

PRESIDENT'S MESSAGE

As I write this on a cool September day, the streets around the university are busy with students as they commence their semester. The stores and restaurants along Stone Road are bustling, and Walmart has a special team of greeters to help the throngs of students equip their dorms. The air is vibrant with that excitement that lasts until the onset of mid-terms. Like many, I feel a genuine nostalgia for the energized anticipation of a new academic year, and living as I do very near the university, it sometimes feels like I never left.

This is my first report as UGRA president for this year, and I begin by expressing my deep respect and appreciation to my predecessor, Pat Shewen. As noted elsewhere in this newsletter, Pat has just been named the 2023 Alumna of Honour by the University of Guelph Alumni Association. This award is a welcome acknowledgement of Pat's distinguished career as a researcher and teacher. As president of UGRA, she was a model of how to run an organization smartly, calmly and efficiently. Thanks Pat! Your feet may be smaller than mine but I think your shoes are bigger.

This has been an eventful summer for UGRA. Our AGM in June was well attended, and, in a new development, the feature presentation was delivered by a team of students from the Masters of Cybersecurity program. They gave a much-appreciated talk about computer security that inspired many of us to go home and change our passwords. Many people I spoke to commented on how much they enjoyed hearing from students, especially those at the front end of research. We are keeping that in mind as we prepare for our annual Fall Forum. At the AGM, we elected and welcome two new members to the executive, Jane Alexander and Teresa Crease and said farewell to Sue Wi-Afedzi and Vikki Tremblay.

Just as the AGM was about to start, we received news that the Library had restored full privileges, not just to retired faculty but to everyone with a UofG email address. The stated reason was that licensing restrictions have changed, but we are confident that our advocacy efforts - meetings with library senior



staff and UGFA - helped in no small way to make this important and much-needed change possible.

Shortly thereafter, we received the equally welcome news that our fundraising drive for the UGRA Scholarship endowment had reached its target of \$30,000. That means our scholarship has doubled in value from \$1,500 to \$3,000. I want to commend and thank Peter Krell, who was the driver of the campaign from the UGRA end and Ayshia Degia, who handled it from the Alumni Affairs and Development end.

To turn to a small matter regarding UGRA communications, we had an email from a member asking why we had not responded to a phone message they had left at the number printed in the newsletter. This led to a madcap hunt for what we have to come to call the zombie phone. What, we have a phone? There's a voicemail! Where is it? Who screens it? What's the access code? Eventually, we discovered that it really was an undead phone: no actual instrument, no phone account, just a ghostly voice message when the number was dialed. We have discontinued the number, and it is no longer listed in this newsletter.

As mentioned, we are now planning our Fall Forum scheduled for November 16, 2023. Further details will be provided in a forthcoming eblast. I hope to see you there. And finally, as always, we welcome your comments, suggestions and concerns - and we

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UGRA

Editor: Cathy Ralston
www.ugra.ca

UGRA Fall Forum

Save the Date . . .

Thursday, November 16, 2023 from 2 to 4 pm

Arboretum Centre • Doors Open at 1:30 pm

Hybrid Meeting; Zoom opens at 1:30 pm

AGM Speaker Report: Cybersecurity 101

Graduate students Hassan Anees, Sanem Elif Yaylacam, Tyler Buth and Gessuri Garcia Grandos (left to right in photo next to President Pat Shewen) from the Master of Cybersecurity and Threat Intelligence Program in the School of Computer Science discussed the problems of scams, phishing and theft of personal information in their presentation titled "Cybersecurity 101". They covered a wide range of cybersecurity threats including how to recognize them and how to protect ourselves from becoming victims. They noted that many of us share private information such as our names, date of birth, passport numbers, credit card information, home addresses, driver's license numbers, all information that cybercriminals can use to impersonate us and clean out your bank accounts. The number one rule in sharing such information is "don't" or at least be judicious with whom you share it. A common phishing scam is an email indicating that you just bought something and asks you to go to a website to confirm it is you and asking specific personal information (including credit card information). Don't do it. Such phishing scams also occur by phone or even texts.

How do you recognize these scams? Some flags include urgency requiring you to reply immediately, claims that are too good to be true (e.g., you won a trip and you need only to pay a small administration fee), you are instructed not to tell anyone, frequent spelling mistakes and awkward sentence structure. One problem is that it is easy for scammers to hide their true email address by using a fake one (or fake websites) that look like it came from a legitimate source such as a bank or government office. To find the real email address, hover over it (don't click on it) and if it looks fishy (e.g., from an offshore address) just delete it. Then there is the infamous CRA impersonator, claiming that you owe more taxes or the sheriff will arrest you (even though Canada doesn't have sheriffs), or you are due a refund for the carbon tax. You are then instructed to click the link. Don't do it. If in doubt, contact the CRA separately (they wouldn't contact you this way, only through a CRA portal). If you get an email purporting that your bank account is blocked or there was a suspicious purchase, don't reply. Instead, contact your bank or credit card company directly to inquire about it using the contact number on the back of the card.

For passwords, their basic take home messages were that the longer and more complex (e.g., mixing upper and lower case letters with numbers and special characters/symbols) the password is, the more difficult it is to crack them, don't use the same password for different apps and change your password regularly. There was also a suggestion (especially if you have many passwords) to use password managers in which the passwords are encrypted. All passwords can be accessed by a single master password, one that you are very discriminant with whom you share it. Another suggestion is to make sure you update your programs regularly (e.g., use auto updates) to update security features designed to protect your personal information. Embracing two factor authentication was suggested as another way to better secure your online/phone communications, especially in banking (though often you don't have a choice, as is the case with accessing your UofG email account).

All in all, it was a very informative presentation that generated a lot of discussion with lots of ideas of what to look out for and how to protect yourself.

by Peter Krell



Passings

David Powell	April 15, 2023
Mary Pryor	May 1, 2023
Patricia Peel	May 16, 2023
Elizabeth Flewelling	May 30, 2023
Donna Pollard	June 1, 2023
Allan Gray	June 15, 2023
Bonnie Hamilton	June 21, 2023
George Albert Moore	June 25, 2023
Edward Janzen	June 27, 2023
Margaret Rudden	June 29, 2023
John Goetz	July 1, 2023
Robert Dowd	July 2, 2023
Wendy Parker	July 2, 2023
Premysl Suda	July 2, 2023
Jim Atkinson	July 3, 2023
Gary Ferris	July 11, 2023
Christy Watson	July 14, 2023
Mary Jayne Hutchison	July 27, 2023
Judith O'Donnell	July 31, 2023
Mildred Eisenbach	August 3, 2023
Jan Jofriet	August 4, 2023
Stanley Green	August 10, 2023
Randy Dodd	August 18, 2023
Eric Giesel	August 20, 2023
Sharon Sinclair	August 22, 2023
Shirley Doyle	September 4, 2023

Continued from pg1

are always eager to hear from members who may be willing to stand for the executive. Our meetings now take place over Zoom, so participation is open to all members, regardless of their locale.

Alan Filewod
President

University of Guelph Retirees' Social

August 30, 2023

Amy Atkinson, Director of Major Gift Advancement for Alumni Affairs and Development, welcomed about 30 UGRA members and friends to the University Club. On behalf of President Charlotte Yates, she outlined the University's six pillars of the 2022 to 2027 strategic plan that can be found at <https://www.uoguelph.ca/president/strategic-plan/>, emphasizing the roles that retirees and alumni play in fulfilling those goals.

UGRA President, Alan Filewod, spoke briefly about UGRA's role as an advocate for all retirees, whether or not they are contributing members. Our advocacy led to the recent restoration of online library access for retirees who retain a uoguelph.ca address, enabling continuing scholarship and activity post-retirement. He was also pleased to announce that we have reached our fundraising goal of \$30,000 for the UGRA Scholarship that doubled the award to \$3,000 annually.

Apiary Manager, Paul Kelly, then delighted the group with a recap of honey bee behaviour and a lively demonstration of honey bee communication, using audience volunteers as appropriate. Honey bees are critical for our survival, pollinating plants that provide food for humans, domestic animals and wildlife, and a delicious nutritious by-



product - honey. He described the research and teaching done at the Honey Bee Research Centre on Stone Road and outlined plans for a new 15,000 square foot facility slated to open in 2025. It is well on the way to reaching its \$16 million goal through donations and fundraising. You can learn more about the Centre and its activities at <https://hbrc.ca>. There are volunteer opportunities, short courses and YouTube videos that you can explore.

Following a short break of coffee, tea and honey cakes, most attendees followed Paul to the Research Centre on Stone Road for a "hands on experience" that was as entertaining and informative as his talk. The Centre is open to drop-in visitors June through August and for group tours until mid-October. They also have a variety of honey and bee related products for sale on-line.

by Pat Shewen

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UGRA

Fall 2023

College and University Retirees Association of Canada (CURAC) 20th Annual Conference and AGM

University of Saskatchewan | May 31 to June 2, 2023



The College and University Retiree Association of Canada (CURAC), founded in 2003, is a not-for-profit federation of retiree organizations at colleges and universities throughout Canada. The objectives of this organization include the coordination of activities that promote communication among member associations, sharing information regarding activities of member organizations, providing mutual assistance and speaking publicly on issues of concern to individual college and university retirees across Canada. The University of Guelph Retiree Association is an active member of CURAC. The CURAC website is <https://curac.ca/>.

In 2023, the CURAC Annual General Meeting was held on Wednesday, May 31. The Board has worked to establish key future priorities and to identify constraints and limitations. These included finding more volunteers, increasing membership and increasing revenues through new partnerships. The Board is also considering hiring a part-time

executive assistant to facilitate workflow through the organization. The major themes for the conference were “The New World” with a focus on Higher Education, Societal Changes, Research and Development and Health Services. A broad array of very interesting topics within each theme were presented and discussed.

A brainstorming session was held to gather input on several key issues that the Board was seeking guidance from the membership. Topics discussed included how best to protect and communicate benefits and concerns related to pension plans, health care, and retiree lifestyles. The ideas that emerged from this session will be summarized and distributed to all CURAC retiree associations for comment.

In 2024, the 21st CURAC Annual Conference and AGM will be held at the University of Waterloo from May 22 to 24.

by Clarence Swanton

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UGRA Adventures

by Vikki Tremblay

Happy Fall everyone:

I'm happy to announce that you can now book the next Adventures trip. It's to Morocco! Imagine exploring Casablanca's Royal Palace and Marrakech's markets, to camel riding and glamping for the night in the Sahara or learning how to make tajine just like the locals. This exciting trip departs November 21, 2024 for 12 amazing days. Check the flyer, video (<https://youtu.be/B5hq-zCCNMo>) and itinerary at <https://ugra.ca/news>. It's jam-packed, full of adventure. The cost is \$3,729 CAD per person (based on double occupancy) plus prepaid gratuities of \$143 US per person (for tour guides, drivers, etc.). The deposit is \$450 CAD per person - final payment is due September 10, 2024. It includes economy airfare from Toronto, 4 to 5 star hotel accommodations, entrance fees to attractions, English speaking guides, sightseeing per itinerary, modern air-conditioned motor coach, all transportation in destination, and meals as indicated on the itinerary. Note: the video includes a 4-day trip to Lisbon, Portugal at the end that is not included in our trip because you will lose 2 of the 4 days flying that negates the extra cost.

Vik's Tips

Traveling to a different country? Research how the people there greet one another. Some cultures do a firm handshake, some bow, some greet oldest first and some won't shake a women's hand. Be mindful of their customs before you go.

Traveling with expensive electronics? Write down all serial numbers before you leave. If stolen, this information makes it easier to get them back and helps police. This will also help with insurance claims.

To avoid your suitcase zippers opening and losing contents, use zip ties to secure the two zippers together. Just cut the ties when you arrive – very cheap solution.

Some foreign countries like Asia, Morocco or China don't always have toilet paper available, always pack a roll or two for your knapsack when touring. Be prepared!

Skip the long security lines? Apply for a TSA PreCheck or CLEAR. Once enrolled, you can use shorter lines and can keep your jacket, shoes and belt on. I did this and it's the best!

If you get motion sickness, the best place to sit on a plane is the middle seat over the wing; it is the least affected by turbulence.



So now you know..... Safe travels everyone!

Aiden Shaver

UGRA Scholarship Recipient 2023

Aiden Shaver is the recipient of the 2022-2023 UGRA Scholarship. Aiden is an undergraduate student studying Neuroscience (BSc) and the son of Patricia Shaver, formerly Manager, Program Development, in Open Learning and Educational Support.

Aiden is finishing his undergrad degree this year and hopes to continue his educational journey by doing a masters and PhD in the near future. His end goal is to conduct research that either helps the development of new treatments or furthers our understanding of the brain. He hopes that his research is able to do both. His hobbies include reading non-fiction and fiction books, volunteering, organizing sports teams involving his friends, doing respite work with a teenager with FASD, and landscape photography.

Aiden wrote "As the Retiree Association Scholarship recipient, I would like to express my sincere gratitude. The support you provided through this scholarship warms my heart as it allowed me to focus on completing my degree and acquiring the skills I will need to take the next steps career. I will be forever grateful for all you have done, and I will make sure to pass on the compassion you showed me to others in every way I can!"



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UGRA

Fall 2023

Recent Retirees

May 31, 2023

Marjory Gaolette
Cinda Gault
Martha Harley
David Horne
Susan McCormick
Laurie Winn

OLES-Directorate
Guelph-Humber INIT
Human Resources
Phys Res - Stock Room
Math & Statistics
Graduate Studies

June 30, 2023

Debra Byart
Allan Claxton
Marlene Clayton
Dave Easter
Robert Friendship
Raymond Kaczmarek
Karl Pauls
Christine Roberts
Cynthia Scott-Dupree

Sch of Computer Sci
Hospitality Services
CCS Central Office
Athletics
Population Medicine
OMAFRA Research Stns
Plant Agriculture
Hospitality Services
Environmental Science

July 31, 2023

Patricia Fleming
Susan Henderson
Heather Leong
Karen Mantel
Bruce Rush
Mike Smit
Lana Trick
Cindy Wells
Karen Wendling
Susan Williamson

Food Agr & Resrce Econ
Academic Programs
OVC-Dean's Office
OVC Comm Services
CCS EA Personnel
CCS CP Personnel
Psychology
Physics
Philosophy
Phys Res - Custodial

August 31, 2023

Frederique Arroyas
Daniel Atlin
Ivan Barrette
Helen Clarke
Karen Devries
Brent Harwood
James Heal
Bryce Kohlmeier
Carolann Komarnitsky-Higgins
Allan Lauzon
Neil MacLusky
Kenneth McEwan
Charin Rivet
Helen Salmon
Paul Salmon
Erna Van Duren
Paul Voroney
Andrew Vowles
Philip Wallace

Sch of Langs & Lit
VP External
Student Housing Serv
OVC HSC Administration
Human Resources
Student Housing Serv
Environmental Science
Campus Safety Office
OVC - Dean's Office
Fac Env Des & Rurl Dev
Biomedical Sciences
RC-Academic
Payment Services
Office Uni Librarian
Engl & Theatre Study
Hosp & Tourism Mgmt
Environmental Science
Commun & Marketing
OMAFRA Research Stns

September 30, 2023

Joanne Farr
Brenda Ford
Heather Heaton
Marie Puddister
Andreina Reynolds
Susan Trimble
Fangju Wang

PR/SHS Environmental
OVC HSC COO Office
Admissions
Geography
Hospitality Services
PR/SHS Environmental
Sch of Computer Science



Paul Kelly Honey Bee Presentation



United Way Update

by Julie Hutchins

The University of Guelph's United Way campaign is gearing up for 2023.

This year's campaign slogan is:

**WE CAN
BETTER.**

Life and world events feel overwhelming with inequalities, rising costs and inflation. Our mental health is struggling and sometimes we can feel more alone than ever.

We can build a community that is rich in compassion and empathy, understanding and hope. We can help each other live better lives – because what's better for you, is better for everyone.

As retirees, some of us are in a position to help others. We can be:

Courageous	Understanding
Kind	Compassionate
Open	Generous
Empathetic	Patient

Now, more than ever, our community needs us. Please help with a donation/pledge when this year's UGRA president sends out the letter. Please see this short video about the campaign:

https://www.youtube.com/watch?v=o_i-vQDx7LU

**Better is possible
and there's no better time than now.**

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Fall 2023

UGRA

Did you have questions?

If you have questions about your benefits, please contact Sun Life by checking your claim at <https://www.sunnet.sunlife.com/signin/mysunlife/home.wca> or calling 1-800-361-6212. If you have questions about your pension or to change your address or status, please check out this website: <https://www.uoguelph.ca/hr/retire>. If you have other questions or concerns, please contact UGRA at ugra@uoguelph.ca and we will see if we can help.



Did you know?

The main objectives of the University of Guelph Retirees Association are to foster a mutually beneficial relationship between retirees and the University of Guelph and to advocate for our members in matters such as access to university facilities and resources on retiree benefits. The UGRA works hard to keep our members up to date on the University community through emails, newsletters, and meetings and from time to time, also shares information that is of more general interest to retirees.

The UGRA is run by a group of fellow retirees who freely volunteer their time and talents. The funds needed to run the UGRA come mostly from our members' contributions. With your support we are able to maintain an electronic presence, produce the newsletters, as well as hold the AGM, Spring and Fall Forums and other events and activities to keep you connected to the university and fellow retirees. You can send feedback by email or physical mail.

Be a Contributing Member of the UGRA (2023)

We hope you enjoy this newsletter, our informative website (<https://ugra.ca/>), and our various on-campus functions throughout the year. An annual contribution of \$25 from you goes a long way in sustaining the UGRA so we can continue to work on your behalf.

University of Guelph Retirees Association Contributing Membership (2023) Form

☐ YES! I want to help promote the welfare of retirees and to foster a mutually beneficial relationship between retirees and the University by contributing to the UGRA's operating costs.

My contribution is \$.....

Name..... Date.....

Address.....

City/Province..... Postal Code.....

Email..... Phone.....

(Note that the email address will be used for UGRA communications only.)

Please make your cheque payable to the University of Guelph Retirees Association. Mail this form with your cheque to: University of Guelph Retirees Association • PO Box 48-4916 • University of Guelph • Guelph Ontario, N1G 2W1

Electronic Payment

Instead of mailing in a cheque, you can now make a secure donation to UGRA electronically using PayPal and your credit card on our web page at: <https://ugra.ca/join-us>. You can also use e-transfer to pay using the email address ugraEtransfers@gmail.com. If you are new to e-transfers, we have provided a short primer <https://ugra.ca/join-us>



UGRA

Fall 2023

How to Contact Us

Don't hesitate to contact us with your questions, comments, and concerns. To advocate on your behalf, we truly want, and need, to hear from you. Here are the ways to contact us – don't forget to provide your name and contact information in your message so we can follow up promptly.

By Email:

ugra@uoguelph.ca

By using the 'Contact Us' tab on the UGRA website:

<https://ugra.ca>

By Letter:

University of Guelph
Retirees Association
P.O. Box 48-4916
University of Guelph
Guelph, ON N1G 2W1

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Do you have something to sell, rent, buy or announce for the next edition of the Newsletter? You may purchase space for a coloured box ad of various sizes, or a simple classified ad by contacting the Editor for prices. The next deadline is Friday, January 12, 2024.



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