Learn more about strokes
by Mary Beth Plane, Co-Chair, Retirement Challenges Committee

Stroke, Signs, Symptoms, Recent Research: Is There Room for Hope?
Thursday, June 23, 10:00 to 11:30 a.m.
Oakwood Village University Woods Center for Arts and Education
6205 Mineral Point Road

Please join us to hear Justin Sattin, M.D., present the latest information about stroke, including who is at risk, what we can do to prevent stroke, what transpires when a person has a stroke, how it might impact us and our families, and what is the exciting research happening here at UW. He will also share his work with communities statewide through the regional stroke telemedicine network.

Dr. Sattin is an associate professor of neurology at the University of Wisconsin School of Medicine and Public Health. He directs UW’s residency training program in neurology and is the medical director of the UW Health Comprehensive Stroke Program. His particular interests include stroke prevention, hyperacute stroke treatment, in-hospital stroke management, and the development of systems of care to facilitate the provision of stroke treatment in the community setting. To that end, he has led the development of a regional telemedical network that allows stroke specialists and community physicians collaboratively to manage patients presenting with acute stroke.

Dr. Sattin also has an interest in vascular cognitive impairment and is engaged in a multidisciplinary clinical and research collaboration focused on this condition. He is principal investigator of several NIH- and industry-funded clinical research studies for both acute stroke treatment and secondary prevention.

Registration
Advance registration is requested for planning purposes. Contact the Association office (see masthead) by Monday, June 20, to register.

Food pantry contribution
The food pantry recipient for this event will be Bethel Lutheran Church Food Pantry. Both cash and checks payable to Bethel will be accepted.

Parking
Enter Oakwood grounds at the traffic light at Island Drive and Mineral Point Road. Take the left fork and the second driveway on the right to enter visitor underground parking. Push the button for assistance. Park in any visitor stall; take elevator to the first floor lobby where signs or a receptionist will help. The garage door opens automatically when you exit in the car. You may also park in a surface visitor parking spot, in marked spaces along the drive, and up the hill towards the large lot. On foot, enter Heritage (6205) at its main entrance (third driveway on the right, at stop sign), or enter the auditorium doors directly from the lower drive.

Monthly reminders
Westside breakfast at Sofra, 7457 Elmwood Avenue, Middleton, 8:30, June 17, July 19, August 15, and September 15.

Eastside breakfast at Elie’s, 4102 Monona Drive, Madison, 8:30, June 16, July 21, August 18, and September 27.

Reservations are not needed for either location. You are welcome regardless of where you live.
Get ready to tee off at the annual golf outing
by Debbie Lauder, Member, UWRA

Annual Golf Outing
Wednesday, September 7
Odana Hills Golf Course, 4635 Odana Road

We’re pleased to announce the third annual UWRA golf outing. As in years past, the event will consist of nine holes of golf followed by a purchase-your-own-food-and-beverage gathering at the clubhouse. Tee times will begin at 8:56 a.m. Greens fees and cart fee (if desired) must be individually paid at the golf course before your tee time. The event is open to UWRA members, who are welcome to bring one guest.

Please submit your registration before August 26, by email or telephone, to retireassn@mailplus.wisc.edu; 262-0641. Include your name, your email address, and your phone number, and the name of your guest, if applicable. We will notify you of your tee time on or before September 1. Questions? Please contact Bob Dye at bobdye@charter.net or Debbie Lauder at ddlaunder@wisc.edu. We look forward to seeing you in September!

Cruise the mighty Mississippi
by Gail Holmes, Member, Travel Committee

Mississippi River Cruise and Museum Tour
Wednesday, September 21
Dubuque, Iowa

An enjoyable late summer day of adventure can be yours on a journey to Dubuque to tour the National Mississippi River Museum and Aquarium. Then we’ll enjoy lunch and relax on a two-hour, captain-narrated Mississippi River cruise. The rest of the afternoon is free to take the trolley downtown to ride the funicular to the top of the bluff, visit quaint gift shops, try your luck at Diamond Jo’s Casino, or stay at the museum to continue learning, exploring, and taking in 3D/4D movies.

The registration form will be in the September issue of The Sifter. The cost will be $74 for admission, boat ride, tax and port fees, deli deluxe buffet, motor coach, and driver gratuity. Wednesday, September 14, is the registration deadline. Questions? Call Gail Holmes at 249-1846.

Explore your own history
by Sheila Spear, Co-Chair, Electronic Technology Committee

Family History Presentation
Thursday, October 20

We all have a family history, but do we know the details? Whether you would like help getting started on the fascinating pursuit of tracing your family’s roots, or you are looking for more tips, this program is for you. Lori B. Bessler, Reference Librarian with the Wisconsin Historical Society, will provide an introduction to exploring your family history from 1:00 to 3:00 p.m. There will be more details in the September issue of The Sifter.

UW retirees need to prepare for Office 365 license change
by Laura K. Grady, Marketing Specialist, DoIT

On June 30, 2016, UW retirees will be converted to an alumni license and will only have access to email, calendar, contacts and tasks. Data stored in OneDrive for Business will be deleted on June 30th and will not be recoverable. Learn how to back up your data at kb.wisc.edu/62576#data.

Have you renewed your membership?

If your mailing label reads “2016,” it is time for you to renew. Unless you do that, this will be your last issue of The Sifter, and you’ll miss the September issue filled with fall activities and news from the summer. Thanks to those who have already responded, and special thanks to the many who opted for the bargain membership. If you haven’t already done so, use the form in this issue and consider either a bargain membership or a life membership. Don’t forget to indicate on the format line if you’d like to receive The Sifter electronically. More than half of our members have chosen electronic copies, thereby gaining a seven- to ten-day advantage in registering for popular programs.

Because they lack a mailing label showing the expiration date, green members needing to renew received an email message back in April. If you received no message, you need not renew at this time. Alternatively, you can confirm your membership expiration date by going to the online directory and selecting “Update my listing.” Near the bottom of that page you will see “Subscription Information.” If you are renewing your membership as well as registering for the August 8 day trip, please submit a separate check for each activity.
ETC says: Here’s an easy way to travel
by Sheila Spear, Co-Chair, Electronic Technology Committee

I took a bike ride recently, from my childhood home in southwest England to my best friend Sally’s home. On this five-mile journey that I travelled often many years ago, I rode along winding country lanes, up hill and down dale through the lovely Somerset countryside. I rode over rivers and past fields dotted with cows. I stopped several times to admire the view across the farm fields to the north Dorset hills. And I took several photos, as is my wont. When I arrived at Sally’s house I couldn’t go in, but I wandered along the village street, past the wisteria-cloaked manor house, round to the churchyard, and looked down to the stream where we spent many hours playing.

I did all this without leaving my desk. No hours in airports, no TSA, and no tiring pedaling up those hills – or coasting down “no hands.” Instead I used Google Maps’ street view and took screenshots with Mac’s Grab utility. There was my home, long since denuded of two pine trees and a sumac in the front yard, but still the same old house. When I realized I could take the pointer, an arrow surrounded by a circle, and move it along the road in either direction or rotate it 360°, I set off on my journey down memory lane. Try it for yourself. Happy travels!

2016 photo contest winners announced
by Millard Susman, Co-Chair, Photo Contest

UWRA members submitted a total of 86 photographs to this year’s contest, and the quality was outstanding. You can see the whole collection on the UWRA website. Even Camera Company owner Ward Lundgren couldn’t suppress the “wows” as he scrolled through the collection. Here are the prizewinners, who received gorgeous metal prints of their winning photos, contributed by Mr. Lundgren.

People: John Wegenke, Photo #66:
“Proud Family” Peru
Landscape: Diane Kravetz, Photo #41:
“Coast Guard Station” Sturgeon Bay
Nature: four-way tie
Herb Evert, Photo #3:
“Does It Hurt?” Eastern Dane County
Linda Bruce, Photo #23:
“I’m hungry!!!” Lake Ahmeek
Jane Wegenke, Photo #58:
“Follow the Leader” Gold Harbour, South Georgia
Harry Peterson, Photo #70:
“Giant Swallowtail on Common Milkweed” Vernon County

DoIT presentation helped members upgrade wisely
by Judy Craig, Co-Chair, and Kathy Christoph, Member, Electronic Technology Committee

On April 26, 2016, over 100 retirees gathered in the Oakwood Center for Arts and Education to hear a presentation by Division of Information Technology staffers Angela Terrab and Bret Vlach about the pros, cons, and process of upgrading their computer operating systems to Windows 10 (for PCs) or El Capitan (for Macs).

The oral presentation and the handouts gave side-by-side views of features, comparing Windows 10 with Windows 7 and 8, and El Capitan with Mavericks and Yosemite. We were told about what conditions—such as age of existing equipment and software, amount of available disk space, and our personal satisfaction with our existing system—could mean the new operating systems might or might not be right for us, and what our next steps should be if we decided to upgrade. We were warned, more than once, that we should always back up data before beginning, and we heard repeatedly that doing the upgrade requires time (an installation can take many hours, even overnight), patience, and the determination never to interrupt an upgrade in process or shut down the system once the process has begun.

The speakers provided ample time for questions, were available to continue individual questioning afterwards, and gave information about resources to contact if further help was needed. Those who missed the presentation can find a video recording on the UWRA website under “Presentations.”

Madison will be hiring crossing guards

Interested in working with kids? Need a little extra cash or want to work part time? Stay fit, healthy, and have fun working as a Madison Adult School Crossing Guard! Starting pay is $15.70+ per hour. We are looking for responsible individuals who enjoy working outdoors. Work is Monday through Friday, 1-1 ¼ hours per shift, between the hours of 7:00 and 8:45 a.m., and 2:30 and 4:00 p.m. with an earlier shift Monday afternoons.

A job description and application will be available online in late June/early July at cityofmadison.com/HR/employment/JobOpenings.cfm. Please contact the City of Madison Police Department Crossing Guard Supervisors at 266-4703 with questions.
Expert on moving gave UWRA members great advice
by Michele Mickelson, Co-Chair, Retirement Challenges Committee

“Start now to clear out paper records, even if you’re not thinking about moving for the next few years,” Dawn Eyre advised participants at the Thursday, April 7, UWRA session. This presentation offered by the Retirement Challenges Committee, the first in a series of four, was titled “How to Get There: The Moving Story of Leaving One’s Home or Staying in Place.”

Ms. Eyre, owner of Segues, a senior move-management firm serving Madison and Milwaukee, provided a thought-provoking program for over 75 participants. She shared ideas about downsizing, moving, settling in, and clearing out. She encouraged us to make tough decisions based on these questions: Should I keep this? Give it to family or friends? Sell it? Donate it? Or put it in the trash? Otherwise, indecision about our belongings weighs on our minds and prevents us from moving ahead. Many of her suggestions for sorting or discarding things could be applied to clearing out our current living spaces.

Creating a timeline from today to move day with specific tasks assigned to the days in between can make the move actually happen. Ms. Eyre gave thoughtful tips about making a sorting timeline and a packing timeline. Doing things in bite-sized tasks and seeing a little progress is not nearly as tiring as trying to do it all at the last minute. If you are interested in more information on Seques, go to seques.net.

Keeping up with ETF
from the Committee on Financial Matters in Retirement

Do you know that you can sign up as a subscriber to regular e-mail updates from the Department of Employee Trust Funds? These will keep you up to date on developments affecting our pensions and group health insurance coverage. Go to etf.wi.gov to sign up.

Help deliver life-saving blood

The American Red Cross in Madison is looking for volunteers to help deliver blood to area hospitals on their schedules, anytime between 7:00 a.m. and 11:00 p.m. If you, are interested please contact Carly Burson at carly.burson@redcross.org or 608-298-6194. You can also view a full volunteer position description at redcross.org/volunteer.

Executive Director’s corner
by Ann Wallace

At our May 2 annual meeting, we said farewell to outgoing board members Barbara Erlenborn, Al Liegel, and past president Phil Certain. Elected to succeed them are Chuck Read, Rob Seltzer, and Jim Stratton. Diane Kravetz finished her term on the board and became president-elect. The new members will join continuing board members Pat Carol, John Helgeson, Dorothy Klinefelter, Cherie Krenke, Cora Marrett, and Sarah Potts as well as president Gary Mitchell, past president Bob Dye, secretary Bill Richner, and treasurer Darrell Barth. Millard Susman and Char Tortorice will continue in their special project roles, doing more things behind the scenes than any of you could imagine. Thanks to each of them for their contributions.

This would also be a good time to offer a hearty thank you to Mary Ray, just finishing her first very successful year as editor of The Sifter; our layout designer Colleen McCabe, whose wizardry you see every month in these pages; our videotapist, Frank Boll, who began taping selected programs during the past year for those who cannot attend; and our web manager, Pat Noordsij, who maintains our website and online membership directory and answers all manner of technology questions that I throw at her. All of these people contribute to the positive experiences of our membership.

Many members participate in events that are organized by our committees: Connections (formerly Social), Electronic Technology, Financial Matters in Retirement, Luncheon, Retirement Challenges, and Travel. Our other committees do not plan programs: Communications, Membership, and Volunteering. If you are interested in becoming more involved in the Retirement Association, joining a committee would be a good place to start. Contact our office, and you will be put in touch with the chair of the group that interests you. You can learn more about the work of each committee on our website’s About Us page. Annual reports back to 2009 are shown there, along with rosters of the current membership. Reports for 2015-16 will be posted sometime in June.

While you’re looking at our website, check out the Presentations page and see slides and videotapes from many of our programs of the past year as well as archived slides from earlier years. Also on the website are issues of The Sifter; current issues are posted a month after members receive them. Please let us know if you have suggestions. Our email address appears in the masthead.
During its 115 years of existence, the Cedar Grove Cheese Factory in Plain, WI, has attracted national attention several times. In 1993, it was the first to label its cheese free of the synthetic hormone rBGH. Then, in 1999, it installed a living machine to treat the waste water generated by the cheese-making process. Join us to see them making cheese, see the waste water treatment facility, and enjoy an opportunity to purchase a variety of cheeses. After touring the cheese factory, lunch will be at the Blue Spoon in Prairie du Sac from 11:45 a.m. until 12:45 p.m.

The International Crane Foundation is the only place in the world where you can see all 15 species of cranes. The Foundation offers guided tours, a multimedia presentation, amphitheater, and 100 acres of restored prairie. See whooping cranes, the rarest crane in the world. These beautiful and inspiring birds, some of the most ancient and endangered on earth, are set amidst acres of restored tall-grass prairie, colorful wildflowers, and tranquil wetlands (guided tour 1:15-3:00 p.m.).

Most people have seen examples of Dr. Evermore’s Sculpture Park when driving on US 12 by the old Badger Army Ammunition Plant. The park is behind Delaney’s Surplus and contains a creative collection of scrap metal sculptures with the centerpiece of a huge machine, the Forevertron, designed to take the artist into space. The collection also contains scrap metal birds and a whimsical orchestra among the many structures (3:15-4:15 p.m.).

Deadline for registration is July 25 with a maximum of 55 participants. Members of the University League and PLATO are free to register, but will be included only if there is space available after the UWRA deadline. Questions? Call the UWRA office at 262-0641 or Al Liegle at (608) 358-7343 for day-of-tour issues.

Cost: $46 per person (Crane Foundation members may subtract $7). Tax and tips are included.

Name/s (please print) ______________________________________________________________________________________

Phone _________________________________ Cell ____________________________________________________________

Email ________________________________________________________________________________________________

Crane Foundation member number (if applicable) __________________________________________________________

Affiliation: ___ UWRA   ___ University League  ___ PLATO

Luncheon choices with soft drink included:

_____Grilled gulf shrimp salad (mixed greens tossed with avocado vinaigrette, topped with grilled shrimp, avocado, tomato, pecans and crumbled blue cheese) served with fresh-baked bread and butter.

_____Classic Reuben (sliced corned beef piled on grilled caraway rye with sauerkraut, 1000 Island dressing and Swiss cheese) served with herb red potato salad.

_____Gobbler (sliced roasted turkey breast with Swiss cheese, mayonnaise, Dijon mustard, lettuce, and tomato on an asiago bagel) served with fresh fruit medley.

Leave East Towne Mall Shopko area at 8:00 a.m. – return 5:30 p.m.
Leave West Towne Mall Sears area at 8:30 a.m. – return 5:00 p.m.

Total enclosed: _______ $46/$39 per person. Make check payable to UW-Madison Retirement Association and mail to UW-Madison Retirement Association, c/o Division of Continuing Studies, 21 North Park Street, Room 7229, Madison, WI 53715-1218. Mail in time to arrive no later than July 25.
PLATO thanks UWRA for successful collaboration
by Frank Power, PLATO President

Thank you to all the UWRA and PLATO members who made this first year of collaborative efforts between our two sister retirement organizations successful. Some PLATO members joined UWRA and vice versa. Others joined the trips, local and distant. A few UWRA members came to our joint luncheon before the Earth Day Lecture at the Fluno Center. Special thanks to Bob Blitzke, an Associate UWRA and energetic PLATO member, for his efforts in this venture. I encourage all members of both our organizations to consider taking advantage of the many local events our organizations have planned over this summer.

PLATO has a special introductory offer for new members

Join now at the annual rate of $60 and receive a month free through June 30, 2017; membership allows you to register faster for events with no waiting and save $15 per trip at platomadison.org/membership. For information on upcoming PLATO trips, go to platomadison.org/page-18561. Scroll down to see the full schedule.

Welcome to these new members of the Association, 3-5-16 through 5-10-16

Rachel Baker & James Hampel
(Marcia) Gale Barber
John Boles
Mary Jo Borden & Greg Welna
Kate & Fred Dike
Julie & Douglas Fiers
Dana Geary & Robert Bleiweiss
Kathleen Gesley
Jeanne Hendricks
Richard & Jane Heymann
Thomas Kenney
Jim Langsdorf
Nancy McClements & Ian Gaylor
Gene & Marjorie Miller
Kathleen O’Brien
Greg Porter
Laura Sabo
Tim & Marion Sailor
Carla & Mark Schmidt
Robert Shaw
Judy Stang
Richard Stauber
Joan Zieger

Institute on Aging holds its 28th Annual Colloquium

This Colloquium will be held Tuesday, September 27, at the Gordon Dining and Event Center, 770 W. Dayton St., Madison. This event showcases the latest research and resources on positive aging, with speakers, a poster session, and a health and resource fair. The Colloquium is free and open to the public, but preregistration is required and space is limited. Registration opens the first Monday in August and fills up quickly. For complete details, see aging.wisc.edu/outreach/colloquium.php or call 262-1818.

UWRA members spend Cinco de Mayo at Horicon Marsh
by Rob Seltzer, Board Member, UWRA

Tweet-tweet, chirp, honk-honk, screech. These are the sounds of Horicon Marsh. On Thursday, May 5th, the UWRA sponsored a trip to Horicon Marsh. After a one-hour bus ride, we arrived at Horicon Marsh Boat Tours at Blue Heron Landing. We enjoyed a brief, instructive video about the formation of marshes and a somewhat longer wait to use the facilities. We then departed on pontoon boats for our tour starting in the Rock River and leading into the marsh. Horicon Marsh is only about two feet deep in most places, and the most common fish are carp and catfish. The marsh is home to more than 300 species of waterfowl and wetland animals during spring migration.

The boat tour was led by Mark, who took over the business from his father and has been giving tours for 50+ years. Needless to say, he was extremely knowledgeable and informative. As soon as the boat pulled away from the dock, he started to identify birds as he saw or heard them, even at far distances. During the two-hour boat trip, we saw or heard 36 species of birds, as well as muskrats and turtles. While we didn’t see any deer on the trip, John Deere is the largest employer in the town of Horicon, where they produce the lawn and garden tractors.

We had an enjoyable lunch at the Rock River Tap, then moved on to the Horicon Marsh Visitor Center for a walking tour and a visit to the Explorium. The tour was led by an excellent tour guide, Liz, who pointed out more birds, turtles, and other animals. The Explorium was an extremely hands-on experience, including highlights from that area’s past. Lots of history to see and touch (beaver pelts) and smell! It was all very interesting for folks of all ages. We returned to Madison by 5:00 p.m. We wish to thank Esther Olson and the UWRA Travel Committee for an excellent excursion.
UW-MADISON RETIREMENT ASSOCIATION

Membership for the year ending 6-30-17

Spouses/partners are included in the membership fee and need not have worked for the University.

Name(s) ___________________________________________ Phone ___________________

Address ___________________________ Email ______________________

City ___________________________ State _______________ ZIP+4 ______________________

UW employment:  □ university/classified staff □ academic staff □ faculty □ associate (non-UW)

Retired from ___________________________ unit/dept. Year _________ □ Not retired

Topics I/we would like to see in Association programming: ___________________________

Association activities for which I/we would like to offer my/our expertise: ___________________________

□ Sent in hard copy OR □ Sent by email

□ Regular: $20 for one year

□ Bargain: six years for the price of five ($100)

□ Life: $300 nonrefundable
   Eligibility: one member of the household must be receiving a Wis. Retirement System annuity

□ Out of area: ZIP codes other than 535, 537, 539 — $10 for one year or $50 for six years; emailed Sifters only

□ Not yet retired: $10 for one year; emailed Sifters only

Did someone recruit you to join UWRA, and if so, whom may we thank? ___________________________

Your check should be made payable to the UW-Madison Retirement Association and mailed with this completed form to the UW-Madison Retirement Association, 21 North Park Street, room 7229, Madison, WI 53715-1218. May 2016

2015-16 UWRA Committee Chairs and Co-Chairs

Front row, L to R: Peggy Daluge, Travel; Judy Craig, Electronic Technology; Gail Holmes, Luncheon; Sheila Spear, Electronic Technology. Back row: Chere Gibson, Communications; Michele Mickelson, Retirement Challenges; Dale Burke, Volunteering; Kath Irwin, Financial Matters in Retirement; Bob Dye, Membership; Gary Mitchell, Connections. Absent: Diane Kravetz, Volunteering; Debbie Lauder, Membership; Esther Olson, Travel; Mary Beth Plane, Retirement Challenges; Millard Susman, Financial Matters in Retirement.

Photo by Mary Ray
Moved or Moving?
The Sifter will not automatically be forwarded by the Postal Service. Please use email, snail mail, or the telephone to give us your new address so that you can continue to receive The Sifter on a regular basis.

UWRA Calendar

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For more about UWRA and for some program information, please visit our website at uwra.wisc.edu.