

# The Uxbridge COSMOS



Volume 16 No. 16

YOUR UNIVERSE

Thursday, April 23, 2020



**RINGING A SALUTE** - Bob Kirvan, pictured above, rang the Trinity United Church bell 21 times on Saturday evening to recognize all who are serving during the COVID-19 pandemic. Kirvan chose 21 tolls to simulate the 21-cannon salute given by the military in recognition of an important event.

Photo by John Cavers

## Latest coronavirus victim - the Fall Fair

by Lisha Van Nieuwenhove

One of the biggest events of the township's year fell victim to the novel coronavirus this past week. The 2020 Uxbridge Fall Fair, which was to take place the weekend after Labour Day in September, was cancelled after what the Fair Board called "careful consideration."

The Fair Board said in a statement that "this was not an easy decision for [us] to make, but we are confident the decision to cancel is prudent in these times of uncertainty and for the safety and well-being of everyone."

Some budget items also fell victim to the virus during Monday morning's council meeting as council voted in favour of some cost reductions in light of the current pandemic.

A report from Finance Committee chair Bruce Garrod proposed that, in order to save the township money, councillors: withhold an inflation-based salary increase in 2021, cancel registration for fundraisers such as galas and

golf tournaments; reduce an "enhanced communications" budget to 50 per cent; cancel in-person registration for remaining 2020 conferences (where possible); and investigate the elimination of redundant health benefits on an individual basis. The total savings from these proposed changes would be approximately \$7,600. A hold on auto allowances was also discussed, but councillors voted to remove this proposal from Garrod's report.

As the COVID-19 pandemic continues, numbers of those afflicted with the novel coronavirus in the Township of Uxbridge seem to be fluctuating. On the weekend, the number of cases recorded were 15, but that number dropped to 13 as of press time Tuesday evening. Of those 13, five are in home isolation (including long-term care homes and retirement homes), one is currently hospitalized, two have succumbed to the virus, and five have recovered. Daily updates can be found on the Durham Region COVID-19 Data Tracker.

## Keep calm, carry on – and learn about coffee

by Lisha Van Nieuwenhove

Fueling his customers' inner barista – that's what Nexus Coffee Company owner Arthur Field says he is now doing with his online shop, a shop born of necessity when COVID-19 forced his coffee shop on Brock St. to close its doors a month ago.

"In the beginning, a lot of people were just reaching out to me, asking how they could help," recalls Field. "Once things settled a bit – as much as they can settle right now – and customers realized that this wasn't going to be a short-term gig, they kind of acknowledged they had time to learn something about their favourite hot beverage! It wasn't just a cup of caffeine that they need to get into their system in the morning because their late for work – whatever their routine was, now they're looking at 'I have to make better coffee at home.'"

A good cup of coffee is always Field's – and Nexus' – goal. Since opening in Uxbridge in 2015 (another shop opened in Port Perry just last year), Nexus has built a reputation for providing high quality coffee – and tea – served by personable, knowledgeable staff. But when the advancement of the novel coronavirus pandemic in March forced the provincial government to order the closure of all eating establishments and provide take out/delivery services only, both locations had to close. After laying off his 13 staff, Field took a look at something he'd had on his to-do list for a while – adding e-commerce to the Nexus website.

"The website went from being a little outdated and more information-based to being a fully operational, sleek online store! It had to be easy, simple, and provide customers with the same information that they could either get at the shop, or online from any of our suppliers," explains Field. He admits that he initially struggled with what he calls the "transformation," but he knew that it was necessary. He'd originally created the bricks and mortar shops to be a nexus for the community, by definition a central and important point or place.

"It's all about people connecting - the staff, the customers, etc. This is our identity."

Now that customers are staying home, Field says they're taking their newly found time to explore other options that they hadn't considered purchasing before.

...continued on page 3

Online @ thecosmos.ca

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## Council & Committee Meetings

### Meeting Schedule for April, 2020

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

New Time - 10:00 a.m.

VIRTUAL COUNCIL MEETING

### Meeting Schedule for May, 2020

Monday, May 4, 10:00 a.m.

VIRTUAL COMMITTEE MEETING

Monday, May 11, 10:00 a.m.

VIRTUAL COUNCIL MEETING

### Check the Municipal calendar

<https://uxbridge.ca/event>

for upcoming Virtual Advisory Committee meetings.

## 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 businesses, 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.



## 2020 Assessment Update

The Ontario government has announced that the 2020 Assessment Update has been postponed. They have indicated that property assessments for the 2021 property tax year will continue to be based on the fully phased-in January 1, 2016 current values. This means your property assessment for the 2021 property tax year will be the same as the 2020 tax year, unless there have been changes to your property. **Request for Reconsideration (RfR) Deadline Extension**

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](http://www.mpac.ca) for more information

# 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](mailto:info@uxbridge.ca)



This community appreciates the dedication and hard work of all those who: Clean and disinfect, keep our drinking water safe, keep our roads maintained, keep the electricity flowing, provide emergency help, keep us safe, ensure we have access to food, and are involved in health care.

We are very grateful for all you are doing.  
Thank you, from all Township residents!

## Updates, Closures & Cancellations

All Township of Uxbridge facilities are closed **until further notice**.

Visit [https://uxbridge.ca/news\\_uxbridge\\_township\\_closures\\_and\\_cancellations](https://uxbridge.ca/news_uxbridge_township_closures_and_cancellations) for updates.

Call our main line or email our general mailbox with inquiries.

## Local Resources to Assist - Do you need help, or can you help?

Check

[uxbridge.ca/news\\_local\\_resources](https://uxbridge.ca/news_local_resources) for all links on:

- Local residents and organizations offering assistance
- Regional support links for local businesses
- Government support to residents for coping
- Remaining up to date with reliable sources on health

## Do Your Part to Keep Greenspace, Trails and Parks Litter Free

Residents are reminded to bag all dog waste and dispose of it properly. Dumping of household garbage in Township parks or garbage receptacles is also not permitted. Fines will be levied for non-compliance. To report littering or illegal dumping email [bylaw@uxbridge.ca](mailto:bylaw@uxbridge.ca) or call 905-852-9181. Durham Region has extended hours at Waste Management facilities and has increased the weekly bag-limit to 6 to make proper disposal of household waste easy for residents.



## Street Sweeping

Street sweeping has begun and will take 6 - 8 weeks to complete. Please try not to park on the streets during this time. Sand may be raked into the curb/gutter but please do not leave sand in piles or pails, as these will not be picked up. Any areas that are missed due to parked cars will be redone after all sweeping is complete. Below is the schedule for sweeping:

1. N/W corner of town
2. S/W corner of town
3. S/E corner of town
4. N/E corner of town
5. Rural subdivisions and hamlets
6. Town parking lots

(The town portion is divided into 4 areas with Brock & Main Streets as the centre point.)

## 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](mailto: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.

**Concerned about COVID 19?**  
**visit [www.durham.ca](http://www.durham.ca)**  
**Feeling symptoms?**  
**Call the Durham Health Connection**  
**Line 1-800-841-2729**

## Township of Uxbridge Employment Opportunities

Full details on employment opportunities with the Township of Uxbridge can be found at [uxbridge.ca/employment\\_opportunities](https://uxbridge.ca/employment_opportunities)

Uxbridge Historical Centre -  
EXHIBITION & BUILDINGS  
ASSISTANT

Closing Date: May 15, 2020

Uxbridge Historical Centre -  
MUSEUM SERVICES  
ASSOCIATES (2)

Closing Date: May 15, 2020

## Craving Fresh Air and Exercise?

A selection of area trails remain open. Follow [uxbridge.ca/news\\_Trails\\_Remain\\_Open](https://uxbridge.ca/news_Trails_Remain_Open) to plan your next excursion, and remember to maintain proper social distancing from other visitors.

## Bids & Tenders

All current bid opportunities are posted to

[Uxbridge.ca/bids\\_and\\_tenders](https://uxbridge.ca/bids_and_tenders)

The Township continues to accept bids and tenders – all bids must be received at the Township by the deadline stated. Bids may be delivered in person or mailed to 51 Toronto St. S., Uxbridge or left in our 'Red Barn' drop box. Public tender openings will not be held until further notice.

## COVID-19 UPDATE

Please call

**Durham Regional Police Reporting Line**  
**1-888-579-1520 ext 5802**  
[www.drps.ca/online\\_services](http://www.drps.ca/online_services) - community concerns

To report a gathering of 5+ people or a non-compliant business



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

email: [accessibility@uxbridge.ca](mailto:accessibility@uxbridge.ca)  
phone: 905-852-9181 ext.209



**Expanding coffee horizons online, from page 1**

"Now there's a willingness to try different and adventurous brews – you can see the questions going towards 'I usually drink this, but would I like this...?' When they order online, they've gone from more classic taste profiles to something they've never tasted before. They're willing to expand their comfort zone, and they're really enjoying it!"

The site features tastings notes on the various brands carried for both the coffees and teas. It also features various home brewing systems, from high-end espresso machines to simple French presses, as well as a selection of frozen pastries and the gourmet groceries that are usually available in the shop.

Field knows that coffee is available everywhere else, from local grocery stores to Amazon, but he maintains that his products, along with his personalized service, cannot be matched.

"People need to think, 'Is there anyone local that I can buy these from?' My stuff is the same price as Amazon, has the same tax as Amazon, but with, say, free delivery, or no tax, or maybe one of

our other weekly specials. It's better to support a local business. We're neighbours, the people with whom you stand in line at the store, the parents of your kids' friends..."

Field recognizes that he's not alone in having to wait out the restrictions being imposed on businesses everywhere, and he's willing to roll with the punches, have a little fun, and continue to serve Uxbridge with the best home brewing products available.

Coffee and tea lovers and anyone intrigued by what Nexus Coffee Company has to offer can shop online at [nexuscoffee.net](http://nexuscoffee.net). Local delivery and Saturday pickups are possible, and all interac-

tions are non-contact and respect physical distancing.

*This article is the first in a series of features that focus on how local bricks-and-mortar operations are changing how they do business during the COVID-19 pandemic.*

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[Lvann@thecosmos.ca](mailto:Lvann@thecosmos.ca)  
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10th Annual

## Prayer Breakfast

Uxbridge

### SPECIAL MESSAGE TO ALL

In these unprecedented, difficult and uncertain days, the Uxbridge Prayer Breakfast Committee asks that, as a community, we join together to pray throughout these days. Please pray for our neighbours who have lost income, yet the demands of supporting their families remain. Pray that we all are helpful, selfless and compassionate. Please pray for our government leaders and our frontline warriors who continue to put themselves in harm's way for the health and care of all! The Thanksgiving List is endless! Here are some examples to inspire your prayers!

- Federal, provincial, regional & municipal government leaders
- Doctors, nurses, and all health care professionals
- Medical, fire and law enforcement first responders
- Farmers, food industry workers & truckers
- Service workers - garbage collection, utilities
- End-of-Life service workers

**The 10th Annual Uxbridge Prayer Breakfast has been POSTPONED until May 2021.**



## Remembering

Our Mother  
and Grandmother  
**Sarah Margaret McNelly**  
April 29, 2019

*In a quiet country graveyard  
Where the gentle breezes blow  
Lies one we miss so dearly  
And lost one year ago.*

*Never forgotten ~  
Gord, Dianne & Families*



## HILLIER, David James



Sgt. (Ret.) D.J. Hillier, CD; retired from Toronto Hydro – Passed away peacefully at his home in Uxbridge, Ontario, on Friday, April 17, 2020. David, at the age of 67, was the beloved husband of Carol Pearcey. He is survived by his father Doug Brennan, his brother Bryan (Terri) and sister Mary (John), and is predeceased by his mother Vera. He will be lovingly remembered by his nieces and nephew, his newly acquired family of kids and grandkids, his Hydro Buddies and his Legion Comrades.

At this time, cremation has taken place, and a Celebration of Life will be held at a later time. David's cremated remains will be interred within The National Military Cemetery at the Beechwood Cemetery, Ottawa. Arrangements have been entrusted to the Low & Low Funeral Home, 23 Main Street South, PO Box 388, Uxbridge, Ontario, (905-852-3073). If desired, memorial donations to the Royal Canadian Legion Uxbridge, Branch 170 would be appreciated by the family. Online condolence can be made at [www.lowandlow.ca](http://www.lowandlow.ca)

*Ad Astra*

**The Township of UXBRIDGE**  
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# Uxbridge at a Glance

## Notice of Road Closure

Nelkydd Lane will be closed between Brock St. E. and Planks Lane for approx. 3 weeks beginning May 4th.

Crews are doing infrastructure work at the intersection of Nelkydd Lane and Brock St. E.

4th Ave. USN JGPS

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### VOICE YOUR CONCERN OFFER A SOLUTION

The Uxbridge Cosmos, together with the Uxbridge & Area Networking Group, is hosting an online forum on **Thurs., April 30 at 10 a.m.** All local business owners & operators are invited to chat/rant/brainstorm with others who are also having to reinvent themselves during the COVID-19 pandemic. For more information or to register, visit [thecosmos.ca](http://thecosmos.ca) or visit the Cosmos' Facebook page.

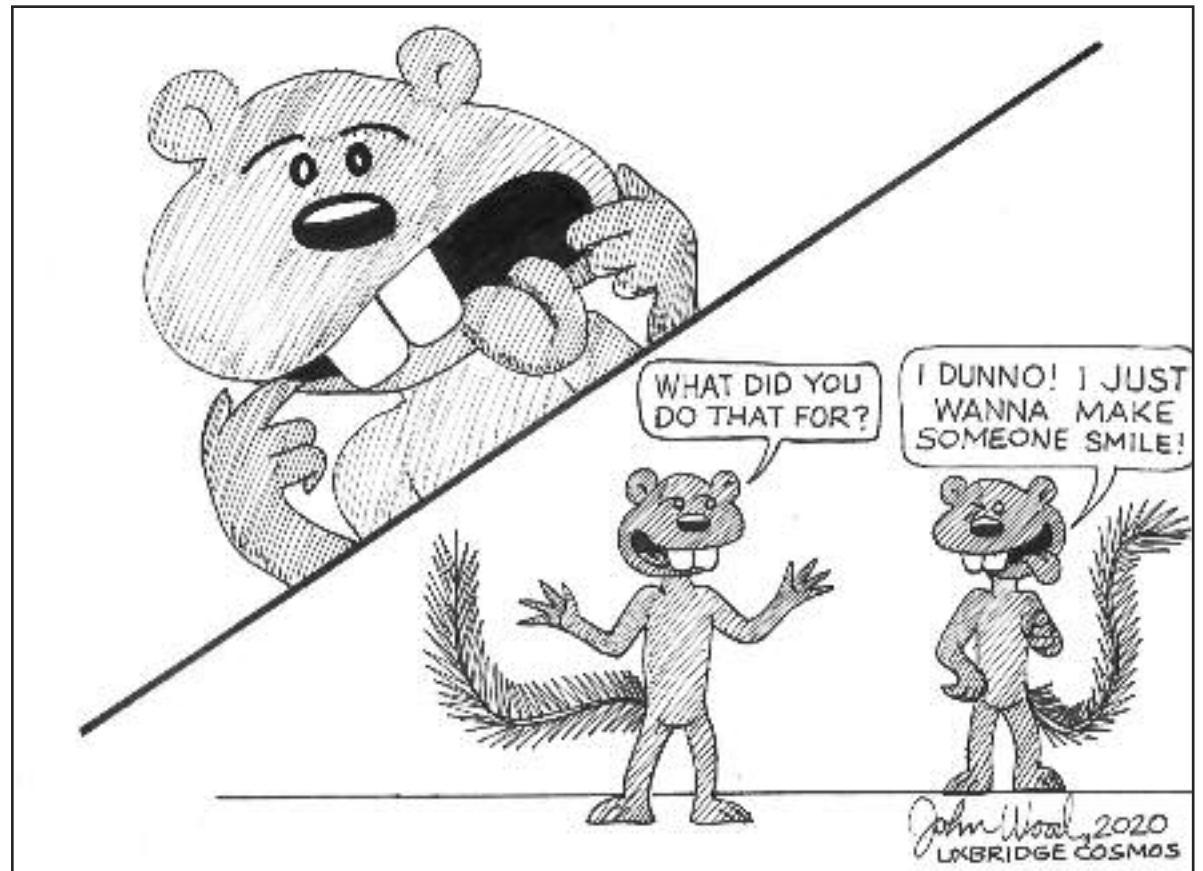


# Our two cents

## Corona confusion

The following was sent to us from a reader in England - seems they have similar COVID-19 information there... We hope it gives you a much-needed chuckle.

1. You MUST NOT leave the house for any reason, but if you have a reason, you can leave the house.
2. Masks are useless at protecting you against the virus, but you may have to wear one because it can save lives, but they may not work, but they may be mandatory, but maybe not.
3. Shops are closed, except those shops that are open.
4. You must not go to work, but you can get another job and go to work.
5. The virus can kill people, but don't be scared of it. It can only kill those people who are vulnerable or those people who are not vulnerable people. It's possible to contain and control it, sometimes, except that sometimes it actually leads to a global disaster.
6. Gloves won't help, but they can still help, so wear them sometimes, or not.
7. STAY HOME, but it's important to go out and get fresh air and exercise.
8. There is no shortage of groceries in the supermarkets, but there are many things missing. Sometimes you won't need toilet paper, but you should buy some just in case you need some.
9. The virus has no effect on children except those children it affects.
10. Animals are not affected, but there is a cat that tested positive in Belgium in February when no one had been tested, plus a few tigers here and there...
11. Stay 2 metres away from tigers (see point 10). Indulge in *Tiger King* if you must.
12. You will have many symptoms if you get the virus, but you can also get symptoms without getting the virus, get the virus without having any symptoms or be contagious without having symptoms, or be non-contagious with symptoms...
13. It's important to get fresh air, but don't go to parks, but go for a walk. But don't sit down, except if you are old, or if you are pregnant, or if you're not old or pregnant but need to sit down. If you do sit down, don't eat your picnic.
14. You can get restaurant food delivered to the house. These deliveries are safe. But groceries you bring back to your house have to be decontaminated outside for three hours, including pizza...
15. The virus remains active on different surfaces for two hours...or four hours...six hours...no, days, not hours... But it needs a damp environment. Or a cold environment that is warm and dry...in the air, as long as the air is not plastic.
16. Schools are closed so you need to homeschool your children, unless you can send them to daycare because you're not at home. If you are at home you can homeschool your children using various portals and virtual class rooms, unless you have poor internet, or more than one child and only one computer, or you are working from home. Baking cakes can be considered math, science or art. Household chores are considered education.
17. No business will go under due to COVID-19 except those businesses that will have already gone under.



## Letters to the Editor

I feel so badly for all the people that have lost their jobs, especially the small business owners who may not

recover from it. I feel for people that are depressed and sad. But in hopes of making things better, here are some positives about the coronavirus and my related suggestions:

My dad was seven years old when World War II started and 11 when it ended. It was one of the best times of his life because everyone got along, everyone had one common enemy and everyone helped each other, even when there were a lot of bad things happening.

We now have more time to go through our clutter and realize we have too much stuff! Getting rid of stuff will give you freedom.

We are finally looking at the dire state of our nursing homes and how badly they need help.

Families are spending more time together, maybe baking, or doing chores. This is bringing people closer. Before, all we did was to drive and work now we have some time for each other. We need each other.

Mother Earth is getting a break with less pollution (down to 50 per cent) as a result of lowered human activity and less stress on the environment and wildlife.

Strangers are talking to each other, and we now realize how much we need each other.

Canada was built on small business and it's time to acknowledge the services that PSWs, cashiers, grocery store employees and front line workers offer to Canadians.

I do hope governments will not abuse their power during these difficult times.

I know a lot of people are bored right now. But in hard times people become more creative. Try to find positive things to do that you wouldn't have time for otherwise and try your best to enjoy the quiet times.

**Ron Bouwmeister**  
Uxbridge



*How well do you know Uxbridge?*

Try to identify all five of these photos. The first person to email [photochallengeuxbridge@gmail.com](mailto:photochallengeuxbridge@gmail.com) wins a \$25 gift card to a local business!




Week 2 Winner: Congratulations to the Brian Pigozzo. Contest to run weekly until quarantine is deemed over. All correct entries received weekly over the entirety of the Quarantainment Contest will be entered into a grand prize draw. Last week's answers: Sacred Heart Catholic Church; Uxbridge Smoke House; Marks Work Warehouse; Siloam Soccer Field; Lucy Maud Manse.



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**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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## Am I Wrong?

column by Roger Varley

### I know how you feel

We are constantly being told "we're all in this together."

A nice sentiment, but unfortunately for some it just doesn't feel that way. The "some" I am talking about are those living alone, especially seniors, who might be feeling cut off from the rest of the world.

I know how you feel. I often look out of my window and see . . . nobody! Particularly in the evening when there is almost no traffic of any kind to be seen. It's rather like being the last person on Earth.

This sort of isolation can do weird things to you. Seniors often get aches in their limbs or sometimes feel just a little under the weather. If you are like me, the mind starts reeling: have I contracted this deadly disease? If so, how, since I rarely leave my apartment? I have also pretty much stopped eating: mostly a nibble here and a nibble there. I've made myself meals only to leave them sitting on the kitchen counter because I just can't bring myself to eat. And in the last few days, I've started to have strange dreams, some of which have been a little disturbing but none of which are about the pandemic.

A couple of days ago, I went to the grocery store to pick up a couple of items - (I don't know why, since I'm not eating that much) - and when I returned home my heart was racing and I had one of the many mini-panic attacks that have been hitting me of late.

Does any of this sound familiar to you? Are any of these things causing you to feel forgotten and depressed and even more alone? Once again, I know how you feel.

I am lucky in that I have a few friends who check up on me occasionally, especially my editor and best friend, Lisha, who makes sure she calls me every day. Yesterday, she dropped by to deliver some cupcakes her youngest daughter had made for me.

In my calmer moments, I look at a tiny sliver of silver lining in all of this: I reckon I've saved about \$300 in the past few weeks because I haven't been able to buy lottery tickets or go for my daily cup of coffee.

But that is overshadowed by the fact that the weather shows absolutely no sign of warming up any time soon. We're almost

into May and yet the highs hover around a cool 10C and the strong winds we're been experiencing the last couple of weeks make it seem much colder. I try to take a walk now and then, but it isn't enjoyable, partly because of the cool temperatures but also because I have to avoid coming close to anyone. On those rare occasions when I see someone I know, I can't stop and have a chat. It's usually a case of hi, wave and goodbye.

I think I'm a fairly intelligent person - (though there are some who would probably disagree) - and I know all these isolation measures are necessary. But after all this time, it's beginning to wear a bit thin. I long for a hug, but I know that's not going to happen for a long time yet. I miss the sound of children laughing. I even miss the roar of muscled-up pickup trucks racing along Brock Street (I know, I can't believe I wrote that either). I dream - (when I'm not having those disturbing night visions) - of being part of a mass group hug at the intersection of Brock and Toronto Streets when all of this is behind us. I know the future looks bleak, but I can dream, can't I?

If all or any of this reflects what's going on in your mind, I'd like to make you an offer. I know Hunter Jarvis of the Age Friendly Committee is phoning a number of seniors regularly, and the last I heard only about 20 seniors had signed up for the calls. If you'd like to register for those calls, phone 905-852-9747. And my offer is this: my phone number is 905-862-3415. Anyone - (and you don't have to be a senior) - who would like to call me, anytime day or night, just to chat, complain, rant or share a joke is welcome to do so. You don't even have to know me personally.

All I have to offer is my ear and my time. It's not a lot, but I know from my struggle with depression last year how much a sympathetic listener can mean at a time like this. It seems to me the least I can do is pay it forward.

Tell me, am I wrong?

**Want to tell Roger if he's wrong or right? Email him at [rogervarley999@gmail.com](mailto:rogervarley999@gmail.com)**



## The Barris Beat

column by Ted Barris

### Democracy in the details

The point-of-view of the camera shows us whisking through a door with a "restricted access" sign on it. Around the gurney-in-motion, doctors, nurses and orderlies wear full personal protective gear, as we zoom down a hospital corridor. The CBC News reporter voiceover describes the medical staff coping with Markham-Stouffville Hospital's COVID-19 case load.

"It's like (the staff) is going to war," reporter Wendy Mesley says. "Only they never know if they will win or lose."

On camera, following the intubation procedure Mesley has taken us to, she interviews Dr. Anand Doobay, chief of medicine at Markham-Stouffville. She asks him what he thinks of those campaigning to undo the provincial emergency measures, to let people out of their homes again, onto the streets and back to work.

"It's almost an insult to what we've been doing. We are working so hard to get these people back to their families," and if the measures are lifted, Dr. Doobay points out, it will undo all the life-saving that's been done.

I offer that news story happening just down the road from us, as a kind of litmus test for Canadian democracy. How well or badly are we performing during this COVID-19 pandemic? How healthy is our system of rights and freedoms in this crisis? And, as citizens wonder what's next, is it fair to claim that the rights of society are trampling the rights of individuals? There's plenty of disagreement. Over the past four weeks, all 10 provinces and three territories have enacted "state of emergency" legislation. Except for essential services - hospitals, food supply and service, drugstores, etc. - provincial governments have shut down the country, on the recommendation of health professionals "to flatten the curve."

But as the COVID curve flattens, should individual rights have priority? I'll get to the U.S. shortly, but if one listens to the Canadian Civil Liberties Association, the federal and provincial governments have all fielded complaints about the way police have enforced "state of emergency" rules. The *Toronto Star* cited a Toronto lawyer who got a \$750 ticket for doing chin-ups in a city park, a father whose sons rollerbladed in an empty parking lot, and a couple lingering on park benches. My wise and experienced colleague, Roger Varley, argued in his *Cosmos* column (April 2) that yes, extraordinary times call for extraordinary actions, but "without opposition ... governments can seize unprecedented power over the people and enforce that power."

"In moments of high anxiety," the CCLA's Michael Bryant told the *Star*, "the hubris of power takes over in a way that is insatiable."

In other words, in an emergency, law enforce-

ment can lose its grey middle, in favour of either black or white extreme. And that goes for what people infer from the law too. This week, in Ohio, Minnesota, Iowa, Pennsylvania, disgruntled conservative groups - most ignoring physical distancing and some openly carrying weapons - took to the streets calling on the U.S. government to overrule state stay-at-home health protocols, demanding they be allowed to go back to work. They argued the lockdown was undemocratic and defied their individual freedoms.

Meanwhile, in Canada, the prime minister closed the borders to international travel, offered guidelines for closing public venues, and announced financial assistance programs to workers, businesses and public health to keep cash in Canadians' pockets and support the fight against COVID-19. And while it took some days to convene the House of Commons to legislate all this, Parliament did vote on such measures democratically. And to Roger's point, credit goes to the federal Opposition for preventing carte blanche federal powers indefinitely. That is, the democratic process ensured the protection of wages for Canadian workers, but bridled open-ended, indefinite taxation by the federal government. At this writing, the House of Commons has voted/agreed to hold one in-person session and up to two virtual sessions a week.

Stateside, it's the Wild West. On one hand, the U.S. president is tweeting to "liberate the states of Minnesota, Michigan and Virginia," a.k.a. encouraging demonstrators as "very responsible people" to defy stay-at-home orders with civil disobedience. Trump went so far as to suggest that Virginia legislators are stubbornly maintaining the lockdown in order to ultimately take away the Second Amendment (their right to own guns). On the other side, health-care experts claim it's too soon to reopen American cities to business as usual without a guarantee of ample testing, treatment and isolation; such free movement, they say, will let loose a second pandemic wave.

Where is democracy in all this? Ironically, it was in the state of Virginia, during the U.S. revolution, that Patrick Henry called his fellow statesmen to action, to join the American Revolution in 1775, with the words, "Give me liberty, or give me death."

If pressed, I'd suggest that Dr. Anand Doobay and other front-line workers trying to save lives at Markham-Stouffville Hospital and elsewhere in Canada might wonder whether your liberty to reopen might hasten the deaths of too many others.

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Wash your hands often with soap and water for at least 20 seconds.



Use alcohol-based hand sanitizer if soap and water are not available.



Try not to touch your eyes, nose or mouth.



Avoid close contact with people who are sick.



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Stay home as much as possible and if you need to leave the house practice physical distancing (approximately 2 m).

## SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus.



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(greater or equal to 38 °C)



**COUGH**



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## IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.

## FOR INFORMATION ON COVID-19:



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