

The Uxbridge COSMOS



Volume 17 No. 19

YOUR UNIVERSE

Thursday, May 13, 2021



UNHAPPY WITH THE SITUATION - A spraypaint can in the hands of another 'badd' human left this message on the garage door of one of five empty houses that stand on the north side of Reach St., just east of downtown Uxbridge. Developers of the future "luxury bungalows" site recently cut down all the mature trees on the property. Police say they have no leads on who left the message. For more on recent tree-cutting in Uxbridge, see page 4.

Photo by John Cavers

Walkers discover race-related vandalism near Barton Farms

by Justyne Edgell

On Sunday evening, an Uxbridge resident posted on Facebook about a disturbing sight they came across while out walking in the forest at Herrema Fields in Barton Farms.

"Trees were torn out by the roots, burned, chopped with an axe, and racial slurs written on wood nailed to the tree," said the resident, who, although her name does appear on the Facebook page, asked that she remain anonymous here for fear of retaliation.

She also reported that empty caffeine drink cans and garbage littered the area.

The resident did take photos of the site, but declined to post them online "because of their disturbing nature."

The resident says she and her family often

walk in that area and have frequently seen forts made out of fallen trees. They say they have recently noticed some vandalism to living trees, but nothing as bad as what they found this past weekend.

Trees were torn out by the roots, burned, chopped with an axe, and racial slurs written on wood nailed to the tree.

She also said that they called the Durham Regional Police and showed an officer to the area, where they removed the graffiti.

When asked to comment on the discovery, Mayor Dave Barton said that township staff went to the location on Monday morning to clean up any remaining trash.

"Our goal is to remove any graffiti as fast

as we can, especially anything that could be hurtful to others," said Barton.

Other residents chimed in on the Facebook post, one noting that he had witnessed two males, presumably in their teens, on bikes in that area, carrying an axe, earlier that weekend. Another resident mentioned that on various occasions he has spotted a male walking from the Beer Store, "with a backpack full of alcohol, and getting drunk in that park."

"On behalf of the township, I am sorry this took place in our community, and through our Equity, Diversity and Inclusion Committee we are continuing to work to end racism in our township," said Barton.

The promotion of hatred against identifiable groups is a criminal offense.

Inside Your Cosmos

Spring clean your financespages 8 & 9

Eat your weedspage 11



The Township of UXBRIDGE

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MORE INFO

www.uxbridge.ca

Council & Committee Meetings

Meeting Schedule for May 2021

Monday, May 17, 10:00 a.m.
COMMITTEE MEETING

Tuesday, May 18, 7:00 p.m.
B.I.A. BOARD MEETING

Wednesday, May 19, 3:00 p.m.
AGE FRIENDLY COMMITTEE

7:00 p.m. COMMITTEE OF
ADJUSTMENT MEETING

Monday, May 24
NO MEETING – VICTORIA DAY

Thursday, May 27, 9:00 a.m.
TRAILS COMMITTEE MEETING

Monday, May 31, 6:00 p.m.
CLIMATE ADAPTATION &
TRANSITION COMMITTEE

Proclamations for the month of May

- Nursing Week - May 10-16, 2021
- International Day Against Homophobia, Transphobia and Biphobia – May 17, 2021
- Sexual Assault Prevention Month

Did You Know?
You can apply
for a fire permit
on-line!
www.uxbridge.ca/fire

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

NOTICE OF THE PASSING OF A ZONING BY-LAW THE CORPORATION OF THE TOWNSHIP OF UXBRIDGE

TAKE NOTICE that the Council of the Corporation of the Township of Uxbridge passed **By-law No. 2021-041** on the 26th day of April, 2021, pursuant to Section 34 of the Planning Act, R.S.O., 1990, as amended, to amend Zoning By-law No. 81-19, as amended, of The Corporation of the Township of Uxbridge. The subject lands are legally described as Lot 50, Block 6, Municipal Plan No. 83, Township of Uxbridge, in the Regional Municipality of Durham and are municipally known as 199 John Harvey Street (Chris and Nadine Armour).

AND TAKE NOTICE that through the circulation and review of the application to amend Zoning By-law No. 81-19, the Township received no written submissions and three (3) verbal submissions by members of the public prior to the decision of Council. Council considered Development Services Report DS-15/21 and the results of the statutory public meeting held on Monday, February 8th, 2021, the effect of which helped Council to make an informed decision.

AND TAKE NOTICE that any person or agency may appeal to the Local Planning Appeal Tribunal in respect of the By-law by filing with the Clerk of The Corporation of the Township of Uxbridge, not later than 4:30 p.m. on the 27th day of May, 2021, a notice of appeal. The notice of appeal must set out the objection to the By-law and the reasons in support of the objection together with the required Local Planning Appeal Tribunal fee of \$300.00. Cheques must be made payable to the **MINISTER OF FINANCE**.

PLEASE NOTE that only individuals, corporations and public bodies may appeal a Zoning By-law to the Local Planning Appeal Tribunal. A notice of appeal may not be filed by an unincorporated association or group. However, a notice of appeal may be filed in the name of an individual who is a member of the association or the group on its behalf.

No person or public body shall be added as a party to the appeal unless, before the by-law was passed, the person or public body made oral submissions at a public meeting or written submissions to the Council or, in the opinion of the Tribunal, there are reasonable grounds to add the person or public body as a party.

An explanation of the purpose and effect of the By-law is given below. The complete By-law is available for inspection in the Clerk's Department during regular office hours.

DATED AT THE TOWNSHIP OF UXBRIDGE THIS 7th DAY OF MAY, 2021.

Debbie Leroux, Clerk

Township of Uxbridge
Box 190, 51 Toronto St. S.
Uxbridge, Ontario
L9P 1T1
905-852-9181 ext. 228
dleroux@uxbridge.ca

Township File:

Zoning By-law Amendment (ZBA 2020-04)

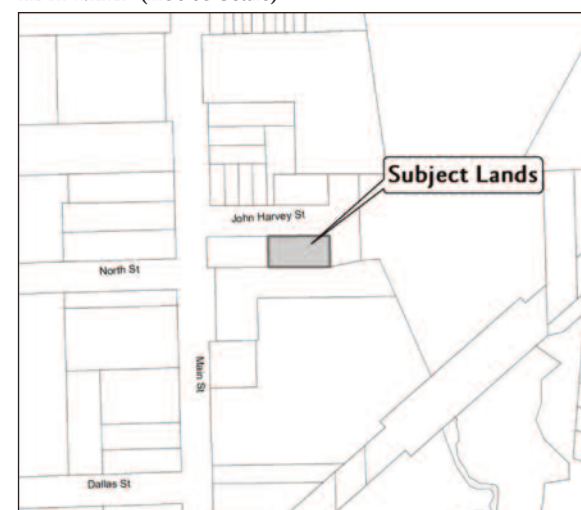
Applicant:

Chris and Nadine Armour
199 John Harvey Street, Uxbridge

PURPOSE AND EFFECT OF THE BY-LAW

- The purpose of this application is to amend the Zoning By-law to rezone 199 John Harvey Street to permit the construction of two new 3,240 sq.ft and 3,710 sq.ft semi-detached dwellings (for a total of four dwelling units).
- The subject property is designated "Mixed Use Area" in the Township Official Plan and currently zoned "Residential First Density Exception No. 37 (R1-37)".

KEY MAP (not to scale)



Bids & Tenders

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

- U21-20 Parking Stall Line Painting – Closes May 18 at 2:00 p.m.
- U21-21 Rout and Seal – Closes May 25 at 2:00 p.m.
- Q21-03 Township Page – Closes May 25 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 (by appointment only) at the Township Office, located at 51 Toronto St. South. Public tender openings are not happening currently; however, bid results will be posted at Uxbridge.ca/bids_and_tenders in a timely manner.

Ux-Camps
Registration
opens May 20
Spaces are limited. Summer programming
subject to change without notice
as per changing
COVID-19 regulations.

COVID vaccination registration NOW OPEN
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essential workers.

To book your appointment call 1-888-444-5113
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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


Street Sweeping

Street sweeping has begun, and will take 6 – 8 weeks to complete. Please try not to park on the streets during this time. 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 COMPLETED

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.)



Uxbridge at a Glance



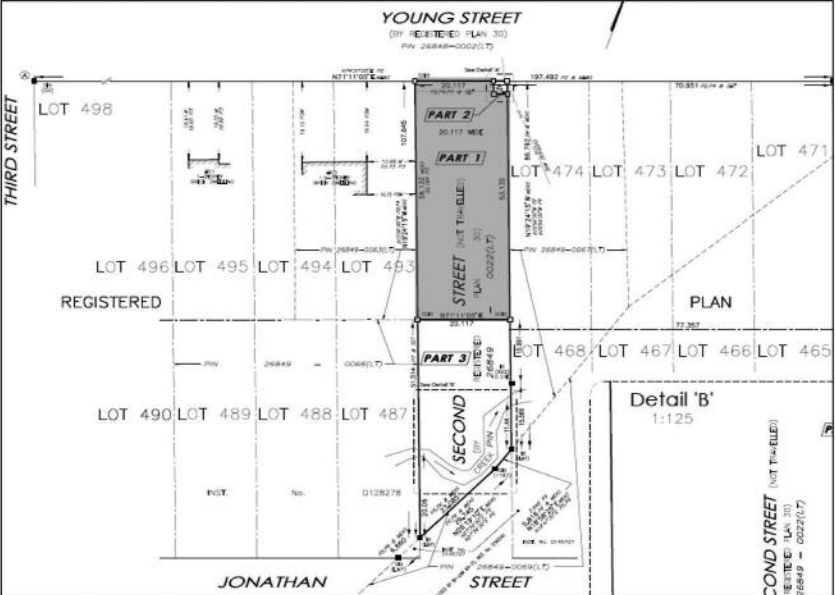
THE CORPORATION OF THE TOWNSHIP OF UXBRIDGE PUBLIC NOTICE

NOTICE is hereby given that the Council of the Township of Uxbridge hereby declares the following lands to be surplus to the needs of the Municipality;

WHEREAS the Council of the Corporation of the Township of Uxbridge deems it desirable to declare surplus and convey real property legally described as Part of Second Street Registered Plan 30, more particularly described at Parts 1 and 2 on Plan 40R-31341, Township of Uxbridge, Regional Municipality of Durham;

FURTHER NOTICE is hereby given that the Township Council at its regular meeting held on May 10, 2021, declared by Resolution No. 2021-05 the aforementioned lands to be surplus to the needs of the municipality. A copy of the plan showing the location of the lands may be viewed in the Office of the Clerk.

Debbie Leroux, Clerk



Council bans drug-addiction clinics

by Roger Varley

Following discussion of a report by township planning consultant Elizabeth Howson on Monday, council passed both a resolution and a by-law prohibiting drug-addiction clinics from being established anywhere in the township. The by-law will remain in force for a year to enable the township to develop a policy regarding such sites.

Howson's report noted the opioid crisis has affected communities across Canada, adding that "these issues occur in every community in the province, including Uxbridge."

The report said a range of treatment and harm-reduction facilities have been developed throughout Ontario, but many sites have experienced problems such as line ups and pedestrian congestion outside facilities; garbage and littering; locations near schools, parks, social services and residential areas; drug-dealing and improper or unsafe disposal of needles and other drug-related material.

"Location needs to be carefully considered," Howson told council. "It's important for the township to determine the best place."

The resolution council passed states, in part, that Howson will conduct a study to establish a planning policy and regulatory framework regarding new drug-addiction treatment and harm-reduction facilities to make sure such sites provide benefits for clients while minimizing any negative impacts on the surrounding community. The by-law bans such sites for a year.

Howson said the study will take about four to six months and will be followed by a public forum.

Mayor Dave Barton said there are no statistics available for Uxbridge concerning opioid use or misuse. He said the study will determine the best site for such a facility if one is proposed. He said there have been no formal requests for such a site so far.



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Our two cents

The woodchopper's pall

It was tempting to open this by quoting Joni Mitchell's most famous lyric, but it seemed a tad too obvious. But we do want to talk about trees and the tree-felling apocalypse that appears to have taken hold in our community.

A local Facebook page was abuzz with a multitude of posts Tuesday morning after residents at the south end of Cemetery Rd. awoke to the sound of a stand of trees being cut down by a developer. The trees formed a barrier between the new development at the end of the road and the property immediately north. Those trees are now gone, as are, according to one resident, a line of trees that grew along the side of the road but were not on the aforementioned property. The resident said she was upset and felt helpless. Her opinion was echoed by many others.

However, this is not the worst case of tree clearing we have going on in town. Drive along Elgin Park Dr. and observe where a huge swath of trees was cleared to make room for a development. What was there before the developer moved in was actually a forest. Now continue east for a spell and see the empty space, with a few deserted homes, on Reach St., where so many trees were taken down that the Coral Creek subdivision, once hidden, is now plainly visible.

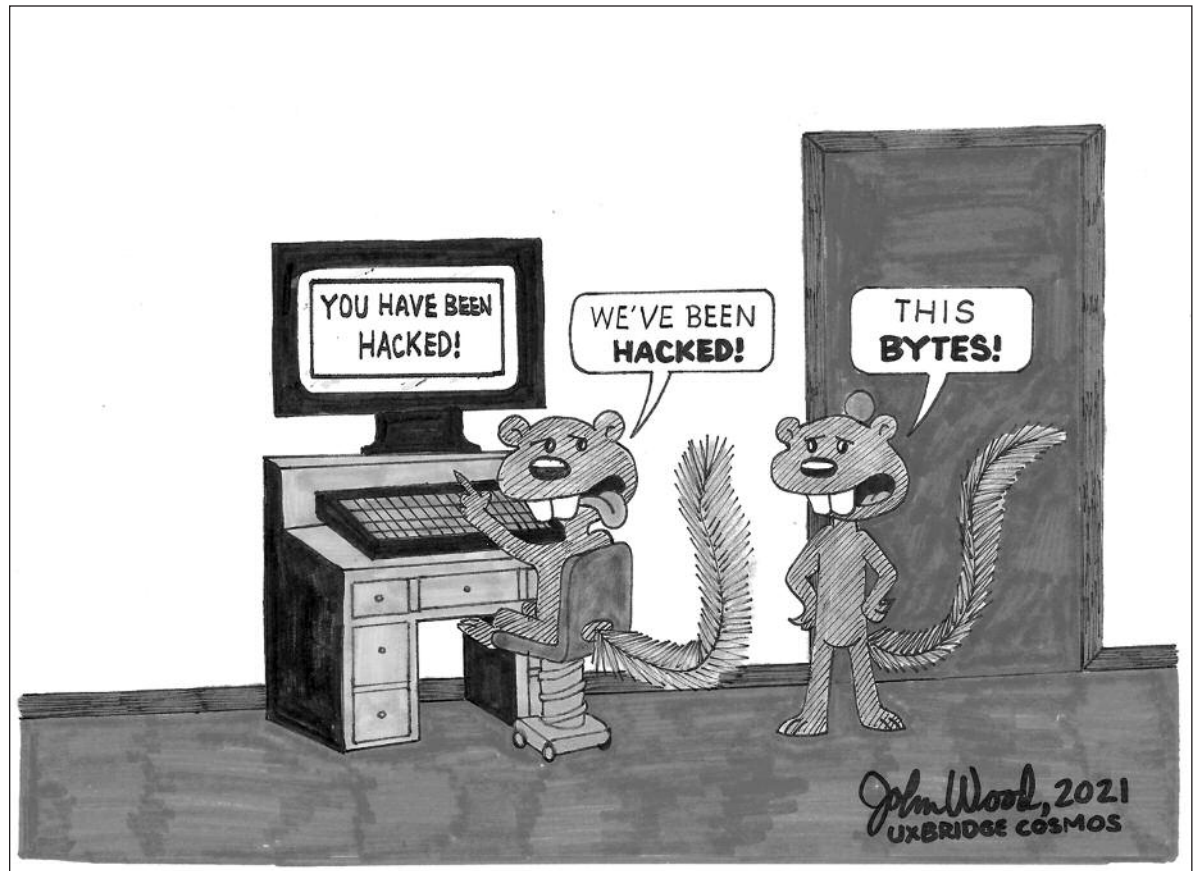
Councillor Bruce Garrod recently asked council to consider adopting a policy which would require developers to plant new trees to replace any they removed. He said that, ideally, the township would dictate where the new trees would be planted. That's a commendable approach, but replacing a 70-year-old maple with a sapling or a shrub doesn't cut it. That would be like removing the awnings over your windows and replacing them with a Kleenex.

Garrod acknowledges that "people are concerned about recent growth in town. I'm in favour of controlled growth."

Unfortunately, the growth that is happening in town now appears to be single-mindedly focussed on condominium townhouses. As the above-mentioned Cemetery Rd. resident told us, many homes on the road are on large lots and developers are buying up these homes so they can put in townhouse developments. A townhouse development is going in on both sides of Brock St. E., near Nelkydd Lane; townhouses are planned for the Reach St. site; townhouses are planned for Cemetery Rd., townhouses are planned for the Elgin Park Dr. site and also for the property at 62 Mill St.

One of the Facebook comments referenced the neighbouring community of Stouffville, which has turned, over the last 60 years, from a picturesque little village into an horrendous melange of mini-plazas, unsightly and monstrous apartment buildings and a building in its downtown that would be more suited to downtown Toronto. We think there is a lesson to be learned from that town. Admittedly, Uxbridge can't expand its urban boundaries as much as Stouffville because of the provincial Oak Ridges Moraine legislation, but eradicating older homes and replacing them with townhouses can lead to an urban blight. A street full of townhouses can never hope to become a neighbourhood like Glen Acres or Quaker Village or Gouldville but they can destroy an existing neighbourhood, like Cemetery Rd. As our unnamed resident said: "Taxpayers aren't being protected."

This townhouse-building frenzy is not only going to change the way Uxbridge looks: it's going to change the very character of the town. Members of council will tell you there's little they can do to stop this because their hands are tied. They cannot turn down a development proposal just because they (or their constituents) don't want it or like it and if they did, it would just go to the Local Planning Appeal Tribunal (LPAT), the successor to the Ontario Municipal Board (OMB). That might be true, but just once we'd like to see council - or even just one councillor - stand up and say no to these invasive developments and let the chips (and wood chips) fall where they may.



Annual prayer breakfast brings community together online

by Lisha Van Nieuwenhove

An anniversary is always a big deal, and this year is no different for the annual Prayer Breakfast Uxbridge. Well, it's a little different in that the celebration breakfast will be held online.

Current COVID-19 restrictions prevent large gatherings, so the annual prayer breakfast, which is celebrating its 10th year, will bring what it is calling a "new and meaningful experience" to the Uxbridge Baptist Church website and YouTube channel.

According to Brian Evans, one of the prayer breakfast organizers, this unique event is sponsored by all of the churches in the community.

"The churches came together over 10 years ago with a common objective - to reach out into our communities and demonstrate that our churches are not just buildings on the corner. We are your neighbours and active in our community. We wanted our leaders, emergency professionals, education and business leaders, service clubs and neighbours to know that we appreciate them and that we uphold them in prayer before a living and loving God."

This year's prayer breakfast theme is "First Nations Friendship - Walking

Together on Life's Journey." Don Simmonds, one of the featured guests for the breakfast, is a coach with the Uxbridge Secondary School Tigers, and is active with the Hope Through Hockey program, a partnership with Weagamow, a First Nation community in northern Ontario.

"For all of its wonderful virtues, Canada still carries the blight of history with its First Peoples. Could something as simple as "friendship" be an answer to such a complex challenge?" asks Simmonds. "The story you will hear [at the prayer breakfast] is of a profound friendship between the people of Uxbridge and the people of Weagamow in Northern Ontario, and the hope that has come through authentic expressions of love and a common desire for game of hockey!"

Jennifer Wilson is the other featured guest for the prayer breakfast. She is the founder and coordinator of Heart to Heart, an outreach to Indigenous communities offering friendship and various community programs. Wilson says that "personal experiences of isolation over the past year have given us more understanding of the challenges of those living in remote communities."

Heart to Heart has been active throughout the pandemic, says Wil-

son, connecting people through Zoom and by phone calls.

"We are currently involved in both the Weagamow and Curve Lake communities through weekly Zoom Bible study and prayer nights for the month of May. We hope to be back in the communities by Spring 2022, if not before. Since we have established relationships in the communities, we continue to walk life's journeys with our Indigenous friends...the joys and the sorrows."

Normally the annual prayer breakfast hosts between 150 - 200 people, including church members from all churches, officials from various levels of government, emergency medical services leaders, business leaders and community members. Because of the online outreach, Evans anticipates that more people than ever will participate in the breakfast, including many from different First Nations communities.

The 10th Annual Prayer Breakfast Uxbridge will premiere at 8 a.m. on Wednesday, May 26, and be available to watch online through the Uxbridge Baptist Church website, as well as on its YouTube channel. There is no charge for viewing the prayer breakfast, but those who wish to make a donation can transfer to uxbprayerbreakfast@gmail.com

Optimist Fantasy of Lights had best season ever despite pandemic

by Lisha Van Nieuwenhove

The Grinch couldn't stop the Christmas spirit, and neither could COVID-19, because visitors to the Optimist Club of Uxbridge's Fantasy of Lights in 2020 made sure that the annual spectacle was the biggest, brightest and most profitable Fantasy of Lights to date.

Brent Lunn, the Optimist Fantasy

of Lights (OFL) committee chair, recently announced that approximately 50,000 people came through Elgin Park in December to see the light display.

"No doubt COVID helped," says Lunn, "as people were looking for events. But COVID also forced us to shut down on Dec. 26, a full week early. I think the majority of the growth is that word got out."

Word got out in the form of the OFL making several "best of" lists, including being named one of the top 10 Christmas light shows in Canada by *Reader's Digest*.

"This is truly a fantastic event!" says Lunn. "In Toronto, an event like this is \$40-50 per car. In Uxbridge it's free. It is off the charts rewarding to see that we are entertaining 50,000

...continued on page 6

**The Uxbridge
COSMOS**

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9,500 copies of The
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Wandering the Cosmos

column by Conrad Boyce

I'll be seeing you

A few years back, I directed a production of *The Miracle Worker*, a play about Helen Keller, the deaf and blind Alabama child who found the gift of communication through her teacher Anne Sullivan in the late nineteenth century.

An audience member told me after the play one night that she found herself wondering how she would handle it if she were to lose even one of those precious senses, let alone two. I'm sure many of the audience had similar musings.

All five of our senses are marvellous gifts, each in its own way. If I had to rank them, I suppose I'd be prepared to lose smell first, then touch, then very reluctantly taste. A few years ago, I wrote a column in this space recounting my favourite sounds. I would very much miss the laughter of children on a playground, the purr of a cat, the pounding of surf on an oceanside beach. Ironically, though, it is only my most cherished sense, sight, that I have come close to losing.

I blame my parents, because I spent much of my formative years curled up in an easy chair, reading, paying little attention to my posture or to adequate lighting. I was fairly low maintenance otherwise, so I suppose they were prepared to ignore my pronounced myopia and curvature of the spine. I largely ignored these issues as well, until they suddenly came back to bite me big time as soon as I became a senior.

After we left Uxbridge in 2015, my furry friend Lacey and I were exploring a hilly trail in a park called the Shaw Woods, near our new home in the Ottawa Valley. After a couple of hours, I started seeing some large black floaters as I watched TV. Then, next morning, a black veil started to crawl up my left eye, blocking my vision. Not suspecting the seriousness of the situation, I decided to bring it up at an optometrist appointment a couple of days later. The optometrist took one look and sent me to an ophthalmologist in Ottawa. By the next day, I was on the operating table; my left retina had detached. If I'd delayed action even one day longer, I probably would have lost my vision entirely in that eye.

I mostly had myself to blame. Despite my near-sightedness, I continued to take my vision for granted, continuing to read in low light, and stubbornly refusing to wear sunglasses on bright, snowy winter days. But there was also a specific theatre-related injury...

In the early 90s, in Whitehorse, I was playing the villain in a highly-stylized piece that required me to engage in a wooden-sword fight with the young hero. One performance, the

other actor decided to show off for his girlfriend in the front row, and ignore the important fight choreography we'd carefully rehearsed. As a result, I got whacked mightily upside the head with a sword, blacked out for a few moments, but stupidly carried on. The next morning, I saw a few lights. My family doctor suspected there might be a small tear in the left retina. Since there was no ophthalmologist in Whitehorse, however, we decided to wait and see if things repaired themselves. The lights disappeared after a couple of weeks, so we let it go. Almost 25 years later, I paid for that mistake.

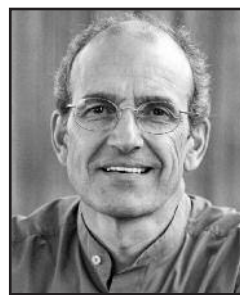
Then, only a couple of years after my left retina detached, in the fall of 2017, I found myself back in Whitehorse. I was directing the premiere production of my own show. I was probably wearing a few too many hats, and things became highly stressful as we grew closer to opening. Then I had a bad fall in the first snow of the year. Two days later, I woke up with a black veil over my eye, the right one this time. And this time, I knew what it meant.

Whitehorse still had no ophthalmologist, no ability to treat my problem, so I had two choices: Vancouver or Ottawa. Either way, I would miss opening night for the first time in my life. And either way, the flight had the potential of damaging the retina even further. I chose Ottawa, because the surgeon would hopefully be the same one who'd saved my left eye two years before.

So now I have two compromised retinas being held in place by "scleral buckles", silicone bands that will be in there for as long as I'm around. If I had to rely on my right eye, I'd be in trouble, because (probably due to the air flight from Whitehorse) there's a large black "macular" hole right where your face would be if we were having a chat. Thankfully, my left eye is just fine, and usually compensates magnificently for its more disabled partner.

I was reading recently that among the top 20 highest paid doctors in Ontario, about a dozen were ophthalmologists. Fine with me. Because the other day, I saw the season's first carpet of trilliums along one of our lakeside trails. And that night, one of the most spectacular sunsets in recent memory. Both of which I would have missed if not for my scleral buckles.

By the way, Lisa and I are moving back to Uxbridge in just a few weeks. So very soon, hopefully, along Brock Street or in Elgin Park, I'll be seeing you, literally and thankfully.



The Barris Beat

column by Ted Barris

Wrong cause using the wrong symbol

At first, I wondered why. Why would a TV news reporter in the middle of the country email me to speak about a COVID-19 question? I'm not a medical professional. When I called him back, he said he wondered if I would offer a comment on an event in Saskatoon? I lived there back in the 1970s, but what was it he needed?

"A group of anti-mask, anti-vaccine protestors staged a demonstration last Saturday," he said.

"That's disappointing," I said.

"That's not why I called," Nate Dove of Global TV News continued. "Hundreds of people showed up for the demo at the Vimy Memorial, here in Saskatoon. Some claimed that the location was important because it symbolized freedom of expression."

"Not really," I said. And I remembered the memorial he was talking about vividly. Saskatoon, among many things, is famous for its South Saskatchewan River Valley – its unique waterfront, its multiple bridges, and its lush riverside parkland. Kiwanis Park includes a Vimy Memorial bandshell, built in 1937, a year following the unveiling of the twin-pylon memorial atop Vimy Ridge in France to commemorate more than 60,000 Canadians killed in the Great War. "It symbolized remembrance, service, and newfound nationhood ... but not freedom of speech."

"The demonstrators claim the monument represents their right to choose," Nate said.

"So, they're choosing ideology over science?"

It occurred to me immediately how flimsy the anti-mask, anti-vaccine argument has become, that its organizers would choose to hang their argument on a national symbol so antithetical to their cause. The freedom-to-choose types may claim to know their rights, but they know nothing about Canadian history. Vimy is a story so steeped in science, it left nothing to chance. Andrew McNaughton's counter-battery tactics are a classic example. McNaughton, coincidentally also from Saskatchewan, received the order to eliminate the impact of German artillery on the planned Canadian attack up the ridge on April 9, 1917. So, McNaughton turned to two men proficient in physics as well as soldiering. Lawrence Bragg and Charles G. Darwin (grandson of the world-famous naturalist) had pioneered the science of "flash spotting," in that they used spotters in aerial balloons to triangulate on German gun positions on the enemy side of the ridge. They did the same with microphones, "sound plotting" where German guns were located. McNaughton also trained his gunners to use readings of wind velocity, barometric pressure changes and precipitation to target enemy guns.

"Fandoodle," (or BS) some of McNaughton's British and French critics complained. Like anti-maskers and anti-vaxxers, they didn't believe any of McNaughton's science. To make a long story short, McNaughton's "fandoodle" turned out to be bang on. Before one Canadian soldier went over the top on the first day of the battle of Vimy Ridge, 83 per cent of the Germans' 212 heavy artillery pieces had been destroyed or disabled by Canadian triangulated gunfire. McNaughton's science saved thousands of lives.

More cogent to any discussion of Vimy and its reliance on science not sentiment, medical corpsman Will Antliff, from Montreal, served at a dressing station behind Vimy. Antliff admitted that at Vimy everyone learned a multitude of tasks for the coming battle. There was even a joke exchanged between army medics and pioneers (engineers). "What's the difference between a field ambulance and a pioneer battalion? Answer: The former does a little Red Cross work."

Preparation for the offensive illustrated otherwise. The British brass had predicted the battle at Vimy would generate 60,000 casualties. The actual number proved far fewer, 10,000. But Antliff's 9th Field Ambulance crew had rehearsed their triage and treatment of the wounded to such sophistication that by 2 a.m. after the first assault up Vimy, Canadian medical crews had cleared 5,976 wounded. And since Antliff was also a medical clerk, he recorded that over the four-day battle, army medics had attended 7,350 Canadian and 706 German wounded.

All of this I shared with Nate Dove to help history refute the anti-vaccination demonstrators' notion that Vimy represented defiance of authority and the right of a Canadian to decide for oneself as a nationalistic and God-given right. But as it turned out, another of reporter Dove's sources offered an even more succinct analysis of their bogus Vimy symbolism. Dove interviewed Second World War veteran Bob Atkinson. He'd served with the 4th Canadian Armoured Division overseas. Tank gunner Atkinson suffered phosphorus and shrapnel wounds, while helping to liberate northwest Europe in 1944-45.

"Where these people get their reasoning for not wearing a mask, I have no idea," Atkinson said, and he compared the bleak COVID outlook today to facing the Third Reich then.

"The virus is our enemy now. ... If enough people get vaccinated and follow the rules (of science), we can beat this too."

Sometimes it takes a veteran to cut through the fandoodle.

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

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Brush, rinse and recycle

by Lisha Van Nieuwenhove

A local dentist has set up a recycling box in his office where residents can drop off their used toothbrushes, empty toothpaste tubes and other oral care waste, all in an effort to help the earth.

Dr. Michael Banh, owner and dentist of Uxbridge Family Dentistry, recently announced that his practice, located in the Rexall pharmacy complex of buildings, is now an official TerraCycle Canada drop off location for oral care waste products. Right now, only Banh's patients can bring in their used oral care products (eg. plastic toothbrushes, empty toothpaste tubes, mouth wash bottles, floss picks, etc.) when they come in for an appointment.

"Once current stay-at-home orders have been lifted, all members of the community are welcome to drop by during office hours and deposit their used oral care products in our box," says Banh.



Dr. Michael Banh, of Uxbridge Family Dentistry, shows where patients – and soon the public – can drop off oral care waste products for recycling.

Once the box is full, it will be sent to Terracycle, which will then convert all of the used plastic into new products, such as park benches and picnic tables. Additionally, TerraCycle will donate \$1 to the Rotary Club of Uxbridge Charitable Foundation for every pound of waste that is shipped (Banh is an active member of the Uxbridge Rotary Club, and is chair of its new Environmental Action Subcommittee).

"It's estimated that over one billion plastic toothbrushes end up in landfill in North America each year," says Banh. "By bringing us your used oral care waste products, not only will you be helping to divert garbage away from landfills, but you'll also be helping to support our community. As a local business that cares deeply about our community and our environment, we're always looking for ways to become more sustainable. Help us keep Uxbridge (and the planet!) smiling and clean, and raise funds for an amazing charity that does so much for our community."

Optimistic spirit, from page 4

people and raising money for local youth. Rarely does life work out so well. The ultimate 'win/win'!"

Large numbers of visitors also brought in large dollars. Lunn won't share the exact amount that is going back into the Uxbridge community, saying he thinks it's "more important for people to know where the money goes than to focus on the amounts, because the amounts will change from year to year. We work hard to keep our expenses down so almost every penny goes right back into the community. The organizations and the amounts might change but we are always 100 per cent loyal to our mandate of supporting local youth."

The Optimist Club of Uxbridge says that it will be making a "significant donation" to each of the following groups: Uxbridge Secondary School graduation scholarships; the Uxbridge Youth Centre, the Uxbridge Scouts; the Uxbridge Music Scholarship Trust; the Uxbridge Loaves & Fishes Food Bank; Precious Minds, and Jumpstart. The first four are supported annually by the Optimist Club, while the last three are new.

Some money will also go towards what Lunn says will be an even bigger and better OFL 2021.

"We are looking to improve everything from the entrance to the exit, not only to make the event more breathtaking but also more enjoyable. We have engaged with the Township to ensure that steps are taken to allow the OFL to continue to grow, bringing both Christmas joy and funds to Uxbridge and the surrounding area. Visit uxlights.ca for more.



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From the MP's desk

column by Jennifer O'Connell, MP

Recovering from COVID

As of this week, over 6.2 million Ontarians have received a COVID-19 vaccine! This is a significant milestone in our fight against the deadly virus. Each of these vaccines will protect you and your loved ones, and I encourage you to get vaccinated as soon as you are able!

Since my last update, the Minister of Finance, Chrystia Freeland, tabled the Government of Canada's 2021 Budget. The Budget's most important priority is finishing the fight against COVID-19, and it outlines a plan to bridge Canadians and Canadian businesses through the crisis and towards a robust recovery. It proposes to extend business and income support measures through the fall and to make investments to create jobs and help businesses across the economy come roaring back.

The COVID-19 recession is the steepest and fastest economic contraction since the Great Depression, and it has disproportionately affected low-wage workers, young people, women, and racialized Canadians. That is why the Budget will support almost 500,000 new training and work opportunities, including 215,000 opportunities for youth. It will also support businesses in our most affected sectors such as tourism and arts and culture; and accelerate investment in digital transformation of small and medium-sized businesses. Budget 2021 is a plan that puts the government on track to meet its ambitious commitment to create 1 million jobs by the end of the year!

It's important to note that Budget 2021 is a prudent plan that sets out a new fiscal anchor that is committed to reducing the federal debt as a share of the economy over the medium-term and unwinding COVID-19-related deficits. This framework is prudent and sustainable, with the federal debt-to-GDP ratio expected to fall to 49.2 per cent by 2025-26 and the deficit to reach 1.1 per cent of GDP that same year, a lower deficit ratio than was forecast—in December 2019 prior to the onset of COVID-19—for 2019-20 and 2020-21.

COVID-19 has put a tremendous strain on our public health institutions, forcing doctors and patients to defer many important procedures. Health care systems are facing substantial backlogs that require time and resources to clear. That is why we are proposing to provide provinces and territories with \$4 billion through a one-time top-up to the Canada Health Transfer. This will help health systems ensure Canadians get the procedures and treatments they need to stay healthy and clear the backlog of delayed procedures. The government has been clear that it will be there to support provinces' increasing health care needs in the long term, once we get through the COVID crisis.

This Budget also makes a transformative investment and outlines a plan to build a Canada-wide early learning and child care system. This is a plan to drive economic growth and increase women's participation in the workforce, and a plan to offer each child in Canada the best start in life. This plan will aim to reduce fees for parents with children in regulated child care by 50 per cent on average, by 2022, with a goal of reaching \$10 per day on average by 2026, everywhere outside of Quebec. Budget 2021 will invest almost \$30 billion over the next five years and provide permanent ongoing funding.

Tragically, the pandemic has shone a light on systemic issues affecting long-term care facilities across the country. As you may know, I have been working with my MP colleagues for over a year on establishing federal standards for long term care. I was thrilled to see that the Health Standards Organization's and Canadian Standards Association will work with governments, stakeholders, and Canadians to develop national standards that will inform the federal government's ongoing discussions with provinces and territories on improving the quality of life of seniors in long-term care. These standards will be matched with a strong financial commitment. Budget 2021 proposes to provide \$3 billion over five years, starting in 2022-23, to Health Canada to support provinces and territories in ensuring standards for long-term care are applied and permanent changes are made. This work will help ensure seniors and those in care live in safe and dignified conditions.

There are a number of other important measures in Budget 2021, including on protecting our environment and fighting climate change. You can read more at budget.gc.ca. As always, my community office is available to assist you in your dealings with federal departments. Please don't hesitate to email us at jennifer.OConnell@parl.gc.ca or call us at 905-839-2878 or at 1-855-275-2860.



Sherrill Hodgson, president of Royal Canadian Legion Branch #170 Uxbridge, presents \$2,500 to Teri Murphy of the Uxbridge Cottage Hospital Auxiliary. The funds will go towards upgrading the security system at Chances Are, the Auxiliary's thrift store, which was broken into earlier last month.

Photo by John Covers



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Perspective with Brian Evans

“I didn’t even know what I needed until I went to the mall!”

You might laugh at that comment, albeit a little nervously! But we all know that it’s true. We have heard ads tell us that “You deserve a break today!” or “You owe it to yourself!” How do they know I need a break? And what does it mean to “owe myself”? More than likely, I owe something. Maybe it is time to pay off what I owe someone else!

Here is a little exercise for you. Have you noticed how many ads are in a commercial break on TV? Sometimes there are over 15. When you see or hear an ad, think about it for moment. How did the ad make you feel? Many of these advertisements are attempting to make people discontent with the way they look, the clothes they wear, the car they drive, even the food they eat. Did you start calculating how you could acquire what you didn’t need a few minutes ago? Did that calculation include thinking about where you could borrow the funds you would need?

There is a difference between borrowing and debt. Debt can be understood as a long-term obligation and is generally used for items or objectives that appreciate in value, i.e., houses or businesses. Borrowing should be understood as short-term obligations for items or objectives that generally depreciate in value, i.e., cars, consumer items, groceries or credit card purchases. It doesn’t take long to learn that a loan is much easier to acquire than to pay back. When you borrow funds, usually the enjoyment of the items purchased is over long before the pain of repayment is finished. In the end, excess consumptive borrowing will sentence a person to a lower standard of living.

In the book of wisdom called *Proverbs*, King Solomon states that, “The borrower is servant to the lender.” Whether you have a mortgage or a car loan, the lender has control.

Another danger is that loans presume on the future. If everything remains static, you can repay the loan in a timely manner. Yet the future is unknown. No one needs to think farther than the last year for an example.

It should also be understood that lenders lend money because they understand the magic of compounding. In your investment portfolio, compounding is good. However, with your debt, compounding is your enemy. Your debt is part of your lender’s investment portfolio.

A final point to ponder...debt is always repaid after tax dollars. That means that for a debt of \$10,000, the borrower who pays 20 per cent tax on their income needs to earn \$12,500 to repay the loan. That is a good calculation to review before you make purchases that require debt. How much do you have to earn to repay your debt...principal and interest?

Debt is not wrong, though some forms of debt may be better than others. Decisions to borrow need to be calculated as opposed to impulsive! As is often reported, with concern, in economic analyses, our current society has a love affair with consumer debt and alarmingly it may lead to economic disaster. Interest rates

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are lower than most of us have ever seen. Wouldn’t you think that a better perspective is to take the opportunity to reduce or eliminate debt rather than borrow more?



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Focus on Financewith Tammy Scuralli, Edward Jones

Spring is here and for many that means a fresh beginning and the time to spruce things up. This year, as you tidy up your home and surroundings, why not also consider some financial spring cleaning?

Here are a few ideas for getting your financial house in order.

“De-clutter” your portfolio: Over the years, many of us tend to pick up duplicate items that find their way into the nooks and crannies of our homes, gathering dust and remaining unused. Over time, your investment portfolio can also accumulate redundancies – that is, you might own several investments that are essentially similar. It might be appropriate to replace some of these and broaden your holdings.

Own your investments purposefully: You own certain things for certain reasons – a broom to sweep the floors, a microwave to heat the food and so on. As an investor, you should be following a goal-based strategy that includes the matching of certain investments with certain objectives. For example, you might own stocks or mutual funds to eventually provide the capital appreciation potential you’ll need to retire comfortably. But you might also own other vehicles, such as bonds or other fixed-income investments, to provide you

with a source of regular income.

“Dust off” your investment strategy: Over a long winter, your windows can get dirty and grimy, so, when spring arrives, you may want to get out the glass cleaner – and when you’re done, you’ll be able to see out more clearly. Over time, your investment strategy may get somewhat “dusty,” too, especially if you’ve experienced significant changes in your life, such as a new job, a new child or even a new plan for retire-

ment. By periodically reviewing your investment strategy, you’ll be able to clarify your vision for the future.

And to avoid burdening your grown children with potentially huge expenses should you ever need some type of long-term care, such as an extended nursing home stay, you may want to talk to a financial advisor about protection strategies.

By taking some spring-cleaning measures, you can brighten your living space for the seasons ahead. And by applying some of the same principles to your financial environment, you can help improve the prospects for meeting your important goals.

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



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- Across**

 - 1 Wood cutters
 - 5 "60 Minutes" network
 - 8 "___ Robinson" Simon song
 - 11 Glow, in a way
 - 12 Quaint dance
 - 13 Saturate
 - 14 Spanish for house
 - 15 Earlier
 - 16 Small rabbit
 - 17 Book keeper
 - 19 Stringed toy
 - 21 Big fuss
 - 23 60's fashions, for example
 - 26 Mint family member
 - 30 Good looking
 - 31 It's a wrap
 - 32 BYOB part
 - 34 ___ now brown cow!
 - 36 Auspices
 - 39 Spy novelist, John (2 words)
 - 42 Wheeled transporter
 - 44 Roll of dough
 - 45 Rhone river city
 - 47 Sacred song
 - 51 "What ___ can I say?"
 - 54 Outfit
 - 56 Hodgepodge
 - 57 Four quarters
 - 58 Direction
 - 59 Civil Rights heroine, Parks
 - 60 Oval shaped item
 - 61 Shepherd's locale
 - 62 Lick
- Down**

 - 1 Instant
 - 2 Female servant in India
 - 3 Knowing
 - 4 Prison camp in Russia
 - 5 Dance, when doubled
 - 6 Unidentified aircraft
 - 7 Animal trail
 - 8 Farm noise
 - 9 Governed
 - 10 "Vanilla ___" movie
 - 13 "Party Down" star, Adam
 - 18 Govt. agency
 - 20 Agreement word
 - 22 Kim follower?
 - 24 European coal area
 - 25 Stench
 - 26 Joan ___ Arcadia
 - 27 Felt sorry about
 - 28 Thus in Latin
 - 29 Night bird
 - 33 Fresh, in terms of paint
 - 35 ___, the people
 - 37 River in Bavaria
 - 38 Elusive
 - 40 Limit
 - 41 Collect on a surface
 - 43 Country guy
 - 46 Number of Supreme Court judges
 - 48 Cream additive
 - 49 A Simpson
 - 50 Water barrier
 - 51 Evaluating quality
 - 52 Shake a ___!
 - 53 Hang
 - 55 Leaves in a bag

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Watching Things Grow with Barbara Pratt

Dandelions

Every year, countries spend millions on lawn pesticides to have uniform lawns of non-native grasses, and some places use 30 per cent of the country's water supply to keep them green.

Believe it or not, up until the 1800s people would pull grass out of their lawns to make room for dandelions and other useful "weeds" like chickweed, malva, and chamomile.

Eleanor Todd, teacher, author, and former Uxbridge Township councillor, has a thing for dandelions. These ubiquitous cheerful yellow blossoms are unfairly maligned, she believes. Todd has made a bit of a career of studying dandelions, and she promotes them as one of the most useful native plants we have around us.

"I was a borderline diabetic and I started researching Type 2 diabetes online," she explains. "I read that dandelion tea is reputed to help stabilize blood sugar. Then ... I learned that dandelions are practically a miracle food! They contain more beta carotene than carrots, more potassium than bananas, more lecithin than soybeans, more iron than spinach, and loads of vitamins A, C, E, thiamine and riboflavin, calcium, phosphorus and magnesium."

All parts of the dandelion plant can be used for food or medicine, as she demonstrates with her recipes and recommendations. The blossom? Wine, of course; we all know that! And tea. But Eleanor also produces the most delicious light yellow dandelion jelly by soaking the flowers in boiling water and using the water for jelly.

Apparently the latex sap from the dandelion stem can be used to

eliminate warts. The leaves of the plant are best harvested early while they are young, to eat in salads, or to make Dandelion Pie - recipe below.

As this is a gardening column, here are some tips to getting rid of dandelions from flowerbeds and lawns:

Overseed your lawn spring and fall with good grass seed. The thicker the grass, the less room for dandelions to grow.



Pesky dandelions can be the healthiest thing in your pantry! Photo from learningherbs.com/remedies-recipes/dandelions/

Dandelions are perennials. They overwinter, and happily sprout new leaves and flowers every spring from the same root. There are some very effective tools on the market that pull out dandelion roots and ease the backbreaking work of digging them out with spade or trowel.

Spraying dandelions with vinegar, or Dawn liquid dishwashing detergent, or pouring boiling water on them is not effective - it might kill the leaves, but that long tap root is still very much alive and ready to sprout a new plant.

It certainly helps to cut off the flowers before they go to seed. Not always easy, because they actually produce shorter stems in order to duck the mower.

So, if you can't beat them, use them! As promised:

Eleanor's Dandelion Pie

- 1 cup dandelion leaves, well chopped
- 2/3 cup honey
- 4 eggs
- 2 tsp lemon peel, grated
- 2 tbsp unbleached white flour
- 1/2 cup sunflower seeds
- 1 unbaked pie shell

Preheat oven to 350°F

Boil dandelion leaves in 1/4 cup water in a saucepan until tender. Mix together honey, eggs, lemon peel and flour. Slowly beat in milk and cook over low heat, stirring until the custard thickens. Puree the dandelions in a food processor, add to the custard and stir in the sun-flower seeds. Pour into the pie shell and bake for approximately 45 minutes.

For the meringue topping, beat the egg whites until stiff. Add 2 tbsp honey. Mound the meringue over the pie and return to oven until meringue is browned.

Looks delicious, but one cup of dandelion leaves won't leave much of a dent in the crop on my front lawn!

Seniors 'fall' for good advice on serious topic

by Roger Varley

Uxbridge Pharmasave owner Sameer Remtulla had some scary statistics for those taking part in Monday's Communi-TEA information session on preventing falls, telling participants that falls are the major cause of hospital visits for those 55 years and older, that one in three seniors will experience a fall, and that one in five deaths can be traced back to falls.

This already bad news was a little worse for women: Remtulla said women are more likely than men to suffer broken bones or fractures in falls.

Remtulla also offered a series of tips on how to avoid falling, including health advice and how to use assistive devices. For example, he said depression, low blood sugar, vision or hearing impairment and arthritis can all contribute to unsteadiness and falling. Even some medications can lead to falls.

"Falling is not a normal part of aging," he said, noting that exercise can improve balance and muscle strength and make one more alert.

He noted that most falls occur in the home because of loose rugs, slip-

pery floors, clutter and power cords. Outside, the dangers to watch for are icy conditions, uneven sidewalks and wet leaves.

Remtulla showed a variety of assistive devices that are available to make people safer, such as bathtub and shower grips, canes and walkers, non-slip socks and slippers and crampons for walking in snowy or icy conditions.

He said anyone experiencing a fall should try to remain as calm as possible and check for injuries or pain. If one is unable to rise after falling, he advised that they make themselves as comfortable as possible while waiting for help. He also suggested a number of cordless phones placed around the home would make it easier to call for help if one is incapacitated.

Remtulla also noted there are programs available to help those who require more expensive assistive devices.

Communi-TEA is a series of free talks for seniors on a number of issues and can be accessed either by telephone or computer. For information on the Communi-TEA program, call 905-852-7831.

In Memoriam Mae Cudmore

Jan. 7, 1946 ~ May 11, 2016

"Here's the last verse of the song I started for you five years ago."

Last Verse

So now I sit here in the darkness
trying not to cry.

But there's just no way that I can hold
these tears.

I'm all alone and I'm so lonely.
And that's the way it's going to be.

You see, without you,
There's still no reason to be here.


There will never be another.
Bill

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John McAra
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We think of you each day, but that is nothing new.
We thought of you yesterday and will tomorrow, too.
We think of you in silence and make no outward show,
For what it meant to lose you only those who
love you know.

Remembering you is easy, we do it every day.
It's the heartache of losing you that will never go away.

*Missed, loved, and remembered always by
Norma, Robert & Mary, Brian & Joanne, Jean & Al,
Ian & Cheryl, David & Tracy, and their families.*



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