decades of research and experience. Their success opens possibilities for developing future vaccines.

Friedrich spoke about how mutations of viruses result in varied genetic lineages that can be used to track the spread of specific viruses through space and time. He cited the UW campus outbreak in the fall of 2020 and how this outbreak spilled into the greater community. He also talked about current variants identified in Wisconsin—B.1.1.7, B.1.427, and B.1.429—and the reasons for concern as they have spread throughout the state. ■

**WEBINAR RECAP**

**Social Security Works for Everyone!**

BY KAREN C. HOLDEN, MEMBER, COMMITTEE ON FINANCIAL MATTERS IN RETIREMENT

**E**ric Kingson spoke on the Social Security program to an audience that was already very familiar with his topic—most likely being beneficiaries of the Old Age and Survivor and Disability (OASDI) program (aka Social Security), or FICA contributors if not yet OASDI beneficiaries. Kingson is a professor of social work at Syracuse University and founding co-director of Social Security Works (socialsecurityworks.org).

This was not a presentation detailing the current eligibility and payment provisions of OASDI, but a lively review of how the program was shaped and reformed throughout Social Security’s 86-year history, and how it could address today’s income and labor market challenges. He argued that the program serves important community values: integration of mutual aid and self-help, concern for neighbors, individual dignity, faith in democracy and government, and a compact between generations to insure basic protection to families in case of disability or death. He presented current program data: recipients of the benefits, sources of revenue, and projections of future costs and payments.

***{ It’s not just dollars and cents. It’s about the kind of people we aspire to be. }***

Kingson contended that Social Security, accounting for only 4.98% of GDP in 2020 and projected to rise to only 5.86% in 2095, is an affordable program that can be reformed to address the economic vulnerability of low-wage workers, seniors, and minorities. He detailed proposals for both benefit and revenue improvements, with costs/savings estimates attached to each. His closing statement was: “Social Security is not just about dollars and cents. It’s about the kind of people we aspire to be.” ■

*Find video recordings and slide decks from these webinars at [UWRAMadison.org](http://UWRAMadison.org) under Resources / Presentations / 2020–2021 (Jan–Jun).*

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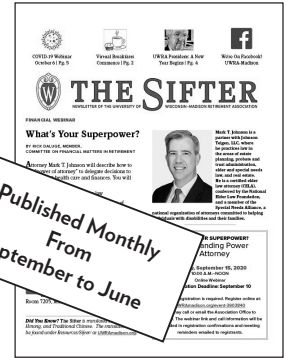
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### SAIL WORKSHOP

## Embracing Change—All of It!

BY DIANNE HOPKINS, UWRA MEMBER

I am pleased to share an invitation to fellow UWRA members to attend an upcoming workshop sponsored by SAIL—Sharing Active Independent Lives. "Embracing Change—All of It" is part of a workshop series that, as a member volunteer, I have helped develop over the past four years. The series covers a variety of topics relevant for retired life-long learners.

"Embracing Change—All of It!" will be presented Tuesday, June 22, 10:30 AM—NOON via Zoom by Kristin Litzelman, associate professor in the UW—Madison School of Human Ecology and a state specialist for the Division of Extension. Litzelman,

with assistance from our SAILing into the Future Committee, created the general content for this valuable workshop.

Downsizing, moving, physical changes, losses, making new friends, and family changes can all be tough topics to approach. In this workshop you can reflect on what aging and independence mean to you and learn skills to seize opportunities, rethink challenges, and approach aging head-on. This is a great first step if you're feeling unprepared for what lies ahead. A variety of workshop activities will include a presentation, small group discussions, self-assessments, and readings. ■

To register, please call SAIL at 230-4321 or visit [sailtoday.org](http://sailtoday.org). A \$15 donation to SAIL is greatly appreciated.

### ■ UW—Madison Retirement Association Calendar Dates ■

UWRA events are on hiatus for the summer.

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

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).

## TRAVEL

## South Africa, Botswana Safaris, and Zimbabwe

BY GAIL L. HOLMES, MEMBER, TRAVEL COMMITTEE

You're invited to enjoy three weeks in Africa, from your armchair. In March, 2019, we flew to Johannesburg, South Africa, and then traveled on to Cape Town. We stayed with a school teacher and her mother in their rented home inside a locked compound. They said they were identified as colored.

Daily, we drove past a large neighborhood of Black families who lived in corrugated aluminum shacks and lean-tos constructed from old shipping pallets on dirt ground. After Apartheid, Black citizens were moved to settlements far from the city center. The government underfunds their schools and health care, jobs are almost nonexistent, and transportation into the city center is expensive, dangerous, and unreliable.

South Africa has been experiencing a years-long drought. Water for rinsing breakfast dishes lasted in the pan for the entire week. Each day I had a sponge bath and on the last night took a short shower and washed my hair.

Our ferry ride to Robben Island, where Nelson Mandela was imprisoned for 18 of his 27 years behind bars, was canceled due to high winds and waves. We took a cable car to the top of Table Mountain and went to Cape Hope at the southern tip of the continent. There we enjoyed a colony of South African penguins, called jackass penguins for the sound they make. There was wine tasting at the Spier vineyards, a flavorful Black Forest meat platter for lunch at the Stellenbosch wine estate, and a tour of the lovely Kirstenbosch National Botanical Garden, a UNESCO World Heritage Site.

Next was a safari in Botswana with Conservation Safari. Small planes brought us to Pom Pom and Lebala, luxury camps in the Okavanga Delta, for four days at each. The routine was to rise at 5:30 AM, view the sunrise, drink coffee around the campfire, and depart at 6:30 in a Land Rover. An animal spotter looked for paw prints in the sand to

indicate the presence of big cats. At about 10:30, we returned to camp for a full breakfast buffet.

During the hottest part of the day, we rested and swam, then it was back into the Land Rover to view the animals when they were active again. Returning to camp in the deep dark, the spotter shone a spotlight all around. One night we came upon an injured spotted hyena lying in the sand. After dinner, a staff member accompanied us to our tents for safety, since animals can be anywhere.

It was astounding to be so close to hundreds of animal and bird species in their native environment! One spectacular adventure was being at a river among more than a hundred elephants. Birds we saw were varieties of eagles, storks, geese, vultures, doves, bee eaters, bluebirds, horned bills, plovers, owls, cranes, guinea fowl, herons, ducks, terns, the spectacular lilac-breasted roller, secretary birds, egrets, and ostriches. Botswana is an enormous aviary!



A lilac-breasted roller

Everyone searches for the legendary "Big Five"—lions, leopards, elephants, hippos, and buffalo. We saw all of these except leopards and many other well-known African mammals as well.

At the end of our safari adventures, we flew to the Botswana border, purchased a visa, and walked into Zimbabwe. We drove directly to the mighty Victoria Falls, which are twice as high as Niagara Falls and 1½ times as wide. We donned raincoats, as mists watered the lush rain forest, and we enjoyed rainbows arcing everywhere. After our Zimbabwe visit, we flew from the Victoria Falls international airport to Johannesburg for a 16-hour flight to Atlanta, then on to Chicago and a bus to Madison.

This was a trip of a lifetime, to view hundreds of animals and birds in their natural habitat. I hope you have enjoyed coming along with me on this spectacular journey to Africa! ■

# THE SIFTER

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## UW–Madison Retirement Association

c/o Division of Continuing Studies

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### IN THIS ISSUE

Van Gogh Exhibit, Online Gallery Tours **p. 1**

From the Executive Director **p. 2**

Crossing Guard Job Openings **p. 2**

East-West Virtual Breakfast **p. 2**

Membership Renewal Form **p. 3**

A Silver Lining of Isolation: Inclusivity **p. 3**

University League Programs **p. 4**

Alzheimer's Research Center Program **p. 4**

Reflections, Book Marks Columns **p. 5**

New Members **p. 6**

Meet UWRA Member John Dillon **p. 6**

Save the Date: Fall UWRA Reception **p. 7**

Webinar Recaps **pp. 7-9**

Matching Grant to Madison Schools **p. 7**

SAIL Program on Embracing Change **p. 10**

*Sifter* Subscription Form for Print Edition **p. 10**

Travel: South Africa, Botswana Safaris **p. 11**