

Volume 17 No. 15

YOUR UNIVERSE

Thursday, April 15, 2021



WHAT'S MISSING FROM THIS PHOTO? - Children haven't been allowed on the play structure at Quaker Village Public School since the COVID-19 pandemic began, and it appears that it will stand alone awhile longer. The provincial government announced Monday that, after this week's break, it is shutting down in-person instruction. Child care for non-school age children will remain available. No timeline for when students might return to classrooms was given.

Photo by Lisha Van Nieuwenhove

Inside Your Cosmos

Rotary Uxbridge turns 25pages 7 - 10 Privacy in the gardenpage 15



www.pharmasaveuxbridge.com

29 Toronto St, S., Uxbridge



304 Toronto Street South 905-852-9700 axischiropractic.ca

'Grab the lifejacket, don't look at the brand' when getting vaccine

by Roger Varley and Justyne Edgell, Local Journalism Initiative Reporter

Touching on subjects such as blood clots, breastfeeding and mask-wearing, Uxbridge doctors and pharmacists answered residents' questions about COVID-19 for 90 minutes on Monday evening.

The virtual gathering, held via Microsoft Teams using the township's software, saw as many as 95 people taking part at its peak. Responding to questions were Dr. Carlye Jensen of Uxbridge Health Centre, Dr. Vara Mahadevan of the Toronto Street Clinic, Dr. Patricia Wong and Dr. S. Chau of Markham Stouffville Hospital, and pharmacists Sameer Remtulla of Pharmasave and Eni Rambi of Walmart.

The over-riding message offered by the professionals during the session was that everyone should have the vaccine as soon as possible and that all the vaccines are safe. Jensen said that all

the vaccines available work well despite their differences. Noting concern about reports of blood clots experienced by some receiving vaccinations, particularly AstraZeneca, she said a very small percentage of vaccinated people get blood clots and AstraZeneca is "fine" for older people.

This vaccine is also reported to have a lower efficacy than the earlier approved Pfizer and Moderna vaccines, but the doctors pointed out that the trials for the AstraZeneca vaccine were done in a world that was *already* experiencing variant cases. Pfizer and Moderna trials were done prior to the appearance of variants, which means there are no data on their efficacy against these variants from the initial trials.

On whether to receive a vaccine or not, Dr. Vara used the analogy of wearing a seatbelt.

"You have to wear a seatbelt while you drive, can you now speed because you're wearing that seatbelt, or drive on the other side of the road or text and drive? This vaccine is like your seat-

Jensen did note that Canada is behind other nations when it comes to administering vaccinations, but offered that it enables Canada to learn from other countries' results and experiences. On a question about new mothers taking the vaccine, she said breastfeeding is "the best way to pass on immunities to your baby."

When addressing the discussion of which vaccine to receive, Dr. Vara used another analogy, likening the situation to being in a shipwreck.

"If you are on a sinking boat and someone throws you a life jacket, grab it: don't look at the brand," he said.

Rambi added that the best vaccine is the first one available.

Remtulla recommended that Uxbridge residents add themselves to all the local pharmacy

... continued on page 3



PROJECTED JACKPOT FOR THE NEXT DRAW IS \$5,600

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.

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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

The Township of UXBRIDGE Trail Capital of Capada

Trail Capital of Canada



Council & Committee Meetings

Meeting Schedule for April 2021

Monday, April 19, 10:00 a.m. COMMITTEE MEETING

Tuesday, April 20, 7:00 p.m. BIA BOARD MEETING

Wednesday April 21 AGE FRIENDLY COMMITTEE 3:00 p.m. COMMITTEE OF ADJUSTMENT 7:00 p.m.

Monday, April 26, 10:00 a.m. COUNCIL MEETING

Street Sweeping

Street sweeping will begin shortly - weather permitting - and will take 6-8 weeks to complete. Please try not to park on the streets during this time. Please leave the sand on the road as there will not be any special pick up of sand left in piles or in pails. It is acceptable to rake any sand that has accumulated on the boulevard into the curb and gutter prior to the sweeping of the street. Any areas that are missed due to parked cars will be redone after all sweeping is complete.

Below is the schedule for sweeping:

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

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

What's Open

The following closures are now in effect for the duration of April:

- Water samples may continue to be dropped off – please ring bell for assistance.
- Parks and trails are open users are expected to maintain a 2m distance from others not in their household. No gatherings of groups larger than 5.
- Pump Park and Skate Park are open to a maximum of 50 - with the same guidelines listed above in effect.

Township of Uxbridge Summer Employment Opportunities

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

Leaskdale Manse - PROJECT ASSISTANT WITH LUCY MAUD MONTGOMERY SOCIETY OF ONTARIO

Closing Date: Thursday, April 15, 2021

SUMMER CAMP COUNSELLOR 16+Years

Closing Date: Friday, April 16, 2021

Uxbridge Historical Centre ASSISTANT CURATOR

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 with Disabilities Act, 2005 and the Ontario 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.

Earth Day Trails Clean-up!

Saturday, April 24, 2021

Due to COVID restrictions we cannot organize a trail clean up BUT you can still take action!

Grab a bag, gloves and people in your bubble and head out onto your street or your favourite trail!

Challenge a friend or a neighbour! Please ensure you remain 2 m apart, groups are no larger than 5, and a separation of 4 m is maintained between groups at all times.

Let's make Uxbridge the <u>Clean</u> Trail Capital on Earth Day!

Pharmacies across Durham Region

are now included in the province's COVID-19 vaccine pharmacy program for those 55+.

Visit covid-19.ontario.ca/vaccine-locations and enter your postal code to view a list of local pharmacies servicing Uxbridge and the surrounding area. Contact the participating pharmacy directly to book your appointment.

FROM THE TAX OFFICE Property Tax due date is April 28, 2021

Tax Payments Options:

- Due to COVID-19 emergency measures, the Municipal Office is not open to receive payments in person.
- In an after-hours Drop Box located in the Municipal Office front parking lot DO NOT DEPOSIT CASH. Post-dated cheques are accepted.
- By Mail Payments must reach the Municipal Office by the due date.
- Through Internet or Telephone Banking.
- At most Financial Institutions.
- Credit cards and e-transfers are not accepted for tax payments.

Penalty/Interest Charges:

For non-payment of a tax levy on or before the respective due dates of each installment, a penalty of 1.25% shall be imposed on the first day of each calendar month and thereafter in which the default continues. Failure to receive a Tax Bill does not excuse the taxpayer from responsibility for payment of taxes nor liability of any penalty or interest due to late payments.

The penalty/interest charges cannot be waived or reduced by the Tax Department or Council for any reason.

If a reprinted tax bill, receipt or Statement of Account is required for any year's taxes, a fee of \$15.00 will apply.

If you did not receive your 2021 Interim Tax Bill, please call the Tax Department at 905-852-9181.

Township of Uxbridge Update

Municipal Service Information Effective April 2nd, 2021

Town Hall - Open by appointment only
Uxpool - Closed until further notice
Uxbridge/Zephyr Libraries - pick-up only
Fire Dont - Open for Fire Permit Application

Fire Dept. - Open for Fire Permit Applications

Questions? Contact Us! t: 905-852-9181 info@uxbridge.ca www.uxbridge.ca

Uxbridge/Scugog Animal Shelter - call 905-985-9547 for service/appointment

Bids & Tenders

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

- U21-03 Reconstruction of Planks Lane Closes April 21, 2021 at 2:00 p.m.
- U21-16 Sidewalk Installation and Repairs Closes April 27 at 2:00 p.m.
- U21-17 Tree Planting Closes April 27 at 2:00 p.m.
- U21-18 Parking Stall Line Painting Closes April 27 at 2:00 p.m.
- U21-19 Traffic Control Markings Closes April 27 at 2:00 p.m.

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

COVID vaccination registration NOW OPEN in Uxbridge for residents 60+ and those turning 60 in 2021.

To book your appointment call 1-888-444-5113 or click www.durhamvaccinebooking.ca







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

Virtual COVID discussion, from page 1

wait lists and to take whichever appointment is offered first. "This really isn't a competition," he said. "We really want people just to get vaccinated, so we're encouraging people to get on everyone's waitlist."

On the question of mask-wearing after receiving the vaccine, Wong said receiving the vaccine does not guarantee a person won't become a carrier of COVID-19, so a mask helps prevent the spread. Jensen said vaccines and masking are "the prudent way to go. When you wear a mask, you're not really protecting yourself, you're protecting those around you."

Not one of the doctors could think of any medical condition that would prevent a person wearing a mask. Jensen said the most common reasons for not wearing a mask would be anxiety, dementia or extreme claustrophobia, but no one on the panel could recall seeing such a case. She said as much as people "hate" the public health measures that have been in effect for so long, such as mask-wearing, sanitizing and distancing, they are working.

Drs. Jensen, Wong and Chau all confirmed that hospitals are being inundated as a result of the pandemic, another reason why people should receive the vaccine. Jensen said people with other diseases or who have been in accidents are being put at risk of delayed treatment. Wong said some hospital corridors are being stacked with patients.

"As a healthcare provider, when we get to the point where we're stacking people in hallways and in Emerg, and holding them for days at a time, where we can't give them the care we know they need, it is absolutely devastating and soul destroying," explained Jensen.

Visibly emotional, Jensen touched on the stressful circumstances that she has witnessed while working at the Uxbridge Cottage Hospital. She said that the in-patient ward is currently over capacity, resulting in patients being kept in the emergency department while they await space upstairs in the ward. She continued by noting that many hospitals are so full with COVID patients that there is little to no room for any other medical emergencies.

"Our beds are supposed to be 18," said Wong. "We surge when we're busy to 20, and right now we have 25 patients."

If a patient goes to the emergency department, there is no space nor the resources to properly care for them.





Public Information Centres

Durham Region Transit (DRT) is hosting virtual Public Information Centres (PICs) to discuss how service will evolve into 2025. Share your feedback directly with staff as part of the planning process.

Online discussion session dates:

- April 27, 2021
 - From 12:00 to 14:00, and 18:00 to 20:00
- April 29, 2021
 - From 12:00 to 14:00, and 18:00 to 20:00

For complete details and to view the presentation boards, visit **DurhamRegionTransit.com/PICs**. If you can't join one of the virtual discussions, but would still like to talk with staff, please call **1-866-247-0055**.

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Our two cents

Uxbridge has a LOT of soul

The great lady that is being referred to in this week's cartoon is Rosalynn Carter, former First Lady of the United States, as wife of former president Jimmy Carter. We massaged her quote a little; what she said was "Without volunteers, we would be a nation without a soul."

While we're sure that the same can indeed be said about *our* nation, we really wanted to drive home the fact that here in Uxbridge, our volunteer base is really and truly exemplary of how important volunteers and service clubs are to small communities like ours.

Take, for example, the Uxbridge Cottage Hospital Auxiliary. Since learning of the break-in two weekends ago, the town has shown its support for both the thrift store and all the volunteers who work tirelessly for it. There have been donations, words of support on social media, and generous help given by the business community (see story, page 11).

In this week's paper, four pages are devoted to celebrating a service club that has done a great deal for Uxbridge, the Rotary Club of Uxbridge. It's been 25 years since the club was chartered here, and its volunteers have done amazing things for the community (the skate park, pump park, band shell, etc.). Full disclosure here - the publisher of this newspaper is a Rotarian, and became one in order to play a role in a service group that gives so much to its community.

Think winter, if you will, and think Fantasy of Lights. A *handful* of members of the Optimist Club of Uxbridge coordinates that fabulous spectacle. It draws more and more participants and spectators every year, and it's *all* run by volunteers.

The Uxbridge Lions Club is taking on the building of an inclusive, educational, inspiration playground in Elgin Park that will leave absolutely no child behind. That's an incredible feat that will be accomplished by a group of people who give freely of their time and talents.

People who sit on committees for the Lucy Maud Montgomery sites, the Museum and its historical outreach, for the Thomas Foster Memorial - they're all volunteers. These places would, in many instances, never even be open if it weren't for the individuals who give up themselves to serve others.

We don't have the space to list every amazing volunteer and service organization here, and if we have caused offence by leaving one out, we do apologize; it most certainly was not done intentionally.

One last thought - volunteers are not paid not because they are worthless, but because they are priceless. We are indebted to you all.





Publisher/Editor: Lisha Van Nieuwenhove 905-852-1900 Advertising/Sales: 905-852-1900

38 Toronto Street North, Unit One, Uxbridge Ontario L9P 1E6 E-mail: Lvann@thecosmos.ca Web site: Thecosmos.ca

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Letters to the Editor

Joni Mitchell predicted that they would take all the trees and "put 'em in a tree museum, and charge all the people a dollar and a half just to see 'em."

Uxbridge council is making this come true by allowing the destruction of large swaths of trees for development and contemplating charging for parking at the local trails

Maybe we shouldn't define a park as a place in a specific location where we have to make a special trip to enjoy. A park should be any place of natural beauty that we can enjoy just passing by.

I still miss the tall, majestic trees that stood on the land that is now the Hillside Place. I described it as a "vertical" park that gave me a peaceful feeling every time I went to Zehrs.

Dave Miller Uxbridge

Re: "Our two cents," April 8 edition

Surprised at the expression of concern for the possible COVID-related mental distress of the criminals who broke in and stole from Chances Are. They did not steal food in order to survive. This was not a desperate smash and grab, they were familiar with the security cameras and that cash could be on site.

There are many income support programs available at all government levels. Let's concentrate our care and compassion for those that deserve it like the Chances Are charity and its volunteers.

Jim Reive Uxbridge On Easter Monday, I was walking my dog along the Maplebrook Trail. I came upon a young mother carrying a garbage bag. Her young daughter, gloved and booted, was scurrying off the trail. What was she doing?

Well, she and her mother were picking up garbage on either side of the trail. A lot of this garbage was...guess what? Doggie poo bags that the "owners" had so thoughtfully thrown aside!

My, my...they simply couldn't carry the bags home, or throw them in the bin.

Now, here is this lovely mother and daughter cleaning it all up! I, stupidly, did not get names. I did, however, thank them profusely.

I do not understand the dog owners who can't figure out how to keep the trails clean for everyone.

Nicole Banich Uxbridge

This is in response to a letter in last week's *Cosmos* complaining about people not using hand-sanitizers while shopping.

One thing we have all learned during this pandemic is how fragmented the scientific community is on the efficacy of many pubic health measures surrounding COVID-19, including but not limited to school closures, lockdowns, and face masks in the community setting. One issue no longer in dispute, though, is the role of fomites (surfaces, objects) in the transmission of the infection. As noted in the New York Times last week, the era of overzealous cleaning, often termed "hygiene theatre" may have come to an unofficial end when the U.S. Centres for Disease Control recently updated its surface cleaning guidelines and noted that the risk of contracting the virus from touching a contaminated surface was less than 1/10,000. Linsey Marr, an expert on airborne viruses commented that "There's really no evidence that anyone has ever gotten COVID-19 by touching a contaminated surface." This is a virus you contract by breathing, not by touching.

"This should be the end of deep cleaning," Dr. Allen at the Harvard T.H. Chan School of Public Health said, noting that the misplaced focus on surfaces has had real costs.

"It has led to closed playgrounds, it has led to taking nets off basket-ball courts, it has led to quarantining books in the library. It has led to entire missed school days for deep cleaning. It has led to not being able to share a pencil. So that's all hygiene theater, and it's a direct result of not properly classifying surface transmission as low risk."

Of course, we hope everyone continues to wash their hands with soap and water before eating, after using the bathroom, after sneezing and coughing, and upon returning home from shopping trips as usual. But with regards to COVID-19 transmission, there is no added protection (and some noted adverse consequences for the skin on our hands) from the use of hand-sanitizers every time we enter or leave a shop.

Chris Clark (retired PhD in immunology) Siloam

...more Letters on page 6



Am I Wrong?

column by Roger Varley

Bruins missed the net on this one

As a columnist, I have, from time to time, taken various people or groups or organizations to task for what I deem to be irresponsible, illogical or otherwise faulty actions. It grieves me to have to turn my gaze this week to a group I have followed and loved for two decades: the Uxbridge Bruins.

Scrolling through my Twitter feed today, I came across a tweet that, although not written by the Bruins, was marked as being "liked" by the club. The tweet, written by some foul-mouthed person under the name Active Stick, was as follows: "Sorry but there's no way I'm exposing myself to blood-clots. Call me when your so-called miracle vaccine is safe."

I am heartily disappointed that the club would apparently endorse such an ill-informed and, frankly, idiotic statement. Knowing the people who run the Bruins, from Terry to Cam to Elaine and all the others, I cannot imagine why anyone with the organization would like this

At a time when we are being urged by our health professionals to be vaccinated against COVID-19 as soon as possible, why would anyone think it's okay to sow seeds of doubt about the safety of the vaccines? As our own health professionals here in Uxbridge made clear in a virtual community conference Monday night, although the risks associated with the available vaccines can never be zero, they are extremely low, especially when it comes to blood clots.

Unfortunately, although the Bruins' lapse of judgment in this case is lamentable, they are not alone in this community. Following local Facebook groups, one sees a number of people who continue to spew false information and attendant conspiracy theories about the pandemic, even though they're probably not even qualified to apply a bandage to a cut finger.

I wonder who do these people think they are going to convince and what is wrong with the people they *do* manage to convince. It really comes down to a matter of logic. If you have a pain in your stomach, a swelling in your neck or a nasty burn on your arm, who do you go to for treatment or advice: Facebook or a doctor? And if you will listen to a doctor about all your other health issues, why wouldn't you listen to the same doctor's advice when it comes to COVID-19 and the vaccines? You can believe that the naysayers will be pounding on the counter demanding treatment if they ever contract this deadly disease.

I received my vaccination at the arena last Friday. It took about 25 minutes, but there was no pain and no hassle. Everything went smoothly. Am I now protected from contracting COVID-19? Of course not! Vaccines don't work that way. But should I be unfortunate enough to become infected, at least I now know that my body will be better equipped to fight the disease and there's far less chance that it will become life-threatening.

During Monday night's COVID-19 virtual conference, the doctors and pharmacists frequently used the word "science." You know, that body of knowledge that tells us you can't have a fire without heat, oxygen and flammable material. Take one of those elements out of the equation and you have no fire. Science, that body of knowledge that put men on the moon, allows airplanes to fly and the toaster to pop up when the toast is done. If we accept all those things, why do some people continue to discount the science being used to fight COVID-19? The only answer that comes to mind is, they are fools.

It seems to me the Uxbridge Bruins would do themselves and the community a great service by disavowing the "like" they gave to the aforementioned tweet and encouraging their fans to be vaccinated.

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

Opposites attract in a pandemic

For about a year now, I've received packages in the mail from a friend in southwestern Ontario. He's a military-history enthusiast. So, we have much to share in telephone conversations, letters, emails and the periodic packages he posts to me. But when the pandemic hit, suddenly the packages began to increase in number and frequency. Not just once a week, but several times, his packages (many of them two and three kilograms in weight) would arrive jammed with clippings, magazines and books. And most of his mailings include cryptic notes.

"Two light, two-pound envelopes are on the way," he wrote last week. "Probably the last of my house-cleaning."

What I've discovered during this odd but engaging relationship with my friend the war buff, is that he's not just sharing his library of newspaper stories, periodicals and volumes of history with me. He's passing them along partly because they've sat on his bookshelves, in his filing cabinets and in boxes on his basement floor for many years. Thus, he's decided to get rid of them. COVID isolation has motivated him to purge his household of the superfluous and mail it all to me – out of sight out of mind. Actually, I think this kind of purging has become a national pastime during the pandemic.

I remember last March, when both the virus and the national stay-at-home order came into our lives, everybody's life turned inward – to home, to the cottage, to the garage and the garden shed. We all started cleaning and purging. My wife began her purge with her food, gardening and horse magazines. I hit my military magazine pile, and bankers boxes full of file folders and periodicals. I'm not sure I reduced their number, but even organizing them a bit felt liberating somehow. Then, I sifted through old business files, utility bills and tax returns. The government recommends saving tax returns back to 2015 (six years' worth); I had nearly twice that many. I still had my very first GST filing from 1990, and who needs to be reminded that Brian Mulroney made me an accountant? My paper shredder has been busy. I recently wrote about my close encounter with the disassembled portable firepit I found in the garage over the New Year's holiday. Well, now that I've built it and made it functional in my backyard, it's been my go-to purging tool (along with the fire permit from the Fire Department) for burning chopped up deadfall

branches and twigs. Now they could have gone to township compost, I know, but that's not nearly as constructive or fun as having our bubble of grandkids drop by for the occasional outdoor marshmallow roast this spring.

Another of my purges is an artistic one. Unable to carry on my busy public-speaking schedule over the past year, I've written a full-length manuscript for a new book. Without the usual rush to deadline pressure of this column or other writing projects, I've taken my time with this one. It's the longest book I've ever written – about 136,000 words – which means I have to trim it to a manageable length. Purging words is antithetical to writing, but it's necessary for a better read.

Clearly the pandemic has illustrated extremes, however. Not only has COVID made us purge, it's also made us hoard. Just last Wednesday, when the premier announced his latest on-again, off-again emergency stay-athome order for April 8, all day April 7, stores experienced another run on "essentials." Yup, all those hoarders came out of the woodwork again with shopping carts packed with paper towels, tissue boxes and bundles of toilet paper. Do all those people really think the pulp and paper industries have closed their plants because of COVID-19?

Another friend called me this week to tell me about a more constructive purge in her life. She reminded me that her parents had grown up in a small Saskatchewan town. She'd recently come across something her mother had saved – a copy of the newspaper from August 14, 1945, when the Second World War ended. She said she didn't feel right throwing it out.

"Who could use this?" she asked herself. "Why Ted, of course." That means her purge will soon become my hoard.

So, this week, after my purge of newspaper clippings, magazines, backyard twigs and old tax records, of course, I visited my post office box. And, yes, after my military-buff friend in London mailed me what he thought was his final package, guess what I found? Three more huge manila envelopes full of his former library. Inside he added a note:

"Ted, believe it or not, two times this amount went into the recycling bin!"

I guess I can't expect the hoarding/purging to be halted, until the virus is.

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



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COMING UP

THIS WEEKEND

Sat., April 17: Blood Donor Clinic. Uxbridge Arena & Rec Centre, 9 a.m. - 2 p.m. Appointments only, book at blood ca



UPCOMING

Tues., April 27: North Durham Nature webinar. 'Wild Algonquin' with Michael Runtz. Explore this famous park from your armchair, register by email at northdurhamnature@gmail.com

Sat., June 19: Zephyr Community Garage Sale Those interested in participating in this COVID-safe garage sale are asked to email bobjunearchibald@gmail.com

Horseshoes: Are you interested in playing Horseshoes at the Uxbridge Museum? If yes, call Bob Kirvan at 905-852-9176 for more information.

Rotary Scrap Metal Day Take scrap metal & e-waste to Port Perry Salvage, tell them the proceeds are for the Rotary Club of Uxbridge.



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Located at 29 Toronto St. S., Uxbridge

Letters, from page 4

The April 1 Letter to the Editor from Theresa Pilniuk regarding deforestation prompted me to respond. Thank goodness there are other Uxbridge neighbours who feel as I do about the clear cutting of healthy trees.

While we cannot do anything to save the clear-cutting that has taken place, we can let the Township know that we will not tolerate such destruction in the future. These negative actions against nature cannot be accepted. I am asking readers to let their elected officials understand our displeasure at the loss of nature that we treasure. While the town makes money through taxation and many developer's fees, the price of natural loss is too high.

I reach out to the community to voice its anger and disappointment of such actions by contacting the appropriate ward councillors or the Township offices.

Susan and Paul Adams Uxbridge I write in response to last week's excellent letter by Theresa Pilniuk.

Some of us, but not enough, share your pain at the loss of trees and soon the houses on the north side of Reach St. This destruction is the result of how the powers that be have set up democracy to work for them. Unfortunately, this is why it is unlikely to change.

The Region of Durham has set up a tree policy that allows developers to cut down trees, and municipalities like Uxbridge cannot contravene the senior level of government. Solution: leave Durham, join with Scugog, and Brock to form a more harmonious, economic, agricultural, small town union. North Durham could save 60 per cent of our taxes from going south and have a better chance at setting our own planning rules.

This will never happen while the mayor and regional councillor double their salaries sitting at the region. Self-interest and egos will prevail. There are bragging rights when your town grows, you can

put more staff on the Sunshine List and maybe become big enough to support an airport and "empty more pockets".

I remember when the former mayor said "the greenbelt will prevent you from building a shed in your yard." Hah! What happened to the lack of sewage capacity problem that would prevent development? That handicap seems to have been quietly disappeared.

Uxbridge will become a sprawling and ugly Uxberia (Scarborough North) because of the need for tax revenue to cover the cost over-run (\$25,000,000 and counting) of the boondoggle on Brock St. that nobody wanted. A bridge would have prevented flooding from that predicted 100 year storm, and reduce heavy truck travel in the bargain. (With global warming who can predict the weather 100 years into the future?) But you can be sure that any tax revenue gained will be eaten up by new housing that will create a need for more roads, schools and other facilities.

These layers of government and their bureaucracies, that we pay for, have been established to protect the provincial government and its partners, Big Business and Big Development, and allow them to continue to rape and pillage in the name of free enterprise.

I believe in small town strong!

Saundra Reiner Uxbridge





Thursday, April 15 THE ROTARY CLUB OF UXBRIDGE

The President's Message

I am truly honoured to have served as President of the Rotary Club of Uxbridge in its 25th year. We're grateful that technology has allowed us to safely continue our Rotary work, albeit virtually. It has been a time for all of us to open ourselves up to learning new skills, reinventing projects and looking at these challenges as a time of opportunity. During this pandemic we have been unsure of many things, but never unsure about the dedication of our Rotarian pledge of service above self and of the strength of our commu-

As we celebrate this milestone, it is natural to reflect on past achievements. When we drive past the Rotary Skate Park and the pump

park that we so proudly sponsored alongside other community service groups, let's celebrate the joy on the faces of children spending countless hours playing outdoors. Let's celebrate our newly established Rotary Club of Uxbridge Charitable Foundation, which will be used to continue to support local initiatives for generations to come. Let's celebrate our contributions to successfully reducing polio cases by 99.9 per cent since the first project in 1979. And lastly, let's celebrate the fellowship and relationships our Rotary family has made and nurtured over the years.

The Rotary Club of Uxbridge has long been the beneficiary of a generous group of supporters, communi-



ty members and sponsors. We'd like to express our sincere thanks for your ongoing and unwavering support. Together we will continue to create lasting change both in our community and across the globe.

> Fran Taylor President (2020-2021) Rotary Club of Uxbridge



The Optimist Club of Uxbridge congratulates the Rotary Club for 25 years of service in our community.

Rotarians and Optimists will continue to work together, as we have for 25 years!

We love seeing so many kids enjoying the Pump Park, and look forward to seeing kids of all ages at this year's Optimist Fantasy of Lights!



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Celebrating 25 years in Uxbridge and how it all began

Twenty-five years ago, the Rotary Club of Uxbridge was launched by a group of caring, generous community-minded individuals. District 7070, which is made up of 55 clubs throughout southern Ontario, from Alliston to Picton, Campbellford to Toronto, considered Uxbridge a good location for a club, and the Whitby Sunrise Rotary Club offered to be the sponsoring club. The inaugural meeting was held at the Hobby Horse Arms pub, and the 25 people necessary to start a new club quickly signed on - the new club's Charter Night was only five months after the inaugural meeting!

Several of the people who sat at that first meeting in 1996 are still members today, including Terry Chapman, Fred Cotie, Grant Elliot, Randy Hickey, Ronald Hunter, Chris Weekes and Doug Wilson, all of whom continue to be actively engaged in Club activities.

"Service Above Self" is the motto of Rotarians worldwide. This motto reminds Rotarians of their commitment to act with integrity and

high ethical standards. It reminds them to deal fairly with others and treat them with respect, to use their skills to mentor young people, to help those with special needs and improve peo-

ple's quality of life both within their own community and around the world. These are all lofty goals to achieve, so Rotarians have simplified the process by creating the Four Way Test. It's a tool used by the club to direct decision making that is useful in every aspect of one's life. Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? And will it be beneficial to all concerned? The answers to these questions guide Rotarians daily.



Prepping veggies for seniors' Thanksgiving dinner.

In 2021, the Rotary Club of Uxbridge is as active as ever, despite the challenges of the past year. In fact the club is thriving and attracting new members all the time. With current membership standing at 50,

it seems that people are looking for ways to engage with others and give back to

1. When,

where and by

founded?

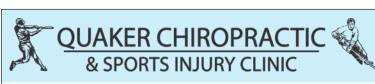
Answer-page 10

their community. The Rotary Club of Uxbridge's memberwhom was Rotary ship is diverse, as the club is open to men and women of all careers, faiths, cultures, and creeds.

For years, new member Ginny Slike had worked with Rotarians through her work with the Durham Basketeers. In 2020, she decided to join and says that "so far, it has been a short but very worthwhile experience, as Rotary consists of "doers" who love taking action in their com-

New members are welcome. The club currently meets weekly, on Thursday mornings from 7:30-8:30 a.m., on Zoom rather than at its usual breakfast meeting at a local restaurant. Visit www.uxbridgerotary.com to request an invitation to a meeting.





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Rotary Whitby Sunrise

Congratulations on 25 years of service in the Uxbridge community.

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To the members of the Uxbridge Rotary Club, from the Members of the **Uxbridge Senior Citizens' Club** (USCC) . Congratulations on the celebration of your 25th Anniversary. The members of the USCC are grateful for all your endeavours in our Community and around the World!





THE ROTARY CLUB OF UXBRIDGE

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Happy 25th Anniversary Rotary Club of Uxbridge!





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Congratulations on 25 years of service to the community and abroad. Because of your support to Emmanuel International Canada, families in Malawi have been able to receive clean water and mothers have the ability to care for their children through the PROMISE project.

Thank you, Rotary, for all you do. Keep up the great work!

Richard McGowan



Executive Director, Emmanuel International Canada Past President Rotary Club Uxbridge 2017-2018

The 'Avenues of Service' that guide Rotary

At its core, Rotary is a service club. The object of Rotary is to encourage and foster service as a foundation to one's personal life and business enterprise. While employing high ethical standards, members draw on their unique personal skills and business expertise to advance international understanding, goodwill and peace through a worldwide fellowship of like-minded individuals.

Over time, the organization has channeled this energy through what it calls the five Avenues of Service. These form the framework for club activity.

The first Avenue of Service is Club Service, which is the backbone of each club. It focuses on membership and the day-to-day running of the club. Doug Wilson, the Club's founding president in 1996-97, recalls that the first year leading up to establishing the Club

2. The Rotary

has always

admitted women

as members.

revolved around recruiting the required 25 people, men and women, who were needed to be chartered.

T or F? We quickly achieved Answer-page 10 that goal and even won an award from our district for doing this so quickly!" says Wilson.

During Susan Self's tenure as president (2008-09), she led a visioning exercise that helped to better define the goals and objectives of the Club, which resulted in it running more effectively. More recently, former president Richard McGowan (2017-18) was "proud to be able to showcase Uxbridge" to the many delegates from around the world that descended upon Toronto in June 2018 for the Rotary International Convention. 3. The only

The second Avenue of Service is called membership to Vocational Service. It Rotary is to be a encourages Rotarians serve others professional job. through their employment or life's work, and

Answer-page 10 use their skills where they may benefit others. Kerin Lloyd, who was president of the Club in 2004-05, recalls when Club members "really enjoyed spending a full day in every school in Uxbridge to present 'The Economics of Staying in School.'

Another Avenue of Service is Community Service, which is perhaps what the Club is best known for. It focuses on the projects and activities the Club undertakes to improve life in its community. Former president Steve Snoddon (2007-08) sees Community Services as integral to the Uxbridge club.

"From the very first service project, which was setting up the blood donor clinic in Uxbridge, this Club has always been looking for ways to improve the community."

Moving away from the community, International Service responds to the unique needs of many communities around the world. Former president Deirdre Gibson (2018-19) recalls the effort in Uxbridge to collect 10,000 coloured pencils to take to Malawi when members of the Club visited several maternal health projects it had initiated with

Emmanuel International & Dignitas International Club of Uxbridge

"It was a great success and much appreciated by the school children!" says Gibson. The Rotary Club of

Uxbridge has always adapted and improved the way it responds to international needs, taking on a broad range of service projects. It helps expand Rotary's humanitarian reach around the globe, and to promote world understanding and peace. In particular, Rotary supports the Polio Plus Campaign (a project aimed at ending polio around the world); the installation of wells in Malawi, Africa, and ensuring clean water in

Another Avenue of Services is Generations, better

> known as Youth Service. It recognizes the positive change implemented by youth and young adults through leadership development activities. The

Uxbridge Club has a very active Youth and Vocational Services committee. Elaine deBlicquy, president in

2012-13, recalls the excitement and the exuberance of cutting the ribbon at the opening of the Rotary Skate Park: "It was the culmination of several years' work by multiple area service and it is heartening that there are echoes of this type of collaboration working for the youth Uxbridge to this day.'

Individual clubs choose activities that suit the community and its interests, and generally these activities fall into one or more, of the following areas of focus: peace and conflict prevention/resolution; disease prevention and treatment; water and sanitation; maternal and child health; basic education; economic and community development; and supporting the environment. In this particular part of Ontario, another area of focus has been established - Honouring Indigenous People (HIP). HIP was created by Rotarians in southern Ontario in partnership and consultation with a number of Indigenous people. Rotary wants to honour Indigenous people by supporting their educational efforts and encouraging all Canadians to be aware of Indigenous issues, history, and culture. For more information visit HIP at www.rotaryhip.com

"Twenty-five years ago, Uxbridge was ready for Rotary. Our charter members took the Avenues of Service to heart and the succeeding membership has extended our influences from local to international, across borders and oceans. An honour to have been there at the beginning."

Doug Wilson, founding president

Rotary Club of Uxbridge Past Presidents

Douglas Wilson (Charter) 1996-97 Sandy Williamson (Charter) 1997-98 Grant Elliot (Charter) 1998-99 Ronald Hunter (Charter) 1999-2000 Terry Chapman (Charter) 2000-01 Ellen Skinner 2001-02 Ian Kerr (Charter) 2002-03 Robert Shepherd 2003-04 Kerin Lloyd 2004-05 Steve Mills 2005-06 Dickon Worsley 2006-07 2007-08 Stephen Snoddon Susan Self 2008-09 Pat Brandon 2009-10 Charles Taylor 2010-11 Dave Boulton 2011-12 Elaine deBlicquy 2012-13 Charles Taylor 2013-14 Randy Hickey (Charter) 2014-15 Lisa Brooks 2015-16 Dale Hickey 2016-17 Richard McGowan 2017-18 Deirdre Gibson 2018-19 Keld Greflund 2019-20 Fran Taylor 2020-21

President elect Michel Banh 2021-22

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Doug Wilson

Proud Charter member since 1996

Congratulations to the Rotary Club of Uxbridge!

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25 YEARS AND GOING STRONG!

Climate change and Rotary - a new area of intense focus around the world

R o t a r i a n s around the world are alarmed by the effects of climate change on the planet. In 2020, Rotary International adopted "Supporting the

Environment" as a new area of focus, and Rotary clubs around the world are tackling environmental problems literally from the ground up. Projects are being identified, prioritized and implemented at the club level across the globe. Clubs are attracting new members who are passionate about the environment, and building on that passion to plan and build for the future through action.

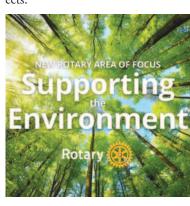
The Rotary Club of Uxbridge's focus on supporting the environment has been in evidence for a long time. From local trail maintenance, including repairs to the Trestle Bridge, to annual Scrap Metal Days,

the Rotary Club of Uxbridge has always placed importance on taking care of our environment. The Club promoted healthy outdoor activity for youth through sponsorship of the Skate Park and contributing to the Optimist Pump Park.

This new area of environmental focus brings fresh energy to the issue, and along with that, a need to raise funds. The Uxbridge Club has wasted no time on this - it has already held three large scale bottle drives and has "adopted a road," specifically Conc.6 from Hwy. 47 to the roundabout, for clean-up three times a year.

Through the leadership of incoming President Michael Banh, the Club aims to complete 25 environmentally related projects to celebrate the 25 years of Rotary in Uxbridge, and he promises that "we will be having lots of fun combined with hard work to address environmental issues in the Township."

Participation in a district-wide Rotary project for the Great Lakes Watershed, initially scheduled for April 24, will be rescheduled after COVID restrictions are lifted. Local projects, which are still in the planning phase, include assisting kindergarten students to plant pollinator gardens, and supporting a cycling marathon to aid monarch butterflies. The community is always welcome to join the Club during implementation of these "hands on" projects

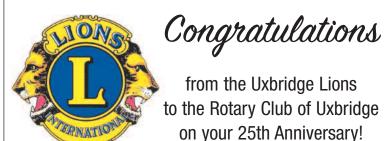


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Ahmad Imran Aslam

Partner, MA (Econ), CPA, CA, CIA,CRMA CPA(Illinois)

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Arlene Lyon 905-904-1488

arlene.lyon@hotmail.com @@arlene_lyon ■f@arlenelyonaldesigns P.O. Box 494 Beaverton, ON L0K 1A0 Congratulations
to the
Rotary Club
of Uxbridge
for 25 years
of service to our
community!

The PolioPlus campaign continues - we are so close

Since its inception 25 years ago, the Rotary Club of Uxbridge has supported the Rotary International PolioPlus campaign to end polio. Armed with a safe and effective vaccine, the campaign has vaccinated

over 2.5 billion children in 122 countries. In August 2020, Africa was declared free of the endemic polio virus. Worldwide cases of polio have been reduced by 99.9 per cent and, as of right now, only two coun-

tries continue to report cases of the polio virus - Afghanistan and Pakistan have one case each.

Partners with Rotary on this immense undertaking include the World Health Organization, the Bill & Melinda Gates Foundation, the US Centres for Disease Control & Prevention, and UNICEF. For

Rotary, it is the support for fundraising at the club level which drives the organization's ability to help eradicate polio worldwide.

Polio is just one part of the PolioPlus plan. The 'plus' is something else that is

provided as a part of the polio eradication campaign. It might be a hand-operated tricycle for a polio

survivor, additional medical treatment, mosquito nets, or access to clean drinking water. Part of the plan is to ensure populations identified during the polio vaccination campaign are able to access muchneeded basic services. The polio virus spreads through human waste, so making sure people aren't drinking or bathing in contaminated water is critical to eradicating the

A celebration to mark World Polio Day and those who have support this cause is planned for October 2021 in Oshawa.



Deirdre Gibson Project Manager

Past President 2018-2019

Best Project: Pencil collection for school children in Malawi

Fundraising - the fundamental part of a service club



For 25 years, Uxbridge has supported its Rotary Club's efforts to raise funds for worthwhile causes both within the community and internationally.

The Club has always been able to find the 'fun' in fundraising! Past successes have included Black Tie Gala Dinner events and a Black-Tie Yard Sale. Long-time Rotarian Carol Gelette has fond memories of the Black-Tie Yard Sale:

"We collected the treasures and the junk practically all year. It was an enormous amount of work, between collecting, storing, delivering and selling, but it was a chance to interact with a huge portion of the community and was the source of much laughter and joy! Even better, the funds were put back into the community. For obvious reasons it was not the favourite fundraiser of members who owned trucks!"

More recently, popular fundraising events, like the Uxbridge Rotary Christmas House Tour, had to be cancelled due to the COVID-19

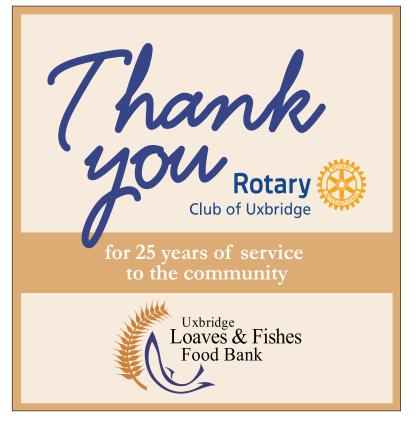
pandemic. A Scrap Metal Day was planned for this spring, but the current shutdown has seen it postponed. All, however, is certainly not lost. Despite restrictions on travel, the Trip of the Month Club proved to be a favourite once again, and, planned in partnership Getaway Travel, sold out in record time in 2020. Also working in a partnership, this time with the Royal

...continued on page 13

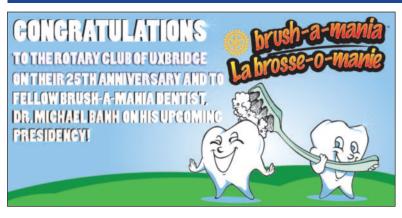
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ROTARY CLUB OF UXBRIDGE







Congratulations to Rotary Club of Uxbridge celebrating 25 Years of Service

Proud member and 2020-2021 President of the Rotary Club of Uxbridge

On behalf of Durham Basketeers, Ginny Slike congratulates Rotary Uxbridge on 25 years of service.





Congratulates The Rotary Club Of Uxbridge On 25 Years Of Community Service

Caring for Uxbridge's youth

Within the context of the New Generations Avenue of Service (see page 8), the Youth and Vocational Services Committee continues to undertake a full range of programs that recognize the positive change implemented by youth and young adults through leadership development activities.

Education for Uxbridge 4. The first Secondary School graduinternational ates continues to be Rotary club was supported by the Club formed in through annual schol-Winnipeg, arships. These include the Rotary Club of Answer below Uxbridge Service Above Self Award, which recognizes considerable involvement at the community level, and the Rotary Club of Uxbridge Durham College Scholarship, which goes to an aspiring Durham College student. It also gives annually to the Uxbridge Music Scholarship Trust, which supports worthy students continuing education in the field of

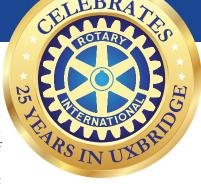
"Adventure in Citizenship" is an annual week-long student conference that allows an interested student to experience the workings of the federal government in Ottawa. This year's event is going ahead, but it is being held virtually.

Youth may also access the Free Reading Program that is available on the Club's website.

> The program offers a self-directed opportunity in learning and literacy.

The Club supports Canada. Tor F? more local organizations as well, including Durham Farm and Rural

Family Resources (DFRFR), which provides support for children of farming families and runs the Early ON program in four North Durham centres; Precious Minds, which supports individuals and families of children with developmental disabilities through our support of their library; and the Uxbridge Youth Centre, which continues to



offer COVID-safe programming for tweens and teens of the Uxbridge

Finally, special mention must be made of Brush-A-Mania, a program in which the Club partners with Uxbridge Family Dentistry to visit elementary schools in Uxbridge to teach primary students about the importance of oral hygiene.



How a club connects during COVID



Twenty-five years ago, the Rotary Club of Uxbridge held weekly meetings, made phone calls and sent out the occasional flyer. In keeping with the times, however, the Club now uses a full range of means to communicate with members and the communi-5. What was

The Club is active Club community on social media. On project? Facebook and Twitter, Answer below followers are kept up to date on the day-to-day activities and fundraisers going on under the Rotary Club of Uxbridge umbrella, as well as other interesting and worthy events being promoted by other Rotary clubs here and around the world.

To coincide with its 25th anniversary, the Club is relaunching its website, www.uxbridgerotary.com The website has a new look with updated content, graphics, links and pictures. It also features more details about the Club and its mission, as well as information outlining the Club's history, current and ongoing initiatives, upcoming events, future speakers and how you can get

Each member of Rotary worldwide receives a monthly magazine, entitled "Rotary" (rotary.org/magazines) which serves to con-

nect clubs by sharing stories and highlighting the first Rotary international profiles, events and activities. In Canada, Rotarians receive a Canadian version of the magazine as well. "Rotary Canada"

shares success stories from across the country. At a local level, Uxbridge members receive a weekly e-newsletter entitled "Rotary This Week" which keeps them up to speed on what the Club and its members are doing.

If you would like additional information about the Club, or to attend a virtual meeting, please email us at uxbridgerotaryclub@gmail.com or visit our website and contact us through the email link on our website. Alternatively, write to us at P.O. Box 763, Uxbridge ON, L9P

"As one of the founding members, one of my best memories about club activities is the fact that there are no bad memories. So, all the memories are only good!"

Chris Weekes, founding member

"The local service project I found to be the most fun and beneficial to the community was the building of the Rotary Band Shell in Elgin Park. It was and is a project that continues to be a presence in the lives and memories of the people of Uxbridge of all ages."

Carol Gellette, long-time Rotarian





Connie Gerrow Corporate Law Clerk t: 416-209-4503 e: connie@gerrowstroud.com

ANSWERS TO ROTARY TRIVIA QUESTIONS:

- 1. Rotary began in 1905, in Chicago, by business man Paul Harris.
- 2. True
- 3. False. Men and women can be members and all occupations are accepted.
- 4. True
- 5. A public washroom in Chicago. Public washrooms were usually in taverns.

Chances Are receives community support

by Roger Varley

Darryl Timms, vice-president of the Uxbridge Cottage Hospital Auxiliary, says Chances Are, the auxiliary's thrift store, and its volunteers have received a positive response from the community since it was broken into last week.

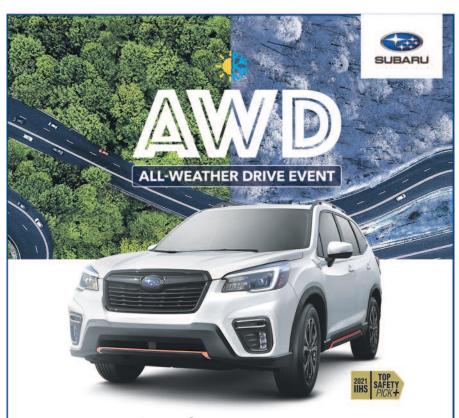
"People are still outraged," Timms said of the robbery. "We've got a couple of groups doing a couple of things for us."

He said that, as a result of the break-in, the store will be installing a new security system and a new safe. Also, because of the COVID-19 shutdown that came into effect last Thursday, there will be an opportunity to "finish up a few things" not done during the recent renovation of the store

On the investigative front, Timms said Durham Regional Police obtained some images from the store's security camera taken before the camera was disabled when the thieves cut the store's hydro.

Last week, thieves gained access to the store by disconnecting the hydro and smashing the glass in the store's upper and lower level doors. The thieves stole the floats in the tills and broke into the safe, taking an estimated \$5,000.

Timms said anyone wishing to contribute to Chances Are, which raises hundreds of thousands of dollars for the auxiliary, which then goes to the Uxbridge Hospital Foundation, can make donations to the Foundation and tag such donations "Chances Are."



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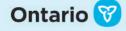


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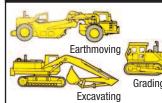
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- Sweep walkway of debris
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AAO

14

Uxbridge vaccinations happening slowly

by Roger Varley

As of last Friday, only about 1,500 people had received COVID-19 vaccinations at the vaccine clinic located in the Uxbridge arena.

The clinic opened March 29 and had held four 10-hour sessions by Friday. The schedule calls for two clinics a week at the arena, as well as two a week in Scugog and once a week in Brock. Durham Region public health said an average of 369 vaccinations were administered at each of the Uxbridge sessions.

Public health says that, currently, appointments at all the clinics are full, based on vaccine availability. The department said it hopes to have more appointment bookings available soon. Of the four clinics held in the arena so far, only eight appointments have been missed.

Appointments remain limited to specific groups, such as adults 60 years or older in 2021 and adults 50 years and over in designated "hot spots" in Ajax and Pickering. Others eligible to book appointments include special education staff, Indigenous adults and people with high-risk health conditions.

Apart from the arena clinic, vaccines are also being administered at several local pharmacies. Pharmasave owner Sameer Remtulla said Tuesday that he and his staff has given over 300 vaccinations over the past seven days.

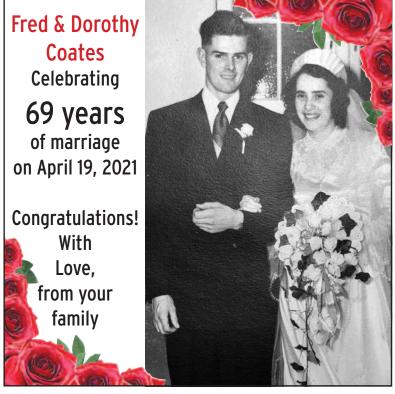


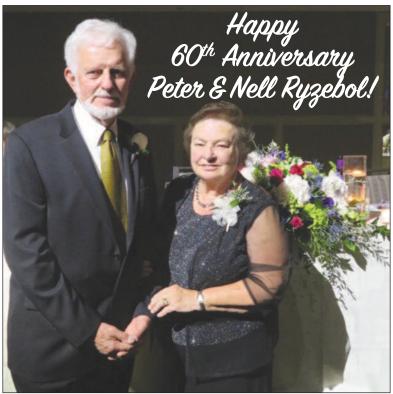
Rotary Fundraising, from page 9

Royal Canadian Legion and the Canadian Tire Jumpstart program, Rotary has run "Catch the Ace," a weekly, progressive, cumulative lottery. Look for the relaunch of this popular fundraiser in the coming months.

Fundraisers have also occurred entirely online. Last October the Club hosted an online Trivia Night, and closer to the holidays, a Holiday Season Decorating Seminar was led online by popular interior designer Mary Dobson. The Club also returned to some old school fundraising techniques — it's held three COVID-friendly bottle drives since July 2020, and fond memories of previous Car Rallies inspired the Club to host another one when circumstances allow.

The Club welcomes pandemicappropriate fundraising ideas so it can continue to meet its fundraising goals.







UTSTreeCare.ca

905-852-5313

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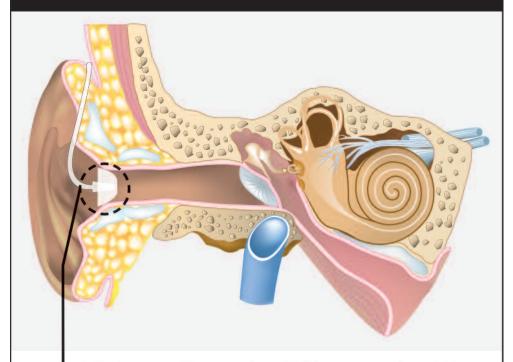
Final resting place Retired, for short

on the back; good job!

24 Repent

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Constance Trieff Laing, loving mother, grandmother and artist, passed away peacefully at home on April 7th, 2021, at the age of 69. She is survived by her loving family; daughter Anna Laing-Fraser; son Michael Laing-Fraser, his partner Isabelle and their son Maximilian; and sister Jennifer Laing.

Born in Cleveland, Ohio, on January 6, 1952, to parents Jack and Helen Laing, Constance spent her childhood exploring the Ohio countryside, swimming, riding bikes, and playing softball. She later studied fine art and illustration at Bradley University in Illinois, the Emily Carr Institute in Vancouver, and Sheridan College in Toronto.

Mother to Michael (1988) and Anna (1991), Constance was a role model, teacher, coach, and confidant. She will be remembered for early mornings at the barn, for countless extracurricular pick-ups and drop-offs, for evening Scrabble contests, for late night talks and all-night projects, and for unreserved, unconditional love and encouragement through good times and bad.

In 1994, Constance settled with her children in the community of Uxbridge, Ontario, where for nearly three decades she ran a thriving gilding and finishing studio. Rarely motivated solely by the end product, Constance was devoted to the creative process and drawn to the joy and fulfillment of collaboration. She was a fixture on the Uxbridge Studio Tour and formed lasting friendships through decades of deeply personal commissioned works of art. Her likeness will live on through her iconic copper angels.

Constance will be fondly remembered by her friends and colleagues in IATSE Local 873, where she was a much-loved member of the Scenic Art department on several major motion picture productions. She will be missed by her peers at the Society of Gilders, whose biannual conferences inspired her toward many stylistic and technical innovations.

Outside her studio, Constance was a lifelong equestrian. She leaves behind Lemonade, her beloved pony companion of 15 years. She nurtured many pets, and is survived by her cat Scout, who has found a loving new home after his loss.

Her other passions included neighbourhood walks, 9 holes of golf, and a love of literature. These activities all celebrated lasting and meaningful relationships; barn friends, good neighbours, golf buddies, and book clubs.

Gone too soon, Constance was enjoying her latest adventure as grandmother to Maximilian, her only competition for most beautiful and engaging smile. In all things, Constance shared her love for life and its pursuits with her family and friends.

We will cherish the memory of her warmth, her wisdom, and her determination. May she rest in peace. A celebration of her life will take place at a later date.



Urban poling is a great activity for

people with osteoarthritis in their

low backs, hips and knees, who may

benefit from putting less stress

through their lower body joints. The

poles are another option for people

Watching Things Grow with Barbara Pratt

Landscaping for Privacy

We asked Jacob Cookman from Greenbank Garden Centre (greenbankgardencentre.com) to give us some ideas about creating privacy for your backyard garden. Here's what Jacob gave us:

Creating privacy in your yard can be a wonderful creative reflection of one's persona. Rather than installing a traditional wood panel fence, you can utilize many different varieties of plants to create not only privacy, but a beautiful landscape.

Low maintenance approaches that establish full privacy are hedges. Hedges are created when

t r e e sa n d shrubs planted in close proximity in a straight line to create a living wall that is almost impene-

trable



A Bloomerang Lilac hedge can provide privacy, colour, fragrance and are easy to maintain.

visually. Trimming once or twice a year will keep your hedge thick and vigorous while maintaining your desired size and shape. Evergreens such as Cedar and Spruce are most popular when planting a privacy hedge, plants such as Forsythia, Bloomerang Lilac and Weigela are three amazing plants to use in a privacy hedge. These are hardy, flowering, and very easy to maintain.

Putting a hedge aside, choosing specific species and planting in choice areas of your yard can also create a visual blockade while keeping an amazing open concept look to your personal space. Ornamental trees come in all shapes, colours and sizes and can be planted in areas with minimal space to grow. Ornamental trees such as Ivory Silk, Flowering Almond, and Chanticleer Pear produce beautiful flowers and can grow in minimal garden space. Incorporating flowering shrubs, small evergreens and even placing medium size evergreens can create four season visual blockades all around your yard that not only serve a purpose but create stunning landscapes in your own backyard!

If you're starting out and a fence has already been installed but doesn't quite cut it for your privacy needs, don't worry! Creating a garden along your fence can look quite stunning. Plants will do a very good job of softening the hard structured look of a fence. When designing your gar-

> den, try to place the taller plants closest to the area you're trying to create privacy. Height is a very impor-

tant aesthetic feature

to every garden, no matter the size. Without a range of height your garden will have no range and look flat and unaesthetic.

Visit a local garden centre for helpful tips on gardening and professional advice on plant knowledge and garden design for your personal space.

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Get out of the house and go for a walk

Submitted by Jodi Bussiere

Have you seen that group of people walking and exercising with poles in Elgin Park? They are The Uxbridge Pole Walking Club, which was founded in 2014 by physiotherapist Jodi Bussiere, personal trainer Dale Andrew, and April Ferguson, a physiotherapy assistant. This year, Kelsey Brethour, a newly graduated physiotherapist, joins this team of instructors.

Pole walking and exercise classes take place in Elgin Park each spring and fall, and start up again this

"This is such a great activity for people of all levels of abilities, especially after this winter, being cooped up during the pandemic," says Bussiere. "We are helping to increase the level of activity of many people who would not otherwise be getting outside an enjoying exercise, in a safe and fun way."

Pole walkin/exercise classes run for one hour, and include a proper warm-up, several walks in the park, upper and lower body strengthening, and stretching; all with the aid of the walking poles.

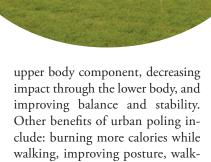
Urban poling originated in European countries for elite level cross country skiers to be able to train in the summer. It has become a popular adjunct to walking, adding an

after hip or knee surgery. Using poles to walk may also be a good activity for people with osteoporosis, who will benefit from having better posture, and having a walking aid to improve balance. Other people who may benefit from the poles are those suffering from Multiple Sclerosis, Parkinson's Disease and even people

The Uxbridge Pole Walking Club's spring session starts on May 10 and offers three classes per week in beautiful Elgin Park. All registration can be found www.uxbridgepolewalking.com

who are in wheelchairs.

Participants only need a pair of poles, which are available at Uxbridge Physiotherapy, Canadian Tire and Walmart.



ing faster and having fun!

BEARE, Ivan John

BEARE, Ivan John, son of Fred and May Beare, died peacefully at his home on April 9, 2021, with his beloved wife of 66 years, Ann (née Stalter) by his side.

Ivan retired from Hydro One in 1990, and had grown vegetables in his gardens for friends and family ever since. Predeceased by his brother, Garnet (survived by Shirley) of Palmerston, he leaves behind his sisters, Joyce (late Charles Rogers) of Ottawa, and Marian (late Murray Grove) of Port Perry; his sister-in-law Lynda Draper, and many nieces and nephews. Keeping his memory close to their hearts are his much-loved daughters, Debra (Paul Harpley) and Ellen

(Neil Drudge), his grandchildren, of whom he was so proud, James Harpley (Lisa), Chris Drudge (Carrie), Janet Harpley Aco (Nick), Allison Bruns (Nathan), Bethany Kirkup (Dylan), and Devon

Harpley (Leah); and his six great grandchildren: Levon, Natalie, Farley, Riley, Jack, Aiden, and Number 7 on the way. Ivan/Dad/Grandad was saving up his hugs for when we could all hug safely again.

> Please share a memory and a hug with a loved one. Funeral arrangements entrusted to Low & Low Funeral Home, 23 Main Street South, Box 388, Uxbridge, L9P 1M8 (905-852-3073). Due to COVID-19 protocols there will be a private family service graveside at Erskine Cemetery, Pickering. In lieu of flowers, a memorial donation to the charity of your choice would be appreciated by the family. Online condolences can be made at www.lowandlow.ca



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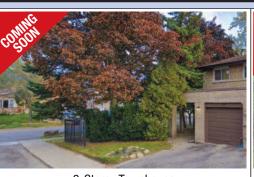








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Good luck getting your home ready to sell, remember I'm always here to help!



CHESTNUT

jen@jennifercaron.ca www.jennifercaron.ca