

The Uxbridge Cosmos

Vol. 18 No. 6

TheCosmos.ca

Thursday, February 10, 2022

Happy Valentine's Day • Grant will light up FoU • The end of swim badges



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THE GATHERING PLACE - Councillor Bruce Garrod enjoys the new furniture that was recently installed in the Uxbridge Seniors Centre as part of an extensive renovation to the building. The new room, called The Gathering Place, will hopefully welcome members of the Seniors Club within the next month. *Photo by Lisha Van Nieuwenhove*

Seniors Centre almost ready to unveil new look

by *Lisha Van Nieuwenhove*

Some tidying up, some more rearranging, and plugging in the brand new 80" television (shown in photo above) - that's all that's left to do at the Uxbridge Seniors Centre before it opens its doors with a new look, and new washrooms.

Renovations to the building, which was first opened in 1992, began last fall. And although the television - and the smartly decorated room it presides over - are new features to the Centre, the main focus of the renovation was on the men's and women's washrooms. In the original design of the building, a janitor's room awkwardly took up space between the two washrooms. A \$129,000 grant from the provincial

government's ICIP COVID Infrastructure Stream Program allowed the janitorial room to be moved to another location in the building. This, in turn, allowed both the men's and women's washrooms to be expanded and reconfigured, making them more accessible.

"We worked a lot with the Accessibility Advisory Committee to see that these washrooms were done properly," said Councillor Bruce Garrod during a tour of the Centre.

The job was estimated to cost \$192,000; the remaining \$63,000 came from the Township's Facilities Asset Preservation Fund.

"This will now hopefully be the place where seniors in Uxbridge, whether they're new to town or have been here a while, this will be where they come to get information they may

need, or just to have a coffee and a chat - and watch the big tv!" laughed Garrod. "It will be a hub for them."

Garrod also pointed out that, with the Uxbridge Youth Centre just across the hall from The Gathering Place, ample opportunity will exist for the youth to interact with the older generation.

He also mentioned that the large office space previously occupied by Community Care may, in time, be incorporated into offering more services and assistance to seniors in the community.

The main hall and kitchen area were not part of the renovations.

Garrod hopes the Centre can open in the next few weeks, pending COVID-19 restrictions.


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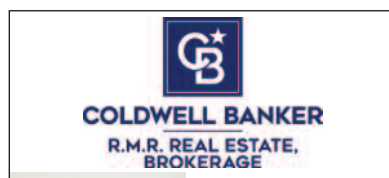


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Uxbridge at a Glance

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The Township of UXBIDGE

Trail Capital of Canada

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Council & Committee Meetings

Meeting Schedule for February, 2022

Monday, February 14
COUNCIL, 10:00 a.m.

Wednesday, February 16
COMMITTEE OF ADJUSTMENT
7:00 p.m.

Monday, February 21
NO MEETING – FAMILY DAY

Monday, February 28
COUNCIL, 10:00 a.m.

Vaccination Clinics Sandford Community Centre

Ages 12+

Friday, February 11, 10:30 a.m. - 12:15 p.m.
Sunday, February 13, 9:30 a.m. - 7:30 p.m.

Ages 5 - 11

Friday, Feb. 11, 1:30 p.m. - 8:30 p.m.

Appointments may be booked at
durhamvaccinebooking.ca or by calling
1-888-444-5113

Winter Parking Reminder

The Township needs your cooperation to ensure the snow clearing operations in our community go as smoothly and efficiently as possible.

Parking vehicles on the street in winter months can interrupt or prevent effective snow clearing operations. Snowplow operators clear snow as close to the curb as possible (or end of travelled portion of roadway where no curb exists), but road obstructions, like parked vehicles, prevent this task from being completed.

With winter weather conditions fast approaching, the Township of Uxbridge would like to remind residents and visitors that:

- Parking on Township streets is not permitted between the hours of 2:00 a.m. and 7:00 a.m., from November 1 to April 1.
- Parking in a manner that interferes with snow clearing operations is not permitted

Abiding by these parking limitations is essential for expedient and thorough snow clearing operations.

Bids & Tenders

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

- **U22-04** Traffic Control Markings - Closes February 23, 2022 at 2:00 p.m.
- **U22-06** Parking Stall Line Painting - Closes February 23, 2022 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.

Board Opportunities - The Uxbridge-Scott Historical Society

Do you have a passion for history, arts, volunteering, and making learning accessible? The Uxbridge-Scott Historical Society operates as a 'Friends of the Museum' fundraising arm to the Uxbridge Historical Centre and is looking for new Board members! The USHS provides valuable support to the UHC and advocates for Uxbridge's Heritage through annual fundraisers, events, and more, including popular events like *Heritage Day*. Positions up for election in 2022 include: President, Vice-President, Treasurer, Secretary, and general Board Members.

For more information and how to apply, please visit ushs.ca or

uxbridgehistoricalcentre.com/opportunities

Employment Opportunities

Complete details are available at

uxbridge.ca/employment_opportunities

Clerk's Department - Administrative Assistant, P-T, contract

Closes Friday, February 11, 2022

Community Services Department Age Friendly Coordinator, P-T contract

Closes Thursday, February 17, 2022

Treasury Department - Student Accounting/Tax Clerk

Closes Monday, February 28, 2022

Community Services Department Camp Counsellor, 16+

Closes Thursday, March 31, 2022

Community Services Department Assistant Camp Counsellor, 15+

Closes Thursday, March 31, 2022

The Township of Uxbridge is 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.

From the Tax Office

FIRST Tax Installment is due on February 24, 2022.

SECOND Tax Installment is due on April 27, 2022.

2022 Interim Property Tax Bills have been mailed for all properties, with exception of properties enrolled in the Monthly Pre-Authorized Payment Plan or tax bills paid by Mortgage companies.

The taxes due are based on the billing date. If your account is currently in arrears, the February 1st interest charge on "Past Due Taxes" is not included on this bill and will need to be paid in addition to the February installment.

Tax Payments Options:

- In person at Town Hall during regular business hours of Monday to Friday 8:30 a.m. to 4:30 p.m. Accepted payment methods are cash, cheque, or Interac debit. All visitors to Town Hall must sign the COVID Contact Tracking sheet, wear a mask, and sanitize their hands.
- 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 2022 Interim Tax Bill, please call the Tax Department at 905-852-9181.

Closures

- Sandford Road, periodic lane restrictions to facilitate installation of a fibre optic network.
- York/Durham Regional Road #30, from north of Durham Regional Road 39/Queensville Sideroad, to south of Holborn Road, East Gwillimbury. Bridge repairs over the Mount Albert Creek require road closure in the above area from January 21, 2022 until completion, expected in 2024.

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Programs for
ages 5-13
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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

Red Cross swim badges stopping after 75 years

by Roger Varley

For 75 years, Canadians have earned their water safety badges from the Red Cross swimming programs, including patrons of Uxpool. Aquatics manager Carolyn Clementson said Uxpool has offered the Red Cross programs to teach people how to swim since it opened its doors. Participants earned colour-coded badges to indicate the level of proficiency they had reached.

However, Clementson told council in a report Monday that the Red Cross will be terminating its programs at the end of this year so that it can focus on disaster assistance, pandemic response, opioid harm reduction, first aid and caregiving for seniors.

Clementson said Uxpool will transition to programs delivered by the Canadian Lifesaving Society. She said Uxpool currently follows the Lifesaving Society's Lifesaving, Life-guarding and First Aid Programs.

Traffic calming yes, traffic calming no

by Roger Varley

A call for traffic calming measures in Goodwood was turned down by Public Works director Ben Kester in a report to council Monday.

Kester's report said the requests for traffic calming on Front St. and Conc. 3 south of Regional Road 21 were investigated last fall and it was found that the large majority of traffic was close to the 50 km/h speed limit. He said 85 per cent of the traffic would need to be exceeding the speed limit by 20 km/h to warrant traffic calming measures.

However, in a separate report, he recommended that a stop sign be installed on Young St. in Uxbridge to help slow down cut-through traffic on that thoroughfare. He said plans are in the works to add sidewalks to the street in the future but the stop sign should be erected at Second St. as an interim measure to reduce speeding and help cut down traffic.

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Bruins return with a vengeance

by Roger Varley

A brief episode late in the first period told the story of the Uxbridge Bruins' 9-4 win over the Port Perry MoJacks in PJHL Junior C Orr Division action Sunday afternoon.

With just over two minutes left in the period, both Quinn Yule and Declan Meek were sent to the penalty box for cross-checking, giving the MoJacks a two-man advantage for a full two minutes. In that time, the MoJacks managed only six shots on goal. However, seven seconds after stepping out of the penalty box, Yule picked up a pass and raced in on the MoJacks netminder to score. That goal made the score 5-1 at the end of the period.

Earlier in the period, Quinn Meek scored a natural hat-trick after Steve Bozios opened the scoring with a power-play goal less than three minutes into the game.

The second period was a little quieter, with each team scoring once. Uxbridge's sixth marker came from Spencer Krabi, assisted by Gavin Stewart and Matt Gordon.

Port Perry came out quickly in the third, scoring after just 32 seconds. But the Bruins bombardment continued, resulting in three more goals, including a fourth from Quinn Meek and a second from Yule. The MoJacks added a final goal as the clock wound down.

The Bruins' dominance was highlighted by the fact they received 28 minutes in penalties and yet the MoJacks, who received only four penal-

ties, were unable to score a single power-play goal.

The Bruins were scheduled to meet the first-place Clarington Eagles in Bowmanville tonight (Thursday) before returning to the arena tomorrow at 7:45 p.m. for the first of three back-to-back games against the Lakefield Chiefs.

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1	2	3	4		5	6	7		8	9	10	11
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- Across**
- 1 Lemon topping
 - 5 Hurried
 - 8 60's apartments
 - 12 Flu symptom
 - 13 ____ted (pumped)
 - 14 Sty sound
 - 15 At any location
 - 17 Destroy
 - 18 Introduces
 - 20 Give a lift
 - 23 Netherlands Antilles island
 - 26 Drive
 - 27 River into Chesapeake Bay
 - 29 Indo-China language
 - 30 Church council
 - 31 Purchase
 - 33 A disrespectful laugh
 - 35 Plexus
 - 36 Needle (2 words)
 - 37 Jitneys, for example
 - 38 Idealistic
 - 41 Pop
 - 44 Showing lack of judgment
 - 48 Norse war god
 - 49 It makes one hot
 - 50 Computer menu option
 - 51 Sanctuary
 - 52 Nasty guy, useful design software
 - 53 Theatrical award
- Down**
- 1 Crow's cry
 - 2 "That's awful!"
 - 3 Goes with morgue
 - 4 Infer
 - 5 Guns
 - 6 Aweather's opposite
 - 7 Morgan Freeman, in "March of the Penguins"
 - 8 Australian marsupial
 - 9 Distress
 - 10 CSI evidence
 - 11 Shade of blue
 - 16 DC to NYC direction
 - 19 Strobe
 - 20 Pizza ____
 - 21 Rub out
 - 22 Winery process
 - 24 Innocent ones
 - 25 Severe
 - 27 Relating to cellular problems
 - 28 Till bill
 - 30 Ewan McGregor, for one
 - 32 Agreement
 - 34 Night of the ____
 - 35 Brook
 - 37 Louisville Slugger
 - 39 Prefix with graph
 - 40 Decorated, as a cake
 - 41 Gasping cry
 - 42 Poet product
 - 43 Not well lit
 - 45 Tux____ posh party wear
 - 46 Backslide
 - 47 Porker's home

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Our two cents

Have we lost that lovin' feelin'?

We are not big fans of what we consider the Hallmark (as in cards) Holidays. St. Patrick's Day, St. Valentine's Day - they're too commercial, too silly, too demanding. Yet they seem to come along at just the right moments, injecting a little bit of fun and special into the same old same old. And heaven knows we could use a bit of light, brainless fun right now. COVID-19, the mess in Ottawa, Russia vs. the Ukraine, the Olympics (we want to cheer on Team Canada, but to support such an oppressive regime at the same time - ug), snow upon snow upon more snow ...our poor little brains are bursting with the weight of it all. But, just when it seems to all be too much, a day devoted to hearts and pink and sweet confections comes along, daring us to put a smile on our dour faces.

It's not so bad, really, Valentine's Day. Who doesn't love a handmade card from a five-year-old, with sparkles dripping off it and the 'E' on LOVE printed backwards? Who doesn't love to receive a bouquet of flowers? Even the ones purchased at a gas station give a little bit of brightness to an otherwise empty space! Who, besides a waist or a tummy here and there, doesn't love a delicious box of chocolates?

It may be silly, it may stress us out, but Valentine's Day is something that we can do this year for one another to turn our minds *away* from what's going on out there to what and who is going on around us, right here, right now. And a Valentine's Day gift doesn't need to be any of the things we mentioned above - it can be a simple Post-it note left on the bathroom mirror. "Happy V-Day, honey. I still think you have a cute bottom. xo" If you're loved one isn't used to receiving a bathroom mirror Post-it, this gift may be better than the biggest diamond in the world!

Every Valentine's Day, we at the *Cosmos* do the same thing - we try to encourage that lovin' feelin' in everyone, because every year at this time, we all need it so badly. On Monday, try to send out loving vibes to those who really need it, both here and around the globe. We don't mean mushy, pinky vibes, we mean good vibes, letting others know that *caring about one another* is the ultimate solution to anything that ails us.



Your Universe

The Uxbridge Cosmos

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

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Letters to the Editor

Reflections on the "Freedom Convoy"

I wanted to thank you for the balanced approach to reporting you took in last week's issue of the *Cosmos*. Reporting on the convoy has been, unfortunately, very negative and biased, and I could see that you took great care to ensure that your position was very neutral and balanced. Thank you; it is very difficult to do these days as social media has made our views very polarized. We are forced to either "like" or "dislike" everything. There's no middle ground anymore, and very few people saying, "I don't know if I agree with that, but it's a very interesting viewpoint. I congratulate you on your courage to express your opinion."

To the extent possible, I also try to ensure that my views are balanced and that I never sway so far to one side that I can no longer relate to the other. It is a sad world when we cannot relate to other people around us because we are over-conditioned to see only one viewpoint.

To that effect, I would like to take a moment to help people understand the viewpoint of those who are participating in the convoy. First off, I wanted to pre-qualify that I am not at all saying that vaccines should be banned and by no means promoting some of the extreme behaviour being demon-

strated in Ottawa. However, the vast majority of people there are only looking for liberty and freedom of choice. Let's face it, whoever isn't vaccinated at this point isn't going to get vaccinated. No amount of coercion and mandates is going to force these people to do something they do not believe in. And they have a right to that opinion, even if the majority of Canada doesn't believe in it.

Imagine for a second that you believe in God, as opposed to the vaccine being bad for your health and/or unnecessary, but that no one else around you believes this is true. You might start by thinking, okay, fine, not everyone has to have the same beliefs as me, it is what it is.

But then suddenly, the government doesn't allow you to go to restaurants and concerts anymore. Shortly after that, you lose your job for your beliefs (without severance, might I add). You are constantly being referred to by the media as a "fringe minority" and "racist" when you just want to live your life alongside your beliefs. Not only that, but you're not even allowed to board a plane and leave the country to move to a country that accepts your beliefs. You are quite literally stuck in your house and made to feel like —.

So next time you see all the bad press about the convoy, I just ask

that you take a moment to think about why these people are there in the first place.

Kasia Malz
Sandy Hook

What is with these so-called residents who are so concerned for their own health that they are holding Ottawa residents hostage to their pollution with the trucks idling and spewing diesel fumes into the air for the children, seniors, and everyone else to breathe in?

Don't they realize they are polluting their own space and causing greenhouse gases to cause permanent damage to our environment?

It is time we as Canadians demand and put in place rules for demonstrations; i.e., no looting, no breaking windows, no excessive noise, no blocking traffic or every day necessary activity, no actions or demonstrations on the roads, and especially important, no burning of tires to get your point across.

This would stop 90 per cent of the damage these demonstrations do to the residents who are the taxpayers, and to the environment.

So let's put the rules in place and charge them if they break them. It might bring forth peaceful, clean and responsible demonstrations worth listening to.

Bev Northeast
Goodwood

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Am I Wrong?

column by Roger Varley

Stupid is as stupid does

All of us have been negligent at one time or another: we all make mistakes. However, when one's negligence goes to such an extent as to pose a threat or danger to others, one can actually be charged with criminal negligence.

Maybe it's time the same measure was applied to stupidity. We've all done stupid things at one time or another. Sometimes I blush when I recall some of the stupid things I've done in my life. But stupidity appears to be reaching untold heights these days, verging on the realm of criminality.

You must have been living on another planet if you have never seen any of the videos of the insurrection that took place at the U.S. Capitol on Jan. 6, 2021. Hundreds of people stormed the building, smashing windows, beating police with clubs and flagpoles, rampaging through the building while politicians hid behind barricaded doors. A few people died. And yet, the Republican National Committee came out last week and described the insurrection as "legitimate political discourse." That is willful stupidity. That is criminal stupidity.

The same with the truckers now in their second week of demonstrations calling for all anti-COVID-19 restrictions to be lifted. That, to me, is in itself is stupid, but the organizers step into willful stupidity when they demand that the Governor General and the Senate abolish Parliament. They obviously have no idea - or deliberately choose to ignore - how government and the rule of law works in our democracy. Neither the governor-general nor the Senate has the power or the legal right to do as the truckers demand. That's basic civics, which they *should* have learned in primary school.

Other examples of criminal stupidity on their part come in the form of caches of fuel containers stacked on residential streets in Ottawa and the setting off of fireworks. God forbid those two elements of stupidity should ever come together.

All those taking part in the protests, in Ottawa and other Canadian cities, are hoping people will show support for their "cause."

So how do they go about winning support? By harassing health care workers, making a general nuisance of themselves in a major shopping centre which now has been closed for days, urinating on national monuments, carrying swastika, Confederate and Trump flags and incessantly honking their horns for more than a week. If that isn't stupid, I don't know what is. And a good many Canadians are wondering why police - particularly in Ottawa - are not laying more criminal charges.

I doubt there is *anyone* who isn't completely fed up with this damned pandemic. But asking for all COVID-19 restrictions and protocols to just be abandoned is willfully stupid. Our health care system - and, more importantly, our health care workers - are reaching the breaking point because of COVID-19. How much worse would it get if the truckers' demands were met? And their latest demand takes the cake. One of the leaders said he'd like to meet with the Governor General and the Conservatives to form a coalition government. This is "freedom?" I don't think so. That would be rule by force.

For all those who support this long-running occupation of the nation's capital, I ask them to consider this: Donald Trump, the poster child of criminal stupidity, is on your side. If that doesn't tell you you're one "the wrong side of history," nothing will. Then there's Tamara Lich, one of the main organizers of the truckers' protest. This woman has been an agitator for years, joining the Wexit movement, which seeks to separate the west from the rest of Canada, joining the Maverick Party, whose very name speaks volumes, and joining the so-called Yellow Vest movement, which included many anti-immigrant voices.

It doesn't take a genius to realize there's more behind this protest than truckers just being fed up with the vaccine mandate. And it seems to me that if you don't see anything wrong with Nazi swastikas being displayed at a protest in Canada, you may very well be criminally stupid.

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

Freedom by any other name

I'd just finished one of my military history talks. I had already fielded a number of questions when one of the younger members of the audience put up his hand and asked the toughest question of the night.

"Your books are all about people fighting for freedom," the young man said. "What does freedom mean to you?"

I asked him if I could collect my thoughts a second. He nodded. And I thought about the thousands of servicemen and women I've interviewed over 50 years as a journalist, broadcaster and historian. I thought about the causes some of those veterans have espoused - against fascism and the Holocaust in the Second World War or for the United Nations Charter in Korea or Kosovo. I considered some of our own symbols of freedom - municipal councils, election ballot boxes, multilingual education, uncensored libraries, religious freedom and reconciliation with Indigenous neighbours. And I thought about my profession - as freelance writer - able to research and report news events or to express my opinion in thousands of Barris Beat editorials. But then an indelible image of freedom came to me. And I answered the question.

"Freedom is our Parliament," I said. "I've visited it in Ottawa, lobbied inside MPs' offices there, researched in its library and sat in its public gallery to watch the nation's legislation debated and passed into law."

For the past two weeks, however, I have watched that symbol of freedom assaulted by what amounts to a rudderless mob claiming to represent the majority of truckers not in favour of vaccination mandates. (The truth is, reportedly 90 per cent of Canadian truckers *are* vaccinated.) I've watched the mob - from a distance - clog the streets of the national capital with idling vehicles, pop-up food shacks and jerry-can fuel brigades. They've filled the streets with pointless honking, engine exhaust, chants of insurrection and juvenile street parties parading their ill-founded demands with racist symbolism, placard illiteracy and populist rhetoric calling for the overthrow of a freely elected federal government. And they've done it all while blocking our (and many of our democratically elected Members of Parliament) access to that vital symbol of freedom, the House of Commons.

Last weekend, Jim Watson, the mayor of Ottawa, declared a state of emergency, suggesting that things were "out of control." Peter Sloly, the

city's police chief, claimed the National Capital was "under siege." I call those assessments underestimations. I'm more inclined to view this occupation much the way Mark Carney, the former governor of the Bank of Canada and England, does. "In our capital city, many people have been terrorized. Women fleeing abuse have been harassed. Elderly have been too afraid to venture outside their homes," he wrote this week in the *Globe and Mail*.

Quite correctly, he outs the leadership of the so-called "freedom convoy" for attempting to remove from office a government that Canadians elected democratically half a year ago. He worries that we've all dismissed "their blatant treachery" as comic, and that authorities have not taken this "insurrection" seriously enough. Carney calls for the police to ferret out those extending the occupation of the city to be identified and punished to the fullest extent of the law. "No one should have any doubt," about the intentions of those occupying Ottawa, he wrote. "This is sedition."

For any people who suggest we don't give those in opposition a fair hearing in times of dissent and upheaval, I'm reminded of an audience I received as a young journalist and broadcaster. Thanks to a friend in Saskatchewan, in the early 1970s, I gained an audience with John George Diefenbaker, the former prime minister. I enjoyed a half-hour interview with a favourite Saskatchewan son, sometimes called a Western Canadian populist, who led this country from 1957 to 1963. Mr. Diefenbaker shared with me some of his experiences as a lawyer, MP and prime minister. Among many achievements, he helped craft and pass the Canadian Bill of Rights, which became federal law on July 1, 1960. And he recited for me the preamble to the Bill, which as a lifelong Conservative, he composed:

"I am a Canadian, a free Canadian, free to speak without fear, free to worship God in my own way, free to stand for what I think is right, free to oppose what I believe wrong, free to choose those who shall govern my country. This heritage of freedom I pledge to uphold."

Those calling for a brand of freedom that tears all that down, would do well to read the Bill of Rights that a populist Conservative prime minister from Western Canada helped create democratically.

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Joseph Vermulst

December 17, 1952 -
February 2, 2022

Peacefully and much too soon, at his home in Leaskdale, Joe lost his brave battle with cancer. His family, friends and loving partner Heather were all there for him. His son, Joe Jr., never left his dad's home as he made sure his dad was cared for. His dear brother Ted barely left his side.



Joe helped so many people. His always tough love exterior vanished when he took his grandchildren on vacation.

Joe will be dearly missed by his loving partner, Heather; dear brother Ted (Brenda); his beloved children - son Joe Jr. (Sasha), daughter Leah (Simon), Brad (Jessi), Daniel (Lauryssa), and Jason (Irish).

Best Grampa to Noah, Saoirse, Jax and Breanne, Andrew and Elowen, Gabi and Bennett.

Dear friends Paul Thomas (Mary) and Scott Rutledge (Debbie) will miss his daily calls. Joe had a large extended network of friends and family that will miss his presence in their lives.

Joe had retired but construction sites and all his company employees will feel his loss.

Plans for a celebration of Joe's life will follow.

Donations to Joe's favorite charity, Windreach Farms, would be appreciated in his honour.

Rest in Peace Joe (BFD).

2022 Fall Fair a go

by Justyne Edgell

"It's happening this year! We're planning! It's coming!"

Mark your calendars - the Uxbridge Fall Fair is opening its gates September 9 to 11.

Long-time Fair organizer Rick Hannah noted in a recent media release that this year the Fair Board "aspires to present a Fair as close to normal as we can make it."

Some of the town's favorite events like the midway, the Friday night tractor pull and Saturday night Demo Derby are confirmed and, according to Hannah, plans are "moving ahead."

The Fair Board says it is "hopeful that the livestock, homecraft, horticulture and field crop exhibitors and competitors" will return in their usual numbers again this fall.

While the Fair Board is not part of Uxbridge Council, Hannah did say that council has been a long time supporter of the fair. "Thus the \$160,000 annual price tag for presenting the Fair comes mostly from admissions, donors and sponsors."

For more information, visit uxbridgefair.ca

Music festival must wait another year

by Lisha Van Nieuwenhove

This time of year normally witnesses hundreds of young local musicians descending upon Sunderland for the annual Sunderland Lions Music Festival. But, for the third year in a row, the Sunderland Town Hall will remain silent due to COVID-19.

"We (were) profoundly disappointed to announce that it would be in the continued best interest of all those involved to cancel the 2022 Festival," said the Festival committee when the decision was made.

To those who signed up to take part in the 2020 festival, the Sunderland Lions Music Festival says it will extend a credit towards the 2023 festival, equal to the original entry fee paid. Those 2020 Festival participants who register in voice, piano and instrumental solo and/or duet classes for the 2023 Festival, which will begin April 11, 2023, are eligible.

Participants not participating in the 2023 Festival can request a full refund by emailing info@sunderlandlionsmusicfestival.ca.

Uxbridge receives half-million dollar grant

by Roger Varley

Ontario finance minister and Pickering-Uxbridge MPP Peter Bethlenfalvy announced a \$500,000 grant to Uxbridge during a video conference call last Friday.

Joined by Minister of Heritage, Sport, Tourism and Culture Industries Lisa Macleod, Uxbridge Mayor Dave Barton and Pickering Mayor Dave Ryan, Bethlenfalvy said the grant was being made as part of the Ontario government's \$43-million Community Building Fund.

The \$500,000 will be used to install lighting at the Fields of Uxbridge to illuminate the soccer fields and the skate park-pump park to extend their hours of operation. Barton said tenders for the lighting contract are ready to go and the lighting should be in place by late summer.

In the same call, Bethlenfalvy announced a grant of \$375,000 for Pickering.

Focus on Finance with Tammy Scuralli, Edward Jones

Five smart options for your tax refund

You may not get much of a thrill from filing your taxes, but the process becomes much more enjoyable if you're expecting a refund. So, if one is headed your way, what should you do with the money? Here are five smart strategies for your tax refund:

Pay down some debt. At some time or another, most of us probably feel we're carrying too much debt. If you can use your tax refund to help reduce your monthly debt payments, you'll improve your cash flow and possibly have more money to invest for the future.

Build an emergency fund. If you are faced with a large unexpected expense how would you pay for it? If you did not have the cash readily

available, you might be forced to dip into your long-term investments. To help avoid this problem, you could create an emergency fund with the additional money.

Look for other investment opportunities. If you have some gaps in your portfolio, or some opportunities to improve your overall diversification, you might want to use your tax refund to add some new investments.

Save for retirement. Whether you have an employer-sponsored plan, an individual retirement plan or both, putting some of that refund money toward retirement can pay off in the long run. It's a great opportunity to start or continue to build your nest egg.

Invest in a Registered Education Savings Plan (RESP). If you have

children, it might be a good time to start saving for their future education needs. It might be the perfect time to start preparing for the day when your child is ready for post-secondary school.

A refund gives you a chance to improve your overall financial picture. Whatever strategy you decide to use, I can help you weigh your options and choose a course of action that makes the most sense for you.

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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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Uxbridge’s only multi-disciplinary physio clinic celebrates 20 years

Submitted by Jodi Bussiere

As we enter the third year of the pandemic, there seems to be no lack of negativity around, whether it is listening to the news, discussing our own lives and what we have missed out on these last couple of years, or the uncertainty about the future. It is important to take a step back on a regular basis, to remember it could

often be worse, and we usually have a lot to be thankful for. Physiotherapists are professionals who, despite the challenges we have faced during the pandemic, are so incredibly thankful that we are able to continue to help people through our work. Physiotherapists are regulated, university educated health care professionals. They are highly trained to

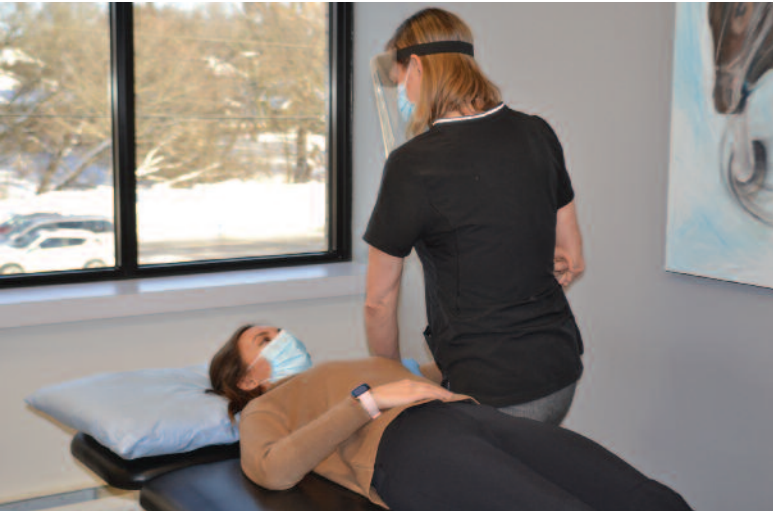
assess and treat people who have physical injuries, diseases and conditions affecting their health and mobility. Only registered physiotherapists are able to use a provincial billing code unique to that individual, if a person wishes to claim the services under their extended health benefits.

“Physiotherapy” is the act of using physical means (for example: hands-on techniques, physical modalities such as ultrasound, ice or heat, and performing exercises) to help a person overcome a physical problem. It is important to note that someone may say that he/she is doing physiotherapy, but this does not mean that a physiotherapist is performing the treatment.

Physiotherapists carry out essential services that help people rehabilitate from injuries and surgeries, getting them home from the hospital and hopefully keeping them out of the hospital in the first place.

Physiotherapists work in so many other areas, as well, such as with stroke or Parkinson’s patients, with athletes and teams, and helping children with congenital conditions learn to move and be independent.

Uxbridge Physiotherapy currently has six registered physiotherapists on



Above and left: Uxbridge physiotherapist Jodi Bussiere performs typical physiotherapy techniques on a patient. Bussiere has worked in hospitals and private clinics, at the Olympics and Pan-American Games, and will be working at the Canada Games this summer in Niagara Falls. Photos submitted by Jodi Bussiere

its team. Clinic owner Jodi Bussiere and her staff would like to thank the Uxbridge community for the support of her business over the last 20 years.

The clinic, located at 29 Toronto St. S. is the largest multi-disciplinary physiotherapy clinic in Uxbridge. Its services include: physiotherapy, massage therapy, acupuncture, pelvic health physiotherapy, concussion rehabilitation and vestibular rehabilitation.

Jodi is incredibly proud of her staff, who have worked together through the challenges that the pandemic has presented to them all, both at work and in their personal lives. They are

happy to collaborate with family physicians and other health care providers, to communicate about what they assess and treat. They also provide virtual care when clients are not able to attend in person, or do not feel safe to do so. They have found ways to continue to serve their community during these challenging years, and will carry on modifying and rolling with the times ahead.

Please call 905-862-3870 or visit uxbridgephysiotherapy.com for more information on how Uxbridge Physiotherapy can help you or someone you know. #thankfultobeaphysio

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