

The Uxbridge COSMOS



Volume 16 No. 13

YOUR UNIVERSE

Thursday, April 2, 2020



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MAKING SOME NOISE - Helen Pring takes part in a "Pot Party" that was held on Jonathan St. on Saturday evening. "Party" goes banged on pots and pans to show support and thanks to front line healthcare workers during the COVID-19 pandemic. Inset: A Christmas light display by local business Brian J. Evnas Financial Services, lending support for those working in healthcare and other precarious jobs.

Photos by John Cavers & Lisha Van Nieuwenhove

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Uxbridge officially declares state of emergency

by Roger Varley and Lisha Van Nieuwenhove

In a special video council meeting Tuesday morning, Uxbridge council passed a resolution declaring a state of emergency.

"Folks, we're looking at countries around the world - certainly the United States - and we see this health crisis, and we know that we need to be prepared to act. We've been working with our fire chief [Phil Alexander] on this, and he has recommended that we take this action."

Alexander, whose role under the declaration will be Community Emergency Management Coordinator, explained that the resolution was a logical next step in guiding the township through the pandemic. "This is an extension of the municipality's power," he said. "Council has already provided additional powers to the mayor and to the chief administrative officer - this will give the municipality further agility to respond to things that may or may not occur with regards

to this pandemic."

Under the declaration, Mayor Dave Barton can immediately put into operation the township's Emergency Management Plan. Combined with a directive issued jointly by the Solicitor General and the Minister of Municipal Affairs, it means, among other things, that the township's bylaw officers can be authorized to enforce orders under the province's Emergency Management and Civil Protection Act (EMCPA). Until now, only police officers authorized under the act could enforce EMCPA directives.

"We are obviously taking this situation very, very seriously, and we will continue to keep everyone informed. We appreciate everyone's support as we flatten this curve," said Barton.

The declaration was effective March 31.

Tuesday's emergency meeting was the second council meeting conducted via a Skype-like network, with all council members logging in from their homes. In the first such meeting, held on

March 25, Barton praised the community at large for its efforts "to make sure the pandemic does not take hold in our community." He said his message to all was to "stay home," and he repeated the message during Tuesday's meeting.

The township has laid off 95 seasonal and casual workers due to COVID-19 and the closure of municipal facilities. Barton said the township has kept as many staff as possible working, but noted the closure of facilities such as the arena, Uxpool and the Music Hall is resulting in a loss of revenue which would be exacerbated by keeping on unnecessary staff.

Meanwhile, as the pandemic continues, daily life continues to be affected. The latest "casualty" from the coronavirus pandemic - the annual Huck Finn Fishing Derby is officially cancelled. Organizers say that any donations or prizes that have been received to date for this year's event will be held onto for use at next year's Huck Finn Day.

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Council & Committee Meetings

Meeting Schedule for the Month of April, 2020

Monday, April 6, 10:00 a.m.
COMMITTEE MEETING

Monday, April 13
NO MEETING - EASTER MONDAY

Wednesday, April 15, 7:00 p.m.
COMMITTEE OF ADJUSTMENT
MEETING

Monday, April 20, 10:00 a.m.
COMMITTEE MEETING
1:30 p.m.
COUNCIL INFORMATION SESSION
(Closed to the Public) - CANCELLED

Monday, April 27, 7:00 p.m.
COUNCIL MEETING

Tender U20-06

Propane Furnace
Zephyr Community Centre

Sealed Tenders will be received until 2:00 p.m. on Tuesday, April 21, 2020 by:
Debbie Leroux, Clerk
Township of Uxbridge
51 Toronto Street South
P.O. Box 190
Uxbridge, Ontario L9P 1T1

Lowest or any bid not necessarily accepted.

This Bid Document is posted on the Township of Uxbridge's website at https://uxbridge.ca/bids_and_tenders under Current Bid Opportunities.

**Concerned about
COVID 19?**

visit

www.durham.ca

**Feeling symptoms?
Call the Durham Health
Connection Line
1-800-841-2729**



Uxbridge at a Glance

The Corporation of The Township of Uxbridge
51 Toronto Street South, P.O. Box 190
Uxbridge L9P 1T1
905-852-9181 info@uxbridge.ca



Effective Monday, March 30, all Township of Uxbridge facilities will remain closed until further notice.

- Huck Finn Fishing Derby is cancelled this year.
- Scot Pine Thinning Day at Countryside Preserve is cancelled.
- Off-leash Dog Park is closed until further notice.
- Water and sewer bill payments are not accepted at Town Offices.
- Indoor and outdoor recreational facilities, playgrounds, basketball courts, tennis courts, baseball diamonds, playgrounds, outdoor fitness equipment, the skate park and the pump park are closed. Parks, trails and the Countryside Preserve remain open for use at residents' own risk. Please maintain a 2 metre (6 feet) physical distance between other users.
- The Township of Uxbridge Municipal offices are closed to the public. Sale of transit tickets, garbage tags and recycling bins is suspended. Please direct inquiries to 905-852-9181 or info@uxbridge.ca
- Uxbridge-Scugog Animal Shelter is closed to the public. Pet adoptions and donations of supplies are suspended at this time. Call 905-985-9547 between 10 am and 5 pm for assistance with sick or injured domestic wildlife and animals at large.
- Fire Ban in full effect throughout the Township - no permits will be sold, no open-air burning of any kind will be permitted until further notice.
- Water Sample dropoff at Town Offices has ceased - residents may visit 181 Perry Street, Port Perry. Drop off sampling east side rear entrance. Telephone Number: 905-985-4889
- All Advisory Committees and meetings held at Township offices are suspended until further notice.
- Uxbridge Public Library is closed.
- The Arena and all programs and rentals (i.e. public skating) have concluded.
- Uxpool, all programs, camps and all rentals are suspended.
- The Music Hall has suspended performances and rentals.
- All Senior's Club programming at the Seniors Centre is suspended. The building will remain open for the tenant, CCAC, to operate at their discretion.
- All Community Halls are closed. Requests for new rentals will be reviewed on a case-by-case basis moving forward.

Please visit www.uxbridge.ca for a current list of closures and updates.

Craving Fresh Air and Exercise?

A selection of area trails remain open. Follow the links below to plan your next excursion, and remember to maintain proper social distancing from other visitors:
Check www.discoveruxbridge.ca/trails for updates.

Toronto Region Conservation Authority (TRCA) trails will not be maintained until further notice. Please use discretion, as you are entering at your own risk and check www.trca.ca/parks/ for updates.

Durham Forest or other trails may be closed. Please check for updates at www.lsrca.on.ca/enjoytheoutdoors

Self-guided Art and Historical Tours

If you are looking for an interesting walk, or scenic drive, consider embarking on a self-guided Art Tour or Historical Tour around Uxbridge.

Visit discoveruxbridge.ca/art-tour/ or discoveruxbridge.ca/historical-walking-tour/ to begin the fun!

From the Tax Department

The next tax installment is due on April 28, 2020.

To minimize the financial strain that COVID-19 may cause residents and business, the Township of Uxbridge will implement a two-month grace period, effective from the April 2020 installment date.

If you are unable to pay the full installment by the end of April 2020, no late penalties will be charged for the months of May and June. You will have until the end of June 2020 to pay the April installment.

Notice from Municipal Property Assessment Corp. (MPAC) about request for reconsideration

The RfR deadline is usually March 31 of the applicable taxation year. However, given the emergency declared by the Province of Ontario, pursuant to the Emergency Management and Civil Protection Act and regulations made thereunder, the RfR deadline for the 2020 taxation year will be 16 days after the emergency is lifted.

Contact MPAC at 1-866-296-6722 or visit www.mpac.ca for more information

Local Resources to Assist

Do you need help, or can you help?

- Walmart Uxbridge and Zehrs Uxbridge provide health-vulnerable and seniors-only shopping hours from 7-8 am daily
- Vince's Uxbridge provides order picking, delivery to car or home-delivery service
- Several pharmacies offer home delivery of prescriptions and medical aides
- Durham Region Transit is temporarily not requiring fares to use the transit system.
- Uxbridge Helping Hand - a volunteer task force will run errands, pickup drug prescriptions, shopping or supplies.
uxbridgehelpinghand@gmail.com
- Community Care Uxbridge 905-852-7445
- Tourism Support:
www.tiaontario.ca/cpages/covid19
- Durham Region Support for Business:
investdurham.ca/covidresponse
- Federal Support for Business:
www.canada.ca/en/departement-finance/economic-response-plan/covid19-businesses.html
- Laid off workers can apply for Employment Insurance:
www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html
- Community Resources/Financial Security:
www.durham.ca/en/regional-government/covid-19-community-resources.aspx#Financial-Security
- Unsheltered Residents:
www.durham.ca/en/living-here/emergency-shelters.aspx

Remain up to date:

- Get the most up-to-date information about COVID-19 in Durham Region at:
durham.ca/NovelCoronavirus
- Uxbridge Health Clinic (Dr. Carlye Jensen and Dr. Jennifer Wilson) provides regular updates at:
www.uxbridgehealth.ca/covid-19

Seniors Social Check-In Project

Are you a senior who would like to stay connected by receiving updates on Township and local resources and initiatives? Sign up for our Seniors Social Check-In Project by emailing hjarvis@uxbridge.ca or calling 905-852-9747. Our telephone check-ins are intended to be a source of information to help guide you through these next few weeks and months, while also giving you an opportunity to chat with someone new.

Township of Uxbridge Employment Opportunities

Full details on employment opportunities for students and adults looking for summer employment within the Township of Uxbridge can be found at
uxbridge.ca/employment_opportunities

Township of Uxbridge documents are available in alternate formats upon request.
Please fill out the Request for Alternate Formats Form at uxbridge.ca/accessibility

email: accessibility@uxbridge.ca
phone: 905-852-9181 ext.209

Stay-at-home cures for coronavirus cabin fever

The following is primarily a list of various activities compiled by Central Counties Tourism and York Durham Headwaters. It has been edited to include primarily local businesses and information received independently by the Cosmos.

While we're all trying to keep our distance, there is no denying that keeping the kids busy is top of mind. Luckily, we've got solutions for you! Here are some highlights from the township and beyond:

Canada's Wonderland has roller-coaster cams that can take you on crazy rides from your couch! Visit the Canada's Wonderland channel on YouTube for more.

Preston Gallery in Uxbridge is doing the "Preston Gallery Art Wave," collecting drawings, stories and anything else creative from the community that it can digitally share with hospitals and nursing homes to put a smile on come faces. Download art at prestongallery.com/prestongallery-art-wave There's also a drop box at the gallery for works that need to be scanned.

The Latham Art Centre in Stouffville wants art for its virtual commu-

nity sketchbook.

Crock A Doodle in Stouffville has all kinds of craft kits to go. Give them a call at 905-640-1284 to find out more about their offerings.

Too Good General Store in Unionville has just added pillowcase paint kits and soapstone carving kits for some at home crafts to their website.

There are also many offerings from culinary whizzes and local farms in York Durham Headwaters. They've rounded up some of the take home, delivery, and curbside offerings from around YDH.

Reesor's Market in Whitchurch-Stouffville is accepting orders by phone with curbside pick up. Phone order and pick-up hours are 8 a.m. to 3 p.m., Monday to Saturday. Please call 905-591-0962 to place your order and arrange a pickup time.

King Cole Ducks in Whitchurch-Stouffville remains open - Farm Fresh store hours are 9 a.m. - 5 p.m.

Also in Stouffville - Main Street Bakehouse is selling care packages. Choose from an assortment of boxed options - scones, muffins, cookies, tarts, donuts, cinnamon buns, cia-

batta. Available on Saturdays and Wednesdays. Store front pick up. All packages are made to order; please pre-order.

Cooper's Farm in Uxbridge is offering pick-up orders. Send them a Facebook message through the Cooper's Farm Facebook page to arrange your order.

Willowtree Farm near Port Perry is offering free grocery delivery services to the Port Perry area for residents who are self isolating or are quarantined. Simply call 905-985-4973 or email alyson@willowtreefarm.ca to place an order. You can pay online or by debit/credit at the door.

Brooks Farm in Mount Albert (Uxbridge) is offering curbside pickup for food sales. Follow along on the Brooks Farm Facebook page.

Urban Pantry in Uxbridge is offering isolation take-out and delivery Thursday to Sunday, 11:30 a.m. to 8 p.m. Special menu available on their website. Please call ahead at 905-852-5050 and place your order in order to encourage social distancing. Dining room is closed. Delivery available within a 10 minute driving distance from restaurant.

Municipal service changes in effect this week

by Roger Varley

With the COVID-19 pandemic affecting municipal operations on a daily basis, a regular update on scheduled events is always in order.

The scheduled thinning of Scotch Pine at Countryside Preserve has been cancelled, and the off-leash dog park is closed until further notice.

Water and sewer bill payments are not being accepted at the township offices. For now, bill payments should be sent directly to the region. As well, water sample drop-offs have been suspended. Residents may take water samples to 181 Perry St. in Port Perry. Drop offs are done at the east side rear entrance. Sale of transit tickets, garbage tags and recycling bins is suspended.

The Uxbridge-Scugog Animal Shelter is closed to the public and pet adoptions and donations of supplies are suspended. For sick or injured domestic, wildlife and animals at large, call 905-985-9547 between 10 a.m. and 5 p.m. for assistance.

The township is starting a telephone check-up with senior residents. The phone calls from various staff members are meant to give seniors a chance to chat with someone and provide up-

dates and information. Anyone wishing to receive a check-up call should phone 416-559-7016 to sign up. The township is not allowed to call without explicit permission.



2019 Novel Coronavirus (COVID-19)

What you need to know to help you and your family stay healthy.

- Only visit an assessment centre if you have been referred by a health care professional.
- Avoid non-essential travel.
- Monitor for symptoms after travel.
- Avoid large gatherings.
- Be prepared, but avoid panic stocking.
- Caring for those who are ill? Take precautions.
- Clean high-touch surfaces regularly.
- Order your prescription medication.
- Practice cough and sneeze etiquette in transit.

If you have symptoms, take the self-assessment at ontario.ca/coronavirus. Or call Telehealth Ontario at 1-866-797-0000 (TTY: 1-866-797-0007) or your public health unit.

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As the world continues to deal with the COVID-19 pandemic, the Cosmos continues to bring readers the latest on what's happening in the Township of Uxbridge.

We want to take this opportunity to thank our advertisers for their continued support through these complex economic times. Without advertising, businesses cannot effectively operate in our new "normal."

Without advertisers, the Cosmos would be unable to deliver award-winning local journalism to your mailbox week after week.

Please support the businesses that we feature on our pages. They support all of us, especially now, when we need them most.

Our two cents

A blessing in disguise

You never know what you've got until it's gone.

Now that we're coming up on almost a month since COVID-19 and its fallout really made an entrance into our lives, we're all slowly realizing what it is we had, in comparison to what we don't have now. We won't even take the time to make a list summarizing all the things we're no longer experiencing - we're fairly sure that one would have to be living under a rock to not be acutely aware of everything that is missing in our lives right now. But maybe, just maybe, this pandemic, this virus, this gigantic shift in our universe, is exactly what we needed. Maybe it's a gift to the world right now.

Maybe it's making us use social media for the reasons that it was intended - to reach out to friends and family, to get in touch with those who need to hear from us, to connect with people that we can't be physically close to. In some cases that's people on the other side of the world, in other cases it's people on the other side of a door. The gift is that (some of) the garbage, and haters and negativity are being shoved to the ditch while the majority of people are posting and sharing things solely intended to make other people laugh. Silly games of fill-in-the-blank are making people reveal interesting things about themselves. And some of the memes that are trying to inject a little humour into these scary times are laugh-out-loud, side-splittingly funny. A good laugh is an amazing balm for the soul.

Maybe the virus, while bad for humans, is good for the Earth. We know about the clearer water in Venice, the reduction in air pollution over China - maybe this interruption to the climate-change-news-cycle was purposely orchestrated by Mother Earth to show us *how* we can achieve smaller carbon footprints, reduce emissions, and to convince us that we will survive - nay, thrive - when we change lifestyles that *support* the planet on which we live.

Maybe it's teaching more of us to make lemonade out of lemons. Yes, our freedoms are being taken away, as such, but still we eat. We have homes, families, friends, and even though things aren't as they were when 2020 began, they aren't wretched. Many of us are suffering hard financial impact from all this, and it's a stress that none of us asked for. Remember, though - *we* are in control of how we *react* to what is happening to us. We can choose to wallow in despair, fretting over various imagined outcomes, or we can choose to rise to the challenge, no matter how daunting, pull up our socks and find positive, meaningful solutions. It may mean that nothing was like it was before - and that's a very good possibility. Nothing *will* be like it was before. In fact, it would, on several levels, be very sad if, once all of this is over, everything goes back to the way it was. If the haters return to Instagram, if we all retreat into ourselves again, if we stop checking on one another and earnestly wishing one another health and wellness when we communicate - it will be awful if those things go by-the-by.

That's why we wonder if the coronavirus is, in a small way, a gift. Outside of the sickness, death, stress and economic disaster that it's wreaking, it holds the possibility for everyone affected by it (and that's all of us) to learn and make a changed world a better world, both within the confines of our own homes, and globally. *When* the virus goes away, we hope it leaves traces of the many blessings it hid within its virulent spheres.



Letters to the Editor

Re: "New money paves the way for cyclists to enjoy local roads" March 5 edition.

In response to commentary on this article, the Uxbridge Cycling Club would like to thank the Township of Uxbridge for its investment to make our roads safer for both cyclists and motorists. When roads deteriorate, it is difficult for cyclists to find a safe path to keep tight to right when cars need to pass.

The rolling hills and beautiful countryside in Uxbridge Township attract cyclists from all over Ontario. It is the training ground for three young athletes from our community that perform and excel on the world stage in mountain bike racing and Cyclocross. We should take pride in our community and welcome visitors to enjoy all we have to offer.

The majority of motorists are respectful of cyclists, as most drivers understand that we all share the road with a variety of users, from school busses with their frequent stops, to tractors to transport trucks with different maneuvering and stopping abilities. But cyclists, perhaps more than any other group, are at the mercy of motorists, which is why the angry Letter to the Editor that called us ignorant, belligerent and uncaring isn't just false, it's promoting a dangerous attitude.

The Highway Traffic Act (HTA) requires bikes (and cars) that are travelling slower than the normal speed of traffic to travel in the right lane or close to the right hand curb "where practicable." The words "where practicable" means cyclists are allowed to take the lane due to various road conditions, which may include potholes, construction, street car tracks, grates, parked cars, or other unsafe conditions on the road. From a car, it might not be obvious when a bike is unable to move over, but please trust

that we will move over if we can. Cycling two abreast is perfectly legal in places where it is safe to do so and can be safer for both the cyclist and the motorist.

When you see us on the road, keep in mind that we too are mothers and fathers, husbands and wives; we are your neighbours and friends. When you see a group of cyclists or a cyclist riding on their own, please be patient. Yield the lane to cyclists and only pass when safe to do so while maintaining a clearance of at least one metre - the length of pool noodle extended from the shoulder of the cyclist to the mirror on the right side of the car.

The Uxbridge Cycling Club is a member of the Ontario Cycling Association (OCA). Our ride guidelines are reviewed by the OCA annually. Although we cannot manage the actions of visiting cyclists, we encourage all cyclists to respect the rules of the road and share the road with motorists. We also invite you to come out and join us! Cycling is an opportunity to enjoy our beautiful countryside from a new perspective.

Karen Paterson
President, Uxbridge Cycling Club

Re: Letters to the Editor, March 26 edition

I would like to respond to K. Stiles' reaction to the news that sections of Concs. 3 and 6 are going to be repaved via a provincial infrastructure grant. I expect most residents would welcome improvements to local roads that are not funded by property tax dollars, but Stiles apparently believes these improvements will only benefit cyclists - a group he/she takes issue with because they do not ride in single-file and do not stop at stop signs.

Cyclists are required to stop at stop signs and they are violating the High-

way Traffic Act (HTA) if they don't. Local cycling groups constantly remind their members to comply with the law. Having said that, some cyclists are considerate and law-abiding and others are not. This is also true for motorists and pedestrians. Check the speed indicating device on Elgin Park Dr. if you want to know whether the majority of drivers comply with the law! From personal experience on my bike, I know that the vast majority of motorists give me the required one meter of space when passing, but a few apparently think it's fun to make me wobble in their slipstream as they pass a few inches away at high speed.

As the letter writer pointed out, every road user has an obligation to share the road with others, and demonizing one particular group because of the actions of some members is unhelpful. We are inevitably going to see an increase in bicycles because cycling is a healthy, sustainable and pleasant way to get around. Motorists and cyclists need to find ways to co-exist rather than fight - because neither cars nor bikes are going away any time soon!

Phil Smith
Sandy Hook

I am glad you reported on the KPMG airport study [March 12 edition]. I also read the executive summary that was released. I cannot see how John Henry or anyone else can misunderstand the report so badly. I understood clearly that there is no case for the airport before 2036. The report did not research beyond 2036 because forecasts would be too uncertain. I personally hope that we will have high speed rail between Toronto, Ottawa, Montreal and Quebec City by then and that air traffic is reduced.

Elizabeth Carswell
Uxbridge

The Uxbridge COSMOS

9,500 copies of The Cosmos are published each Thursday in the Township of Uxbridge: 8,800 delivered by mail, 700 available in stores and boxes.

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Office Hours: Monday - Thursday 9:30 a.m. - 5 p.m., Friday to 4 p.m.

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Am I Wrong?

column by Roger Varley

This fragile thing called freedom

It goes without saying that the COVID-19 virus is turning the world upside down and governments everywhere are searching for ways to contain the infection rate. Everyone is being asked to do their part in halting this scourge. Many, if not all, of the measures being taken are designed to protect everyone in this stressful time and, for the most part, we understand that they are necessary.

At the same time, however, the responses of governments to COVID-19 are an object lesson in how fragile are the freedoms we take for granted, how fleeting this thing called democracy can be.

Let me be quite clear about one thing: no one can disagree that these extraordinary times call for extraordinary actions. But having said that, the current situation illustrates just how easily - and how fast - governments can seize unprecedented power over the people and enforce that power without opposition.

Since COVID-19 hit us, various levels of government have responded with what started out as fairly benign moves to stop the spread: school closures, for instance, or asking travellers returning from foreign climes to self-isolate. But over a short period of time, those responses have begun to take on an almost Draconian tinge. Now, more and more governments are talking about using police powers to make everyone conform to "the new normal." In Quebec, a woman was arrested recently for being outside while under a quarantine order. Prime Minister Trudeau is contemplating bringing into force the Emergency Act, which would give the federal government sweeping powers that override even the provinces. And, as announced this week, Uxbridge council has declared a coronavirus emergency, which could see local bylaw officers authorized to enforce provincial emergency measures dictates.

All of which might be necessary, but once a government has exercised such power, it is difficult to give up that power. It's simply human nature. For example, Mayor Dave Barton posted on social media a few weeks ago that people using the pump park were not practicing "social distancing" and if they didn't he would close or disable the park. Having issued the warning, it was perhaps too much of a temptation to flex his mus-

cles, and he closed down the park, along with every park, playground and outdoor facility in the township. As it turns out, many other municipalities were doing the same thing, so it was an action of necessity as much as anything else. But, as one writer put it: "The great weakness of power is its incapacity to limit itself. When power marches forward, its last step invariably justifies the next step."

Many of you are probably nodding your heads and saying it's okay with you because all these measures are being taken "for the public good." But replace COVID-19 with some other type of emergency where the government will tell you they are acting "for the public good." Your freedom to associate with others, to travel, to work can be impacted just as easily. In fact, whatever so-called freedoms we have can be taken away in a moment by a government. If a government decides to declare an emergency, the public has no right or power to disagree, even in a democracy which elected said government.

One thing I'd noticed is that, right up to the end of March, no government had frozen prices to prevent gouging or done much to go after the scam artists who were/are playing on people's fears. Last week, while watching a video on YouTube, I saw a pop-up ad which said: "Coronavirus warning: Uxbridge. Take these crucial steps to prepare." Believing it was something put out by the township, I clicked on the ad, only to find it was someone trying to sell me something. Turning the police on these bottom feeders would perhaps be better than having police go out with tape measures to make sure we're all six feet apart.

One last thought: just how long will this social distancing and staying at home last? Estimates from some quarters say it could be weeks or even months. It seems to me that over time, a lot of people are going to reach the point where they've had enough. What then? Riots, civil disobedience, social breakdown? If that happens, watch for the police to be deployed "for the good of the people." Remember the G7 police response in Toronto.

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

Necessary isolation defies nature

Monday was Day 10 of our physical distancing. As I've done most days of my wife's and my voluntary isolation, I emerged from my house early enough to retrieve both the newspaper at the foot of my driveway and at my neighbour's. Coincidentally, he came out his front door at the same time. Keeping our distance, I tossed him the paper.

"How're you doing?" I asked.

"Bored!" was all he said.

He didn't have to say another thing. We nodded, smiled. He went back inside. I went on my way. A few times over the past 10 days, my wife and I have walked together to escape our boredom inside the house, but under normal circumstances I walk alone. Even so, solitary steps during a self-isolating pandemic looked, sounded, felt, even smelled different this week. With most people indoors, early in the day, I smelled wood-burning stoves a lot more, bacon and eggs, and yes, even the aroma of hand disinfectant. The few people I met generally veered to the far side of the road or sidewalk; there was a nod of recognition as we each gave way to the prescribed two-metres of space. It felt so clinical, cold, impersonal.

The mind goes to odd places while walking outdoors during a global pandemic. Among my thoughts: It must be the absolute best time to be a dog; if I thought canines had deductive brains (maybe they do), they've got to wonder why everybody - not just the regular guy or gal with a leash - wants to take them for a walk. And if, as they say, dogs' noses contain 40 times the number of nasal receptors that we do, walking with so many of their own species out there must be an olfactory smorgasbord for dogs.

Friends have commented about the contradictory nature of human confinement, else why would incarceration - solitary or otherwise - be considered such a powerful deterrent. So much human activity - conversation, cultural expression, economy, political engagement - happens face-to-face or certainly in the presence of others. But too often the confinement of this pandemic has become inhuman, indeed inhumane. We've watched excruciating stories this week about family members prevented from attending their loved ones at seniors' or health-care facilities. Inside, residents suffer from the ravages of the virus - forced by quarantine to be alone - while outside their spouses, siblings or offspring ache to be inside to at least provide tangible comfort. Such isolation on both sides is anathema to normal human interaction, but - they tell us - it's vital and neces-

sary to flatten the curve of COVID-19.

While not nearly as painful or life-threatening as these circumstances, I miss the human contact of my work - interviewing sources, collaborating with other broadcasters, public speaking and mentoring students. I was a reporting and broadcast instructor for 18 years at Centennial College, in part to give back to the profession. The truth be known, however, I also taught to stay in touch with the next generation of journalists who will practise, improve and validate the need for the public to know. I thrived on the privilege to speak to students in a lecture hall, writing workshops or story meetings. Human interaction.

I can remember one or two other moments of forced distancing due to health in my life. When I was 14, during a pickup baseball game on the last day of school in 1963, the catcher and I (playing shortstop) chased the same pop fly; we collided head-on on the pitcher's mound. I broke my nose, lost my front teeth and was unconscious for several minutes. When I came to and they pieced me back together, I was laid up in bed (during the first weeks of summer holidays) recuperating. That was the summer I first asked my dad what he'd done in the Second World War. What he told me and what he didn't, sparked my curiosity for a lifetime (the product of which filled the pages of my history of medics published last fall). Then, in the 1980s, I was bed-ridden and self-quarantined for a week with pneumonia. That's the closest I ever want to come to a serious respiratory infection or complete social isolation.

On Monday morning, the same day I tossed my neighbour his newspaper this week, I followed one of my regular walking paths across town - giving way to a few other strollers, joggers and dog-walkers - and made my way toward the last leg of my regimen, up a hill on the north side of town. Part way up, I spotted a large wooden sign recently erected on a front lawn. Painted in black letters was a message for all to read.

"Hello Neighbours," it said. "We are all in this together. Stay Strong."

I only wish I could have heard the author speak his encouragement to me personally, so that I could offer the same back face-to-face. It's only human nature.

For more Barris Beat columns, go to www.tedbarris.com

What's open & closed in Uxbridge

continues to be updated daily online. Visit thecosmos.ca for the latest.

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for details

Tips for talking through a tough topic at a tough time

The following is a portion of the weekly COVID-19 newsletter that is produced by local Drs. Carlye Jensen and Jennifer Wilson. Dr. Jensen is the chief of staff at Uxbridge Cottage Hospital, and Dr. Wilson is the president of Uxbridge Health Centre.

"What if" discussions can sometimes be a lot of fun: What if we won the lottery? What if I go blonde? What if we had twins? These discussions can also be very challenging: What if I fail? What if I don't know what to do? What if I lose my job? What if I

lose someone I love? Sometimes these "what if" discussions can be so hard that people avoid them all together.

We have some "what if" questions for you to think about. What if your loved one got sick and you didn't know what their wishes were? What if you couldn't talk to them or visit them? If these questions make you uncomfortable, that is normal and expected. We know that this may be uncomfortable, but we encourage you to keep reading and thinking about these "what if" scenarios, because planning and preparing for fu-

ture events can also provide peace of mind to individuals and their families amidst the uncertainty of these unsettling times.

To help your discussions, we have gathered some important information for you.

What care can be provided for COVID-19?

There is no cure for COVID-19, but care can be provided to help support people through the illness. This may include oxygen, intravenous fluids, acetaminophen and other medications to support the body.

In severe cases, intubation and ventilation is required. This is when someone is given medications to put them to sleep (much like going under anaesthesia for surgery) and they are put on a breathing machine (often referred to as 'life support') in an intensive care unit (ICU). Most people who need this level of care need to be on the ventilator for two weeks. About half of all people who go on this type of support will survive. Persons who have underlying conditions like diabetes, heart disease, COPD, high blood pressure, active cancer or dementia are much less likely to survive.

What if I don't want to go on life support? What then?

While there is not much that can be done to cure COVID-19, patients can be supported with medications to help them through the illness, and if things don't look to be improving there are many things we can do to relieve suffering. We can use medications to help reduce pain, fever, shortness of breath. Most impor-



Photo courtesy of dailycaring.com


tantly, we as healthcare providers can be with you and care for you.

Our job as health professionals is to provide you with the best care possible, and in order to do so we need to know what your wishes are. Here's what we hope you will do:

Start with yourself. Think about what your wishes would be if you were to fall sick. Would you want to stay in your home or go to a hospital? Would you want to go into an intensive care unit (ICU) and receive life support?


Next, talk about your wishes with your loved ones. Ensure that your family members understand your goals of care.

...continued on next page



**Uxbridge Music
Scholarship Trust**

To Encourage and Support



The Uxbridge Music Scholarship Trust is grateful for the support of the community. With your assistance we have been able to award \$79,950.00 in scholarships to 61 students over the past 20 years.

We had a fabulous concert on Leap day, and normally we would have a Rising Stars concert for our excelling young musicians in April. Sadly, due to the coronavirus, we must postpone this event to a future date.

At the moment, we have not cancelled our May 30th adjudications but in light of the current uncertainty we may hold applications at a future date or assess the scholarship candidates in an online format.

We would still encourage applying to our scholarship for intended post-secondary music studies. There's no fee to apply. Our application deadline is **May 15th**.

Please visit our website www.UxbridgeMusicScholarshipTrust.com for application information and details of award criteria.

Our 20th anniversary CD is now available, and donations are gratefully accepted. Music will always remain important for our society and we hope to continue to foster this art form. Please continue to practice and nurture your performance abilities. We wish you all a safe and healthy journey through these difficult times. 🎵

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All trails soon to lead to IKEA

by Jonas Fornander

Soon there will be a new reason to “start the car” and head out to the trails that wind their way through the Township of Uxbridge. IKEA has announced that it plans to build a “small urban format” store in north Durham, and wants it to be a part of the Countryside Preserve.

“To create a better everyday life for the many people – that is what we can bring to Uxbridge,” says Guén Grien of the store’s vision.

Grien, a spokesman for the store, told the *Cosmos* in an exclusive interview that the globally-known home lifestyle chain that it is excited to bring a small, sustainable store to the Preserve because the mandate of being environmentally friendly is common to both the Township of Uxbridge and IKEA. And the lack of an IKEA store north of the GTA means that potential customers have to drive further to get to a store, which increases individual carbon footprints.

“We want that people do not drive their cars so far to get to IKEA,” says Grien. “If they come to Uxbridge and they park their cars, it is less than for them to drive to the city, and that is good for the air, ya?”

Grien also revealed that the store itself would be situated well within the Countryside Preserve, and would only be accessible via bikes and walking. Customers must park their cars at places that are already in use. For customers who make large purchases, electric golf carts will be available for them to load up their purchases and take them to their car.

“Oh, the space is so perfect,” says Billy Ektorp, a cashier with a Toronto IKEA who hopes to move to the new store when it’s built. “It’s so lush and green, and IKEA is just so into doing things green. They’ll match!”

Sven Helfrieses-Ober is the project manager for new store, and says that



The proposed “small urban format” store, to be located on the Countryside Preserve in Uxbridge, will be similar in design to the store that is currently being built in Vienna, Austria, pictured above. The IKEA Preserve store will also aim to be as green as possible, with a publicly-accessible roof garden and with 160 trees on the building, as well as choosing sustainable building materials.

Artistic rendering of Vienna store

he hopes Uxbridge residents don’t mind the presence of the store too much.

“We know that a lot of people love this open space, your Countryside Preserve,” says Helfrieses-Ober, “and we are committed to only building

just a – how you say it – *mycket liten* [Swedish for tiny] store here in Uxbridge. It will make sure the people won’t drive so far, but they still have way to IKEA. Because everyone should have the IKEA.”

...continued on page 9

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Community Care Durham announces "Community to Table" service

Amidst the challenges of COVID-19 and social distancing, Community Care Durham has developed a new service, the Community Food Box.

Each week, CCD, a local community health and social services non-profit organization, along with the support of local businesses and farms,

will assemble a comprehensive food box containing the essentials for healthy eating. Food Boxes will be delivered to clients by CCD volunteers

and staff.

The idea of the Food Box is to evolve the list of partners to continue supporting local businesses and Durham Region residents in bringing a "community" experience. This week's food box includes items purchased/donated by Annina's Bake Shop in Goodwood.

CEO James Meloche explains that the non-profit is building on its popular Meals on Wheels program.

"We are launching this program in response to the many requests for assistance in groceries and food security. We see this as opportunity to help local businesses - farmers, bakers,

restaurants - to not only respond to the current health crisis, but to help keep their staff employed and business sustainable."

Food Boxes can be purchased for \$30. Order on Monday with free delivery of your Food Box to your door on Friday. Please call 1-888-255-6680 to order. CCD will continue to offer the hot or frozen meal program.

If local businesses are interested in partnering, please contact Meloche, at jmeloche@communitycaredurham.on.ca If you are interested in volunteering to deliver meals or food boxes, please call 1-888-255-6680 to learn more.

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ANNE POWELL

(née Sutherland)

1939 - 2020



With sad hearts we announce the sudden passing of Anne Powell of Leaskdale on March 28, 2020, at the Uxbridge Cottage Hospital.

Anne will be remembered for her twinkling sense of humour and hearty laugh, her desire to help others and the tireless way she tackled projects. She was a fiercely loyal mother, grandmother, and friend to many.

Born in Toronto to Kay (Cleverdon) and Harold Sutherland on December 11, 1939, her official name was Kathleen Anne, but she was always known as Anne (with-an-E), or "Suds" by her school chums at Malvern Collegiate High School, and then at The Hospital for Sick Children's School of Nursing, where she graduated in 1960 as a registered nurse. She will be missed at her class's 60th reunion this year.

In addition to her nurse's cap, Anne wore many other hats through her life: poet, genealogist, dog breeder, Obedience instructor, Girl Guide leader, store owner, real estate agent, family historian-archivist-storyteller, politics-addict, fundraiser, reader, thinker, debater, communicator, baker, gardener, costume maker, dollhouse builder, knitter, and crocheter. An active member of St. Paul's Leaskdale, she ran the TIAO and Knit-a-Square missions, which provide children in Africa with hand-made blankets. Anne's strong faith reassures us she will be greeted with a ball of yarn, a crochet hook, and the assurance that her hands will never again cramp as she works away at creating beauty and warmth for those who need it.

Anne was a devoted mother to Kelly (Boehm) and Wendy (Lewis), a proud Gaga (grandma) to Kate Boehm, Michael Boehm, Brian Boehm, Amelia Murray and Madeline Murray, a feisty mother-in-law to Rick Boehm and Rob Murray, and best buds with her snuffly pug, Meeka. Her absence will be keenly felt by her beloved family and many, many friends.

Arrangements are entrusted to Low and Low Funeral Home, Uxbridge. A private burial will take place on Friday, April 3, at the Foster Memorial Cemetery, and a Celebration of her wonderful life will be announced in the near future. In lieu of flowers, and if desired, memorial donations can be made to St. Paul's Leaskdale. To leave a condolence please visit www.lowandlow.ca.



Presidents' Comments;

Due to the COVID - 19 virus and at the direction of the Provincial Government our Uxbridge Legion Branch 170 is closed until further notice. All meetings, events and bookings are cancelled until further notice.

This is a difficult time for everyone but as long as we all do our part to halt this virus we will come out for the better. Our Executive will continue to conduct business: paying bills, checking our building, checking messages and will continue to make decisions to keep our Legion running so that we can come back stronger than ever.

I want to let the Veterans, Widows of Veterans and Legion Senior members know that if there is anything that we can help out with (picking up groceries, medications) that we are here for you. You can call the Legion at 905-852-5293 and leave a message or in the case of an urgent need you can contact our Service Officer Gene Fisher at 647-968-0635. Please keep safe, stay healthy. You are all in our thoughts and prayers.

Till we see each other again at the Legion.

Yours in Comradeship,
Sherrill Hodgson, President
Uxbridge Legion Branch 170



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Township to offer limited tax relief to residents

by Roger Varley

With businesses shut down across the nation due to COVID-19, and bank accounts suffering the consequences, the township has announced that it can offer a little relief to property tax payers.

At the March 25 council meeting, township treasurer Donna Condon submitted a report to council that revealed that the township "is limited in the type of relief that may be provided." However, she proposed - and council agreed - that a two-month grace period be adopted on April tax installments with no penalty or interest. Payments due on April 28, however, will remain in effect.

As well, the first installment of

the 2020 final property tax bill - due at the end of June for residential and the middle of July for commercial/industrial - will be delayed until July 27, 2020, for residential properties and August 17 for commercial/industrial properties.

Condon said the township is also asking the province to delay due dates for school tax payments and is seeking flexibility the part of the region on due dates for the regional portion of property tax bills.

Details on Pre-Authorized Tax Payments (PAPs) can be found online at uxbridge.ca/news_Notice_Regarding_Pre-Authorized_Tax_Payments

Ask the tough questions, from page 6

Contact your family physician to discuss the best options for achieving your desired care. (Trust us: physicians want to hear from you so they can provide the best possible care.)

Finally, document your goals. Make sure that your family and physician or nursing team have your wishes clearly documented to guide your healthcare team.

If you have a loved one whose wishes have not been clearly expressed, recognize that they may not know how to start the conversation. You can help by sharing this information with them and asking if they have considered these "what if" questions. Encourage them to discuss this with their family physician and to document their wishes so that, if they get sick, you can ensure that they receive the best possible care.

'Stop the Spread' - Durham police provide civilian reporting

The Durham Region Police Service has adjusted its response protocol for gatherings of more than five people, as required under the Emergency Management and Civil Protection Act. Citizens can now report a gathering of more than five people or a non-compliant business on www.drps.ca under Online Services - Community Concerns.

Citizens can also call the non-emergency line at 1-888-579-1520, ext. 5802 and leave a message. The DRPS will endeavor to respond to these calls in a timely manner; however, its focus continues to be on emergency calls for service.

Call the Stop the Spread Business Information Line at 1-888-444-3659 for clarification whether a situation falls under the

non-compliance orders. Assistance is available Monday to Sunday, from 8:30 a.m. - 5 p.m. For more information visit ontario.ca/stopthespread.

For the most up-to-date public information about COVID-19 in Durham Region, refer to www.durham.ca/NovelCoronavirus Citizens can contact Durham Public Health via email at health@durham.ca or by phone at 1-800-841-2729 or 905-668-2020.

Reports regarding price gouging must go directly to the Province of Ontario. File a complaint at 1-800-889-9768 between 8:30 a.m. and 5:00 p.m., Monday to Friday, or file a report online at ontario.ca/form/report-price-gouging-related-covid-19

Support Markham Stouffville Hospital / Uxbridge Cottage Hospital's initiative to secure extra donated personal protective equipment (PPE) for front- line staff.

Where: St. Paul's Leaskdale Church

When: Mondays, Wednesdays, Fridays: 10 am-12 noon, 1-3 pm, & 4-7 pm

How: with clean hands place the supplies in a bag. When you get to the church, drive your car under the awning by the main doors and drop your supplies in the container outside the door. Volunteers will safely collect these supplies and store them.

If you have any questions or need someone to pick up donated PPE, please contact 905-852-8584.

Sweden comes to Uxbridge's backyard, from page 7

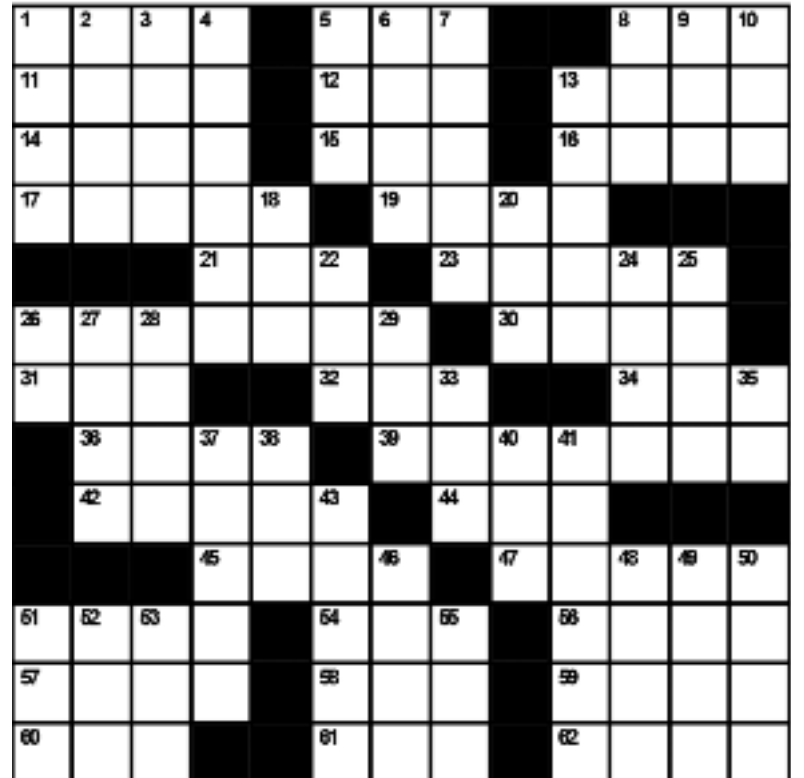
Helfrieses-Ober also said that the tiny store would be modified in that it would not feature a children's play centre, as many of the larger format stores do, but rather a doggy day-care centre, so that shoppers who were out on the trails for a walk with their pup can pop into the store and purchase their meatballs or lingonberry juice concentrate without having to tote Fido through the store. It will, alongside the popular grocery section, feature a snack bar where trail walkers can purchase a frozen yogurt to go.

Guén Grien commented that the new store would not likely begin construction until after April 1, 2021, as the COVID-19 pandemic would hopefully be over by that date, and residents of Uxbridge will likely have stopped rolling their eyes at the prospect of having an IKEA store in the middle of the Trail Capital of Canada. *Glad första april!* (Happy April Fool's, for you non-Swedish speaking readers!)

The *Cosmos* figured Uxbridge could use a chuckle - we hope this helped, even if it was technically a day late. Note: Jonas Fornander did not write this article - he's the man who does the IKEA commercials. Another

note: a "small urban format store" is in fact being built in Vienna, Austria, and is expected to open in autumn of 2021. Source: lonelyplanet.com

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Across

- 1 Broad, flat, thick piece
- 5 Medical emerg. teams, abbr.
- 8 Cut the lawn
- 11 Computer list
- 12 Allow
- 13 Vow
- 14 At all
- 15 In favor of
- 16 Till
- 17 Impressed
- 19 One joule per second
- 21 Alicia of "Falcon Crest"
- 23 "Black ____" 1987 thriller
- 26 Soften
- 30 Soft drink
- 31 Put in rollers
- 32 Mice predator
- 34 Three
- 36 Hot rock
- 39 Relax (2 words)
- 42 Telling a whopper
- 44 Caught
- 45 Render speechless
- 47 Indian vegetable dish
- 51 "The Open Window" writer
- 54 Marvel Comics super villain
- 56 Night light
- 57 Newspaper column
- 58 Orchid arrangement
- 59 Piques
- 60 Pop
- 61 Stately tree
- 62 Sac

Down

- 1 Duck breed
- 2 Left, prefix
- 3 Afresh
- 4 Chest of drawers
- 5 Polar worker
- 6 Plaintive cry
- 7 Farmer's hat material
- 8 Can be referred to as "common"
- 9 Giants manager before Durocher
- 10 Journalist's question
- 13 Surpass in performance
- 18 Some forensic evidence
- 20 Nervous sign
- 22 Time long past
- 24 Hodge-podge
- 25 Stray
- 26 ____ you wish
- 27 Hawk
- 28 "Don't go!"
- 29 Female sheep
- 33 Time delay
- 35 Providing that
- 37 Sojourn
- 38 Army member
- 40 Bowl
- 41 Like some cuisine
- 43 Cunning
- 46 Holiday song
- 48 Lofty nest
- 49 Average guys
- 50 M.I.T part
- 51 Landscaper's grass
- 52 Lawyers' org.
- 53 "Here's lookin' at you, ____"
- 55 Matchsticks game

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What's open & closed in Uxbridge

The Cosmos has assembled this list to help residents navigate services and shops that are open to the public in some capacity during the COVID-19 pandemic.

The Uxbridge
COSMOS

Restaurants

A & W Uxbridge - Drive through/Take out
B & L Country Kitchen - Take out
Boston Pizza - Takeout
Captain George's Fish & Chips - Take out
Extreme Pita - Delivery/ Take out
McDonald's - Drive through/Take out
Pizza Pizza - Take out
Swiss Chalet - Delivery, Take out
Thai Village - Delivery / Take out
Tin Truck - Take out
Urban Pantry - Delivery/Take out
Wimpy's Diner - Delivery/Take out
Dominos Pizza - Take out
Free Topping Pizza - Delivery/Take out
MC Asian Kitchen - Delivery/Take out
Uxbridge Smokehouse - Take out
Pizzaville - Take out
Subway - Take out
Wendy's - Take out
Halibut House - Delivery/Take out
Tim Horton's - Drive through/Take out
Nexus Coffee Co. - Take out (limited hours)
Tin Cup Café - Take out
Col. McGrady's - Take out (limited hours)
The Bridge Social - Delivery/Take out
Corner House Pub - Take out
Hobby Horse Arms - Delivery/take out
The Second Wedge Brewing Co. - Drive through
Wixan's Bridge - Delivery/Take out
Scrambles Kitchen & Bar - Take out (limited hours)
Harvey's - Delivery/Take out
The Bar Café - Take out
Annina's Bakeshop - Take out
Osmow's - Delivery/Take out
Symposium - closed

Village Cupcakery - closed
Chen's China House - Closed

Food Shops

Bulk Barn - Open
M&M Food Market - Open
The Meat Merchant - Open/Delivery
Today's Natural Solutions - Open/Delivery
Vince's Market - Open
Zehrs Market - Open with revised hours/Seniors hour avail.
Shoppers Drug Mart - Open/Seniors hour
Pharmasave - store open, delivery
Trail Capital IDA - store open, delivery
Rexall - open
LCBO - Open, reduced hours
The Beer Store - Open, reduced hours
Kawartha Dairy - Walkthrough window open
Global Pet Foods - Open
Pet Valu - Open

Shops & Services

The Uxbridge Cosmos - open/call ahead
Katie Clark Counselling Services - open
DG Smith Insurance - closed/call ahead
Passionate Cook's Essentials - Store open with reduced hours/delivery avail.
Passionate Cook's Bistro - closed
Blue Heron Books - Delivery/services available
Canadian Tire - Open/delivery
Mark's - closed
Woods Clothing - Closed/delivery
Dollarama - Open
Keith's Flowers - Store closed/Orders taken/Delivery
Rutledge Jewellers - Closed
Staples - Open

Community Cleaning - Open/Delivery
Sugar FX - Closed/Delivery
Rona Cashway Building Centre - Open/Delivery
TSC Hardware Store - Open
Williamson's - Open
Ron Brown Auto - Call ahead
Rusnell Auto - Open
Uxbridge Auto - Call ahead
Wash Worx Laundromat - open
Brian Evans Financial - open
James-Campbell Insurance - open/call ahead
Nicole Fulcher Insurance Agency Ltd.
Desjardins Insurance Agent - open/call ahead
Bass & Murphy - Open (Drop-off/Pick up only)
BDO Canada LLP - open/call ahead
Uxbridge Physiotherapy - closed
The Mad Accountant Inc. - Open remotely
Mike Garganis, Mortgage Broker - Open remotely
Blue Barn Creative - Online/delivery
Lorelei Interiors - Closed
Brooks Farms - Curbside pick up
Axis Chiropractic - Emergency care only
Scugog Rentals - Open by phone-in
Preston Gallery - Online/delivery

Banks - contact your branch

Dentists - emergency services only

Fitness Centres - closed

Real Estate - call ahead

Legal Services - call ahead

The Cosmos is providing this list as a public service to the community during the COVID-19 pandemic, and it appears in paper format **only when there is ample space**.

Any business wishing to ensure communication with Uxbridge residents through the Cosmos can call 905-852-1900 for more information.

Although the Cosmos has made every effort ensure the information here is accurate, we are not responsible for any changes/alterations that may affect individual business.

Dear Uxbridge,

We want to take this opportunity to let you know that we want to help our fellow residents in any way we can during this challenging time.

If you need a helping hand to run errands, get groceries, or anything of that nature, please feel free to call one of us, and we will be there to lend a hand.

Let us use our helping hands to help you along - we will get through this best when we do it together.



COLDWELL BANKER

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Easter Holiday Closure

Regional waste management facilities in Brock, Scugog and Oshawa will be **CLOSED Friday, April 10** and **Saturday, April 11**.

Regular operations will resume Tuesday, April 14, 8 a.m. to 4 p.m.



For specific locations please visit durham.ca/waste
If you require this information in an accessible format, please call 1-800-667-5671.

