Grey Matters!
FALL 2022

Mother & daughter re-united (see their story on page 9)

UPDATE FROM THE BOARD

Greetings fellow retirees

As I write this the rays of the sun are shining brightly through my window here in Victoria. A sharp contrast to the shadows of conflict that rise in other parts of the world. It is a sad and tough reality that Thanksgiving has not brought the same joy of family gatherings elsewhere.

I hope that you and yours have been keeping well and found time to enjoy the summer as the cooler weather approaches.

UVRA continues to seek volunteers to provide ideas for future events and to assist with organizing as we hope to continue to offer more events in the coming months.
This fall, our new member Dr. Milan Frankl, held a very informative session on cellphone security. I want to thank the newsletter editor for stepping in to arrange some wonderful Walking Tours…a chance to learn about Old Town Victoria and perhaps find some Ghosts!

UVic President Kevin Hall is holding another President’s Townhall from 12:00 pm to 1:00pm on October 25th. UVRA members have been invited to attend. The event is via Zoom and registration is required to receive the Zoom link. The registration link is:

https://www.eventbrite.ca/e/staff-faculty-town-hall-with-president-kevin-hall-tickets-428238341407

UVRA is looking at ways to make information on Events more readily available on our website and is trying out a newly expanded listing. Please check out the updated Events page on our website. You will find the tab on the left updated to provide access to UVRA events and non-UVRA events. Non-UVRA events include those from UVic, AROHE, CURAC, and Others. Also included are Research Studies. As an example, information on the call for volunteers for the UVic Convocation is to be found listed under UVic Events. The events listings page will be updated regularly.

As mentioned in the past, UVRA is a member of AROHE, so check out the benefits on their website of Road Scholar tours and online videos as well as a range of other interesting topics.

I also want to remind you of the United Way Campaign of 2022 and ask that when making your donations you use the link or the screenshot on the UVRA website under ‘United Way’, and in this newsletter on pages 27 & 28. This ensures that the United Way can distinguish the donations as coming from our membership.
Again, please consider volunteering to UVRA and taking part in the many activities of the Association – we value your input and participation. We hope that you will continue to stay safe and that we will see you either online or in person over the coming year.

Until next time,

Margaret Klatt

October 2022

Tom Dingle

1936-2022

https://www.legacy.com/ca/obituaries/timescolonist/name/thomas-dingle-obituary?pid=202765131

John F. Krich

1936-2022
This might interest you

There’s a lot going on behind the scenes for members of the UVRA board. Among the items currently occupying our agenda are:

- creating more established criteria for encouraging retirees to assist the University in its mandate, e.g. on academic committees, supervision of graduate students, community outreach, or mentoring new faculty and staff;
- encouraging the University to support retirees who wish to continue their research and hence continue to increase the University’s national and international profile;
- improving liaison between retirees and their former departments, for example to take advantage of retirees’ networks and experience, or advise pre-retirement colleagues;
- ensuring continued equitable access for retirees to the library, email, fitness facilities;
- arranging events for our members and friends, such as tours and celebratory dinners;
- helping UVRA beat another annual target for our United Way contributions.

There’s one slight problem in working towards these goals, and continuing our efforts to support and represent our members — there aren’t enough of us! In particular, we would welcome retirees who would bring their more recent experience and network of contacts to the table.

Before next year’s AGM, we will need to find nominees for Vice President, Benefits Chair, Events Coordinator, MasterMinds Lead, and United Way Representative. The current incumbents will be happy to show you the ropes.

(Our bylaws allow us to appoint new members to the board, subject to their ratification at the next AGM.)

If you see yourself as a candidate for these positions, or just to join us in some of the efforts I have listed above, please contact me.

Peter Liddell
Chair, UVRA Nominations Committee
My email is: pgl@uvic.ca
EDITOR’S NOTES

Thanks you to Paul Lisson, (Biology Dept. (ret’d)), for informing me on the difference between a Blue Jay and a Steller’s Jay. The bird on the front page of the Summer 2022 edition is actually a Steller’s Jay.

Sincere apology to Jennifer Waelti-Walters and to Winona Pugh for the errors made on their pet pages. You will find new pictures of both pets and (hopefully) no errors, in this edition on pages 9-13.

The article on page 9 about how a mother became re-united with her daughter is a reminder that there are numerous pets, rescued from appalling living conditions, waiting to move to their fur-ever homes.

Thank you to all who responded to my invitation for ‘Vintage Vehicles, Past and Present’ (pages 15-25) by submitting pictures and stories that are informative and fun to view and read. Some cars brought back fond memories for me.

The article written by Mark Rossi, titled Confession of a Vintage Driver, on page 26 is about the 1930 Austin 7 Chummy. In England, 1930 is the last year that a car can be described as “vintage”.

On page 14, you will find an article about how getting the flu vaccine every year may help to lower one’s risk of developing Alzheimer disease.

The University Club has been experiencing financial difficulties necessitated a price adjustment to the members’ monthly fee. Peter Liddell provides more information about this issue and introduces us to the Club’s new management personnel on page 8.

Peter is also inviting UVRA members to volunteer for a number of vacant positions and/or to help UVRA achieve its intended goals (page 4).

UVRA is in the process of putting the final details on the upcoming workshop to be presented by Milan Frankl, MBA, PhD. On page 29 Dr. Frankl provides some information about what will be discussed in this workshop.

Louise Schmidt
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.

The first UVRA scholarship, administered through the Institute on Aging and Lifelong Health, was awarded Fall 2019 to Lisa Ohlhauser, a graduate student whose research project investigates the impact of physical exercise for persons with cognitive decline on quality of life, mood, and cognition.

The scholarship’s second recipient, awarded Fall 2020, is Matilde (Matty) Cervantes. Matty’s research interests include aging, intergenerational relationships, and well-being. Her present research involves exploring the impact of social interventions, such as a participation in a choir, on the mental and social health of dementia caregivers.

Our latest recipient is Cynthia McDowell. Her research examines the risk and protective factors for optimal healthy aging with the goal of creating a gold standard for measuring successful aging.

The scholarship annually provides:

Two awards of $1,000 each, 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 (max 500 words). Preference would be 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 will be made by the Faculty of Graduate Studies Graduate Awards Committee upon the recommendation of the Institute on Aging and Lifelong Health.
Welcoming New Members
August 1, 2022 to September 30, 2022  Zulette Gordon

GAUDET, Michael  McPherson Centre, Metadata

GAUL, Catherine (Kathy)  EPHE

HAMILTON, Lorraine  Bookstore

LEE, Douglas  Facilities Management

McDORMAN, Ted  Law

ROBINSON, Debbie  School of Child & Youth Care
University Club Report
October 2022

There is a new energy about the Club under the leadership of Jeff Hanson, the new General Manager. During the COVID pandemic, except for Leona and Sherry, our two longest serving servers, the entire staff – office and kitchen – left for other opportunities. It is common knowledge that restaurants generally are having difficulty finding culinary and front-of-house staff. The result is inevitably that salaries must rise in order to compete in this tight market. At the August meeting, the Board gave Jeff approval to negotiate improved salaries within a given range, with the result that he has been able to hire new staff in the kitchen, and front-of-house. That made it possible to have a “soft” opening of the dining areas, with the prospect of returning to a more normal situation very soon.

There is a cost to this, of course. Jeff likes to compare the situation to the launch of a multi-engine rocket ship, where all engines must be engaged at once. The increased wages, along with increased costs of food and beverages, are two. Menu prices and special event prices alone can not cover these increases. At the AGM on September 29th, the first increase in membership dues in many years was approved – from $20 to $30 per month for full and associate members, and from $10 to $15/month for retirees. (The first year of membership remains free for retirees and alumni who have not been members previously.)

One newcomer to the office staff who brings her extensive experience in finance, catering and club management is Morgan Pettit, the new Catering and Sales Manager. She will arrange the special events which are so important in sustaining our Club.

It has been touch and go over the years of the pandemic whether the Club could survive. Thanks to good interim management, judicious closings when staff were unavailable, and help from the Federal government, it has survived. The new optimism is a sign that things should begin to pick up fairly rapidly, as staff and member support grow back. Respectfully submitted

Peter Liddell,
UVRA Club rep
When I adopted my 5 year old Aussie, Tilly, last January she was simply terrified: of noise, other dogs, people, and sadly, even me. She had been used for breeding in a backyard situation with many other dogs, all of whom had been removed from the owner. A pup from the same group, likely one of Tilly’s, was struggling in her foster home and I offered to take Tilly over to see if it would help.

Well, even before we got to the back yard of the foster home, Tilly started pulling on her leash and barking. Bam. The two of them jumped on each other and roared around the garden, absolutely delighted, something neither had done before. In the end, my daughter adopted the pup, now Luna, and she and Tilly are learning the ropes of city life together.

Marilyn Callahan
REMEMBERING

Tiko

Tiko was our beloved platinum mink Tonkinese, born in 1998, who sadly died of kidney disease in October 2014.

He was our favourite cat ever, happy lap cat, and an affectionate part of the family since our son was 6 years old. He spent many days in the window with our Egyptian cats, and went with us on ski trips, lake trips, and one memorable RV trip to Drumheller to see the Tyrrell Museum. His light green eyes are hard to see in these photos.

R & W Warburton
Jet, our current furball, is a character. We adopted him from the SPCA at 8 weeks old, in November 2014, when the house was just too quiet without a cat. We named him for his color (black) and the way he zoomed around the house. As a kitten, he had a toy of some kind in his mouth in every photo. He's still playful, but not a lap cat, and he is scared of all humans except us. But he has gorgeous gold eyes, and likes to be near us; in the same room while we work on the computer, or read, or watch TV.

He started as a kitten who could fit in one hand, and is now the biggest cat we've ever had, weighing 13 healthy pounds, nearly twice Tiko's healthy weight, despite having been born with only part of a tail. (The ‘chair’ photos, on this and the previous page, show Tiko and Jet in the same chair.)

Jet has an autoimmune condition and needs cyclosporin every day, but is doing well so far. We hope he'll order us around for many years to come.

R & W Warburton
INTRODUCING

Cha Li

This is where Cha Li spends the winter.

His name is a joke that went wrong.

I had just returned from Vietnam and he was supposed to turn into a little black Siamese –type cat, like one I had before.

He’s a sociable 14lbs, about 40” stretched out and brings sticks home.

I think he’s part Labrador.

Jennifer Waelti -Walters
INTRODUCING FAELAN

These are photos of my Sheltie, Faelan (Celtic name for "Little Wolf") who got me addicted to Agility 9 years ago. It has been a wonderful journey and after a two year break due to COVID, we competed in the Provincial Championships in Langley where he placed fourth in his class.

Winona Pugh

Photo taken at Bear Hill

Photo taken at McKenzie Bight
Imagine if the flu shot cut the chances of developing Alzheimer’s disease?

A new study has found that the flu vaccine may have a protective effect against Alzheimer’s, reducing a person’s risk of developing the disease by 40 per cent over the next four years compared to someone who skips the seasonal shot.

The discovery, published in *The Journal of Alzheimer’s Disease*, is part of a large scale study that was created to explore the relationship between inoculation and the neurodegenerative disease after a connection between the two was made at the same research facility two years ago.

“We found that flu vaccination in older adults reduces the risk of developing Alzheimer’s disease for several years,” said Avram S. Bukhbinder, first author of the study and a recent alumnus of McGovern Medical School at UTHealth Houston. “The strength of this protective effect increased with the number of years that a person received an annual flu vaccine — in other words, the rate of developing Alzheimer’s was lowest among those who consistently received the flu vaccine every year.”

Alzheimer’s disease is...the most common cause of dementia, accounting for 60 to 80 per cent of all cases, and more than 747,000 Canadians are currently living with Alzheimer’s or another form of dementia. With Canada’s aging population, it is expected that the cost of treating these patients in Canada will increase to around $16.6-billion annually by 2031.


Editor’s note: The study used to write this article is titled: *Risk of Alzheimer’s Disease Following Influenza Vaccination: A Claims-Based Cohort Study Using Propensity Score Matching.* It is available free of charge at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9484126/

**A cohort study** is a type of epidemiological study in which a group of people with a common characteristic is followed over time to find how many reach a certain health outcome of interest (e.g., disease, condition, event, death, change in health status or behavior, etc.).

**Propensity score analysis** is a strong technique for finding a valid control group, where comprehensive data are available. (Thanks to SR for these explanations of the terms used in the article’s title.)
2001 JAGUAR XJ8-L  
SOVEREIGN CLASS V8 SEDAN  
Owner: Carol A., Oak Bay

Made in Coventry, UK, the 2001 V8 Jaguar XJ8-L was one of the finest luxury sedans ever built. It came with extensive emissions-control provisions for a car built in 2000 along with new Ford electronic systems. The 4.0 litre V8 engine comes with double overhead-cams and 4 valves per cylinder with a 5-speed automatic transmission and 290 horsepower with stability control. The car virtually floats down the road. It has a beautifully tailored cockpit with burled oak and a warm antelope hue leather steering wheel, complemented with a superb stereo/6 CD sound system.

This automobile has an extensive, continuous service record. Initially registered in Quebec in 2001, for commercial service, most likely weddings and funerals, this Jaguar was bought to BC by its 2nd owner in 2005. I am the 4th owner in 22 years. The odometer reads 84,200 original kms. I don’t think the vehicle has ever been driven in inclement weather.

In 2001 Jaguar offered 5 XJ models: (i) base model standard XJ8, (ii) the extended wheelbase XJ8L, (iii) the highline Vanden Plas, (iv) the supercharged Vanden Plas, and (v) the supercharged XJR.

New, the 2001 Jaguar XJ8-L retailed for CDN $82,500 or approximately CDN $128,361.28 in today’s currency.

The 2001 XJ8 is a gracious and elegant vehicle. As Keats wrote so eloquently, “a thing of beauty is a joy of forever... a source of happiness and pleasure. Its loveliness increases every moment. It will never pass into nothingness”.

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PAST & PRESENT
MEMBERS’ VINTAGE VEHICLES

1989 Toyota Corolla Wagon

Owners: RN

Remember 1989?

This was back when Toyota salesman did ’the jump’ on making a sale!
We are still driving the 1989 Toyota Corolla wagon that we bought (new) when we were young. And yes, our sales guy did a great jump when we closed the deal!
We celebrated the Toyota’s 33rd anniversary on the road in April, 2022. It is still my preferred car to drive, even though we’ve had a second (newer) car since 2002. Standard transmission, completely dependable, never any major repairs.
I’m hoping it keeps going until self-driving cars become practical, so I can still get where I need to go once I have to give up driving. If only we’d been rich enough in 1989 to afford air conditioning! It’s the only thing this car lacks, and that only matters once or twice a summer.

Here it is in 1989, in California (road trip!), and recently, in our driveway. We have aged a lot more than it has.
My father kept a photo album of his 30 cars starting with a **1918 Briscoe Touring Car**.

I have continued the album with the 11 cars I have owned. My favorite was a **1990 Nissan 300 ZX** which I parted with just two years ago.

Don Lovell
Donald Healey was a race car driver and sports car designer/builder with his own company, Donald
Healey Motor Co. Ltd. In 1951 Donald and his son Geoffrey set out to design a car for the American
market as British sports cars became in demand there. The result was the Healey 100* which was en-
tered in the London auto show in the fall of 1952. At this show Leonard Lord, head of British Motor
Corporation (including Austin and Morris) was smitten by Healey’s 100 and immediately concluded a
deal with Healey.

The Austin-Healey 100 went into production in 1953 with an Austin 4-cylinder engine, 3 speed trans-
mission and drivetrain (from the Austin A90). In 1956 the 100 was given a 6-cylinder engine and was
called the A-H 100-6. This upgrade did not produce a more powerful car as the motor weight and
lengthened body cancelled out the power increase. To overcome this, the engine bore was increased
along with other refinements, creating the Austin-Healey 3000, which was first produced in 1959. This
model went through the MK I (1959), MK II (1961), MK IIa (1962), and MK III phase 1 (1963), phase 2
(1964), renditions before being discontinued in 1967.

My Austin-Healey 3000 MK IIa, also called a BJ7 was the first model to have wind-up windows and a
convertible top. However, it continued the rustic dash and interior of earlier models and has a 4 speed
transmission with electric overdrive in 3rd and 4th gears. Previously Austin-Healey models were road-
sters—the top had to be assembled and the windows were plastic inserts. The BJ7 was short lived and
only about 6000 were produced before the model was changed to the BJ8 (1963). This model had a
more “refined” interior, larger signal and brake lights, higher clearance, and a more powerful engine
with larger carburetors. Approximately 30,000 BJ8 units were produced before the brand was discontin-
ued in 1967. Donald Healey decided to retire the car rather than try and make it conform to the new US
automobile environmental require-
ments legislated after the publica-
tion of Ralph Nader’s book Unsafe
at any Speed, 1966.

*So branded as it had 100bhp and
reached over 100mph in testing—an
achievement in 1952.
When I was a student doing my B.Sc. in mathematics at the university of Belgrade in Yugoslavia (1966) I bought a Citroen 2CV* for $200 USD.

It served me well all through my studies. I sold it for the same amount four years later, after graduation. This is a picture of me driving this car taken by my wife.

*2CV (deux chevaux) means ”two horses” in French
Here are some photos of my (Jaguar) obsession. This is a car that I have owned for 20 years. I purchased it when it had just 16,000 original miles on it (and today it has just 27,300 miles on the odometer. It is a 1966 Jaguar Mk 2 3.8. It has the original, untouched, 6 cylinder, 3.8 litre engine, and the original unrestored interior (apart from the headliner). While the car was a no rust and no accident example, the paint was very tired. Everything that could leak because of lack of use, did leak. So a complete mechanical restoration was, engine and transmission removed, interior fittings completely removed and refreshed.

The photo on the left shows the car during restoration and the others, its condition as it is today.
1990 Miata bought in 1995 in mint condition for less than half price.

Bought as a lark, I intended to keep it only a couple of years. But it just kept on running, causing no trouble and being fun.

So here we are together in old age retired and cruising.
What a fun car to drive – we have so many great memories of trips often taken more for the drive than the destinations.

This car has many unusual features like headlight kept hidden until needed, then they pop straight up, a hard top that fits into the truck, and literally sitting on the floor of the car with legs extended straight out instead of folded at the knees.

Decades after we had sold our Porsche, our then next door neighbour, who was a Porsche salesman, often drove one of the used cars for sale on the lot home instead of his demo car. One memorable day, he drove home with this Irish Green 914 Porsche Targa and offered to let us to take it for a spin, when we told him we had owned a Porsche “just like this one”.

What a ride we had that evening! What we did find, to our chagrin, is that the car about which my husband used to say” one does not drive this Porsche, but rather wears it like a well-fitting glove”, was no longer fitting us so exquisitely. Had we been able to enter/exit the car more gracefully, we would have considered purchasing it, if only for the pure joy of driving it to nowhere-in-particular on warm sunny days.

(Picture taken from Google)
1960 Triumph TR3a
Owner: Don Stenton

Having been purchased in the mid 1970's, this 1960 TR3a would wait another 10 years before receiving a complete restoration. As a hobby, I gained a great deal of experience in becoming a body mechanic, an engine mechanic, an upholsterer and of course chief painter.

Over a period of time, the car received several upgrades to make it more road worthy. This included a modern braking system, electronic ignition, overdrive and, for better looks, chromed wired wheels and a luggage rack.

As time past, my body outgrew my car and it was sold a few years ago.
The **4X Bread Wagon** is a part of the collection of over 50 buggies, wagons and sleighs that were restored by my father, Alan Pugh. This photo if it was taken at the display at the Saanich Fair where the collection was a regular part of the fair.

The 4X Bakery began in Vancouver as the Shelly Bakery founded by William Curtis Shelly (1878-1951), who was born in Ontario and moved to Vancouver in 1910 to expand his bakery business. He made his fortune from his famous '4X bread'. The bread was so-called because he had forty "something" dollars to his name when he started his business. The bakery later became McGavin’s Bakery.

We are in the process of completing plans to donate the extensive collection to Heritage Acres to make these artefacts and stories available to the public on a regular basis.
PAST & PRESENT
MEMBERS’ VINTAGE VEHICLES

1967 Ford Mustang Coupe V8
D&D

Vintage and classic cars are a popular subject these days, especially as our daily transportation resemble “peas in a pod”. Some new cars do have a lot of character; most do not. Perhaps that is why there is such a great interest in automobiles of the previous generations and the fascinating histories that are associated with them.

My personal involvement goes back before I got my first drivers’ license on my sixteenth birthday. My first car was a 1929 Buick roadster, chosen by and registered to my father, but paid for by me. It was ponderous and slow, so it is no wonder that I soon wrangled a 1932 Ford V-8 sedan which I loved and which became a learning experience on wheels over the next few years - new engine, new brakes, new paint etc..

Since then I have enjoyed (for the most part) many experiences of ownership of a variety of 40 automobiles. Since 1972 the family and I have been actively involved in the “old car” hobby, restoring various makes and eras while gaining knowledge and skills. Touring with these old vehicles is a big part of the hobby.

Our longest trip was across Canada, dipping our wheels in both Victoria and St Johns Newfoundland in our first 1930 Model A Ford restoration. It proved a trouble free trip, so many more driving tours have ensued. The most difficult, but satisfying restoration was a 1917 McLaughlin Buick which took eleven years, with much help from others.

Today, as we now occupy smaller quarters with space for only two cars, we enjoy a not-so-old but drivable 1967 Ford Mustang coupe, with a V-8 of course, which has been in the family since new. My cousin bought it in Vancouver, drove it in Vernon for most of it’s life, and passed it to us seven years ago. It is immaculate, carefully maintained, driven and enjoyed on monthly car club runs with the Victoria Chapter of the Vintage Car Club of Canada, of which my wife and I have been members for 50 years. We get great joy from the happiness our old cars bring to people viewing them at car shows, parades, nursing homes and on the road.
The 1930 Austin 7 Chummy was designed by Sir Herbert Austin at his home with a junior draughtsman Stanley Edge. A between the wars car made for the masses, being Britain’s cheapest car, it was the Ford Model T equivalent. It was built under license in Germany as a BMW Dixi, in America as a Bantam, in France as a Rosengart and in Japan as a Datsun. At an overall length of 8ft 10in and unladen weight of 800lb, children consider it a child’s car and adults call it a baby Austin.

I bought the Chummy around 2005, as a non-runner, from a lady that I vaguely recognized as a patient at the optometrist where I practiced, while standing on a packed bus in London. As I struggled to maintain polite conversation, I told her of my recent display of my 1969 Vanden Plas Princess 1300, as part of a parade around central London.

Nora then spoke of her long dormant Austin 7 that she stored in a garage in Reigate, that she didn’t know what to do with, since her husband had died 10 years earlier. I expressed my interest in the car and over the next six months she occasionally visited the practice to show me photographs. When she sensed that I was a suitable custodian she decided to pass it on to me.

The restoration was more of a rejuvenation of the present parts, although missing parts had to be sourced. The whole process took several years, as opportunities for competent mechanics arose sporadically. I was involved in all the stages and did the hardest part, sign the cheque.

The result is a work of Art, a sculpture in metal, that happens to be a car. The reception the car receives when on display from the motoring public is astounding, I become a celebrity by association.

Mark Rossi
Welcome to the United Way Campaign!

Are you ready to show your local love?

As you may know, the UVRA is a proud member of the wider University of Victoria United Way Campaign. Last year, our members contributed $55,625 towards the campaign – bringing our lifetime total to $469,480 invested in social good.

On behalf of the University of Victoria Retirees Association (UVRA) and the United Way of Southern Vancouver Island (UWSVI), I want to share a big thank you to everyone who supported last year’s campaign and say welcome to all our new members.

As I reflect on the last two years, I am struck by the massive impact COVID-19 has had on our community, how it has reshaped the University, and I am humbled by the continued generosity and leadership demonstrated by the members of the UVRA.

Think about how students in the School of Public Health and Social Policy have learned so much about the effect pandemics have on communities and how individuals, groups, and societies can work together to respond to such major health crises now and in the future.

Think of the important role our Faculty of Science played in understanding how viruses transmit through populations and how their worst effects can be mitigated.

Think of our faculty, staff, and students in the Faculty of Social Sciences who have considered the history of such major societal disruptions and, more recently, the ripple effects of how rising inflation is an effect of such a major health event.

Together, with our partners at the University of Victoria, our contributions to the United Way are empowering local programs, services, and initiatives that mitigate the ways in which inequities in society are exacerbated by such events.

The need is greater than ever before, and our neighbours are counting on our continued support.
As in past years, our campaign will launch in the fall and will continue through to the Spring with events designed to raise funds to support our community. I am working with our Campaign leaders on campus, Mauricio Garcia-Barrera from the Department of Psychology and the Faculty of Graduate Studies and Trevor Sanderson from the Office of the Internal Auditor to ensure that we will be included in the fundraising efforts and celebrations.

This year we are also supported by Danielle Mulligan from the United Way office. Until recently, Danielle worked here at UVIC and, as such, she knows us well and is looking forward to assisting me in creating opportunities for retirees to get engaged in this years’ campaign – so stay tuned for more information there in the coming weeks!

I invite our new retirees to join our campaign by making a one-time gift or signing up for monthly donations. For those long-time UVRA supporters, I hope we can count on your on-going generosity in supporting this years’ campaign.

How to give:

Online at [https://uwsvi.ca/donate/uvicretirees/](https://uwsvi.ca/donate/uvicretirees/). Please note, if you have been giving monthly, you do not need to go through the donation process again.

**Personal Cheque:** please add “UVic Retirees Association” in the memo line. Cheques can be mailed to: United Way Southern Vancouver Island 201-633 Courtney Street Victoria, British Columbia Canada V8W 1B9

**QR Code:** get quick access to donor links by using this QR code. Just point your camera at the code and press on the yellow flag that appears!

Mary Ellen Purkis, UVRA United Way Campaign Chair
With the spread of the internet starting in the early 1990s, the world’s technological capacity to exchange information online has grown at a rate difficult to grasp. The technological capacity to store information reached 5 zettabytes[1] in 2014, the informational equivalent of 4,500 stacks of printed books from the earth to the sun.

Various news may be provided through many different media: word of mouth, print, broadcasting, electronic communication, or through the testimony of observers and witnesses to events. News is sometimes called "hard news" to differentiate it from soft media, which comprises organizations that primarily deal with commentary, entertainment, arts, and lifestyle.

Common topics for news reports include war, government, politics, education, health, the weather, the environment, economy, business, fashion, entertainment and sport, as well as quirky or unusual events. Government proclamations, concerning various ceremonies, laws, taxes, public health, and criminal activities, have been dubbed news since ancient times. Technological and social developments, often driven by government communication and espionage networks, have increased the speed with which news can spread, as well as influenced its content.

The genre of news as we know it today is closely associated with periodical in-print and online publications containing information about current events.

This workshop’s focus is on the online information’s content credibility: how can the consumer of information ensure the truthfulness of the disseminated online information.

[1] One zettabyte is approximately equal to one thousand exabytes or one billion terabytes.

Editor’s note: The UVRA invitation for this workshop is in the process of being finalized and it will be emailed to the membership shortly.
Volunteers Needed for Concussion Research!

Are you:
- Aged 50 or older?
- Interested in your brain functions and health?
- Have experienced at least one concussion?

Together, the Gawryluk Lab and the UVic Concussion Lab are conducting a study to examine how concussion history affects the brain in adults! The study includes a cognitive assessment, a brain scan and blood & saliva collection.

The study also includes participation in one of four at-home 12-week intervention programs, including cognitive training with NeuroTracker*, aerobic walking or a combination!

*NeuroTracker is a 3-Dimensional videogame used to train your brain!

If you are interested in learning more, please contact us at: brainlab@uvic.ca
Subject Line: History of Concussion Study