## Uxbridge Cosn Thursday, January 5, 2023

Prescription power • New bird feeder care • Happy New Year, Uxbridge!



SKIING IN THE NEW YEAR - Most businesses are back to work this week, but school-age children have one more week off, so many families are welcoming in 2023 by hitting the slopes at local ski hills. Here, those just learning the alpine sport take to the 'bunny hill' at Dagmar Ski Resort on Lake Ridge Rd. Photo by John Cavers

## Uxbridge author named to the Order of Canada

by Roger Varley

It is hard to imagine Uxbridge Cosmos columnist Ted Barris as a "blubbering mess," but that is how he describes his state after receiving word that he had been named to the Order of Canada.

"I was overcome," he said. "I fell apart."

Barris was one of 99 people named to the order on Dec. 29. But Barris revealed that he was told about the honour about a month before the news was made public by the Governor General's office in Rideau Hall, and that he received the news in what was a most unusual, yet fitting, location.

The author of 20 books, 13 of which are about the First and Second World Wars, Barris has often written in his weekly columns about Canada's veterans, but more than any other, he has written about Charley Fox. Barris explained that it was Fox who encouraged him to write about the wars. Over the years, Barris often visited Fox near London, Ont., and those trips invariably included a stop at a Husky truck stop on Highway 401. In November, Barris found himself in the area again and, as was his custom, he stopped at the Husky, where he had a coffee and thought about his old friend, Charley. It was while he was sitting at the truck stop that his cell phone rang and he received the news from Rideau Hall.

"What a lovely coincidence," Barris said.

His first action was to call his wife, Jayne. She already had an idea what was to come because

it was she who had given Rideau Hall his cell phone number. But the couple told no one else, including close family members.

Since the official announcement, life has been "a whirlwind," Barris said. His phone has been ringing constantly and he has received over 300 emails from people around the world. He said he intends to answer every one of them.

For Barris, the honour is particularly welcome because his father, Alex, was named to the Order of Canada in 2000 for his years of covering the Canadian music scene. Both father and son were named for their dedication in pushing the Canadian narrative.

"You always hope your work will be acknowledged, but this is the icing on the cake," said

... continued on page 6

AlyssaPersaud.ca





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# Uxbridge at a Glance

The Corporation of The Township of Uxbridge 51 Toronto Street South, P.O. Box 190 Uxbridge L9P 1T1 905-852-9181 info@uxbridge.ca

# The Township of UXBRIDGE

Trail Capital of Canada



## MORE INFO www.uxbridge.ca

## **Council & Committee Meetings**

Meeting Schedule for January 2023

Monday, January 9, 10:00 a.m. COUNCIL MEETING

Monday, January 16, 10:00 a.m. GENERAL PURPOSE AND ADMINISTRATION

Monday, January 16, 1:30 p.m. COUNCIL EDUCATION SESSION (Open to the Public)

CANCELLED - Wednesday, January 18, 7:00 p.m. - COMMITTEE OF ADJUSTMENT

Thursday, January 19, 1:00 p.m. FINANCE COMMITTEE

Thursday, January 26, 1:00 p.m. FINANCE COMMITTEE

#### **Proclamations for January**

Jan. 15 – World Religion Day
Jan. 21 – Lincoln Alexander Day
Jan. 24 – International Day of Education
Jan. 25 – Bell Let's Talk Day
Jan. 27 – International Day of
Commemoration in Memory of Victims of
the Holocaust

Jan. 29 – National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia

## **Employment Opportunities**

Complete details and qualifications required for these positions are available at

uxbridge.ca/careers

Current Opportunities

Community Services - Facilities Custodian

Closes Friday, January 13, 2023

Uxbridge Historical Centre - Curator & Manager

Closes Friday, January 20, 2023, at 4:00 p.m.

Tourism Coordinator

Closes Friday, January 20, 2023, at 4:00 p.m.

Crossing Guards

Resumes accepted on an ongoing basis

Box Office Volunteers – Uxbridge Music Hall - Interested parties accepted on an

Hall - Interested parties accepted on an ongoing basis

The Township of Usbridge 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 Usbridge 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.

## Uxbridge BIA Board of Directors Wanted!



The Uxbridge BIA Board of Directors is a Committee of Council for the Township of Uxbridge that is appointed for the Term of Council. As a result, we are welcoming **NEW DIRECTORS to join our team!** 

If you have ideas on how we can improve our BIA, please consider this opportunity to help shape our business community and make a difference to the vitality of our community. Our mandate is to promote 'shop, savour, unwind, explore Uxbridge'!

BIA Board meetings are held on the first Wednesday evening of each month, at 7:00 p.m., and are held virtually on Microsoft Teams.

Interested candidates who wish to help plan, evaluate and vote on projects to support our BIA member businesses are encouraged to **JOIN OUR BIA BOARD OF DIRECTORS.** 

Applications will be accepted until Friday, January 6, 2023, by the undersigned.

Debbie Leroux, dleroux@uxbridge.ca Director of Legislative Services/Clerk P.O. Box 190, 51 Toronto Street South Uxbridge, Ontario L9P 1T1

Phone 905-852-9181, ext. 228 Fax 905-852-9674

## **Road Closures**

- Lake Ridge Road (Reg. Rd. 23) from 100m north of Myrtle Road (Reg. Rd. 5) to 1.6 km north of Chalk Lake Road will be minor traffic delays for construction work, to September 2023.
- Uxbridge East Gwillimbury Townline from north of Durham Reg. Rd. 39/Queensville Sideroad to south of Holborn Road, East Gwillimbury will be closed for bridge repairs, to 2024.
- Uxbridge East Gwillimbury Townline from York St. (500m south of Ravenshoe Road to Zephyr Road will be closed for bridge repairs, to January 2024.

















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

# Uxbridge at a Glance

## Uxbridge Township Board & Committee Appointments 2023-2026

The Council of the Township of Uxbridge invites applications from members of the public who are qualified electors of the Township of Uxbridge who wish to have their names considered for a four-year appointment (term of Council - expiring November 2026) to one of the various Boards, Committees, etc. Any person interested in offering their services, and would accept an appointment (including present members with expired terms), are invited to submit a Volunteer-Committee Member Application Form available on the Township's Website uxbridge.ca/volunteering along with a letter of interest outlining relevant qualifications and experience to the undersigned by Friday, January 6, 2023. To view the complete list with ease, visit uxbridge.ca and click 'Board & Committee Appointments'.

Any questions regarding these appointments may be directed to the Clerk.

Debbie Leroux Director of Legislative Services/Clerk P.O. Box 190, 51 Toronto Street South Uxbridge, Ontario L9P 1T1

Email **dleroux@uxbridge.ca** Phone 905-852-9181, ext. 228 Fax 905-852-9674

#### **Accessibility Advisory Committee**

This committee will provide advice to Council with respect to the Annual Accessibility Plan and matters relating to accessibility issues within the Community. Legislation requires the majority of the nine (9) voting members of the Committee to be persons with disabilities including visual, hearing, physical, speech, cognitive, perceptual and mental health. The other four (4) members shall include a Senior Citizen, a Member of Council and persons from the community with an interest in issues relating to persons with disabilities who may be employed by supporting agencies or parents of children with disabilities. Members shall be chosen for their expertise and commitment to the promotion and facilitation of a 'barrier-free' Uxbridge.

### **Active Transportation Committee**

To advise Council on matters pertaining to active transportation and to advocate for and assist with the development and implementation of the Township's Active Transportation Plan to maintain and enhance Uxbridge as a safe, vibrant and active community for people of all ages and abilities. UXACT will encourage, promote and participate in the planning of active transportation policies, programs and facilities and will advise Council on implementation of aspects of the Official Plan Downtown Vision, specifically to "enable people to walk or bicycle from downtown into surrounding natural areas."

### **Age Friendly Committee**

The purpose of the Age-friendly Community Advisory Committee is to advise Council on the current state of age-friendliness of Uxbridge and recommend ways to optimize opportunities for residents to age in place and remain engaged in all aspects of civic and social life.

### Canada Day Advisory Committee

To plan, budget and organize the community celebration for Canada Day.

### Climate Adaptation and Transition Commit-

tee

The Climate Adaptation and Transition Committee requires volunteers with varying skills and backgrounds specifically in the areas of engineering, alternative energy, HVAC, IT, representation from the agricultural community, representation from the building industry. The Township will be looking to this team of 7-9 individuals to develop and move our climate action plan forward by providing advice, support and guidance to Council regarding climate change adaptation.

#### Committee of Adjustment

The Committee of Adjustment is appointed by Council pursuant to the provisions of The Planning Act to deal with applications for minor variances within the Township of Uxbridge. Applications submitted by an owner of land requesting a minor variance to the Townships' zoning by-law, in respect of land, building or structure or the use of the land are also heard by the Committee of Adjustment. **Qualifications:** Preference is members who have a professional designation or background in land use planning. Interviews will be held to fill the positions of this committee.

#### **Downtown Revitalization Committee**

The Downtown Revitalization Committee provides a community perspective on how to achieve the Downtown Vision by providing advice to Council and Township of Uxbridge staff as it relates to carrying out and implementing the Downtown Revitalization Strategic Plan and Action Plan.

### Economic Development Committee

Provide advice and recommendations to Council on matters relating to the attractions, development, and retention of all business sectors within the municipality inclusive of aggregates, manufacturing, commercial (personal service and retail), agriculture and home-based businesses.

### Fence Viewers

Fence Viewers are appointed and follow a process as found in the Line Fences Act to resolve issues relating to disputes between owners of adjoining properties relating to line (boundary) fences. Council is required to appoint no less than three (3) fence viewers. The Fence Viewers are called upon only when the Township receives an application for a viewing by a property owner. This does not apply to residential fencing.

### Heritage Committee

Function as an advocate for the preservation and conservation of heritage properties within the Township. Heritage Uxbridge shall advise and assist Council in matters relating to heritage conservation districts and individual structures and properties of historical, cultural and/or architectural significance.

### <u>Library Board</u>

The Library Board operates under the authority of the Ontario Public Libraries Act (R.S.O. 1990, chapter P.44) and most public libraries or library systems in the province have such a governing board. The Board is responsible for

making policies for the operation of the Library; for obtaining adequate funding for Library materials, services and programs; and for promoting the Library in the community. The nine (9) Library Board members are appointed by the Township of Uxbridge Council for a 4-year term that runs concurrently with the term of the appointing Municipal Council.

#### Museum Advisory Committee

The Uxbridge Historical Centre Museum Advisory Committee shall advise, comment on, recommend and assist Council with specific reference to the operation and management of the Uxbridge Historical Centre (Uxbridge-Scott Museum & Archives) and the delivery of museum services to the community in compliance with relevant municipal, provincial and federal legislation. The Advisory Committee will achieve this purpose by working with Council, Township staff, other Township committees, and related agencies.

#### Music Hall Board

To advise Township Staff and Council on the operation of the Music Hall in a business-like manner such that the budgets are adhered to, the Hall meets the needs of the various users and the community and to ensure that the building, equipment and furnishings are properly maintained. To actively promote the use of the Music Hall by the community and various users so that the facility is utilised as much as possible.

#### **Property Standards Committee**

This Committee, pursuant to the provisions of the Building Code Act, deals with matters related to the Township's Property Standard Bylaws and the Town's Official Plan. When the owner or occupant of a property in Uxbridge, upon whom an order has been served by a Municipal Law Enforcement Officer, is not satisfied with the terms or conditions of the order, the owner or occupant may appeal to the Property Standards Committee.

The Township of Uxbridge Property Standards Committee, in hearing appeals, has all the powers and functions of the officer who made the order and the Committee may do any of the following things if, in the Committee's opinion, doing so would maintain the general intent and purpose of the Townships By-law and of the Official Plan or policy statement:

- 1. Confirm, modify or rescind the order to demolish or repair.
- 2. Extend the time for complying with the order.

A minimum of three (3) members who must be available to conduct site inspections of subject properties and be objective, possess relevant education component or equivalent experience and have an open mind in order to fully consider the evidence provided.

## Region of Durham Land Division Commit-

One Citizen member to be appointed. Qualities associated with an appropriate appointment to the Regional Land Division Committee would include some knowledge of Provincial, Regional and Municipal Land Use Statutes, experience with public speaking, Diplomacy.

The position would be similar to our Committee of Adjustment appointees. We ask the following:

1. Please provide a summary of your experience serving on a Board or Committee in an elected or appointed capacity for an agency, board or commission, ratepayer group or similar organization. Include the name of the Board/Committee/Commission, your years of service, and

an overview of your contributions.

2. Please describe your relevant education, occupational background, experience, and/or qualifications, and how your appointment will benefit the Committee.

#### Santa Claus Parade Committee

Assist with the planning of the Santa Claus Parade.

#### **Tourism Advisory Committee**

Given the wealth of cultural tourism attractions, events and the potential economic benefit to the entire municipality, a Tourism Advisory Board has been established as a Committee of Council to pursue this and other related initiatives. The proposed mandate/responsibilities are: completion of a draft Uxbridge Tourism Plan; coordination of the Tourism Ambassador program; liaison and coordination with Region of Durham Department of Tourism and Economic Development and Central Counties; manage data relating to events, cultural sites and media mappings; coordinate and evaluate promotion and marketing of events and sites; managing the execution of the Social Media policy as related to Tourism initiatives; and coordinate the production of brochures and tourism-related signage. We are looking for 6 to 8 members with tourism/event/digital media expertise to join the Board, with some representation from the following stakeholders: Trails Association, Chamber of Commerce, BIA, Agriculture, Culture, Hospitality and Recre-

### <u>Uxbridge Town Trails Committee</u>

This Committee oversees the development of new recreational trails and maintenance of existing trails in the urban area of the Town of Uxbridge. The Uxbridge Town Trails Committee meets 3 to 4 times per year, and includes representation from local conservation authorities, Township Council, township staff, and trail volunteers. Committee members may also sit on additional working groups and assist with trail projects throughout the year. Community residents who are interested in trail development and are able to participate actively in discussions and projects would be most welcome.

### **Goodwood Community Association**

The purpose of this Committee is to make recommendations to Township staff for improvements to the facility and its operation, as well as bring any matters of concern to the immediate attention of staff. This committee will actively promote the use of the Community Centre by the community and various users so that the facility is utilized as much as possible. Meetings are conducted once a month.

### **Sandford Community Association**

The purpose of this Committee is to make recommendations to Township staff for improvements to the facility and its operation, as well as bring any matters of concern to the immediate attention of staff. The goal is to actively promote the use of the Community Centre by the community and various users so that the facility is utilized as much as possible. Meetings are conducted once a month.

### Zephyr Community Association

The purpose of this Committee is to make recommendations to Township staff for improvements to the facility and its operation, as well as bring any matters of concern to the immediate attention of staff. This committee will actively promote the use of the Community Centre by the community and various users so that the facility is utilized as much as possible. Meetings are conducted once a month.

## Our two cents

## Feeling good about Uxbridge

It goes without saying that we at the Uxbridge Cosmos are popping our vest buttons over the news that columnist Ted Barris has been named to the Order of Canada. It was a wonderful piece of news to close out what most of us would agree was a year-long version of Alexander's Terrible, Horrible, No Good, Very Bad Day.

For those who have been around Uxbridge for any length of time, Ted's writings and brilliant emceeing gigs are well known. For those who are relative newcomers to the community, however, perhaps it's time to reflect on just how special this township - and its residents - really are. For a municipality of this size, it is amazing how often we have been acknowledged, for great things and small.

Our stores and merchants have received all kinds of recognition over the years. Blue Heron Books on Brock Street was selected a few years ago as the best independent book store in Canada. A number of years ago, Maclean's magazine named Williamson's as the best car dealership in Ontario. When KFC had a restaurant on the plaza next to the Esso station, it was voted as the best KFC location in Canada. When McDonald's opened in Uxbridge, it was, at the time, the second smallest McDonald's in Canada.

Uxbridge has also been home to - or strongly associated with - numerous talented people in the arts. It's a long list, but it includes Anne of Green Gables author Lucy Maud Montgomery, world-renowned pianist Glenn Gould, Oscar-winning cinema-photographer Christoper Chapman, Oscarnominated actor Graham Greene, artist David Milne, an associate of the Group of Seven, Duncan MacPherson, the award-winning Toronto Star political cartoonist, Canadian actor Kenneth Welsh and internationally known artists such as Ron Baird and Wynn Walters. As an aside, the Lucy Maud Montgomery home in Leaskdale is one of few places in Canada to receive both provincial and federal recognition as an historic site.

Uxbridge is home to the Foster Memorial, an absolute treasure that few Uxbridgians have visited. Built by former Toronto mayor Thomas Foster, who was inspired by a visit to the Taj Mahal, it has been called the 'Jewel on the Hill.

Uxbridge is also designated as the Trail Capital of Canada, thanks to its almost 300 kilometres of trails, including trails that wind through the urban area. The Optimist Club's Fantasy of Lights is one of about nine drive-thru Christmas displays in the Toronto area, but it's the only one that doesn't charge an entry fee.

We'd be hard-pressed to find a similarly sized community that marks Remembrance Day the way Uxbridge does and, although the number of veterans attending diminishes each year, the number of attendees seems to grow. We'd also be hard-pressed to find a similarly sized community with the recreational facilities this township has: a two-rink arena, an indoor swimming pool, a multi-sport complex, a skate park, a pump park, the Fields of Uxbridge, baseball diamonds, soccer pitches and, yes, even a horseshoe pitch.

There is much to celebrate in Uxbridge, not the least of which is the residents. A relative newcomer to Uxbridge stopped us the other day to remark how friendly he found the people of Uxbridge to be.

Yes, there are gripers and moaners; yes, there are problems. But it doesn't seem to be a bad way to start out a new year by reflecting on the good things this community offers.



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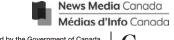
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## Letters to the Editor

I am writing in response to Roger Varley's column, "Buyer beware!" (Am I Wrong?, Dec. 22, 2022, edition). It talked about Zehrs and the pricing of Peek Frean digestive cookies. The pricing of the items is done at the corporate level. So when you have a bad opinion about a local store that serves this small town, remember the people that work here are your neighbours and that friendly face around town.

Also, the self checkout is to help customers purchase their items and leave the store quicker.

Yes, I work part time at Zehrs.

Lesley Timson Uxbridge

New Year's Day brought with it a twinge of regret this year, for it was the last evening we would be able to enjoy the wonderful view from our living room window. We live across the road from

Elgin Park, and for the last 14 years we have watched as the Optimists' Fantasy of Lights grew and matured into a first rate Christmas attraction. This year's edition was nothing short of spectacular.

We wish to thank and congratulate the Optimist Club, along with the many organizations, businesses, families and volunteers involved in the Fantasy's creation and operation each year. You have to be so proud of what you have achieved. Its message of Love, Hope and Peace reaches far beyond, and says a lot about our community.

Thank you and Happy New

Frank & Chris Chown & Family Uxbridge

My wife and I are very pleased to congratulate the first great hockey playing writer and Order Of

Canada recipient (no, not Syd the Kid) but Uxbridge and Cosmos writer TED BARRIS. Wow!

Doug Moffat & Saundra Reiner Uxbridge

Congratulations to Ted Barris on his appointment to the Order of Canada. Well deserved!

> Grant & Mardi Baines **Uxbridge**

Thank you, Cosmos, for everything you do for our community. Thank you for producing a truly community paper, but with the journalistic professionalism of a much larger organization.

Thank you for stating your mind, and allowing Roger to state

Thank you for Ted Barris, whose columns keep us mindful how lucky we are not to have experienced war.

Thank you for allowing peoples' letters to the editor to express their opinion, whether the majority agrees with them or not.

Thank you for John Cavers, who seems to attend everything worth attending.

Thank you for John Wood, who brings a smile to our faces with every issue.

Uxbridge is blessed to have such a magnificent paper as the Cosmos. How lucky we are! May the Cosmos continue forever.

> Mike Macbeth Uxbridge





## Wandering the Cosmos

column by Conrad Boyce

### Fields of battle

I'm sure many of you saw the image Monday night. A large group of football players huddled in prayer in a Cincinnati stadium, as an ambulance carried off a stricken teammate.

A half hour earlier, Buffalo Bills safety Damar Hamlin, 24, had raced forward as he saw Bengals receiver Tee Higgins take a pass in the open field. They were less than six minutes into a highly anticipated game, with major playoff implications for both teams. Higgins, seeing Hamlin's approach, lowered his helmet, hoping to brush off his opponent and gain a few more precious yards. Hamlin took the impact, but nevertheless wrestled Higgins to the ground. He leaped up, adjusted his helmet, but then simply fell backward again. His hands twitched a moment, then he was still.

Referees urgently signalled the Bills training staff, and they only needed a quick examination before the stadium's on-call paramedics were summoned. They administered CPR, including the use of a defibrillator. Everyone in the stadium, and many watching on TV, were stunned. It was later confirmed that Hamlin had suffered cardiac arrest. As I write this 18 hours later, he lies in critical condition in a Cincinnati hospital. His mother, who was in the stands at the game, sits in anguish by his side.

By all accounts, including my own visual evidence, the play did not seem to be a particularly dangerous one by football standards. Both Higgins and Hamlin reacted as they had a hundred times before. The impact was not earth-shaking. But according to on-air medical analysts, Higgins's helmet had struck the safety's chest in a particularly vulnerable place between the shoulder pads, perhaps at just the wrong time in his cardio-pulmonary cycle. Or maybe Hamlin had a condition nobody suspected, including himself.

Whatever the circumstances, nobody in the hordes of commentators could recall this having happened on an NFL field before. We're accustomed to broken bones, torn ligaments, concussions, even spinal cord injuries, they said. But not this. Usually, the fallen player is taken off on a stretcher, giving a thumbs up as he goes, as if to say, "I'm going to be OK

guys, play on." And always, after a respectful few minutes, they do play on. Even if the player in question never returns to the field that season. Even if his playing career was just brutally cut short.

But on Monday night, there was no thumbs up from Hamlin. Just silence. And after another long half hour, it was decided that this time, they would not play on. The game was postponed, to be resumed at a future time, but not too far in the future, because after all, the playoffs approach. The NFL said its prayers were with Hamlin and his family, and that the safety of its players is its primary concern.

Really? Of the five principal team sports in North America, two of them, soccer and basketball, have so little risk of injury that no protective gear is worn, and aggressive contact with another player is actually forbidden. In baseball, you're far more likely to be hurt by the baseball, or the outfield wall, than by another player. The other two sports, though, are designed to be violent. Although hockey can be easily, and beautifully, played without any physical contact at all. Kids play it that way for the first few years of their development. Senior or recreational leagues play it that way. On the same night Hamlin's heart gave out on a football field, a Vancouver lad named Connor Bedard scored the winning overtime goal for Canada in the world junior tournament in Halifax. In the winning sequence, no player touched another, and it was wonderful to watch. A figure skater would have marvelled at Bedard's magic. So who needs the concussions, the fights, the vio-

American football fans, evidently. Although... There is a non-violent version of the sport which most of us have played at one time or another, called flag football. Now listen to this. Flag football may be played in the 2028 summer Olympic Games in Los Angeles, and its inclusion is being promoted by... the NFL.

As a youth, I confess to being an Edmonton Eskimo fan, probably because former Eskie star Johnny Bright was my high school gym ...continued on page 11

The man told me my full back in the 1980s. But

## The Barris Beat

column by Ted Barris

## The Order of things

The man told me my future. It happened back in the 1980s. But back then, Charley Fox, my oldest and dearest veteran friend, looked me straight in the eye and told me what I ought to be doing with the rest of my life.

"It's your job to tell our stories," he said. And each time we'd meet – usually every month or so at the Husky truck stop on Hwy. 401 just east of London, Ont. – Charley would remind me with a "to-do list," exactly how I was to research famous battles, conduct first-hand interviews and then write and publish the eve-witness stories of Canadian veterans' experiences. Forty years and a dozen published books later, I realize Charley was right. History storytelling has become the centre of my life. Then last November on my way home, I pulled into that same Husky truck stop - more out of homage to my veteran pal than anything else - and my cellphone rang.

"You've been appointed to the Order of Canada," said Emma Grace, analyst at the Governor General's office at Rideau Hall in Ottawa. Of all places, the very spot where Charley Fox had redirected my writing energies from newscasts, reporting and commentaries largely to wartime history, I learned I was to receive one of the country's highest civilian honours "for advancing our understanding of Canadian military history." I was overcome with emotion that November day, but I had to keep the appointment secret until Rideau Hall announced it officially on Dec. 29, 2022.

In part, I owe acknowledgement of my efforts to give Canadians fair recognition in military history to that same former RCAF Flight Lieutenant Charley Fox, who taught me commitment, and led by example. He made the decision to join the Air Force on a summer day in 1934 when a flight of Hawker Fury fighters "came zooming over College Hill (in Guelph). Then swoosh they were gone. But I never forgot it." Two years into the Second World War, when he was 21, Charley graduated near the top of his class in the British Commonwealth Air Training Plan, but was told he'd serve the wartime RCAF as an instructor in the very same BCATP. Finally sent overseas to Fighter Command in 1944-45, he completed 222 sorties, destroying 153 enemy vehicles, successfully strafing Field Marshal Erwin Rommel's staff car in 1944, and earning two Distinguished Flying Crosses. When, after 15 months of Allied operations over occupied Europe, they told F/L Fox to retire to flying a desk, he said, "If you don't want me flying ops anymore, I'm going home to my wife and son," thus living up to his civilian commitment to support his young family.

If one reason for my recent appointment to the Order of Canada comes from a sense of service, I learned that from my longtime nextdoor neighbour in Uxbridge. Rodine Egan -Ronnie to her friends – got her calling from her father. "My father served in the Royal Navy, so when the (Second World) War came along, I knew I'd serve in the (Royal Canadian) Navy. That was that." After training, Ronnie rose in rank to petty officer in charge of hundreds of Royal Canadian Navy servicewomen – Wrens – at Halifax from 1943 to '45. Post-war she raised a family of four, served in the Catholic Women's League and at St. John's School, became life member of the Cottage Hospital Auxiliary Association, served 20 years with Community Care of Durham Region, and earned the Queen Elizabeth II Diamond Jubilee Medal for her vol-

"Without volunteers," she said simply, where would we be?"

Though neither is here to share my Order of Canada investiture (expected to take place later this year or next), I believe my parents deserve credit for giving me a wider view of the world. Perhaps because Kay and Alex were immigrants to Canada from the United States, my mom and dad made sure I understood the difference between north and south of the 49th. Because they believed in more than traditional patriarchal authority, they encouraged my sister and me to participate in division of household responsibilities, dinner table conversation, and family decision-making. Even when it came to documenting showbusiness history in this country, against the tendency of his peers to kowtow to American stars, my father chose to give more ink in columns and airtime on his broadcasts to Canadian than to American performers. Thus, in the year 2000, he was appointed to the Order. "For any country's culture to develop," his citation read, "it must have its immediate and lively chroniclers and

So, from a mentoring veteran, a selfless neighbour and model parents, I owe much of the sparkle this Order of Canada gives my life.

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

## **EVERYDAY LOW PRICES AT CANADIAN TIRE UXBRIDGE!**



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## Public urged to protect parks, trails after pet remains discovered

by Lisha Van Nieuwenhove

The discovery of an abandoned pet's effects and remains in the Rouge National Urban Park, in Pickering, has prompted the park's staff to remind park and trail users both in the urban park area and

here on the trails in Uxbridge of the hazards of releasing pets into the wild.

According to Sarah Simpson, a public relations and communications officer for Rouge National Urban Park, park staff were alerted to the remains of an abandoned pet on a trail in the park in November.

"The release of pets and exotic animals into park lands is not a new trend in Rouge National Urban Park, but there has been a three-fold increase in recent years," said Simpson in an email.

She went on to add that, in addition to domestic dogs, park staff are seeing cats, rabbits, reptiles and other exotic wildlife released



A discarded plastic bag containing the effects of a pet was found near the animal's remains in Rouge National Urban Park on Nov. 10, 2022. Submitted photo

within park boundaries both on land and in waterways.

"This unfortunate trend is unacceptable; not only does the animal suffer, but its release also poses real risks and consequences for the ecological integrity of the park," said Simpson.

Pets and domestic animals that previously relied on owners to care for them and provide food and shelter are not equipped to survive in the wild. These animals can also carry and transmit diseases, parasites and viruses to native species, including species at risk. The presence of these animals also disrupts natural ecosystems as they compete with or prey upon native species for food sources and habitat.

Trail users in Uxbridge are urged to surrender unwanted pets through humane channels and not release them into the park or natural areas.

"If you can no longer care for a pet, please surrender the animal to a local shelter or wildlife sanctuary where it can receive the care it needs and a better chance of finding a forever home," said Simpson.

## Barris beats way to Order of Canada, from page 1

the junior Barris. Noting that his 19th book, *Rush To Danger*, was listed for the 2020 Charles Taylor prize, Barris said that honour was recognition from his peers: the Order of Canada is recognition from his country. He said the award will inspire him to "do more and better."

"This is a vindication that the good we do matters," he said.

The actual investiture ceremony at Rideau Hall likely won't take place until late in 2023 or even in 2024, Barris said, noting the COVID-19 pandemic has caused an investiture backlog. In the meantime, however, Barris proudly wears a small snowflake pin on his lapel to show he is a member of the Order of Canada.

It is not the first time Barris has been honoured. In 2011, he was presented with the Minister of Veterans' Affairs Commendation; in 2012, he was awarded the Queen Elizabeth II Diamond Jubilee Medal; and last year he received the Queen Elizabeth II Platinum Jubilee Award.





## Pharmacists acquire new powers to prescribe

by Conrad Boyce, Local Journalism Initiative Reporter

The new year has already brought one significant change to the delivery of health care in Uxbridge. As of January 1, pharmacists in Ontario are able to write prescriptions for a variety of "minor ailments," everything from pink eye to acid reflux, and local practitioners are eager to help their customers in this way.

In a release, the Ontario Pharmacists' Association says, "By expanding pharmacists' scope of practice to assess and treat 13 minor ailments, Ontario is taking an important step to improve access to healthcare for Ontarians. Patients can count on local pharmacists – the most accessible healthcare providers in Ontario – to help keep them healthy and safe in every neighbourhood across the province. Until now, patients have had to visit their primary care provider, walk-in clinic, or a local hospital to treat minor ailments. Patients can now simply call their local pharmacy to make an appointment or go to their nearest pharmacy during regular hours and speak to their pharmacist. Patients must present a valid Ontario health card to access this publicly funded service; they are not required to pay a fee. Empowering pharmacists to use their expertise to assess and treat minor ailments helps patients get the care they need sooner and closer to home - but the benefits go much further. It reduces demand on hospitals, emergency departments, walk-in clinics, and family physicians. It also frees up time for our healthcare partners, allowing doctors, nurses, and other healthcare providers to focus on more complex care cases. Pharmacists already have the clinical training and expertise needed to treat minor ailments such as pink eye, eczema, or urinary tract infections, among many others. The OPA also has accredited training and

refresher educational programs in place to ensure all pharmacists are comfortable, capable, and confident in their performance of assessments and treatment of patients with these minor ailments."

The 13 ailments include:

- hay fever (allergic rhinitis)
- oral thrush (candidal stomatitis)
- pink eye (conjunctivitis; bacterial, allergic and viral)
- dermatitis (atopic, eczema, allergic and contact)
- menstrual cramps (dysmenorrhea);
- acid reflux (gastroesophageal reflux disease (GERD))
- hemorrhoids
- cold sores (herpes labialis)
- impetigo
- insect bites and hives
- tick bites (post-exposure prophylaxis to prevent Lyme disease)
- sprains and strains (musculoskeletal)
- urinary tract infections (UTIs).

In all cases, the consulting pharmacist must provide a care plan to the patient's primary care provider, such as a GP - if they have one.

In most other jurisdictions across Canada, pharmacists have had the ability to prescribe for many years - only British Columbia, Nunavut and the Northwest Territories are yet to allow for it - and in many cases, the list of ailments is considerably longer.

"We're obviously the largest health care jurisdiction in the country, with more than 17,000 registered pharmacists," says the OPA's Jen Belcher, "so a significant change in scope of practice is going to take significant negotiation. Other healthcare partners want assurances that patient care in these areas will continue to be safe and effective, and that their own practice will not be negatively impacted. This change has been successful elsewhere, so we're confident it will have equal benefit in Ontario. If that proves true, the list of ailments may expand."

Here in Uxbridge, independent pharmacists are keen to work with their clients in these new areas.

"It's going to be very fulfilling to take these next steps," says Sameer Remtulla, owner and pharmacist at Uxbridge Pharmasave. "We've been recommending treatments for these ailments all along, but have had to refer patients to their family physician for things like antibiotics. Now we can make it easier for the patient, and take some load off that physician as well. We're a small community, it's easier for all of us in the health network to collaborate on the best care plan."

At the Trail Capital IDA, owner and

DIRECTOR

pharmacist Hank Parsaniya is also prepared to offer these new services.

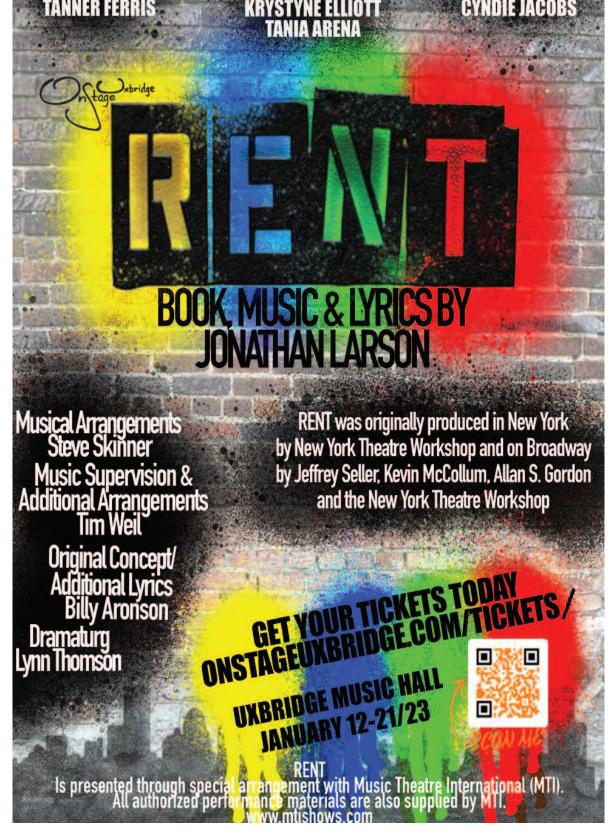
"We're a small pharmacy, so it's hard to predict what the demand will be. If I have to, I'll get more help to handle the workload."

PRODUCERS

The Pharmasave is a much bigger operation, with four pharmacists in two locations. Remtulla expects to offer the new services by early in February.

MUSIC DIRECTOR







Uxbridge pharmacist Sameer Remtulla will be spending more time in his office, with the new prescriptive powers granted by the province Jan. 1.

Photo by Conrad Boyce



## **Help Plan Our Fall Fair!**

### **Uxbridge Scott Agricultural Society AGM**

Preceded by Special Members Meeting. Please join us at the Uxbridge Legion.

## Tuesday, January 31, 2023 at 7:30 pm

to elect our board and executive and plan for the next fair September 8, 9 and 10, 2023

Memberships will be available for purchase at 7:00 pm

The Rotary Club of Uxbridge is pleased to announce the winners of the December monthly draw for the 2022 Trip of the **Month Club!** 

> The 'Santa Surprise' trip was won by Mary Depoe. ticket #196, sold by Carol Gelette.

2nd place, \$150, won by Sharon Stevens, ticket #385, sold by Ginny Slike.

3rd place, \$100, won by Wendy Foster, ticket #194, sold by Kerstine Szederkenyi.

Congratulations to our December winners, and best of luck for the January 2023 draw of the Rotary Club of Uxbridge Trip of the Month Club for 'Lounging in Lisbon'! This includes direct non-stop return flights from Toronto to Lisbon, Portugal. The winner will stay in the 5-star Real Palacio Hotel and enjoy daily full breakfasts, full day small group tours to Sintra, Pena Palace, Regaleira Cabo Da Roca and Cascais, and a private Lisbon sightseeing tour via Tuk Tuk.

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

### Trip of the Month Club for 2023 Early Bird draw winners

The first Early Bird prize, drawn December 8, 2022 a \$250 gift certificate from Getaway Travel - was won by Heidi Goodman, ticket #308, sold by Kerstine Szederkenyi.

The second Early Bird prize, drawn December 15, 2022 a five-piece set of luggage from Getaway Travel - was won by Andrew Veeren, ticket #005, sold by Ahmad Aslam.

The third Early Bird prize, drawn December 22, 2022 a free ticket for an additional chance of winning a TOTM trip - was won by Julia Kearley, ticket # 090, sold by Dale

The Grand Early Bird draw, drawn on December 29, 2022, - \$1,000 - was won by David Manilla, ticket # 106, sold by Dale Hickey.



## Uxbridge curlers looking for big wins in 2023

by Justyne Edgell

The Uxbridge Curling Club's Hillary Brown is headed to the U-18 Provincial Curling Championship in the new year.

Two years ago, Brown was added to the team of four Ontario curlers, including two members from Peterborough and another from Ottawa. The team qualified for the provincial tournament by placing in the top four of the Trillium Series with two runner-up results at events in Ottawa and Barrie, as well as a third-place finish in Lon-

Brown, who has been curling since the age of seven, says she has thoroughly enjoyed her time with the Uxbridge club, which she joined when her family moved here in 2017.

Excited to be competing in these events, Brown says the whole season has been leading to this point.

"I enjoy the challenge of this level

of competition," says Brown. "I expect the games we'll be playing are going to be difficult, but rewarding as well. It's exciting just to be going."

In addition to Hillary representing Uxbridge, the competitive boys curling team (Team Fisher) from the Uxbridge club recently won the U18 Challenge Cup in North Bay. The curling club also has the high school, and some grade school kids curling on weekdays.

"The high school teams dominated in Port Perry this week with Uxbridge curlers winning on all sheets," says Uxbridge coach Patrick Brown. "It's great to see after almost no curling opportunities for kids during the pandemic."

Brown says curling is a family and community centered game that everyone can access and enjoy.

"If you go to any curling club, you'll find multiple generations of families engaged in playing together with friends from around

For complete

the community."

Brown says his curling journey started with his grandparents and was passed through generations. Once his daughter, Hillary, got involved with the sport, he was inspired to start volunteering with the club and then went on to coach.

Along with being a life-long sport, Brown has a long list of reasons why he thinks children should get involved.

"It's fun, it's activity with other children, it's accessible and affordable, it's self-governing (there are no referees), there is physical and mental challenge to the game, and the social aspect of being in a club is great."

While the club is reaching exciting goals, Brown does note that the last two years have had their chal-

"Two years of lost enrollment due to vaccine access for kids and public space restrictions has lowered our numbers. When the older curlers in our club graduate from high school, we're going to be missing a cohort."

This year however, the club is fully open again and rebuilding.

'We're looking to run a program in February/March to introduce kids to curling and hopefully win some of them over to join us next fall," says Brown. "Even if they choose to play in Sutton or Port Perry, it's a success."

Those interested in curling and the Uxbridge and District Curling Club can find them online at uxbridgecurlingclub.com



### Saturday, January 7

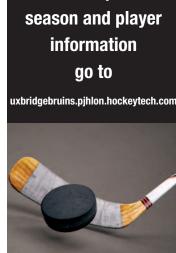
Against North Kawartha at the North Kawartha Community Centre, 7:25 p.m.

## Monday, January 9

Against Georgina at the Uxbridge Arena, 8:15 p.m.

### Thursday, January 12 Against Clarington at the Rickard

Recreation Complex, 7:25 p.m.







## Focus on Finance with Tammy Scuralli, Edward Jones

2022 year-end checklist: Looking back and looking forward

2022 was a year of ups and downs. High inflation and rising interest rates resulted in challenging financial situations for many Canadians. As 2022 ends and 2023 begins, we recommend reviewing your financial situation with this year-end checklist.

- 1. Reflect on your priorities and progress. Review your current situation. Where are you on your financial journey? Have rising prices or larger interest payments affected your spending this year? Review your budget to ensure your spending aligns with your goals.
- 2. Prepare for emergencies. We recommend having three to six months of living expenses available for emergencies. If you aren't there yet, start with at least one month of living expenses and build from there. Review your insurance coverage with your advisor to ensure it meets your needs and contact your lawyer to create or update your will and powers of attorney.
- 3. Maximize contributions. Consider making additional contributions to your RRSP for 2022 if you have contribution room available. The deadline for 2022 contributions is March 1, 2023.

by Justyne Edgell

next Wednesday, January 11.

tiple community organizations.

The new year also means new Tax-Free Savings Account (TFSA) contribution room. The 2023 TFSA limit is \$6,500, so be sure to take advantage of the tax-free growth opportunity as early as possible.

4. RRIF reminder. If you turned 71 in 2022, your RRSP matured on December 31, 2022. You must convert your RRSP to a Registered Retirement Income Fund (RRIF), purchase an annuity, or withdraw your entire RRSP as taxable income before year-end. Discuss these options with an advisor.

5. Talk taxes with your tax professional. Depending on your tax situation, harvesting losses from your investments may help you save tax in the current year, get tax back that you paid in a previous year, or create losses to carry forward to a future year.

If you have a prescribed rate spousal loan, it is important to note that the annual interest payment for 2022 must be made by January 30, 2023, otherwise attribution rules will apply.

Discuss these details with your tax professional to determine if any steps should be taken before the end of the year.

6. Perform a portfolio check-up. Given this year's market volatility, your portfolio might need adjustments to ensure it is still aligned with your goals. This could include doing a self-assessment. Your investment portfolio should be designed for your specific goals, time horizon and risk tolerance. Review your investor profile to ensure your information is accurate and your portfolio is properly tailored to your individual circumstances.

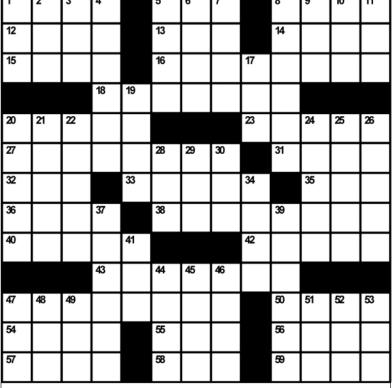
It could also mean regaining your balance. Market fluctuations can cause your portfolio to drift from intended allocations. Your portfolio was designed with your goals in mind; rebalancing back to your target mix can help keep your portfolio on track with your long-term

If your investments are held in a non-registered account, discuss potential tax implications of rebalancing with your advisor, particularly if you are selling from one investment to reinvest in another, or purchasing a mutual fund or ETF that has annual distributions late in the year.

This column, written and published by Edward Jones, Member Canadian Investor Protection Fund, presents general information only. Insurance and annuities are offered by Edward Jones Insurance Agency (except in Quebec).

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

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#### **Across**

- 1 Lie next to
- 5 Quiche ingredient
- 8 Rushes
- 12 Sound technology
- \_\_ Master" Phil Jackson
- 14 Nostalgic time
- 15 Bit of physics
- 16 Comfort
- 18 Hindis' devotional courses
- 20 Apportion
- 23 Automaton
- 27 Court's work level
- 31 One of the Three Bears 32 Post-apartheid org.
- 33 Weighed down
- 35 Transgression
- 36 Good vantage point
- 38 Looming
- 40 Web promotion resources
- 42 Money exchanges
- 43 Creates a movie
- 47 Carbon
- 50 No Mr. Nice Guy
- 54 Settled
- 55 Calculate
- 56 Vega's constellation 57 Computer information
- Soapmaker's need
- 59 Right on!

## 1 "I see!"

- 2 Bridle part
- ET's craft
- 4 Sound quality 5 American poet, Pound
- 6 Tech expert
- Little biter
- 8 Aromatic herb
- 9 Debtor's note
- 10 Blunder
- "What did I tell you?"
- Sidney Poitier film, "To \_\_, with Love'
- 19 Hot spot
- 20 Imperfections
- Capital of Vietnam
- 22 Necktie
- 24 Herb
- Offer one's two cents
- Pungent flavors
- Cereal grain
- 29 Big deal30 Morning rose moisture
- Snug retreat
- Sinatra wear
- 39 Boldy 41 Half a dozen
  - Iranian coin
- Type of current
- 46 Give up 47 Stylish, in the 60's
- 48 Egg cells 49 Hair holder
- 51 Optician concern
- 52 Period in history 53 Musical note

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after rehearsals and have "fun-raising" occasions throughout the year," says executive chair Cheryl Hinzel. Each year the cast and creative ream pick a theme, pick the music, and write the skits to put the show together. Members of uxperience must be 19 years of age or older, and the cost for a year's membership is \$75. "At the moment, skit membership is full," says Hinzel, "but we have room for singers and dancers, backstage and front of house." This year's show will be directed by local musician Matt Gunn, who is new to directing uxperience but is well known throughout the Uxbridge arts and music scene.

**Popular variety show** 

After a three-year-long pandemic-enforced hiatus, uxperience is

The variety show, which was first created in 1992, will be back

on stage in early May, with the "start up meeting" scheduled for

The reason for the usually annual production is to give show

proceeds back to the community. Over the last 27 shows, uxpe-

rience has raised over \$140,000 and donated the money to mul-

We also consider ourselves a social club and like to get together

making a comeback

To join the uxperience team, or for more information about the production, join the start up meeting at the Goodwood Hall on Wednesday, January 11, at 7 p.m. Rehearsals for uxperience 2023 will be held on Wednesday nights.

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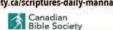


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### **LOCAL MATTERS.**





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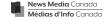
Remember when **Facebook** bought a case of Girl Guide cookies to support your daughter?



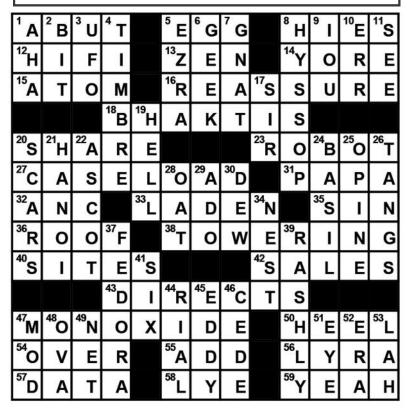
Remember when **Google** provided free pizza to your child's soccer team when they won the

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DRIVER WANTED: I am Maggie McCreath and I live in Uxbridge. Due to a medical condition I'm unable to drive my car for the next four months. Would you consider helping me by driving me once a week to buy light groceries? This would help me so much and I would be very grateful. Thank you for considering my request. You can reach me at 647-380-1674.

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## The Nature Nut

column by Nancy Melcher

## To feed or not to feed

When the days are shorter and colder (although they're getting longer, now!), nature is prepared for winter. Leaves have fallen, insect-eating birds have migrated to warmer locations, and many animals have stockpiled their winter dens with seeds and nuts. Some of us have put up bird feeders in hopes of tempting our feathered friends to visit. But is this wise?

"Feeders can bring unexpected species together and bring birds together more frequently than normal, creating ideal conditions for parasites and other contaminates," says Daniel Becker, Ph.D candidate at the University of Georgia. "Birds often crowd into tight spaces to get at the tasty morsels which makes it easier for pathogens to leap between birds."

So, should we stop feeding

"Absolutely not." says Becker. Instead, be a responsible host. Clean feeders with a good scrubbing of hot soapy water at least once every season, and let them dry for a day in the sunshine. Do a little research about what food your visitors like best, then fill individual feeders with only one variety: cracked corn and millet for juncos, black oil sunflower for chickadees, cardinals and blue jays, suet cakes for woodpeckers, and nyjer for finches in tube-shaped silos.

Avoid mixed blends which often contain unwanted seeds that make a huge sludgy mess that can make birds sick. Instal feeders away from trees, on poles

fitted with squirrel guards to keep those furry varmints off. Try to hang feeders at different heights. Place them out of the weather and away from windows to keep birds from crashing into the glass.

A little effort can bring lots of birds to your outdoor spaces. Go ahead and feed the birds. Just realize you are also responsible for cleaning up after them. Keeping feeders clean will help keep the birds (and squirrels, let's be honest) as healthy as possible throughout the winter. And remember, once you start you must keep going all winter long. Please let me know about any unusual visitors!

Nancy Melcher is The Nature Nut. Send details of your sightings or questions about the natural

world to: general@melcher.cx

## Wandering the cosmos, from page 5

teacher. And I blame Wayne Gretzky for making me watch way too many Oiler games. But you might recall that the Great One rarely made a body check, and never threw a punch. He was too busy putting the puck in the net.

As I grew older, I began to wonder why North American sports fans were a lot like the Romans in the Colosseum, cheering as the gladiators fought to the last man, or as the lions tore apart the Christians. Is it so different than rooting on the combatants in a hockey fight, or watching a 300-pound defensive tackle smash the quarterback to the ground, shredding his Achilles tendon in the process?

By the time I reached my mid-

thirties, I'd had enough. Because of my arts background, I was asked to sit on the Yukon Lottery Commission, charged with distributing gaming proceeds to the many arts and sports groups in the territory. And I made it a personal principle to vote against funding any sport that was

founded on violence. No to box-

ing. No to the shooting sports, or

the martial arts. And no to any form of hockey that included violent contact. I almost always lost those votes, but I took a stand.

Nowadays, I mostly watch baseball. Or golf, where your only opponents are the course and the weather. But for the sake of Damar Hamlin and his family, I'm rooting for the rise of flag football.



## Angela Mary LAWSON

Angela Lawson passed away peacefully December 22, 2022, at the Uxbridge Hospital.

Angela (Angie), beloved wife of the late Robert Lawson. Loving mother of Rob (Kathy), Kevin, John (Leanne), Joe (Kim), and the late Theresa and Danny. Angela leaves a legacy of 10 grandchildren, and

20 great-grandchildren whom she loved dearly and never forgot a birthday. Proud grandmother of Christine, Jeremy (Lindsay), Tom (Breeann), Katy (Doug Mol), Alana (Matthew Langman), April (Chris Sanderson), Danny (Meredith), Devin, Ren (Courtney), Brittany (Brad Jones); great-grandmother of Ava, Faith, Emma, Zephaniah, Anderson, Liam, Luke, Kennedy, Ivy, Levi, Kaydence, Landon, Marvel, Morgan, Chloe, Isaac, Fay, Claire, Reese, Cameron. She will be greatly missed by her family. The memories of the love she poured on others through her prayers, thoughtfulness, and joyful presence will be cherished by those who were fortunate enough to know her. We are comforted by the thought that this Christmas, Angela will be reunited with her Lord and Saviour, her husband Bob, her daughter Theresa and her son Danny.

Special thanks to the doctors, nurses, and other healthcare providers at Douglas Crossing and the Uxbridge Hospital who cared for Angela over the years and in her final days. The family is forever grateful.

A Memorial Service was held at the Uxbridge Baptist Church (231 Brock Street West, Uxbridge) on Thursday, December 29, 2022.

In lieu of flowers, donations may be made to the Ghana Rural Integrated Development (GRID) as A Gift in Memory (the work her dear friends David & Brenda Mensah began many years ago). Arrangements have been entrusted to the Low

& Low Funeral Home, 23 Main Street South, Uxbridge, L9P 1M8 (905-852-3073). On-line condolences can be made at www.lowandlow.ca



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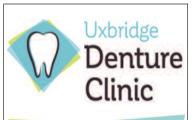
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**Judy Esmonde** 



Marie Persaud Shane Coxworth









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ULTIMATE SERVICE ColdwellBanker.ca







## Happy New Year!

We hope that the new year brings you joy, success, and many blessings. We are grateful for the opportunity to serve you and are looking forward to another year of working together to achieve your real estate goals.

Wishing you all the best in the coming year.



CHRISTMAS TREE OLLECTION

> Christmas tree collection is January 9 and 16 only.

- Place your tree at the curb no later than 7 a.m. on day of collection.
- Remove all decorations, stands and lights before placing out for collection.
- Christmas trees placed in plastic bags will not be collected.
- Natural Christmas trees that are longer than three metres must be cut in half for collection.
- Do not place Christmas trees on top of or behind snowbanks.









