



**University  
of Victoria**  
Retirees  
Association

Office: R -Hut , Room#125  
In Institute on Aging and  
Lifelong Health Building

NOTE: Office visits are by  
appointment. Please email  
UVRA to arrange.

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# Grey Matters!

SPRING 2024



Glenn Lake, Langford

Photo Credit: Ashleigh Enright

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## UPDATE FROM THE BOARD

Greetings fellow retirees. It is difficult to comprehend how quickly life can overtake us. Rebecca Warburton who was in the midst of her first term as UVRA President and had stepped into a majority of the key activities associated with that role suddenly passed away in March.

Rebecca was instrumental in both the creation and the analysis of a comprehensive survey of our membership and the information provided has been invaluable to the board. She chaired the Planning committee which has been a platform for discussion and preparation for the meetings to upgrade the LOU between UVRA and UVic. She and I worked together meeting with UVic President Hall and VP Academic & Provost Elizabeth Croft and in follow up meetings with UVic Executive VP Chris Horbachewski and Associate VP Kane Kilbey.

The board has requested that I step back into the role of President until a new person can assume the position.

MAY 2024

## Update from the Board (page 2 of 2)

I will be attending the College and University Retiree Association of Canada (CURAC) Conference which is being hosted by the University of Waterloo Retirees Association in Ontario. The theme of this year's conference is "Thriving in Retirement". This conference is an opportunity to discuss ideas and share updates and concerns from other associations like ours across Canada.

The two recipients of the UVRA Graduate Scholarships for this year are Poonam Sehgal, a 2nd year PhD student in Nursing and Sanjit Roy, a 3rd PhD student in the Social dimensions of Health Program. UVRA scholarships are granted by an independent third party.

The 2024 UVRA AGM will be held on Wednesday June 5th starting at 1:30 pm. More details will be provided in an email announcement to be sent to you closer to the date.

This year's UVic Retiree Recognition event will be held on June 20th and I look forward to attending on behalf of UVRA to congratulate our newest retirees.

The joint UVRA-UVic Masterminds series continued this year with 4 great sessions with the theme "This is Now: University, Community and Change". Sessions were in a hybrid format with in-person sessions held at the Roger Bishop Theatre at UVic. This series is a collaboration between UVRA and UVic. Thanks goes to UVRA board members Juliana Saxton, June Whitmore and Peter Liddell for assembling such great speakers and to Leah Potter and the Institute on Aging and Lifelong Health for the many things they do to make it happen.

A reminder that as a UVRA member, you have access to the benefits of AROHE (Association of Retirement Organizations in Higher Education) with its many excellent articles and sessions on their website and in their newsletter at <https://www.arohe.org/>

It is important to recognize the Institute on Aging and Lifelong Health (IALH) which provides UVRA with office space within R Hut and helps us in so many ways to carry out our activities.

I strongly encourage you to become active in UVRA. There are many opportunities for you to contribute your expertise, expand your network and share insights with others. You can join a committee, stand for election to the UVRA Board, and, share your ideas on events or activities and help make them happen. Your input and active contribution is vital to making us a stronger organization. Thank you for your continuing support of UVRA.

Keep safe, keep well and enjoy a beautiful summer.

*Margaret Klatt May/June 2024*



**University  
of Victoria**

Retirees  
Association

## INVITATION TO UVRA's AGM 2024

On behalf of the Board of Directors of the University of Victoria Retirees Association, it is my pleasure to invite you to this year's Annual General Meeting.

**DATE:** Wednesday, June 5, 2024

**TIME:** 1:30 pm

**PLACE:** Hybrid

**In Person:** Hickman Building, Room: 105, University of Victoria

**Online:** Livestreamed via Zoom

**To register for the AGM please select one of the Eventbrite links below:**

**Online: link provided to members via email**

**In-person: link provided to members via email**

All registrants who are willing to join the meeting online will receive the Zoom meeting link two days before the meeting day and also on the meeting day.

**Note:** The following documents: Agenda, minutes of the previous AGM and the Committee reports will be available on our UVRA website via the link below:

**<https://www.uvic.ca/retirees/about/annualgeneralmeeting>**

We look forward to seeing you.

Sincerely,  
Margaret Klatt  
President, UVic Retirees Association

# EDITOR'S NOTES

One of the numerous places to go in Greater Victoria this summer is Langford Lake. Thank you Ashleigh for sharing your beautiful picture with us.

The 2024 UVRA Annual General Meeting will be held on June 5th. It can be attended in person or on Zoom this year.

I join Zulette Gordon, UVRA Membership Chair, in extending a warm welcome to our newest members.

Richard Chappell, UVRA's representative at the University Club, is reporting good news for the Club's financial future for fiscal 2024-25. With the coming of summer and warm days, having lunch on the patio is the place to be surrounded by nature while enjoying excellent food.

One can never be too careful when it comes to online safety. The Saanich Police Financial Crimes Section produced two reader-friendly documents offering tips on how to enhance one's online security, and what to do if victimized.

One of many ways to financially help students is by leaving a legacy. The short stories, submitted to *Grey Matters!* by UVic's Legacy Giving Department, shed a light regarding what motivated these donors to leave a legacy.

Another way to help students is by giving them scholarships. UVRA's two scholarships are intended to help MA and PhD students pursuing research related to aging and health in the 55+ age group. In 2023, two students each received \$1,500.00 and short descriptions of their research projects were published in the Winter 2024 edition of this newsletter. You can gift any amount and designate it as a one-of, or a recurrent gift.

# WELCOMING NEW MEMBERS

## Zulette Gordon

**FEBRUARY 1, 2024 TO APRIL 30, 2024**

BRENNAN, Donald

Libraries

DOBELL, Marnie

Spousal Member

JACKSON, Sheryl-Ann

Pension Services

MCCORMICK, John

Facilities Management  
Electrical Department

MYNHARDT, Christina (Kieka)

Mathematics and Statistics

SMALL, Carolyn

Division of Learning and Teaching  
Support and Innovation (LTSI)

# UNIVERSITY CLUB REPORT

**Richard Chappell**

**FOR YEAR END 2023-2024**

After a not so good year financially, the fiscal year ended in March 2024 with a slight surplus. The 2024/25 year has started off positively and the Board looks forward to much better results this year.

Jeff Hanson, the Club Manager, has introduced several new functions which have been well received. This year's summer wedding season is almost fully booked with only a few Saturdays later on still available.

A new coffee machine has been installed at the Club, so patrons can now enjoy a latte or other coffee brews with their meals.

The patio is open for the summer, so outdoor dining is now available. The brief minor windstorm on Friday 17th caused one of the patio's umbrellas to dislodge, fly through the air, and land upside down on the pond!

*Richard Chappell*







# BE CYBER SMART

## 8 Habits to Stay Cyber-Safe



As we grow more dependent upon technology, we need to develop better online security defences. These eight habits will help you to recognize and counter threats to your digital safety and become less vulnerable to cyberattacks.

### 1. Don't click that link/

#### Don't download carelessly.



- Even if an email looks like it's from someone you know, take care with attachments.
- Don't reply to an email because the sender's identity might have been compromised.
- Examine emails closely.
- Avoid links of downloads from unknown sources.

### 2. Verify requests for private information/ Connect with care.



- Whenever you are requested to provide private information, verify the identity of the requester — even if it appears to be somebody you know.
- Regularly check your financial statements and credit reports.



### 3. Practice password safety.

- Never reveal your passwords to anyone. Make them long, strong, unique and use multi-factor authentication (MFA) wherever possible.
- Use a password manager.
- Use different passwords for different accounts.
- Don't let apps and websites remember your passwords.



### 4. Protect your stuff!

- Keep a close eye on your gadgets when in public places.
- Lock them up or take them with you before you leave, even for a short time.
- Secure your area and lock your computer screen before leaving.
- Avoid sensitive transactions on free WiFi.
- Secure your WiFi network.

- Breathe and Slow things down!
- Be Rude—hang up—delete, don't respond!
- Check in with two trusted people
- Never send money, give personal or bank info to someone you haven't met

www.saanichpolice.ca 250-475-4321  
Canadian Anti-Fraud Centre 1-888-495-8501



### 5. Update software and devices regularly.

- At home, automate software updates and periodically restart your devices to ensure that updates are fully installed.
- Install an antivirus and scan for viruses regularly.
- Log off and sign out when you walk away from your laptop and device.



### 6. Back up your files.

- Store backups in a physically separate location from the originals and periodically test them.
- For personal files, save a backup on a separate drive (e.g., cloud or encrypted USB) to securely store it. ie. In a safety deposit box or fire safe box.



### 7. Delete sensitive information when it's no longer needed.

- Clean up your files, cache's, browsing history, emails, and computer on a set schedule.
- Check privacy controls.
- Don't put too much personal information on social media and keep control of your digital space.



### 8. Keep yourself informed!

- Learn how to recognize suspected scams and other suspicious activities.
- Continue learning by researching and taking workshops.
- Report fraud to your local police, and the Canadian Anti-Fraud Centre.



www.saanichpolice.ca 250-475-4321  
Canadian Anti-Fraud Centre 1-888-495-8501

Canadian Anti-Fraud Centre  

 Centre antifraude du Canada  
 FRAUD: RECOGNIZE IT. REPORT IT. STOP IT. L.A. FRAUDE: IDENTIFIEZ-LE. SIGNALEZ-LA. ENRÊVEZ-LA.  
 Canadian Anti-Fraud Centre logo with various partner logos and the word 'Canada'.



Breathe and Slow things down!  
Does this make sense?  
Don't give personal & bank info over the phone or online.  
Check in with two trusted other people ie. your bank, your family  
Take all the time you need.  
Be Rude - hang up - delete, don't respond!

**FRAUD**

If it seems too good to be true, it is probably a scam!  
Never send money to someone you haven't met.

[www.saanichpolice.ca](http://www.saanichpolice.ca)

## BE SCAMMER SAVVY – BEAT THE FRAUDSTER

Scammers are criminals who can devastate our personal and financial security with a phone call, email, text, or pop up ad. Their MO is trickery and they are professionals at it. But they don't have to win.

### COMMON TYPES OF FRAUD AND HOW TO PREVENT THEM

There are many types of fraud, with new ones invented regularly. Remaining cautious and aware is your best defense. It's helpful to know that fraudsters use three powerful and effective things to get you to cooperate:

**The hope of a benefit:** "You've won a prize!" "This is a guaranteed investment!" "I love you!"

**Fear:** "You owe taxes." "You will be arrested." "Your loved one is in trouble."

**Your natural willingness to help:** "Help us catch these crooked bank employees." "Be our secret shopper."

These are designed to manipulate your emotions, prevent you from thinking rationally, and make you take actions you normally would not. Help us help you prevent fraud.

These simple tips can help protect us:

- **Breath and Slow Things Down**
  - o Scammers pressure you with fast talk, threats, and big words.
  - o They want you to act without thinking.
  - o If it's too good to be true it probably a scam!
- **Ask Yourself "Does this make sense?" Do your own research!**
  - o Can I win a lottery I never entered?
  - o Why is Microsoft calling me about my MacBook security?
  - o Would police/the bank/CRA really ask me to put all my money in a bitcoin machine? – No they wouldn't!
- **Check in with two trusted other people ie. your bank, your family**
  - o Tell them the "story" and ask their opinion
- **Be rude – hang up, delete, don't respond.**
- **Take all the time you need.**

If you do become the victim of a scam, you should:

- Report any financial loss to your bank immediately so that your accounts can be secured;
- Report any identity theft to both credit bureaus, Equifax and TransUnion; and
- Report to the Canadian Anti-Fraud Centre and your local police

For more information on fraud prevention, check out the following resource list on the Saanich Police Department Website.

### [Financial Crimes – Saanich Police Department](#)

The Saanich Police Financial Crimes Section is always available to present to your group, organization or business. If you are interested in a fraud prevention presentation, tailored to your specific needs, please email D/Cst. Berle Zwaan at [bzwaan@saanichpolice.ca](mailto:bzwaan@saanichpolice.ca)

### WHAT TO DO IF YOU ARE A VICTIM?

- Contact your **Local Police Department** to report the incident
- Contact your **financial institution** if you sent \$ or provided your account information
- Contact **Equifax** and **TransUnion** to place a Fraud Alert on your credit report
- Report to the **Canadian Anti-Fraud Centre (CAFC)**

### CONTACT

Saanich Police  
250-475-4321

Canadian Anti-Fraud Centre  
1-888-495-8501

Equifax  
1-800-465-7166

TransUnion  
1-800-663-9980



[www.saanichpolice.ca](http://www.saanichpolice.ca)



## The Betty Jamie Chung Scholarship Fund



### Generosity is timeless.

Jamie Chung believed in helping others. This lesson and many others were passed down from her mother and carried her through many difficult times. It inspired her to establish the Betty Jamie Chung Scholarship at UVic. Today, 45 alumni can thank Jamie for paying it forward with a gift in her Will.

### What legacy will you leave?

Find out how you can support UVic students through a gift in your Will:  
Kelsi Langdon, Development Officer, Legacy Giving  
250-721-6001 | [legacydev@uvic.ca](mailto:legacydev@uvic.ca)

[uvic.ca/legacygiving](http://uvic.ca/legacygiving)



While bombs rained down and devastated the war capital of Chongqing, China in 1943, a baby girl was born. Her name was Betty “Jamie” Chung. The Japanese had invaded China. Hundreds of people including Jamie and her mother, Mrs. Chung Lam Yuan-Wan, were trapped inside a bomb shelter. The water supply was low and others near them were irritated by baby Jamie’s cries of hunger.

Mrs. Chung was becoming desperate when a woman kindly offered her some water for the baby’s formula. Overcome with happiness, she forgot to thank the woman properly. Immediately after feeding Jamie, Mrs. Chung sought out the woman and found her with two children of her own. The woman had given Jamie water that her own children likely needed. Mrs. Chung was so touched by the kind gesture that all she could do was

hold the woman’s hands and weep. Jamie recalled her mother saying, “The mother gave us water when we needed it, water that her own children were probably deprived of because of us. How can we not help people now? It is our turn.” This belief of “giving and helping others is the best policy” influenced Jamie throughout her life.

After the war, Jamie and her family settled in Hong Kong and she attended University. In 1982, she established a market research consultant firm, which opened a new page for the Taiwan market. Later, she completed a doctorate degree in Social Psychology at The University of Victoria.

In 2010, Jamie published a book called “**Life Recipes from My Mother: Timeless Lessons for Living a Contented Life**” as a commemorative tribute to her mother. In the book, she shared many precious life lessons that her mother passed on to her including the story above. In Jamie’s own words, her mother made her realize who she was, what she wanted, and what she should and should not do. Armed with these ‘lessons’ and knowledge of herself, she was able to face the many challenges she encountered at different stages in her life. These lessons are about basic human values and principles, many of which she felt had been forgotten, or simply ignored in our fast-paced lives of trying to get ahead. The lessons are timeless and relevant regardless of changing times.

Jamie’s generosity continued even after her passing in 2013. She left a gift in her will to establish the endowed Betty Jamie Chung Scholarship fund at the University of Victoria, providing financial support and encouragement to more than 50 students pursuing studies in Anthropology and Psychology. These scholarships are a testament to Jamie’s belief in the power of education to create positive change in the world.

# THE TED FUND

## Travel Experience for Disabled persons



### Defy expectations.

Donna Pistell lived a lifetime of adventure and achievement, defying the expectations of others. Her intrepid spirit lives on through a unique endowed student award at the University of Victoria.

**YOU have the power to define YOUR legacy.**

Find out how you can support UVic students and life-changing research and programs through a gift in your will.

Kelsi Langdon, Development Officer, Legacy Giving  
250-721-6001 | [legacydev@uvic.ca](mailto:legacydev@uvic.ca)



University  
of Victoria

[uvic.ca/giftinwill](http://uvic.ca/giftinwill)

Donna Pistell was surrounded by friends when she passed away at her home in Sidney, BC in 2010. She was 80 years old and living independently in her own condo—something doctors in 1940 declared would never be possible, due to the brain injury she sustained at birth that resulted in severe cerebral palsy.

Those same friends, who had been at her side for many of Donna's ups and downs, decided to memorialize her remarkable story in a 24-page graphic biography *Wings on my Wheels*. It chronicles Donna's journey from a child who struggled to communicate, to a confident, adventurous adult who attended university, wrote and spoke publicly, advocated for other people with disabilities, took sailing lessons and travelled locally and internationally.

As advances in technology became available to her, Donna's mobility, independence and social connections increased. Later in life, she was able to achieve

many of the dreams she'd had since childhood. During her 40s, Donna studied anthropology at the University of Victoria (UVic) and worked as a research assistant for one of her professors. Attending classes at UVic with people who had an equal curiosity in the subject was a huge dream fulfilled for Donna. Finally, at age 70, she achieved another dream of a trip to Greece, where she spent a month visiting museums and archaeological digs.

In her will, Donna created a legacy fund to facilitate this kind of travel experience for UVic students with severe disabilities. She named it the TED Fund in honour of her parents, Ted and Eleanor (plus Donna), but also to express the fund's purpose: travel experience for disabled persons....

Donna continually defied people's expectations of her, living a life rich in learning, travel and friendship. Her legacy lives on through her friends, the graphic biography, and the endowed fund at UVic that will help other students achieve their travel dreams.

Read more at: [uvic.ca/giftinwill](http://uvic.ca/giftinwill)

## The Frank Williams Bursary



Having family who are actively involved in a student's education is often key in their academic success. However, not all students have family who can afford to help them financially, so bursaries and scholarships become an important aid.

Fortunately for Frank Williams, born in 1927, his grandfather, Frank V. Hobbs a.k.a “the Grand Old Man of Saanich”, believed strongly in providing and increasing educational opportunities. Hobbs sat on the Saanich School Board for over 17 years and helped Frank financially to attend college. This, combined with Frank's savings from working weekends while attending high school, enabled him to attend the Victoria Normal School and Victoria College. Later, Frank attended UBC and then obtained his Master's degree at McGill University in Montreal.

Frank's studies concentrated on the sciences. He decided to specialize in meteorology after he noticed a job posting while attending McGill.

Although Frank was employed by the Federal Government, he worked with the United States Navy. He was stationed in Frobisher Bay, Nunavut and Gander, Newfoundland as well as other northern parts. Eventually he was assigned to the Bonaventure ship as a Lieutenant Commander.

Frank never had children of his own, but followed his grandfather's example of helping others access post secondary education by contributing to Registered Education Funds for family and friends. Frank passed away in 2016, but through a gift in his will to the University of Victoria, his and his grandfather's legacy will continue to encourage and support future generations of students through the Frank Hobbs Educational Bursary.

For more information on leaving a gift in your will to UVic, please contact Kelsi Langdon [legacydev@uvic.ca](mailto:legacydev@uvic.ca) / 250-721-6001



# Scholarships

The UVRA Graduate Scholarship was developed with the intention of helping graduate students pursue their goal of conducting research on the many factors related to aging and health outcomes within the rapidly growing 55+ age group.

UVRA scholarships are given to academically outstanding graduate students, with preference to PhD students, whose area of study is focused on adults aged 55+ and who are working with the Institute on Aging and Lifelong Health. Selection of each recipient will be based on a statement that explains the intent and impact of their research.

Preference is given to students who have received no other awards or whose total award funding in the academic year does not exceed \$5,000.

Approval of each recipient is made by the Faculty of Graduate Studies Graduate Awards Committee upon the recommendation of the Institute on Aging and Lifelong Health.

You are strongly urged to contribute to this worthy initiative which will have long term positive effects on furthering the research on aging.

To contribute simply click on this link:

<https://extrweb.uvic.ca/donate-online/UVRA>