

The Uxbridge COSMOS



Volume 17 No. 9

YOUR UNIVERSE

Thursday, March 4, 2021



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Patrick Bryant, Broker of Record

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CELEBRATING 35 YEARS OF AWESOME - Chances Are recently gave its Bascomb St. location a reno, and cut a blue ribbon to mark the occasion last Thursday morning. The popular thrift shop has given \$3.5 million to the Uxbridge Cottage Hospital since it first opened on March 1, 1986. Cutting the ribbon, from left: Hospital Auxiliary members Teri Murphy, Gloria Graziano, Gertrud Schwab, Mayor Dave Barton, Councilor Willie Popp, and Auxiliary member Darryl Tims. *Photo by John Cavers*

Inside Your Cosmos

Get ready to dive in - againpage 3
'Simply' for the ladiespage 6

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DUE TO PANDEMIC-RELATED RETAIL SALES RESTRICTIONS, THE LOTTERY IS CURRENTLY ON HOLD. WATCH THIS SPACE FOR UPDATES!

Tickets available at PharmaSave Uxbridge, Vince's Market Uxbridge, Canadian Tire Uxbridge, Uxbridge Legion Br. 170 & Stouffville IDA Pharmacy

Ontario Problem Gambling Hotline 1-888-230-3505.
Lottery rules at www.uxbridgerotary.com/catchtheace.
No one under 18 may purchase a ticket or win the lottery.

In support of

Rotary Club of Uxbridge, Jumpstart, and the Uxbridge Police.

North Durham women's shelter opening Fall 2022

by Justyne Edgell, Local Journalism Initiative Reporter, & Lisha Van Nieuwenhove

Women in Uxbridge who find themselves in unsafe domestic circumstances will soon have an alternative to heading to the south part of the region - North Durham is finally getting a women's shelter.

Two representatives from The Nourish and Develop Foundation (TNDF), in Cannington, spoke at Monday's council meeting to "introduce themselves" and tell council what services are currently available at TNDF, and that more, including the shelter, are coming.

Johanne St. Louis, women's services coordinator at TNDF, gave council some details regarding the new shelter, which will be built onto the current home of TNDF in Canning-

ton. The shelter, as she described it, will cover 2,500 square feet over three floors and be a 12-bed VAW [Violence Against Women] Emergency Shelter, "so it will be very secure."

"The shelter will be able to accept to women who are wanting to leave abusive relationships, to victims of human trafficking, to women at risk of homelessness, and to teens over 16 who cannot live at home," explained St. Louis.

St. Louis also revealed that the shelter, which is expected to operational by Fall 2022, will be a pet-friendly shelter, meaning that women will be welcome to bring family pets with them to the shelter. The only other shelter that does this in Durham Region is in Bowmanville.

In addition to being pet-friendly, TNDF is organizing a livestock fostering program, so larger animals that need care will go to local farms

and live there until such time as the woman "can get sorted and into a new place."

The TNDF shelter will be the fifth in Durham Region - the other four are in the south, and St. Louis told council that, in working with these various shelters, consensus is that women in the northern part of the region are very reluctant to seek help in the south.

"We found that women often stay in bad situations just because the alternative is scary. If you're from [anywhere in North Durham] you may not want to go to Oshawa and uproot your children and change your whole life. Your job may be here, your supports are here. This is an exciting opportunity for women north of the 407 to get help that's more specific to their needs."

...continued on page 11

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Uxbridge at a Glance

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MORE INFO

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Council & Committee Meetings

Meeting Schedule for March 2021

Thursday, March 4, 9:00 a.m.
TRAIL COMMITTEE

Monday, March 8, 10:00 a.m.
COUNCIL MEETING

Tuesday, March 9, 7:00 p.m.
ACTIVE TRANSPORTATION CMTE

Monday, March 15
10:00 a.m. COMMITTEE MEETING
1:30 - 3:00 p.m. COUNCIL EDUCATION
SESSION - DEMENTIA FRIENDLY
COMMUNITY TRAINING
(OPEN TO THE PUBLIC)
7:00 p.m. OFF LEASH DOG PARK
COMMITTEE

Tuesday, March 16, 7:00 p.m.
BIA BOARD MEETING

Wednesday, March 17, 3:00 p.m.
AGE FRIENDLY COMMITTEE

Thursday, March 18, 7:00 p.m.
ACTIVE TRANSPORTATION PLAN
PUBLIC MEETING
Providing updates on completed work, plan
recommendations and a Q&A session with
members of the team. Contact Lukas Gillham
at lgillham@uxbridge.ca to join this virtual
public meeting.

Monday, March 22, 10:00 a.m.
COUNCIL MEETING

Uxpool Opening Soon!

AquaFit/lane swim

March 8 - Activenet online registration
opens
March 15 - programs begin

Lessons

March 15, 2021 - Activenet online
registration opens
April 6 - Lessons begin



Horseshoes at the Museum

Register now for horseshoe games at the
Museum - starting Tuesday, May 11, 2021 -
and running every Tuesday throughout the
summer! Call Bob Kirvan at 905-852-9176
to register.



Township of Uxbridge 2021 Employment Opportunities

Full details of all current positions are available
at www.uxbridge.ca/careers

BUSINESS ANALYST, FULL-TIME,
CONTRACT
Closing Date: Monday, March 22, 2021

Summer Employment Opportunities

Parks Department
STUDENT, HORTICULTURE
Closing Date: Friday, March 19, 2021

Parks Department
STUDENT, GENERAL LABOURERS
Closing Date: Friday, March 19, 2021

SUMMER CAMP SUPERVISOR
18+ Years
Closing Date: Friday, March 19, 2021

Uxbridge/Scugog Animal Shelter - ANIMAL
CONTROL ASSISTANT/KENNEL
ATTENDANT
Closing Date: Friday, March 26, 2021

Public Works Department – TWO (2)
STUDENT GENERAL LABOURERS
Closing Date: Friday, March 26, 2021

SUMMER CAMP COUNSELLOR
16+ Years
Closing Date: Friday, April 16, 2021

Uxbridge Historical Centre
COLLECTIONS ASSOCIATE
Closing Date: Friday, April 30, 2021

Uxbridge Historical Centre
COMMUNITY ENGAGEMENT &
PROGRAMMING ASSOCIATE
Closing Date: Friday, April 30, 2021

UXPOOL – SUMMER SWIMMING
INSTRUCTORS / LIFEGUARDS
Closing Date: Friday, April 30, 2021

*We are an equal opportunity employer in
accordance with the Accessibility for Ontarians
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Human Rights Code (OHRC). The Township of
Uxbridge will provide accommodations
throughout the recruitment and selection and/or
assessment process to applicants with disabilities
and/or needs related to the OHRC. Personal
information provided is collected under the
authority of The Municipal Freedom of
Information and Protection of Privacy Act.*

Have Questions about COVID
Vaccination Clinics?

Visit:
www.durham.ca/covidvaccines



Uxbridge Business Improvement Area (BIA) Board Recruitment

The Council of the Township of Uxbridge
invites applications from members of the
public who are qualified members of the
Township of Uxbridge Business Improvement
Area (BIA) who wish to have their names
considered for an appointment as a Director
to the BIA Board for the remaining term of
Council of 2018-2022. There are currently
two (2) vacant Director positions on the
Board.

The Purpose of this Board is to share ideas on
how to improve the BIA District, help shape
our business community and make a
difference to the vitality of our community.
The BIA's mandate is to promote 'shop,
savour, unwind, explore Uxbridge!'. Interested
candidates who wish to help plan, evaluate
and vote on projects to support our BIA
member businesses are encouraged to JOIN
OUR BIA BOARD OF DIRECTORS.

Any person interested in offering their

services, and would accept an appointment as
a Director is invited to submit a Committee
Member Application Form available on the
Township's Website www.uxbridge.ca along
with a letter of interest outlining relevant
qualifications and experience to the
undersigned by Friday, March 5, 2021.

Any questions regarding this Board may be
directed to the undersigned.

Debbie Leroux
Director of Legislative Services/Clerk
P.O. Box 190
51 Toronto Street South
Uxbridge, ON
L9P 1T1
dleroux@uxbridge.ca
Telephone: 905-852-9181
Fax: 905-852-9674

Bids & Tenders

All current bid opportunities are posted to
Uxbridge.ca/bids_and_tenders

- **U21-06** Supply and Delivery of Granular 'A' - **Closes March 16, 2021 at 2:00 p.m.**
- **U21-07** Application of Driveway Apron Paving and Patching - **Closes March 16, 2021 at 2:00 p.m.**
- **U21-05** Supply Application of Liquid Calcium Chloride 35% or Liquid Magnesium Chloride 30% and Liquid Calcium Chloride 30% - **Closes March 16, 2021 at 2:00 p.m.**
- **U21-09** Pulverization and Hot Mix Paving - **Closes March 23, 2021 at 2:00 p.m.**
- **U21-10** Application of Double Surface Treatment and Slurry Seal - **Closes March 23, 2021 at 2:00 p.m.**
- **U21-04** Uxbridge Public Library Clock Tower Restoration - **Closes March 30, 2021 at 2:00 p.m.**
- **U20-04** The Supply and Delivery of one (1) Aerial Fire Apparatus - **Closes March 30, 2021 at 2:00 p.m.**
- **U21-08** One (1) 2022 Model Year Tandem Truck Complete with Snowplow Equipment - **Closes March 30, 2021 at 2:00 p.m.**

All bids must be received by the Township by the deadline stated. Bids may be delivered electronically via the Township's website or in in-person at the Township Office located at 51 Toronto St. South. Public tender openings are not happening currently. Bid results will be posted at uxbridge.ca/bids_and_tenders in a timely manner.

In Celebration of International Women's Day

The Township of Uxbridge Hosts a Virtual Event

Building Resiliency

Virtually March 8th at 12:30 – 2:00 PM

This event is free, and everyone is welcome to attend

Learn more and register at
<https://www.uxbridge.ca/IWD2021>

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

Council tackles trail parking problems

by Roger Varley

Council received two different approaches Monday to the parking problems at trail heads in the south of the township.

In one report to council, Public Works director Ben Kester recommended a by-law be passed prohibiting on-road parking on part of Concession 6 and the south side of Albright Road. Kester said he had received complaints about on-road parking near the trail heads on both Concession 6 and Concession 7 and on Albright Road.

The works department examined both trail heads two weekends ago. Kester noted, however, that "although there should be no parking on the roads, that is not practical given the number of cars that are present and the fact the parking lots are full."

His report said the parking on Concession 6 is the most concerning because of poor sightlines, requiring a

no-parking by-law.

Kester also recommended that no more trail connections to roads should be allowed until proper parking areas are built.



Cars line both sides of the road at the entrance to the Durham Region Forest on Conc. 7.

Photo by Justyne Edgell

"Trail heads . . . are becoming very busy and each site becomes a parking lot on the side of the road," his report said.

In a related report, recreation direc-

tor Amanda Ferraro called for an expansion of the parking lot at the Towers parking lot on Concession 7. She said Green Durham Association has turned over a grant it received from the Trans Canada Trail to the township, with the blessing of TCT, to help pay for the expansion.

Ferraro said the project, which would add 28 more spaces to the current parking lot, is budgeted at just about \$70,000, 57 per cent of which would be covered by the TCT grant. She said Green Durham has pledged to donate \$15,000 and an additional \$5,000 if needed and negotiations are underway with a local gravel pit to donate gravel for the project. She said additional sources would have to be found to cover any remaining costs.

Kester's report was referred to the township's Trails committee for comment, and Ferraro's recommendation was passed unanimously.

Uxpool set to reopen mid-March

by Roger Varley

Council approved a recommendation from aquatic manager Carolyn Clementson that Uxpool be reopened on March 15.

In a report to council on Monday morning, Clementson said reopening on March 15, assuming the region is not back in the COVID-19 grey zone, would result in about \$2,800 in unbudgeted expenses, but that could be covered by other savings in the recreation budget.

She said that, if the pool reopens while Durham remains in the red zone, the number of patrons will continue to be restricted to 10 people in any program at any time, not including staff.

"This number of patrons does not change in the orange restrictions with the exception of programs such as swimming lessons and swim clubs where we can have more students/participants in the water," she said.

If the pool is opened March 15, registrations could be taken for swim lessons starting in April.



Lower speed limits considered for urban roads

by Roger Varley

In a report to council on Monday, Public Works director Ben Kester recommended that the speed limit on all township-owned roads in the urban area and in the hamlets be reduced to 40 kph.

Kester noted that it will be easier to accomplish that if the Region of Durham institutes a similar reduction on region-owned roads in those areas. He said that would allow for signs to be posted at the entrances to the urban area and hamlets and thus require fewer traffic speed signs to be

replaced in town. He said if the region remains at 50 kph for its roads, the township could not post entry point signs saying the speed limit is 40 kph.

"This has been talked about for quite some time," Kester said, noting that the region is expected to have a report on the subject in April or May.

Councillor Bruce Garrod said he fully supports the idea of reducing the speed limit.

"Let's get this done," he said.

Council unanimously supported Kester's recommendation.



A BEVY OF BALLGOWNS and sumptuous wedding dresses await a celebration at the newly renovated Chances Are. The gowns, which can be found on the lower level, can be tried on by appointment only when the store is closed.

Photo by John Cavers

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Our two cents

Take a bow, Uxbridge

Last Friday and Saturday, a provincial agent made his way around Uxbridge, checking to see how our stores and businesses are conforming to Ontario's COVID-19 rules, protocols and restrictions. The agent represented the provincial employment standards office.

We won't keep you in suspense: apparently we're doing great!

Christina Curry, owner of Keith's Flower Shop and chair of the BIA, said the agent told her that businesses and stores in town are "doing an excellent job" and some are even going "above and beyond" in keeping their staff, customers and the community safe.

Sure, there were a few glitches: some businesses needed to take a few extra measures here and there; Curry herself was asked to add more directional arrows in her store, but that obviously is of a minor nature. However, she said the agent had no negative comments to make about our community.

Actually, we're not surprised. Yes, we have all had our moments, but overall we think this municipality and its residents have handled the pandemic well. We have witnessed lines of customers patiently waiting their turn to enter stores. We have endured the long-lasting closures of the arena, Uxpool and other venues, and we have survived without them. We have been through a whole year of cancelled events. It's been tough, but the end result is that the number of COVID-19 cases registered in Uxbridge has been reasonably low.

The visit from the Employment Standards office gave Uxbridge what might be called a passing grade. While that is reason to celebrate, however, it does not mean we should let down our guard. With Spring just around the corner, the urge to get outside and sit at a patio will be hard to resist. The skate park and pump park will soon be free of snow and ice, and skaters and bikers will be itching to ride. All of which can be done, as long as we continue to wear our masks and practice safe social distancing. After all, we've had a year of practice: it shouldn't be too hard.

Nevertheless, it only takes selfishness on the part of one or two people to undo all the sacrifices we've all made during the past year. One house party, one over-sized gathering, and we could all be plunged back into a lockdown. Our stores and businesses have had a tough time during the last year, but through resourcefulness and tenacity the majority have managed to keep their doors open to serve us in some capacity. Now it's up to the rest of us.

Remain cautious, stay safe and this pandemic will be over sooner than later. But throw caution to the wind and we'll be caught in a never-ending cycle.

SCHITT'S CREEK , GOLDEN GLOBE WINNER FOR BEST TELEVISION COMEDY



John Wood, 2021
UXBRIDGE COSMOS

Letters to the Editor

Re: "Am I Wrong?" Feb. 18 edition

Roger, YOU ARE SO RIGHT.

It is disgraceful how our furry companions are treated at times. They give us so much love and some treat them as disposable junk. Shame on them.

Over the years we have had many dogs and cats, and they gave us nothing but love and great companionship. We have two dogs and three cats at the moment.

On a happier note, we do have many good fur baby parents and I am so thankful to the ones who rescue, care for and find their forever homes. A good friend of mine, Nicola, not only rescues cats but has them neutered, vaccinated, vet checked and gets surgery done when necessary. And, thanks to Jim Young of PetValu, Nicola is able to bring them in to the store so that they can get adopted.

We are lucky that we do have caring

people in Uxbridge.

I have been making toy mice filled with organic catnip, and Mary from MT Hangers sells them. All the proceeds go to Nicola for the care of the cats. If you want to do your part, buy the mice, donate, or even better if you can adopt a forever companion and enjoy all the love you get in return. Nicola has a website, check it out at uxbridgecatrescue.com.

Thanks, Roger, for opening people's eyes and hearts.

Christiana Carter
Uxbridge

Re: Proposed paid parking at trail heads, Jan. 21 edition

This is a very short-sighted idea that firstly is presented in a very poor way (i.e. "empty their wallets"), and secondly and more importantly, is showing a total lack of a competence in addressing of the root cause.

It is the town that doesn't have to

offer much that people would go for after the trails, like a well-maintained main street area (no empty boarded up stores) with restaurants / coffee shops, some with outside seating areas, food options other than fast food ones (as apparently trails are attracting active, fit and food conscious folks as well).

We have a new Starbucks plaza where three stores have been sitting not rented out for years now - what are the incentives to attract new businesses? Same with the Symposium space - it's been empty for quite some time.

And we are offering shopping at big box stores and closed the small shops that are the ones attracting the visitors and trail users.

Thus, work should be done on a different solution, and an effort spent on such, and an input from other small towns and their solutions sought.

Maja Krnjajic
Uxbridge

When one of these disappears, A LOT disappears.



Support our local businesses so they can support The Cosmos.

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The Uxbridge
COSMOS

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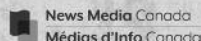
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It's a David vs two Goliaths story.



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Meeting in person at St. Paul's Leaskdale following COVID protocols
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DIVORCE Care



A Blonde Moment

column by Lisha Van Nieuwenhove

My joy - my books

I had a rough weekend. Pandemic down time has forced me (like many others) to indulge in one of my greatest passions - reading. I normally have several books on the go at once. I have two upstairs books - one by my bed (a stack, actually), and an upstairs bathroom book to read while I dry my hair (I use a low dryer setting, it takes awhile). Then I have a downstairs book that usually sits atop another stack of books. These nestle beside a hefty selection of magazines - I adore good magazines. I am never at a loss for something to read.

This past weekend, however, I finished both my upstairs books AND my downstairs book, all within three days of one another. My bedroom book was the second volume of Robert Lacey's *The Crown: The Official Companion Vol. 2*. My hair-drying book was George Orwell's *Nineteen Eighty-Four*, and my downstairs book was *Becoming*, by Michelle Obama. I finished *The Crown* desperate for a third volume. I finished *Nineteen Eighty-Four* with a knot in my stomach, and I finished *Becoming* feeling like I had a new best friend. (As an aside, I tried reading *Becoming* and *A Promised Land*, by Barack Obama, concurrently, thinking it would be an interesting exercise, but I had a due date on one and owned the other, so took on the library book full time.)

Now, I like to mull over a good book once I'm through with it. I still think like a good English Literature student - I examine the theme, the style, the voice, symbolism, plot analysis, blah blah blah. Two of the books mentioned above are non-fiction, so plot analysis doesn't apply, but they still made me think. A lot. For example, I am fascinated with the modern British monarchy, I can't get enough of it. I've gobbled up all four seasons of the Netflix series *The Crown* like popcorn. I spend a lot of time, however, wondering if the monarchy even has a place in this world any more. Reading Lacey's books made me spend even more time on this topic, and I'm not any further on coming to a conclusion, but it's amusing to think about.

Just as amusing was Michelle Obama's story. I learned a tonne about the American political system, even more about what is hidden in the various vehicles of a presidential motorcade (blood is involved!), and I decided upon completing the book that I actually want to be Michelle Obama. Ok, if I can't be her, I at least want her buff arms. Seriously, though, I fell in love with her.

Then there's *Nineteen Eighty-Four*. I didn't read it when I was in school, and given that it

was referred to many, many times during former president Donald Trump's time in office, I decided it was necessary to add it to my repertoire.

Whoa.

There were days I avoided washing my hair just because I couldn't bear to find out what was going to become of Winston and Julia. But I pressed on, and wept at the end of the story. I still can't stop thinking about it.

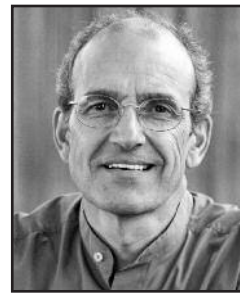
I can't stop thinking about any of them, and it's messing with my head because they're all so incredibly different. But I love thinking about them, I love thinking so much that I'm seriously considering going back to university to get my Masters, and maybe even my PhD, in Philosophy.

Isn't it awesome that books can do that? That such a variety of topics and authors can all work on your brain at the same time, working their magic on you and perhaps changing, a little bit, who you fundamentally are. Or thought you were. Mind-blowing. Literally.

I was sad to finish the Lacey books because, as I mentioned, I love the topic, and I know there's more material to be consumed. I was glad to finish *Nineteen Eighty-Four*, but am permanently, deeply scarred by its astonishing commentary on how truly horrible human beings can allow themselves to be. And as I dropped *Becoming* into the return bin at the Uxbridge Library, I actually said "Goodbye, my new friend" aloud as the book slid into the building (it was past culvert construction time, I'm fairly sure no one heard me talking to a brick wall). Sigh.

I am lucky enough to have three stellar reads waiting to fill the void. My bedside table read will be *The Paris Library*, by Janet Skeslien Charles, *The Last Garden in England*, by Julia Kelly, and of course, pick up where I left off in *A Promised Land*. I'm excited about the first two because I sat in on a Facebook Live event that Blue Heron Books gave an invite to two weeks ago that featured the two authors speaking about these very books. Both books have been signed by the authors, and I feel like I know them personally, now. That will certainly affect how I read their books. As for former president Obama's book - his wife and I are besties, now, so I'm certain that he and I will get along famously. I want to invite them to dinner, we'd have a smashing good time.

Want to escape COVID? Read. I promise, you'll be changed forever. And if you aren't, then you're not reading the right book.



The Barris Beat

column by Ted Barris

An international day for aunts too

The family had gathered from all over the continent. Some from Maryland. Others from New York and Florida. We had travelled from Toronto to Allentown, Pennsylvania, where my mother's "baby brother" George was getting married to his fiancée Mary. But I had a problem.

"The battery in my camera's dead," I moaned. "And I want to take pictures of the wedding tomorrow."

Since we were all foreigners to Allentown, except Mary, my future aunt, none of us knew where to buy replacement batteries except for her.

"I can help," Mary said. Remember, this is the eve of her wedding to the family's favourite uncle. So, no doubt, she had a million things on her mind. Nevertheless, Mary dropped everything to drive me to the store to buy the right size of batteries for my camera. Easier said than done. One store was closed. The next didn't carry that size. We actually drove to the next town down the highway, Bethlehem, before finding a place open and selling the right size of batteries.

Next Monday is International Women's Day, and I'll bet nobody's ever written a column paying tribute to their aunts. I think it's about time. I'm fortunate to have known and loved four aunts - one my mother's sister, one my father's sister, one my father's sister-in-law, and Mary who helped me find batteries for my camera on the Saturday night in Allentown before marrying my Uncle George the next day, 56 years ago this week.

My father's sister, Irene, was also my godmother, which meant she attended my christening in 1949, and fulfilled all other legal obligations of godmothers. But Aunt Irene was a character. She and my dad grew up in New York City, and since she spent much of her life there, she maintained that unique New York accent all her life. She always kidded us Canadians about the way we said "about."

"Where did you learn to say *about* that way?" she'd ask.

To which I always responded, "Aunt Irene, you *tawk* funny."

Still, Aunt Irene and I spoke the same language on a lot of things. We both insisted that bread had to be served with every meal. (It might have had something to do with the fact that her husband, my Uncle Jimmy, was a lifelong baker). And when absolutely nobody could teach me how to blow bubbles with bubble gum, Aunt Irene could. That's really impor-

tant to a kid.

Aunt Fanny, my dad's brother's wife, was one of the greatest travellers of her generation. Another lifelong New Yorker, she raised five daughters. And even though her husband, Uncle Angelo, was a workaholic, whenever the summer arrived, whether he was able to go or not, Fanny felt it important that their girls see the world. Or at least that part of the world reachable by station wagon. They visited us in Ontario several times. More than that, Fanny made sure her girls visited every state of the mainland U.S.A., every province in Canada, and Mexico. All via station wagon! That car ought to be in the Smithsonian, if only for the miles it travelled.

I worked alongside my Aunt Virginia, my mother's older sister. The summer I turned 16, I worked in their family-owned-and-operated restaurant in Maryland. Not a huge surprise, with a Greek background, that I should serve a stint as a busboy at the Double T Diner, just off the Baltimore Beltway. I learned a lot that summer (among other things that I should never choose the food and hospitality business as a career). But Aunt Virginia taught me the Cardinal Rule of service and retail.

"The customer is always right," she told me.

"Even when their kids smash the ketchup bottle on the floor?"

"Even then," she said.

More than Cardinal Rules of hospitality, at the core of Aunt Virginia was the Golden Rule. Do unto others. Most of all, she adored being part of and serving her family. She always found time to support, console, lift up and celebrate each of us. In 2008, she came from the U.S. to attend our daughter's wedding. She beamed throughout a perfect ceremony at the museum grounds. She danced and hugged every one of us during reception at the Music Hall that night. None of us expected she would have a heart attack and die later that same night. But she left us a poem on a card she'd planned to read to us the next day at a backyard party. Virginia offered a personal thought spelled out for each of the letters in its title, "A LOVING FAMILY." "A" was for *agape*, the Greek word for "love," "I" for ideals held high, and "L" for love given unconditionally.

A priceless gift from the aunts (and the other women) in my life.

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Local gal pals educate 'womxn' on living mindfully with menstruation

by Justyne Edgell, Local Journalism Initiative Reporter

Womxn - "a woman, used, especially in

intersectional feminism, as an alternative spelling to avoid the suggestion of sexism perceived in the sequences m-a-n and m-e-n, and to be inclusive of

trans and nonbinary women."

Why is it that menstruation is essentially a taboo subject when about 50 per cent of the population experiences it on a monthly basis? In 2019, best friends, Sam Fuller and Olivia Crone decided to tackle the taboo subject head-on and build a community of "inclusivity and openness." They created Simply la Femme to

"help educate womxn on how to live mindfully with their cycles."

"Menstruation is a natural process which most womxn experience, so rather than feeling ashamed or burdened, we decided we'd educate ourselves on how to live mindfully with our cycle."

Sam and Liv, as they call themselves, started to build a community of resources with the help of doctors, naturopaths and other women with a passion like themselves.

"No one should have to feel alone if they are experiencing struggles with their cycle because chances are someone else has gone through the same thing."

But Simply la Femme is not only period talk. Sam and

Liv also say they "love to delve into hormone management, understanding how our body changes, birth control and everything that goes with being a womxn."

In 2019, Sam and Liv ran the first Simply La Femme workshop called "Find Your Rhythm" where they hosted a local yoga instructor and naturopath, and the girls say they are looking forward to organizing another workshop.

Sam and Liv are online, having built a community on Instagram, TikTok, Facebook and even producing "The (not so) Simply La Femme Podcast," which is available on Spotify and Apple. The duo also promotes Thinx period underwear at www.shethinx.com/pages/leader-simplylafemme?fbclid=IwAR1JjUmkNvsd-Rj7VyFgr2AB6-eUPO-QBaEgkdjOdYJTuaEaj9d4U6wk-wUUk&utm_source=leader

"We hope to create an educational resource that menstruators of all ages can easily understand and learn from."

Join the Simply la Femme community and connect with Sam and Liv at @simplylafemme on social media.



Sam Fuller, left, and Olivia, or Liv, Crone, created Simply la Femme to reach out to women of all ages who may struggle with various aspects of their menstrual cycle. Submitted photo

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MONTHLY DRAW WINNERS

The Rotary Club of Uxbridge is pleased to announce the winners of the February monthly draw for the 2021 Trip of the Month Club

- The 'Ski Lake Louise' trip was won by Arthur Beatty, ticket #257 sold by Dennis Misurka.
- 2nd place draw for \$150 was won by Scott Rutledge, ticket #358 sold by Susan McLellan.
- 3rd place draw for \$100 was won by Mary Milford, ticket #137 sold by Getaway travel.

Congratulations to our February winners and best of luck to all our ticket holders for the March 2021 Trip of the Month Club draw. The 'Furry Friends' March trip includes round trip airfare to Iles de la Madeleine, round trip airport transfers, 4 nights' accommodation at a local 4-star hotel which includes breakfast daily, a 3-hour helicopter excursion to the ice floes to see the seal pups, complimentary snow shoeing or cross country skiing excursion for two, and an evening stargazing outing.

As restrictions are still in place for travel, a voucher for \$2,500 from Getaway Travel or cash option of \$2,250 is available instead of the trip.



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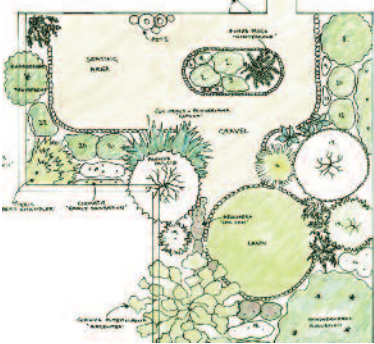
Watching Things Grow with Heather Hunter

Planning a garden for this year?

If you are planning a new garden, a good place to begin is to take a few sheets of blank paper and write down your thoughts on these questions:

1. Do you need an enclosed area for children, perhaps a pool in the future?
2. Do you have a pet that needs to be contained?
3. Do you hope to attract birds and butterflies?
4. Do you want plants to act as screens for privacy?
5. Do you know our hardiness designation for plants? Uxbridge is somewhere between 4B and 5B, de-

pending on the whether the location is sheltered, north or south facing, etc.



6. Are you planning on growing vegetables and herbs — maybe a few raised beds?

7. Do you picture a formal garden, or something more naturalized?
8. Are you planning hard landscaping features such as deck, steps, pathways, a garden shed, a pool? Many of these structures need to go in before your plants.
9. Does your garden need shade?
10. Are you looking for a low maintenance garden — trees, shrubs, lots of mulch, perhaps a few easy perennials?

Starting with a modest size plan can give you an idea of how much you can comfortably look after.

We have lots of great resources nearby. Our local library has a good selection of gardening books with ideas for design and plant materials.

Local nurseries offer advice as well as landscaping services. Just to mention a few: Mason House Gardens; John's Gardens; Greenbank Garden Centre; Otter Greenhouses; Garden Artifacts; and Stone Haven Plants in Zephyr.

And plan to come to the Gardens of Uxbridge Garden Tour on Saturday, June 26. You can visit eight outstanding private gardens and get lots of ideas and inspiration!

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Walk celebrates women and raises money for hospital

by Justyne Edgell, Local Journalism Initiative Reporter

Next Monday, March 8, is International Women's Day, a global day that, according to internationalwomensday.com celebrates "the social, economic, cultural and political achievements of women."

This global event will touch down here in Uxbridge where, together with a team of local business women, Uxbridge real estate broker Cindy Wood has organized the Walk For Women. The funds raised by participants in Wood's walk will go towards the purchase of a new 3D mammography machine for the Uxbridge Cottage Hospital.

"I wanted to do a celebration for women without just giving something away," says Wood. "Both men and women suffer from breast cancer, so I knew the mammography machine would benefit the entire community."

Wood says that once she started planning the walk, business women from all over town wanted to join in.

On Monday, Walk participants are invited to stop by the Passionate Cook, which will be giving away free treats for those participating. Then, walk further east on Brock St. and stop in at Keith's Flowers Shop, where participants will receive a colorful flower to brighten the way. NRG For Life is also giving away free two-week memberships to any non-NRG member who donates, and those people will also be entered in a draw to win a month-long gold membership.

"My dad and my grandpa really instilled in me the good of giving to your community, so I wanted to do this to help support all of Uxbridge," says Wood.

To join the Walk For Women, donate online at <http://bit.ly/walk4women> and then walk. To learn more about International Women's Day, visit internationalwomensday.com

Everyone celebrating International Women's Day on March 8 is reminded to do so safely and observe COVID-19 protocols.

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Perspective with Brian Evans

How often have you heard a story like this? You know people who once arrived in Canada, the land of opportunity, with only \$2 in their pocket. Now, because of their generosity, they have wings of hospitals or performing arts centers named after them. These people came to our country to find a better life for themselves and their families. It is not that they were lucky. It was that they were motivated. They took advantage of what they saw as opportunities in the economy that were not being satisfied. They were willing to work hard, make difficult choices and take the chances necessary to reach their objectives.

There were times, no doubt, that failure seemed imminent, but they made adjustments and pressed on.

Opportunity is available to us all... really it is! We don't all have to start companies or take risks. For some, the opportunity is to be a good employee in our chosen career. But we all can make a difference in our lives and the lives of our families.

There are principles that guide us and govern our daily activities. Let's consider a principle we learn from Moses. In Psalm 90, Moses requests, "Teach us to number our days, so we can have a wise heart." The principle is this: we have been given a number of days. We know our beginning day but we do not know our ending day. Between these two days, we have TIME! Time to love, time to help, time to work, time to serve, time to

make a difference. The wise heart comes when we realize our given amount of time and then set priorities that make a difference in our lives, our families and the world around us. The sooner we gain this perspective, the more time we will have to effectively impact our world. In a way, it becomes our own rags to riches story!

This principle is true in all parts of life. Take your savings, for instance.

Be your own rags to riches story

A wise heart understands that what you do with your resources is important. Spending all your earnings each year on your current lifestyle desires while not planning for your retirement needs may be fun now but not so much later. It is a wise heart that realizes that a few sacrifices now can be beneficial later in life.

The factors that make your investments grow are your contributions to the plan, the rate of return on investment and the TIME you have to reach the finish line. Regular contributions and consistent rates of return are good. However, the factor that makes the most difference to reaching your objectives is TIME. Understanding the effect of time on your financial plans is imperative. You may have heard the saying, "The best

time to plant a tree is 20 years ago... the second best time is now!"

Obviously, we cannot change the past, yet we can learn from it. We can, however, make a difference for the future. To get time working for you, it is best to just get started.

Here is a demonstration of the effect of time on our financial planning. Let's say you want to retire at age 65. In all these examples we will use 5 per cent annual compound rate of return. When you start investing you contribute \$250 per month to your RRSP.

If you start at age 50, after 15 years, the funds you invested from your pocket total \$45,000 and the value of your plan at age 65 is \$66,900.

If you start at age 40, after 25 years, the funds you invested total \$75,000 and the value of your plan at age 65 is \$148,900.

If you start at age 30, after 35 years, the funds you invested total \$105,000 and the value of your plan at age 65 is \$285,000.

Yet if you started at age 20, after 45 years, the funds you invested total \$135,000 and the value of your plan is \$507,000. For a plan to produce this same amount in 15 years, (the first scenario), you would need to make monthly contributions of \$1,900!

Do you see how having a wise heart about time can affect your financial plan? TIME is your most important asset. How can you best use the time you have?

COSMOS CROSSWORD

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Across

- 1. Expert
- 5. Ciao
- 8. All ___ Jazz
- 12. Blood-related
- 13. Blockhead
- 14. Uncivil
- 15. Office fill-in
- 16. Bobby of the Bruins
- 17. Eager
- 18. Oriental
- 21. Victory symbols in WW II
- 24. Hanging strand
- 28. Finale
- 29. Hither's partner
- 31. Florida city
- 32. Trot or canter
- 34. Spoil
- 36. Nip partner
- 37. Underway
- 39. Doctorate
- 41. Linda ___, Supergirl's alias
- 42. Spice
- 44. Together
- 46. Postman's tote
- 48. Indian dress
- 51. By way of
- 52. Strip of wood
- 56. Ballyhoo
- 57. To ___ is human
- 58. Mishmash
- 59. Skirt lines
- 60. Seize suddenly
- 61. Kind of column

Down

- 1. Hood's gun
- 2. Four stringed guitar (abbr.)
- 3. Lip
- 4. Pull out a dowel
- 5. Develop well
- 6. Turkic tent
- 7. Protected bird
- 8. Pass through
- 9. Expression of affection
- 10. Commotion
- 11. In ___ rity
- 19. Whatever
- 20. Butt
- 21. Vegetarian
- 22. In a state of chaos
- 23. Fool
- 25. ___ Ste. Marie
- 26. Master of ceremonies
- 27. Was sweet on
- 30. Shuteye
- 33. British troops, in slang
- 35. Pie content
- 38. Drink with jam and bread?
- 40. Code of life
- 43. Accepting that..
- 45. Eskimo dwelling
- 47. Italian currency
- 48. Movie theatre talk
- 49. Yes, captain
- 50. Dashboard abbr.
- 53. Austrian peak
- 54. Knot
- 55. Construction site container

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Focus on Finance with Tammy Scuralli, Edward Jones

Today's retirees, and those of tomorrow, have had a sense of purpose their entire lives – and they don't intend to give it up just because they'll no longer be working full time. In fact, 51 per cent of recent retirees said retirement is the time for "a new chapter in life," compared with just 25 per cent who said it was a time for "rest and relaxation."

According to the 2020 Edward Jones/Age Wave Four Pillars of the New Retirement study. The same study found that 97 per cent of retirees said it was important to keep learning and growing at every age. However, they find their purpose – contributing to the community, growing intellectually, gaining new experiences and so on – retirees will need to be financially prepared.

How can you prepare for a purposeful retirement? You may want to start by asking yourself the following questions. Like, will I need to prioritize some of my goals? As a retiree, you may hope to do any number of things. You might want to take up a hobby or learn a new skill (online learning means you don't have to travel far to continue your education), volunteering in your local community, photography or gardening. Like almost everyone else, you won't have unlimited financial resources during your retirement years, you may need to prioritize these goals, worthy as they may all be to your sense of purpose.

Can I still afford to retire at the age I planned? When you first calculated your ideal retirement age, you might have been counting on your investment portfolio having returned a certain percentage. Or you might have had different goals in mind than you do now. Or you might have had a somewhat different family situation. Changes in any or all of these factors could affect the age at which you choose to retire. But if you conclude

that you may need to postpone retirement for a couple of years, your decision could offer some advantages, such as the ability to contribute more to your Registered Retirement Savings Plan (RRSP), Tax Free Savings Account (TFSA) or similar employer-sponsored plan. In any case, it's a good idea to review your retirement plans periodically, perhaps at least once a year.

How can I incorporate philanthropy into my financial strategy? Giving back to your community may be a key element of your purpose-driven retirement. Yet, with so many educational, civic and cultural groups in existence – including many in your own area – you probably can't give as much as you'd like to all of them without affecting your own lifestyle today and the legacy you'd like to leave for your family. So, you may want to take two distinct steps. First, consider establishing a budget for how much you will give to charitable groups each year. And, second, think about including philanthropy in your estate plans. Because there are many vehicles and techniques available, you should consult with your legal, tax and financial professionals when drawing up your estate-planning strategies.

It can be extremely rewarding to live your retirement purposefully – but you'll find it a lot easier to do when you make the right financial moves.

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For more information, please contact Tammy E. Scuralli, Financial Advisor at Edward Jones, at 905-852-1244.

Women's shelter and services, from page 1

Regional councillor Gord Highet asked St. Louis whether the TNDF shelter would specifically serve only the residents of Brock Township, Scugog and Uxbridge. St. Louis explained that, at the moment, many of the services that the TNDF offers are for Brock residents, but that the shelter would be open to all of North Durham. She added that, if someone from the south needed help leaving a situation and the North Durham shelter had a bed available, the woman would not be turned away.

Highet then commended St. Louis and her colleague, community development manager Rebecca Jeschke, stating that "people think of this issue as a metropolitan problem, but it's not."

Jeschke, at the beginning of the presentation to council, explained that TNDF has been working in the community for several years to enhance local food security, including operating a food bank, a seed library and a community garden. It's now expanding its services to specifically support women in need.

"The connection to these food access programs and a women's shelter may not be clear," said Jeschke, "but the conditions that lend themselves to food insecurity ... can also give rise to intimate partner violence," said Jeschke. "For this reason, women's services at TNDF is a natural fit."

A women's services resource centre will be opening next month. St. Louis pointed out that the resource room will be named to honour Brock Mayor Debbie Bath-Hadden, who passed away in January.

Currently, TNDF offers services and support to women who are experiencing violence and abuse. The organization provides emergency supplies such as food and clothing, as well as referrals to emergency services, counselling and transitional housing, all while raising awareness for the prevention of violence against women in the community. "Our main goal at the moment is to raise awareness about our current services which include advocacy, referrals, emergency food, clothing and transportation as well as counselling services. We want the women in our communities to know they are not alone and help is available," says St. Louis.

She also noted that TNDF is collecting a few items for its resource centre.

"We need new cosmetics, toiletries, socks, pajamas and undergarments for women. We are also collecting books for our library. These could be novels, self-help or other inspiring books that might be interesting to women."

Items can be dropped off by appointment at TNDF in Canning-

ton.

The Nourish and Develop Foundation is a privately funded foundation, and monetary donations can be made directly through its website.

More information about its many services and programs can found at www.tndf.ca It can also be reached by phone at 705-996-0302 or toll free at 833-979-0302.

Antonietta Villanova

Passed away in her 90th year. Predeceased by her husband Michele Villanova and leaves her daughter, Anna Ianniciello (Sergio) and son, Tony Villanova (Linda); granddaughters Vanessa Coelho (Rob), Emily Ianniciello and Mikayla Villanova; and one great grandson, Lorenzo Coelho. She will be missed by longtime friends and neighbours from Rainier Square, Scarborough, and many relatives in Italy.

Many thanks to the doctors and nurses at Uxbridge Cottage Hospital for their excellent care of "Toni", and to Rev. Joseph Rodrigues of Sacred Heart Parish for administering last rites. Private ceremony to be held at Highland Memory Gardens.



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'Take what you're given first' for COVID vaccines

by Justyne Edgell, Local Journalism Initiative Reporter

Monday, March 1, marked the one year anniversary of the first COVID-19 case reported in Durham Region. Since then, the Region has logged over 11,800 cases and almost 300 deaths. The Township of Uxbridge has recorded 247 cases (six as of press time Tuesday evening) and 24 deaths. This time last year, however, a vaccine seemed like a pipe dream. But over the weekend, Health Canada approved the AstraZeneca vaccine. According to medical statistics, the AstraZeneca vaccine is reported to have an efficacy of 62 per cent and has been authorized for adults 18 and older. While this vaccine is overall less effective than the Pfizer and Moderna shots, it is reportedly 100 per cent effective at preventing serious illness, hospital-

izations and death from the virus.

Uxbridge physician Dr. Carlye Jensen says the best shot is whichever shot you can get.

"We all know 5-point restraints are better than our standard seat belts with shoulder and lap belts. But would you wait for a 5-point restraint to be installed and not use the regular seatbelt offered? Of course not. We are still driving in a COVID-ridden world and you need to wear a seatbelt, so take the one you are given first," says Jensen.

Asymptomatic testing is also ramping up in schools. The Durham District School Board reports that testing in the region has started and that it plans to have the first round completed by the end of March. The DDSB also says that it will relay specific details about testing to each school community closer to the date that testing will be offered.

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