

The Uxbridge Cosmos

Vol. 19 No. 30

TheCosmos.ca

Thursday, August 3, 2023

A pup's worst summer • Why all the buzz? • Treat him well, he is your brother



FUN FOR ALL ABILITIES - AND AGES! Mayor Dave Barton and Pickering-Uxbridge MP Jennifer O'Connell take a few moments to try out the new slides at the accessible playground in Elgin Park. Several dignitaries were on hand last Wednesday to unveil new features in the park. For more on these new features, see page 6. *Photo by John Cavers*

High-speed internet investment announced

Roger Varley

Representatives of four levels of government gathered in Uxbridge last week to announce the expansion of high-speed internet access in Durham Region.

Pickering-Uxbridge MP Jennifer O'Connell led the group in announcing about \$23 million in federal and provincial funding to bring high-speed internet to 1,400 homes in the region, from Courtice to Sunderland. Uxbridge and Leaskdale are included in the 10 communities to benefit.

"This is crucially important," O'Connell said, noting that Durham politicians have been advocating for expanded broadband for a long time. "This is not a nice thing to have, it's a necessity."

She said too many Durham residents still

...continued on page 3

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Council gives YDHR a bumpy ride

Roger Varley

Members of council reprovved John Perks of the York-Durham Heritage Railway when he appeared at a special council meeting on Monday to request a road closure at the train station.

Perks said YDHR wants Railway Street closed to through traffic from Aug. 26 to Sept. 3 to accommodate the railway's dinosaur-themed special event. He said the closure is necessary to ensure the safety of the thousands of people expected to attend. He said the dinosaur event will feature about 40 dinosaur models, with the cost of the models covered by a sponsor.

For much of the meeting, the councillors, taking part in the meeting from various locations, put Perks on the defensive. Mayor Dave Barton noted that "we're on vacation," adding that council and staff need time for planning

and Perks should have made his request sooner.

"I've heard about this dino fest since March," he stated.

Councillor Todd Snooks said he was "struggling" with Perks' request, saying he had a lot of concerns about parking. Barton also raised the issue, saying YDHR events result in parking in the downtown area becoming limited and train riders not shopping at local retail stores.

After Perks said YDHR was planning to offer "dino packs" to local businesses through the BIA, Snooks wanted to know when that would be done, with the event only weeks away.

"The BIA is on holiday, he said. "All your planning should be done before marketing (the event)."

Perks responded that "we don't have the manpower of the budget." He stated later in

the meeting that "we want to see a willingness from the BIA that they want to attract our customers."

Perks said YDHR has been struggling since the COVID-19 pandemic and last year's tornado: "It's in survival mode right now."

Chief Administrative Officer Kristi Honey said it would cost the township between \$5,000 and \$10,000 to cover additional work needed from public works and the bylaw department. She also pointed out that YDHR is in arrears in payments to the township.

Barton asked for a motion calling on YDHR to pay \$5,000 towards the extra costs, plus \$10,000 to catch up on arrears, before the end of the day. After some negotiating, council agreed to give YDHR until Wednesday, Aug. 2, to pay, but left most of the arrears repayment out of the motion. The motion also called on YDHR to provide a communications plan and a parking plan.

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Uxbridge at a Glance

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The Township of Uxbridge

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Council & Committee Meetings

Meeting Schedule for August, 2023

- Friday, August 4, 8:30 a.m.
ACTIVE TRANSPORTATION COMMITTEE
- Thursday, August 10, 10:00 a.m.
TRAILS COMMITTEE
- Monday, August 14, 10:00 a.m.
COUNCIL MEETING
- Wednesday, August 16, 7:00 p.m.
COMMITTEE OF ADJUSTMENT

Employment Opportunities

Complete details of all open positions are available at www.uxbridge.ca/careers/

Community Services Department - Arena Attendant Assistants (adult), part-time, 8-month contract

Closes Friday, August 11, 2023 at 4:30 p.m.

Community Services Department - Arena Attendant Assistants (student), part-time, 8-month contract

Closes Friday, August 11, 2023 at 4:30 p.m.

Uxbridge Public Library - Student positions - Closes Friday, August 11, 2023

Uxpool – Lifeguards and/or Instructors, Fall season - Closes Wednesday, August 30, 2023 at 4:30 p.m.

Public Works and Operations Crossing Guards

Resumés accepted on an ongoing basis.

Fridays at the Foster Concert Series

9449 Conc. 7 (Durham 1)

www.thomasfostermemorial.com

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May to September.

Admission is by donation at the door.

Aug. 4 - Jane Loewen – Vocals

Aug. 11 - Chris Saunders – Guitar/Vocals

Aug. 18 - Shimoda Family Ensemble – Instrumental

Aug. 25 - David & Sarah Mills

August 14 – Meditation session

Pre-registration required. Please call 905-640-3966 or email beverlynortheast@gmail.com

The Foster Memorial is open for tours July and August from Wed. to Sun. 11:30 a.m. - 4:30 p.m.

Township of Uxbridge Board & Committee Appointments

The Council of the Township of Uxbridge invites applications from members of the public who are qualified electors of the Township of Uxbridge to be considered for one of the following committees:

Accessibility Advisory Committee

Open to persons who identify as a person with a disability and who wish to work with Council to review, develop and implement plans, policies and programs to create an accessible and barrier-free community, for a four-year appointment (Term of Council, expiring November 2026).

Age Friendly Advisory Committee

Open to persons who wish to advise Council on the current state of age-friendliness of Uxbridge and can recommend ways to optimize opportunities for residents to age in place and remain engaged in all aspects of civic and social life.

Any person interested in offering their services, and would accept an appointment to these committees are invited to submit a Volunteer-Committee Member Application Form available at the Clerk's Department or on the Township of Uxbridge website under Committees and Initiatives, http://uxbridge.on.ca/committees_and_initiatives, along with a resume and letter of interest outlining relevant qualifications and experience.

Applications for the AAC and AFAC may be sent to Emily Elliott, Deputy Clerk/Uxbridge Accessibility Coordinator, 51 Toronto Street South, PO Box 190, Uxbridge ON L9P 1T1, or via email elliott@uxbridge.ca

Uxbridge BIA Board of Directors

If you own a property or operate a business within the BIA zone (see <https://www.uxbridge.ca/en/bia/about-the-bia/member-resources.aspx>) and have ideas on improving the BIA, please consider this opportunity to help shape our business community and make a difference to the vitality of Uxbridge! Applications may be sent to Debbie Leroux, Director of Legislative Services/Clerk, 51 Toronto Street South, Box 190, Uxbridge, ON L9P 1T1 or via email at dleroux@uxbridge.ca

The Township of Uxbridge is committed to ensuring that our community is fully accessible for residents and visitors alike. We do this by following the regulations outlined in the Accessibility for Ontarians with Disabilities Act (AODA), our Accessible Customer Service Policy and by removing barriers so individuals can access programs and services in our community.

The Township of Uxbridge is an Equal Opportunity Employer that is dedicated to an inclusive, barrier-free recruitment and selection process. The Township is committed to diversity, equity, and inclusion within its community and organization, and welcomes and encourages applications from Indigenous Peoples, people of colour, women, persons who live with disabilities, people from 2SLGBTQI+ communities, and people from diverse communities. When requested, the Township of Uxbridge will accommodate applicants throughout the recruitment and selection and/or assessment process, pursuant to the Ontario Human Rights Code. These commitments also apply to our Board and Committee recruitment and selection processes.

Personal information is collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act.



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

Trail walker assaulted, police searching for suspect

Durham Regional Police want to identify a suspect after a female was sexually assaulted Sunday.

According to a DRPS news release, early Sunday evening, a female was walking on the Ewen Trail, in the vicinity of Munro Cres., in Uxbridge. After passing him, the victim noted the suspect following closely behind her. The suspect grabbed the victim and touched her inappropriately. The victim broke free from the suspect, ran to the nearby neighbourhood and called police.

The suspect is described as a Caucasian male with a tanned complexion, 30-40 years of age, stocky build, shoulder length, shaggy brown hair, and a shaggy beard. At the time of the alleged assault, he was wearing a dark coloured baseball hat, dark teal shirt and jeans.

Investigators want to ensure there are no further victims and make an appeal for any witnesses to come forward. Anyone with new information is asked to contact the Special Victims Unit at 1-888-579-1520, ext. 5318.

Anonymous information can be sent to Durham Regional Crime Stoppers at 1-800-222-TIPS (8477) or online at durhamregional-crimestoppers.ca and tipsters may be eligible for a \$2,000 cash reward.

'Necessary' internet, from page 1

struggle with inadequate internet access. O'Connell said the federal government aims to have 100 per cent of Canadians connected to the internet by 2030.

Regional chair John Henry, surrounded by federal representatives, members of the legislature, regional and municipal politicians, applauded the way four levels of government "came together to work together."

As a result of the funding, Vianet will work in partnership with

Durham as the internet service provider to bring high-speed internet access to Ashburn, Columbus, Courtice, Greenbank, Leaskdale, Manchester, Myrtle Station, Raglan, Sunderland and Uxbridge. Much of the funding will go towards expanding the fibre optic network to these rural areas.

According to statistics released during the announcement, 93.5 per cent of Canadian households currently have access to high-speed internet, compared to 79 per cent in 2014.

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My name is Sarah Kalvoda, and I have lived in Uxbridge since childhood. I have fulfilled my dream of opening up a medical clinic that will improve the health and lives of my community.

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- Prescription renewals
- Cancer screening: Cervical, breast, colon, and lung cancer.
- Mental health



FORM 6

SALE OF LAND BY PUBLIC TENDER

Municipal Act, 2001

Ontario Regulation 181/03, Municipal Tax Sale Rules

SALE OF LAND BY PUBLIC TENDER

THE CORPORATION OF THE TOWNSHIP OF UXBRIDGE

Take Notice that tenders are invited for the purchase of the land described below and will be received until 3:00 p.m. local time on September 7, 2023, at the Township of Uxbridge Municipal Office, 51 Toronto Street South, Uxbridge Ontario.

The tenders will then be opened in public on the same day as soon as possible after 3:00 p.m. at the Township of Uxbridge Municipal Office, 51 Toronto Street South, Uxbridge.

Description of Land:

Roll No. 18 29 040 003 27500 0000; 50 THIRD AVE. S, UXBRIDGE; PIN 26843-0144 (LT); PT LTS Q & R, BLK 66 PL 83 AS IN D453569; UXBRIDGE; File No. 22-01

According to the last returned assessment roll, the assessed value of the land is \$214,000

Minimum tender amount: \$121,945.00

Tenders must be submitted in the prescribed form and must be accompanied by a deposit of at least 20 per cent of the tender amount, which deposit shall be made by way of a certified cheque/bank draft/ money order payable to the municipality.

Except as follows, the municipality makes no representation regarding the title to or any other matters relating to the land to be sold. Responsibility for ascertaining these matters rests with the potential purchasers. The assessed value, according to the last returned assessment roll, may or may not be representative of the current market value of the property.

Pursuant to the Prohibition on the Purchase of Residential Property by Non-Canadians Act, S.C. 2022, c. 10, s. 235 (the "Act"), effective January 1, 2023, it is prohibited for a non-Canadian to purchase, directly or indirectly, any residential property, as those terms are defined in the legislation. Contraventions of the Act are punishable by a fine, and offending purchasers may be ordered to sell the residential property.

The municipality assumes no responsibility whatsoever for ensuring bidders/tenderers comply with the Act, and makes no representations regarding same. Prospective bidders/tenderers are solely responsible for ensuring compliance with the Act and are advised to seek legal advice before participating in this sale.

Transfers of properties that contain at least one and not more than six single family residences and are transferred to non-residents of Canada or foreign entities, are subject to the Province's Non-Resident Speculation Tax (NRST).

This sale is governed by the Municipal Act, 2001 and the Municipal Tax Sales Rules made under that Act. The successful purchaser will be required to pay the amount tendered plus accumulated taxes and any taxes that may be applicable, such as a land transfer tax and HST.

The municipality has no obligation to provide vacant possession to the successful purchaser.

A copy of the prescribed form of tender is available on the website of the Government of Ontario Central Forms Repository under the listing for the Ministry of Municipal Affairs.

For further information regarding this sale and a copy of the prescribed form of tender, visit:

www.OntarioTaxSales.ca

or if no internet access available, contact:

Susan Straughan
Tax Collector

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Our two cents

The reason for the (mizzie) season

It's the Civic long weekend here in Ontario, and many of us are relaxing outside, enjoying some fun and sun and...mosquitoes. Maybe it's just us, but the little buggers seem to be especially bad - and big! - this year. As we sit and scratch at a mozzie bite, we wonder anew just why the little blighters exist. Disease among humans would surely decrease (no malaria, dengue fever, encephalitis, West Nile virus, etc.), and we certainly wouldn't miss them. Unfortunately, however, they exist for good reason.

A website entitled mosquitoreviews.com led us to an article by Janet Fang in the July 2010 *Nature* magazine, which asked scientists what the world would be like without mosquitoes.

"In the Arctic tundra," writes Fang, "mosquitoes form dense clouds when they hatch. Birds which nest in that region might miss them as a source of food, if they disappeared." She goes on to say some claim mosquitoes don't make up a large enough part of the birds' diets, and they could survive on midges or other insects just as well, and that caribou, "which must deal with the onslaught of the mosquitoes, might change their paths, feeding in new places, and alter the ecosystem in localized areas of the Arctic."

She continues: "Elsewhere, fish, frogs, lizards, spiders and other animals that eat mosquito larvae or adult mosquitoes would lose a food source. Mosquitoes make up a small part of the diet of some, but others, like the mosquitofish or gambusia, which specializes in eating the larvae, might become extinct. But most animals already eat enough of something else, or could change their diet, so they wouldn't go hungry without mosquitoes."

Mosquito larvae apparently consume a lot of organic matter in wetlands, which helps recycle nutrients back into the ecosystem, but, writes Fang, "other larvae and water-dwelling creatures also do the same and could take over that job."

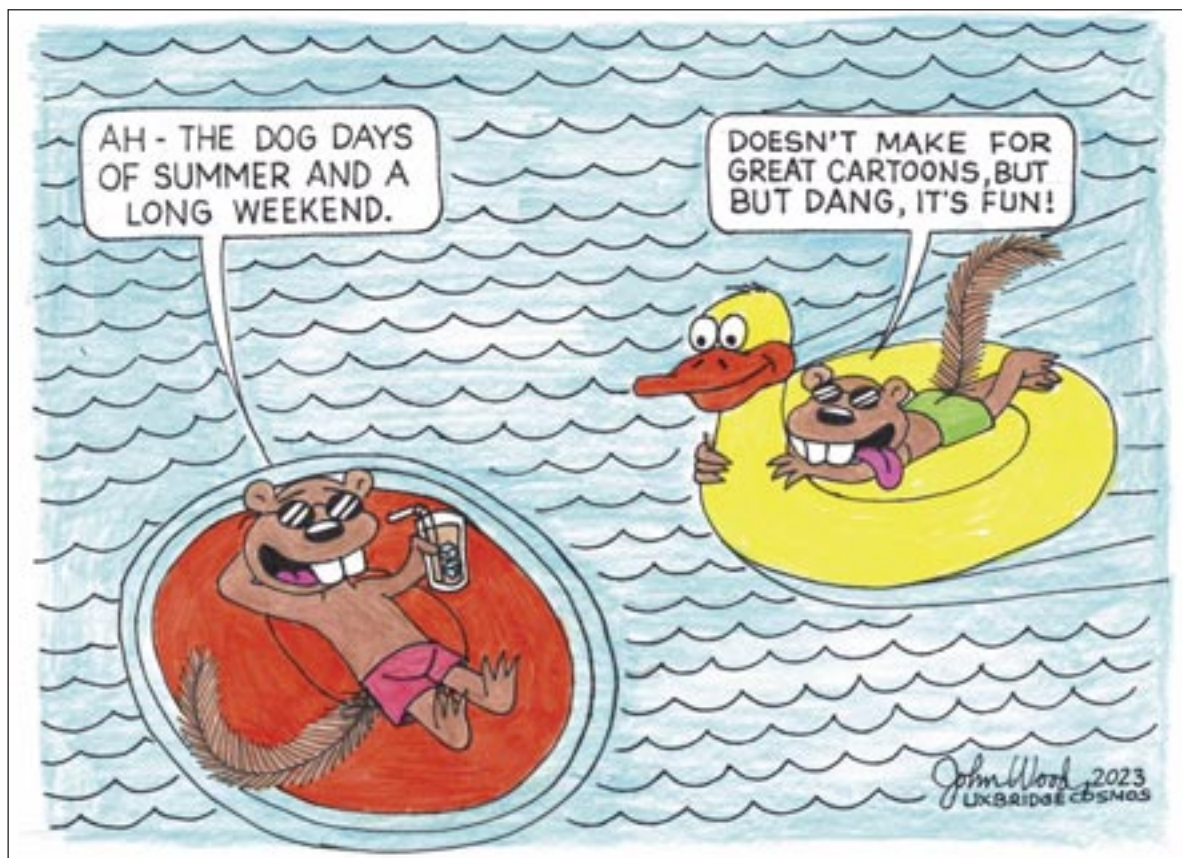
Fang also taught us the fun fact that adult mosquitoes don't rely solely on sucking human blood; they feed on nectar as well. In fact, nectar is all the adult males eat - so some plants might suffer due to lack of pollinators if mosquitoes stopped visiting.

The biggest news, however, is that mosquitoes are apparently involved in global population control. If it weren't for mozzies, fewer people would die of mosquito-spread diseases, "so there would be more humans on the earth, especially in countries that are already having trouble supporting their populations. But humans would be healthier, more productive, and not have to spend so much time and effort caring for those who were sick."

Fang sums it up perfectly when she says "The romantic notion of every creature having a vital place in nature may not be enough to plead the mosquito's case, and it is the limitations of mosquito-killing methods, not the limitations of intent, that make a world without mosquitoes unlikely."

There it is. The thing that makes that incredibly annoying buzz around your left ear at three in the morning is actually helping to feed birds, bats, and bullfrogs. And even though it's a grim thought, that miniscule conveyor of misery and itchy bumps is also helping make sure that the world's population doesn't get too out of hand. We apparently can't get rid of them without doing more harm to other species that are more useful.

This does *not* mean it's no longer necessary to swat at and kill them. Not for us, anyway. Those little buggers are going *down*.



Letters to the Editor

A letter of gratitude to two "good Samaritans" who saw someone in distress on Davis Dr. (westbound) last Thursday around noon.

They (a father and son) were driving eastbound and saw me with my flashers on at the side of the road. They did a U-turn and pulled up to see if they could help. I had (after 70 years of driving) my first flat tire. I didn't have a cell phone, and felt helpless in the intense heat.

In my stress, I've forgotten their names - but the son went ahead and changed my ruined tire.

I'm forever grateful to these gentlemen for their thoughtfulness and caring. My best wishes to both of them and safe travel to the son, as he was moving that day to Mani-

toba (I think).

What a delightful father and son! Needless to say, I'm now trying to select a cell phone - just in case.

Bev Marshall
Uxbridge

Thank you to Roger Varley and the *Cosmos* regarding the article "Memorial ticket sales need to catch fire" (*Cosmos*, July 27).

I was born and raised in Uxbridge, and am proud to still call this town my home. But this week highlighted my appreciation and respect for our small town newspaper and local journalists. We have had a tremendous response from the community looking for tickets since last week's edition, and I'm proud to say we are past

the halfway mark now in ticket sales!

Thank you to the *Cosmos* and the community for their support.

Jason Gregor

Uxbridge Firefighters Association

Roger Varley, you are right on! Thank you for highlighting in your July 27 column the work of the volunteers in our town's service clubs and the improvements they are making to life in our community.

The IODE in Uxbridge which you refer to, is, I believe, the oldest service club in town, having been around since 1917. The present Susie Sorabji Chapter was formed in 1934 and as you suggest, we welcome new members.

We continue to work to improve life in our community through education support, community service assisting those in need and citizenship programs.

Thanks again, Roger.

Eileen Winnington-Ball
IODE Susie Sorabji Chapter
Uxbridge

Thank you to the *Cosmos* and to Roger Varley for his article on the contributions the various service clubs in Uxbridge have made to life and living in Uxbridge over the years ("Am I Wrong?", July 27).

While all the service clubs have their own primary calling, we all live or work here, and making Uxbridge an even better place is always front of mind.

As membership chair for the Rotary Club of Uxbridge, I felt the need to respond to the comments on dwindling membership. Roger is correct

...continued on page 6

MONTHLY DRAW WINNERS

The Rotary Club of Uxbridge is pleased to announce the winners of the July monthly draw for the 2023 Trip of the Month Club!

The 'Hotel California' trip was won by Mike Williams, ticket #235 sold by Greg Eickmeier.

2nd place, \$150, won by Kennedy Self, ticket #385 sold by Susan Self.

3rd place, \$100, won by Jennifer Dauphinee, ticket #320 sold by Lisa Brooks.

Congratulations to our July winners, and best of luck for the August 2023 draw of the Rotary Club of Uxbridge Trip of the Month Club. 'Mystical Mayan' is a package trip with round trip, direct, non-stop flights from Toronto to Cancun, Mexico, 7-night-stay at the 5-star Marina El Cid Spa and Beach Resort, and all meals, drinks, daily activities and nightly entertainment. Airport transfers and gratuities are included.

A gift certificate from Getaway Travel worth \$2,500 or cash of \$2,250 is available instead of the trip. The trip must be taken in the month following the draw.

Rotary
Club of Uxbridge

Your Universe
The Uxbridge Cosmos

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Am I Wrong?

column by Roger Varley

Whatsoever you do to the least...

Although many of you know that I don't follow or espouse any religion, that doesn't mean I'm entirely lacking in knowledge about religion. As you can tell from the heading, I can quote a few passages from the Bible. In truth, that is not exactly the quote found in Matthew's gospel (it's actually "Whatsoever you do to the least of my brothers, you do to me."), but that's the way it is with quotes: they often become changed slightly to make them easier to remember.

That quote occurred to me this week when I took notice of two stories relating to Ontario's premier, Doug Ford. The first, from CTV News, reported that Ford's government has no immediate plans to increase funding for social assistance programs such as the Ontario Disability Support Program (ODSP) or the Ontario Works (OW) program, even though the number of people relying on those supports in the last 15 years has been a "steadily growing caseload."

The second was actually a brief video clip on Twitter that shows Ford talking about Ontario Works (welfare) recipients, stating: "It really bothers me that we have healthy people sitting at home collecting your hard-earned dollars!"

This at a time when countless Ontarians are finding it more and more difficult to afford their groceries, let alone keep a roof over their heads. His video quote reminds me of former premier Mike Harris' "work for welfare" policy.

The current payment to someone on Ontario Works is \$733 a month. Try renting a room and buying groceries with that! Does Ford really believe there are people who would prefer to scabble about with that pittance rather than earn a decent wage that allows them to actually live?

Food bank use is rising across the country, people are being evicted at breathtaking rates by greedy landlords who want to make more profit, and our health care services are crumbling - including mental health services that many of our lower income brothers and sisters now find themselves needing.

In contrast, there was another report this

week that said: "Ontario developers have spent nearly \$173 million scooping up hundreds of acres in the former Greenbelt this summer, months after the Ford government reneged on its promise to protect the environmentally sensitive land." Now, you don't have to be a genius to figure out that no one spends that kind of money unless they know they're going to earn it all back, plus a whole lot more. For those developers, I offer another quote from Matthew: "It is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God."

The message coming from the Ford government is simply that if you're poor and struggling, suck it up because you're on your own, but if you are well-connected and wealthy, we'll take good care of you.

I have been on welfare and, yes, I was relatively healthy at the time. But I was at an age when jobs were few and far between for people in my age bracket. Welfare is actually debilitating, in that it can lower one's self-esteem, seriously limit one's life choices and even kill one's dreams. One immediately feels like a second-class citizen. I'm not so naive as to believe no one is "gaming" the system, but to classify all who are on Ontario Works as being healthy individuals just sitting around collecting your hard-earned dollars is not only demeaning, it's insulting. But Ford doesn't care. He knows these people don't have any money to donate to his Conservative party, so why should he bother about them?

A government's prime responsibility, to my mind, is to take care of all the people in its jurisdiction, not just its friends. If a government can't care for - or about - its most vulnerable, then it is useless. It might as well go with another quote, this one from Charles Dickens's *A Christmas Carol*: "Are there no prisons, are there no workhouses?"

It seems to me that, given Ford's apparent disdain for the people who need government help the most, another quote, this time from John, might be in order: "Jesus wept."

Tell me, am I wrong?



The Barris Beat

column by Ted Barris

Dog days of summer

I'm not exactly sure when it happened. My pal and I had gone out for one of our regular runs. He tends to run much faster than I can. But suddenly he pulled up and began to limp. I don't know if he twisted his leg on a stone or a pothole or what. But we were soon at the hospital where I got the word.

"Looks like a torn ligament," the doctor said. "May need surgical treatment."

"Really?" I was incredulous.

Did I mention that the doctor was a veterinarian or that my running mate was my springer spaniel, Jazz? No. I missed that part, I guess partly because I've never heard of this kind of an injury in a dog, let alone in a youngster. Jazz is just two years old. So, I immediately took him to a veterinary clinic. The vet recommended pain killers, maybe an X-ray and keeping Jazz immobile for a while. A springer spaniel, immobile?

Anyway, perhaps more surprising than the immediate treatment, I was stunned to learn the top three most frequent injuries suffered by dogs. Number three is foreign body ingestion. Number two is lameness. And number one is rupture of the cruciate ligament in the knee. We can attest to the foreign body ingestion. In two years of life in our household, Jazz has consumed most of a large chocolate bar, socks from my laundry basket, corners of several towels and at least one kitchen dishcloth. The latter required a pharmaceutically induced regurgitation to ensure we retrieved all of it. Stealing and scarfing down bits of household items was not a surprise. But the ligament tear statistic stunned me.

When I researched the subject online, I read the dossiers of several veterinary specialists. Most of the Canadian and American surgeons indicated they have done as many as 1,500 or 2,000 surgeries to repair torn ligaments in dogs. I also learned that there are several different surgical approaches to repair the damage. One approach has the surgeon place an artificial ligament outside the joint capsule of the knee; it's called the "extracapsular repair and tightrope procedure." And a more recent treatment called "tibial plateau levelling osteotomy" (TPLO) involves cutting away a portion of the top of the tibia bone, rotating it, installing a bone plate that realigns the dog's tibia and femur bones and that presumably allows normal knee-joint movement.

Out of curiosity, I called friends who are

longtime dog owners.

"Ours has had both back legs treated," one told me.

"Be prepared for a shock to your bank account," another said.

In the course of my research, I discovered the price charged by veterinary surgeons and hospitals ranges between \$1,000 and \$6,000. I was stunned. But then I guess in Canada we are somewhat shielded from knowing the actual costs of human health care thanks to universal medicare. When was the last time you checked the cost of having a cast put on your broken arm, or cancer treatment drugs? At any rate, I was fortunate to get Jazz into the Toronto Veterinary Emergency Hospital where a doctor completed a TPLO surgical procedure.

But that's when the real work toward Jazz's recovery began. I started a strict diet of anti-inflammatory, tranquilizing and antibiotic drugs. I had to apply cold compresses and do regular massages to reduce the swelling. As well, I've had to keep Jazz in an Elizabethan collar (cone around his head) to prevent him from licking the incision. Toughest of all, I've had to restrict a springer spaniel from doing what is natural - running, jumping, fetching and playing - canine tough love, I guess.

I am not complaining. It's a First World problem and I feel fortunate to have the chance and tools to help Jazz get back to near-normal life.

By the way, after I researched the most common injuries suffered by dogs, out of curiosity, I checked the most common injuries suffered by dog walkers. Here's what the Harvard Medical School has learned from a study published by *Medicine & Science in Sports & Exercise* in April 2023.

"Being a dog owner has many health benefits, like unconditional love, companionship and increased physical activity," the study document begins. "But (the study) tied dog walking to a sharp rise in injuries among people holding the leash. ... Dog walkers most commonly suffered broken fingers, traumatic brain injuries (from falls), as well as shoulder and knee sprains."

So, be careful running with your canine pal. The next cruciate ligament that gets torn may well be yours!

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Larry Connors

After several years in a nursing home, Larry passed away on July 20, 2023, on what would have been his 55th wedding anniversary. He is survived by his loving wife Barb, son Paul, and predeceased by son Scott. Larry will be missed by his sister-in-law, brothers-in-law and his many friends.

A service will be held on August 5, 2023, at 11:00 a.m., at the Uxbridge Cemetery. In Larry and Scott's memories, donations can be made to Autism Ontario.

Elgin Park officially welcomes Path of Inclusion, other improvements

Roger Varley

Several new elements have been updated and/or added to Elgin Park, and they were officially welcomed last Wednesday afternoon.

Pickering-Uxbridge MP Jennifer O'Connell joined Mayor Dave Barton and members of council for the official "unveiling" of the new gazebo next to the recently opened accessible

playground, six flag poles on the "Path of Inclusion," the newly renovated and winterized washrooms, a new public pathway into the park and additional power outlets.

The renovated washrooms will be open all year round, the new pathway will make it easier for residents of Wooden Sticks subdivision to access the park, and the new power outlets will allow the Optimists Club to expand their annual Fantasy of

Lights.

In the shade of the gazebo, Barton acknowledged all the service clubs, groups and members of the Uxbridge community that helped bring the changes to fruition.

"We've been working on this for a long time," Barton said. He also acknowledged the importance of the federal grant towards the project.

Six flags were raised representing Ontario, Uxbridge, PRIDE, Every Child Matters, the Mississaugas of Scugog Island First Nation and a First Nations medicine wheel flag. The flags on two of the poles will be rotated with others from time to time.

To mark the planting of six white pines in the park, Mim Harder, a representative of the First Nations people, told the gathering the importance of the white pine in Indigenous culture.

Letters, from page 4

that many service clubs across the country have had challenges attracting new members in recent years. I can't speak for the other clubs in Uxbridge, but I'm happy to report that Rotary has had 14 new members join since the start of the pandemic, and is currently in a growth cycle at 47 members. We are people of action, and new members are always welcome. I urge anyone interested to check out our website and social media to learn more.

Again, thank you for the general coverage, as well as the article on the Uxbridge Firefighters Association fundraising raffle for their memorial statue. Rotary is pleased to partner with them to help raise the required funds.

Terry Chapman
Membership Chair
Rotary Club of
Uxbridge

In Loving Memory of Heidi Marie Bader-Shaw

July 13, 2018 - July 24, 2023

Taken from us too soon, Heidi died at 5 years-old on July 24 following a tragic accident. Heidi was surrounded by her loving family when she passed at Sick Kids Hospital in Toronto.

Though her life was brief, her memory lives on in her friends and family. Heidi will be remembered by her doting father, Jarrod, her beloved brother, Erik, her Nana Cathy (late Grandpa Dave), her Oma and Opa (Erika and Roland), her Auntie Sandy (or as Heidi called her, Shi Shi) and Uncle Jay, and her Uncle Robert (Uncle Robbie). She will also be remembered by her Auntie Laurie (Auntie Lolee) and numerous other aunts, uncles, cousins and friends. Heidi was predeceased by her mother, Michelle, who also tragically died in the accident.

Heidi was loved by everyone who met her. She was a beautiful, happy child, who adored her family and looked up to her older brother, Erik. She was always singing or humming her favourite songs. Heidi made beautiful art and jewellery. She loved camping and spending time outdoors. Heidi was an animal lover and adored the family dog, Callie, whom she regularly spoiled with treats. Heidi enjoyed cooking and



often helped to make pancakes, eggs, tacos, salad and other meals for her family. Heidi was a member of Shenderay Gymnastics in Uxbridge and was constantly showing off her gymnastics skills to her family. She was a loving, funny and thoughtful little girl, and she will be missed more than words can say.

The family would like to thank the staff at Sick Kids Hospital for their compassion and care during Heidi's last hours.

In lieu of flowers, donations can be made to Sick Kids Hospital or the animal rescue organization of your choice.

A Memorial will be held at Low & Low Funeral Home, 23 Main Street South, Uxbridge, (905-852-3073), Saturday, August 5, 2023, visitation at 1:00pm, with a service to follow at 2:00pm.

For online condolences please visit www.lowandlow.ca

Scott Connors

It is with profound sadness that we announce, after a devastating car accident on March 4, 2023, the passing of Scott. He leaves behind his parents Barbara, Larry and brother Paul Connors. Scott will be missed by his aunts, uncles, cousins, his many friends and clients. They will miss his kind eyes and his caring personality.

He was a graduate of Uxbridge Secondary School, Western University, where he received a degree in Psychology, and George Brown College, where he received his post-grad in Autism and Behavioural Science.

A service will be held August 5, 2023, at 11:00 a.m. at the Uxbridge Cemetery. In Scott's memory, donations can be made to Autism Ontario.



Margo (Charlie) Gullickson

We are saddened to announce the passing of Margo (Charlie) Gullickson on Wednesday, July 26, 2023.

Charlie was born in Chicago, Illinois, on November 4, 1939. She is predeceased by her mother Margaret Hay, father George von Rosen, and brother Tom von Rosen. She is survived by her sister

Joanne von Rosen. She is also survived by husband Ivan (Chuck) Gullickson, son Jeffrey Gullickson (Claire Larouche), daughter Laura Ferreira (Brian). She will be missed by grandchildren Evan (Sarah, son Jack), Bradley (Cale, son Bowie) and Adam Ferreira (Hayley, daughter Charlie and son Coast); and Manuel (Ashley), Elise (Nicolas), Benjamin and Alexandre Gullickson-Larouche.

Margo was always called Charlie. She was a U.S. citizen and became a proud Canadian in 1992. She earned a Bachelor of Science degree from the University of Iowa, and a Master's Degree in Microbiology from the University of Toronto. She broke new ground by becoming the first female firefighter in Unionville, Ontario. She was a volunteer firefighter for nine years. Her work life included being a lab technician at Scarborough General Hospital, the provincial laboratories in Toronto, and a professor of microbiology and division head at Centennial College.

Her community contributions included sitting on many township committees in Uxbridge. Her love of music was highlighted by her participation in One Voice, the Messiah choir and Monday Morning Singers. Charlie lived a long and loving life with her family and all whom she met. Her love of reading brought her to a book club made up of wonderful women, who loved and supported her through her difficult illness. She loved the time she spent with them.

Thank you to all of the people who helped her through this journey. She flew over the rainbow. In lieu of flowers, please send donations to the Canadian Cancer Society. A Celebration of Life will be held at Wooden Sticks Golf Course in Uxbridge, Ontario, on Sunday, September 17, from 1 p.m. to 4 p.m.



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Advertisement for Shobbrook Gardens. The top half features a large graphic of pink roses. The text reads 'Shobbrook Gardens Independent Senior Living with a Christian Atmosphere'. Below this, it says 'A ONE BEDROOM LIFE LEASE UNIT IS AVAILABLE FOR IMMEDIATE OCCUPANCY'. A list of amenities includes: Library, Lookout tower, Pool, Craft Room, Games Room, and 'Most importantly a wonderful caring community!'. At the bottom, there is a photograph of the building and contact information: 'For more information or to book a tour visit our website shobbrookgardens.com 905-852-4156 1 Elgin Park Dr., Uxbridge'.